Summer of 2023 is here! With the warmer weather upon us, there is plenty to do for you to stay active at UTSC this summer. Our diverse programs have something for everyone!

We are pleased to offer a variety of different programs and activity options to help you not only reach your fitness needs but also to build community and support your personal mental health and wellness. If you are unsure about where to start and how to get involved, we offer complimentary Student Fitness Consultations to help align your interests with the programs we offer.

Our outdoor recreation trips this summer will include; hiking, outdoor rock climbing, treetop trekking, stand up paddle boarding and our popular white-water rafting trip to Ottawa. Other summer programming will include our social events, instruction classes, and many drop-in activities. You can also come play at our Tennis Facilities (with a membership) in the picturesque valley; tennis lessons are also available for those that are new to the sport or interested in improving your game.

Physical activity is essential for our mental health. If you are feeling overwhelmed or lonely, we are here to support you. If you need to speak to someone, the UTSC Health & Wellness Centre has trained counselling staff available Monday to Friday.

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

Lyndsay Ezard
Director
Sheila John
Assistant Dean
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.

- 1 Universal change room with 30 private stalls
- 6 single user, accessible washrooms
- 2 single user (gendered) change rooms with showers
- Training pool has movable floor and portable chair lifts
- Accessible fitness equipment
- Child minding available

**HOURS**

7 days a week | 5 a.m. - 12 a.m.
Holiday Hours | 8 a.m. - 4 p.m.

**You are not allowed to share your TCard with others to allow them to access the facility. Any student found violating this policy will have their facility access suspended indefinitely.**
WOMEN'S PROGRAMMING

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

Fitness Centre hours for Self-Identified Women
Monday/Wednesday/Friday: 10am - 12pm
Tuesday/Thursday: 1pm - 3pm

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

AQUATIC PROGRAMS
Learn to Swim (registered program)
- Thursdays 2:30pm - 3:20pm Training Pool
- Thursdays 3:30pm - 4:20pm
- Mondays 1:30pm - 2:20pm

UTSC Rec Swim (drop-in)
- Thursdays 2:30pm - 4:30pm
- Mondays 1:00pm - 2:30pm Training Pool

REGISTERED PROGRAMS
Women's Self-Defense
Tuesdays 5:10pm - 6:00pm Studio 2

Women's Boxing
Wednesdays 5:30pm - 7:00pm Studio 1

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 SPRING GROUP FITNESS SCHEDULE
Valid between: April 1 - June 23, 2023

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>7am - 8am</td>
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<td>9am - 10am</td>
<td>AQUAFIT - Lena 9:30 - 10:20 Training Pool</td>
<td>HATHA YOGA - Kirthana 9:10 - 10:00 Studio 2</td>
<td>HATHA YOGA - Mary 9:10 - 10:00 Studio 1</td>
<td>AQUAFIT - Lena 9:30 - 10:20 Training Pool</td>
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<tr>
<td>10am - 11am</td>
<td>HATHA YOGA - Sofia 10:10 - 11:00 Studio 2</td>
<td>TAI CHI - Linda 10:10 - 11:00 Studio 1</td>
<td>TAI CHI - Mary 9:30 - 10:00 Studio 1</td>
<td>HATHA YOGA - Mary 10:10 - 11:00 Studio 1</td>
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<td>11am - 12pm</td>
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<tr>
<td>6pm - 7pm</td>
<td>ZUMBA - Shantel 6:10 - 7:00 Studio 2</td>
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<td>7pm - 8pm</td>
<td>TOTAL BODY - Cindy 7:10 - 8:00 Studio 1</td>
<td>CYCLING - Cindy 7:00 - 8:00 Track</td>
<td>CYCLING - Cindy 7:00 - 8:00 Track</td>
<td>TOTAL BODY - Cindy 7:10 - 8:00 Studio 1</td>
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<td>8pm - 9pm</td>
<td>HATHA YOGA - Sofia 8:10 - 9:00 Studio 2</td>
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<tr>
<td>9pm - 10pm</td>
<td>HATHA YOGA - Christine 9:10 - 10:00 Studio 2</td>
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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”
- UoT Students, Staff and Faculty can login using their UTORid
- Navigate the programs and proceed through the checkout process

**REGISTER IN-PERSON**
- Visit the registration desk at the Toronto Pan Am Sports Centre
- Bring your TCard
- Know the name, day and time of the program you would like to register for

**GET ACTIVE OUTDOORS THIS SUMMER.**
Register for a tennis lesson or join the Outdoor Recreation team for a new adventure.

**REGISTRATION FEES**
- 4 x 1 hour class $15
- 4 x 1.5 hour classes $20 (excluding HST for all)

**REGISTRATION AND SESSION DATES**
Registration opens on:
- Monday, May 1 at 8:00am
- Classes begin the week of May 23rd (session 1) and July 4 (session 2).

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 6:10pm - 7pm (session 1)
  - Wednesdays 5:10pm - 6pm (session 2)

  A classical dance form demanding grace and control through intricate patterns that create expression through movement. Participants will learn the basic fundamentals in a progressive nature. Ballet or light dance shoes required.

- **Hip Hop**
  - Mondays 5:10pm - 6pm (session 1)
  - Mondays 7:10pm - 8pm (session 2)

  Learn the basics of this urban dance style that fuses a variety of dance styles. Participants will learn spins, turns, body waves, locks, pops, and isolations all to the latest Hip Hop music.
Jazz
Tuesdays 7:10pm - 8pm (session 1)
Wednesdays 6:10pm - 7pm (session 2)
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
Wednesdays 6:10pm - 7pm (session 1)
Tuesdays 7:10pm - 8pm (session 2)
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.

MIND, BODY & NUTRITION
Intro to Weights
Tuesdays 3:10pm - 4pm (session 2)
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.

TARGET SPORTS
Archery
Tuesdays 11:30am - 1:00pm (sess 1)
Thursdays 11:30am - 1:00pm (sess 1)
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 3:10pm - 4:00pm (session 1)
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.

MARTIAL ARTS & FITNESS CONDITIONING
Brazilian Jui Jitsu  NEW
Wednesdays 4:30pm - 6pm (sess 1)
Learn this combat martial art without striking and instead by using a combination of dynamic leverage and explosive movements. Increase your strength and cardio through learning skills in grappling, holds and groundwork.

Karate
Mondays 5:30pm - 7pm (sess 1&2)
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.

Kickboxing
Thursdays 6:30pm - 8pm (sess 1&2)
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 (sess 2)
MMA Conditioning is a mixed martial art cross-training regimen that will cover a broad spectrum of kicking, boxing, ground fighting, cardio drills, calisthenics, 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 (sess 1&2)
Learn practical, comprehensive martial art techniques for both fitness and self-defense while improving physical conditioning and mental discipline. All equipment is provided.

Women's Boxing
Wednesdays 5:30pm - 7pm (sess 1)
Fridays 5:30pm - 7pm (sess 2)
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 (sess 1&2)
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.
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. Transportation and snacks included for all excursions.

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 and registration details. Refunds available 5 business days prior to the trip, except for white water rafting.

### UPCOMING ADVENTURES

**Treetop Trekking**  
Friday, May 26th  
Participants will travel by bus up to Ganaraska Forest for a 3 hour treetop trekking adventure. It will involve a combination of ziplining and climbing through obstacle courses in a serene forest setting. There are beginner, intermediate and advanced courses available. All necessary equipment will be provided. No experience necessary.

**Farm Trip**  
Friday, June 16th  
We will get the full experience of a working farm. Interact and feed the farm animals, hike the forest trails, go on a wagon ride and strawberry picking. There will also be free time to roam the area and visit the fresh farm market.

**Outdoor Rock Climbing**  
Thursday, June 22nd  
We will travel to the spectacular Niagara Peninsula at Rattlesnake Point to climb up to 80 ft on some of the best rock in southern Ontario. There will be multiple levels accessible with experienced climb instructors. Climbers must have experience climbing indoors.

**Hiking & Paddling at Kelso**  
Thursday, June 22nd  
Join us at Kelso Park to hike the scenic forest trails with incredible lookout points. Enjoy the afternoon at the beach relaxing, exploring and trying out stand up paddleboarding on the reservoir.

**Stand up Paddleboarding & Kayaking**  
**TBD**

**Caving & Trekking at Scenic Caves**  
Friday, August 4th  
This adventurous hike will take you over southern Ontario’s longest suspension bridge, through a labyrinth of caves and crevices and through nature trails with a panoramic view of the surrounding blue mountains.

**White Water Rafting on the Ottawa River**  
Sun. August 27th – Wed., August 30th  
End your summer with a thrilling splash! We will spend 3 nights camping and 4 days at the beautiful Wilderness Tours Resort. You’ll have 2 days of adventure rafting and time to enjoy the resort activities.
AQUATICS

DROP-IN

UTSC Recreation Swim

Session 1 - May & June
- Mondays 1pm - 2pm and 7:30pm - 9pm
- Tuesdays 9:30am - 11:15am, 1pm - 3pm, and 8pm - 9:30pm
- Wednesdays 12pm - 1pm
- Thursdays 2:30pm - 4:30pm (WO)
- Fridays 12pm - 1:30pm

Session 2 - July & August
- Mondays 1:00pm - 2:30pm (WO), and 5pm - 7pm
- Tuesdays 5pm - 7pm
- Wednesdays 5pm - 7pm
- Thursdays 5pm - 7pm

Come to the pool to mix up your workout routine. Swimming is a great way to improve your cardio and muscular strength. It’s especially great for strengthening your core and lower back. Come during our UTSC drop-in swim times to practice your swimming, to float 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.

NEW: A wristband is required in order to attend UTSC exclusive lane swim times. Please show your TCard to the staff at the registration desk to receive a wristband. This wristband will need to be worn for the duration of your swim.

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

Here are some examples of clothing you can wear while in the pool:

REGISTERED PROGRAMS

Registration and Session Dates
Registration opens on Monday, May 1 at 8:00am
Classes begin the week of May 23 (session 1) and July 4 (session 2)
Registration Fee: $38 for 4 week session (excluding HST)

Learn to Swim (Beginner/Intermediate)

Session 1
- Mondays 1pm - 1:50pm, 7:30pm - 8:20pm
- Tuesdays 1pm - 1:50pm
- Wednesdays 12pm - 12:50pm
- Thursdays 2:30pm - 3:20pm (WO), and 3:30pm - 4:20pm (WO)

Session 2
- Mondays 1:30pm - 2:20pm (WO), 5pm - 6pm
- Wednesdays 6pm - 7pm
- Thursdays 5pm - 6pm

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.

Deep Water Orientation

June
- Tuesday, June 13 from 2pm - 3pm
- Tuesday, June 20 from 8pm - 9pm
- Monday, June 26 from 7:30pm - 8:30pm

July
- Wednesday, July 12 from 1pm - 2pm
- Thursday, July 20 from 1pm - 2pm

August
- Wednesday, August 9 from 1pm - 2pm
- Thursday, August 17 from 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.
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 Joint Plan 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 4pm - 8pm
- Wednesdays 4pm - 10pm (May/June) and 2pm - 8pm (July/August)
- Fridays 4pm - 10pm (May/June) and 2pm - 8pm (July/August)
- 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 beginner or intermediate climbers and will include how to use the equipment, belaying techniques, progressive climbing and time on the wall with a coach. Registration required in person or online at recreation.utoronto.ca.
Course fee: $10 plus HST / 5-week session
- Session 1 (starting May 23rd): Tuesdays 6pm - 7:30pm
- Session 2 (starting July 4th): Tuesdays 6pm - 7:30pm

TENNIS

Located in the lower campus Valley, the UTSC Tennis Centre consists of 8 outdoor courts. Courts are open from May 1st until early November. A membership is required in order to access the courts. Membership is FREE for registered UTSC students or staff/faculty with a Joint Plan membership. UTSC faculty, staff and non-registered students can purchase a membership which provides unlimited access to the courts.

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

**REGISTRATION FEES**
4 x 1 hour class - $20 (excluding HST)
- A tennis or student membership is required in order to participate in this program.

**REGISTRATION AND SESSION DATES**
Registration opens on:
Monday, May 1 at 8am
Classes begin the week of May 15th

**TENNIS**

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

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

Learn the basics: forehand, backhand, service and service return, along with the rules of the game. This course is for new players who want to try the game of tennis. A racquet and ball will be provided.

Learn to combine stroke shifts, game play and strategy. Continue to improve your tennis skills at an intermediate level. A racquet and ball will be provided.

**REGISTRATION AND SESSION DATES**
Registration opens on:
Monday, May 1 at 8am
Classes begin the week of May 15th

**TENNIS**

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

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

Learn the basics: forehand, backhand, service and service return, along with the rules of the game. This course is for new players who want to try the game of tennis. A racquet and ball will be provided.

Learn to combine stroke shifts, game play and strategy. Continue to improve your tennis skills at an intermediate level. A racquet and ball will be provided.
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: $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, May 23rd, 2023
- Mandatory Captains’ Meeting (virtual): Thursday, May 25th, 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.

SUMMER 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>7 on 7 Co-ed Outdoor Soccer</td>
<td>Recreational</td>
<td>10 players</td>
<td>$30* per team</td>
<td>May 30 - July 25</td>
<td>Tuesday 5 - 8pm</td>
</tr>
<tr>
<td>7 on 7 Co-ed Outdoor Cricket</td>
<td>Open</td>
<td>8 players</td>
<td>$30* per team</td>
<td>May 31 - July 26</td>
<td>Wednesday 5 - 8pm</td>
</tr>
<tr>
<td>5 on 5 Co-ed Basketball</td>
<td>Open</td>
<td>8 players</td>
<td>$30* per team</td>
<td>May 29 - July 31</td>
<td>Monday 6 - 11pm</td>
</tr>
<tr>
<td>4 on 4 Co-ed Volleyball</td>
<td>Recreational</td>
<td>6 players</td>
<td>$30* per team</td>
<td>May 28 - July 30</td>
<td>Sunday 8 - 10pm</td>
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*Note: Non-registered students will have to pay an additional $20 fee per league

SUMMER INTERHOUSE SPORTS LEAGUES

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

VISIT OUR OUTREACH TABLE ON CAMPUS!

VARIOUS TIMES AND LOCATIONS

FOLLOW US FOR MORE DETAILS:

@utsc_outreach

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

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

WE’RE SOCIAL! FOLLOW US:

/moveUofT @moveUTSC
moveutsc@gmail.com

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