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 year 2020. We know that with the new year come new opportunities. People generally want to set goals to improve certain aspects of their daily lives. We encourage you to consider setting goals related to physical activity, that are attainable and will allow you to stay committed to achieving said goals in the long term.

We have some great ways for you to get involved and achieve your goals. If you enjoy the outdoors, join us on some of our Outdoor Recreation trips that will take you skiing or snowboarding. For those that prefer to stay indoors, come work out in the fitness centre, walk the track, or even try our rock-climbing wall. You can take a registered program to learn archery, dance, martial arts or even how to swim. Come to the gymnasium to play drop-in sports, or join one of our coed Interhouse sports leagues. Even try out for one of our competitive Intramural teams that compete at the St. George Campus.

We have knowledgeable staff that are available to help you make informed decisions. Come visit us at the Toronto Pan Am Sports Centre and try something new. We wish you a healthy 2020!

Mohsin Bukhari
Manager
Sheila John
Assistant Dean

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

CONNECT WITH US
/UTSCAthletics
@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.

+ 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!

HOURS

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

For more information and course dates please contact Ramona at seupersad@utsc.utoronto.ca.

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

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
# Winter 2020 Tri-Campus Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Tryout Dates &amp; Times</th>
<th>Location</th>
<th>League Games</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Wed Jan 8 • 6pm - 8pm&lt;br&gt;Wed Jan 15 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Div. 1 - Thursdays</td>
</tr>
<tr>
<td></td>
<td>Tues Jan 7 • 8pm - 10pm&lt;br&gt;Thurs Jan 9 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Div. 1 - Tuesdays</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Wed Jan 8 • 8pm - 10pm&lt;br&gt;Mon Jan 13 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Mondays</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Wed Jan 8 • 10pm - 11pm&lt;br&gt;Wed Jan 15 • 10pm - 11pm</td>
<td>Centennial Arena 1967 Ellesmere Road, Scarborough</td>
<td>Sundays</td>
</tr>
<tr>
<td></td>
<td>Mon Jan 6 • 10pm - 11pm&lt;br&gt;Mon Jan 13 • 10pm - 11pm</td>
<td></td>
<td>Various Nights</td>
</tr>
<tr>
<td>Indoor Soccer</td>
<td>Tues Jan 7 • 8pm - 10pm&lt;br&gt;Thurs Jan 9 • 8:30pm - 12pm&lt;br&gt;Tues Jan 14 • 8pm - 10pm</td>
<td>Metro Golf Dome 125 Milner Ave. Scarborough</td>
<td>D-League - Mondays&lt;br&gt;Div. 2 - Wednesdays&lt;br&gt;D-League - Mondays&lt;br&gt;Div. 1 &amp; 2 - Various Nights</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>Wed Jan 8 • 6pm - 8pm&lt;br&gt;Mon Jan 13 • 6pm - 8pm</td>
<td>TPASC Gym</td>
<td>Wednesdays</td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>Mon Jan 6 • 6pm - 8pm&lt;br&gt;Thurs Jan 9 • 6pm - 8pm&lt;br&gt;Tues Jan 14 • 6pm - 8pm</td>
<td>TPASC Gym</td>
<td>Div. 1 &amp; 2 - Saturdays</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Wed Jan 8 • 8pm - 10pm&lt;br&gt;Wed Jan 15 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Div. 2 - Tuesdays</td>
</tr>
<tr>
<td></td>
<td>Wed Jan 8 • 8pm - 10pm&lt;br&gt;Wed Jan 15 • 8pm - 10pm</td>
<td></td>
<td>Div. 1 - Thursdays</td>
</tr>
</tbody>
</table>

“Intramural sports are a great way to keep some balance in your life and de-stress when school starts to overwhelm you. Whether you have been playing forever or want to try something new there is an option for you. Getting involved with the athletics community on campus and playing on multiple hockey teams has been the best part of my experience at UTSC!”

Dana van Vliet
INTERHOUSE

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 a Free Agent

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 17th, 2020

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 2020: INTERHOUSE CALENDAR

**www.utsc.utoronto.ca/athletics/interhouse | www.imleagues.com/utsc**

<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 Co-ed Ball Hockey</td>
<td>Open</td>
<td>6 players</td>
<td>$25 per team</td>
<td>January 20 - March 9</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>5 on 5 Indoor Co-ed Ultimate Frisbee</td>
<td>Recreational</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 20 - March 9</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Indoor Soccer</td>
<td>Recreational</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 21 - March 10</td>
<td>Recreational: Tues. 4 - 6pm, Competitive: Tues. 6 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Co-ed Indoor Cricket</td>
<td>Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 22 - March 11</td>
<td>Wednesday 4 - 8pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Volleyball</td>
<td>Recreational</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 23 - March 12</td>
<td>Thursday 5 - 8pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Basketball</td>
<td>Open</td>
<td>8 players</td>
<td>$25 per team</td>
<td>January 24 - March 13</td>
<td>Friday 12 - 3pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>January 24 - March 13</td>
<td>Friday 3 - 5pm</td>
</tr>
</tbody>
</table>

### WINTER INTERHOUSE SPORTS LEAGUES

Interhouse leagues offer unique opportunities to have fun, be active, and make friends on campus.
Looking to play a sport but can't commit to the full season? Our one day tournaments may be the answer, with a variety of classic and niche sports to choose from there is something for everyone. Highlights this semester include our first eSports event, as well as an Overnight Multi-Sport tournament taking place in a leap year – “The night that never happened.” Tournaments this semester are free of charge to all students, sign up on IM Leagues to confirm your spot in our tournaments today, all skill levels are welcome!

For tournament information, please contact Luke Galka, luke.galka@utoronto.ca

WINTER TOURNAMENTS
- Snow Flag Football – Sat. January 18th, 12 – 3pm @ Morningside Playfields
- Clubs Cup Soccer – Sun. January 26th, 12 – 5pm @ TPASC, Gymnasium
- ESports (Hearthstone) – Sun. February 16th, 1 – 5pm @ TPASC, Leadership Room
- Overnight Multi-Sport – Fri. February 28th, 10pm — Sat. February 29th, 2:30am @ TPASC
- Archery Competition (1yr Exp. Required) – Thurs. March 5th, 8 – 11pm @ TPASC, Gymnasium
- Team Rock Climbing – Thurs. March 12th, 7:30 – 10pm @ TPASC, Climbing Wall
- Innertube Water Polo – Tues. March 17th 8 – 10pm @ TPASC, Training Pool
- Beach Volleyball – TBD, week of March 23rd @ North Beach

SIGN UP FOR A TOURNAMENT
- Go to www.imleagues.com/UTSC
- Click the create/join team button at the top right of your user homepage
- Choose the tournament you wish to enter.
- You can join a tournament in one of 3 ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent
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.

### 2020 WINTER GROUP FITNESS SCHEDULE

**Valid between: January 6 - March 20**

<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>7am - 8am</td>
<td>CYCLING - Steve</td>
<td>6:30 - 7:20</td>
<td>CYCLING - Cindy</td>
<td>7:00 - 7:50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8am - 9am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am - 10am</td>
<td>DEEP AQUAFIT - Marianne</td>
<td>9:30 - 10:20</td>
<td>Training Pool</td>
<td>DEEP AQUAFIT - Marianne</td>
<td>9:30 - 10:20</td>
<td>Training Pool</td>
</tr>
<tr>
<td>10am - 11am</td>
<td>SYNRGY - David</td>
<td>10:10 - 11</td>
<td></td>
<td>DEEP AQUAFIT - Marianne</td>
<td>9:30 - 10:20</td>
<td></td>
</tr>
<tr>
<td>11am - 12pm</td>
<td>HATHA FLOW - Sofia</td>
<td>11:10 - 12</td>
<td></td>
<td>HATHA FLOW - Anne</td>
<td>9:30 - 10:10</td>
<td></td>
</tr>
<tr>
<td>12pm - 1pm</td>
<td>BETTER BONES - Marianne</td>
<td>12:10 - 1</td>
<td></td>
<td>BETTER BONES - Cindy</td>
<td>12:10 - 1</td>
<td></td>
</tr>
<tr>
<td>1pm - 2pm</td>
<td>CYCLING 30 min - Cindy</td>
<td>1:10 - 1:40</td>
<td></td>
<td>HATHA FLOW - Ramona</td>
<td>12:10 - 1</td>
<td></td>
</tr>
<tr>
<td>2pm - 3pm</td>
<td>BODY SCULPT - Sofia</td>
<td>1:10 - 2</td>
<td></td>
<td>POWER YOGA - Mary</td>
<td>12:10 - 1</td>
<td></td>
</tr>
<tr>
<td>5pm - 6pm</td>
<td>TOTAL CORE - Leon</td>
<td>5:30 - 6:30</td>
<td></td>
<td>HATHA FLOW - Lori</td>
<td>1:10 - 1.5</td>
<td></td>
</tr>
<tr>
<td>6pm - 7pm</td>
<td>ZUMBA - Tiffany</td>
<td>6:10 - 7</td>
<td></td>
<td>GENTLE YOGA - Grace</td>
<td>1:10 - 2</td>
<td></td>
</tr>
<tr>
<td>7pm - 8pm</td>
<td>MUSCLEWORKS - Leon</td>
<td>7:10 - 8</td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>8pm - 9pm</td>
<td>VINYASA FLOW - Fahd</td>
<td>8:10 - 9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9pm - 10pm</td>
<td>HATHA FLOW - Lori</td>
<td>9:10 - 10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**LEGEND**

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

Active-ity Guide Winter 2020 | 8
WOMEN’S PROGRAMMING

Need some help?

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

Fitness Centre hours for self-identified women and gender non-conforming people

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

Equipment orientations during Women’s Hours:
To book your appointment or consultation, please email: seupersad@utsc.utoronto.ca

AQUATIC PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Days and Times</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 - 4:30pm</td>
<td>Training Pool</td>
</tr>
</tbody>
</table>

REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Days and Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dance Fit with C-Flava</td>
<td>Wednesdays 7:10pm - 8pm</td>
<td>Studio 1</td>
</tr>
<tr>
<td>Strength Training</td>
<td>Tuesdays 4:10pm - 5:30pm</td>
<td>Studio 2</td>
</tr>
<tr>
<td>Self-Defense</td>
<td>Tuesdays 5:10pm - 6pm</td>
<td>North Room</td>
</tr>
<tr>
<td>Skill Building Series</td>
<td>Thursdays 6pm - 7:30pm</td>
<td>Climbing Wall</td>
</tr>
</tbody>
</table>
UPCOMING EVENTS

Fitness Talk for Self-Identified Women (Free!)
There will be an open discussion about proper nutrition and exercise, positive self-esteem, body-image, how to get started onto a path of a healthy, active lifestyle with 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 Toronto Pan Am Sports Centre. Open to all women, trans and non-binary individuals. Light refreshments will be provided. Register for this session at recreation.utoronto.ca

Tuesday, January 14th
6pm - 7:30pm
VIP room (3rd floor) of the Toronto Pan Am Sports Centre

Other social events to look out for
- Rock Climbing
- Inner Tube Water Polo
- Lunch & Learn
- Yoga

For more information please contact Ramona at seupersad@utsc.utoronto.ca

SheMoves
Connect and engage with inspirational women for an evening of physical activity, wellness and discussion. For more information, please go to www.utsc.utoronto.ca/programs/moveu

Wednesday, March 11
Toronto Pan Am Sports Centre
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 13th - 17th. No pre-registration is required.

*Only applies to Dance and Martial Arts & Fitness Conditioning classes
REGISTRATION FEES

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

REGISTRATION AND SESSION DATES

Registration opens on:
Monday, December 9th at 8am
Classes begin the week of January 20th
No classes during Reading Week:
February 17th - 21st

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

DANCE

Ballet
Thursdays 6:10pm-7pm

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.

Dance Fit with C-Flava
Wednesdays 7:10pm - 8pm (WO)

Dance is the hidden language of the soul. Through movement and the rhythms of soca, reggae, dancehall and afrobeats, C-Flava will take you through energetic routines that will encourage your spirit to be free.
**Hip Hop**  
Tuesdays 7:10pm - 8pm  
Learn the basics of this urban dance that fuses a variety of dance styles. Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.

**Jazz Dance**  
Tuesdays 5:10pm - 6pm  
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**  
Tuesdays 8:10pm - 9pm  
This beginner to intermediate level class will take you beyond Latin dance basics. This class is beneficial for students who want to improve and increase their basic knowledge of Latin dance. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.
### Martial Arts & Fitness Conditioning

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitness Kickboxing</strong></td>
<td>Wednesdays 5:30pm - 7pm 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><strong>Judo</strong></td>
<td>Mondays 4:30pm - 6pm 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><strong>Karate</strong></td>
<td>Mondays 4:10pm - 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.</td>
</tr>
<tr>
<td><strong>Krav Maga Self Defense</strong></td>
<td>Wednesdays 8:10pm - 9:30pm 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><strong>MMA Conditioning</strong></td>
<td>Tuesdays 8:10pm - 9:30pm 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.</td>
</tr>
<tr>
<td><strong>Muay Thai</strong></td>
<td>Mondays 8:10pm - 9:30pm 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><strong>Women’s Self Defense</strong></td>
<td>Tuesdays 5:10pm - 6pm 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.</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
</tr>
<tr>
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</tr>
<tr>
<td><strong>Accelerate+</strong>&lt;br&gt;Fridays 3:30pm-5pm</td>
<td>Accelerate+ is an 8-week performance enhancing program that aims to improve individual’s running abilities. It is tailored towards runners of all levels and provides strength and endurance training for a variety of distances. Participants should meet on the track.</td>
</tr>
<tr>
<td><strong>Beginner on Weights</strong>&lt;br&gt;Mondays 5:10pm - 6pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Nutrition Workshop</strong>&lt;br&gt;Fri. January 24 2pm - 4pm&lt;br&gt;Fri. February 14 2pm - 4pm&lt;br&gt;Fri. March 13 2pm - 4pm</td>
<td>Our trained staff will take you through an interactive workshop to help you gain knowledge on student focused meal planning, applying lifestyle changes &amp; appropriate pre/post exercise meals. Three dates to choose from, register for the session that best fits your schedule.</td>
</tr>
<tr>
<td><strong>Resilience - Mind &amp; Body</strong>&lt;br&gt;Thursdays 2:15pm - 3:45pm</td>
<td>Manage your stress through physical and cognitive strength based resilient activities. Boost your skills through applying character strengths, practicing relaxation techniques and movement.</td>
</tr>
<tr>
<td><strong>Women’s Strength Training</strong>&lt;br&gt;Tuesdays 4:10pm - 5:30pm</td>
<td>This women’s only, progressive program will touch on the following exercises: Squat, Deadlift, Bench Press, and a variation of Back and Core workouts. Perfect for individuals with beginner and intermediate skill levels.</td>
</tr>
<tr>
<td><strong>Yoga on Campus</strong>&lt;br&gt;Thursdays 12pm - 1pm</td>
<td>Enhance your mental focus, build upon your body awareness and improve your flexibility through yoga postures and mobility exercises. Improve your body strength and your overall well-being.</td>
</tr>
</tbody>
</table>
## TARGET AND RACQUET SPORTS

### Archery
- **Wednesdays 2:30pm - 3:30pm**
- **Thursdays 1:30pm - 2:30pm**

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
- **Beginner**
  - **Tuesdays 3:10pm - 4pm**
  - **Thursdays 4:10pm - 5pm**

All lessons will take place at the Tam Heather Curling Club, located at 730 Military Trail, starting the week of January 20th. Choose from one of the options below. There is a registration fee of $30 for the 8 week session. A racquet and balls will be provided.

- **Intermediate**
  - **Tuesdays 4:10pm - 5pm**
  - **Thursdays 3:10pm - 4pm**

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 $30 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 water to improve core muscle and joint stability, muscle endurance and strength, aerobic endurance and flexibility all in one. Both deep water and shallow water classes are available. Please refer to the Group Fitness schedule for days/times classes are offered.

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 (Beginner)
Tuesdays 8pm - 9:30pm (Advanced)
Fridays 12pm - 1:30pm (Advanced)

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 7:30pm - 8:30pm

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

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**REGISTERED PROGRAMS**

**Registration and Session Dates**  
Registration opens on Monday, December 9th at 8am  
Classes begin the week of January 20th  
No classes during Reading Week February 17th - 21st  
Registration Fee: $55 for 9 week session (excluding HST)

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

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.

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

This program is for the intermediate level swimmer progressing from the Learn to Swim Level 1. Here 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.
Learn to Swim - Level 3 (Advanced)
Mondays 1pm - 2pm
Tuesdays 2pm - 3pm
Thursdays 2pm - 3pm

This program will help participants build 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.

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 10th
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 depends 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:
CLIMBING WALL

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

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

Drop-In Climb
Come individually or with a friend to practice your climbing techniques. The Learn to Climb or Skill Building Series courses are a prerequisite. Participants must successfully be able to show the supervisor a belay test and understand the safety guidelines prior to climbing.

Drop-in Fee: $2 per person/drop-in
- Mondays, Wednesdays & Fridays: 4pm - 10pm
- Saturdays 12pm - 3pm and Sundays 12pm - 4pm

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.

Course Fee: $2 plus HST per person/session
- Mondays, Wednesdays & Fridays: 4pm - 10pm
- Saturdays 12pm - 3pm and Sundays 12pm - 4pm

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 week of January 13th): Tuesdays 6pm - 7:30pm or Thursdays (WO) 6pm - 7:30pm
Session 2 (starting week of February 24th): Tuesdays 6pm - 7:30pm or Thursdays (WO) 6pm - 7:30pm
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.

Please check our website for all updated trip dates, prices, registration details. Refunds available 5 business days prior to the trip. All trips are weather dependent.

**UPCOMING ADVENTURES**

**Ski & Snowboard Trips @ Brimacombe Ski Resort**
- Friday, January 17th
- Friday, February 7th
- Friday, March 6th

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

**Skiing, Snowshoeing & Skating @ Arrowhead Provincial Park**
- Tuesday, February 18th

Travel up to the beautiful Arrowhead Provincial Park to play in the snow! Activities will include cross-country skiing, skating on an outdoor trail, snowshoeing to a waterfall and snowtubing. Staff will provide you with an orientation and guide you through activities. 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: January 14
- Wellness Fair: January 23
- Nutrition Fair: March 5
- SheMoves: March 11
- Dodgeball Tournament: April 1

Visit our website to sign-up for our monthly newsletter, meet our crew members, and how to get involved with us: uoft.me/MoveUTSC

WE’RE SOCIAL! FOLLOW US:

Facebook: /MoveUofT
Twitter: @moveUTSC
Instagram: @moveUTSC
Email: moveutsc@gmail.com
Run, walk & roll on the track with us!
Join our student leaders for a movement activation on the Toronto Pan Am Sports Centre track and learn tips and tricks on exercise form and healthy eating to achieve your fitness goals. We meet weekly at the track entrance. No registration required. We are an inclusive program that can be adapted for multiple skill levels and abilities.

Join us in the Winter for our FREE sessions:
Tuesdays 12:30pm - 1:30pm
Thursdays 3pm - 4pm

Watch for upcoming snowshoeing events! Check our website or Facebook page for all updates and to contact the leaders.

ACCELERATE+ TRAINING PROGRAM

Fridays 3:30pm - 5pm – Registration required
Accelerate+ is an 8-week performance-enhancing program that aims to improve individual running abilities. The program is tailored towards runners of all levels, from beginner to intermediate and provides strength and endurance training for a variety of distances. Additional information will be provided on:

- Nutrition
- Running Form
- Injury Prevention
- Strength Training
- Mental Health
- Plyometric and more!

Registration is open to students, staff and faculty. Registration fee of $40 for this 8-week program, sign-up at recreation.utoronto.ca. Join us on Fridays starting January 24th.

/UTSCSneakerSquad  @UTSCSneaker
@UTSCSneaker  utcsneakersquad@gmail.com
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

- TUESDAYS AND THURSDAYS
- 11AM - 3PM
- BV HALLWAY
- TORONTO PAN AM SPORTS CENTRE KIOSK

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

PRIZES • GIVEAWAYS • INFORMATION • + MORE!
Sheila John
Assistant Dean
sheilaj.john@utoronto.ca

Mohsin Bukhari
Manager
mohsin.bukhari@utoronto.ca

Claudia Louis
Business Officer
clouis@utsc.utoronto.ca

Candice Pope
Coordinator of Business Operations & Client Services
pope@utsc.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

Charles Dumrique
Program Ambassador
Interhouse and Equipment Management
charles.dumrique@utoronto.ca

Luke Galka
Program Ambassador
luke.galka@utoronto.ca

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

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

Gaby Zhou
Program Ambassador
gaby.zhou@utoronto.ca

Cornell Jones
Marketing & Communications Assistant
cornell.jones@utoronto.ca
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