

Get Physical On-Campus

Activities

Climb on the [Rock Climbing Wall](#)
Sign up for [Outdoor Recreation](#) Programs
Register for an [Archery](#) Class

Events

Play in a 1-day Tournament
Check out [SCAA](#) events
Attend [MoveU](#) events

Sports

Come to [Drop-In](#) Sports
Sign up for [Learn to Play](#) Programs
Join an [Interhouse](#) League
Join an [Intramural](#) Team

Swimming

Sign up for [Learn to Swim](#) Programs
Drop-In to [Aquatic Fitness](#)
Jump into [Leisure or Lane Swim](#)

Tennis

Register for [Tennis Lessons](#)
Drop-In to use the [Tennis Courts](#)

Studio

Drop by a [Yoga or Pilates](#) Class
Register for a [Dance Class](#)
Register for a [Martial Arts Class](#)
Register for a [Sport & Fitness Conditioning](#) Class
Drop-In to [Group Fitness](#) Classes

Use the Facility

Run, walk and skip on the TPASC track
Explore the [Fitness Centre](#) or [Cardio Studio](#)
Sign up for a FREE [Fitness Consultation](#)
Explore the [Valley](#) Green Space

Make Friends

Join [Fit with Friends](#)
Join the [Sneaker Squad](#)
Join a UTSC Recreation [Club](#)



UNIVERSITY OF
TORONTO
SCARBOROUGH

Part of the
Physical Literacy Campaign.

GET PHYSICAL
find your balance **BE LITERATE**