



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 Ball Hockey 8-10 PM	Adult Hula Hooping 7-8 PM	Caswell Fit 7:30-8:30 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, Jan 31 - 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.

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YOUR CASWELL COMMUNITY ASSOCIATION EXECUTIVE MEMBERS

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thepresidentofcaswellcommunity@gmail.com

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Committee Chairs:

Civics Coordinator

Lenore Swystun

Newsletter / Communications

Coordinator

VACANT

caswellnews@gmail.com

Program Coordinator

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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

Did you know Caswell Hill has a facebook page?
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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