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 to the summer of 2019 at the University of Toronto Scarborough. We are excited to provide you with a variety of different programming options to help you reach your fitness goals, meet new friends and have fun! With both indoor and outdoor activities, we have something for everyone.

We will be offering some exciting outdoor recreation trips this summer. In addition to hiking, outdoor rock climbing, treetop trekking, and our popular white water rafting trip to Ottawa; this year we are excited to offer a camping trip to Algonquin Provincial Park. This will be our first trip to this scenic and historic park, where you can explore campfires, star gazing and canoeing.

Other highlights for our summer programming include our social events, instruction classes, and drop-in activities. You can also come play at our Tennis Facilities (with a membership) in the picturesque valley; tennis lessons are also available for those that are new to the sport or interested in improving your game.

We are committed to enhancing the experiences for women, during our women’s hours in the fitness centre, pool and women’s specific programs, where our Women’s Fitness Ambassadors and Women’s Swim Instructors are available to orient and assist you with equipment, exercises and answer your questions.

We encourage you to stay active, healthy and safe over the summer months. If you have any questions, please connect with our knowledgeable staff. On behalf of the department of Athletics and Recreation, we wish you a fun, safe and active summer!

Sheila John                Mohsin Bukhari  
Assistant Dean              Manager
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.

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 TPASC!

**HOURS**

7 days a week | 5 a.m. - 12 a.m.
Holiday Hours | 8 a.m. - 4 p.m.
"Women’s fitness hours is a positive space for women to workout and stay active. As a Women’s Fitness Ambassador, it has been a pleasure motivating and sharing my knowledge about fitness with other women. I have witnessed many users improve through their fitness goals and become motivated about their fitness journey. I am honored to be a part of an amazing team and program that has been able to make a positive impact on the lives and wellbeing of women."

"The UTSC Swim Club has allowed me to develop my leadership skills while engaging in an activity I’m passionate in. It has connected me with many people and has assisted me in developing my character. Being a part of this organization has positively impacted my time at UTSC."

"Soccer has always been a passion of mine. With drop in soccer, I’m able to play and live out that passion in a welcoming and friendly environment. It’s a great opportunity to meet new people with similar interests and improve your skills. Most importantly, it’s a lot of fun."
CERTIFICATIONS

Are you interested in becoming a Registered Program Instructor or Personal Trainer? Please contact Laurie Wright at lwright@utsc.utoronto.ca for certification and mentorship opportunities.

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 & 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 on how to register, please contact Ramona at seupersad@utsc.utoronto.ca

TEAM BUILDING OPPORTUNITIES

Do you have a UTSC Department, student club or group or that could benefit from experiencing some team building skills? We offer custom built activities to suit your needs both outdoors and indoors.

For more details, 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. 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.

### 2019 SPRING GROUP FITNESS SCHEDULE
Valid between: April 1 - June 21, 2019

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<th>Monday</th>
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<td>CYCLING - Cindy 7:00 - 7:50 Studio 3</td>
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<td>PILATES - Sarah 8:00 - 8:50 Studio 2/3</td>
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<td>ZUMBA - Melissa 8:00 - 8:50 Studio 2/3</td>
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<td>MORNING YOGA - Anne 8:00 - 8:50 Studio 2/3</td>
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<td>9am - 9:50am</td>
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<td>DEEP AQUAFIT - Marianne 9:30 - 10:20 Training Pool</td>
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<td>10am - 10:50am</td>
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<td>SYNRGY - David: Fitness Centre</td>
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<td>11am - 11:50am</td>
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<td>PILATES - Sofia Studio 2/3</td>
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<td>12pm - 12:50pm</td>
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<td>BETTER BONES - Marianne 12:00 - 12:50 Studio 2/3</td>
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<td>CYCLING - Marianne: Studio 3</td>
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<td>2pm - 2:50pm</td>
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<td>BODY BLAST - Sofia 1:00 - 1:50 Studio 2/3</td>
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<td>5pm - 5:50pm</td>
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<td>TOTAL CORE - Omar 5:30 - 6:00 Fitness Centre</td>
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<td>YOGA - Grace 6:00 - 6:50 Studio 2/3</td>
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<td>CYCLING - Lynda 6:00 - 6:50 Studio 2</td>
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<td>PILATES - Sofia Studio 2/3</td>
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<td>9pm - 9:50pm</td>
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<td>HATHA FLOW - Trisha 9:00 - 9:50 Studio 2</td>
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**WOMEN’S PROGRAMMING**

**Need some help?**

A Women’s Fitness Ambassador will show you how to safely use the exercise equipment and give you some fitness tips to help you with your fitness goals. Students may also book a complimentary consultation with a staff member to help establish physical activity and healthy habits into their daily routine.

**Fitness Centre hours for Self-Identified Women**

Monday/Wednesday/Friday: 10am - 12pm  
Tuesday/Thursday: 2pm - 4pm

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

**AQUATIC PROGRAMS**  
May - June  
July - August

- **Learn to Swim (registered program)**  
  - Tuesdays 9:30am - 10:30am  
  - Thursdays 3:30pm - 4:30pm  
  - Mondays 1:15pm - 2:15pm  
  - Training Pool

- **Sport & Swim (drop-in)**  
  - Tuesdays 9:30am - 11:15am  
  - Thursdays 3:15pm - 4:30pm  
  - Mondays 1:15pm - 2:15pm  
  - Training Pool

**REGISTERED PROGRAMS**

- **Dance Fit with C-Flava**  
  - Tuesdays from 6pm - 6:50pm  
  - Studio 1
The programs offered by the Department of Athletics & Recreation are only available to U of T students and faculty and staff who have a Toronto Pan Am Sports Centre membership.

**REGISTER ONLINE**
- Visit recreation.utoronto.ca to proceed to the registration portal
- Select “Login”
- UofT Students, Staff and Faculty can login using their UTORid
- Navigate the programs and proceed through the checkout process

**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

GET ACTIVE OUTDOORS THIS SUMMER.
Register for a tennis lesson or join Sneaker Squad for a run in the Valley.
REGISTRATION FEES

5 x 1 hour class $15
5 x 1.5 hour classes $20
4 x 1 hour class $12
4 x 1.5 hour classes $15
(excluding HST for all)

REGISTRATION AND SESSION DATES

Registration opens on:
Monday, April 29th at 8:00am
Classes begin the week of May 13 (session 1)
and July 2 (session 2).
No classes on May 20th.

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

DANCE

Ballet
Wednesdays 5pm - 5:50pm
A classical dance form demanding grace and control through intricate expression through movement. Participants will learn the basic fundamentals in a progressive nature. Ballet or light dance shoes required.

Dance Fit with C-Flava (WO)
Tuesdays 6pm - 6:50pm  NEW
Dance is the hidden language of the soul. Through movement and the rhythms of soca, reggae, dancehall and afrobeats, C-Flava will take you through energetic routines that will encourage your spirit to be free.
### Hip Hop
**Tuesdays 7pm - 7:50pm**
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.

### Latin Dance
**Wednesdays 6pm - 6:50pm**
This beginner to intermediate level class will take you beyond Latin dance basics. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.

### GETTING STARTED WITH FITNESS

#### Beginner on Weights
**Mondays 3pm - 3:50pm**
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.

#### Yoga on Campus
**Tuesdays 12pm - 1pm**
The instructor will guide you through a safe and encouraging learning environment to enhance your mental focus, build upon your body awareness, and improve your flexibility by combining yoga postures with mobility exercises to strengthen the body and improve your overall well-being. Please bring your own yoga mat and wear comfortable clothing that allows you to move freely.

### TARGET SPORTS

#### Archery
**Thursdays 1:30pm - 2:30pm**
Increase your precision in aiming at targets of varying distances, which improves hand-eye coordination, balance, level of mental concentration, and acts as an aid in stress relief. All equipment is provided.
# Martial Arts & Fitness Conditioning

<table>
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<tr>
<th>Class</th>
<th>Description</th>
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<tr>
<td><strong>Fitness Kickboxing</strong>&lt;br&gt;Thursdays 5:30pm - 7pm</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>
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<tr>
<td><strong>Karate</strong>&lt;br&gt;Mondays 5pm - 5:50pm</td>
<td>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.</td>
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<tr>
<td><strong>Krav Maga</strong>&lt;br&gt;Thursdays 7pm - 8:30pm</td>
<td>Krav Maga is a self-defense system that consists of a wide combination of techniques sourced from Boxing, Muay Thai, Wing Chun, Jiu Jitsu, Wrestling and Grappling. It is known for its focus on real life situations.</td>
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<tr>
<td><strong>MMA Conditioning</strong>&lt;br&gt;Mondays 7pm - 8:30pm</td>
<td>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.</td>
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<tr>
<td><strong>Muay Thai</strong>&lt;br&gt;Mondays 8:30pm - 10pm</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.</td>
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<tr>
<td><strong>Street Self Defense</strong>&lt;br&gt;Mondays 6pm - 6:50pm</td>
<td>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.</td>
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TENNISS

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

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

REGISTRATION FEES

$25
(Excluding HST for all)

REGISTRATION AND SESSION DATES

Registration opens on:
Monday, April 29th at 8am
Classes begin the week of May 13th

TENNISS

Beginner
Tuesdays 5:10pm - 6pm
Thursdays 6:10pm - 7pm
Fridays 3:10pm - 4pm

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.

Intermediate
Tuesdays 6:10pm - 7pm
Thursdays 5:10pm - 6pm
Fridays 3:10pm - 4pm

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.

Drop-in Social Doubles
Drop-in on Thursdays, starting May 9th, for our weekly doubles social organized by UTSC staff! All skill levels welcome.

Tennis Ladder
The program will begin May 20th, please email tennisutsc@gmail.com to sign-up.
AQUATICS

DROP-IN

Aquafit

This class provides an alternative fitness workout with progressing exercises in the water to improve strength, 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.

Sport and Swim

Session 1 – May 6th to June 29th
- Mondays 1pm - 2pm and 7:30pm - 9pm
- Tuesdays 9:30am -11:15am (WO), 1pm - 3pm, and 8pm - 10pm
- Wednesdays 12pm - 1pm
- Thursdays 2pm - 3pm and 3:15pm - 4:45pm (WO)
- Fridays 12pm - 1:30pm

Session 2 - July 2nd to August 31st
- Mondays 1:15pm - 2:15pm (WO), and 5pm - 7pm
- Tuesdays 5pm - 7pm
- Wednesdays 5pm - 7pm
- Thursdays 5pm - 7pm

Team Building Opportunities in the Pool

Come join your friends or meet new ones for some free leisure time in the pool to float, practice your swimming or play games such as water volleyball, water basketball, or inner tube water polo. 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.

Interested in getting together as a UTSC Department, student club, or group to try a water sport such as inner tube water polo, water volleyball, or maybe a group Aqua Zumba. We can build an aquatic team building activity to accommodate your needs.
REGISTERED PROGRAMS

Registration and Session Dates
Registration opens on Monday, April 29th at 8:00am
Classes begin the week of May 13 (session 1) and July 2 (session 2).
No classes on May 20th.
Registration Fee: $30 for 5 week session and $24 for 4 week session (excluding HST)

Learn to Swim – Level 1
(Beginner)

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

Session 2
• Mondays 1:15pm - 2:15pm (WO), 5pm - 6pm
• Tuesdays 5pm - 6pm
• Wednesdays 6pm - 7pm
• Thursdays 5pm - 6pm

Learn to Swim – Level 2
(Intermediate)

Session 1
• Mondays 1pm - 2pm
• Tuesdays 9:30am - 10:30am (WO), 2pm - 3pm
• Thursdays 2pm - 3pm, 3:30pm - 4:30pm (WO)
• Fridays 12pm - 1pm

Session 2
• Mondays 6pm - 7pm
• Tuesdays 6pm - 7pm
• Wednesdays 5pm - 6pm
• Thursdays 6pm - 7pm

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.

This program is for the intermediate level swimmer progressing from Learn to Swim Level 1. Participants will build their swimming endurance, improve upon their swimming techniques and be introduced to deep water where they will learn surface support and basic water safety.
Learn to Swim - Level 3 (Advanced)

Session 1
- Mondays 1pm - 2pm
- Tuesdays 2pm - 3pm
- Thursdays 2pm - 3pm
- Fridays 12pm - 1pm

This program will help participants gain confidence swimming in the deep water in a safe and supportive environment. Basic dives will be introduced as well as some basic lifesaving skills.

Learn to Play Inner Tube Water Polo
Tuesdays 8pm - 9pm

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 prerequisite is to have FUN! You’ll learn how to move around in the inner tubes, learn passing and throwing techniques, and teamwork. Games will be played in the shallow water so all swimming abilities are welcome. No experience required. Registration fee of $17 for 5 weeks.

Deep Water Orientation
Monday May 27th from 1pm - 2pm
Tuesday June 25th from 8pm - 9pm
Friday, June 28 from 12:30pm - 1:30pm
July & August: TBA

In this FREE one time class, you will learn and perform basic water safety skills in the deep water while wearing a life jacket. Learn skills such as what to do if you fall into the water from your water craft, how to kick and swim to safety.

Private & Semi-Private Swim Lessons

Available to UTSC students, staff and faculty that have a current membership. Times depend on availability of the pool and swim instructor. Please contact Ramona at seupersad@utsc.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:

[Images of swimwear examples]
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 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.
- Wednesdays & Fridays: 4pm - 10pm
- Saturdays & Sundays: 12pm - 3pm *(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 & Fridays: 4pm - 10pm
- Saturdays & Sundays: 12pm - 3pm *(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 in person or online at recreation.utoronto.ca.

*Course fee: $10 plus HST / 5-week session*

**Session 1** (starting May 14th): Tuesdays 6pm - 7:30pm
**Session 2** (starting July 2nd): Tuesdays 6pm - 7:30pm
OUTDOOR RECREATION

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

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

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

UPCOMING ADVENTURES

**Birdwatching Hike**  
at Tommy Thompson Park  
Friday, May 10th

Discover this hidden gem on the peninsula of downtown Toronto. We will explore the Tommy Thompson bird research centre and marsh trails along the lakeside. This area is considered one of the best places to view birds with more than 300 species. Binoculars and guide included.

**Treetop Trekking**  
Friday, May 24th

Participants will travel by bus up to Ganaraska Forest for a 3 hour treetop trekking adventure. It will involve a combination of zip-lining and climbing through obstacle courses in a serene forest setting. There are beginner, intermediate and advanced courses available. All necessary equipment will be provided. No experience necessary.
Join us for an opportunity to fish for 2 hours at Darlington provincial park. All fishing equipment and bait will be provided. You will also have an opportunity to hike along the beaches of Lake Ontario and trek through the nature trails.

This adventurous hike will take you over southern Ontario's longest suspension bridge, through a labyrinth of caves and crevices and through nature trails with a panoramic view of the surrounding blue mountains.

Tour with us to the world famous Algonquin wilderness park. Here we will enjoy 3 days and camp for 2 nights. We will explore the remote area by canoe and foot and enjoy campfires, cooking outdoors and star gazing.

We will travel to Milton, Ontario to either hike the area or rock climb the cliff face. The rock climbing will take place at Rattlesnake Point and is an opportunity for students to challenge themselves to climb up to 80 ft on some of the best rock in Southern Ontario in a beautiful natural setting. All instructors are fully certified and all necessary equipment and helmet are included.

Take in the lush colours and scenery while hiking through the trails at this local national park. A Parks Canada guide will lead the group for a 2.5 hour hike explaining a variety of historical, ecological material and help to spot wildlife in the area.

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

Try something new this summer with one of our drop-in opportunities. FREE for students and staff, please show staff your TCard. For more information on drop-in activities, please contact Charles Dumrique, charles.dumrique@utoronto.ca

For tournament information or event dates and pricing, please contact Anthony Cicirello, anthony.cicirello@utoronto.ca

Monday Night Badminton and Table Tennis Ladder
Enjoy weekly organized games of badminton and table tennis 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.

Register at www.imleagues.com/UTSC
- Mondays 5pm - 8pm, starting May 13th in Gym 1

Thursday Night Drop-in
Join your fellow classmates on the Morningside Athletic Fields (adjacent to TPASC) for some drop-in sports, including: soccer, ultimate frisbee, flag football and outdoor volleyball. Equipment will be provided and there is no sign up required!
- Thursdays from 5:30pm - 8:30pm starting May 23rd

Tournaments & Events
Tournaments
- Basketball - Wed. June 12th @ TPASC Gym
- Soccer - Sat. June 22nd @ Valley Field
- Table Tennis - June TBD @ TPASC Gym
- Beach Volleyball - July TBD @ North Beach Volleyball

Events
- Toronto FC Game - August TBD
- Monthly Golf Outing - Thurs. May 30th Golf in June, July and August TBD
OUTDOOR ACTIVITIES

Group walks and runs with Sneaker Squad
Join our student leaders and improve your running skills through the Valley trails. All fitness levels are welcome. We are an inclusive program that can be adapted for multiple skill levels and abilities. No registration required.

Join us this Summer for our FREE sessions:
Tuesdays 5:30pm - 6:30pm
Thursdays 12pm - 1pm

Times may change throughout the term. Check our website or Facebook page for all updates and to contact the leaders.

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 Trails
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 uoft.me/valleytrails
The MoveU Crew is a peer educator group, run by students for students at UTSC. We aim to encourage and educate students about the benefits of being active and practicing healthy habits.

WE’RE SOCIAL! FOLLOW US:

Facebook: /MoveUofT
Instagram: @moveUTSC
Twitter: @moveUTSC
Email: moveutsc@gmail.com

Visit our website to sign-up for our monthly newsletter, meet our crew members, and how to become a MoveU Ambassador: uoft.me/MoveUTSC
Let’s face it, university life can get stressful. Hitting the trails with a friend can ease the pressure and will improve the way you feel, think and learn. A break from your real work? No, it’s you at your most productive.

There are lots of ways to be active on University of Toronto campus – and beyond.
Get started at moveu.ca
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

MONDAY - THURSDAY

11AM - 3PM

BV HALLWAY

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

PRIZES • GIVEAWAYS • INFORMATION • + MORE!
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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