As we embark on a new year, a new academic term and new resolutions, we often reflect on what we want to improve within ourselves and our surrounding community. It is vital that this reflection is done in a positive light and that we look to set realistic and achievable goals. It is important to note that our health is paramount to achieving any goals. We can often neglect healthy habits in favour of short-term gains and overlook our body’s cues towards overall health and wellbeing.

With that in mind, I encourage you to consider the variety of opportunities presented to you through Athletics & Recreation. Take an intro to sports class, go on an Outdoor Rec adventure, join an Interhouse league or tryout for an Intramural team. If you would rather work within your own schedule, come to the Toronto Pan Am Sports Centre to use one of two Olympic size swimming pools, our state of the art fitness centre, attend a group fitness class or simply walk or run around our track.

With all of these options, I’m sure you will find something that fits into your goals for 2018. If you need any assistance finding the right program, please do not hesitate to connect with our staff, they would be delighted to help out. All the best for 2018 and beyond!

Mohsin Bukhari
Manager, Athletics & Recreation
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.

The facility includes:

- 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

Did you know?

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

It’s closer than you think

Traveling to the Toronto Pan Am Sports Centre

Traveling on Campus

Come visit us - we’re always open!

Did you know?

That it takes almost the same amount of time to go from the entrance of campus to the Humanities Wing, then it does to go from campus to the Toronto Pan Am Sports Centre.

Come visit the Toronto Pan Am Sports Centre and explore all the amazing activities that are offered.

Regular hours: 5:00 a.m. - 12:00 a.m., open seven days a week.
Holiday hours: 8:00 a.m. - 4:00 p.m.

Winter term Holidays: Family Day (Feb. 19) and Good Friday (Mar. 30)
GET TO KNOW YOUR PROGRAM STAFF

Whether you’re looking to get answers about an upcoming Outdoor Recreation trip or how to register for Interhouse, these are your go-to people. Feel free to contact them if you have any questions or comments related to their areas of expertise! Our doors are always open at the Toronto Pan Am Sports Centre, 3rd-floor Admin offices.

Laurie Wright
Fitness Program Coordinator
Instructional Programs and Outdoor Recreation
lwright@utsc.utoronto.ca

Ramona Seupersad
Fitness Program Assistant
Aquatics, Fitness Consultations, and Nutritional Counselling
seupersad@utsc.utoronto.ca

Gabriela Estrada
Program Assistant
MoveU, Sneaker Squad, Outreach and Events
gabriela.estrada@utoronto.ca

Ron Crozier
Program Coordinator
Intramurals and Tennis
crozier@utsc.utoronto.ca

Anthony Cicirello
Program Assistant
Interhouse and Athletic Clubs
acicirello@utsc.utoronto.ca
Getting Started

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.: 10:00 a.m. - 12:00 p.m.
- Tues., Thurs.: 2:00 p.m. - 4:00 p.m.

**Need some help?** A female Athletics and Recreation Fitness staff member will be present to show you how to safely use the exercise equipment 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

**Aquatics Programs:**
- Aqua Zumba (drop-in): Thursdays 3:30 p.m. - 4:15 p.m.
- Learn to Swim (registered program): Tuesdays 9:30 a.m. - 10:30 a.m. & Thursdays 3:30 p.m. - 4:30 p.m.
- Sport & Swim (drop-in): Tuesdays 9:30 a.m. - 11:15 a.m. & Thursdays 3:15 p.m. - 4:30 p.m.

**Registered Programs:**
- Ballet: Wednesdays 4:00 p.m. - 4:50 p.m.
- Belly Dance: Fridays 12:00 p.m. - 12:50 p.m.
- Women’s Self-Defense: Mondays 5:30 p.m. - 6:30 p.m.

For more information, please refer to the registered programs section of this guide.

**Free! 15 Minute Mini Exercise Workshops**
Stop by during women’s only hours in the Fitness Centre and one of our female Athletics and Recreation Fitness staff will take you through a mini exercise session. Whether it’s learning how to do a proper leg workout, using exercise bands or Kettlebells, balance training, core and much more. Times vary depending on the day, please check with the Athletics and Recreation staff for more details.
Intramurals

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

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:
• 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

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coed Ultimate Frisbee</td>
<td>Mon. Jan. 8 6:00 - 8:00 p.m.</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td></td>
<td>Thurs. Jan. 11 6:00 - 8:00 p.m.</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td></td>
<td>Mon. Jan. 15 6:00 - 8:00 p.m.</td>
<td>TPASC Gym</td>
</tr>
</tbody>
</table>

## Women’s Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Field Hockey</td>
<td>Mon. Jan. 8 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td></td>
<td>Mon. Jan. 15 8:00 p.m. - 10:00 p.m.</td>
<td></td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Wed. Jan. 10 10:00 p.m. - 11:00 p.m.</td>
<td>Centennial Arena 1967 Ellesmere Road</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>Mon. Jan. 8 7:00 p.m. - 9:00 p.m.</td>
<td>Metro Golf Dome 125 Milner Ave.</td>
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<td></td>
<td>Thurs. Jan. 11 9:00 p.m. - 10:30 p.m.</td>
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<td></td>
<td>Mon. Jan. 15 7:00 p.m. - 9:00 p.m.</td>
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</tr>
<tr>
<td>Lacrosse</td>
<td>Wed. Jan. 10 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym</td>
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<tr>
<td></td>
<td>Wed. Jan. 17 6:00 p.m. - 8:00 p.m.</td>
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</tr>
<tr>
<td>Volleyball</td>
<td>Wed. Jan. 10 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td></td>
<td>Wed. Jan. 17 8:00 p.m. - 10:00 p.m.</td>
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## Men’s Intramural Tryouts

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
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<td>Mon. Jan. 8 10:00 p.m. - 11:00 p.m.</td>
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</tr>
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<td></td>
<td>Mon. Jan. 15 10:00 p.m. - 11:00 p.m.</td>
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</tr>
<tr>
<td>Indoor Soccer</td>
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<td>Mon. Jan. 15 7:00 p.m. - 9:00 p.m.</td>
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<td>Thurs. Jan. 18 9:00 p.m. - 12:00 a.m.</td>
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<tr>
<td>Volleyball</td>
<td>Thurs. Jan. 11 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym</td>
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<td></td>
<td>Thurs. Jan. 18 8:00 p.m. - 10:00 p.m.</td>
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</table>
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.

All teams are encouraged to choose a competitive level which best challenges the majority of player's skills for maximum satisfaction of all participants.

**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, January 19th at 5:00 p.m.
**Team Fee:** $25 (plus HST), must be paid before first game of the season

**HOW TO REGISTER**
All Interhouse participants are required to create an account through IMLeagues with their student email. The captain for each team must also pay the team fee either in person at the TPASC registration desk or online at [recreg.utoronto.ca](http://recreg.utoronto.ca).

To complete your payment online, a Login ID and PIN are required. Contact the Department of Athletics and Recreation at 416 283-2918 or email Candice Pope at pope@utsc.utoronto.ca with your student number.

To create an IMLeagues account:
- Go to [www.imleagues.com/utsc](http://www.imleagues.com/utsc) and click Create Account
- Enter your information and submit it.
- You will be sent an activation email, click the link in the email to login and activate your account.
- You should be automatically joined to your school – if not you can search schools by clicking the “Schools” link.

To 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 three ways:
1. Create a team (for team captains)
2. Join a team (for teammates)
3. Join as a Free Agent
**Ball Hockey - Open Division**  
#47824 - Mondays 8:00 p.m. - 11:00 p.m., Gym 3  
League begins: January 22nd  
4 on 4 co-ed/ 6 players min/ 12 team league

**Basketball - 4 on 4 Half Court**  
#47825 - Fridays 1:00 p.m. - 4:00 p.m., Gym 3  
League begins: January 26th  
4 on 4 co-ed/ 7 players max/ 12 team league

**Indoor Soccer - Competitive Division**  
#47828 - Tuesdays 4:00 p.m. - 8:00 p.m., Gym 3 & 4  
League begins: January 23rd  
6 on 6 co-ed/ 7 players min/ 12 team league

**Ultimate Frisbee - Open Division**  
#47830 - Mondays 5:00 p.m. - 8:00 p.m., Gym 1 & 2  
League begins: January 22nd  
5 on 5 co-ed/ 7 players min/ 8 team league

**Indoor Cricket - Open Division**  
#47827 - Wednesdays 4:00 p.m. - 8:00 p.m., Gym 3 & 4  
League begins: January 24th  
8 team league/ 10-15 players per team

**Basketball - 5 on 5 Full Court**  
#47826 - Fridays 3:00 p.m. - 6:00 p.m., Gym 3 & 4  
League begins: January 26th  
5 on 5 co-ed/ 7 players min / 8 team league

**Indoor Soccer - Recreational Division**  
#47829 - Tuesdays 4:00 p.m. - 6:00 p.m., Gym 3 & 4  
League begins: January 23rd  
6 on 6 co-ed/ 7 players min/ 12 team league  
Limit of 2 Intramural “A” players per team

**Ultimate Frisbee - Recreational Division**  
#47831 - Mondays 5:00 p.m. - 8:00 p.m., Gym 1 & 2  
League begins: January 22nd  
5 on 5 co-ed/ 7 players min/ 8 team league  
Limit of 2 Intramural “A” players per team

**Basketball - 4 on 4 Half Court**  
#47825 - Fridays 1:00 p.m. - 4:00 p.m., Gym 3  
League begins: January 26th  
4 on 4 co-ed/ 7 players max/ 12 team league

**Indoor Soccer - Competitive Division**  
#47828 - Tuesdays 4:00 p.m. - 8:00 p.m., Gym 3 & 4  
League begins: January 23rd  
6 on 6 co-ed/ 7 players min/ 12 team league

**Volleyball - 4 on 4 Co-ed Competitive Division**  
#47832 - Thursdays 6:00 p.m. - 8:00 p.m., Gym 3  
League begins: January 25th  
4 on 4 co-ed/ 5 players min/ 12 team league

**Volleyball - 4 on 4 Co-ed Recreational Division**  
#47833 - Thursdays 4:00 p.m. - 6:00 p.m., Gym 3  
League begins: January 25th  
4 on 4 co-ed/ 5 players min/ 12 team league  
Limit of 2 Intramural “A” players per team
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 Certified Fitness Trainers to include a variety of workouts focused on proper exercise techniques, sport or recreational activity drills, along with learning about proper nutrition and healthy habits.

Fit with Friends offers:
• Fitness Centre orientations
• Synergy workouts
• Weight training circuits
• Group Fitness classes
• Climbing Wall
• Aquatic activities
• Sports/Recreation
• Educational Learning seminars

Course Details: #47834
Mondays 8:00 p.m. - 8:50 p.m.
Wednesdays 9:00 a.m. - 9:50 a.m.
Thursdays 1:00 p.m. - 1:50 p.m.
January 22nd to March 29th (no class February 19th, 21st & 22nd)

For more information, please contact Ramona at seupersad@utsc.utoronto.ca or check out our “Fit with Friends” facebook page: www.facebook.com/UTSCFitWithFriends

Register in person at the TPASC Registration Desk or online at recreg.utoronto.ca on a first-come/first-serve basis. Registration fee is $5 (plus HST) for this 8-week program. Join at any time!
# 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. High and low impact options are offered; 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, please refer to our website for updates.

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## Winter 2018 Group Fitness Schedule

**Valid Between: Jan 8 2018– March 2018**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am-7:50am</td>
<td>CYCLING – Cindy 7:00-7:50 Studio 1</td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
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<td>8:00am-8:50am</td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
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<td>9:00am-9:50am</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
<td>ZUMBA—Tiffany 8:00-8:50 Studio 2</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
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<td>DEEP AQUAFIT–Marianne 9:30-10:20 Training Pool</td>
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<tr>
<td>10:00am-10:50am</td>
<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
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<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
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<tr>
<td>11:00am-11:50am</td>
<td>YOGA—Softa 10:00-10:50 Studio 2</td>
<td>TABATA—Tiffany 11:00-11:50 Studio 2</td>
<td>YOGA—Softa 10:00-10:50 Studio 2</td>
<td>YOGA—Softa 10:00-10:50 Studio 2</td>
<td>YOGA—Softa 10:00-10:50 Studio 2</td>
<td>YOGA—Softa 10:00-10:50 Studio 2</td>
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<tr>
<td>12:00pm-12:50pm</td>
<td>BETTER BONES—Marianne 12:00-12:50 Studio 2</td>
<td>BETTER BONES—Marianne 12:00-12:50 Studio 2</td>
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<tr>
<td>1:00pm-1:50pm</td>
<td>CYCLING 30 min – Marianne 1:15-1:45 Studio 3</td>
<td>BODY BLAST—Softa 1:00-1:50 Studio 1</td>
<td>BODY BLAST—Softa 1:00-1:50 Studio 1</td>
<td>BODY BLAST—Softa 1:00-1:50 Studio 1</td>
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<tr>
<td>2:00pm-2:50pm</td>
<td>UTSC Open studio 2:00-2:50pm – studio 1</td>
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<tr>
<td>4:00pm-4:50pm</td>
<td>WOMEN’S ONLY AQUAZUMBA—Ndem 4:00-4:50 Studio 1</td>
<td>YOGA &amp; MEDITATION - Stephanie 4:00-4:50 Studio 1</td>
<td>YOGA &amp; MEDITATION - Stephanie 4:00-4:50 Studio 1</td>
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<td>YOGA &amp; MEDITATION - Stephanie 4:00-4:50 Studio 1</td>
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<tr>
<td>5:00pm-5:50pm</td>
<td>TOTAL CORE—Lawrence 5:30-6:00 Fitness Centre</td>
<td>ZUMBA—Ndem 5:00-5:50 Studio 1</td>
<td>TOTAL CORE—Lawrence 5:30-6:00 Fitness Centre</td>
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<tr>
<td>6:00pm-6:50pm</td>
<td>ZUMBA—Melissa 6:00-6:50 Studio 2</td>
<td>YOGA—Grace 6:00-6:50 Studio 2</td>
<td>CYCLING 60 min—Iyfya 6:00-6:50 Studio 3</td>
<td>CYCLING 60 min—Iyfya 6:00-6:50 Studio 3</td>
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<td>CYCLING 60 min—Iyfya 6:00-6:50 Studio 3</td>
</tr>
<tr>
<td>7:00pm-7:50pm</td>
<td>MUSCLEWORKS—Michael 7:00-7:50 Studio 2</td>
<td>TRIPLE THREAT—Omar 7:00-7:50 Studio 1</td>
<td>ZUMBA—Tatjina/Myfyla 7:00-7:50 Studio 1</td>
<td>TABATA—Tiffany 7:00-7:50 Studio 2</td>
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<tr>
<td>8:00pm-8:50pm</td>
<td>YOGA—Michael 8:00-8:50 Studio 2</td>
<td>TAI CHI—Linda 8:00-8:50 Studio 2</td>
<td>YIN YOGA—Mary 8:00-8:50 Studio 2</td>
<td>YOGA—Grace 8:00-8:50 Studio 2</td>
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</tbody>
</table>

**Legend:**

- **Class Types**
  - Yoga/Pilates
  - Cardio Class
  - Fitness Centre—Resistance Training Class
  - Aquatics

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

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 Monday, January 15th – Friday, January 19th. No pre-registration is required. *Archery, aquatics, fit with friends, rock climbing, tennis and weight management 101 are not included.

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 11th at 8:00 a.m. Classes begin the week of January 22nd. No classes during Reading Week February 19th - 23rd.

How to Register:
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) - #47835 Tuesdays 4:00 p.m. - 4:50 p.m.**
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) - #47836 Fridays 12:00 p.m. - 12:50 p.m.**
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.

**Contemporary Dance - #47837 Fridays 7:00 p.m. - 7:50 p.m.**
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 - #47838 Tuesdays 6:00 p.m. - 6:50 p.m. • #47839 Wednesdays 5:00 p.m. - 5:50 p.m.**
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.

**NEW! Jazz Dance - #47840 Mondays 1:00 p.m. - 1:50 p.m.**
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.

**Latin Dance - #47841 Wednesdays 7:00 p.m. - 7:50 p.m.**
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.
Capoeira - #47842 Mondays 7:00 p.m. - 7:50 p.m.
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 - #47843 Thursdays 5:00 p.m. - 6:30 p.m.
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 - #47844 Mondays 6:30 p.m. - 8:00 p.m.
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 - #47845 Mondays 4:00 p.m. - 5:30 p.m.
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 - #47846 Wednesdays 8:00 p.m. - 8:50 p.m.
Train like a UFC fighter and receive an awesome total body, cross-training workout! MMA Conditioning is an authentic mixed martial art cross-training regimen that will cover a broad spectrum of kicking, boxing, ground fighting, cardio drills, callisthenics, and core conditioning drills for the mixed martial art enthusiast or athlete.

Muay Thai - #47847 Mondays 8:30 p.m. - 10:00 p.m.
Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided.

Street Self Defense - #47848 Wednesdays 6:00 p.m. - 6:50 p.m.
This course will encourage a balance of physical endurance, mental strength and confidence building. You will learn safety strategies that cover awareness and avoidance, verbal self-defense and harassment/bullying tactics.

Women’s Self Defense - #47849 Mondays 5:30 p.m. - 6:30 p.m.
This program 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 - #47850 Tuesdays 12:00 p.m. - 12:50 p.m.
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.

Fit with Friends - #47834 Mondays 8:00 p.m. - 8:50 p.m., Wednesdays 9:00 a.m. - 9:50 a.m. and Thursdays 1:00 p.m. - 1:50 p.m.
This program encourages students to get active in a fun, healthy, and inclusive environment. Instruction will be given by one of our Certified Fitness Trainers to include a variety of workouts focused on proper exercise techniques, sport or recreational activity drills, along with learning about proper nutrition and healthy habits.

NEW! Weight Management 101 – #47851 Thursdays 4:00 p.m. - 4:50 p.m.
Have you been struggling with your weight? Looking to learn more about weight loss, gain, and maintenance? Then this is the program for you! Join us for this 6-week weight management program brought to you by MoveU. Our team will help you set weight management goals and provide you with the tools to be more successful in achieving them. Participants will meet on campus to discuss the weekly topic (i.e., Nutrition, Physical Activity, Time Management and more). An active component is included. The program runs from January 25th - March 8th and has a $15 registration fee.

FREE! Mind and Body by Flourish - #47852 Wednesdays 3:00 p.m. - 3:50 p.m.
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.
Target and Racquet Sports

Archery - #47853 Wednesdays 2:30 p.m. - 3:30 p.m. • #47854 Thursdays 1:30 p.m. - 2:30 p.m.
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.

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

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 try the game of tennis.

Course Details:
#47855 Tuesdays at 3:10 p.m. - 4:00 p.m. from January 23rd - March 20th (no class February 20th)

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

Course Details:
#47856 Tuesdays at 4:10 p.m. - 5:00 p.m. from January 23rd - March 20th (no class February 20th)

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 or communication development? We can offer you a custom built activity, indoors or outdoors, to suit your needs.

To find out more details or set-up a consultation, contact Laurie Wright at lwright@utsc.utoronto.ca
Skills and Drills

Never played a sport before and want to learn? Are you looking to improve your 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 & staff with a TPASC membership are eligible to take part in these registered programs. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca.

Registration Fee: $25 for 8 week session (plus HST)

**Badminton - #47863**
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 will be provided.

Course details: Mondays 2:10 p.m. - 3:00 p.m. from January 22nd - March 19th (no class February 19th)
Location: TPASC Gym 2

**Indoor Soccer: #47864**
Learn from a UTSC student-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. Indoor running shoes required - all other equipment will be provided.

Course details: Tuesdays 3:10 p.m. – 4:00 p.m. from January 23rd - March 20th (no class February 20th)
Location: TPASC Gym 4

**Volleyball: #47865**
Learn from a UTSC student-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. Indoor shoes required - all other equipment will be provided.

Course details: Thursdays 3:10 p.m. – 4:00 p.m. from January 25th - March 22nd (no class February 22nd)
Location: TPASC Gym 1
Aquatics

Want to come swimming, but not sure what to wear? Here are some examples of clothing you can wear while in the pool.

![Aquatic Clothing Examples]

Drop-In

All aquatic drop-in classes are **FREE** for registered U of T students and faculty & 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 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 3:30 p.m. - 4:15 p.m. (Women Only)

**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.

Mondays 1:00 p.m. - 2:00 p.m. and 7:30 p.m. - 9:00 p.m.
Tuesdays 9:30 a.m. - 11:15 a.m. (Women Only), 1:00 p.m. - 3:00 p.m. and 8:00 p.m. - 10:00 p.m.
Wednesdays 12:00 p.m. - 1:00 p.m.
Thursdays 2:00 p.m. - 3:00 p.m. and 3:15 p.m. - 4:30 p.m. (Women Only)
Fridays 12:00 p.m. - 1:30 p.m.

**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 overall endurance.

Mondays 7:30 p.m. - 9:00 p.m.
Thursdays 2:00 p.m. - 3:00 p.m. **New time!**

**Underwater Rugby**

Come drop by and try this zero gravity sport. All equipment is provided. No experience necessary. Participants must be comfortable in deep water.

Tuesdays 8:00 p.m. - 9:30 p.m.
Registered Programs

Registered U of T students and faculty & staff with a TPASC membership are eligible to take part in these registered programs. Registration 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 11th at 8:00 a.m.
Classes begin the week of January 22nd. No classes during Reading Week February 19th - 23rd
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.

#47866  Mondays 1:00 p.m. - 2:00 p.m.
#47867  Mondays 7:30 p.m. - 8:30 p.m.
#47868  Tuesdays 9:30 a.m. - 10:30 a.m. (Women Only)
#47869  Tuesdays 1:00 p.m. - 2:00 p.m.
#47870  Tuesdays 8:00 p.m. - 9:00 p.m.
#47871  Wednesdays 12:00 p.m. - 1:00 p.m.
#47872  Thursdays 3:30 p.m. - 4:30 p.m. (Women Only)
#47883  Fridays 12:15 p.m. - 1:15 p.m.

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.

#47873  Mondays 1:00 p.m. - 2:00 p.m.
#47874  Tuesdays 2:00 p.m. - 3:00 p.m.
#47875  Tuesdays 8:00 p.m. - 9:00 p.m.
#47876  Wednesdays 12:00 p.m. - 1:00 p.m.
#47877  Thursdays 2:00 p.m. - 3:00 p.m.
#47878  Thursdays 3:30 p.m. - 4:30 p.m. (Women Only)
#47879  Fridays 12:15 p.m. - 1:15 p.m.
Learn to Swim - Level 3 (Advanced)
This program will help build participants confidence swimming in the deep water in a safe and supportive environment. Basic dives will be introduced as well as some basic lifesaving skills.

#47880 Mondays 1:00 p.m. - 2:00 p.m.
#47881 Tuesdays 2:00 p.m. - 3:00 p.m.
#47882 Thursdays 2:00 p.m. - 3:00 p.m.

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 (excluding HST) for the 9 week program

#47884 Tuesdays 8:00 p.m. - 9:00 p.m. from January 23rd – March 27th (no class February 20)
#47885 Thursdays 2:00 p.m. - 3:00 p.m. from January 25th – March 29nd (no class February 22)

FREE! Deep Water Orientation
In this one time class, you will learn and perform basic water safety skills in the deep water while wearing a lifejacket. You will also learn skills such as what to do if you fall into the water from your water craft plus, how to kick and swim to safety. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca.

#47886 Monday, February 12th from 1:00 p.m. - 2:00 p.m.
#47887 Thursday, March 15th from 2:00 p.m. - 3:00 p.m.

Private & Semi-Private Swim Lessons
Available to UTSC students and staff & faculty with a current TPASC membership. Times depend on the availability of the pool and swim instructor. For inquiries and booking times, please contact Ramona Seupersad at seupersad@utsc.utoronto.ca.

$20 plus HST per 30 minute lesson (minimum of 3 lessons must be purchased)
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 & staff with a 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 p.m. - 9:00 p.m. (on the hour)
Saturdays & Sundays 12:00 p.m. - 3:00 p.m. (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 and belay with basic techniques. All equipment and shoes will be provided. Wear comfortable athletic clothing.

Mondays, Wednesdays & Fridays 4:00 p.m. - 9:00 p.m. (on the hour)
Saturdays & Sundays 12:00 p.m. - 3:00 p.m. (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.

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

Session 1:
#47859 Tuesdays 6:00 p.m. - 7:30 p.m. from January 16th – February 13th
#47860 Thursdays 6:00 p.m. - 7:30 p.m. from January 18th – February 15th

Session 2:
#47861 Tuesdays 6:00 p.m. - 7:30 p.m. from February 27th – March 27th
#47862 Thursdays 6:00 p.m. - 7:30 p.m. from March 1st – March 29th

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 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.

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

Trips are offered to registered U of T students first and then if there is space to staff, non-registered students and guests of the participants. Register at recreg.utoronto.ca or in person at the TPASC Registration desk.

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

Upcoming Adventures

Free! UTSC on Ice – Wednesday, December 20th at 5:00 p.m.  
Start off your holidays with skating on the natural outdoor rink at Harbourfront in downtown Toronto.  Bus transportation, snacks and hot chocolate included.  Skate rentals available onsite for $10. This event is in partnership with the Campus Police. Register on the Intranet under “utsc on ice”. Please bring at least one non-perishable food donation to the bus.

Arrowhead Provincial Park - Friday, February 23rd  
We will take you by bus to Arrowhead Provincial Park for the ultimate winter getaway!  
Activities that are offered:
  • Cross-country skiing
  • Snow tubing
  • Skating on a 1.5km ice trail
  • Snowshoeing

Transportation, snacks and instruction included. Equipment available to rent and no experience necessary. Registration fee $25 / student. Space is limited. Register by February 14th!
Outdoor Recreation

Ski or Snowboard Trips - January 26th, February 9th and/or March 9th
Hit the slopes on Friday evenings at Brimacombe ski/snowboard resort. Leave the Toronto Pan Am Sports Centre by bus at 3:30 p.m, and return back to campus by 10:30 p.m. You must register at least 1 week prior to the trip. Space is limited.

Costs (all taxes included):
• Lift ticket - $23
• Optional rental package - $23 (includes skis or snowboard, boots, ski poles & helmet)
• Optional ski or snowboard 1 hour group lesson - $15 (recommended for beginners)

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

Ultimate Wilderness Challenge - Wednesday, March 28th from 2:30 p.m. - 4:30 p.m.
Are you ready to put your wilderness survivor skills to the test? Join us in the Valley for this free event. More details to come, visit our Outdoor Recreation page.

/UTSCOutdoorRec @UTSCOutdoorRec /UTSCPEC
MoveU Crew

MoveU is a peer education group, run by students for students, housed under the Department of Athletics and Recreation here at UTSC. At MoveU, our goal is to encourage physical activity and promote a healthy active lifestyle while allowing students to explore their environment and interact with their peers. You might spot our team at events aimed at promoting healthy living and a more active lifestyle!

January 10th: 5th Annual MoveU Carnival
Join us in celebrating the start of the semester with a variety of activities that incorporates physical activity in a carnival setting. This event is drop-in style and includes yummy snacks, prizes, and a photo booth!

March: Amazing Race - Date TBD
Race against your peers as you and your team complete a variety of challenges all over campus! Prizes are awarded to the top three teams. Visit our website for more details and how to register.

Stay up to date with MoveU! Be the first to know about our upcoming events, tips and tricks around physical activity, and more. Sign up for our monthly newsletter by visiting uoft.me/moveUTSC

We’re Social! Follow Us:

Facebook: /MoveUofT  Instagram: @moveUTSC  Twitter: @moveUTSC  Email: moveutsc@gmail.com  Website: uoft.me/moveUTSC

Interested in learning about healthy weight, weight loss and more? Visit the Registered Programs section to find out more about our Intro to Weight Management course!
The UTSC Sneaker Squad is a complimentary running, walking, and snowshoeing 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. This inclusive program can be adapted to fit individual needs. We encourage people of all skill levels and abilities to come out!

**SNOWSHOEING: TUESDAYS AND THURSDAYS*, 4:00 p.m. - 5:00 p.m.**
Please meet under the ARC at AC227. Snowshoes are provided.
*Weather permitting. Visit our Facebook page for updates.

**Learn to Run Instructional Program**
Join the Sneaker Squad this winter for an eight week indoor program at the Toronto Pan Am Sports Centre. Each week will focus on a different topic, including:

- Nutrition
- Running Form
- Injury Prevention
- Cross Training
- Mental Health
- Pacing and more!

Registration is open to students, staff and faculty of all fitness levels and abilities. Beginner and Intermediate options available. Registration includes entry to a local run at the end of the program. Fee is $15 for students, $20 for staff and faculty. Participants may register for both the Monday and Wednesday sessions at a discounted rate of $25 for students, $35 for staff. Program starts the week of January 22nd.

#47857 Mondays, 12:00 p.m. - 1:00 p.m.   #47858 Wednesdays, 12:00 p.m. - 1:00 p.m.

Facebook: /UTCSneakerSquad Twitter: @UTSCSneaker Email: utcsneakersquad@gmail.com
Become a Personal Trainer

The Department of Athletics & Recreation is hosting CanFitPro’s personal training specialist (PTS) course at the Toronto Pan Am Sports Centre on January 12 to January 14 from 10:00 am - 6:00 p.m. You can become a CanFitPro certified personal trainer! Register through the CanFitPro website: www.canfitpro.com (course code: 60162)

You will learn how to:
• Provide & teach safe and effective exercise techniques/programs
• Train clients one-on-one or in 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 and bioenergetics
• Program design concepts and business skills

For more information, please contact Ramona Seupersad at seupersad@utsc.utoronto.ca.
WANT MORE HELP?

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
Step into the Spotlight with our Spotlight Series

Watch them on YouTube