WINTER 2019
ACTIVE-ITY GUIDE
UTSC Athletics & Recreation commits to promoting a welcoming and inclusive environment where everyone’s faith, gender identity, sexual orientation, ability, cultural and ethnic background is respected and celebrated. We commit to empowering our members, and all others involved at the Toronto Pan Am Sports Centre, to champion inclusion and equity.

In making this commitment, we recognize that we have an important role to play in leading our community towards ensuring all students have a meaningful opportunity to participate in Athletics & Recreation at the University of Toronto Scarborough.
Welcome to the 2019 Winter Edition Active-ity Guide. As you prepare for the upcoming academic term and calendar year, consider setting some goals for yourself that include physical activity. Embedding physical activity into your every day experiences will lead to improved focus, concentration, better sleep and a healthier you!

There are numerous opportunities for you to get active through the Department of Athletics & Recreation. This winter term we are piloting a Yoga program that will be offered at the main campus. At the Toronto Pan Am Sports Centre you can work out in the fitness centre, go lane swimming in one of the pools, or conquer the climbing wall. If you want to be more adventurous, join us on one of our Outdoor Rec trips. If you are keen on learning a new skill, take one of our instructional programs like Archery, Karate, Latin Dance and more. You can drop-in to play in the gym or try one of our group fitness classes in the studio. If you want to play a sport, join our co-ed interhouse leagues. You can even represent UTSC by trying out for one of our Intramural teams. We also offer several women’s only programs.

We encourage you to explore some of these options and get involved. Our knowledgeable staff would be happy to help guide you towards achieving your goals and becoming a healthier you. Visit us at the Toronto Pan Am Sports Centre. Best wishes for a successful and healthy 2019!

Sheila John
Assistant Dean
Mohsin Bukhari
Manager

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

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@UTSC_Athletics
@UTSC_Athletics
Athletics and Recreation at UTSC
TORONTO PAN AM SPORTS CENTRE

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

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

DID YOU KNOW?

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

HOURS

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

+ 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 TPASC!
“Joining the Interhouse Volleyball league was a great opportunity to meet new people. I had a chance to play with my friends every week and at the same time, improve my skills. It was truly a fun experience and I hope to do it until I graduate!”

“When I was deciding where I wanted to go for my undergrad education, the climbing wall definitely factored in to my decision of choosing UTSC. I saw myself improve every single week even though I started out with very little experience, and I found an amazing and supportive community at the club that’s truly unique.”

“Move U events were always fun and exciting. The events really resonated with what I wanted to see and experience in university while also motivating me to stay active. As a Move U team member, I’m happy to know that our initiatives helped students discover new ways to live healthy and active lifestyles.”
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.

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

utsc.utoronto.ca/athletics/intramural

We provide students with:

• Coaches
• Uniforms
• Transportation to St. George & U of T Mississauga for games
## Women’s Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Mon Jan 7 • 8pm - 10pm, Wed Jan 9 • 6pm - 8pm</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Mon Jan 7 • 8pm - 10pm, Mon Jan 14 • 8pm - 10pm</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Wed Jan 9 • 10pm - 11pm, Wed Jan 16 • 10pm - 11pm</td>
<td>Centennial Arena, 1967 Ellesmere Road, Scarborough</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>Thurs Jan 10 • 9pm - 11pm, Thurs Jan 17 • 9pm - 11pm</td>
<td>Metro Golf Dome, 125 Milner Ave, Scarborough</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>Wed Jan 9 • 6pm - 8pm, Mon Jan 14 • 6pm - 8pm</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Thurs Jan 10 • 8pm - 10pm, Thurs Jan 17 • 8pm - 10pm</td>
<td>TPASC Gym</td>
</tr>
</tbody>
</table>

## Men’s Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Mon Jan 7 • 8pm - 10pm, Wed Jan 9 • 8pm - 10pm</td>
<td>TPASC Gym</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Mon Jan 7 • 10pm - 11pm, Mon Jan 14 • 10pm - 11pm</td>
<td>Centennial Arena, 1967 Ellesmere Road, Scarborough</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>Tues Jan 8 • 9pm - 12am, Tues Jan 15 • 9pm - 12am</td>
<td>Metro Golf Dome, 125 Milner Ave, Scarborough</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Wed Jan 9 • 8pm - 10pm, Wed Jan 16 • 8pm - 10pm</td>
<td>TPASC Gym</td>
</tr>
</tbody>
</table>

## Coed Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Dates</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coed Ultimate Frisbee</td>
<td>Mon Jan 7 • 6pm - 8pm, Thurs Jan 10 • 6pm - 8pm, Fri Jan 11 • 4pm - 6pm</td>
<td>TPASC Gym</td>
</tr>
</tbody>
</table>
The UTSC Interhouse Leagues are weekly student run leagues that allow students, faculty, staff and alumni who have obtained a TPASC Membership to participate at various levels of competition. Whether you register as a team with your friends or want to sign up as an individual to meet people with similar interests, there’s always something fun to do to get moving.

**HOW TO REGISTER FOR AN INTERHOUSE LEAGUE**

All Interhouse participants are required to create an account through www.imleagues.com/utsc with their student email

**SIGN UP FOR AN INTERHOUSE LEAGUE**
- Go to www.imleagues.com/UTSC
- Click the create/join team button at the top right of your user homepage
- The current leagues will be displayed. Choose the league you wish to join.
- You can join the league in one of 3 ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as an individual

**TEAM FEE: $25 + HST**
- The captain for each team must pay the team fee in person at the TPASC registration desk or online at recreation.utoronto.ca
- Payment must be received before the first game of the season
- Registration deadline: January 18th, 2019

**CERTAIN PROGRAMS OFFER BOTH A RECREATIONAL AND COMPETITIVE DIVISION**

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

**COMPETITIVE**
Competition is moderate to intense. Most players know the rules of the sport but are still developing the skills required to play at a fairly competitive level. D-league and Division 1 players are required to play in competitive divisions.
WINTER 2019: UTSC INTERHOUSE CALENDAR

www.utsc.utoronto.ca/athletics/interhouse

<table>
<thead>
<tr>
<th>SPORT</th>
<th>LEAGUES OFFERED</th>
<th>MINIMUM ROSTER</th>
<th>TEAM ENTRY FEE</th>
<th>REGULAR SEASON DATES</th>
<th>PLAY TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 on 3 Coed Ball Hockey</td>
<td>Open</td>
<td>6 players</td>
<td>$25 per team</td>
<td>January 21 - March 4</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>5 on 5 Coed Indoor Ultimate Frisbee</td>
<td>Recreational Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 21 - March 4</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Coed Indoor Soccer</td>
<td>Recreational Competitive</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 22 - March 5</td>
<td>Tuesday 3 - 5pm, Tuesday 5 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Coed Indoor Cricket</td>
<td>Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 23 - March 6</td>
<td>Wednesday 4 - 8pm</td>
</tr>
<tr>
<td>4 on 4 Coed Volleyball</td>
<td>Recreational Intermediate</td>
<td>6 players</td>
<td>$25 per team</td>
<td>January 24 - March 7</td>
<td>Thursday 4 - 8pm</td>
</tr>
<tr>
<td>4 on 4 Coed Basketball</td>
<td>Recreational Competitive</td>
<td>8 players</td>
<td>$25 per team</td>
<td>January 25 - March 8</td>
<td>Friday 12 - 3pm</td>
</tr>
<tr>
<td>5 on 5 Coed Basketball</td>
<td>Competitive</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 25 - March 8</td>
<td>Friday 3 - 6pm</td>
</tr>
<tr>
<td>Badminton Ladder</td>
<td>Open</td>
<td>Singles/Doubles</td>
<td>$5/player</td>
<td>January 21 - March 4</td>
<td>Monday 8 - 11pm</td>
</tr>
</tbody>
</table>

WINTER INTERHOUSE SPORTS LEAGUES

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

Are you interested in becoming a Registered Program Instructor or Personal Trainer? Please contact Laurie Wright at lwright@utsc.utoronto.ca for certification and mentorship opportunities.

BECOME A PERSONAL TRAINER

UTSC Athletics & Recreation is hosting CanFitPro’s personal training specialist (PTS) course at the Toronto Pan Am Sports Centre. You can become a CanFitPro certified personal trainer!

You will learn how to:

- Provide & teach safe & 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

Register online at canfitpro.com, course #63930

TEAM BUILDING OPPORTUNITIES

Do you have a UTSC Department, student club or group or that could benefit from experiencing some team building skills? We offer custom built activities to suit your needs both outdoors and indoors.

For more details, contact Laurie Wright at lwright@utsc.utoronto.ca
All classes are FREE to U of T registered students, staff and faculty (with a TPASC membership), TPASC members and City of Toronto fitness pass holders. All programs are inclusive to accessibility needs. Please connect with Laurie Wright at lwright@utsc.utoronto.ca if you have any questions.

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

### 2019 WINTER GROUP FITNESS SCHEDULE

Valid between: January 7th - March 24th, 2019

<table>
<thead>
<tr>
<th>Time</th>
<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>7am - 7:50am</td>
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<tr>
<td>8am - 8:50am</td>
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<tr>
<td>9am - 9:50am</td>
<td>DEEP AQUAFIT - Marianne 9:30 - 10:20 Training Pool</td>
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</tr>
<tr>
<td>10am - 10:50am</td>
<td>SYNRGY - David</td>
<td>Fitness Centre</td>
<td></td>
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<tr>
<td>11am - 11:50am</td>
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<tr>
<td>12pm - 12:50pm</td>
<td>BETTER BONES - Marianne 12:00 - 12:50 Studio 2/3</td>
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<tr>
<td>1pm - 1:50pm</td>
<td>CYCLING 30 min - Marianne 1:15 - 1:45 Studio 3</td>
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<tr>
<td>2pm - 2:50pm</td>
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<tr>
<td>5pm - 5:50pm</td>
<td>TOTAL CORE - Omar 5:30 - 6:00 Fitness Centre</td>
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<tr>
<td>6pm - 6:50pm</td>
<td>ZUMBA - Melissa 6:00 - 6:50 Studio 2/3</td>
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<tr>
<td>7pm - 7:50pm</td>
<td>MUSCLEWORKS - Michael 7:00 - 7:50 Studio 2/3</td>
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<tr>
<td>8pm - 8:50pm</td>
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<tr>
<td>9pm - 9:50pm</td>
<td>PILATES - Sarah 8:00 - 8:50 Studio 2/3</td>
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</tr>
</tbody>
</table>

**LEGEND**

Class types:
- Aquatics
- Cardio Class
- Fitness Centre—Resistance Training
- Resistance Training Class
- Yoga/Pilates

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WOMEN’S ONLY PROGRAMMING

Fitness Centre hours for Self-Identified Women

Monday/Wednesday/Friday: 10am - 12pm
Tuesday/Thursday: 2pm - 4pm

Need some help?

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

Equipment orientations during Women’s Only Hours:
To book your appointment or consultation, please email: utscfitness@gmail.com

AQUATIC PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to Swim (registered program)</td>
<td>Tuesdays 9:30am - 10:30am, Thursdays 3:30pm - 4:30pm</td>
<td>Training Pool</td>
</tr>
<tr>
<td>Sport &amp; Swim (drop-in)</td>
<td>Tuesdays 9:30am - 11:15am, Thursdays 3:15pm - 4:45pm</td>
<td>Training Pool</td>
</tr>
</tbody>
</table>

REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Self-Defense</td>
<td>Tuesdays 5pm - 5:50pm</td>
<td>Studio 1</td>
</tr>
</tbody>
</table>
Upcoming Events

Fitness Talks for Self-Identified Women (Free!)

Open to all Women, Trans and non-binary people. There will be an open discussion about proper nutrition and exercise, positive self-esteem, body-image and the many programs offered at the Toronto Pan Am Sports Centre. We encourage all to come out for answers to any questions you may have on exercise and nutrition. We’ll end the discussion with an optional tour of the facility. Please register on the Intranet and bring your lunch to the session. Light refreshments will be provided.

Other Social Events to look out for

- Climbing Wall
- Inner Tube Water Polo
- Lunch & Learn

Tuesday, January 15th
12pm - 1:30pm
VIP room (3rd floor) of the Toronto Pan Am Sports Centre

For more information please contact Ramona at seupersad@utsc.utoronto.ca
The programs offered by the Department of Athletics & Recreation are only available to U of T students and faculty and staff who have a Toronto Pan Am Sports Centre membership.

**REGISTER ONLINE**

- Visit recreation.utoronto.ca to proceed to the registration portal
- Select “Login”
- UofT Students, Staff and Faculty can login using their UTORid
- Navigate the programs and proceed through the checkout process

**REGISTER IN-PERSON**

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

**FREE TRIAL WEEK**

Not sure which class to register for? Want to try it out first? Come out to our registered programs FREE Trial Week* from January 14th - 18th. No pre-registration is required.

*Only applies to Dance and Martial Arts & Fitness Conditioning classes
REGISTERED PROGRAMS

**REGISTRATION FEES**

9 x 1 hour class = $30  
9 x 1.5 hour classes = $40  
(excluding HST for all)

**REGISTRATION AND SESSION DATES**

Registration opens on:  
Monday, December 10th at 8:00am  
Classes begin the week of January 21st  
No classes during Reading Week:  
February 18th - 22nd

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

**DANCE**

**Ballet**  
Tuesdays 5pm - 5:50pm  
A classical dance form demanding grace and control through intricate expression through movement. Participants will learn the basic fundamentals in a progressive nature. Ballet or light dance shoes required.

**Bhangra Fusion**  
Thursdays 7pm - 7:50pm  
The instructor will teach blended elements of Indian Classical and Modern Bollywood dance. So get ready to enjoy the energetic beats of Bhangra Fusion. No experience is required!
<table>
<thead>
<tr>
<th>Dance Style</th>
<th>Days</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contemporary Dance</td>
<td>Fridays</td>
<td>2pm - 2:50pm</td>
<td>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.</td>
</tr>
<tr>
<td>Hip Hop</td>
<td>Tuesdays</td>
<td>7pm - 7:50pm</td>
<td>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.</td>
</tr>
<tr>
<td>Jazz Dance</td>
<td>Tuesdays</td>
<td>4pm - 4:50pm</td>
<td>This energetic class combines many styles including ballet, lyrical and modern dance. Anticipate fancy footwork, big leaps and quick turns. Light dance shoes are recommended.</td>
</tr>
<tr>
<td>Latin Dance</td>
<td>Wednesdays</td>
<td>8pm - 8:50pm</td>
<td>This beginner to intermediate level class will take you beyond Latin dance basics. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.</td>
</tr>
</tbody>
</table>
# MARTIAL ARTS & FITNESS CONDITIONING

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Kickboxing</td>
<td>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.</td>
</tr>
<tr>
<td>Judo</td>
<td>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.</td>
</tr>
<tr>
<td>Karate</td>
<td>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.</td>
</tr>
<tr>
<td>Krav Maga</td>
<td>Krav Maga is a self-defense system that consists of a wide combination of techniques sourced from Boxing, Muay Thai, Wing Chun, Jiu Jitsu, Wrestling and Grappling. It is known for its focus on real world situations.</td>
</tr>
<tr>
<td>MMA Conditioning</td>
<td>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.</td>
</tr>
<tr>
<td>Muay Thai</td>
<td>Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided.</td>
</tr>
<tr>
<td>Street Self Defense</td>
<td>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.</td>
</tr>
</tbody>
</table>

NEW

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Women’s Self Defense  
Tuesdays 5pm - 5:50pm

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  
Tuesdays 3pm - 3:50pm

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.

Fit with Friends  
Thursdays 1pm - 1:50pm

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 workouts focused on proper exercise techniques, sport or recreational activity drills, along with learning about proper nutrition and healthy habits. Registration fee of $5 for 9 week session.

Learn to Run  
Wednesdays 12:30pm - 1:30pm

Join our experienced instructors for a 9 week program. Ideal for beginners that want to gradually integrate walk to run intervals or for intermediate runners trying to improve their times. The end goal of the program is to run a 5km race. Please meet on the track at the Toronto Pan Am Sports Centre.
### Archery
**Wednesdays 2:30pm - 3:30pm**
**Thursdays 1:30pm - 2:30pm**

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

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

All lessons will take place at the Tam Heather Curling Club, located at 730 Military Trail, starting January 22nd. Choose from one of the options below. There is a registration fee of $25 for the 8 week session. A racquet and balls will be provided.

#### Intermediate
**Tuesdays 4:10pm - 5pm**

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.

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

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

There is a registration fee of $25 for the 8 week session.

### Badminton
**Mondays 4:10pm - 5pm**
Learn the basics: forehand, backhand, drop and service, along with the rules of the game. This course is for less experienced players who want to try the game of badminton.

### Basketball
**Mondays 4:10pm - 5pm**
Learn the basics: dribbling, passing, shooting, along with the rules of the game. This course is for new or less experienced players who want to try and learn the game of basketball.

### Soccer
**Tuesdays 3:10pm - 4pm**
Learn from a UTSC athlete: dribbling, passing, shooting and the rules of the game. This course is for less experienced players who want to further their skills in the game of soccer.

### Volleyball
**Thursdays 3:10pm - 4pm**
Learn from a UTSC athlete: bumping, setting, spiking, blocking and serving, along with the rules of the game. This course is for new or less experienced players who want to try the game of volleyball.
AQUATICS

DROP-IN

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

Sport and Swim
Mondays 1pm - 2pm
7:30pm - 9pm
Tuesdays 9:30am - 11:15am (Women Only)
1pm - 3pm
8pm - 10pm
Wednesdays 12pm - 1pm
Thursdays 2pm - 3pm
3:15pm - 4:45pm (Women Only)
Fridays 12pm - 1:30pm

Come join your friends or meet new ones for some free leisure time in the pool to float, practice your swimming or play games such as water volleyball, water basketball, or inner tube water polo. The possibilities are endless! Shallow and deep water options are available. Flotation devices may be used, no experience necessary. Women’s Only options are available.

UTSC Swim Group
Mondays 7:30pm - 9pm
Fridays 12pm - 1:30pm

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

UTSC Dragon Boat Club
Sundays 7pm - 8pm

Come and join this fun and social team! Train together, get fit together, win together! Please contact the executive team to find out more information by emailing utscdboat@gmail.com
REGISTERED PROGRAMS

Registration and Session Dates
Registration opens December 10th at 8am
Classes begin the week of January 21st
No classes during Reading Week: February 18th - 22nd
Registration Fee: $55 for 9 week session (excluding HST)

Learn to Swim – Level 1
(Beginner)
Mondays 7:30pm - 8:30pm
Tuesdays 9:30am - 10:30am (Women Only)
  1pm - 2pm
  8pm - 9pm
Wednesdays 12pm - 1pm
Thursdays 3:30pm - 4:30pm (Women Only)
Fridays 12pm - 1pm

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.

Learn to Swim – Level 2
(Intermediate)
Tuesdays 2pm - 3pm
Wednesdays 12pm - 1pm
Thursdays 2pm - 3pm
Fridays 12pm - 1pm

This program is for the intermediate level swimmer progressing from Learn to Swim Level 1. 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.

Learn to Swim – Level 3
(Advanced)
Mondays 1pm - 2pm
Tuesdays 2pm - 3pm
Thursdays 2pm - 3pm

This program will help participants gain confidence swimming in the deep water in a safe and supportive environment. Basic dives will be introduced as well as some basic lifesaving skills.
Learn to Play
Inner Tube Water Polo
Tuesdays 8pm - 9pm

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 prerequisite is to have FUN! You’ll learn how to move around in the inner tubes, learn passing and throwing techniques, and teamwork. Games will be played in the shallow water so all swimming abilities are welcome. No experience required. Registration fee of $30 for 9 weeks.

Deep Water Orientation
Monday February 25th
1pm - 2pm

In this FREE one time class, you will learn and perform basic water safety skills in the deep water while wearing a life jacket. Learn skills such as what to do if you fall into the water from your water craft, how to kick and swim to safety.

Private & Semi-Private Swim Lessons

Available to UTSC students, staff and faculty that have a current membership. Times depend on availability of the pool and swim instructor. Please contact Ramona at seupersad@utsc.utoronto.ca for inquiries.

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

Here are some examples of clothing you can wear while in the pool:
The 41-foot climbing wall at TPASC is one of the highest in the region and features a variety of routes to accommodate all levels of experience. With the routes changing monthly, there is always a new challenge. Registered U of T students and faculty & staff with a TPASC membership can take part in the following programs. Payment 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: 4pm - 10pm
- Saturdays & Sundays: 12pm - 3pm (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: 4pm - 10pm
- Saturdays & Sundays: 12pm - 3pm (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 in person or online at recreation.utoronto.ca.

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

Session 1 (starting January 15th): Tuesdays 6pm - 7:30pm | Thursdays 6pm - 7:30pm
Session 2 (starting February 26th): Tuesdays 6pm - 7:30pm | Thursdays 6pm - 7:30pm
OUTDOOR RECREATION

Come experience the serenity, peaceful and adventurous world of the great outdoors. Research suggest 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 and registration details. Refunds available 5 business days prior to the trip.

UPCOMING ADVENTURES

Skiing or Snowboarding @ Brimacombe Ski Resort, North Oshawa
Friday, January 18th
Friday, February 8th
Friday, March 8th

Hit the slopes on three evenings this winter at Brimacombe Resort. Choose between skiing or snowboarding. Transportation and snacks included. Equipment rentals and 1 hour lessons available for an additional charge.

Arrowhead Provincial Park
Huntsville,
Friday, February 22

Students will have the opportunity to play in the snow! Activities will include cross-country skiing, skating on an outdoor trail, snowshoeing and snow tubing. All activities are weather dependent. Transportation, snacks and pizza dinner included.
The MoveU Crew is a peer educator group, run by students for students at UTSC. We aim to encourage and educate students about the benefits of being active and practicing healthy habits. Join us at these upcoming free events this winter:

- Carnival
- Wellness Fair
- MoveU, NewU
- Amazing Race
- Nutrition Fair
- Dodgeball Tournament

Visit our website to sign-up for our monthly newsletter, meet our crew members, and how to become a MoveU Ambassador: uoft.me/MoveUTSC

WE’RE SOCIAL! FOLLOW US:

- Facebook: /MoveUofT
- Instagram: @moveUTSC
- Twitter: @moveUTSC
- Email: moveutsc@gmail.com
Run, walk & roll on the track with us
Join our student leaders for group exercise. We meet weekly on the track at the Toronto Pan Am Sports Centre. All fitness levels are welcome. We are an inclusive program that can be adapted for multiple skill levels and abilities. No registration required.

Join us in the Winter for our FREE sessions:
Tuesdays 2pm - 3pm
Thursdays 2pm - 3pm

Times may change throughout the term. Check our website or Facebook page for all updates and to contact the leaders.

LEARN TO RUN INSTRUCTIONAL PROGRAM

Wednesdays at 12:30pm - 1:30pm – Registration required
Join our leaders for a 9-week, 5km program. Participants will meet weekly for this group session on the track at the Toronto Pan Am Sports Centre. Ideal for beginners that want to gradually integrate walk to run intervals or for intermediate runners trying to improve their times. Additional information will be provided on:

- 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. Beginners are not just welcome, but encouraged to join! Registration fee includes entry to a local run at the end of the program. Join us on Wednesdays starting January 23rd.

/UTSCSneakerSquad @UTSCSneaker

@UTSCSneaker utcsneakersquad@gmail.com
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 • GIVEAWAYS • INFORMATION • + MORE!
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LEGEND

1. **Toronto Pan Am Sports Centre**
   875 Morningside Ave
   (416) 283-5222
   7 Days a Week | 5am - 12am
   tpasc.ca

2. **Morningside Athletic Fields**
   875 Morningside Ave
   utsc.utoronto.ca/aboutus/morningside-athletic-fields

3. **The Valley**
   130 Old Kingston Rd
   utsc.utoronto.ca/athletics/valley