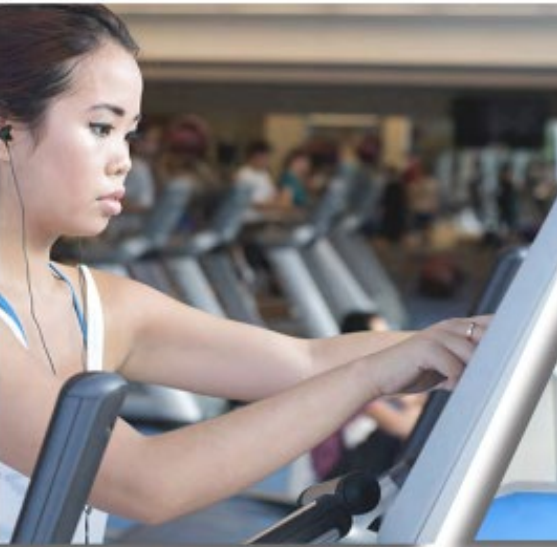


ATHLETICS & RECREATION



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Mission Statement

We strive to create a respectful and inclusive environment that promotes opportunity and overall well-being through physical activity.



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**ATHLETICS &
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Get Active, Stay Healthy

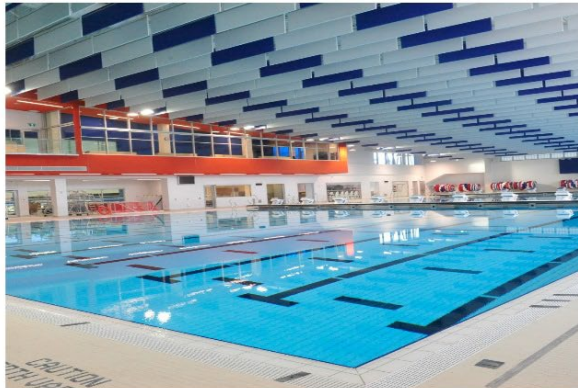
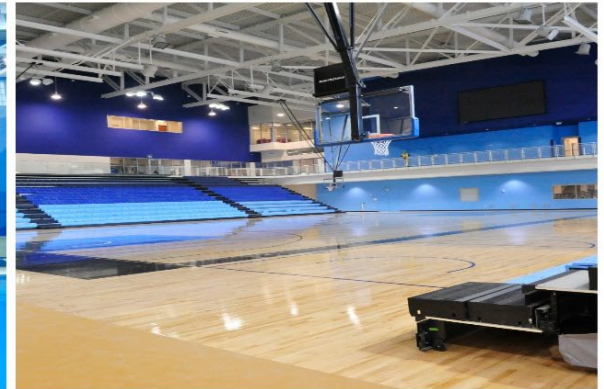
- We offer a range of programs for every skill level and ability, to ensure entry points for all skill levels

Fitness & Athletics is important for overall health and wellbeing and helps to:

- Relieve Stress
- Make social connections
- Be part of a community
- Have fun, play & learn new skills



TPASC: Toronto Pan Am Sports Centre



TPASC - General Information

- Co-owned by U of T & City of Toronto
- Hours Of Operation
Monday-Sunday 6am-11pm Fitness Centre/
Pool
- Open 365 days
- Staff & students have access to a membership through their incidental fees or a reduced rate
- Access facility with your T-card

TPASC - Facility Overview

- 365,000 Sq. Ft. Facility
- 2 Olympic-size 50-metre, 10 lane swimming pools
- 10-metre diving tank
- 4 Gymnasiums
- 3 Multi-Purpose Studios
- Fitness Centre (Cardio and Strength Training)
- 3 Storey Climbing Wall
- CSIO – Canadian Sport Institute Ontario
- Program and Meeting Spaces
- Food Concessions & Retail Store

TPASC - Facility Overview

<https://www.utsc.utoronto.ca/athletics/>



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Fitness Centre

- 2 level area with Cardio & Resistance equipment
- Complimentary Fitness & Lifestyle consultations & Equipment orientation: Ramona.suepersad@utoronto.ca
- Personal Training offered through TPASC Inc.



Aquatics

Drop In Programs:

- Lane swimming
- Leisure swim

Instructional Programs:

- Learn to Swim
- Stroke Improvement

Group Fitness programs
Aquafit



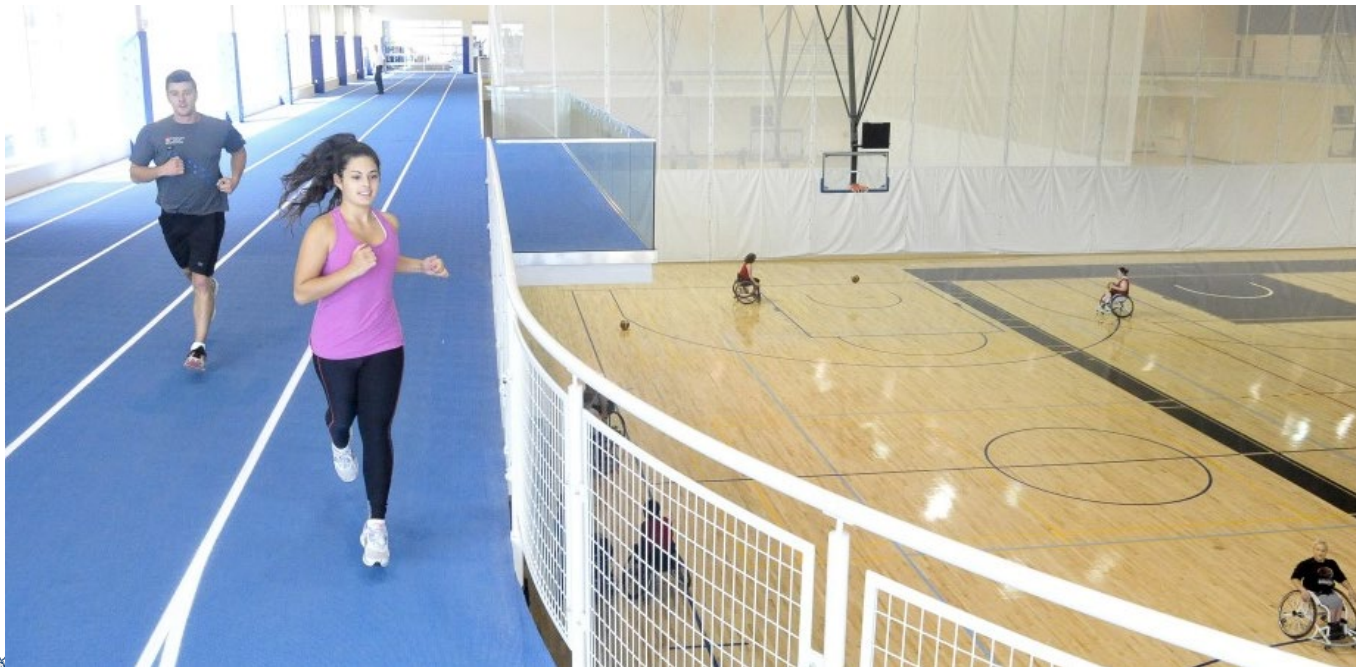
Drop-In Programs & Sports

- Basketball, Badminton, Pickleball, Tennis, Indoor Soccer, Volleyball, Table Tennis and more!



Track

- 200 metre 5 lane track
- Drop in running/walking times available 7 days a week



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Women's Programing

Women Only Hours in the Fitness Centre

- Monday, Wednesday, Friday: 10:30am-12:00pm
- Tuesday, Thursday: 2:30pm-4:00pm

Women only Swimming Hours:

- Tuesdays 9:30am-11:30am/Thursdays 2:30-4:30pm

Group Fitness

- FREE drop in classes daily
- Inclusive to all fitness levels and all abilities
- Class examples : Zumba, Aquafit, Yoga, Pilates, Cyclefit, Bootcamp
- Schedule available on our website



Rock Climbing Wall

Learn to Climb & Drop in climbing- \$2/ session

- Includes all equipment & instruction
- Offered weekly on Mon/Wed/Fri evenings 4-10pm

Skill Building 5 week course-\$10

- Learn the basics of belaying, climbing techniques & more
- Offered Tuesday evenings



The Valley & Morningside field



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Tennis & Pickleball

- Monday to Friday 8am-12 & 3-8pm / weekends 8am – 8:00pm
- Tennis Lessons, social & tournaments
- Equipment & staff available



Outdoor Recreation Trips

- Physical activity in a natural setting
- Skill and leadership development
- Teambuilding and social interaction



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Upcoming Trips

- Bluffers Park
- Hiking
- Horseback riding
- Trampoline park
- Skating
- Skiing
- Snowshoeing



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Employment

- We employ students in various leadership positions (work study and contract)
- Examples:
 - Program Monitors
 - Tennis Court Supervisors
 - Instructors
 - Move U Leaders
 - Outreach Staff
 - Move U Volunteers
 - Aquatics



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Questions



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athletics@utsc.utoronto.ca

www.utsc.utoronto.ca/athletics/welcome