Welcome to the University of Toronto Scarborough. We extend our warmest wishes to you whether you are joining us on campus for the first Fall Term of your university career, or returning after an active summer break.

We want you to feel comfortable on campus and want to encourage you to consider safe and healthy choices during your time at the University. Having a balanced approach to reach your goals is vital to your academic success and overall health and wellbeing.

We can help you with many positive and fun ways to stay physically active and get involved. Whether you want to play on a team, join a class to try out a new activity, take a trip to bring out the adventurer in you, or simply work out on your own, the friendly staff at the Department of Athletics and Recreation will help you along the way.

Come visit us at the Toronto Pan Am Sports Centre, you can enjoy the excellent facilities and get started right away!

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.

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

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 Assistant
Interhouse Programs and Equipment Management
charles.dumrique@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
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

COED INTRAMURAL TRYOUTS

Coed Ultimate Frisbee

- Wed Sept 5 • 5:30 - 7:30pm
- Tues Sept 11 • 5:30 - 7:30pm
- Thurs Sept 13 • 5:30 - 7:30pm

Valley Fields
## WOMEN’S INTRAMURAL TRYOUTS

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<thead>
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<th>Dates</th>
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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: September 17th, 2018

Mandatory Captains’ Meeting: Thursday, September 20th at 6pm. Meeting will be held in the Leadership room of the Toronto Pan Am Sports Centre.

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.
### FALL 2018: 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>
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<td>September 24 – November 12</td>
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<td>5 on 5 Indoor Coed Ultimate Frisbee</td>
<td>Recreational Open</td>
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<td>September 24 – November 12</td>
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<td>September 26 – November 14</td>
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<td>6 on 6 Reverse Sixes Volleyball</td>
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<td>$25 per team</td>
<td>September 27 – November 15</td>
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<td>4 on 4 Coed Basketball</td>
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<td>Badminton Ladder</td>
<td>Open</td>
<td>Singles/Doubles</td>
<td>$5/player</td>
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### FALL INTERHOUSE SPORTS LEAGUES

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

![Basketball](image)
![Soccer](image)
![Ball Hockey](image)
![Indoor Cricket](image)
![Ultimate Frisbee](image)
![Volleyball](image)
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. 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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<td>ZUMBA - Melissa</td>
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<td>PILATES - Sarah</td>
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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 September 17th - 21st. No pre-registration is required.

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

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

REGISTRATION AND SESSION DATES

Registration opens on:
Monday, August 27th at 8:00am
Classes begin the week of September 24th
No classes during Reading Week: October 8th - 12th.

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, 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.

Bhangra Fusion  NEW
Fridays 7:30pm - 8:20pm

Start your Friday night off with this new fun class designed to get you up and moving! 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>Class</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contemporary Dance</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>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>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.</td>
</tr>
<tr>
<td>Latin Dance</td>
<td>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.</td>
</tr>
</tbody>
</table>
## MARTIAL ARTS & FITNESS CONDITIONING

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fitness Kickboxing</strong></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><strong>Judo</strong></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><strong>Karate</strong></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><strong>Krav Maga</strong></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><strong>MMA Conditioning</strong></td>
<td>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>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>Street Self Defense</strong></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>
**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.

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**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 Sneaker squad leaders for a 9-week, 5km program. Participants will meet weekly for a group session outdoors in the valley trails. Ideal for beginners that want to gradually integrate walk to run intervals or for intermediate runners trying to improve their times.
**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 5:10pm - 6pm  
Thursdays 6:10pm - 7pm  
Fridays 3:10pm - 4pm

An introductory class to teach 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.

Intermediate  
Tuesdays 6:10pm - 7pm  
Thursdays 5:10pm - 6pm  
Fridays 3:10pm - 4pm

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

All lessons will take place at the UTSC Tennis Centre, located in the lower campus Valley, starting September 18th. Choose from one of the options below. There is a registration fee of $25 for the 5 week session. A racquet and balls will be provided.
## SKILLS AND DRILLS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Times</th>
<th>Description</th>
<th>Registration Fee</th>
<th>Equipment Provided</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Mondays</td>
<td>4:10pm - 5pm</td>
<td>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. Indoor running shoes required – all other equipment provided. Registration fee of $25 for 8 weeks.</td>
<td>$25</td>
<td>Yes</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Basketball</td>
<td>Mondays</td>
<td>4:10pm - 5pm</td>
<td>Learn the basics: dribbling, passing, shooting, along with the rules of the game. This course is for new or less experienced players who want to try and learn the game of basketball. Indoor running shoes required – all other equipment provided. Registration fee of $25 for 8 weeks.</td>
<td>$25</td>
<td>Yes</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Soccer</td>
<td>Tuesdays</td>
<td>3:10pm - 4pm</td>
<td>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. Indoor running shoes required – all other equipment provided. Registration fee of $25 for 8 weeks.</td>
<td>$25</td>
<td>Yes</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Thursdays</td>
<td>3:10pm - 4pm</td>
<td>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. Indoor shoes required - all other equipment provided. Registration fee of $25 for 8 weeks.</td>
<td>$25</td>
<td>Yes</td>
<td>8 weeks</td>
</tr>
<tr>
<td>Women's Rugby</td>
<td>Tuesdays</td>
<td>5:10pm - 6pm</td>
<td>Learn from a UTSC athlete: passing, punting, safe tackling and the rules of the game. This course is for less experienced players who want to further their skills in the game of rugby. Outdoor running shoes required – all other equipment provided. Registration fee of $15 for 5 weeks.</td>
<td>$15</td>
<td>Yes</td>
<td>5 weeks</td>
</tr>
</tbody>
</table>
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.

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.

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 on Monday, August 27th at 8am
Classes begin the week of September 24th.
No classes during Reading Week October 8th - 12th
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 12:15pm - 1:15pm

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 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  
Thursdays 2pm - 3pm

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 November 12th  
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:
“The Intramural program was a chance for me to continue playing basketball in university at a competitive level. It’s a great way to stay active and meet other girls that are fun and engaged. I love the sense of community playing for UTSC. I feel that I play a small role in something a lot bigger”

“The Outdoor Recreation program is an amazing opportunity to get active while having a ton of fun doing activities that you don’t typically get to experience. It’s also a great way to meet new people that share similar interests in getting active and have a greater appreciation for nature”

“I loved my Hip Hop class as it gave me those positive and inclusive vibes. My instructor was approachable and made it enjoyable on a weekly basis”
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: 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.

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

- Session 1 (starting September 17th): Tuesdays 6pm - 7:30pm
  Thursdays 6pm - 7:30pm
- Session 2 (starting October 29th): Tuesdays 6pm - 7:30pm
  Thursdays 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.

UPCOMING ADVENTURES

Dragon Boating @ Frenchman's Bay, Pickering
TBD

Paddle in a thrilling 20 person dragon boat in Frenchman’s Bay, Pickering. There will be coaches available to give an orientation. No experience necessary and all equipment is provided.

Treetop Trekking @ Horseshoe Valley Resort, Barrie
Tues Oct 9th

Adventure up into the trees to zip-line and conquer obstacle courses. All necessary equipment and instructors provided for 3 hours of activity.

Hiking @ Rouge National Urban Park
Fri Nov 2nd

Visit this local National Park and our guides will take you through the trails to enjoy the beautiful Fall colours.

UTSC on Ice @ Harbourfront Natural Outdoor Rink
Tues Dec 4th

Take a study break by joining us for a skate at Harbourfront Natural Outdoor Rink. Hot chocolate included. Assistance provided for new skaters. Skate rentals available.
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 fall:

- Welcome Day
- Athletics Open House
- Experience UTSC Fair
- Mental Health Understood Fair
- Chopped Up
- Dodgeball

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
Explore the Valley trails with us!
Join our student leaders for complimentary walks or runs. We meet weekly outside of the ARC quad and our staff will guide you through the valley trails. All fitness levels are welcome and we will travel at your pace. We are an inclusive program that can be adapted for multiple skill levels and abilities. Open to UTSC students, staff and faculty, no registration required.

Join us in the Fall for our FREE sessions:
Mondays 5:30pm - 6:30pm
Thursdays 12:30pm -1:30pm
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 Sneaker squad leaders for a 9-week, 5km program. Participants will meet weekly for this group session outdoors in the valley trails. 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 September 26.
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

Learn to Swim
(registered program)
Tuesdays 9:30am - 10:30am
Thursdays 3:30pm - 4:30pm
Training Pool

Sport & Swim
(drop-in)
Tuesdays 9:30am - 11:15am
Thursdays 3:15pm - 4:45pm
Training Pool

REGISTERED PROGRAMS

Women’s Self-Defense
Tuesdays 5pm - 5:50pm
Studio 1
UPCOMING EVENTS

Fitness Talks 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 females & Transgendered. Please register on the Intranet.

Thursday, September 20th | 5:30pm - 7:00pm
VIP room (3rd floor) of the Toronto Pan Am Sports Centre

Other Social Events to look out for

- Hike
- Climbing Wall
- Water Volleyball

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

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
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!
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