



Caswell Hill

WINTER PROGRAMS GUIDE 2023

COMMUNITY PROGRAMS

Mondays	Tuesdays	Wednesdays	Thursdays
Traditional Karate 7-8 PM	Gentle Fitness Yoga 6:30-7:30 PM	Adult Hula Hooping 7-8 PM	Caswell Fit 7:30-8:30 PM
	Adult Ball Hockey 8-10 PM		

Making our programs more accessible

If registration fees are preventing you from participating, cost as a barrier assistance is available. Contact us at info@caswellhill.ca for details.

Join any time. Drop-in rates are also available.

Visit our website for more info on our programs or to register: caswellhill.ca

Descriptions:

Traditional Karate

Mondays 7 – 8 PM, Jan 30 - Mar 27, Caswell Community School 204 30th St W, 6-18 yrs \$60, 19+ yrs \$70
A fun, family-friendly, all-ages class. It is a great way for the entire family to get active.

Gentle Fitness Yoga

Tuesdays 6:30 – 7:30 PM, Feb 7 - Mar 28, Caswell Community School Gym 204 30th Street West, \$70
A slower paced yoga class featuring a gentle non-competitive approach to fitness and well-being, with more emphasis on the breath, warm up, gentle strengthening, and flexibility, including modifications.

Adult Ball Hockey

Tuesdays 8 – 10 PM, Jan 24 - Mar 28, Caswell Community School Gym, 204 30th Street West. \$20

Adult Hula Hooping

Wednesdays 7 – 8 PM, Feb 15 - April 5, Caswell Community School, 204 30th Street West, \$70
This Hula Hoop class will focus on core waist hooping, and progress slowly to expand your hooping skills. Hoops will be available to borrow and/or purchase at the class.

Caswell Fit

Thursdays 7:30 – 8:30 PM. Please contact caswellprograms@gmail.com for more information.
This is a fun, challenging weekly workout using body weight exercises and high intensity intervals. The class is designed for everyone from beginners to those who work out daily.

A BIG THANK YOU to The Medicine Shoppe Pharmacy on 33rd Street for their generous sponsorship of our Winter Programs Guide 2023.



YOUR CASWELL COMMUNITY ASSOCIATION EXECUTIVE MEMBERS

President

Ian Roach

thepresidentofcaswellcommunity@gmail.com

Vice President

Lenore Swystun

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Treasurer

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Members at Large

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Committee Chairs:

Civics Coordinator

Lenore Swystun

Newsletter / Communications

Coordinator

VACANT

caswellnews@gmail.com

Program Coordinator

Louise Seidel

caswellprograms@gmail.com

Community Safety Coordinator

Ian Roach

Rink Coordinator

Brett Parker

Community Garden Coordinators

Mel and Brodie Thompson

Advisors:

City of Saskatoon Representative

Heidi Estrada

City Councillor Ward 2

Hilary Gough

Youth Rep

VACANT

MONTHLY BOARD MEETINGS

When: The first Wednesday of every month
(except July and August)

Where: Christ Church Anglican
515 28th Street West

Time: 7:00 p.m.

Meetings usually last about 1½ hours.

Online attendance also available. Everyone is welcome.

Mailing address P.O. Box 30011, RPO 32
Saskatoon, SK S7L 7M6

E-mail address info@caswellhill.ca

Website address www.caswellhill.ca

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Visit Caswell Hill on Facebook now! Like us! We like you!**

This Winter Programs Guide is sponsored by The Medicine Shoppe on 33rd Street West.



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