

SUMMER 2024 ACTIVE-ITY GUIDE



UNIVERSITY OF
TORONTO
SCARBOROUGH

Office Of
**Student Experience
& Wellbeing**

**Athletics &
Recreation**

The background image shows the exterior of the Toronto Pan Am Sports Centre. The building has a bright orange facade with large, raised lettering. A person with a backpack is walking away from the camera on the left side of the frame. The sky is blue with some clouds.

TORONTO PAN AM SPORTS CENTRE

A Legacy of the Pan and Parapan American Games

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.

Happy Summer 2024! We are thrilled to kick off our summer programming with a wide range of options designed to keep you active, meet new friends, and build community. Whether you prefer indoor or outdoor activities, we've got you covered.

Our diverse summer programming includes a variety of social events, instructional classes, and drop-in activities. You can also come play Tennis or Pickleball at our Tennis Facilities (membership required) in the valley. Tennis lessons are also available for those that are new to the sport or interested in improving your game. Don't forget to check out our NEW Beach Volleyball Courts, also located in the Valley!

If you're up for some outdoor adventures, our Outdoor Recreation Team has some exciting activities lined up, such as hiking, outdoor rock climbing, treetop trekking, and white-water rafting.

Feeling unsure about where to start and how to get involved? We've got you covered with complimentary Student Fitness Consultations. Our knowledgeable staff will help you align your interests with our program offerings.

For those looking to try something new, we highly recommend our outdoor activities. From Beach Volleyball and Cricket to Pickleball, Soccer, and Tennis, there's something for everyone to enjoy.

Above all, we encourage you to stay active, healthy, and safe throughout the summer months. If you have any questions, our friendly staff is here to assist you. On behalf of the Department of Athletics and Recreation, we wish you a summer filled with physical activity and fun!



Sheila John
Assistant Dean

Lyndsay Ezard
Director

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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



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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



- 1 Universal change room with 30 private stalls
- 6 single user, accessible washrooms
- 2 single user (gendered) change rooms with showers
- Training pool has movable floor and portable chair lifts
- Accessible fitness equipment
- Child minding available



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.

+ You are not allowed to share your TCard with others to allow them to access the facility. Any student found violating this policy will have their facility access suspended indefinitely.

HOURS

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



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

Monday/Wednesday/Friday: 10am - 12pm

Tuesday/Thursday: 1pm - 3pm

2-SPIRIT LESBIAN GAY
BISEXUAL TRANS QUEER +



**Positive
Space**

Equipment orientations during Women's Hours:

To book your appointment or consultation, please email: ramona.seupersad@utoronto.ca

AQUATIC PROGRAMS

● May - June ● July - August

Learn to Swim (registered program)

- Tuesdays 9:30am - 10:20am
- Thursdays 2:30pm - 3:20pm
- Thursdays 3:30pm - 4:20pm

Training Pool

UTSC Rec Swim (drop-in)

- Tuesdays 9:30am - 11:15am
- Thursdays 2:30pm - 4:30pm
- Mondays 1:00pm - 2:30pm

Training Pool

REGISTERED PROGRAMS

Women's Self-Defense

- Thursdays 7:10pm - 8:00pm ● Fridays 7:10pm - 8:00pm

Women's Boxing

- Fridays 4:30pm - 6:00pm



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 laurie.wright@utoronto.ca if you have any questions.

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

2024 SPRING GROUP FITNESS SCHEDULE

Refer to our website for a complete list of class times.

CARDIO CLASS

CYCLING
ZUMBA

RESISTANCE

BARRE
BOOTCAMP
SYNRGY
TABATA
TOTAL BODY

YOGA/PILATES

GENTLE YOGA
HATHA YOGA
MINDFUL YOGA
PILATES
TAI CHI
YIN YOGA

AQUATICS

DEEP AQUAFIT
SHALLOW AQUAFIT

HOW TO REGISTER

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



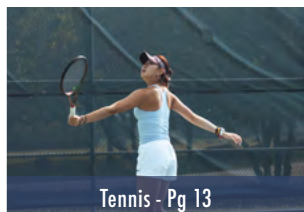
GET ACTIVE OUTDOORS THIS SUMMER.

Register for a tennis lesson or join the Outdoor Recreation team for a new adventure.



REGISTER IN-PERSON

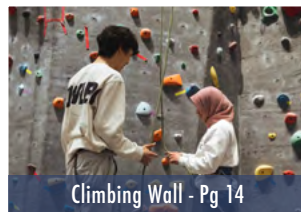
- Visit the registration desk at the Toronto Pan Am Sports Centre
- Bring your TCard
- Know the name, day and time of the program you would like to register for



Tennis - Pg 13



Aquatics - Pg 11



Climbing Wall - Pg 14



Outdoor Recreation - Pg 9



REGISTERED PROGRAMS



REGISTRATION FEES

4 x 1 hour class \$15
4 x 1.5 hour classes \$20
(excluding HST for all)



REGISTRATION AND SESSION DATES

Registration opens on:
Monday, April 29 at 8:00am
Classes begin the week of May 21st (session 1)
and July 2 (session 2).

Refunds requests will only be accepted by Customer Service staff before the beginning of the second class for all registered programs.

Please visit our website for all dates and times for the spring and summer sessions.

DANCE

Ballet

A classical dance form demanding grace and control through intricate patterns that create expression through movement. Participants will learn the basic fundamentals in a progressive nature. Ballet or light dance shoes required.

Desi Dance

Come experience this South Asian inspired dance. The instructor will take you through variations of Bhangra and Giddha styles of dance.

Hip Hop

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.

K-Pop

Learn Korean popular dance moves where your choreography tells the story. K-Pop has been known to fuse various genres of dance like Hip Hop, Pop, Contemporary, Latin and more with a lot of fun emotional ties to the lyrics of each song.

Latin Dance

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.

MIND, BODY & NUTRITION

Intro to Weights

Learn the basics of resistance 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.

TARGET SPORTS

Archery

A progressive class to enhance your skill in propelling arrows with the use of a bow. Increase your precision in aiming at targets of varying distances, which improves hand-eye coordination, balance, level of mental concentration, and acts as an aid in stress relief. All equipment is provided.

MARTIAL ARTS & FITNESS CONDITIONING

Brazilian Jui Jitsu

Learn this combat martial art without striking and instead by using a combination of dynamic leverage and explosive movements. Increase your strength and cardio through learning skills in grappling, holds and groundwork.

Kickboxing

This course teaches an authentic, fast-paced total body kickboxing workout. It is geared to improving one's endurance, strength, hand-eye coordination, balance, and flexibility. This course is for individuals of all fitness levels. Hand wraps or gloves must be purchased separately.

MMA Conditioning

MMA Conditioning is a 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. Handwraps can be purchased for an additional \$5 fee.

Muay Thai

Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided.

Women's Boxing

Come build a sense of community, make friends, improve your fitness and build confidence as you get trained by Boxing Ontario athlete, Heather Alonzo. All women and self-identified women are welcome. Please wear comfortable clothing and indoor running shoes.

Women's Self-Defense

This self-defense course is designed for self-identified women in the UTSC community. Participants will learn strikes, how to break holds and how to use their voice.



OUTDOOR RECREATION

Come experience the serenity, peaceful and adventurous world of the great outdoors. Research suggests that being physically active outdoors helps reduce stress, anxiety, anger and improves moods, overall health and well-being. Our department is integrating experiential activities for your enjoyment. Transportation and snacks included for all excursions.

All fitness levels are welcome; we can accommodate most accessible needs. Please contact Laurie Wright at laurie.wright@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, except for white water rafting.** The weather may change some activities, postpone or cancel trips.

UPCOMING ADVENTURES



Treetop Trekking
Friday, May 24th

Participants will travel by bus up to Ganaraska Forest for a 3 hour treetop trekking adventure. It will involve a combination of ziplining and climbing through obstacle courses in a serene forest setting. There are beginner, intermediate and advanced courses available. All necessary equipment will be provided. No experience necessary.



Rouge Hike & Bonfire
Friday, June 7th

Explore the valleys, cliffs and forest trails of the local National Rouge Park with a guide. End the hike with a bonfire on campus, s'mores and music.



Hiking & Paddling at Kelso

Tuesday, June 18th

Join us at Kelso Park to hike the scenic forest trails with incredible lookout points. Enjoy the afternoon at the beach relaxing, exploring and trying out stand up paddleboarding on the reservoir.



Outdoor Rock Climbing & Hike

Thursday, June 20th

We will travel to the spectacular Niagara Peninsula at Rattlesnake Point to hike and climb some of the best rock terrain in southern Ontario. There will be multiple levels accessible with experienced climb instructors. Climbers must have experience climbing indoors.



Stand up Paddleboarding

Wednesday, July 10th

Wednesday, July 24th

Thursday, August 8th

We will be providing serene, sunset stand up paddleboarding experiences along local rivers. All equipment and safety orientations will be provided.



Kayaking along the Humber River

TBD

Paddle with us down the scenic Humber river to the mouth of Lake Ontario. All equipment and safety orientations will be provided.



White Water Rafting on the Ottawa River

Sun. August 25th –

Wed., August 28th

End your summer with a thrilling splash! We will spend 3 nights camping and 4 days at the beautiful Wilderness Tours Resort. You'll have 2 days of adventure rafting and time to enjoy the resort activities.



DROP-IN

UTSC Recreation Swim

Session 1 - May & June

- Mondays 1pm - 2pm and 7:30pm - 9pm
- Tuesdays 9:30am - 11:15am (WO), 1pm - 3pm, and 8pm - 10pm
- Wednesdays 12pm - 1pm
- Thursdays 2:30pm - 4:30pm (WO)
- Fridays 12pm - 1:30pm

Session 2 - July & August

- Mondays 1:00pm - 2:30pm (WO), and 5pm - 7pm
- Tuesdays 5pm - 7pm
- Wednesdays 5pm - 7pm
- Thursdays 5pm - 7pm

Come to the pool to mix up your workout routine. Swimming is a great way to improve your cardio and muscular strength. It's especially great for strengthening your core and lower back. Come during our UTSC drop-in swim times to practice your swimming, to float or do some aqua conditioning exercises. 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.

NEW: A wristband is required in order to attend UTSC exclusive lane swim times. Please show your TCard to the staff at the registration desk to receive a wristband. This wristband will need to be worn for the duration of your swim.

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

Here are some examples of clothing you can wear while in the pool:





REGISTERED PROGRAMS

Registration and Session Dates

Registration opens on Monday, April 29 at 8:00am

Classes begin the week of May 27 (session 1) and July 2 (session 2)

Registration Fee: \$48 for 4 week session (excluding HST)

Learn to Swim (Beginner/Intermediate)

Session 1

- Mondays 1pm - 1:50pm, 7:30pm - 8:20pm
- Tuesdays 9:30am - 10:20am (WO), 1pm - 1:50pm, 2pm - 2:50pm, and 8pm - 8:50pm
- Wednesdays 12pm - 12:50pm
- Thursdays 2:30pm - 3:20pm (WO), and 3:30pm - 4:20pm (WO)

Session 2

- Tuesdays 5pm - 6pm and 6pm - 7pm

This program is geared to all levels of swimmers from beginner to intermediate. The swim instructor will provide support and guidance for participants, whether it's to feel comfortable and learn to be confident in water, to improve your stroke mechanics or learn a new water skill. The program emphasizes progressions to help participants to successfully achieve their swimming goals.

Deep Water Orientation

June

Tuesday, June 11 from 2pm - 3pm

Monday, June 17 from 7:30pm - 8:30pm

Monday, June 24 from 7:30pm - 8:30pm

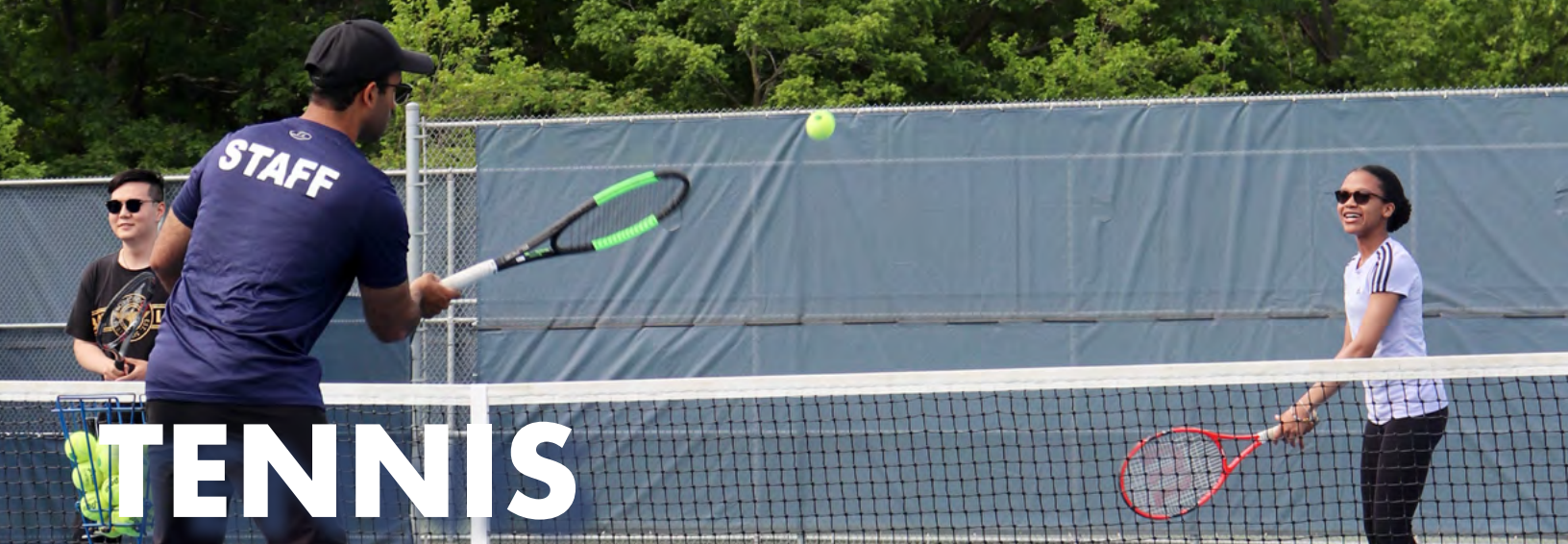
July & August

Dates to be determined

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.

Inner Tube Water Polo Tournament

Come out and have some fun trying a new water sport! We will teach the rules and how to play the game. Games will be played in shallow water so all levels are welcome, no experience required. For more information contact Ramona Seupersad at ramona.seupersad@utoronto.ca



Located in the lower campus Valley, the UTSC Tennis Centre consists of 8 outdoor courts. Courts are open from April 29th until early November. A membership is required in order to access the courts. Membership is FREE for registered UTSC students or staff/faculty with a Joint Plan membership. UTSC faculty, staff and non-registered students can purchase a membership which provides unlimited access to the courts.

Memberships can be purchased from the Toronto Pan Am Sports Centre registration desk. For more information, please go to www.utsc.utoronto.ca/athletics/tennis-club

 REGISTRATION FEES	 REGISTRATION AND SESSION DATES
4 x 1 hour class - \$20 (excluding HST) <ul style="list-style-type: none">• A tennis or student membership is required in order to participate in this program.	Registration opens on: Monday, April 29 at 8am Classes begin the week of May 20th

TENNIS

Beginner

Wednesdays 4:10pm - 5pm

Wednesdays 5:10pm - 6pm

Thursdays 4:10pm - 5pm

Thursdays 5:10pm - 6pm

Learn the basics: forehand, backhand, service and service return, along with the rules of the game. This course is for new players who want to try the game of tennis. Equipment will be provided.

Intermediate

Wednesdays 6:10pm - 7pm

Wednesdays 7:10pm - 8pm

Thursdays 6:10pm - 7pm

Thursdays 7:10pm - 8pm

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



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 Joint Plan 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. Classes start on the hour.*

- Mondays 4pm - 10pm
- Wednesdays 4pm - 10pm
- Fridays 4pm - 10pm
- Saturdays and Sundays 12pm - 4pm



Learn to Climb

A certified instructor will take you through a 1.5 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 - 5:30pm or 6pm - 7:30pm



Skill Building Series

This course is appropriate for beginner 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 / 4-week session

Session 1 (starting May 23rd): Thursdays 6pm - 7:30pm

Session 2 (starting July 4th): Thursdays 6pm - 7:30pm



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: \$30 + 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:
Tuesday, May 21st, 2024

Mandatory Captains' Meeting (virtual):
Thursday, May 23rd, 2024 @6pm

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. Tri Campus and Division 1 players are required to play in competitive divisions.

SUMMER 2024: INTERHOUSE CALENDAR

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

SPORT	LEAGUES OFFERED	MINIMUM ROSTER	TEAM ENTRY FEE	REGULAR SEASON DATES	PLAY TIMES
5 on 5 Co-ed Basketball	Recreational Competitive	6 players	\$30* per team	May 27 - July 22	Monday 4 - 11pm
7 on 7 Co-ed Outdoor Soccer	Recreational Competitive	10 players	\$30* per team	May 28 - July 23	Tuesday 4 - 8pm
5 on 5 Women's Basketball	Open	6 players	\$30* per team	May 28 - July 23	Tuesday 4 - 6pm
7 on 7 Co-ed Outdoor Cricket	Recreational Intermediate	8 players	\$30* per team	May 29 - July 24	Wednesday 4 - 8pm
Beach Volleyball	Open	2 players	\$5 entry fee	May 29 - July 24	Wednesday 4 - 8pm
Badminton	Singles/Doubles	n/a	\$5 entry fee	May 29 - July 24	Wednesday 4 - 7pm
6 on 6 Co-ed Volleyball	Recreational Intermediate	6 players	\$30* per team	May 30 - July 25	Thursday 4 - 7pm

*Note: Non-registered students will have to pay an additional \$30 fee per league

SUMMER INTERHOUSE SPORTS LEAGUES

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





VISIT OUR OUTREACH TABLE ON CAMPUS!



FOLLOW US FOR MORE DETAILS:



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



PRIZES • GIVEAWAYS • INFORMATION • + MORE!

MOVEU



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.

WE'RE SOCIAL! FOLLOW US:



moveutsc@gmail.com



@moveUTSC

Visit our website to meet our crew members, and how to get involved with us: uoft.me/MoveUTSC



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





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