Athletics & Recreation
AT A GLANCE

Outdoor Rec Challenge
MON
JUN 01
Get Outdoors O’Clock!
@utscoutdoorrec
challenges you to get outside!

Soccer Keep-Ups
Who can do the most?
Leaderboard posted every MONDAY

Athletics Challenge
MON
JUNE 01

Let’s Talk Sports
THU
JUN 04
1-1:30 PM
Join TPASC and UTSC’s Athletics & Recreation staff as we discuss all things sports!

Escape Room
Find the clues and solve our riddles to escape our virtual room!

Friday Night Social
FRI
JUN 05
7-8 PM

eSport Leagues
FIFA 20
NHL 20
NBA 2K20
Compete in our virtual leagues:
LATE REGISTRATIONS STILL BEING ACCEPTED

An interactive solo-activity that combines navigating points on a map with physical activity!

Orienteering
IN THE VALLEY

utsc.utoronto.ca/athletics/
Registered Programs

- Fitness Kickboxing
- DanceFit
- Resistance Training

Fitness Lifestyle Consultations

Email Ramona:
Ramona.Seupersad@utoronto.ca

Resources & Suggestions will be made based on individual needs

Live Fitness Classes

- Zumba
- Yoga
- Latin Dance
- Hatha Flow
- Total Core
- & More

tpasc.ca/live-classes

Register Now

at recreation.utoronto.ca

Students will be e-mailed a link to a virtual platform