WINTER 2023
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 2023! We are excited to offer a full term of in-person winter programming and events! With the new year comes the opportunity for a fresh mindset, a time to set new goals related to your physical health and wellness.

We have a wide range of physical activity, sport and wellness related activities that you can get involved in. If you are just starting out your fitness journey and new to the Toronto Pan Am Sports Centre (TPASC), we offer free Fitness & Lifestyle Consultations. For those who are new to sport but want to get involved, we offer Learn to Play programs for basketball, volleyball, martial arts, swimming and more. We recommend you take advantage of our free trial week for registered classes which includes dance and martial arts to see if something peaks your interest. If being outdoors is your jam, check out our Outdoor Rec Winter programming where you can participate in skiing, snowboarding, snowshoeing and skating.

Our knowledgeable staff within Athletics & Recreation are available to assist to help you make informed decisions related to the goals you have set. Come by TPASC to meet the Athletics & Recreation team and try something new. We hope you have an amazing year ahead!

Lyndsay Ezard
Director

Sheila John
Assistant Dean
TORONTO PAN AM SPORTS CENTRE

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

- 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.
GROUP
FITNESS

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.

2023 WINTER GROUP FITNESS SCHEDULE
Valid between: Jan 2 - Mar 19

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<td>10am - 11am</td>
<td>HATHA YOGA - Christine</td>
<td>HATHA YOGA - Sofia</td>
<td>BETTER BONES - Tiffany</td>
<td>PIATES - Sofia</td>
<td>TOTAL CORE - Hristos</td>
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<td>TOTAL BODY - Lynda</td>
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LEGEND
Class types:
- Aquatics
- Cardio Class
- Fitness Centre—Resistance Training
- Resistance Training Class
- Yoga/Pilates
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.
## WINTER 2023 TRI-CAMPUS INTRAMURAL TRYOUTS

<table>
<thead>
<tr>
<th>SPORT</th>
<th>TRYOUT DATES &amp; TIMES</th>
<th>LOCATION</th>
<th>LEAGUE GAMES</th>
</tr>
</thead>
</table>
| Basketball   | **WOMEN**
               - Tues Jan 10 • 8pm - 10pm
               - Thurs Jan 12 • 6pm - 8pm
               **MEN**
               - Thurs Jan 12 • 8pm - 10pm
               - Thurs Jan 19 • 8pm - 10pm | TPASC Gym                    | Tri Campus - Sundays Div. 1 - Thursdays |
| Field Hockey | **WOMEN**
               - Mon Jan 9 • 6:30pm - 8pm
               - Wed Jan 11 • 6:30pm - 8pm | TPASC Gym                    | Mondays                        |
| Ice Hockey   | **WOMEN**
               - Wed Jan 11 • 10pm - 11pm
               - Wed Jan 18 • 10pm - 11pm | Scarborough Village
               3600 Kingston Road, Scarborough | Sundays                        |
|              | **MEN**
               - Tues Jan 10 • 9pm - 10pm
               - Tues Jan 17 • 9pm - 10pm |                              | Thursdays                      |
| Indoor Soccer| **WOMEN**
               - Wed Jan 4 • 8pm - 10pm
               - Wed Jan 11 • 8pm - 10pm
               - Sun Jan 15 • 6pm - 8pm | Metro Golf Dome
               Metro Golf Dome
               TPASC Gym                  | Tri Campus - Sundays Div. 2 - Tuesdays |
|              | **MEN**
               - Wed Jan 4 • 10pm - 12am
               - Fri Jan 6 • 6pm - 8pm
               - Tue Jan 10 • 6pm - 8pm
               - Wed Jan 11 • 10pm - 12am
               - Tues Jan 17 • 6pm - 8pm | Metro Golf Dome
               Metro Golf Dome
               Metro Golf Dome
               Metro Golf Dome
               TPASC Gym                  | Tri Campus - Sundays Div. 1 & 2 - Saturdays |
| Lacrosse     | **WOMEN**
               - Mon Jan 9 • 8pm - 9:30pm
               - Wed Jan 11 • 8pm - 9:30pm | TPASC Gym                    | Wednesdays                     |
| Ultimate Frisbee | **COED**
               - Mon Jan 9 • 7pm - 9pm
               - Mon Jan 16 • 7pm - 9pm | TPASC Gym                    | Div. 1 - Saturdays
               Div. 2 - Saturdays          |
| Volleyball   | **WOMEN**
               - Wed Jan 11 • 8pm - 10pm
               - Wed Jan 18 • 8pm - 10pm | TPASC Gym                    | Tri Campus - Sundays Div. 2 - Thursdays |
|              | **MEN**
               - Mon Jan 9 • 7pm - 9pm
               - Mon Jan 16 • 7pm - 9pm |                              |                              |

“Intramural sports are a great way to keep some balance in your life and de-stress when school starts to overwhelm you. Whether you have been playing forever or want to try something new there is an option for you. Getting involved with the athletics community on campus and playing on multiple hockey teams has been the best part of my experience at UTSC!”

Dana van Vliet

**REGISTRATION LINK FOR TRYOUTS**
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: Tuesday, January 24th, 2023
- Mandatory Captains’ Meeting (virtual): Thursday, January 26th, 2023 @6pm

**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. Tri Campus and Division 1 players are required to play in competitive divisions.
WINTER 2023: 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>
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<tbody>
<tr>
<td>5 on 5 Indoor Co-ed Ultimate Frisbee</td>
<td>Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>January 30 - March 13</td>
<td>Monday 5 - 8pm</td>
</tr>
<tr>
<td>3 on 3 Co-ed Ball Hockey</td>
<td>Open</td>
<td>5 players</td>
<td>$30 per team</td>
<td>January 30 - March 13</td>
<td>Monday 8 - 11pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Indoor Soccer</td>
<td>Recreational</td>
<td>8 players</td>
<td>$30 per team</td>
<td>January 31 - March 14</td>
<td>Tuesday 4 - 8pm</td>
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<td></td>
<td>Competitive</td>
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<tr>
<td>7 on 7 Co-ed Indoor Cricket</td>
<td>Open</td>
<td>8 players</td>
<td>$30 per team</td>
<td>February 1 - March 15</td>
<td>Wednesday 3 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Recreational</td>
<td>6 players</td>
<td>$30 per team</td>
<td>February 1 - March 15</td>
<td>Wednesday 6 - 11pm</td>
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<tr>
<td></td>
<td>Competitive</td>
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<tr>
<td>4 on 4 Co-ed Volleyball</td>
<td>Recreational Intermediate</td>
<td>6 players</td>
<td>$30 per team</td>
<td>February 2 - March 16</td>
<td>Thursday 4 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Women’s Basketball</td>
<td>Open</td>
<td>7 players</td>
<td>$30 per team</td>
<td>February 3 - March 17</td>
<td>Friday 3 - 6pm</td>
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WINTER 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 woman and gender non-conforming people**

Monday/Wednesday/Friday: 10am - 12pm  
Tuesday/Thursday: 1pm - 3pm  

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

**AQUATIC PROGRAMS**

<table>
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<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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| **Learn to Swim** (registered program) | Thursdays 2:30pm - 3:20pm  
Thursdays 3:30pm - 4:20pm   | Training Pool     |
| **UTSC Rec Swim** (drop-in)      | Tuesdays 9:30am - 11:15am  
Thursdays 2:30pm - 4:30pm  | Training Pool     |

**REGISTERED PROGRAMS**

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<thead>
<tr>
<th>Program</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Boxing</td>
<td>Thursdays 8:10pm - 9:30pm</td>
<td>Studio 2</td>
</tr>
<tr>
<td>Self-Defense</td>
<td>Tuesdays 5:10pm - 6:00pm</td>
<td>Studio 2</td>
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## UPCOMING EVENTS

<table>
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<tr>
<th>Event</th>
<th>Details</th>
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<tr>
<td><strong>Fitness Talk for Self-Identified Women</strong> <em>(Free!)</em></td>
<td>There will be an open discussion about proper nutrition and exercise, positive self-esteem, body-image, how to get started on 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. Open to all self-identifying women, trans and non-binary individuals. Register for this session at recreation.utoronto.ca. Please contact Ramona with any questions.</td>
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<tr>
<td><strong>Monday, January 16th</strong></td>
<td>5pm - 6pm</td>
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<tr>
<td><strong>VIP room (3rd floor) of the Toronto Pan Am Sports Centre</strong></td>
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</table>
| **Other social events to look out for** | - SheMoves Event  
- Empow(HER)ment Series  
- Mini workouts during Women's Fitness Centre hours |
| | Please contact Ramona at ramona.seupersad@utoronto.ca for more information. |
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 January 16th - 20th. Pre-registration is required.

*Only applies to Dance and Martial Arts classes
REGISTRYED PROGRAMS

REGISTRATION FEES

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

REGISTRATION AND SESSION DATES

Registration opens on:
Monday, January 2nd at 8am
Classes begin the week of January 23rd
No classes during Reading Week:
February 20th - 24th

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 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.

Dance Flava
Mondays 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.
**Hip Hop**  
Fridays 5:10pm - 6pm  
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**  
Tuesdays 8:10pm - 9pm  
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**  
Thursdays 7:10pm - 8pm  
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.
<table>
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<tr>
<th>MARTIAL ARTS &amp; FITNESS CONDITIONING</th>
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<tr>
<td><strong>Karate</strong></td>
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<td>Mondays 5:30pm - 7pm</td>
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<tr>
<td>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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| **Kickboxing**                       |
| Wednesdays 5:30pm - 7pm              |
| 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. |

| **MMA Conditioning**                 |
| Mondays 8:10pm - 9:30pm              |
| 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. |

| **Muay Thai**                        |
| Tuesdays 4:30pm - 6pm                |
| 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. |

| **Women's Boxing**                   |
| Thursdays 8:10pm - 9:30pm            |
| NEW Come build a sense of community, make friends, improve your fitness and build confidence as you get trained by Boxing Ontario athlete, Heather Alonzo. All women and self-identified women are welcome. Please wear comfortable clothing and indoor running shoes. |

| **Women's Self Defense**             |
| Tuesdays 5:10pm - 6pm                |
| NEW This self-defense course is designed for self-identified women in the UTSC community. Participants will learn strikes, how to break holds and how to use their voice. Participants will develop confidence in their ability to keep themselves safe. |
**TARGET AND RACQUET SPORTS**

**Archery**  
Mondays 2:30pm - 4pm  
Tuesdays 11:30am - 1pm  
Fridays 4:30pm - 6pm

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.

**Boccia Ball**  
(Adaptive Sport)  
Thursdays 4:30pm - 5:30pm

Join our FREE recreational Boccia weekly sessions. We will be offering skills to learn the game as well as fun games each week where we will keep standings. This game is similar to curling or lawn bowling because it is a sport of accuracy and control. It can be played from a seated or standing position and the ball can be thrown, kicked or dropped through an assisted ramp. No experience necessary and all equipment will be provided.

**GETTING STARTED WITH FITNESS**

**Intro to Weights**  
Wednesdays 1:10pm - 2pm

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.
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.
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.

### 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

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 Swim Club
- **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 Monday, January 2nd at 8:00am
Classes begin the week of January 23rd
No classes during Reading Week: February 20th - 24th
Registration Fee: $68 for 8 week session (excluding HST)

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

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:
CLIMBING WALL

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. Classes start on the hour.
- Mondays, Wednesdays & Fridays: 4pm - 10pm
- Saturdays 12pm - 3pm and Sundays 12pm - 4pm

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 January 17th): Tuesdays 6pm - 7:30pm
- Session 2 (starting February 28th): Tuesdays 6pm - 7:30pm
OUTDOOR RECREATION

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

All fitness levels are welcome; we can accommodate most accessible needs. Please contact Laurie Wright at 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

Ski & Snowboard Trips @ Lakeridge Resort
Friday, February 3rd
Friday, March 3rd

Hit the slopes on a Friday evening this winter at Lakeridge Resort. Choose between skiing or snowboarding. Transportation, lift ticket, 1 hour lesson and snacks included. Rentals for ski or snowboard packages available for an additional charge.

Skiing, Snowshoeing & Skating @ Arrowhead Provincial Park
Wednesday, February 22nd

Enjoy winter activities at Arrowhead Provincial Park while taking in the beautiful snowy scenery. Participate in cross-country skiing, skating on an ice trail or snowshoeing along scenic lake trails. Staff will provide you with an orientation and guide you through activities. Transportation, snacks and pizza dinner included.
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 winter:

- Professors vs. Students Olympics - January 25, 6-10pm
- Carnival - February 14, 11am - 2pm
- Monthly Workshops

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

WE’RE SOCIAL! FOLLOW US:

[facebook] /MoveUofT
[instagram] @moveUTSC
[Email] moveutsc@gmail.com

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

Looking to play a sport but can’t commit to the full season? Our one day tournaments may be the answer, with a variety of classic and niche sports to choose from there is something for everyone. Tournaments are free of charge to all students, sign up on IM Leagues to confirm your spot in our tournaments today, all skill levels are welcome!

For more information, please contact Charles Dumrique, charles.dumrique@utoronto.ca

WINTER TOURNAMENTS

- Cricket – Wednesday, January 18, 4 - 8pm
- Ultimate Frisbee– Monday, January 23, 6 - 10pm
- Table Tennis – February TBD

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 three ways:
  - Create a team (for team captains)
  - Join a team (for teammates)
  - Join as a Free Agent
HAVE A QUESTION?

VISIT OUR OUTREACH TABLE ON CAMPUS!

TUESDAYS AND THURSDAYS
10AM - 3PM
BV HALLWAY

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

PRIZES • GIVEAWAYS • INFORMATION • + MORE!
STAFF

Sheila John
Assistant Dean
sheilaj.john@utoronto.ca

Lyndsay Ezard
Director
lyndsay.ezard@utoronto.ca

Claudia Louis
Business Officer
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Monica Khoshaien
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Ron Crozier
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Charles Dumrique
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Candice Pope
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Laurie Wright
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Ramona Seupersad
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Nicole Garcia
Program Ambassador
nicoleescanes.garcia@utoronto.ca

Cornell Jones
Marketing & Communications Officer
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