UTSC DAY
WITH THE MARLIES
SUNDAY, FEBRUARY 12TH

Register now at UTSCMarliesDay.eventbrite.ca
Space is limited

GAME TIME 3PM @ RICOH COLISEUM

JOIN US FOR THE ULTIMATE FAN EXPERIENCE
SPECIAL TICKET PRICE OF $30 INCLUDES:
PRE-GAME ENTERTAINMENT & FUN
ENTRY TO THE GAME
FOOD VOUCHER
POST GAME SKATE
TOKEN GIFT
“Your thinking becomes your reality.” I have used this as my personal motto since I was a teenager. I heard this at a leadership camp I went to and it has stuck ever since. January is usually the time people pick up new habits or try to kick old ones. At UTSC your goal in January might be to graduate this year, do well in one of your courses, or get involved in campus groups or teams. Whatever your goal is, I hope it includes something within the Athletic & Recreation department. We have so many things to offer to add physical activity to your life, try new sports or activities or meet new friends in a fun and relaxed environment.

This winter you can join us in the Fitness Centre, or Learn to Swim in the pool (we also have women’s only times!). Perhaps you want to join us on an Outdoor Rec trip or maybe you want to start slow and walk around our track.

Whatever your goal is this year, remember that whatever you put your mind to, your thinking becomes your reality. When you think about a goal, write it down. When you put yourself in the environment to reach that goal, that is half the battle. When you tell others what you are thinking, it will hold you accountable. Make 2017 a reality for all your goals, and I hope that you make a goal that involves getting physically active and making time for fun during the second half of the 2016-17 academic year. Good luck!

Laura Boyko
Interim Director, Athletics & Recreation

QUESTIONS?

Toronto Pan Am Sports Centre
875 Morningside Avenue, Toronto, ON M1C 0C7
(416) 283-3211
athletics@utsc.utoronto.ca
www.utsc.utoronto.ca/athletics

FOLLOW US!

/UTSCathletics
@UTSC_Athletics
@UTSC__Athletics
The Toronto Pan Am Sports Centre (TPASC) is a state-of-the-art facility housing a wide range of first-class amenities. At approximately 365,000 sq. ft., the centre is the largest facility of its kind in Canada, providing a wealth of benefits for the entire UTSC community. The facility includes:

- 2 Olympic-sized, 50m pools
- 10-metre diving tank
- 35,000 sq. ft. field house
- Climbing wall
- Walking/running track
- Cardio studio with latest fitness equipment
- Large weight room with strength & conditioning machines
- 3 fitness studios

**Come Visit US!**

*Did you know as a registered U of T student you have access to this world class facility. In addition to the TPASC facilities, you also have access to all the programs offered by the Department of Athletics and Recreation. Your TCard is your membership card, come check us out!*
Getting Started

Need some help getting started?
Students may book a complimentary consultation with our Fitness Staff who will work with you on establishing realistic goals by incorporating physical activity and healthy habits into your daily routine. To book your complimentary consultation, please email utscfitness@gmail.com

Women’s Only Programming

These programs and activities are offered to support women of all fitness levels.

**Women’s Only Hours in the Fitness Centre:**
- Mon, Wed, Fri: 10:00am - 12:00pm
- Tue, Thurs: 2:00 - 4:00pm

**Need some help?** A female Athletics and Recreation Fitness staff member will be present to show you how to safely use the exercise equipments and give you some fitness tips to help you with your fitness goals.

**Equipment orientations during Women’s Only hours:**
To book your appointment please email: utscfitness@gmail.com

**Aquatic Programs:**
Learn to Swim (registered program): Tuesdays 9:30 - 10:30am, Thursdays 3:30 - 4:30pm
Aqua Zumba (drop-in program): Thursdays 3:45 - 4:30pm
Sport & Swim (drop-in program): Tuesdays 9:30 - 11:15am, Thursdays 3:15 - 4:30pm

**New! Ladies Discussion Café**
Open to all females & Transgendered. There will be an open discussion about proper nutrition and exercise, positive self-esteem, body-image, and how to get started on a path to a healthy, active lifestyle with the many programs offered at the Toronto Pan Am Sports Centre.

**Event Details:** Thursday January 12th from 12:00 - 2:30pm. Please meet in the VIP Boardroom, which is located on the 3rd floor of the Toronto Pan Am Sports Centre

**Female Only Rock Climbing**
Come join us for a female only Learn to Climb in March (date TBD). A certified instructor teaches you how to safely climb the wall and learn basic climbing techniques. Please wear comfortable athletic clothing. For more information contact Ramona at seupersad@utsc.utoronto.ca
Intramurals

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

There are Fall and Winter leagues available. A wide variety of sports are offered for both men and women and are available to all current UTSC students. Check out the list below for a sport that interests you and get involved! Beginners are always encouraged to try out.

**Sports you can play:**
- Basketball
- Field Hockey
- Ice Hockey
- Indoor Soccer
- Lacrosse
- Ultimate Frisbee
- Volleyball

**We provide students with:**
- Coaches
- Uniforms
- Transportation to St. George & UTM for games
## Coed Intramural Tryouts

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<td>Mon. Jan. 2 6:00 - 8:00pm&lt;br&gt;Wed. Jan. 4 4:00 - 6:00pm&lt;br&gt;Mon. Jan. 9 6:00 - 8:00pm</td>
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## Women’s Intramural Tryouts

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<td>Indoor Soccer</td>
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<td>Lacrosse</td>
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<td>Volleyball</td>
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## Men’s Intramural Tryouts

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Interhouse

The UTSC Interhouse Leagues are student-run leagues that allow students, faculty, staff, and alumni who have obtained a TPASC membership. Teams are encouraged to choose a competitive level which best challenges the majority of player's skills for maximum satisfaction of all participants. We offer co-ed divisions in all sports and women's division in basketball.

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

COMPETITIVE - Competition is moderate to intense. All participants have the fundamental skills required to play at a fairly intense level, and all players have a clear understanding of the rules. Development league and Division 1 Intramural players must play in competitive divisions.

Register in person at the TPASC Registration Desk or online at recreg.utoronto.ca.

Entry Deadline: Monday, January 16th at 5pm
Team Fee: $25+tax, must be paid before first game of the season
All Captains’ Meetings will be held in TPASC Room # 3035

Ball Hockey
Open Division - #43515
Mondays 8:00 - 11:00pm, Gym 3
MANDATORY Captains’ Meeting: January 16th @ 6:00pm
League Begins: January 23rd
4 on 4 co-ed/ 6 players min/ 12 team league

Basketball
Women’s Division - #43516
Fridays 12:00 - 2:00pm, Gym 1
MANDATORY Captains’ Meeting: January 20th @ 12:00pm
League Begins: January 27th
4 on 4/ 7 players max/ 8 team league

4 on 4 Half Court Basketball - #43517
Fridays 12:00 - 3:00pm, Gym 2
MANDATORY Captains’ Meeting: January 20th @ 12:00pm
League Begins: January 27th
4 on 4/ 7 players max/ 12 team league

5 on 5 Full Court Basketball - #43518
Fridays 3:00 - 5:00pm, Gym 1 & 2
MANDATORY Captains’ Meeting: January 20th @ 12:00pm
League Begins: January 27th
5 on 5 co-ed/ 7 players min/ 8 team league
Indoor Cricket
Open Division - #43519
Wednesdays 4:00 - 8:00pm, Gym 3 & 4
MANDATORY Captains’ Meeting: January 18th @5:00pm
League Begins: January 25th
8 team league

Indoor Soccer
Recreational Division - #43520
Tuesdays 3:00 - 5:00pm, Gym
MANDATORY Captains’ Meeting: January 17th @5:00pm
League Begins: January 24th
6 on 6 co-ed/ 7 players min/ 12 team league

Competitive Division - #43521
Tuesdays 5:00 - 8:00pm, Gym
MANDATORY Captains’ Meeting: January 17th @5:00pm
League Begins: January 24th
6 on 6 co-ed/ 7 players min/ 12 team league

Ultimate Frisbee
Open Division - #43522
Mondays 4:00 - 8:00pm, Gym 1
MANDATORY Captains’ Meeting: January 16th @5:00pm
League Begins: January 23rd
5 on 5 co-ed/ 7 players min/ 12 team league

NEW! Recreational Division - #43523
Mondays 4:00 - 8:00pm, Gym 2
MANDATORY Captains’ Meeting: January 16th @5:00pm
League Begins: January 23rd
5 on 5 co-ed/ 7 players min/ 12 team league

Volleyball
4 on 4 Co-ed Recreational - #43524
Thursdays 4:00 - 8:00pm, Gyms 1 & 2
MANDATORY Captains’ Meeting January 19th @ 5:00pm
League Begins: January 26th
4 on 4 co-ed/ 5 players min/ 16 team league

4 on 4 Co-ed Competitive - #43525
Thursdays 4:00 - 8:00pm, Gyms 1 & 2
MANDATORY Captains’ Meeting January 19th @ 5:00pm
League Begins: January 26th
4 on 4 co-ed/ 5 players min/ 16 team league
Learn to Play

Never played a sport before and want to learn? Are you looking to improve your sports skills? These eight week skills and drills courses are geared towards the beginner level player looking to fine tune their fundamentals.

Registered U of T students along with faculty and staff with a TPASC membership are eligible to take part in these programs. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca. Registration cost $25 + HST per person/per program.

**Badminton**

**Beginner - #43511: Tuesdays @ 2:10 - 3:00pm**
Learn the basics: forehand, backhand, drop and service, along with the rules of the game. This course is for new or less experienced players who want to try the game of badminton. Indoor running shoes required - all other equipment provided.

Course Details: January 17th - March 14th (no class February 21st)
Location: TPASC Gym 4

**Intermediate - #43512: Tuesdays @ 3:10 - 4:00pm**
Take your game to the next level: forehand, backhand, drop, lob and service, along with more detailed game play instruction. This course is for experienced players who want to further their skills in the game of badminton. Indoor running shoes required – all other equipment provided.

Course Details: January 17th - March 14th (no class February 21st)
Location: TPASC Gym 4

**Basketball**

**Beginner - #43513: Mondays @ 3:10 - 4:00pm**
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. Indoor running shoes required - all other equipment provided.

Course Details: January 16th – March 13th (no class February 20th)
Location: TPASC Gym 3

**Volleyball**

**Beginner - #43514: Thursdays @ 3:10 - 4:00pm**
Learn the basics: 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. Indoor shoes required - all other equipment provided.

Course Details: January 19th - March 16th (no class February 23rd)
Location: TPASC Gym 1
Tournaments
Registered U of T students along with faculty and staff with a TPASC membership are eligible to take part in these tournaments. Cost per tournament is $20 and must be paid in full 24 hours before the tournament date. Please register online at www.imleagues.com/utsc

For more information, please contact Anthony Cicirello, acicirello@utsc.utoronto.ca

SCHPA Co-ed Ball Hockey Tournament
February TBD
Gym 3 & 4
4-on-4/ 6 player min/ min 2 ladies

King and Queen of the Court - Basketball Tournament
March TBD
Gym 1 & 2
5-on-5/ 10 player min/ min 2 ladies
Lunch Provided – Championship Prizes

Hawaiian Beach Volleyball Tournament
March TBD
North Beach Volleyball Facility
6-on-6/ min 8 players/ min 2 ladies
Championship Prizes

Looking Ahead....

Wellness Fair 2017: Healthy UTSC
This free drop-in event will promote a healthy UTSC to our student community through demonstrations and displays. It will take place in the Meeting Place from 11:30am – 2:30pm on January 19. Games, prizes and many helpful resources will be provided.

UTSC Day with the Marlies
Come out and watch the Toronto Marlies face-off against the Albany Devils on Sunday, February 12 @3pm at RICOH Coliseum. Tickets are $30 and include entry to the game, food voucher, token gift and an opportunity to skate on the ice following the game.

52nd Annual Athletic Banquet
Please join the SCAA and the staff of the Department of Athletics and Recreation as we celebrate the 52nd Annual Athletic Banquet on Saturday April 1st, 2017. We will recognize outstanding contributions to the athletics and fitness programs at UTSC. There will be a dinner followed by an awards ceremony.

Team building activities:
Do you have a UTSC Department, student club or group that could benefit from experiencing some team building skills, strategic planning, trust games and/or communication development? We can offer you a custom built activity to suit your needs, outdoors or indoors.

Contact Laurie Wright at lwright@utsc.utoronto.ca for more details.
Looking to get more physically active and not sure where to start? Meet new people in a friendly, social setting while getting in shape by joining “Fit with Friends”. This program encourages students to get active in a fun, healthy, and inclusive environment. Instruction will be given by one of our fitness staff to include a variety of workout options such as Synrgy workouts, aquatic activities, recreational sports and some educational workshops on nutrition and exercise techniques.

**Fit with Friends Offers:**
- Fitness Centre orientations
- Synrgy workouts
- Weight training circuits
- Group Fitness classes
- Climbing Wall
- Aquatic activities
- Sports/Recreation
- Educational Learning seminars

**Course Details:** #43488
**Wednesdays 9:00 - 9:50am**
**Thursdays 12:00 - 12:50pm**

Classes start the week of January 16th. Please note that there are no classes during reading week. For more information, please contact Ramona at seupersad@utsc.utoronto.ca or check out our “Fit with Friends” Facebook page: [www.facebook.com/UTSCFitWithFriends](http://www.facebook.com/UTSCFitWithFriends)

Registration fee is $5 + HST. You can attend one or both days. Join at anytime!
All classes are **FREE** to U of T registered students, staff and faculty (with a TPASC membership). High and low exercise options are available; proper athletic footwear is mandatory.

All programs are inclusive to accessibility needs. Please connect with Laurie Wright at lwright@utsc.utoronto.ca if you have any questions.

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

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**Group Fitness**

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**January - April 2017 Group Fitness Schedule**

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Please be advised that the group fitness schedule is subject to change. Please refer to our website for the most updated version.
Registered Programs

NEW! FREE TRIAL Week
Not sure which class to register for? Want to try it first? Come out to our FREE Trial week* of registered programs from January 9th – 13th. No pre-registration is required.
*Tennis, aquatic and climbing wall programs are not included in trial week.

Registration Fees
9 week course: 1 hour classes are $30 and 1.5 hour classes are $40 (excluding HST)

Registration and Session Dates
Registration opens on Monday, December 12th at 8:00am
Classes begin the week of January 16th. No classes during reading week February 20 - 24.

Register in person at the TPASC Registration Desk or online at recreg.utoronto.ca on a first-come/first-serve basis. Contact the Department of Athletics and Recreation (athletics@utsc.utoronto.ca) for your Login ID and PIN number in order to complete registration online.

Refunds will only be accepted when the corresponding receipt is presented to Customer Service staff before the beginning of the second class. Registered programs are open to U of T students and faculty and staff who have a TPASC membership.

Dance
Ballet (Women Only) - #43486: Fridays 5:00 - 5:50pm
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.

Belly Dancing (Women Only) - #43485: Fridays 12:00 - 12:50pm
Learn the basics (e.g. isolations, undulations, shimmies, etc.) of this traditional Middle Eastern dance form fused with urban dance elements in a private atmosphere. Comfortable clothing and bare feet or dance slippers are most appropriate for movement along the floor.
NEW! Bharatanatyam Dance - #43480: Thursdays 4:00 - 4:50pm
Learn the art of classical Bharatanatyam dance and experience the rich movements, expressions with the accompaniment of rhythmic sounds. Your instructor will guide you through various short choreographies, allowing you to experience this ancient dance form.

Contemporary Dance - #43473: Mondays 7:00 - 7:50pm
Refers to a rhythmical and emotion filled expression through graceful, fluid movement of the torso, arms, and legs to create beautiful artistic lines that tell a story. Ideally participants should dance in ballet or lightweight dance shoes.

Hip Hop - #43474: Tuesdays 6:00 - 6:50pm • #43475: Wednesdays 5:00 - 5:50pm
Learn the basics of this urban dance that fuses a variety of styles. Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.

Salsa - #43476: Tuesdays 8:00 - 8:50pm
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 and learn new dance patterns and turns for the following three styles of Latin dance - Salsa, Bachata, and Merengue.

Martial Arts & Fitness Conditioning
Capoeira - #43483: Wednesdays 7:00 - 7:50pm
Capoeira is an Afro-Brazilian art form which combines fight, dance, rhythm, movement, and culture. It utilizes kicks, cartwheels, high flying tricks, and fluid floor movements.

Fitness Kickboxing - #43481: Thursdays 5:00 - 6:30pm
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.

Judo - #43470: Mondays 6:30 - 8:00pm
Come learn the basics of Judo from our high performance NCCP Judo Ontario instructors. Judo uses the forces of balance, power, muscle control and mental discipline to learn the fundamentals of this martial art.
Karate - #43469: Mondays 4:00 - 5:30pm
Participants learn fighting combinations, techniques, forms, and sets while receiving an excellent total body workout. 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.

MMA Conditioning - #43484: Wednesdays 8:00 - 8:50pm
Train like a UFC fighter and receive an awesome total body, cross-training workout! MMA Conditioning is an authentic mixed martial arts cross-training regimen that will cover a broad spectrum of kicking, boxing, ground fighting, cardio drills, calisthenics, and core conditioning drills for the mixed martial artist enthusiast or athlete.

Muay Thai - #43471: Mondays 8:30 - 10:00pm
Learn practical, comprehensive martial arts techniques for both fitness and self defense while improving physical conditioning and mental discipline. All equipment is provided.

Women’s Self Defense (Women Only) - #43472: Mondays 5:30 - 6:30pm
This is an empowering and fun program that will encourage a balance of skill, physical ability, and mental strength. You will learn safety strategies that cover awareness and avoidance, verbal self defense, and harassment/bullying techniques.

Getting Started with Fitness

Beginner on Weights - #43482: Wednesdays 6:00 - 6:50pm
Learn the basics of weight 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. Participants are required to bring a notepad and pen.

NEW Free program! Mind & Body Strength - #43487: Wednesdays at 3:15 - 4:45pm
Rejuvenate this New Year with Flourish team leaders to manage your stress through physical and cognitive skill-building activities. Learn the basics of cardio, strength & flexibility exercises in the studio and other areas of the facility. Boost your resilience through setting personal goals, applying character strengths, and practicing relaxation techniques. Register for this unique course and receive $20 in T-Bucks.
Target and Racquet Sports

Archery
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.

Course Details:
#43477: Wednesdays at 1:00 - 2:00pm
#43478: Wednesdays at 2:30 - 3:30pm
#43479: Thursdays at 10:30 - 11:30am

Tennis
Choose from one of the levels below, all lessons will take place at Tam Heather Curling Club located at 730 Military Trail, Scarborough, ON. A racquet and balls will be provided. There is a registration fee of $25 for these 8 week programs.

Beginner
Learn the basics: forehand, backhand, service, and service return, along with the rules of the game. This course is for new players who want to learn the game of tennis.

Course Details:
#43493: Tuesdays 3:10 - 4:00pm from January 17th - March 14th (no class on February 21st)

Intermediate
Learn to combine stroke shifts, game play, and strategy. Continue to improve your tennis skills at an intermediate level.

Course Details:
#43494: Tuesdays 4:10 - 5:00pm from January 17th - March 14th (no class on February 21st)
Aquatics

Drop-In

All aquatic drop-in classes are FREE for registered U of T students and faculty and staff with a TPASC membership. In addition to the following programs, please refer to the TPASC Group Fitness schedule for information on other aquatic drop-in opportunities.

Aqua Zumba

Known as the Zumba “pool party”, this program gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together in a water based workout that is cardio conditioning, body toning, and exhilarating beyond belief.

**Thursdays (Women Only) 3:45 - 4:30pm**

Sport and Swim

Come join your friends or meet new ones for some free leisure time in the pool to float, swim, or play games, such as volleyball, basketball, water polo, relays, or Marco Polo. The possibilities are endless! Shallow and deep options available, flotation devices may be used, no experience necessary. Women’s Only (WO) options available.

- **Mondays 1:00 - 2:00pm and 7:30 - 9:00pm**
- **Tuesdays 9:30 - 11:15am (WO), 1:00 - 2:00pm, 2:00 - 3:00pm & 8:00 - 10:00pm**
- **Wednesdays 3:30 - 4:30pm**
- **Thursdays 2:00 - 3:00pm & 3:15 - 4:30pm (WO)**
- **Fridays 12:00 - 1:30pm**

UTSC Swim Group

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

- **Mondays 7:30 - 9:00pm & Thursdays 2:00 - 3:00pm**

Underwater Hockey

Try a zero gravity sport such as G-Ball or underwater hockey. All equipment is provided. No experience necessary. Participants must be able to swim the full length of the pool and be comfortable in deep water.

- **Sundays 7:00 - 8:00pm**
Registered Programs

Registered U of T students and faculty and staff with a TPASC membership are eligible to take part in these registered programs. Registrations can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca on a first-come/first-serve basis. Contact the Department of Athletics and Recreation (athletics@utsc.utoronto.ca) for your Login ID and PIN number to complete registration.

Refunds will only be accepted when the corresponding receipt is presented to Customer Service staff before the beginning of the second class.

Registration and Session Dates

Registration opens on Monday December 12th at 8:00am
Classes begin the week of January 16th. No classes during reading week February 20 - 24
Registration Fee: $55 for 9 week session (excluding HST)

Learn to Swim – Level 1 (Beginner)

This program is geared towards those who are beginners and want to learn the basics of swimming. Swim instructors will provide support and guidance for participants to feel comfortable and learn to be confident in the water. This program emphasizes progressions with assistance from the swim instructor eventually leading to an unassisted, successful completion of the water skill.

#43495: Mondays 7:30 - 8:30pm
#43496: Tuesdays 9:30 -10:30am (WO)
#43497: Tuesdays 1:00 - 2:00pm
#43498: Tuesdays 8:00 - 9:00pm
#43499: Wednesdays 3:30 - 4:30pm
#43500: Thursdays 3:30 - 4:30pm (WO)
#43501: Fridays 12:15 -1:15pm

Learn to Swim - Level 2 (Intermediate)

This program is for the intermediate level swimmer progressing from the Learn to Swim Level 1. In this class participants will build their swimming endurance, improve upon their swimming techniques and be introduced to deep water where they will learn surface support and basic water safety.

#43502: Mondays 1:00 - 2:00pm
#43503: Tuesdays 2:00 -3:00pm
#43504: Wednesdays 3:30 - 4:30pm
#43505: Thursdays 2:00 - 3:00pm
Learn to Swim - Level 3 (Advanced)
In Level 3, participants will build confidence swimming in the deep water in a safe and supportive environment. Basic dives will be introduced as well as some basic lifesaving skills.

#43506: Mondays 1:00 - 2:00pm
#43507: Wednesdays 3:30 - 4:30pm
#43508: Fridays 12:15 - 1:15pm

NEW! Learn to Play Inner Tube Water Polo
Come splash around in the pool, get a great core and full body workout, share some laughs all the while learning to play inner tube water polo. The only requirement is to have FUN! You’ll learn how to move around in the inner tubes, passing and throwing techniques, and teamwork. Games will be played in the shallow water so all swimming abilities are welcome. No experience required.

Sessions:
There is a registration fee of $30 for the 9 week program. Programs begin the week of January 16th.
#43509: Tuesdays 8:00 - 9:00pm
#43510: Thursdays 2:00 - 3:00pm

Private & Semi-private Swim Lessons
Available to UTSC students, staff and faculty that have a current TPASC membership. Times depend on availability of the pool and swim instructor. Please contact Ramona at seupersad@utsc.utoronto.ca.

UTSC Dragon Boat Club
The UTSC Dragon Boat Club welcomes new and returning recruits. Come and join this fun and social team. Train together, win together! Please contact the executive team to find out more information.
utscdboat@gmail.com
The 41-foot climbing wall at TPASC is one of the highest in the region. This exciting way to exercise combines physical endurance with mental stimulation and is guaranteed to provide you with a one of a kind, full-body workout. The wall 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 and staff with TPASC membership can take part in the following programs. Payment is required at the TPASC registration desk prior to the course. All equipment and shoes are provided. No partner is necessary.

**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.

**Mondays, Wednesdays & Fridays 4:00 - 9:00pm (on the hour)**  
**Saturdays & Sundays 12:00 - 3:00pm (on the hour)**

Drop-in Fee: $2 per person/drop-in

**Learn to Climb**

A certified instructor will take you through a one hour course on how to safely climb & belay with basic techniques. Wear comfortable athletic clothing.

**Mondays, Wednesdays & Fridays 4:00 - 9:00pm, (on the hour)**  
**Saturdays & Sundays 12:00 - 3:00pm, (on the hour)**

Course Fee: $2 plus HST per person/session.

**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.

**Session 1:**

#43489 Tuesdays 6:00 - 7:30pm from January 17th - February 14th  
#43490 Thursdays 6:00 - 7:30pm from January 19th - February 16th

**Session 2:**

#43491 Tuesdays 6:00 - 7:30pm from February 28th – March 28th  
#43492 Thursdays 6:00 - 7:30pm from March 2nd – March 30th

Course fee: $10 plus HST / 5 week session

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Want to join the UTSC Rock Climbing club? To find out more information and become a member please visit their Facebook Page: UTSC Rock Climbing Club.
Outdoor Recreation

Come experience the serenity, peaceful & 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.

All fitness levels are welcome; we can accommodate most accessible needs. Please contact Laurie Wright at lwright@utsc.utoronto.ca with any questions.

Please check our website for all updated trip dates, prices, registration details and more! Refunds will be available up to 5 business days prior to the trip.

Check out the UTSC Outdoor Recreation on Facebook @UTSCOOutdoorRec

Upcoming Adventures

**Free! UTSC on Ice – December 20th at 5:00pm**
Start off your holidays with skating on the natural outdoor rink at Harbourfront in downtown Toronto. Bus transportation will be included. This event is in partnership with the SCSU. Register on the Intranet under “utsc on ice”. Please bring a non-perishable food donation to the bus.

**Arrowhead Provincial Park - Winter Wonderland: Wednesday, February 22nd**
Get outdoors this winter and take part in a true Canadian experience. You may choose from the following activities:
- Cross-country skiing
- Snow tubing
- Skating on an 1.5km ice trail
- Snowshoeing

Equipment available to rent. No experience necessary. Fees: $25 / student, transportation, snacks and instruction included. Space is limited. **Register by February 13th!**
NEW THIS YEAR! Ski or Snowboard - January 20th, February 10th and/or March 10th

Hit the slopes on Friday evenings this winter at Brimacombe resort. Choose one, two or all three dates. Lessons & equipment rentals optional.

Cost of lift ticket & transportation: $20 / student (one date) OR $50 (all 3 dates)
Cost of ski or snowboard rental package: $20 / student (one date) or $54 (all 3 dates)
Cost of ski or snowboard Lesson: $14 / student (one date) or $33 (all 3 dates)

For more information and to register, please visit our website
www.utsc.utoronto.ca/athletics/outdoor-recreation

Discover Scuba

Join the Scarborough Underwater Club Inc. (SUCI) for an opportunity to experience the underwater world in a supervised, controlled and confined water environment. All you need to bring is a swimsuit and towel.

Dates: Wednesday, January 18th, Wednesday, February 15th OR Wednesday, March 15th
Time: 8:00 – 11:00pm
Cost: $45 per session

For more information and to register, please visit the SUCI website: www.utsc.suci.ca

Facebook Check out the UTSC Parks & Education Club on Facebook @UTSCPEC
Certifications

Become a Rock Climbing Instructor:
This 2-day course will be offered on February 21st & 23rd from 6:00 - 10:00pm. You must have some climbing experience. Cost is $100 for U of T students. Please e-mail Neil at nabe@tpasc.ca if you are interested in registering.

Become a Fitness Instructor:
Get certified with Can Fit Pro to teach group fitness classes. We offer mentorship programs for students at TPASC in specialized areas.

Become a Scuba Diver:
We have partnered with the Scarborough Underwater Club Inc. to offer our community Discover Scuba introductory sessions and full PADI certification courses. For dates and details, visit our website.

For additional details, contact Laurie Wright at lwright@utsc.utoronto.ca

Become a Personal Trainer:
UTSC Athletics & Recreation is hosting CanFitPro’s personal training specialist (PTS) course at TPASC in March 2017. You can become a CanFitPro certified personal trainer!

You will learn how to:
• Provide & teach safe and effective exercise techniques/programs
• Train clients one-on-one or small groups
• Support your clients in goal achievements
• Earn a great living doing what you love

Key Program components:
• Fitness theory: skeletal, muscular, neurological, cardiovascular and pulmonary systems
• Components of a workout
• Anatomy, kinesiology & bioenergetics
• Program design concepts & business skills

For more information on registration and for course dates please contact Ramona at seupersad@utsc.utoronto.ca
The UTSC Sneaker Squad is a complimentary running, jogging, walking, and (in the Winter) snowshoeing program offered by Athletics & Recreation, in partnership with the MoveU campaign. It is led by UTSC students who have a passion for staying active and encouraging others. This inclusive program can be adapted to fit individual needs. We encourage people of all skill levels and abilities to come on out!

Join us this winter for our weekly runs, walks, and jogs both inside at the Toronto Pan Am Sports Centre and outside on snowshoes!

Learn to Run Instructional Program
Join our Sneaker Squad leaders for this eight week program that will teach you the basics of running, nutrition, goal setting, injury prevention, pacing and so much more! Participants will meet weekly at the Toronto Pan Am Sports Centre for a group seminar followed by a group run on the track. Open to individuals of all fitness levels and abilities. Beginners are not just welcome, but encouraged to join! Registration is only $15. For program details and how to register go to our website.

STAY CONNECTED!

/UTSCSneakerSquad   @UTSCSneaker   uoft.me/UTSCSneaker
@UTSCSneaker   utcsneakersquad@gmail.com

Sneaker Squad
MoveU is a peer education group, run by students for students, housed under the Department of Athletics & Recreation at UTSC. We aim to encourage and assist students to get active, stay healthy and have fun. We are aware of the time and dedication academics demand, leaving students with minimal time to practice healthy habits. We know the benefits of staying active and wish to extend our knowledge to you, the student population! Join us at our upcoming events to learn more on the benefits of physical activity:

January 4th: 4th Annual MoveU Carnival
Join us in celebrating the start of the semester with a variety of activities that incorporates physical activity in a fun carnival setting!

February 22nd: Tri-Campus Trip to Arrowhead Park
Take a break and experience the True North with MoveU:
1.5 km Skate trail, tubing, snowshoeing and more

March TBD: Amazing Race
Race against your peers as you and your team complete a variety of challenges all over campus!

We’re Social! Follow Us:

Facebook: /MoveUofT
Twitter: @moveUTSC
Instagram: @moveUTSC
Email: moveutsc@gmail.com
Web: uoft.me/moveUTSC
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

📅 MONDAY - THURSDAY
⏰ 11AM - 3PM
📍 BV HALLWAY

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

PRIZES, GIVE AWAYS, INFORMATION AND MORE!

@UTSCAthletics  @UTSC_Athletics  @UTSC_Athletics

UNIVERSITY OF TORONTO SCARBOROUGH  UTSC  SNEAKER SQUAD  MoveU  ATHLETICS & RECREATION
KEEP IN TOUCH

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