

Campus Rec Clubs

U of S Anne Collingridge Figure Skating Club 2017 – 2018 Season

Ice Times

Monday	12:30 - 1:15 pm
Tuesday	11:45 am - 12:30 pm
Thursday	11:45 am – 12:30 pm
Friday	1:30 - 2:15 pm

Dates

Term 1 Thursday, September 7th –
Friday December 15th, 2017

Term 2 Thursday, January 4th – Friday, April 6th, 2018

Ice Show

Sunday, March 25, 2018, 2 - 4 pm

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Fees

Single Term Fee	Students	Non-Students
1 day per week	\$250	\$270
2 days per week	\$340	\$360
3 days per week	\$420	\$440
4 days per week	\$490	\$510
Two Term Fee*	Students	Non-Students
1 day per week	\$390	\$410
2 days per week	\$540	\$560
3 days per week	\$700	\$720
4 days per week	\$840	\$860

* Two term fees (only applicable if you register for both terms in Sept.)

- Fees include Skate Canada membership cost and \$100 fund-raising deposit
- Fees do not include lessons, competition, testing, travel, equipment, or outfits

Membership Qualifications

Minimum age 16, no maximum age.
Students and non-students of all skill levels welcome

Contact information

Shirley Collingridge – Founder/President
collingridge@sasktel.net
(306) 477-0684

Registration
begins Monday,
August 14th, 2017!

Online Registration at beactive.usask.ca



University of Saskatchewan Yoga Club

Beginner – Mondays 7:30-8:30 pm

This class is for students new to yoga or those practicing at this level. Foundation work will include alignment, standing poses, supported poses and other asanas designed to help students connect with their bodies.

Multi Level – Tuesday 12:00-1:00 pm

This class is for students with some understanding of alignment. The teacher will design the class based on attending students' needs and capacities. The class is open to students with varying levels of practice.

Intermediate – Thursday 12:00-1:00 pm

This class builds on a student's understanding of the breath, inner awareness, alignment, and strength. Previous yoga experience is required, but students are not expected to know how to do inversions when they come into the class.

Location: Education Playroom

Dates

Term 1 Classes start the week of September 18th, 2017
Classes end the week of November 27th, 2017
with the Monday class ending on December 4th.

Term 2 Classes start the week of January 15th, 2018
Classes end the week of March 26th, 2018

Prices

Students: \$65/term
Non-Students: \$95/term
All courses are 10 classes each.

Contact Information

Campus Recreation Office
www.campusrec.usask.ca
(306) 966-1040

University of Saskatchewan Swing Dance

University of Saskatchewan Swing Dance Club is dedicated to providing Swing Dance activities for students in an informal, social group setting! No partner or previous dance experience necessary as we start right from the beginning. All classes are on campus in the beautiful PAC dance studio on campus. Membership fees include weekly dance lessons and social dances on Fridays. Join us as we explore the Swing Dances of the 20's, 30's and 40's like the Charleston, Lindy Hop, Jive, Collegiate Shag, St Louis Shag, Blues and Balboa!

Membership requirements

Members must be a valid U of S student or over 18 years of age to register. The club limits enrolment to 50 participants of which only 25% of memberships will be sold to non-students. No dance partners required.

Location: PAC Dance studio (Only clean, non-marking shoes will be allowed in the dance studio. The less grip on your dance shoes the better!)

Times

6:30 – 9:00 p.m.
Lessons start at 6:30 pm and go until 7:30 pm
Social Dancing from 7:30 pm to 9:00 pm

Dates

Term 1 Friday, September 15th to December 8th, 2017
Term 2 Friday, January 12th to April 6th, 2018

Prices

Students: \$40/semester
Drop in: \$8/session
Non-Student: \$60/semester
Drop in: \$10/session

Contact information

Visit the "U of S Swing Dance Club" Facebook page or email: USSDCExec@gmail.com



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University of Saskatchewan Triathlon Club

A relaxed and supportive club that provides training opportunities for the three components of triathlon: Swimming, Biking and Running. The club welcomes anyone from the person just trying to stay fit through cross-training, the beginner trying to get into the sport of triathlon, or the more advanced athlete trying to maintain conditioning over the off season. The club also offers strength and conditioning and yoga sessions instructed by the Human Performance Center, and when coaches are available, instruction is provided for swimming and running sessions approximately once per week.

Workouts

Mondays	9:30 pm – 11:00 pm	PAC Pool – Swim
Tuesdays	8:30 pm – 10:00 pm	PAC studio – Cycling
Wednesdays	8:30 pm – 10:00 pm	PAC studio – Cycling
Thursdays	9:30 pm – 11:00 pm	PAC Pool – Swim
Saturday	11:30 am – 1:00 pm	Education with HPC – Strength and Conditioning
Sundays	4:00 pm - 5:30 pm	Field House - Run (alternate weeks)
Sundays	4:00 pm - 5:30 pm	Education Playroom – Yoga (alternate weeks)

Dates

Term 1 September 11th – December 3rd, 2017
Term 2 January 8th – April 8th, 2018

Locations: Physical Activity Complex, Education Building and City of Saskatoon Field House

Prices

Students: \$140/term or \$225/year
Non-Students: \$190/term or \$350/year

Contact information

Colin Minielly – colin.minielly@usask.ca
or at uofstriclub@gmail.com

To Register

Visit the PAC General Office (Room 222), call 306-966-1040 or online at beactive.usask.ca.

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Registration
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August 14th, 2017!





University of Saskatchewan Karate Club

The U of S Karate-do teaches a traditional Japanese style of karate called Shito-Ryu, in association with Genbukai International which was founded by Shihan Fumio Demura. Shito-Ryu may be characterized by its quick powerful linear movements, blocks, strikes and kicks. In addition to a wide variety of instructional opportunities including seminars, tournaments and special training opportunities, the U of S Karate-do offers instruction in Ryukyu Kobudo (weaponry) and iaido (swordsmanship).

Times:

Tuesdays and Thursdays	
Beginner	7:00 pm – 8:00 pm
Intermediate/Advanced	8:00 pm – 9:00 pm
Saturdays	
General Adult and Beginner	2:00 pm – 3:00 pm
iaido/Kobudo	3:00 pm – 4:00 pm

Dates

Term 1 September 5th – December 19th , 2017
 Term 2 January 4th – April 28th , 2018

Location: Education Playroom

Prices

Students: \$100/term
 Non-Students: \$130/term
 \$35 Genbuka fee/person
 \$45 Genbukai family rate available

Contact information

Dean Gulka
 dgulka@sasktel.net
 (306) 241-4441

University of Saskatchewan Kayaking Club

The University of Saskatchewan Kayak Club is dedicated to teaching basic kayak and canoe polo skills through a variety of Learn-To-Kayak sessions for both students and residents around Saskatoon. The Learn-To-Kayak sessions teach basic skills such as wet-exits, T-rescues, front strokes, back strokes, hand rolls and paddle rolls. All interested individuals are encouraged to come out and try these sessions. Kayaks and all required gear are provided for use at the PAC pool during the fall and winter program as part of the membership fee.

Our club is the home of canoe polo in Saskatchewan. This sport, which is best described as a mix of basketball and water polo, is played throughout the world. Club practices run twice a week on Sundays and Tuesdays, and non-members can join for a \$10 drop in fee. The first hour of practice on Sundays is dedicated to improving individual skills with a kayak and it is a great way to learn more aspects of gameplay.

PAC Pool Times

Tuesdays	9:30-10:30 pm
Sundays	6:00 - 8:00 pm

Dates

Term 1 September 17th - December 3rd, 2017
 Term 2 January 16th - April 8th, 2018

Prices

Students: \$115/term or \$190/year
 Non-Students: \$140/term or \$240/year
 Drop in: \$10

Contact information

More information can be found at the Facebook page U of S Kayak Polo, or by emailing: Ross Phillips (ross.w.phillips@gmail.com)



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