Welcome to all 1st year, international and returning students to UTSC. We are so excited to have you join us on campus! On behalf of the Athletics & Recreation team, I invite you to join us at the Toronto Pan Am Sports Centre (TPASC). Our mission is to create a respectful and inclusive environment, which promotes opportunities to get active and maintain a healthy lifestyle during your university years. We know your priorities are to study and be academically successful, but while you are here, we hope you will take some time to get involved with Athletics. I guarantee you will meet some new friends and have fun!

Principal Kidd has introduced a Healthy Campus for UTSC and we are helping to create that environment with fit breaks in your classes, and activity opportunities throughout the campus!

We have something for EVERYONE! Come out and try ultimate frisbee, basketball, badminton, our huge rock climbing wall or swim in our Olympic sized pool. We can even teach you how to swim if you don’t know how! As we head into the 2016-2017 year we are excited about meeting you! TPASC is a world-class facility and we have a ton of exciting opportunities for all students, staff and faculty. We look forward to seeing you!

Laura Boyko
Interim Director, Athletics & Recreation
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

**Equipment Orientations:** A female Athletics and Recreation staff member will be present during Women’s Only Hours to show you how to safely use the equipment and to provide tips to help you with your goals.

**Aquatics Programs:**
- Learn to Swim (registration required): Tuesdays 9:30 - 10:30am, Thursdays 3:30 - 4:30pm
- Sport & Swim (drop-in): Tuesdays 9:30 - 11:00am, Thursdays 3:15 - 4:30pm
- Aqua Zumba (drop-in): Thursdays 3:30 - 4:30pm
- Water Volleyball: Thursday November 17th at 3:15pm. All females from varying levels welcome.

**NEW! Ladies Discussion Café**
Join this 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. Come join us on Wednesday September 21st at 5:30pm. Open to all females & Transgendered. *Please meet in the main lobby of TPASC by the UTSC trophy case.*
Fit With Friends

Want to start working out 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 for Friends Offers:
- Fitness Centre orientations
- Synrgy workouts
- Weight training circuits
- Group Fitness classes
- Wall climbing
- Aquatic activities
- Sports/Recreation
- Educational Learning seminars

Course Details: #43995
Mondays 8:10 - 9:00pm
Wednesdays 9:00 - 9:50am
Thursdays 12:00 - 12:50pm

This program starts September 26 and runs for 9 weeks (no classes during Reading week). There is a one time registration fee of $5 plus HST. 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.

Mix & Mingle
Information Session
Thursday September 15th
12 - 1:00pm
TPASC studio 2 & 3

Contact Ramona for details
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
- Flag Football
- Ice Hockey
- Outdoor Soccer
- Rugby
- Ultimate Frisbee
- Volleyball

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

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<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
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<tr>
<td>Coed Ultimate Frisbee</td>
<td>Tues. Sept. 6 5:30 - 7:30pm</td>
<td>Valley Soccer Field</td>
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<td></td>
<td>Fri. Sept. 9 5:30 - 7:30pm</td>
<td>TPASC GYM 1 &amp; 2</td>
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<td></td>
<td>Tues. Sept. 13 4:30 - 6:00pm</td>
<td>TPASC GYM 1 &amp; 2</td>
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## Women’s Intramural Tryouts

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<th>Sport</th>
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<tr>
<td>Basketball</td>
<td>Mon. Sept. 12 6:00pm - 8:00pm</td>
<td>TPASC Gym 2</td>
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<td>Wed. Sept. 14 8:00pm - 10:00pm</td>
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<td>Mon. Sept. 19 6:00pm - 8:00pm</td>
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<td>Wed. Sept. 21 8:00pm - 10:00pm</td>
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<td>Flag Football</td>
<td>Tues. Sept. 13 6:00pm - 7:30pm</td>
<td>TPASC Field 2</td>
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<td>Fri. Sept. 16 5:00pm - 7:00pm</td>
<td>TPASC Field 2</td>
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<td>Tues. Sept. 20 6:00pm - 7:30pm</td>
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<td>Ice Hockey</td>
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<td>Mon. Sept. 12 5:30pm-7:30pm</td>
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## Men’s Intramural Tryouts

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<td>Tues. Sept. 20 6:00pm - 7:30pm</td>
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<td>Outdoor Soccer</td>
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<td>Wed. Sept.14 5:30pm - 7:30pm</td>
<td>Valley Rugby Field</td>
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<tr>
<td>Volleyball</td>
<td>Tues. Sept. 13 8:00pm - 10:00pm</td>
<td>TPASC Gym 3</td>
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<td>Thurs. Sept. 15 6:00pm - 8:00pm</td>
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<td>Tues. Sept. 20 8:00pm - 10:00pm</td>
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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 to participate in sports such as Indoor Soccer, Ultimate Frisbee, Ball Hockey, Volleyball, Cricket, and Basketball.

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 Indoor Soccer and 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. We encourage participants to sign up with a group of friends or as individuals.

COMPETITIVE - Competition is moderate to intense. Most players know the rules of the sport but are still developing their skills. All participants have the fundamental skills required to play at a fairly intense level. Development league and Division 1 Intramural players must play in competitive divisions.

Entry Deadline: Friday, September 16th, 2016 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 - #43010 Mondays 8 - 11pm, Gym 3
MANDATORY Captains’ Meeting: September 19th @6pm
League begins: September 26th
4 on 4 co-ed/6 players min/ 12 team league

Basketball

Women’s Division - #43011 Fridays 12 - 2pm, Gym 1
MANDATORY Captains’ Meeting: September 23rd @12pm
League begins: September 30th
4 on 4/ 7 players max/ 8 team league

4 on 4 Half Court Basketball - #43012 Fridays 12 - 3pm, Gym 2
MANDATORY Captains’ Meeting: September 23rd @12pm
League begins: September 30th
4 on 4/7 players max/ 12 team league

5 on 5 Full Court Basketball - #43013 Fridays 3 - 5pm, Gym 1 & 2
MANDATORY Captains’ Meeting: September 23rd @12pm
League begins: September 30th
5 on 5 co-ed/7 players min/ 8 team league
Indoor Cricket - #43014 Wednesdays 4 - 8pm, Gym 3 & 4
MANDATORY Captains’ Meeting: September 21st @5pm
League begins: September 28th
8 team league

Indoor Soccer
Women’s Division - #43015 Thursdays 10am - 12pm, Gym 3 & 4
MANDATORY Captains’ Meeting: September 19th @5pm
League begins: September 29th
3 on 3 ladies/ 5 players min/ 6 team league

Recreational Division - #43016 Tuesdays 2 - 5pm, Gym 3 & 4
MANDATORY Captains’ Meeting: September 19th @5pm
League begins: September 27th
5 on 5 co-ed/7 players min/ 12 team league

Competitive Division - #43017 Tuesdays 5 - 8pm, Gym 3 & 4
MANDATORY Captains’ Meeting: September 20th @5pm
League begins: September 27th
5 on 5 co-ed/7 players min/ 12 team league

Ultimate Frisbee - #43018 Mondays 4 - 8pm, Gym 3 & 4
MANDATORY Captains’ Meeting: September 19th @5pm
League begins: September 26th
5 on 5 co-ed/7 players min/ 12 team league

Volleyball - #43019 Thursdays 4 - 8pm, Gyms 1 & 2
MANDATORY Captains’ Meeting September 22nd @5pm
League begins: September 29th
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 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. Registration cost $25 per person/per program.

Badminton - Beginner: #43020
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: Wednesdays 2:10 - 3:00pm from September 21st - November 16th (no class Oct. 12th)
Location: TPASC Gym 4

Badminton - Intermediate: #43021
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: Wednesdays 3:10 – 4:00pm from September 21st - November 16th (no class Oct. 12th)
Location: TPASC Gym 4

Basketball: #43022
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: Mondays 3:10 – 4:00pm from September 19th – November 14th (no class Oct. 10th)
Location: TPASC Gym 3

Indoor Soccer: #43023
Learn the basics: passing, shooting, crossing and dribbling, along with the rules of the game. This course is for new or less experienced players who want to try the game of soccer. Indoor running shoes required all other equipment provided.

Course details: Mondays 2:10 – 3:00pm from September 19th - November 14th (no class Oct. 10th)
Location: TPASC Gym 4

Volleyball: #43024
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: Thursdays 3:10 – 4:00pm from September 22nd - November 17th (no class Oct. 13th)
Location: TPASC Gym 1
Tournaments

Registered U of T students and 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

Kick-off Co-ed Soccer Tournament  
Friday September 23rd, 10:00am - 6:00pm  
TPASC Fields  
7-on-7/10 player min/ min 2 ladies  
Lunch Provided – Championship Prizes

SCHPA Co-ed Ball Hockey Tournament  
October (TBD)  
Gyms 3 & 4  
4-on-4/6 player min/ min 2 ladies

Looking AHEAD...

Athletics Open House (September 14th)  
This annual event is an opportunity to find out about what the Department of Athletics and Recreation has to offer. Come out for some live demos, win a prize from the prize wheel, BBQ, raffle and more!

Terry’s Cause on Campus (September 29th)  
Join us at U of T’s 5th annual Terry’s CAUSE on Campus event. Participants are encouraged to come out to run or walk, and help us make this year our biggest year yet! Students, faculty, and staff from all three campuses are welcome to attend.

Homecoming (October 4th)  
UTSC’s past, present and future are celebrated through a series of campus-wide events, which bring alumni, staff, faculty and students together. As is tradition, the Varsity Men’s Basketball Team is playing right here at TPASC. Come out and support the Blues!

Hart House Farm Trip (October 13th)  
The trip includes visiting a historical site, apple cider making, hiking and caving, apple orchard picking, a fire pit, bon fires and sport activities!

Soccer Day in Scarborough (October 23)  
Come to the valley to support your Men’s & Women’s D-League Soccer Teams. Join us for some prizes, a BBQ, and fun for the whole family. This event is open to everyone!
Group Fitness

We are excited to announce a group fitness class merge with TPASC Inc and the City of Toronto. All classes and **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.

Classes will take place in the studios (3rd level of TPASC), lower level of Fitness Centre or the training pool. All programs are inclusive to accessibility needs. Please connect with Laurie 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.

### Fall 2016 Group Fitness Schedule

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>8:00am-8:50am</td>
<td>AQUAFIT 9:30-10:30 Training Pool</td>
<td>ZUMBA 9:00-10:00 Studio 2</td>
<td>SPINNING 7:00-7:50 Studio 1</td>
<td>ZUMBA 8:00-8:50 Studio 1</td>
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<tr>
<td>9:00am-9:50am</td>
<td>AQUAFIT 9:30-10:30 Training Pool</td>
<td>ZUMBA 9:00-10:00 Studio 2</td>
<td>SPINNING 7:00-7:50 Studio 1</td>
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<td>10:00am-10:50am</td>
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<td>12:00pm-12:50pm</td>
<td>BETTER BONES 12:00-12:50 Studio 2</td>
<td>MUSCLEWORKS 11:00-11:50 Studio 1</td>
<td>SYNRGY 10:00-10:50 Fitness Centre</td>
<td>SYNRGY 10:00-10:50 Fitness Centre</td>
<td>SYNRGY 10:00-10:50 Fitness Centre</td>
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<td>1:00pm-1:50pm</td>
<td>CYCLEFIT 1:15-1:45 Studio 1</td>
<td>MUSCLEWORKS 11:00-11:50 Studio 1</td>
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<td>5:00pm-5:50pm</td>
<td>CORE STRENGTH 5:15-5:45 Studio 1</td>
<td>ZUMBA 9:00-9:50 Studio 2</td>
<td>CORE STRENGTH 5:15-5:45 Fitness Centre</td>
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<td>6:00pm-6:50pm</td>
<td>BOOTCAMP 6:00-6:50 Studio 1</td>
<td>YOGA 6:00-6:50 Studio 2</td>
<td>SPINNING 6:00-6:50 Studio 1</td>
<td>BOYTCAMP 9:00-9:50 Studio 1</td>
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<td>7:00pm-7:50pm</td>
<td>MUSCLEWORKS 7:00-7:50 Studio 1</td>
<td>YOGA 6:00-6:50 Studio 2</td>
<td>SPINNING 7:00-7:50 Studio 1</td>
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**FREE, drop in classes! All fitness levels are welcome, no experience needed. Please be advised that the group fitness schedule is subject to change. Please refer to our website for the most updated version.**
Registered Programs

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.

Registration Fees
9 week course: 1 hour classes are $30 and 1.5 hour classes are $40 (excluding HST)
5 week course: 1 hour classes are $15 (excluding HST)

Registration and Session Dates
Registration opens on Thursday, September 1st at 8:00am
Classes begin the week of September 26th (no classes during reading week October 10 -14)

NEW! FREE TRIAL Week
Not sure which class to register for? Want to try it first? Come out to our FREE Trial week of classes from September 19th – 23rd.
**Dance**

**Ballet (Women Only) - #42974 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) - #42975 Tuesdays 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 (e.g. hip hop, pop, latin movements) in a private atmosphere. Comfortable clothing and bare feet or dance slippers are most appropriate for movement along the floor.

**Bharatanatyam Dance - #42985 Wednesdays 3:00 - 3:50pm**
Learn the art of classical Bharathanatyam 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 - #42976 Wednesdays 4:00 - 4:50pm**
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 - #42977 Tuesdays 6:00 - 6:50pm • #42978 Wednesdays 5:00 - 5:50pm**
Learn the basics of this urban dance style 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.

**Salsa - #42979 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, Batchata, and Merengue.
Martial Arts

Capoeira - #42980 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.

Judo - #42981 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 - #42982 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.

Muay Thai - #42983 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) - #42984 Mondays 5:30 - 6:30pm
This is an empowering and fun program taught by NCCP Judo Ontario instructors. It 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.

Mind & Body Strength - #42986 Thursdays at 4:00 - 4:50pm
Use your strengths to manage your stress, and get active at the same time! In this class, you’ll learn skills to boost your resilience and well-being with help from real life narratives, multimedia illustrations, and exercise. This complimentary program is brought to you by Flourish.
Sports & Fitness Conditioning

Agility & Speed Training - #42990 Wednesdays 1:00 - 1:50pm (November 2 - 30th)
Focus on improving your overall speed and directional changes for a particular sport or wellbeing. You’ll work in a group with a Personal Trainer using various tools like the agility ladder, mini hurdles, skipping rope and more to become your personal best. All levels are welcome.

Balance Training - #42991 Thursdays 1:00 - 1:50pm (November 3rd - December 1st)
Your instructor will teach you how to engage your core muscles to improve your balance. Whether you are training for a particular sport, injury prevention or want to challenge yourself, this fun class is for you. You will be taken through exercises on the BOSU, stability balls, resistance aids and more.

Beginner on Weights - #42992 Wednesdays 6:00 - 6:50pm (September 28 - November 2nd)
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.

Fitness Kickboxing - #42993 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.

MMA Conditioning - #42994 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.

Plyometric Training - #42995 Mondays 1:00 - 1:50pm (October 31 - November 28th)
Learn the fundamentals of improving your upper body, core and leg power. Plyometrics can assist with bettering your sport skills like kicking a ball, swinging a bat, throwing a ball, jumping and running. All levels are welcome.
**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:
- #42996: Tuesdays at 5:10 - 6:00pm • September 13 - October 18 (no class on Oct. 11)
- #42997: Thursdays at 6:10 - 7:00pm • September 15 - October 20 (no class on Oct. 13)
- #42998: Fridays at 3:10 - 4:00pm • September 16 - October 21 (no class on Oct. 14)

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

Course Details:
- #42999: Tuesdays at 6:10 - 7:00pm • September 15 - October 20 (no class on Oct. 11)
- #43000: Thursdays at 5:10 - 6:00pm • September 17 - October 22 (no class on Oct. 13)
- #43001: Fridays at 3:10 - 4:00pm • September 18 - October 23 (no class on Oct. 14)

**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:
- #43002: Wednesdays at 1:00 - 2:00pm
- #43003: Wednesdays at 2:30 - 3:30pm
- #43004: Thursdays at 11:00am - 12:00pm

**Tennis**
Choose from one of the levels below, all lessons will take place at UTSC Tennis Centre located at 130 Old Kingston Road. A racquet and balls will be provided. Registration fee is $25 for 5 weeks.
Aquatics

Drop-In
All aquatic drop-in classes are FREE for registered U of T students and faculty and staff with a TPASC membership. Drop-in programs will begin near the end of September, please refer to our website for more information on program start dates. 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 the water based workout that is cardio conditioning, body toning, and exhilarating beyond belief.
Thursdays (Women Only) 3:30 - 4:30pm.

Sport and Swim
Come join your friends 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 - 11:30am (WO), 1:00 - 3:00pm and 8:00 - 10:00pm
Wednesdays 3:30 - 4:30pm
Thursdays 2:00 - 3:00pm and 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

Underwater Hockey
Come drop by and try a zero gravity sport such as G-Ball or underwater hockey with the UTSC Underwater Club. All equipment is provided. No experience necessary. Participants must be comfortable in deep water.
Tuesdays 8:00 - 10:00pm
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 Fees
$30 for 5 week sessions (excluding HST)
$24 for 4 week sessions (excluding HST)

Registration and Session Dates
Registration opens on Thursday September 1st at 8:00am
Session 1: September 26th to November 4th (5 week session)*
Session 2: November 7th to December 2nd (4 week session)
*Please note: There will be no classes the week of October 10th

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.

Session 1:
#43025 Mondays: 7:30 - 8:30pm
#43026 Tuesdays: 9:30 -10:30am (WO)
#43027 Tuesdays: 1:00 - 2:00pm
#43028 Wednesdays: 8:00 - 9:00pm
#43029 Thursdays: 3:30 - 4:30pm (WO)
#43030 Fridays: 12:15 -1:15pm

Session 2:
#43031 Mondays: 7:30 - 8:30pm
#43032 Tuesdays: 9:30 -10:30am (WO)
#43033 Tuesdays: 1:00 - 2:00pm
#43034 Wednesdays: 8:00 - 9:00pm
#43035 Thursdays: 3:30 - 4:30pm (WO)
#43036 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 the participant will build their swimming endurance, improving upon their swimming techniques and be introduced to deep water where they will learn surface support and basic water safety.

**Session #1:**
- #43037 Tuesdays: 1:00 - 2:00pm
- #43038 Thursdays: 2:00 - 3:00pm

**Session #2:**
- #43039 Tuesdays: 1:00 - 2:00pm
- #43040 Thursdays: 2:00 - 3:00pm

Learn to Swim - Level 3 (Advanced)
This program is to build participants confidence in swimming in the deep water in a safe and supportive environment. Basic dives will be introduced as well as some basic lifesaving skills.

**Session 1:**
- #43041 Tuesdays 1:00 - 2:00pm
- #43022 Thursdays: 2:00 - 3:00pm

**Session 2:**
- #43043 Mondays: 1:00 - 2:00pm
- #43044 Wednesdays: 2:00 - 3:00pm

**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.

**Course Details:**
Registration fee is $30 for the 9 week program
- #43045 Tuesdays 8:00 - 9:00pm from September 26 – November 29 (no class October 11)
- #43046 Thursdays 2:00- 3:00pm from September 28 – December 1 (no class October 13)

Did you know?
That private & semi-private swimming lessons are available to UTSC students, staff and faculty that have a TPASC membership.

Want more information?
Contact Ramona at seupersad@utsc.utoronto.ca for more details
Climbing Wall

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 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.

**Monday, Wednesday & Friday 4:00 - 9:00pm**
**Saturday & Sunday 12:00 - 3:00pm**

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

Learn to Climb

Meet your instructor at the base of the wall. 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)**
**Saturday & Sunday 12:00 - 3:00pm, (on the hour)**

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

Skill Building Series (Registration required)

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.

**Session 1:**
#43006 Tuesdays 6:00 - 7:30pm from September 20 - October 25  (no class October. 11)
#43007 Thursdays 6:00 - 7:30pm from September 22 - October 27 (no class October 11)

**Session 2:**
#43008 Tuesdays 6:00 - 7:30pm from November 1 - November 29
#43009 Thursdays 6:00 - 7:30pm from November 3 - December 1

Course Fee: $10 plus HST/ per 5 week session

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 us with any concerns.

Please check our website for all updated trip dates, prices, registration details and more!

Upcoming Adventures

Stand Up Paddleboard - Saturday September 17th
Experience the hype of the Stand Up Paddleboard at a local beach on Lake Ontario. An instructor will take you through a lesson and give you time to explore the area with your group. You may also participate in some beach activities like beach volleyball or try out the slack line. Transportation and snacks will be provided.

Treetop Trekking - October (TBD)
Includes 3 hour instructor led zip-lining, climbing obstacles courses in trees, bus transportation, all equipment and snacks. No experience necessary. Beginner to advanced courses will be available.

Hiking – October / November (TBD)
Heighten your senses while you explore scenic trails & beautiful autumn leaves. Transportation and snacks will be provided.

UTSC on Ice – December (TBD)
Start off your holidays with skating on the natural rink at Harbourfron in downtown Toronto. Bus transportation will be included. This event is in partnership with the SCSU.

Team building activities:
Do you have a UTSC Department, student club or group hat 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.

To set up a consultation and to find out more details, contact Laurie Wright at lwright@utsc.utoronto.ca
Certifications

Become a Rock Climbing Instructor:
A 2-day course will be offered to UTSC students or staff at a subsidized price. You must have some climbing experience. Check our website for specific dates and more details or contact Laurie Wright at lwright@utsc.utoronto.ca

Become a Personal Trainer:
Get certified with Can Fit Pro. A 3-day course will be offered at the Toronto Pan Am Sports Centre. Full certification fee is $587 plus HST. Includes online course, in class course, course manual, study guide, theory & practical exams, and CanFitPro membership. Register directly with CanFitPro at www.canfitpro.com/pts. For more information and for course dates please contact Ramona at seupersad@utsc.utoronto.ca

Become a Sports Coach:
The City of Toronto, in partnership with Coaches Association of Ontario and MLSE Foundation, will be offering National Coaching Certifications for FREE. For additional details, registration procedures and other courses, go to www.coachesontario.ca/letsgetcoaching/

Become a Scuba Diver:
We have partnered with the Scarborough Underwater Club Inc. to offer 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

You can do it ALL here!
The UTSC Sneaker Squad is a complimentary running, walking and rolling program offered by Athletics & Recreation, in partnership with the MoveU campaign. It is led by UTSC students with a passion for staying active and encouraging others to join in on the fun. It is an inclusive program that can be adapted to fit individual needs. We encourage all skill levels and abilities to come on out!

There are three program levels:

- Walking - up to 5km
- Beginners Run - 1km to 5km
- Running - 5km to 10km

A Sneaker Squad leader will take participants through our programs to achieve their ultimate walking/running goal! Join us as we move together while exploring the beauty of our campus.

Keep in touch: check us out online for our schedules, weekly updates, events and more!

- [https://www.facebook.com/UTSCSneakerSquad](https://www.facebook.com/UTSCSneakerSquad)
- @UTSCSneaker
- @UTSCSneaker
- [www.utsc.utoronto.ca/programs/moveu/sneaker-squad/](http://www.utsc.utoronto.ca/programs/moveu/sneaker-squad/)
- [utscsneakersquad@gmail.com](mailto:utscsneakersquad@gmail.com)
UTSC MoveU Crew

MoveU is a University of Toronto Tri-Campus initiative that seeks to encourage physical activity and promote a healthy, active lifestyle. They are a student group, run by students for students, housed under the Department of Athletics & Recreation at UTSC. Throughout the school year, MoveU regularly host organized group activities and programs across campus that focus on fun ways to be physically active, as well as help students understand how physical activity can improve the way they perform in the classroom. All events are open to UTSC students, staff and faculty of all skill levels and abilities.

Stop by our table and meet our crew at these upcoming campus events:

- SCSU Clubs week
- UTSC Athletics & Recreation Open House
- Terry’s Cause on Campus
- Mental Health Fair

You’re Invited!

Stay Connected with US!

www.facebook.com/Move
@MoveUTSC
https://twitter.com/moveuoft
www.utsc.utoronto.ca/programs/moveu/
moveutsc@gmail.com
The Valley

The Lower Campus Valley is home to the Department of Athletics and Recreation’s Play Fields, Baseball Diamond, and Tennis Centre.

Directions

Directions from 401

Exit at Morningside Avenue southbound, then turn eastbound on to Military Trail. Continue eastbound to Old Kingston Road and turn right. Go down the hill, the entrance to the fields and tennis courts is on your right.

By TTC and GO

Take one of the following forms of public transportation to the main campus and then proceed to walk to the Lower Campus Valley:

- From York Mills Subway: Bus 95A/B/E
- From Scarborough Town Centre: Bus 38
- From Kennedy Subway: Bus 116/198
- From Pickering GO Train Station: The GO Hwy 407 express bus
- From Guildwood GO Station: TTC bus 86A/116
FAQs

Equipment

**Does the TPASC facility supply sports equipment?**
For drop-in activities such as badminton, basketball, soccer, table tennis, and volleyball equipment is available to be signed out with your membership or Tcard.

**Are there lockers in TPASC?**
Day and rental lockers are available at TPASC. Day lockers can be used free of charge on a first-come/first serve basis and locker content must be cleared before the facility closes. Rental lockers can be purchased on a monthly basis.

**Does TPSAC have towel service?**
Yes, towel service can be purchased on a monthly basis. Towels are also available to rent for a nominal fee.

Sports

**What is the difference between Intramurals and Interhouse?**
Intramural teams represent UTSC and play against the other colleges and faculties within the U of T Intramural Program. Leagues are competitive but offer a variety of divisions. Tryouts take place in September and January.

Interhouse Leagues provide students with the opportunity to participate in sports on campus. These leagues are made up of UTSC students and are played once a week.

**How can I join a club?**
For a list of recognized student organizations please refer to the Department of Student Life’s website: www.utsc-studentlife.ca

**Can my student group rent space at TPASC?**
Bookings can be made to rent facility space at TPASC for a reduced fee. Applications for rental space are made through the Department of Student Life. For more information, contact studentlife@utsc.utoronto.ca

Always Stay Connected

@UTSCathletics @UTSC_Athletics

www.utsc.utoronto.ca/athletics.ca/
Have a question?

UTSC Athletics & Recreation Outreach Team can help!

@UTSCathletics
@UTSC_Athletics
@UTSC__Athletics

WE’RE AVAILABLE EVERY MON-THURS FROM 11AM-3PM
FOLLOW US ON SOCIAL MEDIA FOR EVERYTHING OUTREACH!
“Regular cardiovascular activity leads to better concentration and improved performance on memory tests” (Stroth et al., 2009)

Part of the Physical Literacy Campaign
uoft.e/physicalliteracy