

CAMPUS REC CLUBS



Campus Recreation ■ campusrec.usask.ca ■ 306-966-1040

U of S Yoga Club

Location: Education Playroom

Beginner

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

Multi-level

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

Intermediate

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

Schedule

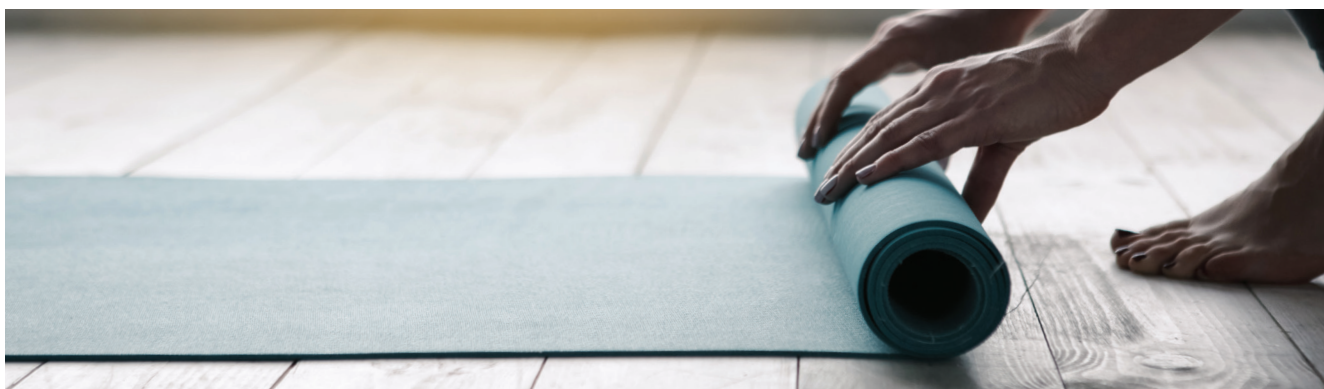
Monday	Beginner	7:30-8:30 pm
Tuesday	Multi-level	12-1 pm
Thursday	Intermediate	12-1 pm

Dates

Term 1	Starts the week of September 17, 2018 Ends the week of November 26, 2018 Monday class will end on December 3
Term 2	Starts the week of January 14, 2019 Ends the week of March 25, 2019

Prices (10 Classes Per Term)

Students	\$65/term
Non-students	\$95/term



U of S Anne Collingridge Figure Skating Club

Location: Merlis Belsher Place

Schedule

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

Dates

Term 1	October 1 to December 14, 2018
Term 2	January 3 to April 4, 2019
Ice show	TBD

Prices

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 are only applicable if you register for both terms in Sept.

Fees **include** Skate Canada membership cost and \$100 fundraising 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

Shirley Collingridge, Founder/President
collingridge@sasktel.net or 306-477-0684



U of S Kayaking Club

Location: PAC pool

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. This can help paddlers develop more confidence in the water, improve skills and learn how to play canoe polo. 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 is a great way to learn more aspects of gameplay.

Schedule

Tuesday	9:30-10:30 pm
Sunday	6-8 pm

Dates

Term 1	September 16 to December 4, 2018
Term 2	January 6 to April 7, 2019

Prices

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

Contact

Ross Phillips
ross.w.phillips@gmail.com
f @U of S Kayak Polo



U of S Swing Dance Club

Location: PAC Dance Studio

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 is necessary.

All classes are on campus in the beautiful PAC dance studio. 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 per cent of memberships will be sold to non-students. No dance partners required.

Only clean, non-marking shoes are allowed in the dance studio. *The less grip on your dance shoes the better.*

Schedule

6:30-9 pm	
6:30-7:30 pm Lessons	7:30-9 pm Social dancing

Dates

Term 1	September 14, 2018 to December 7, 2018
Term 2	January 11, 2019 to April 5, 2019

Prices

Students	Non-students
\$40/term or \$8/session drop-in	\$60/term or \$10/session drop-in

Contact

USSDCExec@gmail.com
 @U of S Swing Dance Club



U of S Karate Club

Location: Education Playroom

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, the U of S Karate-do offers instruction in Ryukyu Kobudo (weaponry) and iaido (swordsmanship).

Schedule

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

Dates

Term 1	September 4 to December 18, 2018
Term 2	January 3 to April 30, 2019

Prices

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

Contact

Dean Gulka
 dgulka@sasktel.net or 306-241-4441



U of S Triathlon Club

Locations: PAC, Education Building and City of Saskatoon Field House

This relaxed and supportive club 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. When coaches are available, instruction is provided for swimming and running sessions approximately once per week.

Schedule

Monday	9:30-11 pm	PAC Pool - swim
Wednesday	8:30-10 pm	PAC - cycling
Thursday	9:30-11 pm	PAC Pool - swim
Saturday	11:00 am-1 pm	Education with HPC – strength and conditioning
Sunday	4-5:30 pm	Field House - run Education Playroom – yoga (alternate weeks)

Dates

Term 1	September 10 to December 9, 2018
Term 2	January 3 to April 7, 2019

Indoorman Dates

Fall	November 18, 2018
Winter	March 17, 2019

Prices

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

Contact

Colin Minielly

colin.minielly@usask.ca or uofstriclub@gmail.com