FALL 2019
ACTIVE-ITY GUIDE
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 University of Toronto Scarborough! We encourage you to get involved with the multitude of Sport and Recreation programs the Department of Athletics & Recreation has to offer. As you read through this guide, think about the activities that interest you; and be sure to register for one or more of these programs.

Your university experience will be enriched through physical activity, whether you choose to get involved in one of our outdoor recreation trips, try a dance class, or join a sports league. Your overall health and wellbeing is so important and will help you achieve academic success. You do not have to be an expert to participate, in fact we have programs in place that will walk you through how to try an activity or sport for the first time.

Whatever option you choose, our team is here to support your fitness and wellness goals throughout the year. Come visit us at the Toronto Pan Am Sports Centre and make use of our great facility. We look forward to seeing you!

Yours in health,

Sheila John
Assistant Dean
Mohsin Bukhari
Manager

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Toronto Pan Am Sports Centre
875 Morningside Avenue,
Toronto, ON M1C 0C7
416 - 283 - 3211
athletics@utsc.utoronto.ca
utsc.utoronto.ca/athletics

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CONNECT WITH US

/UTSCathletics
@UTSC_Athletics
@UTSC_Athletics
Athletics and Recreation at UTSC
TORONTO PAN AM SPORTS CENTRE

This state-of-the-art facility houses a wide range of first-class amenities. At approximately 365,000 sq. ft., the centre is the largest of its kind in Canada, providing a wealth of benefits for the entire UTSC community.

- 2 Olympic-size, 50m pools
- 10-metre dive tank
- 4 gymnasiums
- Climbing wall
- Walking/running track
- Cardio studio with latest fitness equipment
- Large weight room with strength & conditioning machines
- 3 fitness studios

DID YOU KNOW?

Your TCard is your membership card and grants you access to all the athletic facilities at the University of Toronto. This includes the Toronto Pan Am Sports Centre - home of the Department of Athletics & Recreation at U of T Scarborough. In addition to these facilities, you also have access to all the programs offered by the department.

+ 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.
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 and course dates 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.
TRI-CAMPUS INTRAMURAL PROGRAMS

The Tri-Campus Intramural program provides students with an opportunity to represent UTSC in competitive sports leagues against other colleges and faculties within the University of Toronto.

A wide variety of sports are offered for both men and women and are available to all current UTSC students.

See what interests you and get involved! Beginners are always encouraged to try out.

utsc.utoronto.ca/athletics/intramural

We provide students with:

- Coaches
- Uniforms
- Transportation to St. George & U of T Mississauga for games

Basketball
Ice Hockey
Flag Football
Outdoor Soccer
Ultimate Frisbee
Volleyball
# FALL 2019 TRI-CAMPUS INTRAMURAL TRYOUTS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TRYOUT DATES &amp; TIMES</th>
<th>LOCATION</th>
<th>LEAGUE GAMES</th>
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<tbody>
<tr>
<td>Basketball</td>
<td><strong>WOMEN</strong>&lt;br&gt;Wed Sept 4 • 6pm - 8pm&lt;br&gt;Mon Sept 9 • 8pm - 10pm&lt;br&gt;Wed Sept 11 • 6pm - 8pm&lt;br&gt;Mon Sept 16 • 8pm - 10pm</td>
<td>TPASC Gym 2</td>
<td>D-League - Sundays Div. 1 - Mondays</td>
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<td></td>
<td><strong>MENs</strong>&lt;br&gt;Wed Sept 4 • 8pm - 10pm&lt;br&gt;Mon Sept 9 • 6pm - 8pm&lt;br&gt;Wed Sept 11 • 8pm - 10pm&lt;br&gt;Mon Sept 16 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
<td>D-League - Sundays Div. 2 - Mondays</td>
</tr>
<tr>
<td>Flag Football</td>
<td><strong>WOMEN</strong>&lt;br&gt;Wed Sept 11 • 5:30pm - 7:30pm&lt;br&gt;Mon Sept 16 • 5:30pm - 7:30pm&lt;br&gt;Wed Sept 18 • 5:30pm - 7:30pm</td>
<td>Valley Rugby Field</td>
<td>Sundays</td>
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<td><strong>MENs</strong>&lt;br&gt;Wed Sept 11 • 5:30pm - 7:30pm&lt;br&gt;Mon Sept 16 • 5:30pm - 7:30pm&lt;br&gt;Wed Sept 18 • 5:30pm - 7:30pm</td>
<td>Valley Soccer Field</td>
<td>Sundays</td>
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<tr>
<td>Ice Hockey</td>
<td><strong>WOMEN</strong>&lt;br&gt;Mon Sept 16 • 10pm - 11pm&lt;br&gt;Wed Sept 18 • 10pm - 11pm&lt;br&gt;Mon Sept 23 • 10pm - 11pm</td>
<td>Centennial Arena</td>
<td>Sundays</td>
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<td><strong>MENs</strong>&lt;br&gt;Mon Sept 9 • 9pm - 11pm&lt;br&gt;Tues Sept 10 • 9pm - 11pm&lt;br&gt;Tues Sept 17 • 9pm - 11pm</td>
<td>Malvern Arena</td>
<td>Various Nights</td>
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<tr>
<td>Outdoor Soccer</td>
<td><strong>WOMEN</strong>&lt;br&gt;Wed Sept 4 • 5:30pm - 7:30pm&lt;br&gt;Mon Sept 9 • 5:30pm - 7:30pm&lt;br&gt;Thurs Sept 12 • 5:30pm - 7:30pm</td>
<td>TPASC Fields</td>
<td>D-League - Sundays Div. 2 - Saturdays</td>
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<td></td>
<td><strong>MENs</strong>&lt;br&gt;Tues Sept 3 • 5:30pm - 7:30pm&lt;br&gt;Thurs Sept 5 • 5:30pm - 7:30pm&lt;br&gt;Tues Sept 10 • 5:30pm - 7:30pm&lt;br&gt;Wed Sept 11 • 5:30pm - 7:30pm</td>
<td>TPASC Fields</td>
<td>D-League - Sundays Div. 1 &amp; 2 - Saturdays</td>
</tr>
<tr>
<td>Volleyball</td>
<td><strong>WOMEN</strong>&lt;br&gt;Thurs Sept 5 • 8pm - 10pm&lt;br&gt;Tues Sept 10 • 6pm - 8pm&lt;br&gt;Thurs Sept 12 • 8pm - 10pm&lt;br&gt;Tues Sept 17 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
<td>D-League - Sundays Div. 1 - Tuesdays</td>
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<td><strong>MENs</strong>&lt;br&gt;Thurs Sept 5 • 6pm - 8pm&lt;br&gt;Tues Sept 10 • 8pm - 10pm&lt;br&gt;Thurs Sept 12 • 6pm - 8pm&lt;br&gt;Tues Sept 17 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
<td>D-League - Sundays Div. 1 - Tuesdays</td>
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<tr>
<td></td>
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<td>TPASC Gym 3</td>
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<tr>
<td>Ultimate Frisbee</td>
<td><strong>COED</strong>&lt;br&gt;Wed Sept 4 • 5:30 - 7:30pm&lt;br&gt;Thurs Sept 10 • 5:30 - 7:30pm&lt;br&gt;Thurs Sept 12 • 5:30 - 7:30pm</td>
<td>Valley Fields</td>
<td>Div. 1 &amp; 2 - Saturdays</td>
</tr>
</tbody>
</table>

"Joining the Tri-Campus Intramural soccer team gave me the opportunity to play at a high level as well as meet other individuals with similar interests. Intramural sports are a great way to improve your skill, and compete in a positive environment. There are varying levels, so all are welcome to join and get involved!"

Habib Ouane
INTERHOUSE

The UTSC Interhouse Leagues are weekly student run leagues that allow students, faculty, staff and alumni who have obtained a TPASC membership to participate at various levels of competition. Whether you register as a team with your friends or want to sign up as an individual to meet people with similar interests, there’s always something fun to do to get moving.

HOW TO REGISTER FOR AN INTERHOUSE LEAGUE

All Interhouse participants are required to create an account through www.imleagues.com/utsc with their student email.

SIGN UP FOR AN INTERHOUSE LEAGUE

- Go to www.imleagues.com/UTSC
- Click the create/join team button at the top right of your user homepage
- The current leagues will be displayed. Choose the league you wish to join.
- You can join the league in one of 3 ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent

TEAM FEE: $25 + HST

- The captain for each team must pay the team fee in person at the TPASC registration desk or online at recreation.utoronto.ca
- Payment must be received before the first game of the season
- Registration deadline: September 16th, 2019

Mandatory Captains’ Meeting:
Thursday September 19th, 2019 @ 6pm
(TPASC Leadership Room, 1st Floor)

CERTAIN PROGRAMS OFFER BOTH A RECREATIONAL AND COMPETITIVE DIVISION

RECREATIONAL

An enjoyable and fun division with a focus on developing skill and knowledge of the game. Competition is secondary, as most players are beginners, or are experienced players helping their teammates learn about the activity.

COMPETITIVE

Competition is moderate to intense. Most players know the rules of the sport but are still developing the skills required to play at a fairly competitive level. D-league and Division 1 players are required to play in competitive divisions.
### FALL 2019: INTERHOUSE CALENDAR

[www.utsc.utoronto.ca/athletics/interhouse](http://www.utsc.utoronto.ca/athletics/interhouse)  |  [www.imleagues.com/utsc](http://www.imleagues.com/utsc)

<table>
<thead>
<tr>
<th>SPORT</th>
<th>LEAGUES OFFERED</th>
<th>MINIMUM ROSTER</th>
<th>TEAM ENTRY FEE</th>
<th>REGULAR SEASON DATES</th>
<th>PLAY TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 on 3 Co-ed Ball Hockey</td>
<td>Open</td>
<td>6 players</td>
<td>$25 per team</td>
<td>September 23-November 11</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>Badminton Ladder</td>
<td>Open</td>
<td>Singles/Doubles</td>
<td>$5 /Player</td>
<td>September 28-November 16</td>
<td>TBA</td>
</tr>
<tr>
<td>5 on 5 Indoor Co-ed Ultimate Frisbee</td>
<td>Recreational Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>September 23-November 11</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Indoor Soccer</td>
<td>Recreational Competitive</td>
<td>10 players</td>
<td>$25 per team</td>
<td>September 24-November 12</td>
<td>Tuesdays 4 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Co-ed Indoor Cricket</td>
<td>Open</td>
<td>10 players</td>
<td>$25 per team</td>
<td>September 25-November 13</td>
<td>Wednesday 4 - 8pm</td>
</tr>
<tr>
<td>6 on 6 Co-ed Volleyball</td>
<td>Recreational Intermediate Competitive</td>
<td>10 players</td>
<td>$25 per team</td>
<td>September 26-November 14</td>
<td>Thursday 5 - 8pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Basketball</td>
<td>Recreational Competitive</td>
<td>8 players</td>
<td>$25 per team</td>
<td>September 27-November 15</td>
<td>Friday 12 - 3pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Competitive</td>
<td>10 players</td>
<td>$25 per team</td>
<td>September 27-November 15</td>
<td>Friday 3 - 5pm</td>
</tr>
</tbody>
</table>

### FALL INTERHOUSE SPORTS LEAGUES

Interhouse leagues offer unique opportunities to have fun, be active, and make friends on campus.

[Images of participants playing Basketball, Soccer, Ball Hockey, Indoor Cricket, Ultimate Frisbee, Volleyball]
TOURNAMENTS

Looking to play a sport but can’t commit to the full season? Our one day tournaments and events may be the answer, with a list of classic and niche sports to choose from there is something for everyone. New this year is the Team Tournament Series, which includes the chance to compete for the team cup across different sports. Additional offerings include individual/pair tournaments, which invite people of all skill levels to participate and stay active.

For tournament information or pricing, please contact Luke Galka, luke.galka@utoronto.ca

Team Tournament Series
- Dodgeball – Wed. September 18th, 6 - 10pm @ TPASC Gym
- 7’s Touch Rugby – Fri. October 4th, 3 - 7pm @ Valley Fields
- Speedgate – Wed. October 30th, 4 - 7pm @ Valley Fields
- Innertube Water Polo – Tues. November 12th, 8 - 10pm @ TPASC Training Pool
- European Handball – Fri. November 29th, 3 - 6pm @ TPASC Gym

Individual/Pair Tournaments
- Table Tennis Singles – Sun. September 29th, 12 - 5pm @ TPASC Gym
- Spikeball Doubles – Wed. October 9th, 5 - 8pm @ TPASC Fields
- Outdoor Volleyball Doubles – Tues. October 15th, 5 - 8pm @ TPASC Fields
- Tennis Singles (Tri-Campus) – Sun. October 20th, 11am - 5pm @ Valley Tennis Courts
- Badminton Singles – November TBD @ TPASC Gym
- Badminton Doubles – November TBD @ TPASC Gym
- Table Tennis Doubles – Sun. November 24th, 1 - 5pm @ TPASC Gym

SIGN UP FOR A TOURNAMENT
- Go to www.imleagues.com/UTSC
- Click the create/join team button at the top right of your user homepage
- Choose the tournament you wish to enter.
- You can join a tournament in one of 3 ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent

TEAM TOURNAMENT FEE: $20 + HST per tournament
The captain for each team must pay the team fee in person at the TPASC registration desk or online at recreation.utoronto.ca
### 2019 FALL GROUP FITNESS SCHEDULE

**Valid between: Sept 21 - Dec 20**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7am - 8am</td>
<td>CYCLING - Steve 6:30 - 7:20 Studio 3</td>
<td>CYCLING - Cindy 7:00 - 7:50 Studio 2</td>
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<td>ZUMBA - Grace 8:10 - 9 Studio 3/2</td>
<td>MORNING YOGA - Anne 8:10 - 9 Studio 2/3</td>
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<tr>
<td>8am - 9am</td>
<td>DEEP AQUAFIT - Marianne 9:30 - 10:20 Training Pool</td>
<td>DEEP AQUAFIT - Marianne 9:30 - 10:20 Training Pool</td>
<td>VINYASSA FLOW  - Fahd 9:30 - 10 Fitness Centre</td>
<td>DEEP AQUAFIT - Marianne 9:30 - 10:20 Training Pool</td>
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<td>9am - 10am</td>
<td>SYNROY - David Fitness Cen 10:30 - 11:20 Fitness Centre</td>
<td>SYNROY - Wandel 10:30 - 11:20 Fitness Centre</td>
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<td>10am - 11am</td>
<td>HATHA FLOW - Sofia 11:10 - 12 Studio 2/3</td>
<td>ZUMBA - Cindy 12:10 - 1 Studio 2/3</td>
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<td>SYNRGY - Omar 10:10 - 11 Fitness Centre</td>
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<tr>
<td>11am - 12pm</td>
<td>BETTER BONES - Marianne 12:10 - 1 Studio 2/3</td>
<td>HATHA FLOW - Ramona 12:10 - 1 Studio 2/3</td>
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<td>SYNRGY - Adam 10:10 - 11 Fitness Centre</td>
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<tr>
<td>12pm - 1pm</td>
<td>CYCLING 30 min - Cindy 1:10 - 1:45 Studio 3</td>
<td>BODY SCULPT - Sofia 1:10 - 2 Studio 2/3</td>
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<td>1pm - 2pm</td>
<td>POWER YOGA - Mary 12:10 - 1 Studio 2/3</td>
<td>POWER YOGA - Grace 12:10 - 1 Studio 2/3</td>
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<td>2pm - 3pm</td>
<td>SYNRGY - Paul 1:10 - 2 Studio 1</td>
<td>SYNRGY - Paul 1:10 - 2 Studio 1</td>
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<td>3pm - 4pm</td>
<td>TOTAL CORE - Leon 2:10 - 3 Studio 2/3</td>
<td>TOTAL CORE - Leon 2:10 - 3 Studio 2/3</td>
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### LEGEND

Class types:
- Aquatics
- Cardio Class
- Fitness Centre—Resistance Training
- Resistance Training Class
- Yoga/Pilates
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 and gender non-conforming people
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

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

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

REGISTERED PROGRAMS

Dance Fit with C-Flava
Wednesdays 7:10pm - 8pm
Studio 1

Strength Training
Tuesdays 4:30pm - 6pm
Studio 2

Self-Defense
Thursdays 5:10pm - 6pm
North Room
UPCOMING EVENTS

Fitness Talks for Self-Identified Women (Free!)

There will be an open discussion about proper nutrition and exercise, positive self-esteem, body-image, how to get started onto a path of a healthy, active lifestyle with the many programs offered at the Toronto Pan Am Sports Centre. We encourage all to come out for answers to any questions you may have on exercise and nutrition. We’ll end the discussion with an optional tour of the Toronto Pan Am Sports Centre. Open to all women, trans and non-binary individuals. Please bring your lunch; light refreshments will be provided. Register for this session on the intranet.

Tuesday, September 17th
12:00pm - 1:30pm
VIP room (3rd floor) of the Toronto Pan Am Sports Centre

Other Social Events to look out for
- Climbing Wall
- Inner Tube Water Polo
- Lunch & Learn
- Yoga

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

**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 16th - 20th. No pre-registration is required.

*Only applies to Dance and Martial Arts & Fitness Conditioning classes
REGISTERED PROGRAMS

REGISTRATION FEES

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

REGISTRATION AND SESSION DATES

Registration opens on:
Tuesday, September 3rd at 8:00am
Classes begin the week of September 23rd
No classes during Reading Week:
October 14th - 18th.

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

DANCE

Ballet
Tuesdays 5:10pm - 6pm

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.

Dance Fit with C-Flava
Wednesdays 7:10pm - 8pm (WO)

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 7:10pm - 8pm

Learn the basics of this urban dance that fuses a variety of dance styles. Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.

Jazz Dance  
Thursdays 4:10pm - 5pm

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  
Tuesdays 8:10pm - 9pm

This beginner to intermediate level class will take you beyond Latin dance basics. This class is beneficial for students who want to improve and increase their basic knowledge of Latin dance. Learn new dance patterns and turns for the following three styles - Salsa, Bachata, and Merengue.
# MARTIAL ARTS & FITNESS CONDITIONING

<table>
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<tr>
<th>Activity</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>Fitness Kickboxing</strong></td>
<td>Wednesdays 5:30pm - 7pm</td>
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<td></td>
<td>This course teaches an authentic, fast-paced total body kickboxing workout. It is geared to improving one’s endurance, strength, hand-eye coordination, balance, and flexibility. This course is for individuals of all fitness levels. Hand wraps or gloves must be purchased separately.</td>
</tr>
<tr>
<td><strong>Judo</strong></td>
<td>Mondays 5:30pm - 7pm</td>
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<td>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.</td>
</tr>
<tr>
<td><strong>Karate</strong></td>
<td>Mondays 4:10pm - 5:30pm</td>
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<tr>
<td></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>
</tr>
<tr>
<td><strong>Krav Maga Self Defense</strong></td>
<td>Wednesdays 8:10pm - 9:30pm</td>
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<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 world situations.</td>
</tr>
<tr>
<td><strong>MMA Conditioning</strong></td>
<td>Mondays 7:10pm - 8:30pm</td>
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<td></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Muay Thai</strong></td>
<td>Mondays 8:30pm - 10pm</td>
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<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>
</tr>
<tr>
<td><strong>Women’s Self Defense</strong></td>
<td>Thursdays 5:10pm - 6pm</td>
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<tr>
<td></td>
<td>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-defense, and harassment/bullying techniques.</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
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<tr>
<td><strong>Beginner on Weights</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Fit with Friends</strong></td>
<td>This program encourages students to get active in a fun, healthy, and inclusive environment. Instruction will be given by one of our Fitness Staff 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. Registration fee of $5 for 9 week session.</td>
</tr>
<tr>
<td><strong>Learn to Run</strong></td>
<td>Join our Sneaker squad leaders for a 9-week, 5km program. Participants will meet weekly for a group session outdoors in the valley trails. Ideal for beginners that want to gradually integrate walk to run intervals or for intermediate runners trying to improve their times.</td>
</tr>
<tr>
<td><strong>Women’s Strength Training</strong></td>
<td>This women’s only, progressive program will touch on the following exercises: Squat, Deadlift, Bench Press, and a variation of Back and Core workouts. Perfect for individuals with beginner and intermediate skill levels, these instructional classes will focus on mastering the proper form for a variety of common, strength-building exercises, and developing advanced techniques to help you fulfill your strength and fitness goals.</td>
</tr>
<tr>
<td><strong>Yoga on Campus</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>
**TARGET AND RACQUET SPORTS**

**Archery**  
Wednesdays 2:30pm - 3:30pm  
Thursdays 1:30pm - 2:30pm  

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.

**Tennis**

**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 learn the game of tennis.

**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.

All lessons will take place at the UTSC Tennis Centre, located in the lower campus Valley, starting the week of September 16th. Choose from one of the options below. There is a registration fee of $25 for the 5 week session. A racquet and balls will be provided.
Our Skills and Drills program is designed for students who are interested in learning a new sport at the recreational level or would like to further their skills in a specific sport. Indoor shoes required; all other equipment will be provided.

There is a registration fee of $30 for the 9 week session.

**Badminton**
**Mondays 4:10pm - 5pm**
Learn the basics: forehand, backhand, drop and service, along with the rules of the game. This course is for less experienced players who want to try the game of badminton.

**Basketball**
**Mondays 4:10pm - 5pm**
Learn the basics: dribbling, passing, shooting, along with the rules of the game. This course is for new or less experienced players who want to try and learn the game of basketball.

**Soccer**
**Tuesdays 3:10pm - 4pm**
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.

**Volleyball**
**Thursdays 3:10pm - 4pm**
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.
**AQUATICS**

**DROP-IN**

**Aquafit**

This class provides an alternative fitness workout with progressing exercises in water to improve core muscle and joint stability, muscle endurance and strength, aerobic endurance and flexibility all in one. Both deep water and shallow water classes are available. Please refer to the Group Fitness schedule for days/times classes are offered.

**Sport and Swim**

Mondays 1pm - 2pm
7:30pm - 9pm
Tuesdays 9:30am - 11:15am (Women Only)
1pm - 3pm
8pm - 10pm
Wednesdays 12pm - 1pm
Thursdays 2pm - 3pm
3:15pm - 4:45pm (Women Only)
Fridays 12pm - 1:30pm

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.

**UTSC Swim Group**

Mondays 7:30pm - 9pm

Come join this drop-in program where one of our experienced UTSC Swim Club members will be coaching you through a swim workout that will help improve your stroke mechanics, starts, flip turns, and your overall endurance.
UTSC Dragon Boat Club  
Sundays 7:30pm - 8:30pm

Come and join this fun and social team! Train together, get fit together, win together! Please contact the executive team to find out more information by emailing utscdboat@gmail.com

REGISTERED PROGRAMS

Registration and Session Dates
Registration opens on Tuesday, September 3rd at 8:00am
Classes begin the week of September 23rd
No classes during Reading Week October 14th - 18th
Registration Fee: $55 for 9 week session (excluding HST)

Learn to Swim - Level 1  
(Beginner)  
Mondays 7:30pm - 8:30pm  
Tuesdays 9:30am -10:30am (Women Only)  
8pm - 9pm  
Wednesdays 12pm - 1pm  
Thursdays 3:30pm - 4:30pm (Women Only)  
Fridays 12pm - 1pm

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.

Learn to Swim - Level 2  
(Intermediate)  
Mondays 1pm - 2pm  
Tuesdays 2pm - 3pm  
Wednesdays 12pm - 1pm  
Thursdays 2pm - 3pm  
Fridays 12pm - 1pm

This program is for the intermediate level swimmer progressing from the Learn to Swim Level 1. Here 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.
### Learn to Swim - Level 3 (Advanced)
- Mondays 1pm - 2pm
- Tuesdays 2pm - 3pm
- Thursdays 2pm - 3pm

This program will help 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.

### 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 $30 for 9 weeks.

### Deep Water Orientation
**Monday, October 21st**  
**1pm - 2pm**

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.

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**WANT TO COME SWIMMING, BUT NOT SURE WHAT TO WEAR?**

Here are some examples of clothing you can wear while in the pool:
The 41-foot climbing wall at TPASC is one of the highest in the region and features a variety of routes to accommodate all levels of experience. With the routes changing monthly, there is always a new challenge. Registered U of T students and faculty & staff with a TPASC membership can take part in the following programs.

**Payment for Drop-in & Learn to Climb is required prior to the start of the session.**

**Drop-In Climb**
Come individually or with a friend to practice your climbing techniques. The Learn to Climb or Skill Building Series courses are a prerequisite. Participants must successfully be able to show the supervisor a belay test and understand the safety guidelines prior to climbing.
- Mondays, Wednesdays & Fridays: 4pm - 10pm
- Saturdays & Sundays: 12pm - 4pm *(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: 4pm - 10pm
- Saturdays & Sundays: 12pm - 4pm *(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 week of September 23rd): Tuesdays 6pm - 7:30pm or Thursdays 6pm - 7:30pm
**Session 2** (starting week of November 4th): Tuesdays 6pm - 7:30pm or Thursdays 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.

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

UPCOMING ADVENTURES

Niagara Falls
Sat Sept 28
Travel by bus to the famous Niagara Falls. Students will explore the exciting area and view the spectacular waterfalls.

Horseback Riding
Thurs Oct 17
Take a break on your reading week to come horseback riding with us. There will also be a wagon ride, bonfire and recreational activities. Lunch included.

Hiking @ Rouge National Urban Park
Fri Nov 1st
Visit this local National Park and our guides will take you through the trails to enjoy the beautiful Fall colours.

UTSC on Ice @ Harbourfront Natural Outdoor Rink
Thurs Dec 5th
Take a study break by joining us for a skate at Harbourfront Natural Outdoor Rink. Hot chocolate included. Assistance provided for new skaters. Skate rentals available.
The MoveU Crew is a peer educator group, run by students at UTSC. We aim to encourage and educate students about the benefits of being active and practicing healthy habits. Join us at these upcoming free events this fall:

- Welcome Day
- Athletics Open House
- Amazing Race
- Mental Health Understood Fair
- Chopped Up
- Party in the Right Spirit Fair

Visit our website to sign-up for our monthly newsletter, meet our crew members, and how to get involved with us: uoft.me/MoveUTSC
Explore the Valley trails with us!
Join our student leaders for complimentary group walks or runs. We meet weekly on the HW patio at the entrance to the path. All fitness levels are welcome and we will travel at your pace. We are an inclusive program that can be adapted for multiple skill levels and abilities. Open to UTSC students, staff and faculty, no registration required.

Join us in the Fall 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.

LEARN TO RUN INSTRUCTIONAL PROGRAM

Mondays at 12pm - 1pm – Registration required
Join our leaders for a 9-week, 5km program. Participants will meet weekly at the SVV entrance for this group session outdoors in the valley trails. Ideal for beginners that want to gradually integrate walk to run intervals or for intermediate runners trying to improve their times. Additional information will be provided on:

- 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! Registration fee of $30 includes entry to a local run at the end of the program. Join us on Mondays starting September 23rd.

facebook /UTSCSneakerSquad
Instagram @UTSCSneaker
Twitter @UTSCSneaker
email utscsneakersquad@gmail.com
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

TUESDAYS AND THURSDAYS

11AM - 3PM

VARIOUS LOCATIONS ON CAMPUS

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

PRIZES • GIVEAWAYS • INFORMATION • + MORE!
STAFF

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Assistant Dean
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Mohsin Bukhari
Manager
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Claudia Louis
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Ramona Seupersad
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Gaby Zhou
Program Ambassador
gaby.zhou@utoronto.ca

Cornell Jones
Marketing & Communications Assistant
cornell.jones@utoronto.ca
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