Welcome to an exciting summer session here at the University of Toronto Scarborough. Whether you are a regular participant in our programs and looking for something different or a new curious face, we are confident that the programs offered throughout the Department of Athletics and Recreation will meet your needs.

There are so many ways to stay active and get involved this summer! The ever popular outdoor rec trips are returning and we’ve added some exciting new trips to compliment some of the favourites.

Other summer activities that you can engage in include: access to our Tennis courts (with a membership), joining an instruction class, enjoying one of our social events or participating in some of the regular drop-in activities. We will also be maintaining regular women’s only hours and programming at the Toronto Pan Am Sports Centre.

We want you to stay healthy and active over the summer months. If you have any questions, please connect with our staff, who can help you achieve your goals. On behalf of the staff at the Department of Athletics and Recreation, we wish you a safe and active summer!

Mohsin Bukhari
Manager, Athletics & Recreation
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 Administration 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.estrada@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

Charles Dumrique  
Program Assistant  
Interhouse Programs and Equipment Management  
charles.dumrique@utoronto.ca
Getting Started

Need some help getting started?

Students may book a complimentary consultation with our Fitness Staff who will work with you on establishing realistic goals by incorporating physical activity and healthy habits into your daily routine.

To book your complimentary consultation, please email utscfitness@gmail.com

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:
Mondays, Wednesdays, and Fridays: 10:00 a.m. - 12:00 p.m.
Tuesdays and Thursdays: 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:
Aqua Zumba (drop-in): Thursdays 3:30 p.m. - 4:15 p.m. (only until June 21st)

Registered Programs:
Learn to Swim Level 1 & 2: Tuesdays 9:30 a.m. - 10:30 a.m. (session 1)
Learn to Swim Level 1 & 2: Thursdays 3:30 p.m. - 4:30 p.m. (session 1)
Learn to Swim Level 1: Mondays 1:15 p.m. - 2:15 p.m. (session 2)
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
• Synergy workouts
• Weight training circuits
• Group Fitness classes
• Climbing Wall
• Aquatic activities
• Sports/Recreation
• Educational Learning seminars

Course Details:
Thursdays 12:00 p.m. - 12:50 p.m.
Classes run from May 17th to August 2nd. There will be no class on June 21st

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

Join at any time! Register in person at the Toronto Pan Am Sports Centre Registration Desk or online at recreg.utoronto.ca on a first-come/first-serve basis. Registration fee is $5 (plus HST).
Group Fitness

All classes are FREE to U of T registered students, staff and faculty (with a membership), Toronto Pan Am Sports Centre members and City of Toronto fitness pass holders. High and low impact options are offered; athletic footwear is mandatory. Classes will take place in the studios (3rd level of the Toronto Pan Am Sports Centre), lower level of Fitness Centre or the training pool.

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.

### Spring 2018 Group Fitness Schedule

Valid Between: Mar 24 2018– June 22 2018

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>7:00am-7:50am</td>
<td></td>
<td></td>
<td>CYCLING—Cindy</td>
<td>7:00-7:50 Studio 3</td>
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<td>8:00am-8:50am</td>
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<td></td>
<td>PILATES—Sarah</td>
<td>8:00-8:50 Studio 1</td>
<td>ZUMBA—Melissa</td>
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<td>9:00am-9:50am</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>ZUMBA—Christine 9:00-9:50 Studio 2</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>YOGA—Fahd 9:00-9:50 Studio 2</td>
<td>DEEP AQUAFIT—Marianne 9:30-10:20 Training Pool</td>
<td>BARRE—Melissa 9:00-9:50 Studio 2</td>
<td>ZUMBA—Tatjana 9:00-9:50 Studio 1</td>
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<td>10:00am-10:50am</td>
<td>SYNRGY—David 10:00-10:50 Fitness Centre</td>
<td>SYNRGY—Tiago 10:00-10:50 Fitness Centre</td>
<td>BOOTCAMP—Miguel 10:00-10:50 Studio 2</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>BOOTCAMP—Tatjana 10:00-10:50 Studio 1</td>
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<td>11:00am-11:50am</td>
<td>YOGA—Sofia 11:00-11:50 Studio 2</td>
<td>PILATES—Sofia 10:00-10:50 Studio 2</td>
<td>YOGA—Ramona 12:00-12:50 Studio 2</td>
<td>YOGA—Mary 12:00-12:50 Studio 1</td>
<td>ZUMBA—Christine 12:00-12:50 Studio 2</td>
<td>YOGA—Grace 12:00-12:50 Studio 2</td>
<td>CYCLING 40 min—Tian 11:10-11:50 Studio 1</td>
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<td>12:00pm-12:50pm</td>
<td>BETTER BONES—Marianne 12:00-12:50 Studio 2</td>
<td>SHALLOW AQUAFIT—Susan 12:00-12:50 Training Pool</td>
<td>WOMEN’S ONLY AQUAZUMBA—Ndem 3:30-4:15 Training Pool</td>
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<td>GENTLE YOGA—Grace 1:00-1:30 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>BODY BLAST—Sofia 1:00-1:30 Studio 1</td>
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<td>YOGA—Grace 1:00-1:30 Studio 2</td>
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<td>2:00pm-2:50pm</td>
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<td>5:00pm-5:50pm</td>
<td>TOTAL CORE—Miguel 5:30-6:00 Fitness Centre</td>
<td>TOTAL CORE—Lawrence 5:30-6:00 Fitness Centre</td>
<td>HIT—Miguel 5:00-5:45 Studio 3</td>
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<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—Cindy 6:00-6:50 Studio 3</td>
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<td>7:00pm-7:50pm</td>
<td>MUSCLEWORKS—Michael 7:00-7:50 Studio 2</td>
<td>TRIPLE THREAT—Sasha 7:00-7:50 Studio 2</td>
<td>ZUMBA—Christine 7:00-7:50 Studio 2</td>
<td>ZUMBA—Katie 7:00-7:50 Studio 1</td>
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<tr>
<td>8:00pm-8:50pm</td>
<td>YOGA—Michael 8:00-8:50 Studio 1</td>
<td>YIN YOGA—Mary 8:00-8:50 Studio 2</td>
<td>TAI CHI—Linda 8:00-8:50 Studio 2</td>
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**Legend:**
- Class Types
  - Yoga/Pilates
  - Cardio Class
  - Fitness Centre—Resistance Training
  - Resistance Training Class
  - Aquatics

Please be advised that the group fitness schedule is subject to change. Please refer to the website http://www.tpasc.ca/view/tpasc/about-tpasc-1/master-calendar for the most updated version. Last modified: March 23, 2018
Registered Programs

Register in person at the Toronto Pan Am Sports Centre Registration Desk or online at 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.

Registration Fees
5-week course: 1 hour classes are $15 and 1.5 hours classes are $20 (excluding HST)  
4-week course: 1 hour classes are $12 and 1.5 hours classes are $15 (excluding HST)

Registration and Session Dates
Registration opens on Monday, April 30th at 8:00 a.m. All classes run for 5-weeks except for Monday programs in session 2 which are 4-weeks.

Session 1: Classes run from May 14th – June 18th  (no classes on Monday, May 21st)  
Session 2: Classes run from July 3rd – August 2nd
**Archery - Thursdays 1:30 p.m. - 2:30 p.m. (session 1 only)**
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.

**Ballet - Wednesdays 4:00 p.m. - 4:50 p.m. (session 1) & Thursdays 4:00 p.m. - 4:50 p.m. (session 2)**
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.

**Beginner on Weights - 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.

**Fitness Kickboxing - 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.

**Fit with Friends - Thursdays 12:00 p.m. - 12:50 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.

**Hip Hop - Tuesdays 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.
Jazz Dance - Wednesdays 3:00 p.m. - 3:50 p.m. (session 1 only)
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.

Karate - Mondays 4:00 p.m. - 4:50 p.m.
Participants learn fighting combinations, techniques, forms, and sets while receiving an excellent total body workout. Self-defense techniques are learned through reflex development, timing, hand-eye coordination, and balance. A uniform may be purchased through the instructor after the first class.

Latin Dance - Wednesdays 5:00 p.m. - 5:50 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. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.

Learn to Play Basketball - Wednesdays 7:00 p.m. - 8:00 p.m.
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 further their skills in the game of basketball. Indoor running shoes required - all other equipment provided.

MMA Conditioning - Tuesdays 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 - Mondays 7:30 p.m. - 9:00 p.m.
Learn practical, comprehensive martial arts techniques for both fitness and self defense while improving physical conditioning and mental discipline. All equipment is provided.

Self Defense - Mondays 5:00 p.m. - 5:50 p.m.
This course will encourage a balance of physical endurance, mental strength and confidence building. You will learn safety strategies that cover awareness and avoidance, verbal self-defense and harassment/bullying tactics.
Tennis

Located in the lower campus Valley, the UTSC Tennis Centre consists of 8 outdoor courts. Courts are open from April 30th 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 Toronto Pan Am Sports Centre 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 from the Toronto Pan Am Sports Centre registration desk. For more information, please go to www.utsc.utoronto.ca/athletics/tennis-club

Lessons

A tennis or student membership is required in order to participate in this program. 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.

Course Details:
Tuesdays at 5:10 p.m. - 6:00 p.m. from May 15th - June 12th
Thursdays at 6:10 p.m. - 7:00 p.m. from May 17th - June 14th
Fridays at 3:10 p.m. - 4:00 p.m. from May 18th - June 15th

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:
Tuesdays at 6:10 p.m. - 7:00 p.m. from May 15th - June 12th
Thursdays at 5:10 p.m. - 6:00 p.m. from May 17th - June 14th
Fridays at 3:10 p.m. - 4:00 p.m. from May 18th - June 15th

NEW! FREE!  Drop-in Social Doubles
Drop-in on Thursdays for our weekly doubles social organized by UTSC staff! All skill levels welcome.

Course Details: Thursdays from May 3rd – August 30th

NEW! Tennis Ladder
Tennis participants will be placed in a round robin format for monthly games. Please email tennisutsc@gmail.com to register. The program will begin the week of May 21st.
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 Toronto Pan Am Sports Centre membership. In addition to the following programs, please refer to the Toronto Pan Am Sports Centre Group Fitness schedule for information on other aquatic drop-in opportunities.

**Aqua Zumba (Women’s Only)**

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. (Only until June 14th)

**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.

**Session 1 - April 30th to June 29th**

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. - 1:30 p.m.

**Session 2 - July 3rd to August 30th**

Mondays 1:15 p.m. - 2:15 p.m. (Women Only) and 5:00 p.m. - 7:00 p.m.

Tuesdays 5:00 p.m. - 7:00 p.m.

Wednesdays 5:00 p.m. - 7:00 p.m.

Thursdays 5:00 p.m. - 7:00 p.m.

**Team Building Opportunities in the Pool**

Interested in getting together as a UTSC Department, student club, or group to try a water sport such as inner tube water polo, or water volleyball, maybe do a group Aqua bootcamp or Aqua Zumba. We can build an aquatic team building activity to accommodate your needs. Please note this program will be offered from May 1st to June 23rd
Registered Programs

Registered U of T students and faculty & staff with a Toronto Pan Am Sports Centre membership are eligible to take part in these registered programs. Registration can be done in person at the Toronto Pan Am Sports Centre Registration Desk or online at 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, April 30th at 8:00 a.m.
Session 1: Classes run from May 14th to June 18th. No class on Monday, May 21st.
Session 2: Classes run from July 3rd to August 3rd.

Registration Fee: $30 for 5 weeks session and $24 for 4 weeks 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.

Session 1
Mondays 7:30 p.m. - 8:30 p.m.
Tuesdays 9:30 a.m. - 10:30 a.m. (Women Only)
Tuesdays 1:00 p.m. - 2:00 p.m.
Tuesdays 8:00 p.m. - 9:00 p.m.
Wednesdays 12:00 p.m. - 1:00 p.m.
Thursdays 3:30 p.m. - 4:30 p.m. (Women Only)
Fridays 12:15 p.m. - 1:15 p.m.

Session 2
Mondays 1:15 p.m. - 2:15 p.m. (Women Only)
Mondays 5:00 p.m. - 6:00 p.m.
Tuesdays 5:00 p.m. - 6:00 p.m.
Wednesdays 6:00 p.m. - 7:00 p.m.
Thursdays 5:00 p.m. - 6:00 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.

Session 1
Tuesdays 9:30 a.m. - 10:30 a.m. (Women Only)
Tuesdays 2:00 p.m. - 3:00 p.m.
Wednesdays 12:00 p.m. - 1:00 p.m.
Thursdays 2:00 p.m. - 3:00 p.m.
Thursdays 3:30 p.m. - 4:30 p.m. (Women Only)
Fridays 12:15 p.m. - 1:15 p.m.

Session 2
Mondays 6:00 p.m. - 7:00 p.m.
Tuesdays 6:00 p.m. - 7:00 p.m.
Wednesdays 5:00 p.m. - 6:00 p.m.
Thursdays 6:00 p.m. - 7:00 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.
Mondays 1:00 p.m. - 2:00 p.m.
Tuesdays 2:00 p.m. - 3:00 p.m.
Thursdays 2:00 p.m. - 3:00 p.m.

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 $17 (plus HST) for the 5 week program
Tuesdays 8:00 p.m. - 9:00 p.m. from May 15th to June 12th

FREE! Deep Water Orientation
In these one time classes, 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 or online at recreg.utoronto.ca.
For July & August dates please contact Ramona at seupersad@utsc.utoronto.ca.
Friday, May 25th from 12:15 p.m. - 1:00 p.m.
Tuesday, June 26th from 8:15 p.m. - 9:00 p.m.
Thursday, June 28th from 2:00 p.m. - 3:00 p.m.

Private & Semi-Private Swim Lessons
Available to UTSC students and staff & faculty with a current Toronto Pan Am Sports Centre membership. Times depend on the availability of the pool and swim instructor. For inquiries and booking times, please contact Ramona Seupersad at seupersad@utsc.utoronto.ca.
$20 (plus HST) per 30 minute lesson (minimum of 3 lessons must be purchased)
Climbing Wall

The 41-foot climbing wall at the Toronto Pan Am Sports Centre 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 Toronto Pan Am Sports Centre membership can take part in the following programs. Payment is required at the Toronto Pan Am Sports Centre 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. Meet your instructor at the base of the wall.

Wednesdays and Fridays 4:00 p.m. - 9:00 p.m.
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.

Wednesdays and Fridays 4:00 p.m. - 9:00 p.m.
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:
Tuesdays 6:00 p.m. - 7:30 p.m. from May 15th – June 12th

Session 2:
Tuesdays 6:00 p.m. - 7:30 p.m. from July 3rd – July 31st

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

Get outdoors with us this summer and experience the excitement and serenity within our unique programs. Research suggests that being physically active within green space helps reduce stress, anxiety, anger and improves moods and overall health and wellbeing. 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 Toronto Pan Am Sports Centre Registration desk.

Please check our website for all updated trip dates, prices, registration details and more! Refunds are only available up to 5 business days prior to the trip.

Upcoming Adventures

Friday, May 11th: Hike at the National Rouge Urban Park
Take in the spring weather and colours while hiking through the trails at our local national park. A Parks Canada guide will lead our group for a 2-hour hike explaining a variety of historical, and ecological material along with helping us spot wildlife in the area.

Transportation and snacks included. Wear appropriate athletic footwear for this hike. Dress for the weather - trip will still run in light rain.

Friday, May 25th: Treetop Trekking
Participants will travel by bus up to Horseshoe Valley Resort for a 3-hour treetop trekking adventure. Treetop trekking involves a combination of zip-lining and climbing through obstacle courses in a serene forest setting. There are beginner, intermediate and advanced courses available. All participants will be taken through a safety orientation by certified instructors.

Snacks are included, bring your own lunch. All necessary equipment will be provided. No experience necessary. Dress for the weather - trip will still run in light rain.
Friday, June 22nd: Waterfall Hike
Discover Websters and Tew waterfalls, lookout points and trails on the Spencer Adventure Trail in the Hamilton Conservation Area. This area was formed 450 million years ago when the Niagara Escarpment was beginning to form through the melting of the last ice age. We will hike through the trails from Christie Lake Conservation Area to the Dundas Peak, exploring the historic mills and dams, waterfalls, along with incredible vista viewpoints. This area is significant for its gorge and diverse variety of plants and animals. Bus transportation and snacks included.

Friday, July 6 - Sunday, July 8th: Camping & Kayaking in the 1000 Islands
Tour with us to the popular paradise of the 1000 Islands. It’s located along the St. Lawrence River by Gananoque and bordering the state of New York. In a group, we will kayak over to McDonald Island. Here we will camp for 2 nights and have almost exclusive use of the Island. During the day, we will explore by kayak and foot the surrounding islands, beaches and historical castles.

What’s included:
• Bus transportation
• Kayak & life jacket
• All meals while camping
• Tents upon request and most camping equipment
• UTSC outdoor rec staff, Parks Canada supervision and guides

Please note: No camping or kayak experience necessary. You must complete a Deep Water Orientation session to attend this trip and be comfortable around water.

Friday, July 20th: Outdoor Rock Climbing or Hiking
A bus will transport students to the Milton area to either hike or rock climb. The rock climbing will take place at Rattlesnake Point where students will challenge themselves to climb up to 80 ft on some of the best rock in Southern Ontario. All instructors are fully certified and all equipment will be provided. A custom course will be set up to meet needs of climbers.

The hike will take place through some of theBruce Peninsula trails and Halton Parks. Participants will have over 20 kms of trails to choose from. You may hike with a group or follow the map trails with some friends.

August 25 - 27th: White Water Rafting on the Ottawa River
End your summer with a thrilling splash! We’ll take a bus up to the Ottawa River to spend 2 nights and 3 days at the beautiful Wilderness Rafting Resort. What’s included: bus transportation, 2 nights camping, 2 days rafting with all necessary equipment, 5 full meals and snacks, nightlife, multiple sports & resort activities, full shower/washroom facilities and a lifetime experience. Bring your own sleeping bag and tent. We can provide tents on request. Participants must complete the free deep water orientation and be comfortable in open water.
**Sports Leagues**

**NEW! Badminton Ladder**
Enjoy weekly organized games of badminton at the Toronto Pan Am Sports Centre. Rankings will be updated weekly and participants will move up and down the ladder accordingly. All skill levels are welcome.

Registration can be done in person at the Toronto Pan Am Sports Centre Registration Desk or online at [recreg.utoronto.ca](http://recreg.utoronto.ca)

Course date: Mondays 5:00 p.m. – 8:00 p.m. starting May 14th
Location: Gymnasium 1
Registration Fee: $10.00 (plus HST)

**NEW! Coed 7 on 7 Ultimate Frisbee League**
This league is open to U of T students, staff and faculty as well as community members who are looking to play in a friendly outdoor ultimate frisbee league. You are encouraged to sign up as a team but individuals are welcome. For more information and to secure your spot in the league, please email Charles Dumrique at [charles.dumrique@utoronto.ca](mailto:charles.dumrique@utoronto.ca)

You will be required to sign up your team on [www.imleagues.com/utsc](http://www.imleagues.com/utsc).

Registration deadline: Wednesday May 30th
League begins: Wednesday June 6th (8 games guaranteed)

Game Times: Wednesdays at 6:15 p.m. and 7:30 p.m.
Location: Morningside Athletic Fields
Registration Fee: Registered Student $15 (plus HST), Non-Registered Student $20 (plus HST), and Alumni/Staff/Faculty/Community $25 (plus HST)
Team Building and Certifications

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

To set up a consultation, contact Laurie Wright at lwright@utsc.utoronto.ca

Become a Rock Climbing Instructor:
This 2-day course will cover top-rop, belaying instruction, risk management, movement and technique skills, equipment inspection, as well as other topics pertaining to climbing wall management. Contact Laurie Wright at lwright@utsc.utoronto.ca if you are interested in attending or for information on subsidized price for UTSC students

Become a Personal Trainer:
The Department of Athletics & Recreation is hosting CanFitPro’s personal training specialist (PTS) course at the Toronto Pan Am Sports Centre, **June 22nd to June 24th from 10:00 a.m. - 6:00 p.m.** You can become a CanFitPro certified personal trainer!

Register through the CanFitPro website: www.canfitpro.com

You will learn how to:
- Provide & teach safe and effective exercise techniques/programs
- Train clients one-on-one or small groups
- Support your clients in goal achievements
- Earn a great living doing what you love

Key Program components:
- Fitness theory: skeletal, muscular, neurological, cardiovascular and pulmonary systems
- Components of a workout
- Anatomy, kinesiology & bioenergetics
- Program design concepts & business skills

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

The UTSC Sneaker Squad is a complimentary running and walking program offered by Athletics & Recreation, in partnership with the MoveU campaign. It is led by UTSC students with a passion for staying active and encouraging others to join in on the fun. It is an inclusive program that can be adapted to fit individual needs. We encourage people of all skill levels and abilities to come on out!

Join us this summer for our weekly runs, walks, and jogs! We will take participants through our Learn to Run (5-10km) program. For more information, please visit our Facebook page.

Stay up to date with us: find us on Facebook, Instagram, Twitter, and Strava:

/UTSCSneakerSquad
@UTSCSneaker
utscsneakersquad@gmail.com

Learn to Run Instructional Program

Join the Sneaker Squad this summer for a ten-week outdoor program, where participants will work to conquer distances of 5 and 10 kms. Each week will focus on a different topic, including:

- 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. Beginner and Intermediate options available. Registration includes entry to a local run at the end of the program. Fee is $15 (plus HST) for students, $20 (plus HST) for staff and faculty.

Participants may register for both the Monday and Wednesday sessions at a discounted rate of $25 (plus HST) for students, $35 (plus HST) for staff. Program starts week of May 20th.

Mondays, 12:00 p.m. - 1:00 p.m. • Wednesdays, 12:00 p.m. - 1:00 p.m.
Bikeshare Program
Sustainability offers a free bike lending program for UTSC staff, faculty, and students (with a T-Card). Sign out bikes for the day from the registration desk in the Residence Centre. Bikeshare workshops will be running throughout the summer: drop by to learn some tips on bike maintenance! For more information, visit www.utsc.utoronto.ca/sustain

Valley Trail System
We are an urban campus on the edge of nature: UTSC and its surrounding environments offer ample opportunities to take a break. Walk run, bike or roll through the trails. Check out 5 new mapped routes to the beach, lake, hills and forest trails on our website at http://uoft.me/valleytrails

NEW! Wellness Walks
Join us for a 1 hour walk around the beautiful campus trails. Physically and mentally benefit from being active outdoors. We will encourage meaningful conversations, meditation strategies and various movement methods to stimulate your body and mind. Please check our website for specific times and how to register.

MoveU
MoveU is a peer education group, run by students for students, housed under the UTSC Department of Athletics and Recreation. At MoveU, our goal is to encourage physical activity and promote a healthy active lifestyle while allowing students to explore their environment and interact with their peers. We’re always looking for opportunities to collaborate with others! If you’d like MoveU to be present at your event, please e-mail us at moveutsc@gmail.com.

Get involved with MoveU!
Visit our website for opportunities to join our team: uoft.me/moveutsc
Social Events

This summer the Department of Athletics and Recreation in partnership with the Scarborough College Athletics Association (SCAA) and our alumni will be offering a variety of sporting events that will engage students, staff, faculty and alumni in a casual and social setting.

For specific dates and cost for the events please visit our website. To be put on our listserve or for any further details please contact Tony at acicirello@utsc.utoronto.ca

Coming this Summer

Beach Volleyball Tournament:
• July TBD
• North Beach Volleyball
• Sign up as a team or as an individual
• All levels welcome

Monthly Golf Course Visit – May, June, July, August
• Join the UTSC Staff for this monthly event

Toronto FC Game:
• Date: TBD
• Join UTSC Athletics Staff in supporting Toronto’s professional soccer team