Welcome to the class of 2021! I extend my warmest wishes to you and hope you feel welcomed to the UTSC campus community.

There are so many opportunities to get involved here on campus, outside your academics. The Athletics & Recreation team firmly believe in helping students to achieve their very best in mind and body. I hope you will take the time to come into the Toronto Pan Am Sports Centre (TPASC as it is called around campus!), to check out all the programming. Outside this fantastic building that is a legacy of the Pan Am Games of 2015, you will find more opportunities to play and participate in sports on our Morningside Athletic Fields, or in the Valley on our tennis courts, baseball diamond and countless walking trails around campus.

All of our programming has the goal of helping you to develop into the best person you can be while you are studying here at UTSC. We strive to ensure that everyone feels there is a place to belong within Athletics & Rec, and that your experience contributes to the development of skills to be used in future careers. Perhaps you will work with the department as a referee, convener, or volunteer with our student group, MoveU. Whatever interests you don’t wait too long to come see us; we love showing new students around.

The next 4 or 5 years are going to hold some amazing experiences for you. I guarantee you some of them will be with us.

Sincerely,

Laura Boyko
Assistant Dean
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.

The facility includes:
- 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 of the athletic facilities at the University of Toronto. This includes the Toronto Pan Am Sports Centre – home of the Department of Athletics & Recreation at UTSC. In addition to these facilities, you also have access to all the programs offered by the department.
The Toronto Pan Am Sports Centre... It’s closer than you think

Come visit us - we’re always open!

Did you know?
That 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 the Toronto Pan Am Sports Centre.

Come visit the Toronto Pan Am Sports Centre and explore all the amazing activities that are offered.

-Regular hours: 5:00 a.m. - 12:00 a.m., open seven days a week.
-Holiday hours: 8:00 a.m. - 4:00 p.m.

Fall term Holidays: Thanksgiving (Oct. 9) and Christmas Day (Dec. 25)
GET TO KNOW YOUR PROGRAM STAFF

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.

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

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

Gabriela Estrada
Program Assistant
MoveU, Sneaker Squad, Outreach and Events
gabriela.estra@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
Women’s Only Programming

These programs and activities are offered to support women of all fitness levels.

Women’s Only Hours in the Fitness Centre:
- Mon., Wed., Fri.: 10:00 a.m. - 12:00 p.m.
- Tues., Thurs.: 2:00 p.m. - 4:00 p.m.

Need some help? A female Athletics and Recreation Fitness staff member will be present to show you how to safely use the exercise equipment and give you some fitness tips to help you with your fitness goals.

Equipment orientations during Women’s Only hours:
To book your appointment please email: utscfitness@gmail.com

Aquatics Programs:
- Learn to Swim (registered program): Tuesdays 9:30 a.m. - 11:30 a.m. & Thursdays 3:30 p.m. - 4:30 p.m.
- Sport & Swim (drop-in): Tuesdays 9:30 a.m. - 11:15 a.m. & Thursdays 3:15 p.m. - 4:30 p.m.
- Aqua Zumba (drop-in): Thursdays 3:30 p.m. - 4:15 p.m.

Registered Programs:
- Ballet: Wednesdays 4:00 p.m. - 4:50 p.m.
- Belly Dance: Fridays 12:00 p.m. - 12:50 p.m.
- Women’s Self-Defense: Mondays 5:30 p.m. - 6:30 p.m.

For more information, please refer to the registered programs section of this guide.

Free! Ladies Discussion Café
Tuesday, September 12th from 5:30 p.m. - 6:30 p.m.
Join this open discussion about proper nutrition and exercise, positive self-esteem, body-image and how to get started on a path to a healthy, active lifestyle. We encourage all to come out for answers to any questions you may have on exercise and nutrition. We’ll end off the discussion with an optional tour of the Toronto Pan Am Sports Centre. Open to all females & Transgendered Please register on the Intranet.
Fit with Friends

Want to start working out and not sure where to start? Meet new people in a friendly, social setting while getting in shape by joining “Fit with Friends”. This program encourages students to get active in a fun, healthy, and inclusive environment. Instruction will be given by one of our Certified Fitness Trainers 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.

Fit with Friends offers:
- Fitness Centre orientations
- Synrgy workouts
- Weight training circuits
- Group Fitness classes
- Climbing Wall
- Aquatic activities
- Sports/Recreation
- Educational Learning seminars

Course Details: #46845
Mondays 8:00 p.m. - 8:50 p.m.
Wednesday 9:00 a.m. - 9:50 a.m.
Thursdays 1:00 p.m. - 1:50 p.m.
September 25th to November 30th (no class October 9th, 11th & 12th)

For more information, please contact Ramona at seupersad@utsc.utoronto.ca or check out our “Fit with Friends” facebook page: www.facebook.com/UTSCFitWithFriends

Register in person at the TPASC Registration Desk or online at recreg.utoronto.ca on a first-come/first-serve basis. Registration fee is $5 (plus HST) for this 8-week program. Join at any time!
Intramurals

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.

There are Fall and Winter leagues available. A wide variety of sports are offered for both men and women and are available to all current UTSC students. Check out the list below for a sport that interests you and get involved! Beginners are always encouraged to try out.

Sports you can play:
• Basketball
• Flag Football
• Ice Hockey
• Outdoor Soccer
• Ultimate Frisbee
• Volleyball

We provide students with:
• Coaches
• Uniforms
• Transportation to St. George & UTM for games
## Coed Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coed Ultimate Frisbee</td>
<td>Fri. Sept. 8 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 13 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Field 2</td>
</tr>
<tr>
<td></td>
<td>Mon. Sept. 18 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 20 8:00 p.m. - 10:00 p.m.</td>
<td></td>
</tr>
</tbody>
</table>

## Women’s Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Mon. Sept. 11 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 13 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td></td>
<td>Mon. Sept. 18 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 20 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td>Flag Football</td>
<td>Tues. Sept. 12 5:30 p.m. - 7:30 p.m.</td>
<td>Valley Rugby Field</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 14 5:30 p.m. - 7:30 p.m.</td>
<td>Valley Rugby Field</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 19 5:30 p.m. - 7:30 p.m.</td>
<td>Valley Rugby Field</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Mon. Sept. 11 10:00 p.m. - 11:00 p.m.</td>
<td>Centennial Arena</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 13 10:00 p.m. - 11:00 p.m.</td>
<td>Centennial Arena</td>
</tr>
<tr>
<td></td>
<td>Mon. Sept. 18 10:00 p.m. - 11:00 p.m.</td>
<td>Centennial Arena</td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td>Wed. Sept. 6 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Mon. Sept. 11 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 13 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Field 1</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Tues. Sept. 12 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 14 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 19 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 3</td>
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</table>
# Men’s Intramural Tryouts

<table>
<thead>
<tr>
<th>Sport</th>
<th>Date/Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Mon. Sept. 11 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 13 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Mon. Sept. 18 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 20 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 2</td>
</tr>
<tr>
<td>Flag Football</td>
<td>Tues. Sept. 12 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Field 1</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 14 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Field 1</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 19 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Field 1</td>
</tr>
<tr>
<td>Ice Hockey</td>
<td>Tues. Sept. 12 9:00 p.m. - 11:00 p.m.</td>
<td>Don Montgomery Arena</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 19 9:00 p.m. - 11:00 p.m.</td>
<td>Don Montgomery Arena</td>
</tr>
<tr>
<td></td>
<td>Wed. Sept. 20 8:15 p.m. - 10:15 p.m.</td>
<td>Don Montgomery Arena</td>
</tr>
<tr>
<td>Outdoor Soccer</td>
<td>Tues. Sept. 5 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 7 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 12 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 14 5:30 p.m. - 7:30 p.m.</td>
<td>TPASC Fields</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Tues. Sept. 12 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Thurs. Sept. 14 6:00 p.m. - 8:00 p.m.</td>
<td>TPASC Gym 1 &amp; 2</td>
</tr>
<tr>
<td></td>
<td>Tues. Sept. 19 8:00 p.m. - 10:00 p.m.</td>
<td>TPASC Gym 3</td>
</tr>
</tbody>
</table>
The UTSC Interhouse Leagues are student run coed leagues that allow students, faculty, staff and alumni who have obtained a TPASC membership to participate in sports, such as Indoor Soccer, Ultimate Frisbee, Ball Hockey, Volleyball, Cricket and Basketball.

All teams are encouraged to choose a competitive level which best challenges the majority of player's skills for maximum satisfaction of all participants.

**RECREATIONAL** - An enjoyable and fun division with a focus on developing skill level and knowledge of the game. Competition is secondary, as most players are first time participants of the sport or are experienced players helping their teammates learn about the activity. We encourage participants to sign up with a group of friends or as individuals.

**COMPETITIVE** - Competition is moderate to intense. Most players know the rules of the sport but are still developing their skills. All participants have the fundamental skills required to play at a fairly intense level. Development league and Division 1 Intramural players must play in competitive divisions.

**Entry Deadline:** Monday, September 25th at 5:00 p.m.
**Team Fee:** $25 (plus HST), must be paid before first game of the season

**HOW TO REGISTER**
All Interhouse participants are required to create an account through IMLeagues with their student email.

To create an account:
- Go to www.imleagues.com/utsc and click Create Account
- Enter your information and submit it.
- You will be sent an activation email, click the link in the email to login and activate your account.
- You should be automatically joined to your school – if not you can search schools by clicking the “Schools” link.

To 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 three ways:
1. Create a team (for team captains)
2. Join a team (for teammates)
3. Join as a Free Agent
Ball Hockey - Open Division
#46875 - Thursdays 5:00 p.m. - 8:00 p.m., Gym 2
MANDATORY Captains’ Meeting: September 28th @6pm
League begins: October 5th
4 on 4 coed/6 players min/12 team league

Basketball - 5 on 5 Full Court
#46877 - Fridays 4:00 p.m. - 6:00 p.m., Gym 1 & 2
MANDATORY Captains’ Meeting: September 29th @1pm
League begins: October 6th
5 on 5 coed/7 players max/8 team league

Indoor Soccer - Competitive Division
#46880 - Tuesdays 6:00 p.m. - 9:00 p.m., Gym 3 & 4
MANDATORY Captains’ Meeting: September 26th @5pm
League begins: October 3rd
6 on 6 coed/7 players min/12 team league

Volleyball - 4 on 4 Competitive Division
#46884 - Thursdays 6:00 p.m. - 8:00 p.m., Gym 3
MANDATORY Captains’ Meeting: September 28th @5pm
League begins: October 5th
4 on 4 coed/5 players min/12 team league

Ultimate Frisbee - Open Division
#46881 - Mondays 5:00 p.m. - 8:00 p.m., Gym 1
MANDATORY Captains’ Meeting: September 25th @5pm
League begins: October 2nd
5 on 5 coed/7 players min/8 team league

Indoor Cricket - Open Division
#46878 - Wednesdays 4:00 p.m. - 8:00 p.m., Gym 3 & 4
MANDATORY Captains’ Meeting: September 27th @5pm
League begins: October 4th
8 team league

Basketball - 4 on 4 Half Court
#46876 - Fridays 2:00 p.m. - 4:00 p.m., Gym 1
MANDATORY Captains’ Meeting: September 29th @1pm
League begins: October 6th
4 on 4 coed/7 players max/12 team league

Indoor Soccer - Recreational Division
#46879 - Tuesdays 4:00 p.m. - 6:00 p.m., Gym 3 & 4
MANDATORY Captains’ Meeting: September 26th @5pm
League begins: October 3rd
6 on 6 coed/7 players min/12 team league
Limit of 2 Intramural “A” players per team

Volleyball - 4 on 4 Recreational Division
#46883 - Thursdays 4:00 p.m. - 6:00 p.m., Gym 3
MANDATORY Captains’ Meeting: September 28th @5pm
League begins: October 5th
4 on 4 coed/5 players min/12 team league
8 team league
Limit of 2 Intramural “A” players per team

Ultimate Frisbee - Recreational Division
#46882 - Mondays 5:00 p.m. - 8:00 p.m., Gym 2
MANDATORY Captains’ Meeting: September 25th @5pm
League begins: October 2nd
5 on 5 coed/7 players min/8 team league
Limit of 2 Intramural “A” players per team
Skills and Drills

Never played a sport before and want to learn? Are you looking to improve your skills? These eight-week skills and drills courses are geared towards the beginner level player looking to fine tune their fundamentals.

Registered U of T students and faculty & staff with a TPASC membership are eligible to take part in these registered programs. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca.

Registration Fee: $25 for 8 week session (plus HST)

**Badminton - #46885**
Learn the basics: forehand, backhand, drop and service, along with the rules of the game. This course is for new or less experienced players who want to try the game of badminton. Indoor running shoes required - all other equipment provided.

Course details: Mondays 2:10 p.m. - 3:00 p.m. from October 2nd - November 27th (no class Oct. 9th)
Location: TPASC Gym 2

**Indoor Soccer: #46886**
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.

Course details: Tuesdays 3:10 p.m. – 4:00 p.m. from October 3rd - November 28th (no class Oct. 10th)
Location: TPASC Gym 4

**Volleyball: #46887**
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.

Course details: Thursdays 3:10 p.m. – 4:00 p.m. from October 5th - November 30th (no class Oct. 12th)
Location: TPASC Gym 1
Registered U of T students and faculty & staff with a TPASC membership are eligible to take part in these programs. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca

**NEW! Intro to Intramurals - #46892**
Learn from a UTSC athlete in this 5-week program. Participants will be introduced to 5 intramural sports, including European Handball, Outdoor Soccer, Ultimate Frisbee, Volleyball and Dodgeball. Running shoes required - all other equipment provided. This course requires no previous experience.

Course date: Mondays 3:10 p.m. – 4:45 p.m. from October 2nd – November 6th (no class October 9th)
Location: Morningside Athletic Fields
Registration Fee: $5.00 (plus HST)

**NEW! Badminton League Ladder - #46891**
Looking for some friendly competition? A badminton partner? Join the UTSC badminton ladder and play against fellow students on your own time. Use any of the allocated “Drop-in” time at the Toronto Pan Am Sports Centre to schedule and play your match. Contact Anthony Cicirello at acicirello@utsc.utoronto.ca with any questions or for additional details go to on www.imleagues.com/utsc.

Course date: League begins the week of October 2nd
Location: Toronto Pan Am Sports Centre
Registration Fee: $5.00 (plus HST)

**Team building activities:**
Do you have a UTSC department, student club or group that could benefit from experiencing some team building skills, strategic planning, trust games or communication development? We can offer you a custom built activity, indoors or outdoors, to suit your needs.

To find out more details or set-up a consultation, contact Laurie Wright at lwright@utsc.utoronto.ca
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. High and low impact options are offered; athletic footwear is mandatory.

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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### Fall 2017 Group Fitness Schedule

Valid Between: Sept 4 2017 – Jan 7 2017

<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>7:00am-7:50am</td>
<td></td>
<td></td>
<td>CYCLING – Cindy 7:00-7:50 Studio 1</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>8:00am-8:50am</td>
<td></td>
<td></td>
<td>PILATES—Sarah 8:00-8:50 Studio 1</td>
<td>ZUMBA—Melissa 8:00-8:50 Studio 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00am-9:50am</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>BARRE—Melissa 9:00-9:50 Studio 2</td>
<td>BOOTCAMP—Mischa 9:00-9:50 Studio 1</td>
</tr>
<tr>
<td>10:00am-10:50am</td>
<td>SYNRGY—David 10:00-10:50 Fitness Centre</td>
<td>SYNRGY—David 10:00-10:50 Fitness Centre</td>
<td>SYNRGY—David 10:00-10:50 Fitness Centre</td>
<td>SYNRGY—David 10:00-10:50 Fitness Centre</td>
<td>SYNRGY—Miguel 10:00-10:50 Fitness Centre</td>
<td>BODY BLAST—Mischa 10:00-10:50 Studio 1</td>
</tr>
<tr>
<td>11:00am-11:50am</td>
<td>YOGA—Sofia 11:00-11:50 Studio 2</td>
<td>TABATA—Tiffany 11:00-11:50 Studio 2</td>
<td></td>
<td></td>
<td>CYCLING 40 min—Tian 11:10-11:50 Studio 1</td>
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<tr>
<td>12:00pm-12:50pm</td>
<td>BETTER BONES—Marianne 12:00-12:50 Studio 2</td>
<td>PILATES—Sofia 12:00-12:50 Studio 2</td>
<td>YOGA—Ramona 12:00-12:50 Studio 2</td>
<td>ZUMBA—Mylene 12:00-12:50 Studio 2</td>
<td>ZUMBA—Tiffany 12:00-12:50 Studio 2</td>
<td>YOGA—Grace 12:00-12:50 Studio 2</td>
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<td>1:00pm-1:50pm</td>
<td>CYCLING 30 min—Marianne 1:15-1:45 Studio 3</td>
<td>BOOTCAMP—Miguel 1:00-1:50 Studio 1</td>
<td>YOGA—Mary 1:00-1:50 Studio 1</td>
<td>BOSU—Marianne 1:00-1:30 Studio 2</td>
<td>GENTLE YOGA—Grace 1:00-1:50 Studio 2</td>
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<tr>
<td>2:00pm-2:50pm</td>
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<tr>
<td>5:00pm-5:30pm</td>
<td>TOTAL CORE—Lawrence 5:30-6:00 Fitness Centre</td>
<td>ZUMBA—Ndem 5:00-5:50 Studio 1</td>
<td>TOTAL CORE—Mischa 5:30-6:00 Fitness Centre</td>
<td>HIT—Tiffany 5:00-5:45 Studio 3</td>
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<tr>
<td>6:00pm-6:50pm</td>
<td>ZUMBA—Melissa 6:00-6:50 Studio 2</td>
<td>YOGA—Grace 6:00-6:50 Studio 2</td>
<td>CYCLING 60 min—Lynda 6:00-6:50 Studio 3</td>
<td>CYCLING 60 min—Tiffany 6:00-6:50 Studio 3</td>
<td></td>
<td></td>
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<tr>
<td>7:00pm-7:50pm</td>
<td>MUSCLEWORKS—Michael 7:00-7:50 Studio 2</td>
<td>TRIPLE THREAT—Omar 7:00-7:50 Studio 1</td>
<td>ZUMBA—Tatjana 7:00-7:50 Studio 1</td>
<td>TABATA—Tiffany 7:00-7:50 Studio 1</td>
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<td>8:00pm-8:50pm</td>
<td>YOGA—Michael 8:00-8:50 Studio 2</td>
<td>TAI CHI—Linda 8:00-8:50 Studio 2</td>
<td>YIN YOGA—Mary 8:00-8:50 Studio 2</td>
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**Legend:**
- **Class Types:**
  - **Cardio Class**
  - **Resistance Training Class**
  - **Aquatics**

- **Cardio Class:**
  - **Resistance Training Class:**
  - **Aquatics:**

Please be advised that the group fitness schedule is subject to change. Please refer to our website for the most updated version. All classes are accessible and can be adapted to all fitness levels. Athletic shoes are mandatory.
Registered Programs

**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. No pre-registration is required.
*Tennis, aquatics, archery, weight management and rock climbing are not included.

**Registration Fees**
9-week course: 1 hour classes are $30 and 1.5 hour classes are $40 (excluding HST)

**Registration and Session Dates**
Registration opens on Monday, August 28th at 8:00 a.m.
Classes begin the week of September 25th. No classes during Reading Week October 9th - 13th.

**How to Register:**
Register in person at the TPASC Registration Desk or online at [recreg.utoronto.ca](http://recreg.utoronto.ca) on a first-come/first-serve basis. Contact the Department of Athletics and Recreation (athletics@utsc.utoronto.ca) for your Login ID and PIN number in order to complete registration online.

Refunds will only be accepted when the corresponding receipt is presented to Customer Service staff before the beginning of the second class. Registered programs are open to U of T students and faculty and staff who have a TPASC membership.
Dance

Ballet (Women Only) - #46829 Wednesdays 4:00 p.m. - 4:50 p.m.
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.

Belly Dancing (Women Only) - #46830 Fridays 12:00 p.m. - 12:50 p.m.
Learn the basics (e.g. isolations, undulations, shimmies, etc.) of this traditional Middle Eastern dance form fused with urban dance elements (e.g. hip hop, pop, latin movements) in a private atmosphere. Comfortable clothing and bare feet or dance slippers are most appropriate for movement along the floor.

Contemporary Dance - #46831 Fridays 7:00 p.m. - 7:50 p.m.
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.

Hip Hop - #46832 Tuesdays 6:00 p.m. - 6:50 p.m. • #46833 Wednesdays 5:00 p.m. - 5:50 p.m.
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.

NEW! Jazz Dance - #46834 Thursdays 4:00 p.m. - 4:50 p.m.
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 - #46835 Wednesdays 7:00 p.m. - 7:50 p.m.
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 and learn new dance patterns and turns for the following three styles of Latin dance - Salsa, Bachata, and Merengue.
Capoeira - #46836 Thursdays 7:00 p.m. - 7:50 p.m.
Capoeira is an Afro-Brazilian art form which combines fight, dance, rhythm, movement, and culture. It utilizes kicks, cartwheels, high flying tricks, and fluid floor movements.

Fitness Kickboxing - #46837 Thursdays 5:00 p.m. - 6:30 p.m.
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.

Judo - #46838 Mondays 6:30 p.m. - 8:00 p.m.
Come 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.

Karate - #46839 Mondays 4:00 p.m. - 5:30 p.m.
Participants learn fighting combinations, techniques, forms, and sets while receiving an excellent total body workout. Self-defence techniques are learned through reflex development, timing, hand-eye coordination, and balance. A uniform may be purchased through the instructor after the first class.

MMA Conditioning - #46840 Wednesdays 8:00 p.m. - 8:50 p.m.
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.

Muay Thai - #46841 Mondays 8:30 p.m. - 10:00 p.m.
Learn practical, comprehensive martial art techniques for both fitness and self-defence while improving physical conditioning and mental discipline. All equipment is provided.

Self Defense - #46842 Tuesdays 7:00 p.m. - 7:50 p.m.
Taught by an NCCP Judo Ontario instructor this course will encourage a balance of skill, physical abilities and mental strength. You will learn safety strategies that cover awareness and avoidance, verbal self-defence and harassment/bullying tactics.

Women’s Self Defense (Women Only) - #46843 Mondays 5:30 p.m. - 6:30 p.m.
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-defence, and harassment/bullying techniques.
Getting Started with Fitness

Beginner on Weights - #46844 Tuesdays 12:00 p.m. - 12:50 p.m.
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 - #46845 Mondays 8:00 p.m. - 8:50 p.m., Wednesdays 9:00 a.m. - 9:50 a.m. and Thursdays 1:00 p.m. - 1:50 p.m.
This program encourages students to get active in a fun, healthy, and inclusive environment. Instruction will be given by one of our Certified Fitness Trainers 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.

NEW! Weight Management 101 – #46848 Wednesdays 6:00 p.m. - 6:50 p.m.
Join us for this 9-week weight management support program brought to you by MoveU. Our experts will help you set weight management goals and provide you with the tools to be more successful with achieving them. Whether you are looking to lose, gain or maintain your weight, our sessions will cover a variety of topics that will help with your daily choices in order to lead a healthier and more active lifestyle. Once completed, get connected with our tri-campus resources and weight management network made up of participants just like you.

Target Sports

Archery - #46846 Wednesdays 2:30 p.m. - 3:30 p.m. (starting October 4th)
#46847 Fridays 10:30 a.m. - 11:30 a.m. (starting October 6th)
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.

*Due to gym maintenance, this program will be an 8-week program.
Tennis

Located in the lower campus Valley, the UTSC Tennis Centre consists of 8 outdoor courts, which are open until early November. A tennis membership is required in order to access the courts and register for lessons. Students registered for the Fall term have **FREE** access and do not require an additional membership. UTSC faculty and staff along with non-registered students can purchase a membership, which provides unlimited access to the courts.

Memberships can be purchased at the Toronto Pan Am Sports Centre registration desk. For more information, please go to [www.utsc.utoronto.ca/athletics/tennis-club](http://www.utsc.utoronto.ca/athletics/tennis-club)

**Lessons**

Registration Fee: $25 for 5 weeks. Registration is required and can be completed online at recreg.utoronto.ca or in person at the Toronto Pan Am Sports Centre registration desk.

**Beginner  Choose one of the options below**

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. A racquet and ball will be provided. Lessons will take place at the UTSC Tennis Centre.

Course Details:

#46853  Tuesdays at 5:10 p.m. - 6:00 p.m. from September 19th - October 24th (no class Oct. 10th)
#46854  Thursdays at 6:10 p.m. - 7:00 p.m. from September 21st - October 26th (no class Oct. 12th)
#46855  Fridays at 3:10 p.m. - 4:00 p.m. from September 22nd - October 27th (no class Oct. 13th)

**Intermediate  Choose one of the options below**

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

Course Details:

#46856  Tuesdays at 6:10 p.m. - 7:00 p.m. from September 19th - October 24th (no class Oct. 10th)
#46857  Thursdays at 5:10 p.m. - 6:00 p.m. from September 21st - October 26th (no class Oct. 12th)
#46858  Fridays at 3:10 p.m. - 4:00 p.m. from September 22nd - October 27th (no class Oct. 13th)
Aquatics

Want to come swimming, but not sure what to wear?
Here are some examples of clothing you can wear while in the pool.

Drop-In
All aquatic drop-in classes are **FREE** for registered U of T students and faculty & staff with a TPASC membership. In addition to the following programs, please refer to the TPASC Group Fitness schedule for information on other aquatic drop-in opportunities.

**Aqua Zumba**
Known as the Zumba “pool party”, this program gives new meaning to an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, this class blends it all together in a water based workout that is cardio conditioning, body toning, and exhilarating beyond belief.
Thursdays 3:30 p.m. - 4:15 p.m. (Women Only)

**Sport and Swim**
Come join your friends or meet new ones for some free leisure time in the pool to float, swim, or play games, such as volleyball, basketball, water polo, relays, or Marco Polo. The possibilities are endless! Shallow and deep options available, flotation devices may be used; no experience necessary.
Mondays 1:00 p.m. - 2:00 p.m. and 7:30 p.m. - 9:00 p.m.
Tuesdays 9:30 a.m. - 11:15 a.m. (Women Only), 1:00 p.m. - 3:00 p.m. and 8:00 p.m. - 10:00 p.m.
Wednesdays 12:00 p.m. - 1:00 p.m.
Thursdays 2:00 p.m. - 3:00 p.m. and 3:15 p.m. - 4:30 p.m. (Women Only)
Fridays 12:00 p.m. - 1:00 p.m.

**UTSC Swim Group**
Come join this drop-in program where one of our experienced UTSC Swim Club members will be coaching a swim workout that will help improve your stroke mechanics, starts, flip turns, and your overall endurance.
Mondays 7:30 p.m. - 9:00 p.m.

**Underwater Hockey**
Come drop by and try a zero gravity sport such as G-Ball or underwater hockey. All equipment is provided. No experience necessary. Participants must be comfortable in deep water.
Tuesdays 8:00 p.m. - 9:30 p.m.
Registered Programs

Registered U of T students and faculty & staff with a TPASC membership are eligible to take part in these registered programs. Registration can be done in person at the TPASC Registration Desk or online at [recreg.utoronto.ca](http://recreg.utoronto.ca) on a first-come/first-serve basis. Contact the Department of Athletics and Recreation (athletics@utsc.utoronto.ca) for your Login ID and PIN number to complete registration.

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

Registration and Session Dates

Registration opens on Monday, August 28th at 8:00 a.m.
Classes begin the week of September 25th. No classes during Reading Week October 9th - 13th
Registration Fee: $55 for 9 week session (excluding HST)

Learn to Swim – Level 1 (Beginner)

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.

#46861  Mondays 7:30 p.m. - 8:30 p.m.
#46862  Tuesdays 9:30 a.m. -10:30 a.m. (Women Only)
#46863  Tuesdays 1:00 p.m. - 2:00 p.m.
#46864  Tuesdays 8:00 p.m. - 9:00 p.m.
#46865  Wednesdays 12:00 p.m. - 1:00 p.m.
#46866  Thursdays 3:30 p.m. - 4:30 p.m. (Women Only)
#46867  Fridays 12:15 p.m. - 1:15 p.m.

Learn to Swim - Level 2 (Intermediate)

This program is for the intermediate level swimmer progressing from the Learn to Swim Level 1. In this class 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.

#46868  Tuesdays 2:00 p.m. - 3:00 p.m.
#46869  Wednesdays 12:00 p.m. - 1:00 p.m.
#46870  Thursdays 2:00 p.m. - 3:00 p.m.
#46871  Fridays 12:15 p.m. - 1:15 p.m.
**Learn to Swim - Level 3 (Advanced)**
This program will help build 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.

#46872  Mondays 1:00 p.m. - 2:00 p.m.
#46873  Tuesdays: 2:00 p.m. - 3:00 p.m.
#46874  Thursdays 2:00 p.m. - 3:00 p.m.

**NEW! Learn to Play Inner Tube Water Polo**
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 requirement is to have FUN! You’ll learn how to move around in the inner tubes, passing and throwing techniques, and teamwork. Games will be played in the shallow water so all swimming abilities are welcome. No experience required.

**Course Details:**
Registration fee is $30 (excluding HST) for the 9 week program
#46859  Tuesdays 8:00 p.m. - 9:00 p.m. from September 26th – November 28th (no class Oct. 10)
#46860  Thursdays 2:00 p.m. - 3:00 p.m. from September 28th – November 30th (no class Oct. 12)

**FREE! Deep Water Orientation**
In this one time class, you will learn and perform basic water safety skills in the deep water while wearing a lifejacket. You will also learn skills such as what to do if you fall into the water from your water craft plus, how to kick and swim to safety. Registration can be done in person at the TPASC Registration Desk or online at recreg.utoronto.ca.

#46889  Monday, November 6th from 1:00 p.m. - 2:00 p.m.
#46890  Thursday, December 14th from 2:00 p.m. - 3:00 p.m.

**Private & Semi-Private Swim Lessons**
Available to UTSC students and staff & faculty with a current TPASC membership. Times depend on the availability of the pool and swim instructor. For more information, please contact Ramona Seupersad at seupersad@utsc.utoronto.ca
Climbing Wall

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 4:00 p.m. - 9:00 p.m. (on the hour)
Saturdays & Sundays 12:00 p.m. - 3:00 p.m. (on the hour)
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 4:00 p.m. - 9:00 p.m. (on the hour)
Saturdays & Sundays 12:00 p.m. - 3:00 p.m. (on the hour)
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:
#46849 Tuesdays 6:00 p.m. - 7:30 p.m. from September 19th – October 24th (no class Oct. 10)
#46850 Thursdays 6:00 p.m. - 7:30 p.m. from September 21st – October 26th (no class Oct. 12)

Session 2:
#46851 Tuesdays 6:00 p.m. - 7:30 p.m. from October 31st – November 28th
#46852 Thursdays 6:00 p.m. - 7:30 p.m. from November 2nd – November 30th

Want to join the UTSC Rock Climbing club? To find out more information and become a member, please visit their Facebook Page: UTSC Rock Climbing Club.
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.

All fitness levels are welcome; we can accommodate most accessible needs. Please contact Laurie Wright at lwright@utsc.utoronto.ca with any questions.

Trips are offered to registered U of T students first and then if there is space to staff, non-registered students and guests of the participants. Register at recreg.utoronto.ca or in person at the TPASC Registration desk.

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

Upcoming Adventures

**Saturday, September 23rd: Outdoor Archery at Hart House Farm**
A Tri-Campus event brought to you by MoveU. We will travel by bus to Hart House Farm for the following activities: outdoor archery, cider press, hiking and drop-in sports.

**Friday, October 13th: Horseback riding**
Participants will travel by bus to Pleasure Valley in the Durham forest. Groups will enjoy one hour of horseback riding, hiking through the trails, a wagon ride and sports. A BBQ catered lunch is included.

**Friday, November 3rd: Hiking at Rouge National Urban Park**
Enjoy the beautiful Fall colours and hike through the trails at our local National park. Snacks and transportation are included.

**Wednesday, December 20th: UTSC on Ice**
Celebrate the end of exams and the start of the holidays by joining us for a skate at Harbourfront Centre.

/UTSCOutdoorRec @UTSCOutdoorRec /UTSCPEC
Athletic Clubs

Did you know that these clubs are affiliated with the Department of Athletics & Recreation?

• Cheer Club
• MMA Club
• Rock Climbing Club
• Dragon Boat Club
• Swim Club
• Cricket Club
• Tennis Club
• Powerlifting Club
• Scarborough College Hockey Players Association (SCHPA)
• Archery Club (SCAC)
• Underwater Club
• Quidditch Club
• Badminton Club
• Basketball Club

If you are looking for more information about any of these clubs, please feel free to contact Anthony Cicirello at acicirello@utsc.utoronto.ca.

Looking AHEAD...

Terry Fox Run (September 21st)
Join us at U of T’s 6th annual Terry Fox Run. Participants are encouraged to come out to run or walk, and help us make this year our biggest year yet! Students, faculty, and staff from all three campuses are welcome to attend.

Soccer Day in Scarborough (October 22nd)
Come to the valley to support your Men’s and Women’s D-League Soccer teams. Join us for some prizes, a BBQ and fun for the whole family. This event is open to everyone!

UTSC Day with the Marlies (November 26th)
Come out and watch the Toronto Marlies face-off against the Belleville Senators on Sunday, November 26th at 4:00 p.m. at RICOH Coliseum. Tickets are $30 and include entry to the game, food voucher, token gift and an opportunity to skate on the ice following the game.
Sneaker Squad

Get moving with us! The UTSC Sneaker Squad is a complimentary walking, running and jogging program under the MoveU campaign. It is led by UTSC students with a passion for staying active and encouraging others to join in on the fun. We meet weekly on campus and lead our sessions in the Valley and around the UTSC community. We are an inclusive program that can be adapted to fit individual needs. Open to UTSC students, staff and faculty of all skill levels and abilities.

Join us this Fall for our FREE sessions:
Mondays, 12-1 p.m. & Thursdays, 8-9 a.m.

For more information, please visit our Facebook page.

Learn to Run Instructional Program

Wednesdays, 12:00 p.m. - 1:00 p.m. #46888

Join our Sneaker Squad leaders this Fall for a 9-week program! Participants will meet weekly at AC 230 (under the ARC) for a group seminar followed by an outdoor training session. Seminar topics include:

- 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! Register in person at the TPASC registration desk or online at recreg.utoronto.ca. There is a registration fee of $15 for students and $20 for staff and faculty, which includes entry to a local run at the end of the program. September 27th - November 29th (no class on October 11).

STAY CONNECTED!

facebook.com/UTSCSneakerSquad  twitter.com/UTSCSneaker  @UTSCSneaker

utscsneakersquad@gmail.com  uoft.me/UTSCSneaker
The MoveU Crew is a peer educator group, run by students for students, housed under the Department of Athletics & Recreation at UTSC. We aim to encourage and assist students to get active, stay healthy and have fun. We understand the time and dedication that academics demand, being students ourselves, and how it often leaves minimal time to practice healthy habits. We know the benefits of staying active and want to share our knowledge and infectious passion with you, the student population! Find us at these upcoming events to learn more about our team and opportunities to get involved:

**September**
- Welcome Day
- Experience UTSC Fair
- Terry Fox Run
- Tri-Campus Move U Hart House Trip

**October**
- Mental Health Understood Fair
- Chopped Up

Stay up-to-date with MoveU! Visit our website to sign-up for our monthly newsletter, meet our crew members, and how to become a MoveU Ambassador: [uoft.me/MoveUTSC](http://uoft.me/MoveUTSC)
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 and effective exercise techniques/programs
- Train clients one-on-one or in 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 and bioenergetics
- Program design concepts and business skills

For more information and course dates please contact Ramona at seupersad@utsc.utoronto.ca.
Step into the Spotlight with our Spotlight Series

Watch them on YouTube
KEEP IN TOUCH
875 Morningside Avenue, Toronto, ON M1C 0C7
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