



# WINTER 2024

## ACTIVE-ITY GUIDE



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

**ATHLETICS &  
RECREATION**



The background image shows the exterior of the Toronto Pan Am Sports Centre. The building has a bright orange facade with large, raised lettering. A person with a backpack is walking away from the camera on a paved path in the foreground. The sky is blue with some clouds.

# TORONTO PAN AM SPORTS CENTRE

A Legacy of the Pan and Parapan American Games

UTSC Athletics & Recreation commits to promoting a welcoming and inclusive environment where everyone's faith, gender identity, sexual orientation, ability, cultural and ethnic background is respected and celebrated. We commit to empowering our members, and all others involved at the Toronto Pan Am Sports Centre, to champion inclusion and equity.

In making this commitment, we recognize that we have an important role to play in leading our community towards ensuring all students have a meaningful opportunity to participate in Athletics & Recreation at the University of Toronto Scarborough.

For those of you interested in fitness and starting your journey at the Toronto Pan Am Sports Centre (TPASC), consider signing up for a free Fitness & Lifestyle Consultation. If the great outdoors is more your style, join us for one or more Outdoor Recreation Trips, including multiple ski & snowboard trips and an overnight winter excursion to Kandalore. Prefer indoor activities? We also offer a variety of registered instructional dance and martial arts programs.

Take advantage of our free trial week for registered classes to see what piques your interest. Additionally, we have plenty of drop-in options such as lane swim, basketball, volleyball, soccer, cricket, and track walking. If you're looking to try something new, explore our Learn to Play programs for basketball, volleyball, badminton and cricket.

Our staff at Athletics & Recreation are happy to assist and guide you on your physical activity, sport and wellness journey. Stop by TPASC to meet the team and discover something new. Wishing you a great 2024!



  
Sheila John  
Assistant Dean

  
Lyndsay Ezard  
Director

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Toronto Pan Am Sports Centre  
875 Morningside Avenue,  
Toronto, ON M1C 0C7



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athletics.utsc@utoronto.ca



utsc.utoronto.ca/athletics

## CONNECT WITH US



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Athletics and Recreation at UTSC





## TORONTO PAN AM SPORTS CENTRE

This state-of-the-art facility houses a wide range of first-class amenities. At approximately 365,000 sq. ft., the centre is the largest of its kind in Canada, providing a wealth of benefits for the entire UTSC community.

- 2 Olympic-size, 50m pools
- 10-metre dive tank
- 4 gymnasiums
- Climbing wall
- Walking/running track
- Cardio studio with latest fitness equipment
- Large weight room with strength & conditioning machines
- 3 fitness studios



- 1 Universal change room with 30 private stalls
- 6 single user, accessible washrooms
- 2 single user (gendered) change rooms with showers
- Training pool has movable floor and portable chair lifts
- Accessible fitness equipment



### DID YOU KNOW?

Your TCard is your membership card and grants you access to all the athletic facilities at the University of Toronto. This includes the Toronto Pan Am Sports Centre - home of the Department of Athletics & Recreation at U of T Scarborough. In addition to these facilities, you also have access to all the programs offered by the department.

**+** You are now allowed to share your TCard with others to allow them to access the facility. Any student found violating this policy will have their facility access suspended indefinitely.

### HOURS

7 days a week | 5 a.m. - 12 a.m.  
Holiday Hours | 8 a.m. - 4 p.m.

# STAFF

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# TRI-CAMPUS INTRAMURALS



[utsc.utoronto.ca/athletics/intramural](https://utsc.utoronto.ca/athletics/intramural)

The Tri-Campus Intramural program provides students with an opportunity to represent UTSC in competitive sports leagues against other colleges and faculties within the University of Toronto.



We provide students with:

- Coaches
- Uniforms
- Transportation to St. George & U of T Mississauga for games

A wide variety of sports are offered for both men and women and are available to all current UTSC students.

See what interests you and get involved! Beginners are always encouraged to try out.



Basketball



Field Hockey



Ice Hockey



Indoor Soccer



Ultimate Frisbee



Volleyball

## WINTER 2024 TRI-CAMPUS INTRAMURAL TRYOUTS

SPORT		TRYOUT DATES & TIMES	LOCATION
Basketball	WOMENS	Tues Jan 9 • 7pm - 9pm Tues Jan 16 • 7pm - 9pm	TPASC Gym
	MEENS	Thurs Jan 11 • 8pm - 10pm Thurs Jan 18 • 8pm - 10pm	TPASC Gym
Field Hockey	WOMENS	Mon Jan 8 • 6pm - 8pm Mon Jan 15 • 6pm - 8pm	TPASC Gym
Ice Hockey	WOMENS	Wed Jan 10 • 10pm - 11pm Wed Jan 17 • 10pm - 11pm	Scarborough Village 3600 Kingston Road, Scarborough
	MEENS	Tues Jan 9 • 9pm - 10pm Tues Jan 16 • 9pm - 10pm	
Indoor Soccer	WOMENS	Tues Jan 9 • 8pm - 10pm Sun Jan 14 • 6pm - 8pm Thurs Jan 18 • 8pm - 10pm	TPASC Gym Centennial College Centennial College
	MEENS	Wed Jan 10 • 8pm - 10pm Thurs Jan 11 • 8pm - 10pm Tues Jan 16 • 6pm - 8pm Wed Jan 17 • 8pm - 10pm	Centennial College Centennial College TPASC Gym Centennial College
Ultimate Frisbee	COED	Mon Jan 8 • 6pm - 8pm Mon Jan 15 • 6pm - 8pm	TPASC Gym
Volleyball	WOMENS	Wed Jan 10 • 8pm - 10pm Wed Jan 17 • 8pm - 10pm	TPASC Gym
	MEENS	Mon Jan 8 • 8pm - 10pm Mon Jan 15 • 8pm - 10pm	

### REGISTRATION LINK FOR TRYOUTS



*"Intramural sports are a great way to improve your skill and compete in a positive environment. There are varying levels, so all are welcome to join and get involved!"*





The UTSC Interhouse Leagues are weekly student run leagues that allow students, faculty, staff and alumni who have obtained a TPASC membership to participate at various levels of competition. Whether you register as a team with your friends or want to sign up as an individual to meet people with similar interests, there's always something fun to do to get moving.

## HOW TO REGISTER FOR AN INTERHOUSE LEAGUE

All Interhouse participants are required to create an account through [www.imleagues.com/utsc](http://www.imleagues.com/utsc) with their student email



### SIGN UP FOR AN INTERHOUSE LEAGUE

- Go to [www.imleagues.com/UTSC](http://www.imleagues.com/UTSC)
- Click the create/join team button at the top right of your user homepage
- The current leagues will be displayed. Choose the league you wish to join.
- You can join the league in one of 3 ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent



### TEAM FEE: \$30 + HST

- The captain for each team must pay the team fee in person at the TPASC registration desk or online at [recreation.utoronto.ca](http://recreation.utoronto.ca)
  - Payment must be received before the first game of the season
  - Registration deadline: Tuesday, January 23rd, 2024
- Mandatory Captains' Meeting (virtual): Thursday, January 26th, 2024 @6pm

## CERTAIN PROGRAMS OFFER BOTH A RECREATIONAL AND COMPETITIVE DIVISION



### RECREATIONAL

An enjoyable and fun division with a focus on developing skill and knowledge of the game. Competition is secondary, as most players are beginners, or are experienced players helping their teammates learn about the activity.



### COMPETITIVE

Competition is moderate to intense. Most players know the rules of the sport but are still developing the skills required to play at a fairly competitive level. Tri Campus and Division 1 players are required to play in competitive divisions.



## WINTER 2024: INTERHOUSE CALENDAR

[www.utsc.utoronto.ca/athletics/interhouse](http://www.utsc.utoronto.ca/athletics/interhouse) | [www.imleagues.com/utsc](http://www.imleagues.com/utsc)

SPORT	LEAGUES OFFERED	MINIMUM ROSTER	TEAM ENTRY FEE	REGULAR SEASON DATES	PLAY TIMES
Badminton	Singles/Doubles	n/a	\$5 entry fee	January 29 - March 11	Monday 5 - 7pm
3 on 3 Co-ed Ball Hockey	Open	5 players	\$30 per team	January 29 - March 11	Monday 7 - 11pm
5 on 5 Co-ed Indoor Soccer	Recreational Competitive	8 players	\$30 per team	January 30 - March 12	Tuesday 4 - 8pm
7 on 7 Co-ed Indoor Cricket	Open	8 players	\$30 per team	January 31 - March 13	Wednesday 3 - 8pm
5 on 5 Co-ed Basketball	Recreational Competitive	6 players	\$30 per team	January 31 - March 14	Wednesday 6 - 11pm
4 on 4 Co-ed Volleyball	Recreational Intermediate	6 players	\$30 per team	February 1 - March 15	Thursday 4 - 8pm
5 on 5 Women's Basketball	Open	7 players	\$30 per team	February 2 - March 16	Friday 3 - 6pm

## WINTER INTERHOUSE SPORTS LEAGUES

Interhouse leagues offer unique opportunities to have fun, be active, and make friends on campus.



Badminton



Ball Hockey



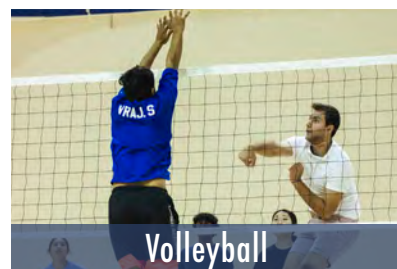
Basketball



Indoor Cricket



Indoor Soccer



Volleyball



# WOMEN'S PROGRAMMING

## Need some help?

A Women's Fitness Ambassador will show you how to safely use the exercise equipment and give you some fitness tips to help you with your fitness goals. Students may also book a complimentary consultation with a staff member to help establish physical activity and healthy habits into their daily routine.

Lesbian Gay Bisexual  
Transgender Queer



Positive Space

## Fitness Centre hours for self-identifying trans and cisgender woman

Monday/Wednesday/Friday: 10am - 12pm

Tuesday/Thursday: 1pm - 3pm

Equipment orientations during Women's Hours:

To book your appointment or consultation, please email: [ramona.seupersad@utoronto.ca](mailto:ramona.seupersad@utoronto.ca)

## AQUATIC PROGRAMS

Learn to Swim  
(registered program)

Tuesdays 9:30am - 10:20am  
Thursdays 2:30pm - 3:20pm  
Thursdays 3:30pm - 4:20pm

Training Pool

UTSC Rec Swim  
(drop-in)

Tuesdays 9:30am - 11:15am  
Thursdays 2:30pm - 4:30pm

Training Pool

## REGISTERED PROGRAMS

Empow(HER)ment  
Series Workshops

Monthly Events

Women's Boxing

Fridays 4:30pm - 6:00pm

Studio 2

Women's Self-Defense

Wednesdays 7:10pm - 8:00pm

Studio 1



## UPCOMING EVENTS

### Empow(HER)ment Series Workshops (Free!)

Join us for these monthly interactive events for open discussions on positive body image, women empowerment, celebrating women and topics that affect women in today's society such as sexual health and self-care.

Open to all self-identifying women, trans and non-binary individuals. Register for these sessions at [recreation.utoronto.ca](https://recreation.utoronto.ca). Please contact Ramona with any questions.

### Monthly Schedule

January  
New Year: How to Get Started with Exercise

February  
Rock Climbing Social

March  
Good Food for Mind & Body

April  
Stretches for Destressing

### Other social events to look out for

- SheMoves Event
- Mini workouts during Women's Fitness Centre hours

Please contact Ramona at [ramona.seupersad@utoronto.ca](mailto:ramona.seupersad@utoronto.ca) for more information.





The programs offered by the Department of Athletics & Recreation are only available to U of T students and faculty and staff who have a Toronto Pan Am Sports Centre membership.



## FREE TRIAL WEEK

Not sure which class to register for? Want to try it out first? Come out to our registered programs **FREE** Trial Week\* from January 15th - 19th. Pre-registration is required.

*\*Only applies to Dance and Martial Arts classes*



## REGISTER ONLINE

- Visit [recreation.utoronto.ca](https://recreation.utoronto.ca) to proceed to the registration portal
- Select "Login"
- UofT Students, Staff and Faculty can login using their UTORid
- Navigate the programs and proceed through the checkout process



## REGISTER IN-PERSON

- Visit the registration desk at the Toronto Pan Am Sports Centre
- Bring Your TCard
- Know the name, day and time of the program you would like to register for



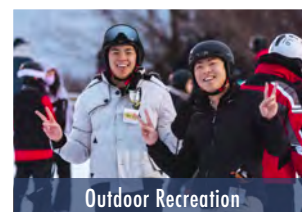
Martial Arts



Aquatics



Climbing Wall



Outdoor Recreation





# REGISTERED PROGRAMS



## REGISTRATION FEES

8 - week course:  
8 x 1 hour class = \$30  
8 x 1.5 hour classes = \$40  
(excluding HST for all)



## REGISTRATION AND SESSION DATES

Registration opens on:  
Wednesday, January 3rd at 8am  
Classes begin the week of January 22nd  
No classes during Reading Week:  
February 19th - 23rd

Refund requests will only be accepted by Customer Service staff before the beginning of the second class for all registered programs.

## DANCE

**Ballet**  
Tuesdays 7:10pm - 8pm

A classical dance form demanding grace, precision, and control through every formal step and gesture, in flowing, intricate dance patterns that create expression through movement. Participants will learn the basic fundamentals of this dance style in a progressive nature. Ballet or light dance shoes are required.

**Hip Hop**  
Fridays 7:10pm - 8pm

Learn the basics of this urban dance that fuses a variety of dance styles. Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.

**Jazz Dance**  
**Tuesdays 8:10pm - 9pm**

Jazz dance combines techniques of many styles including ballet, lyrical, and modern dancing. This energetic class will consist of unique moves, fancy footwork, big leaps and quick turns. Dancers will learn the basic fundamentals of jazz dancing in a progressive manner while incorporating some classical moves. Light dance shoes are recommended.

**K-Pop**  
**Mondays 7:10pm - 8pm**

Learn Korean Popular dance moves where your choreography tells the story. K-Pop has been known to fuse various genres of dance like Hip Hop, Pop, Contemporary, Latin and more with a lot of fun emotional ties to the lyrics of each song.

**Latin Dance**  
**Wednesdays 8:10pm - 9pm**

This beginner to intermediate level class will take you beyond Latin dance basics. This class is beneficial for students who want to improve and increase their basic knowledge of Latin dance. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.

## **GETTING STARTED WITH FITNESS**

**Intro to Weights**  
**Mondays 5:10pm - 6pm**

Learn the basics of resistance training, nutrition, and anatomy in this progressive program. Safely acquire the proper training techniques while working out in the teaching studios and fitness centre. Each participant will be provided with a detailed lesson plan on the first day of class.

## **TARGET AND RACQUET SPORTS**

**Archery**  
**Mondays 2:30pm - 4pm**  
**Tuesdays 11:30am - 1pm**

A progressive class to enhance your skill in propelling arrows with the use of a bow. Increase your precision in aiming at targets of varying distances, which improves hand-eye coordination, balance, level of mental concentration, and acts as an aid in stress relief. All equipment is provided.



## MARTIAL ARTS & FITNESS CONDITIONING

### **Brazilian Jui Jitsu** Tuesdays 4:30pm - 6pm

Learn this combat martial art without striking and instead by using a combination of dynamic leverage and explosive movements. Increase your strength and cardio through learning skills in grappling, holds and groundwork.

### **Karate** Mondays 5:30pm - 7pm

Self-defense techniques are learned through reflex development, timing, hand-eye coordination, and balance. A uniform may be purchased through the instructor after the first class.

### **Kickboxing** Thursdays 4:30pm - 6pm

This course teaches an authentic, fast-paced total body kickboxing workout. It is geared to improving one's endurance, strength, hand-eye coordination, balance, and flexibility. This course is for individuals of all fitness levels. Hand wraps or gloves must be purchased separately.

### **Muay Thai** Wednesdays 5:15pm - 6:45pm

Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided. Handwraps can be purchased for an additional \$5.

### **Women's Boxing** Fridays 4:30pm - 6:00pm

Come build a sense of community, make friends, improve your fitness and build confidence as you get trained by Boxing Ontario athlete, Heather Alonzo. All women and self-identified women are welcome. Please wear comfortable clothing and indoor running shoes.

### **Women's Self Defense** Wednesdays 7:10pm - 8pm

This self-defense course is designed for self-identified women in the UTSC community. Participants will learn strikes, how to break holds and how to use their voice.



## LEARN TO PLAY

Our Learn to Play program is designed for students who are interested in learning a new sport at the recreational level or would like to further their skills in a specific sport. Indoor shoes required; all other equipment will be provided.

There is a registration fee of \$30 for the 8 week session.

### **Badminton**

**Fridays 2:10pm - 3pm**

**Fridays 3:10pm - 4pm**

Learn the basics: forehand, backhand, drop and service, along with the rules of the game. This course is for less experienced players who want to try the game of badminton.

### **Basketball**

**Mondays 4:10pm - 5pm**

Learn the basics: dribbling, passing, shooting, along with the rules of the game. This course is for new or less experienced players who want to try and learn the game of basketball.

### **Cricket**

**Wednesdays 3:10pm - 4pm**

Learn from a UTSC athlete: batting, bowling, catching, along with the rules of the game. This course is for new or less experienced players who want to try and learn the game of cricket.

### **Soccer**

**Tuesdays 3:10pm - 4pm**

Learn from a UTSC athlete: dribbling, passing, shooting and the rules of the game. This course is for less experienced players who want to further their skills in the game of soccer.

### **Volleyball**

**Thursdays 3:10pm - 4pm**

Learn from a UTSC athlete: bumping, setting, spiking, blocking and serving, along with the rules of the game. This course is for new or less experienced players who want to try the game of volleyball.



# WORKSHOP SERIES BEGINNER BALLROOM

This beginner friendly space is open to members of the 2SLGBTQ+ community and allies. Participants will have the opportunity to learn about the impact and history of Ballroom and as well as learn about the categories of Ballroom – such as: Face, Runway & Vogue. Please wear comfortable and appropriate attire and footwear that's suitable for fitness and gym activities.

- FREE 10-week program, beginning January 18
- Thursdays from 6pm - 7pm

Register online at [recreation.utoronto.ca](https://recreation.utoronto.ca) or in-person at the Toronto Pan Am Sports Centre registration desk.

If you have any questions about this program, please feel free to connect with our Equity Engagement Coordinator at [monica.khoshaien@utoronto.ca](mailto:monica.khoshaien@utoronto.ca)

We would like to thank our partners in this event from the Pride & Remembrance Foundation.

**pride and remembrance  
foundation**







## DROP-IN

### AquaFit

This class provides an alternative fitness workout with progressing exercises in water to improve core muscle and joint stability, muscle endurance and strength, aerobic endurance and flexibility all in one. Both deep water and shallow water classes are available. Please refer to the Group Fitness schedule for days/times classes are offered.

### UTSC Rec Swim

**Mondays 1pm - 2pm**

**7:30pm - 9pm**

**Tuesdays 9:30am - 11:15am (Women Only)**

**1pm - 3pm**

**8pm - 10pm**

**Wednesdays 12pm - 1pm**

**Thursdays 2:30pm - 4:30pm (Women Only)**

**Fridays 12pm - 1:30pm**

Come to the pool to mix up your workout routine. Swimming is a great way to improve your cardio and muscular strength. During these UTSC drop-in times you can practice your swimming or do some aqua conditioning exercises. The possibilities are endless! Shallow and deep water options are available. Flotation devices may be used, no experience necessary. Women's Only options are available.

*\*Wristbands are required in order to attend UTSC exclusive lane swim times.*

### UTSC Swim Club

**Mondays 7:30pm - 9pm**

**Wednesdays 12pm - 1pm**

Come join this drop-in program where one of our experienced UTSC Swim Club members will be coaching you through a swim workout that will help improve your stroke mechanics, starts, flip turns, and your overall endurance.



## REGISTERED PROGRAMS

### Registration and Session Dates

Registration opens on Wednesday, January 3rd at 8:00am

Classes begin the week of January 22nd

No classes during Reading Week: February 19th - 23rd

Registration Fee: \$96 for 8 week session (excluding HST)

### Learn to Swim (Beginner/Intermediate)

**Mondays** 1pm - 1:50pm

7:30pm - 8:20pm

**Tuesdays** 9:30am - 10:20 am (Women Only)

1pm - 1:50pm

2 pm - 2:50 pm

8pm - 8:50pm

**Wednesdays** 12pm - 12:50pm

**Thursdays** 2:30pm - 3:20pm (Women Only)

3:30pm - 4:20pm (Women Only)

**Fridays** 12pm - 12:50pm

This program is geared to all levels of swimmers from beginner to intermediate. The swim instructor will provide support and guidance for participants, whether it's to feel comfortable and learn to be confident in water, to improve your stroke mechanics or learn a new water skill. The program emphasizes progressions to help participants to successfully achieve their swimming goals.

## WANT TO COME SWIMMING, BUT NOT SURE WHAT TO WEAR?

Here are some examples of clothing you can wear while in the pool:



# CLIMBING WALL



The 41-foot climbing wall at TPASC is one of the highest in the region and features a variety of routes to accommodate all levels of experience. With the routes changing monthly, there is always a new challenge. Registered U of T students and faculty & staff with a TPASC membership can take part in the following programs.

**Payment for Drop-in & Learn to Climb is required prior to the start of the session.**



## Drop-In Climb

Come individually or with a friend to practice your climbing techniques. The Learn to Climb or Skill Building Series courses are a prerequisite. Participants must successfully be able to show the supervisor a belay test and understand the safety guidelines prior to climbing. *Classes start on the hour. Drop-in Fee: \$2 per person/drop-in.*

- Mondays, Wednesdays & Fridays: 4pm - 10pm
- Saturdays 12pm - 4pm and Sundays 12pm - 4pm



## Learn to Climb

A certified instructor will take you through a 1.5 hour course on how to safely climb and belay with basic techniques. All equipment and shoes will be provided. Wear comfortable athletic clothing. *Course Fee: \$2 plus HST per person/session*

- Mondays, Wednesdays & Fridays: 4pm - 5:30pm or 6pm - 7:30pm



## Skill Building Series

This course is appropriate for beginners or intermediate climbers and will include how to use the equipment, belaying techniques, progressive climbing and time on the wall with a coach. Registration required in person or online at [recreation.utoronto.ca](https://recreation.utoronto.ca).

*Course fee: \$10 plus HST / 5-week session*

Session 1 (starting January 18th): Thursdays 6pm - 7:30pm

Session 2 (starting February 29th): Thursdays 6pm - 7:30pm





# OUTDOOR RECREATION

Come experience the serenity, peaceful and adventurous world of the great outdoors. Research suggests that being physically active outdoors helps reduce stress, anxiety, anger and improves moods, overall health and well-being. Our department is integrating experiential activities for your enjoyment. Transportation and snacks included for all trips.

All fitness levels are welcome; we can accommodate most accessible needs. Please contact Laurie Wright at [laurie.wright@utoronto.ca](mailto:laurie.wright@utoronto.ca) with any questions.

**Please check our website for all updated trip dates, prices, registration details. Refunds available 5 business days prior to the trip. Space is limited.**



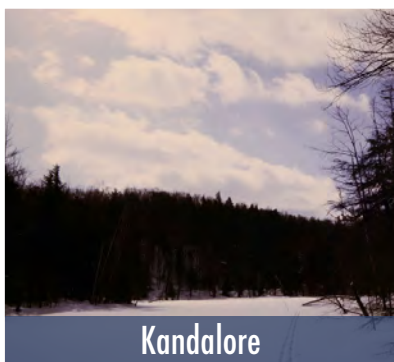
Lakeridge Resort

## UPCOMING ADVENTURES

### Ski & Snowboard Trips @ Lakeridge Resort

Friday, January 26th  
Friday, February 9th  
Friday, March 8th

Hit the slopes on a Friday evening this winter at Lakeridge Resort. Choose between skiing or snowboarding. Transportation, lift ticket, 1 hour lesson and snacks included. Rentals for ski or snowboard packages available for an additional charge. All levels welcome.



Kandalore

### Overnight winter trip at Kandalore

Tuesday, February 20th -  
Wednesday, February 21st

Take a break during Reading Week to experience true Canadian winter outdoor activities. We will travel north by bus to Kandalore Resort. Enjoy skating, tobogganing, night hikes with star gazing and engaging activities. Meals, transportation, heated cabins, equipment and activities will be provided.



# MOVEU



The MoveU Crew is a peer educator group, run by students for students at UTSC. We aim to encourage and educate students about the benefits of being active and practicing healthy habits. Join us at these upcoming free events this winter:

- Bollywood Night - January 25, 6 -10pm
- BIOSA x MoveU Prof. vs. Student Olympics, January 18
- SheMoves - February 16, 5pm - 8pm
- Spring Carnival - March 26, 11am - 2pm

## WE'RE SOCIAL! FOLLOW US:



moveutsc@gmail.com



@moveutsc

Visit our website to meet our crew members, and how to get involved with us: [uoft.me/MoveUTSC](https://uoft.me/MoveUTSC)





Looking to play a sport but can't commit to the full season? Our one day tournaments may be the answer, with a variety of classic and niche sports to choose from there is something for everyone. Tournaments are free of charge to all students, sign up on IM Leagues to confirm your spot in our tournaments today, all skill levels are welcome!

For more information, please contact Charles Dumrique, [charles.dumrique@utoronto.ca](mailto:charles.dumrique@utoronto.ca)



## WINTER TOURNAMENTS

- Flag Football
- Ultimate Frisbee
- Table Tennis



## SIGN UP FOR A TOURNAMENT

- Go to [www.imleagues.com/UTSC](http://www.imleagues.com/UTSC)
- Click the create/join team button at the top right of your user homepage
- Choose the tournament you wish to enter.
- You can join a tournament in one of three ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent







# HAVE A QUESTION?

**VISIT OUR OUTREACH TABLE ON CAMPUS!**



**TUESDAYS AND THURSDAYS**



**11AM - 3PM**



**BV HALLWAY**



Look for our staff in  
their blue A&R shirts!



PRIZES • GIVEAWAYS • INFORMATION • + MORE!



# GROUP FITNESS

All classes are FREE to U of T registered students, staff and faculty (with a TPASC membership), TPASC members and City of Toronto fitness pass holders. All programs are inclusive to accessibility needs. Please connect with Laurie Wright at [laurie.wright@utoronto.ca](mailto:laurie.wright@utoronto.ca) if you have any questions.

Note: classes are subject to change, please refer to our website for updates.

## 2024 WINTER GROUP FITNESS SCHEDULE

Refer to our website for a complete list of class times.

### CARDIO CLASS

CYCLING  
ZUMBA

### RESISTANCE

BARRE  
BOOTCAMP  
SYNRGY  
TABATA  
TOTAL BODY

### YOGA/PILATES

GENTLE YOGA  
HATHA YOGA  
MINDFUL YOGA  
PILATES  
TAI CHI  
YIN YOGA

### AQUATICS

DEEP AQUAFIT  
SHALLOW AQUAFIT





## LEGEND

- 1 Toronto Pan Am Sports Centre**  
875 Morningside Ave  
(416) 283-5222  
7 Days a Week | 5am - 12am  
[tpasc.ca](http://tpasc.ca)
- 2 Morningside Athletic Fields**  
875 Morningside Ave  
[utsc.utoronto.ca/aboutus/morningside-athletic-fields](http://utsc.utoronto.ca/aboutus/morningside-athletic-fields)
- 3 The Valley**  
130 Old Kingston Rd  
[utsc.utoronto.ca/athletics/valley](http://utsc.utoronto.ca/athletics/valley)







# WINTER 2024 ACTIVE-ITY GUIDE