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 (UTSC). We are so excited to welcome students back on campus! There are many exciting events and programs happening this year. The Toronto Pan Am Sports Centre (TPASC) and UTSC’s outdoor facilities offer programming for all students, regardless of your skill level or ability. You will be part of a community, build relationships and support your personal mental health and wellness. We encourage you to get involved and prioritize physical activity - an important contributor to your wellness.

There are a wide range of Intramural, Interhouse, Registered Programs, Drop-In Programming, including Women’s Only sessions in both the Fitness Centre and Pool. Students have access to the Fitness Centre, the Indoor Walking Track, the Olympic sized pool and the Rock Climbing Wall. You can participate in exciting outdoor trips such as white water rafting, sunset paddleboarding, hiking the Niagara escarpment, where you can make friends, create memories and have an experience of a lifetime.

Knowledgeable Sport & Recreation Staff are here to help you find a program that meets your needs. We hope that you will be able to find a program that will spark your interest in this guide.

We look forward to seeing you!

Sheila John
Assistant Dean

Lyndsay Ezard
Director

CONNECT WITH US

Toronto Pan Am Sports Centre
875 Morningside Avenue,
Toronto, ON M1C 0C7

416 - 283 - 3211

athletics.utsc@utoronto.ca

utsc.utoronto.ca/athletics

TABLE OF CONTENTS

1  Toronto Pan Am Sports Centre
2  Group Fitness
3  Tri-Campus Intramurals
5  Interhouse
7  Women’s Programming
9  How to Register
10  Registered Programs
15  Aquatics
17  Climbing Wall
18  Outdoor Recreation
19  MoveU
20  Have a Question

CONNECT WITH US

/UTSCathletics
@UTSC_Athletics
@UTSC_Athletics
Athletics and Recreation at UTSC
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 | 6 a.m. - 11 p.m.
Holiday Hours | 8 a.m. - 4 p.m.
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 laurie.wright@utoronto.ca if you have any questions.

Note: classes are subject to change, please refer to our website for updates.

**2022 FALL GROUP FITNESS SCHEDULE**

Valid between: Sept 19 - Dec 18

<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 - Cindy 8:10 - 9 Track</td>
<td>CYCLING - Cindy 8:10 - 9 Track</td>
<td>CYCLING - Cindy 8:10 - 9 Track</td>
<td>MINDFUL YOGA - Mary 8:10 - 9 Studio 2/3</td>
<td>CYCLING - Bella 8:30 - 9:20 Studio 2/3</td>
<td></td>
</tr>
<tr>
<td>8am - 9am</td>
<td>AQUAFIT - Susan 9:30 - 10:20 Training Pool</td>
<td>TOTAL BODY - Cindy 9:10 - 10 Studio 2/3</td>
<td>AQUA CORE - Kirill 9:30 - 10:20 Training Pool</td>
<td>AQUA POWER - Kirill 9:30 - 10:20 Training Pool</td>
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</tr>
<tr>
<td>9am - 10am</td>
<td>HATHA YOGA - Christine 10:10 - 11 Studio 2/3</td>
<td>HATHA YOGA - Sofia 10:10 - 11 Studio 2/3</td>
<td>BETTER BONES - Tiffany 10:30 - 11:30 Studio 2/3</td>
<td>PILATES - Sofia 10:30 - 11 Studio 2/3</td>
<td>TOTAL CORE - Hristos 10:30 - 11:30 Fitness Centre</td>
<td></td>
</tr>
<tr>
<td>10am - 11am</td>
<td>SYNRGY - Hristos 11:10 - 12 Fitness Centre</td>
<td>PILATES - Sofia 11:10 - 12 Studio 2/3</td>
<td>ZUMBA - Tiffany 11:30 - 12:20 Studio 2/3</td>
<td>HATHA YOGA - Sofia 11:30 - 12 Studio 2/3</td>
<td>TOTAL BODY - Hasnain 11:30 - 12 Studio 2/3</td>
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<tr>
<td>11am - 12pm</td>
<td>SHALLOW AQUAFIT - Susan 11:30 - 12:20 Training Pool</td>
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<td>HATHA YOGA - Kirthana 11:30 - 12 Studio 2/3</td>
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</tbody>
</table>
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
<table>
<thead>
<tr>
<th>SPORT</th>
<th>TRYOUT DATES &amp; TIMES</th>
<th>LOCATION</th>
<th>LEAGUE GAMES</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball</strong></td>
<td><strong>WOMEN</strong></td>
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<tr>
<td></td>
<td>Wed Sept 7 • 6pm - 8pm</td>
<td>TPASC Gym 2</td>
<td>Tri-Campus - Sundays Div. 2 - Thursdays</td>
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<td>Mon Sept 12 • 8pm - 10pm</td>
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<td>Wed Sept 14 • 6pm - 8pm</td>
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<td>Wed Sept 7 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
<td>Tri-Campus - Sundays Div. 2 - Thursdays</td>
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<td>Mon Sept 12 • 6pm - 8pm</td>
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<td>Wed Sept 14 • 8pm - 10pm</td>
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<tr>
<td></td>
<td>Mon Sept 19 • 6pm - 8pm</td>
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<tr>
<td><strong>Ice Hockey</strong></td>
<td><strong>WOMEN</strong></td>
<td></td>
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<tr>
<td></td>
<td>Wed Sept 14 • 10pm - 11pm</td>
<td>Scarborough Village Arena</td>
<td>Sundays</td>
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<td></td>
<td>Wed Sept 21 • 10pm - 11pm</td>
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<td></td>
<td>Wed Sept 28 • 10pm - 11pm</td>
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<tr>
<td></td>
<td><strong>MEN'S</strong></td>
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<tr>
<td></td>
<td>Tues Sept 13 • 7pm - 9pm</td>
<td>Scarborough Village Arena</td>
<td>Various Nights</td>
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<td></td>
<td>Sun Sept 18 • 6pm - 8pm</td>
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<td></td>
<td>Tues Sept 20 • 9pm - 11pm</td>
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<td></td>
<td>Sun Sept 25 • 6pm - 8pm</td>
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<tr>
<td><strong>Outdoor Soccer</strong></td>
<td><strong>WOMEN</strong></td>
<td>Valley Fields</td>
<td>Tri-Campus - Sundays Div. 2 - Saturdays</td>
</tr>
<tr>
<td></td>
<td>Wed Sept 7 • 5:30pm - 7:30pm</td>
<td>TPASC Fields</td>
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<td></td>
<td>Sun Sept 11 • 12:00pm - 2:00pm</td>
<td>Valley Fields</td>
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<td>Wed Sept 14 • 5:30pm - 7:30pm</td>
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<td><strong>MEN'S</strong></td>
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<td></td>
<td>Tues Sept 6 • 5:30pm - 7:30pm</td>
<td>Valley Fields</td>
<td>Tri-Campus - Sundays Div. 1 &amp; 2 - Saturdays</td>
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<td></td>
<td>Thurs Sept 8 • 5:30pm - 7:30pm</td>
<td>TPASC Fields</td>
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<td>Sun Sept 11 • 2:00pm - 4:00pm</td>
<td>Valley Fields</td>
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<td></td>
<td>Tues Sept 13 • 5:30pm - 7:30pm</td>
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</tr>
<tr>
<td><strong>Volleyball</strong></td>
<td><strong>WOMEN'S</strong></td>
<td>TPASC Gym 1/2</td>
<td>D-League - Sundays Div. 2 - Tuesdays</td>
</tr>
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<td></td>
<td>Thurs Sept 8 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
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<td>Tues Sept 13 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
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<td>Thurs Sept 15 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
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<td></td>
<td>Tues Sept 20 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
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<td></td>
<td><strong>MEN'S</strong></td>
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<td></td>
<td>Thurs Sept 8 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
<td>Tri-Campus - Sundays Div. 2 - Thursdays</td>
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<td></td>
<td>Tues Sept 13 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
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<td>Thurs Sept 15 • 6pm - 8pm</td>
<td>TPASC Gym 1/2</td>
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<tr>
<td></td>
<td>Tues Sept 20 • 8pm - 10pm</td>
<td>TPASC Gym 1/2</td>
<td></td>
</tr>
<tr>
<td><strong>Ultimate Frisbee</strong></td>
<td><strong>COLD</strong></td>
<td></td>
<td>Div. 1 &amp; 2 - Saturdays</td>
</tr>
<tr>
<td></td>
<td>Wed Sept 7 • 5:30pm - 7:30pm</td>
<td>Valley Fields</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sat Sept 10 • 12pm - 2pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wed Sept 14 • 5:30pm - 7:30pm</td>
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</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!"
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: $30 + 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 19th, 2022

Mandatory Captains’ Meeting: Thursday September 22nd, 2022 @ 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 2022: INTERHOUSE CALENDAR

**www.utsc.utoronto.ca/athletics/interhouse | 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>5 players</td>
<td>$30 per team</td>
<td>September 26- November 14</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>5 on 5 Indoor Co-ed Ultimate Frisbee</td>
<td>Recreational Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 26- November 14</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Indoor Soccer</td>
<td>Recreational Competitive</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 27- November 15</td>
<td>Tuesday 4 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Co-ed Indoor Cricket</td>
<td>Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>September 28- November 16</td>
<td>Wednesday 4 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Open</td>
<td>6 players</td>
<td>$30 per team</td>
<td>September 28- November 16</td>
<td>Wednesday 7 - 10pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Volleyball</td>
<td>Recreational Intermediate</td>
<td>6 players</td>
<td>$30 per team</td>
<td>September 29- November 17</td>
<td>Thursday 4 - 8pm</td>
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</tbody>
</table>

### FALL INTERHOUSE SPORTS LEAGUES

Interhouse leagues offer unique opportunities to have fun, be active, and make friends on campus.
**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: ramona.seupersad@utoronto.ca

**AQUATIC PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn to Swim (registered program)</td>
<td>Thursdays 3:30pm - 4:20pm</td>
<td>Training Pool</td>
</tr>
<tr>
<td>UTSC Rec Swim (drop-in)</td>
<td>Thursdays 3:30pm - 4:30pm</td>
<td>Training Pool</td>
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</tbody>
</table>

**REGISTERED PROGRAMS**

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Empow(HER)ment</td>
<td>Monthly Events</td>
<td>Training Pool</td>
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<tr>
<td>Series Workshops</td>
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</tbody>
</table>

**DROP-IN PROGRAMS**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Basketball, Cricket and Soccer</td>
<td>Schedule Varies</td>
<td>Gymnasium</td>
</tr>
</tbody>
</table>
UPCOMING EVENTS

Fitness Talk 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 self-identifying women, trans and non-binary individuals. Please bring your lunch; light refreshments will be provided. Register for this session at recreation.utoronto.ca

Other Social Events to look out for

- SheMoves Event
- Mini workouts during Women’s Fitness Centre hours
- Empow(HER) podcast

For more information please contact Ramona at ramona.seupersad@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 19th - 23rd. No pre-registration is required.

*Only applies to Dance and Martial Arts classes
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 6th at 8:00am
Classes begin the week of September 26th
No classes during Reading Week:
October 10th - 14th.

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

DANCE

Afrobeats and Caribbean Dance

Wednesdays 7:10pm - 8pm

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.

Ballet

Tuesdays 7:10pm - 8pm

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.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hip Hop</strong></td>
<td>Learn the basics of this urban dance that fuses a variety of dance styles.</td>
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<tr>
<td>Thursdays 7:10pm - 8pm</td>
<td>Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.</td>
</tr>
<tr>
<td><strong>Jazz Dance</strong></td>
<td>Jazz dance combines techniques of many styles including ballet, lyrical, and modern dancing.</td>
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<tr>
<td>Tuesdays 8:10pm - 9pm</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Latin Dance</strong></td>
<td>This beginner to intermediate level class will take you beyond Latin dance basics.</td>
</tr>
<tr>
<td>Mondays 7:10pm - 8pm</td>
<td>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.</td>
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</table>
### MARTIAL ARTS & FITNESS CONDITIONING

<table>
<thead>
<tr>
<th>Class</th>
<th>Schedule</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fitness Kickboxing</td>
<td>Wednesdays 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>
</tr>
<tr>
<td>Karate</td>
<td>Mondays 5:30pm - 7pm</td>
<td>Self-defense techniques are learned through reflex development, timing, hand-eye coordination, and balance. Participants may progress through belt levels. A uniform may be purchased through the instructor after the first class.</td>
</tr>
<tr>
<td>MMA Conditioning</td>
<td>Mondays 8:10pm - 9:30pm</td>
<td>MMA Conditioning is a 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. Handwraps can be purchased for an additional $5.</td>
</tr>
<tr>
<td>Muay Thai</td>
<td>Tuesdays 4:30pm - 6pm</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. Handwraps can be purchased for an additional $5.</td>
</tr>
</tbody>
</table>

### GETTING STARTED WITH FITNESS

<table>
<thead>
<tr>
<th>Class</th>
<th>Schedule</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro to Weights</td>
<td>Tuesdays 5:10pm - 6pm</td>
<td>Learn the basics of resistance 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.</td>
</tr>
</tbody>
</table>
## TARGET AND RACQUET SPORTS

**Archery**  
Mondays 2:30pm - 4:00pm  
Fridays 4:30pm - 6:00pm  

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**  

All lessons will take place at the UTSC Tennis Centre, located in the lower campus Valley, starting the week of September 13th. Choose from one of the options below. There is a registration fee of $15 for the 4 week session. A racquet and balls will be provided.

| Beginner |  
| --- | --- |  
| Tuesdays 3pm - 4pm  
Tuesdays 4pm - 5pm  
Tuesdays 5pm - 6pm  
Thursdays 3pm - 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 |  
| --- | --- |  
| Thursdays 4pm - 5pm  
Thursdays 5pm - 6pm | Learn to combine stroke shifts, game play, and strategy. Continue to improve your tennis skills at an intermediate level. |
LEARN TO PLAY

Our Learn to Play 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 8 week session.

**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.

Come to the pool to mix up your workout routine. Swimming is a great way to improve your cardio and muscular strength. During these UTSC drop-in times you can practice your swimming or do some aqua conditioning exercises. 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 Rec Swim
Mondays 1pm - 2pm
7:30pm - 9pm
Tuesdays 9:30am - 11:15am (Women Only)
1pm - 3pm
8pm - 9:30pm
Wednesdays 12pm - 1pm
Thursdays 2:30pm - 4:30pm (Women Only)
Fridays 12pm - 1:30pm

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.
REGISTERED PROGRAMS

Registration and Session Dates
Registration opens on Tuesday, September 6th at 8:00am
Classes begin the week of September 19th (session 1) and October 31 (session 2)
Registration Fee: $28 for 4 week session (excluding HST)

Learn to Swim
(Beginner/Intermediate)
Mondays 1pm - 1:50pm
7:30pm - 8:20pm
Tuesdays 1pm - 1:50pm
8pm - 8:50pm
Wednesdays 12pm - 12:50pm
Thursdays 2:30pm - 3:20pm (Women Only)
3:30pm - 4:20pm (Women Only)
Fridays 12pm - 12:50pm

This program is geared to all levels of swimmers from beginner to intermediate. The swim instructor will provide support and guidance for participants, whether it's to feel comfortable and learn to be confident in water, to improve your stroke mechanics or learn a new water skill. The program emphasizes progressions to help participants to successfully achieve their swimming goals.

Private & Semi-Private Swim Lessons

Available to UTSC students, staff and faculty that have a current membership. Times depends on availability of the pool and swim instructor. Please contact Ramona at ramona.seupersad@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:
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. **Drop-in Fee: $2 per person/drop-in**
- Mondays, Wednesdays & Fridays: 4pm - 10pm, starting on the hour

### Learn to Climb
A certified instructor will take you through a 1.5 hour course on how to safely climb and belay with basic techniques. All equipment and shoes will be provided. Wear comfortable athletic clothing. **Course Fee: $2 plus HST per person/session**
- Mondays, Wednesdays & Fridays: 4pm - 5:30pm or 6pm - 7:30pm

### 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 September 22nd): Thursdays 6pm - 7:30pm
- Session 2 (starting November 3rd): 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 laurie.wright@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. Space is limited.

UPCOMING ADVENTURES

Sunset Paddleboarding
Fri Sept 16

Glide on top of the water on a stand up paddleboard while watching the sunset. Our staff will guide you through the calm and scenic river. All equipment provided.

Niagara Falls
Sat Oct 1

Travel by bus to the iconic Niagara Falls area. The adventure begins with a thrilling hike along the river followed by free time to explore the falls and Clifton Hill.

Horseback Riding
Thurs Oct 13

Experience the sensation of horseback riding through farm trails. Enjoy a tractor driven wagon ride and interact with the horses.

UTSC on Ice
Tues Dec 20

Celebrate the holiday season by joining us to skate under the lights on an outdoor rink in downtown Toronto. Assistance provided for new skaters. Skate rentals available.
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. Join us at these upcoming free events this fall:

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

Visit our website to meet our crew members, and how to get involved with us: uoft.me/MoveUTSC
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!