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 back to the University of Toronto Scarborough (UTSC). We are excited to welcome our new students and welcome back those returning!

The Athletics & Recreation department offers programming for all students at all levels and abilities – we have something for everyone! We are thrilled to welcome you to be part of our community where you can build relationships and have fun, while supporting your physical and mental health. We encourage you to get involved and prioritize physical activity – an important contributor to your wellness.

Our world class facility at the Toronto Pan Am Sports Centre along with our UTSC’s outdoor facilities include a rock-climbing wall, gymnasiums, Olympic sized pools, baseball diamond, soccer fields, cricket pitch and new beach volleyball courts, located in the Valley. We offer a wide range of intramural and interhouse leagues, registered physical activity programs, drop-in programming (including women’s only sessions in both the fitness centre and pool). You can also participate in outdoor recreation adventures such as horseback riding, hiking and skating.

Our goal is to create opportunities where you can build community, make friends, create memories and have an experience of a lifetime. Our knowledgeable UTSC Sport & Recreation staff can help you find a program that meets your needs. It is our hope that this guide will help you find a program or activity that sparks your interest to start your physical activity journey within Athletics & Recreation at UTSC.

We look forward to seeing you soon!

Sheila John
Assistant Dean
Lyndsay Ezard
Director

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.

+ 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.
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.
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

Badminton
Basketball
Ice Hockey
Outdoor Soccer
Ultimate Frisbee
Volleyball
# Fall 2023 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><strong>Women</strong>&lt;br&gt;Wed Sept 6 • 6pm - 8pm&lt;br&gt;Mon Sept 11 • 8pm - 10pm&lt;br&gt;Wed Sept 13 • 6pm - 8pm&lt;br&gt;Mon Sept 18 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Tri-Campus - Sundays Div. 2 - Thursdays</td>
</tr>
<tr>
<td></td>
<td><strong>Men</strong>&lt;br&gt;Wed Sept 6 • 8pm - 10pm&lt;br&gt;Mon Sept 11 • 6pm - 8pm&lt;br&gt;Wed Sept 13 • 8pm - 10pm&lt;br&gt;Mon Sept 18 • 6pm - 8pm</td>
<td>TPASC Gym</td>
<td>Tri-Campus - Sundays Div. 1 &amp; 2 - Tuesdays</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td><strong>Women</strong>&lt;br&gt;Mon Sept 11 • 7pm - 9pm&lt;br&gt;Mon Sept 18 • 7pm - 9pm&lt;br&gt;Wed Sept 27 • 10pm - 11pm</td>
<td>Scarborough Village Arena</td>
<td>Sundays</td>
</tr>
<tr>
<td></td>
<td><strong>Men</strong>&lt;br&gt;Wed Sept 13 • 9pm - 11pm&lt;br&gt;Thurs Sept 14 • 9pm - 11pm&lt;br&gt;Wed Sept 20 • 9pm - 11pm&lt;br&gt;Thurs Sept 21 • 9pm - 11pm</td>
<td>Don Montgomery</td>
<td>Tri-Campus - Wednesdays Div. 2 - Various Nights</td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td><strong>Women</strong>&lt;br&gt;Wed Sept 6 • 5:30pm - 7:30pm&lt;br&gt;Mon Sept 11 • 5:30pm - 7:30pm&lt;br&gt;Wed Sept 13 • 5:30pm - 7:30pm</td>
<td>Valley Fields</td>
<td>Tri-Campus - Sundays Div. 2 - Wednesdays</td>
</tr>
<tr>
<td></td>
<td><strong>Men</strong>&lt;br&gt;Tues Sept 5 • 5:30pm - 7:30pm&lt;br&gt;Thurs Sept 7 • 5:30pm - 7:30pm&lt;br&gt;Tues Sept 12 • 5:30pm - 7:30pm&lt;br&gt;Thurs Sept 14 • 5:30pm - 7:30pm</td>
<td>Valley Fields</td>
<td>Tri-Campus - Sundays Div. 1 &amp; 2 - Saturdays</td>
</tr>
<tr>
<td>Volleyball</td>
<td><strong>Women</strong>&lt;br&gt;Thurs Sept 7 • 8pm - 10pm&lt;br&gt;Tues Sept 12 • 6pm - 8pm&lt;br&gt;Thurs Sept 14 • 8pm - 10pm&lt;br&gt;Tues Sept 19 • 6pm - 8pm</td>
<td>TPASC Gym</td>
<td>Tri-Campus - Sundays Div. 1 &amp; 2 - Thursdays</td>
</tr>
<tr>
<td></td>
<td><strong>Men</strong>&lt;br&gt;Thurs Sept 7 • 6pm - 8pm&lt;br&gt;Tues Sept 12 • 8pm - 10pm&lt;br&gt;Thurs Sept 14 • 6pm - 8pm&lt;br&gt;Tues Sept 19 • 8pm - 10pm</td>
<td>TPASC Gym</td>
<td>Tri-Campus - Sundays Div. 2 - Thursdays</td>
</tr>
<tr>
<td>Badminton</td>
<td>COED&lt;br&gt;Fri Sept 8 • 6pm - 8pm&lt;br&gt;Fri Sept 15 • 6pm - 8pm&lt;br&gt;Fri Sept 22 • 6pm - 8pm</td>
<td>TPASC Gym</td>
<td>Div. 1 - Fridays</td>
</tr>
<tr>
<td>Ultimate Frisbee</td>
<td>COED&lt;br&gt;Wed Sept 6 • 5:30pm - 7:30pm&lt;br&gt;Mon Sept 11 • 5:30pm - 7:30pm&lt;br&gt;Wed Sept 13 • 5:30pm - 7:30pm</td>
<td>Valley Fields&lt;br&gt;TPASC Fields&lt;br&gt;Valley Fields</td>
<td>Div. 1 &amp; 2 - Saturdays</td>
</tr>
</tbody>
</table>

**Registration Link for Tryouts**

"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."
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: September 18th, 2023

**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 2023: 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>5 on 5 Indoor Co-ed Ultimate Frisbee</td>
<td>Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 25- November 6</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>3 on 3 Co-ed Ball Hockey</td>
<td>Open</td>
<td>5 players</td>
<td>$30 per team</td>
<td>September 25- November 6</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Indoor Soccer</td>
<td>Recreational</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 26- November 7</td>
<td>Tuesday 4 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Co-ed Indoor Cricket</td>
<td>Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 27- November 8</td>
<td>Wednesday 3 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Open</td>
<td>6 players</td>
<td>$30 per team</td>
<td>September 27- November 8</td>
<td>Wednesday 6 - 11pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Volleyball</td>
<td>Recreational</td>
<td>6 players</td>
<td>$30 per team</td>
<td>September 28- November 9</td>
<td>Thursday 4 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Women’s Basketball</td>
<td>Open</td>
<td>7 players</td>
<td>$30 per team</td>
<td>September 29- November 10</td>
<td>Friday 3 - 6pm</td>
</tr>
</tbody>
</table>

FALL INTERHOUSE SPORTS LEAGUES

Interhouse leagues offer unique opportunities to have fun, be active, and make friends on campus.
**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-identifying trans and cisgender women**

Monday/Wednesday/Friday: 10am - 12pm  
Tuesday/Thursday: 1pm - 3pm

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

**AQUATIC PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to Swim (registered program)</td>
<td>Thursdays 2:30pm - 4:20pm</td>
<td>Training Pool</td>
</tr>
<tr>
<td>UTSC Rec Swim (drop-in)</td>
<td>Thursdays 2:30pm - 4:30pm</td>
<td>Training Pool</td>
</tr>
</tbody>
</table>

**REGISTERED PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Empow(HER)ment Series Workshops</td>
<td>Monthly Events</td>
<td></td>
</tr>
<tr>
<td>Women's Self-Defense</td>
<td>Wednesdays 7:10pm - 8pm</td>
<td>Studio 2</td>
</tr>
<tr>
<td>Women's Boxing</td>
<td>Fridays 5:30pm - 7pm</td>
<td>Studio 2</td>
</tr>
</tbody>
</table>
UPCOMING EVENTS

Fitness Talk for Self-Identified Trans and Cisgender 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. Open to all self-identifying trans and cisgender women. Register for this session at recreation.utoronto.ca

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

Friday, September 15th
4:00pm - 5:00pm
Virtual

Other Social Events to look out for

• Monthly Empow(HER) Series
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”
- UoT 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 18th - 22nd. Pre-registration is required.

*Only applies to Dance and Martial Arts classes
**REGISTERED PROGRAMS**

**REGISTRATION FEES**

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

**REGISTRATION AND SESSION DATES**

Registration opens on:
- Tuesday, September 5th at 8:00am
Classes begin the week of September 25th
No classes during Reading Week:
- October 9th - 13th.

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

**DANCE**

**Ballet**
- Tuesdays 7:10pm - 8pm

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.

**Hip Hop**
- Mondays 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 8:10pm - 9pm

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.

K-Pop
Wednesdays 6:10pm - 7pm

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
Wednesdays 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.

GETTING STARTED WITH FITNESS

Intro to Weights
Tuesdays 5:10pm - 6pm

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.

MARTIAL ARTS & FITNESS CONDITIONING

Brazilian Jui Jitsu
Wednesdays 4:30pm - 6pm

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.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karate</td>
<td>Self-defense techniques are learned through reflex development, timing, hand-eye coordination, and balance. Participants may progress through belt levels. A uniform may be purchased through the instructor after the first class.</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>This course teaches an authentic, fast-paced total body kickboxing workout. It is geared to improving one’s endurance, strength, hand-eye coordination, balance, and flexibility. This course is for individuals of all fitness levels. Hand wraps or gloves must be purchased separately.</td>
</tr>
<tr>
<td>MMA Conditioning</td>
<td>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.</td>
</tr>
<tr>
<td>Muay Thai</td>
<td>Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided. Handwraps can be purchased for an additional $5.</td>
</tr>
<tr>
<td>Women's Boxing</td>
<td>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.</td>
</tr>
<tr>
<td>Women's Self-Defense</td>
<td>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.</td>
</tr>
</tbody>
</table>
### Target and Racquet Sports

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days and Times</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Archery</td>
<td>Mondays 2:30pm - 4:00pm Tuesdays 11:30am - 1:00pm</td>
<td>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.</td>
</tr>
<tr>
<td>Boccia Ball (Adaptive Sport)</td>
<td>Thursdays 5:10pm - 6:00pm</td>
<td>Join our FREE recreational Boccia weekly sessions. We will be offering skills to learn the game as well as fun games each week where we will keep standings. This game is similar to curling or lawn bowling because it is a sport of accuracy and control. It can be played from a seated or standing position and the ball can be thrown, kicked or dropped through an assisted ramp.</td>
</tr>
<tr>
<td>Tennis</td>
<td>Choose from one of the following options:</td>
<td>All lessons will take place at the UTSC Tennis Centre, located in the lower campus Valley, starting the week of September 18th. There is a registration fee of $20 for the 4 week session. A racquet and balls will be provided.</td>
</tr>
<tr>
<td></td>
<td>Mondays 3:30pm - 4:30pm</td>
<td>Beginner: Learn the basics: forehand, backhand, service, and service return, along with the rules of the game. This course is for new players who want to learn the game of tennis.</td>
</tr>
<tr>
<td></td>
<td>Mondays 4:30pm - 5:30pm</td>
<td>Intermediate: Learn to combine stroke shifts, game play, and strategy. Continue to improve your tennis skills at an intermediate level.</td>
</tr>
<tr>
<td></td>
<td>Mondays 5:30pm - 6:30pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wednesdays 3:30pm - 4:30pm</td>
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<tr>
<td></td>
<td>Wednesdays 4:30pm - 5:30pm</td>
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</tr>
<tr>
<td></td>
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</tbody>
</table>
## LEARN TO PLAY

Our Learn to Play 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.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Days</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<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.</td>
</tr>
<tr>
<td>Badminton</td>
<td>Fridays</td>
<td>2:10pm - 3pm</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.</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.</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.</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.

Aquafit

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

Come to the pool to mix up your workout routine. Swimming is a great way to improve your cardio and muscular strength. During these UTSC drop-in times you can practice your swimming 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.

*Wristbands are require in order to attend UTSC exclusive lane swim times.

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

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

Registration and Session Dates
Registration opens on Tuesday, September 5th at 8:00am
Classes begin the week of September 25th
No classes during Reading Week: October 9th - 13th.
Registration Fee: $96 for 8 week session (excluding HST)

Learn to Swim
(Beginner/Intermediate)
Mondays 1pm - 1:50pm
7:30pm - 8:20pm
Tuesdays 1pm - 1:50pm
8pm - 8:50pm
Wednesdays 12pm - 12:50pm
Thursdays 2:30pm - 3:20pm (Women Only)
3:30pm - 4:20pm (Women Only)
Fridays 12pm - 12:50pm

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.

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 ramona.seupersad@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. **Classes start on the hour. Drop-in Fee: $2 per person/drop-in**
- Mondays, Wednesdays & 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 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 September 26th): Tuesdays 6pm - 7:30pm
- Session 2 (starting November 7th): Tuesdays 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. Transportation and snacks included for all trips.

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, registration details. Refunds available 5 business days prior to the trip. Space is limited.

**UPCOMING ADVENTURES**

- **Bluffers Park**  
  September  
  Explore the iconic Scarborough Bluffs. Hike the scenic trails with inspiring views of the bluffs and lake Ontario. Relax and play some activities on the beach area.

- **Horseback Riding**  
  October (Reading Week)  
  Experience the sensation of horseback riding through farm trails. Enjoy a tractor driven wagon ride and interact with the horses.

- **Rouge Valley Hike & Bonfire**  
  October/November  
  See the leaves change to beautiful fall colours when hiking through our local Rouge park. End with a social bonfire and s’mores.

- **UTSC on Ice**  
  December  
  Celebrate the holiday season by joining us to skate under the lights on an outdoor rink in downtown Toronto. 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
- Healthy Campus Day
- Amazing Race
- Dodgeball Tournament
- Hart House Farm Trip
- Monthly Events

Visit our website to meet our crew members, and how to get involved with us: uoft.me/MoveUTSC
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. Tournaments 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 more information, please contact Charles Dumrique, charles.dumrique@utoronto.ca

**FALL TOURNAMENTS**

- Flag Football
- Ultimate Frisbee
- Table Tennis
- Badminton

**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 three ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

TUESDAYS AND THURSDAYS
11AM - 3PM
VARIOUS LOCATIONS ON CAMPUS

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

PRIZES • GIVEAWAYS • INFORMATION • + MORE!
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Assistant Dean
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Ramona Seupersad
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LEGEND

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

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

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