

Come See What You Can Do!

Sport & Recreation Activity Guide 2019–2020



SPORT & REC



Additional
10%
discount
for students!

A BIG DEAL

Beginner classes at beginner prices

Fall registration begins September 5!
Sign up at recreation.utoronto.ca

Get Sport & Rec Monthly!

We'll share the latest news, tips, deals and information that will inspire you to live well through physical activity.

Sign up for the newsletter at uoft.me/subscribeme



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Court is in Session!



SPORT & REC



You don't need to be an all-star to hoop it up. Our sport and rec programs are open to all U of T students. From basketball to boot camp, we have something for everyone. Come see what you can do! Explore our programs at uoft.me/sportandrec



[@UofTSportandRec](https://twitter.com/UofTSportandRec)
[@MoveUofT](https://twitter.com/MoveUofT)



[uoftsportandrec](https://www.facebook.com/uoftsportandrec)
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[@uoftsportandrec](https://www.instagram.com/uoftsportandrec)
[@moveuoft](https://www.instagram.com/moveuoft)

DIVERSITY MOVES US

A woman with blonde hair, wearing a red wide-brimmed hat, a colorful patterned crop top, and a red skirt, stands in the center of the page. Behind her is a wall with large, colorful letters spelling out 'DIVERSITY MOVES US'. The letters are in various colors: 'D' is white, 'I' is white, 'V' is red, 'E' is blue, 'R' is green, 'S' is orange, 'I' is pink, 'T' is white, 'Y' is white, 'M' is red, 'O' is blue, 'V' is green, 'E' is orange, 'S' is pink, 'U' is white, and 'S' is white.

Sport & Rec is committed to providing an inclusive, welcoming and safe environment for all of our members, regardless of physical ability, skills or history of participating in sport.

Photo from Sport & Rec's Black Excellence Ball.

We value student diversity and recognize individual differences in our creation of opportunities within physical activity and sport. We understand that disparities in opportunity within sport and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age.

To this end, we challenge systemic and institutional norms, attitudes and oppressive behaviours, striving to become leaders in creating an environment where all feel welcome, safe and celebrated.

Facilities and Hours

We provide a wide range of activity spaces for sport and recreation, including: the Goldring Centre, Back Campus Fields, Varsity Centre and Arena, and Athletic Centre. Free day lockers are available at the Goldring Centre and Athletic Centre, making participation as convenient as possible.

The Athletic Centre, Goldring Centre and Varsity Centre are closed on statutory holidays and have reduced hours during the University's holiday closure in December. See www.kpe.utoronto.ca for modified hours and other facility notices.



Athletic Centre (AC)

55 Harbord Street, Toronto, ON M5S 2W6
416-978-3436

The Athletic Centre is home to seven gymnasiums, three pools, a strength & conditioning centre, indoor track, dance studio, cardio machines, tennis and squash courts, and steam rooms. Located at the corner of Harbord Street and Spadina Avenue, the Centre is steps away from the Spadina subway station and accessible by streetcar.

Building Hours

Fall + Winter

September 3, 2019 – May 3, 2020
Mon – Fri 7 a.m. – 11 p.m.
Sat – Sun 9 a.m. – 5 p.m.

Spring + Summer

May 4, 2020 – September 8, 2020
Mon – Fri 7 a.m. – 9 p.m.
Sat – Sun 9 a.m. – 5 p.m.

Customer & Membership Services – Main Office 416-978-3436

Fall + Winter

September 3, 2019 – May 3, 2020
Mon – Fri 8 a.m. – 8 p.m.
Sat – Sun 9 a.m. – 5 p.m.

Spring + Summer

May 4, 2020 – September 8, 2020
Mon – Fri 8 a.m. – 8 p.m.
Sat – Sun 9 a.m. – 5 p.m.

Customer & Membership Services – Kiosk 416-978-2218

Fall + Winter

September 3, 2019 – May 3, 2020
Mon – Fri 7 a.m. – 8 a.m. and 8 p.m. – 9 p.m.

Spring + Summer

May 4, 2020 – September 8, 2020
Mon – Fri 7 a.m. – 8 a.m. and 8 p.m. – 9 p.m.

This service location is subject to change.

Huron Street Entrance

Mon – Fri 8 a.m. – 6 p.m.
These hours are subject to change.



HARBORD ST.

HURON AVE.





Varsity Centre (VC) Varsity Arena (VA)

299 Bloor Street West, Toronto, ON M5S 1W2
416-978-6428

The Varsity Centre and Varsity Arena complex includes a stadium, outdoor track, arena and dome (in the winter term). Access to the complex is through the Varsity Pavilion at the south end of the stadium.

Located on the southeast corner of Bloor Street and Devonshire Place, at the north end of the St. George campus. Steps away from the St. George subway station and a short walk from the Museum subway station.

For ticketed events, enter using the Bloor Street entrance.

Fall + Winter

September 3, 2019 – May 3, 2020
Mon – Sun 7 a.m. – 11 p.m.

Spring + Summer

May 4, 2020 – September 8, 2020
Mon – Fri 7 a.m. – 9 p.m.
Sat – Sun 9 a.m. – 5 p.m.



Goldring Centre (GC)

100 Devonshire Place, Toronto, ON M5S 2C9
416-946-0400

The Goldring Centre is home to a 2,000-seat field house for basketball, volleyball and other court sports, a state-of-the-art strength & conditioning centre, fitness studio, sport medicine clinic and research and teaching laboratories.

The Centre is accessible via the St. George subway station and is across from the Varsity Centre.

Entry – Please enter and exit the Goldring Centre through the South Devonshire entrance for ticketed events, and to access the Sport + Rec facilities.

For the sport medicine clinic, please use the North Devonshire entrance.

Fall + Winter

September 3, 2019 – May 3, 2020
Mon – Sun 7 a.m. – 11 p.m.

Spring + Summer

May 4, 2020 – September 8, 2020
Mon – Fri 7 a.m. – 9 p.m.
Sat – Sun 9 a.m. – 7 p.m.



Back Campus Fields (BCF)

Two all-weather turf surfaces.





Parking and Bike Racks

Bike racks with camera surveillance are available at the Athletic Centre, Varsity Centre (by the Pavilion entrance off Devonshire Place) and Goldring Centre (see  on map).

Metered and/or 1-hour street parking is available around the perimeters of the Athletic Centre, Varsity Centre, Goldring Centre and along Bedford Ave., adjacent to OISE.

There is underground parking at the Graduate House at 60 Harbord St. (parking access is from Glen Morris St.), 107 St. George St. (east side, north of Harbord St.) and at 252 Bloor St. West at OISE (parking access is from Prince Arthur Ave.).

For more information, contact the U of T parking office at 416-978-7275.

-  Entrance
-  Ticketed Event
-  Subway station
-  David L. MacIntosh Sport Medicine Clinic

Dive right in

Sign up for our instructional swimming classes at recreation.utoronto.ca or drop in for lane swimming when it suits your schedule. Students get an additional 10% discount on instructional classes!

Dive in at uoft.me/whatyoucando



Come see what you can do!

Sign up for a class!

Whether you want to improve your swing, step or stroke, our instructional programs offer high-quality training in an inspiring environment. Instructional programs are a great way to learn a new skill or improve an existing one. Plus, physical activity and sport programs have huge benefits for your health, contribute to your academic success, help build social networks and help in the development of lifelong leadership skills.

Programs start in September, January and May and are offered as weekly classes, one-time clinics and workshops.

An alphabetical directory of programs, schedules and prices is available at uoft.me/whatyoucando as well as in print at the Athletic Centre, Varsity Centre and Goldring Centre.

How to Register

1. Browse the classes available in this guide or at uoft.me/whatyoucando
2. Check times and prices online at recreation.utoronto.ca
3. Register online at recreation.utoronto.ca or in the Athletic Centre Main Office, Goldring Centre south lobby and Varsity Pavilion.

Payments can be made by cash (Athletic Centre; exact change only), Debit card, VISA, MasterCard or American Express.

For additional information on refunds and class schedules, visit kpe.utoronto.ca or contact Customer & Membership Services at [416-978-3436](tel:416-978-3436).



Instructional Programs A-Z

Circus Silks

Circus Silks Basics Reduced pricing

Get an introduction to the art of aerial circus silks and improve your overall fitness through body conditioning and flexibility exercises.

Circus Silks Intermediate

Already experienced with circus silks? Level up your skills and improve flexibility in this class.

Dance

Ballet Instruction

Develop grace and stamina in this introductory class through barre exercises, variations and other classical ballet techniques. No previous dance experience necessary.

Fencing

Fencing Instruction Level I Reduced pricing

Learn stretching techniques, basic footwork and how to defend and attack with a foil.

Fencing Instruction Level II

Learn more advanced fencing techniques, including competitive tactics and weapon-specific training.

Prerequisite: Completion of Fencing Instruction Level I or previous basic training (subject to instructor approval).



LOG YOUR LAPS. *On your own time.*

Women-only hours daily
for Strength & Conditioning and Swimming

Throughout this guide you will see references to women-only hours. Women-only hours aim to reduce barriers to being active and foster inclusivity across ability, culture, religion and gender. While women constitute over half of U of T's student body, they are under-represented in most forms of physical activity. Women-only hours at the Athletic Centre are just one of several strategies to increase equitable participation in physical activity across the University's diverse student body on campus. All those who identify as women are welcome.



Golf

Golf Level I **Reduced pricing**

Learn the mechanics of the full swing, chip shot, pitch shot and putt. Scoring and rules of the game are also introduced. During the winter, lessons are held in the Varsity Dome.

Golf Level II

Improve your swing mechanics. Advanced swing theory and the fine points of ball control are taught.

Prerequisite: Golf Level I or a regular player with an average score under 100.

Golf Level III

Learn techniques to improve your golf swing and sharpen your short game. Develop a pre-shot routine you can use on the golf course.

Prerequisite: Golf Level II or an experienced player with an average score under 90.

Seasonal Membership

Includes unlimited golf balls (one hour per day). Membership is available December to early April while the Varsity Dome is in place.



Drop-in Golf Driving Range

Keep your game sharp during the winter months at the Varsity Dome driving range. Drop-in golf is available Mondays and Wednesdays 7 a.m. to 1 p.m. and Fridays 7 a.m. to 3 p.m., and is always free for students!

We recommend that you reserve a golf mat in advance. Golf mats are available for 30-minute bookings, four days in advance at recreation.utoronto.ca. Free for students. One-day, one-week and one-month passes are available for non-students.



Gymnastics & Parkour

Gymnastics*

Gymnastics isn't just for kids! Improve your overall strength, agility and flexibility through gymnastics classes. Participants are assessed and grouped according to skill levels on the first day and develop skills at their own pace.

Gymnastics Conditioning Class **Reduced pricing**

Develop your endurance, strength, power and active flexibility through exercises commonly used by artistic gymnasts in their daily conditioning.

Note: This class is not intended to teach or practice gymnastics skills.

Gymnastics Fundamentals* **Reduced pricing**

Designed for people with little or no experience in gymnastics. Through progression-based teaching methods, you will learn basic gymnastics skills that will help improve your overall strength, agility and flexibility.

Trampoline

Trampolining is a fun and exciting way to improve your overall fitness level. Learn and improve basic trampoline skills, and be motivated to improve your abilities at your own pace.

Trampoline and Gymnastics* **Private and Semi-Private Instruction**

Limited times are available for private and semi-private gymnastics and trampoline lessons. Choose between one, five or 10 sessions. For more information, please contact Barb Brophy at 416-978-7381 or barb.brophy@utoronto.ca

Masters Gymnastics*

This supplemental training session is a skill-building class using different apparatuses, including rings and the pommel horse. It is led by the U of T men's gymnastics head coach. Registration in a gymnastics course is recommended but not required.

Parkour Gymnastics Basics* **Reduced pricing**

In awe of movie stunt work? Explore the fundamentals of superhuman skills and learn how to jump, land, flip, climb and balance safely in this class.

***Privacy Notice:** Personal information (name, address, phone number) will be disclosed to Gymnastics Ontario for membership registration.



Skating

Learn to Skate **Reduced pricing**

Learn beginner-friendly skating skills, including balancing, gliding, pushing and stopping safely. **CSA-approved helmets** are mandatory. Skate and helmet rentals are available at a discounted rate for participants. Contact 416-978-6428 to reserve your equipment.

Squash

Squash Level I **Reduced pricing**

Learn the rules, safety precautions and basic shots of the game. Explore game strategies while working on skills such as forehand, backhand, service and service return. Equipment provided.

Squash Level II

Improve your skills and play in a small group setting. You'll focus on footwork, improving your swing, using more strategy in game situations and developing advanced shots such as lobs, kills and digging the ball out of the back corners.



Skate Sharpening

Skate sharpening is available at Varsity Arena. Visit uoft.me/skates for more info and available times.

Strength, Conditioning and Personal Training

We provide safe, science-based and effective personal training and nutrition programs that promote healthy active living and enhance performance. Whether you want to learn the basics, improve your aerobic capacity, build strength, build muscle mass, train for a race, maintain a healthy body weight or break a plateau, our certified trainers are here to help.

Individual personal training sessions are 55 minutes in length. We also offer 45-minute nutrition consultations, fitness assessments, body composition analysis, and Get Fit and Team Lite packages.

Special rates are available for U of T students registered with Accessibility Services.

Get Started Package (for U of T students only)

All U of T students can take advantage of the one-time only Get Started Package and receive detailed instructions from a certified personal trainer at a discounted rate. Whether you are new to the gym or just looking to revamp your training routine, this program is right for you. You can also sign up for one of the pre-designed small group training classes.

Get Fit with Friends

Stay on track with a workout buddy – and save money! Train with a friend or a group of friends (five-participant maximum) and enjoy the benefits of individualized instruction from a certified personal trainer at an affordable price. Create your own schedule or sign up for one of the pre-scheduled classes below:

Bodyweight training

Build strength, muscular endurance, mobility and joint control using your own body weight so you can train anywhere, anytime. Learn how to cluster together dips, push-ups, pull-ups and other exercises. Suitable for all ability levels.

Functional Core & Back

Learn how to effectively engage your core and back muscles to improve posture and lift safely and effectively. You will learn a variety of traditional and non-traditional core movements to incorporate into your everyday exercise routine or daily activity.





**Interested in working out with your BFF?
Check out the Get Fit with Friends program!**

Contact Douglas Rosa, Personal Training & Nutrition Coordinator, at douglas.rosa@utoronto.ca

Strength & Nutrition seminars Free

Learn practical information you can apply to your workout routine or nutrition practices. Each seminar features an in-depth examination of a strength training or nutrition subject and is presented by a certified personal trainer or nutritionist. Learn more at uoft.me/strength

BOD POD Analysis

Determine your body composition (fat and fat-free mass) with the BOD POD Gold Standard Body Composition Tracking System. A full test requires about five minutes and provides highly accurate results that you can use to track your training progress.

Fitness Testing + BOD POD session

Take a fitness test under the supervision of a certified personal trainer to determine your baseline fitness. Several factors will be evaluated, including your resting and exercise heart rate, blood pressure, muscular strength and endurance, aerobic capacity and body composition through use of the BOD POD.

Nutrition + BOD POD session

Get personalized advice from a certified nutritionist based on your wellness needs and goals. Recommendations are made based on your food log, eating patterns and data from your BOD POD session.

Make gains and friends



Learn to lift with our **Weight Room 101** sessions! In a small group setting, we'll teach you the fundamental movement skills that can be used in any workout program. These orientations are free and great for beginners.

Register at uoft.me/strength



Strength & Conditioning classes

The BIG 5 Muscle & Strength Reduced pricing

Improve your strength, coordination, body composition and confidence in the gym. This class focuses on five primary resistance training exercises: squats, deadlifts, bench presses, pull-ups and planks. These work all of the major muscle groups in your body and optimize your metabolism. All ability levels welcome.

Functional Muscle Camp Reduced pricing

Focus on basic training and muscle building in a small group setting using various methods, including high-intensity training. You will receive individual supervision, tips, guidance and advice as needed. All ability levels welcome.

Strength and Movement Clinics

Each 50-minute clinic focuses on one specific exercise: deadlift, squat, bench press and power clean. Whether you are an expert or a beginner, our trainers will make use of cues and progressions that will help you master the exercise for the enhancement of your personal workout routine.



Olympic Weightlifting Level I Reduced pricing

Start by learning the Olympic snatch deadlift and clean deadlift, and move to the power snatch and power clean in a progressive manner. This class is suitable for individuals with barbell back squat and conventional deadlift weight training experience.

Olympic Weightlifting Level II

The top-down method is used to teach competition lifts, such as the snatch. You will become more efficient at performing the lifts and learn how to incorporate them into your workouts.

Note: Olympic weightlifting options are also available through personal and small group training.

Weight Training for Women Reduced pricing

Weight training is essential for strong bones, good posture and healthy body composition. Each session includes stretching, and a variety of machine and free weights. Participants become familiar with reps, sets and are able to determine starting and working weights.



Swimming

Swimming classes take place at the Athletic Centre.

Adult Swim 1

Absolute Beginner **Reduced pricing**

Get an introduction to basic swimming skills, including buoyancy, breathing, submersion of the whole face in the water and propulsion.

Prerequisite: No previous swimming skills are required.

Women-only and small group options available.

Adult Swim 2

Basic **Reduced pricing**

Learn the front crawl, back crawl and how to tread water, along with other deep-water skills.

Prerequisite: Completion of Adult Swim 1 – Absolute Beginner OR participants must be able to swim 15 metres on their front with face submerged and 15 metres on their back. Participants must also be able to complete a distance swim of 15 to 30 metres.

Women-only and small group options available.

Adult Swim 3

Intermediate

Swimmers practice front crawl and back crawl and learn breaststroke, elementary backstroke and sidestroke. More time is spent on deep-water skills.

Prerequisite: Completion of Adult Swim 2 – Basic OR participants must be able to swim 25 metres of front crawl and back crawl. Participants must also be able to complete a distance swim of 50 to 100 metres.

Women-only and small group options available.

Adult Swim 4 Stroke Mechanics

Improve your stroke technique in front crawl, back crawl and breaststroke.

Prerequisite: Completion of Adult Swim 3 – Intermediate OR participants must be comfortable in deep water and able to swim 100 metres of both front and back crawl and 25 to 50 metres of breaststroke and elementary backstroke. Participants must also be able to complete a distance swim of 200 to 300 metres.

Women-only and small group options available.

Adult Swim 5 Swim Training

Improve your fitness level through a series of swimming-based workouts. Distances average from 1 to 3.5 kilometres. A range of abilities can be accommodated. Stroke correction is not included.

Prerequisite: Completion of Adult Swim 4 – Stroke Mechanics OR participants must be able to swim for 30 continuous minutes and perform 100 to 200 metre each of front crawl, back crawl and breaststroke with good stroke mechanics.

Swim Training Interim

This class offers a continuation of swim training through the exam period.

Butterfly

Learn the dolphin kick and progress to the full butterfly stroke. Not offered in all terms.

Prerequisite: Excellent stroke mechanics and swimming fitness in front crawl and breaststroke.

Springboard Diving

Learn basic skills in a safe, non-competitive environment. Emphasis will be on the performance of basic skills from the one-metre spring board. Three-and-five-metre entries are optional. All skill levels are welcome. No diving experience is necessary. Not offered in all terms.

Prerequisite: Participants must be comfortable jumping into deep water and be able to complete a deep-end swim test.

Private Swimming Lessons

Private lessons are available in 30-minute sessions and are tailored to your specific needs. Times and locations may be selected from pre-set classes. Requests for particular instructors and make-up classes cannot be accommodated. For more information, please contact private.swim@utoronto.ca

Women-only options available.

Lifesaving, First Aid and CPR Certifications

Prerequisites must be met before the start of each course. Detailed information about the Lifesaving Society programs can be found at lifesavingsociety.com, and for Red Cross courses at myrc.redcross.ca

Privacy Notice: All certifications courses require candidates to be registered with the governing body (Lifesaving Society). Personal information, including name, address, phone number, birth date and email, will be shared.

Bronze Medallion* and Emergency First Aid

This is the first required Lifesaving Society class on the path to becoming a lifeguard and swim instructor. Emergency First Aid curriculum items are taught and evaluated.

Prerequisites: Minimum 13 years of age OR Bronze Star certification (need not be current). The Canadian Lifesaving Manual is required for the course and can be purchased in person at the main office of the Athletic Centre.

Bronze Cross*

This class follows and builds on the skills taught in Bronze Medallion. It is a prerequisite for all advanced Lifesaving Society programs, including the National Lifeguard Award.

Prerequisites: Bronze Medallion and Emergency First Aid.

National Lifeguard Certification*

National Lifeguard is recognized as one of the standard lifeguarding certificates in Canada.

Prerequisites: Minimum 16 years of age by exam date. Bronze Cross certification and a current Standard First Aid certification from one of Lifesaving Society, Canadian Red Cross, St. John Ambulance or Canadian Ski Patrol (need not be current).



Already have your National Lifeguard certification?

Work as a lifeguard with the Sport & Rec team! Learn more at uoft.me/morethanwork



National Lifeguard Recertification

The National Lifeguard Award must be recertified every two years to remain valid.

Prerequisites: Registrants must bring proof of their National Lifeguard certification on the day of the clinic. This award can be recertified if expired, but in order to lifeguard, one must recertify before the expiry date. If certification is over five years expired, it is advised that the candidate repeat a full course. Proof of a current Standard First Aid/CPR-C is required.

Airway Management

This five-hour Lifesaving Society advanced first aid module will teach participants about barrier devices, oral airways, VVAC suctioning and oxygen delivery.

Prerequisite: A current Standard First Aid/CPR-C certificate issued by the Lifesaving Society, Canadian Red Cross, St. John Ambulance or Canadian Ski Patrol. Proof of this certification must be brought to the course.

CPR-C / AED – Recertification*

Annual recertification is recommended to remain certified as a Cardio Pulmonary Resuscitation (CPR and AED) provider and may be required by some employers.

Standard First Aid, CPR and AED Certification*

The Ministries of Labour and Health recognize this full course in Standard First Aid as a certification for workplace requirements. CPR-C and AED training are included. Canadian Red Cross or Lifesaving Society courses will be taught.

Standard First Aid, CPR and AED Recertification*

Standard First Aid can be recertified only once, and must be within three years of the full-course certification date and with the original certifying body. The Canadian Red Cross and Lifesaving Society are the only recertifications we offer. Proof of your certification must be brought to the course.

*These classes combine adult and youth participants in the same program. Those under 18 years old must register through our children and youth programs. See kpe.utoronto.ca for more information.



Pilates

Pilates (Small Group Class)

This mat-based workout helps you access your deep core muscles and stabilizers. Pilates elongates the spinal column while strengthening the musculature of the abdominal wall and back. Deep synchronized breathing encourages body awareness and relaxation. With a maximum of six participants per class, you will meet new people and improve your skills progressively, week to week.



Tennis

Tennis Level I **Reduced pricing**

Those who have never taken formal instruction will learn the basics of the game, including the mechanics of the ground stroke, volley, serve, lob and overhead. Game rules and situations are also covered. Equipment provided.

Tennis Level II

Progressing from skills learned in Level I, this class concentrates on improving the strokes that you already know and using them in full-court play.

Tennis Level III

The instructor will analyze your strokes and provide tips for improvement. Tactical considerations for singles and doubles are taught. Games emphasize consistency, control, depth and placement. Suitable for players who can sustain a rally of 8-10 strokes and have a good serve.

Tennis Level IV

Emphasis is on shot-making, court coverage and the application of winning tactics for singles and doubles. Spin-on serves and ground strokes are covered. For those who play regularly, are proficient in all strokes and want to fine-tune their game strategy.





Play when you can

From Fit Mix to Field Sports, we've got a range of drop-in activities that will work with your schedule.

Find your favourite drop-in activity at
uoft.me/dropin

DROP-IN PROGRAMS

Drop-in programs are available for U of T students and members at no extra charge.

Not sure where to start? Friendly staff, including Physical Activity Facilitators, are on-site to answer questions and provide instruction.

Drop-in schedules are available online at uoft.me/dropin. Women-only program schedules are also available online.

Drop-in Opportunities

Strength & Conditioning

The Athletic Centre and Goldring Centre feature Strength & Conditioning Centres (SCC) with accessible strength training machines, free weights, Olympic weightlifting platforms and more. The field house has a full, single-station weight training circuit and is located on the third floor of the Athletic Centre. The Goldring Centre features Keiser™ squat racks and functional trainers. **Women-only options available.**

Cardio Equipment

Elliptical machines, bikes, treadmills, Adaptive Motion Trainers (AMTs) and rowing machines are available in the field house on the third floor of the Athletic Centre. Treadmills, elliptical machines, VersaClimbers® and rowing machines are available in the SCC at the Goldring Centre.

Group Fitness

A large number of drop-in group fitness classes are available at the Athletic Centre and Goldring Centre.

Swimming

Lane swimming, springboard diving and fun swims are available at the Athletic Centre. Women-only hours and trans-positive hours are available in the 25-yard pool during specified times.

Walking, Jogging, Running

Walk or run on Varsity Centre's 400-metre outdoor track. Treadmills and elliptical machines are available at the Athletic Centre and Goldring Centre. There is also a 200-metre indoor track in the in the Athletic Centre field house.

Sports

ATHLETIC CENTRE

Badminton
Basketball ❖
Dodgeball
Squash
Table Tennis
Tennis
Volleyball

BACK CAMPUS

Soccer
Lacrosse
Field Hockey
Ultimate Frisbee

GOLDRING CENTRE

Basketball
Volleyball ❖

VARSITY ARENA

Ice Hockey
Skating
Stick n' Puck ❖

VARSITY CENTRE

Cricket
Golf Driving Range* (see page 11)
Soccer
Ultimate Frisbee
Field Sports ❖

❖ Women-only options available. *Students free. Members receive a discounted rate.

Equipment – Borrowing and Renting

Equipment can be borrowed or rented for most drop-in sports. Supplies are limited.

Skate sharpening is available at the Varsity Centre. Visit uoft.me/skates for more information.

To book a court for badminton, squash, tennis and table tennis visit recreation.utoronto.ca up to four days prior with valid membership or visit the office on the ground floor of the Athletic Centre.

A group of people are swimming in a pool, using colorful lane lines (yellow, green, red, blue) to stay in their lanes. The water is blue and splashing. The text "Drop-In Programs A-Z" is overlaid on a red banner across the middle of the image.

Drop-In Programs A-Z

Group Fitness

Drop-in Group Fitness classes are open to all levels. Modifications and options are offered throughout each class. See Group Fitness (Drop-in) at uoft.me/whatyoucando

Aquafit

Enjoy a group fitness workout in the water! This is a low-impact class that includes cardio, core and strength conditioning exercises, in deep or shallow water. Flotation belts provided. You must be comfortable in deep water.

BollyX

A Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music. This cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating and energized.

Boot Camp Fun

Get ready for a challenging total body workout that includes cardio, intervals, sports conditioning, core and strength conditioning.

Fit Mix

An innovative workout blending elements of a variety of classes (e.g. Cardio & Conditioning, Cardio & Core, Dance & Movement and more).

Fusion

A blend of fitness conditioning exercises, postures and stretches that improve core strength, flexibility and mobility.

High Intensity Interval Training (HIIT)

HIIT alternates short periods of intense anaerobic exercise with recovery periods. Push yourself with this advanced high intensity-based workout, and get ready to sweat.

Interval Training

A challenging, intense interval workout. Alternating cardio and strength drills for optimum fitness results.

JourneyDance™

A dynamic dance fitness workout that combines freestyle and structured movement encouraging breath, sweat and expression to feel energized and inspired!

Mindful Moments: Yoga & Meditation

Be more calm, confident and centred. Practice mindfulness meditation with movement to increase relaxation and resiliency.

Movin' Muscle

Put more muscle into your cardio to enhance total body fitness. This loaded movement training class uses handheld weights to optimize and intensify low-impact cardio training.

Vogue the house down



Everyone is welcome at Sport & Rec and we offer a variety of inclusive programs to encourage equitable participation.

Follow our Diversity & Equity team ([@diversitymovesus](https://www.instagram.com/diversitymovesus)) on social media to keep up with all of the awesome activities and events!



Move IT!

A new and unique approach to interval training based on Nia Technique's 52 Moves that blends dance, martial arts and healing arts.

Stretch & Relax

Enjoy movements that release tension and calm the mind. Improve posture, enhance breathing and experience the benefits of stretching in a group.

Strong by Zumba®

Combines high-intensity interval training with the science of Synched Music Motivation. Music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Vogue Dance **NEW!**

This beginner-friendly class invites you to learn and practice the five elements of vogue dance. Feel the beat, werg the runway and drop with ferocity!

Yoga

A beginner-friendly, drop-in yoga class that supports core strength, flexibility and mind-body connection. Emphasis on safety and alignment.

Zumba®

This extremely popular Latin dance-inspired class fuses cardio with easy-to-follow choreography, for a total-body workout that feels like a fitness party and celebration!

SuperBad!

Come out and join other badminton lovers for supervised game play! A facilitator will organize games, round robins and ensure equal access to court time for those who show up for the sessions.

Sign up to play at recreation.utoronto.ca





Family Drop-in Programs

Drop-in programs are a fun way to explore physical activity as a family! Fun, family-focused programs are available to members and children under the age of 18. Schedules are available at www.kpe.utoronto.ca under Family Programs (Drop-in). Family passes are available for non-members. Please contact Customer & Membership Services for details at 416-978-3436.

Fun Swim

Dive, play, use inner tubes and simply enjoy the pool at your leisure. Parents and guardians are responsible for the children in their care while in the facility and must supervise their children at all times. Check kpe.utoronto.ca for pool supervision requirements.

Family Skate

Bring the whole family out for a skate! CSA-approved helmets are mandatory for children and strongly recommended for beginner adults. Children under 12 years old and all beginner-level skaters must be accompanied on the ice by an adult member. Adults must wear skates and be on the ice with their children at all times.

Family Squash and Table Tennis

Introduce your child to the fast and exciting sport of squash or challenge them to a match of table tennis! Goggles are mandatory for children while playing squash and recommended for all players. Equipment is available to sign out at the equipment counter.

Check juniorblues.ca for other family program opportunities!

Low-Impact Programs

Consider adding one or more drop-in classes to your schedule. Programs can be adapted so that individuals of all ages and abilities can participate and enjoy the health benefits of being active. These classes are also a great way to meet people.

- Aquafit
- Personal Training
- Stretch & Relax
- Swimming
- Pilates
- Yoga



For more information on personal training or to set up a consultation, call 416-978-4456.

MOVE WITH PRIDE

These free workshops aim to engage our LGBTQ2S+ community in physical activity. Organized by Sport & Rec's Diversity & Equity team in partnership with the Sexual and Gender Diversity Office, Hart House and student groups on campus, these workshops promote both physical and mental well-being.

Queers on Ice

September 23
Varsity Arena

Body Positive Yoga and Meditation

January 25
Hart House

Self-Defense Boxing

October 25
Athletic Centre

Queers on Ice

March 26
Varsity Arena

Learn more and find other **LGBTQ2S+** positive events at uoft.me/diversitymovesus





MoveU Program

MoveU uses peer-to-peer engagement to help students feel welcome in sport and physical activity spaces and programs.

MoveU crews work with you to help relieve stress, boost concentration and improve performance in the classroom. With teams at each campus, MoveU hosts special events, gives away fitness-focused materials and helps you participate in fun and accessible activities.

moveu.ca



Mobile MoveU

The MoveU Crew, in partnership with Hart House, travels to our student spaces to run drop-in classes. Each faculty/college can have up to four free sessions of Mobile MoveU.

Movement Breaks

These sessions allow you to take a break from prolonged sitting and get active for 5-15 minutes. Students who participate in breaks are left better able to focus and primed for academic success.

Residence Program

If you live in residence, we'll find a way to bring MoveU to you! Watch moveu.ca for details on getting MoveU workshops delivered at your residence or dorm.

Event Highlights

Watch for the MoveU Skate Series, Play Day, She Moves and more at moveu.ca



COMPETITIVE CLUBS

U of T Sport & Rec offers a number of opportunities to participate in a competitive club environment. All U of T students, as well as non-students who have a Sport & Rec membership, can register for these clubs in the Customer & Membership Services office in the Athletic Centre or online as listed below.

Cheerleading Team

The Cheerleading team performs at Varsity Blues football and basketball games and competes in inter-university cheerleading competitions! More information about the team, tryouts and practices is available at varsityblues.ca/cheerleading or by e-mailing the Head Coach: virginia.abel@utoronto.ca

Dance Team

The Dance team performs at Varsity Blues basketball games and on-campus events and competes in inter-university dance competitions. More information about the team, tryouts, and practices is available at varsityblues.ca/dance or by e-mailing danceteam@utoronto.ca

Karate Club

The Karate club is a part of Jinbukai Canada and provides an opportunity for students and members to practice karate with a focus on basics. Members are automatically enrolled into Jinbukai Canada. Learn more at jinbukai.org/utkc

Kendo Club

The Kendo club is the oldest university-based Kendo club in North America. It is an affiliated member of the Canadian Kendo Federation and is recognized by the International Kendo Federation (FIK). Learn more at uoftkendo.club

Masters Swimming Club

The Masters Swimming club provides an opportunity for individuals of all ages to participate in swimming sessions led by coaches. The club is open to students and members. The club also competes in organized meets at the Masters swim level. Learn more at tmu.ca



Nordic Ski Team

The Nordic Ski team provides an opportunity for students and members from varied skiing backgrounds to participate in competitive skiing. The team welcomes individuals with all levels of experience to participate. Learn more at kpe.utoronto.ca/sport-and-fitness/nordic-skiing

Pom Team

The Pom team performs at Varsity Blues football and basketball games and on-campus events. Comprised of a group of spirited and technically strong dancers, Pom represents the intersection between dance and cheerleading. More information about the team, tryouts and practices is available at varsityblues.ca/pom or by emailing pomteam@utoronto.ca

Synchronized Swimming Club

The Synchronized Swimming club is a competitive club in the Canadian University Artistic Swimming League (CUASL). The club has advanced and novice programs for swimmers with and without competitive experience. Learn more at uoftsynchro.wordpress.com or by emailing uoftsynchro@gmail.com

Triathlon Club

The Triathlon club welcomes students and members of all abilities, from experienced triathletes to those new to the sport. The club operates year-round, offering coach-led swim and run workouts and member-led bike/spin workouts. Learn more at uofttriathlon.com



INTRAMURAL SPORTS

Join a team and make some new friends!

Make friends, have fun and add to your university experience by playing intramural sports! No matter what your skill level, we have a league that's right for you.

U of T intramurals are open to all students and offer different levels of competition through intramural leagues, weekend tournaments and special events.

Something for everyone

**Looking for a competitive sport experience? Want a fun way to de-stress or try out a new sport?
Not ready to make the time commitment to a weekly league?**

We offer a variety of leagues and divisions for any level of play! Offerings include Glow in the Dark Dodgeball, Softball, Badminton and even FIFA soccer on Xbox.

Who can play?

In the fall and winter, current U of T students with a valid TCard are eligible to participate in intramural programs. You must be a registered student in the term in which you are playing. Staff, faculty and alumni members with a valid membership may participate in certain areas of the program as well.

In the summer, anyone who is interested can play! Discounts are applied to teams comprised of a majority of current students.

Sign me up!

Most intramural teams are registered by a college and faculty. To learn more, **speaK with your college or faculty athletic representative**. A list of the Colleges and Faculties that participate in the intramurals program can be found at uoftintramurals.ca

If your College or Faculty doesn't have a team in the sport that you want to play, you can still participate by entering the free agent pool or by forming your own team. For more information, contact your College or Faculty athletic representative or the Intramural Office at intramurals@utoronto.ca

Let's play

Leagues typically run for one academic term. Games are played throughout the week, and some sports play on weekends. Most intramurals are free to play, but please note that fees apply for hockey. For more information, visit uoftintramurals.ca

Entry Deadlines for Team Representatives

Fall Leagues

Deadline to enter field or ice sports – September 12, 2019 at 5 p.m.

Deadline to enter court sports – September 19, 2019 at 5 p.m.

A mandatory meeting for team captains will occur between September 16 and 27, 2019.

Winter Leagues

Winter term games begin during the first or second week of classes in January 2020. Please check uoftintramurals.ca in late October for information about entry deadlines for Winter leagues.

Registration for Winter leagues will close in November. A mandatory meeting for team captains will occur in the first week of January.

Summer Leagues

Visit uoftintramurals.ca each spring for summer league details. You can also reach the Intramural Office by phone at **416-978-6511** and by email at intramurals@utoronto.ca

**The Intramural Office is located on the ground floor of the Athletic Centre.
Please ask at the main office if you would like to speak with Intramural staff.**



TRI-CAMPUS DEVELOPMENT LEAGUE



The Tri-Campus Development League (D-League) is available for students the highest level of competition in the intramural program, complete with dedicated coaches and practice times.

With weekly competitive games at all three University of Toronto campuses, you'll have the chance to represent your campus as part of the team. All games are officiated by certified referees.

The Tri-Campus Development League offers:

- Women's and men's outdoor soccer
- Women's and men's indoor soccer
- Women's and men's volleyball
- Women's and men's basketball
- Men's hockey

Games are played at the St. George, Scarborough and Mississauga campuses. Games are often held on Sundays. Practices occur one night each week.

U of T students with a valid TCard are eligible to take part in the Tri-Campus Development League. Try outs are held each fall.

Note: Participants are required to pay a player fee per sport. The player fee includes uniforms, transportation to campuses and officials.

For more information about the Tri-Campus Development League, contact the Intramural Office at intramurals@utoronto.ca



GO BLUES!

Grab some friends and come out to cheer on your favourite Varsity Blues team. As a member of the U of T community, you too are “a Blue”!

U of T’s Varsity Blues program is the largest intercollegiate sport program in Canada, with 42 men’s and women’s teams participating in 24 sports, including basketball, football and hockey. Last year alone the Blues brought home 10 national and provincial banners!

CATCH THE ACTION!

Take a break and cheer on the Blues! U of T students get into regular season games for FREE with a valid TCard. For general public, faculty and staff ticket information visit www.varsityblues.ca/tickets or contact us at blues.tickets@utoronto.ca

FOLLOW US

For the most up-to-date breaking news about Varsity Blues teams, games, announcements, video and photo galleries, visit www.varsityblues.ca or follow us:



All U of T students are provided an opportunity to be considered for selection to Varsity Blues intercollegiate teams through an open tryout process. Tryouts for each sport take place each fall, at the beginning of the school year. Learn more at www.varsityblues.ca



WE ALL #BLEEDBLUE

SHOW YOU HAVE SCHOOL SPIRIT!
Join Varsity Rewards, come to games
and get rewarded with free swag.



Register now at www.varsityblues.ca/rewards and get an inside scoop on great prizes and in-game giveaways!

**VARSITY
REWARDS**

Membership Information

U of T Student Membership

Students who have paid incidental fees are **automatically members** of the Athletic Centre, Goldring Centre and Varsity Centre. Please bring a valid TCard to gain entry into the facilities.

Term	Payment
Fall/Winter	Paid through incidental fees.
Summer	<p>U of T students not paying incidental fees must pay a membership fee to use the facilities in the summer. The membership fee is decided by the Governing Council in the spring of each year.</p> <p>Note: Most graduate student incidental fees expire in May and do not include access for the summer term; additional membership fees apply.</p> <p>Note: School of Graduate Studies summer membership bursaries are available for registered doctoral-stream students. Information at uoft.me/sgrsgym</p>

U of T Staff, Faculty, Alumni & Community Memberships

U of T staff and faculty may purchase a membership for a discounted rate or enroll in the Joint Membership Plan. The Joint Membership Plan provides access to the Athletic Centre, Goldring Centre, Varsity Centre, Hart House and Faculty Club; it is offered to full-time U of T staff and faculty. For information, please visit utoronto.ca/jointplan. Community Memberships are available for those without a U of T affiliation. Members are required to provide a valid membership card to access the facilities.

For full pricing details and options, visit kpe.utoronto.ca/facilities-memberships

Membership includes access to the following:

- Drop-in group fitness classes
- Lane swimming and fun swims
- Two strength & conditioning centres (weight rooms)
- Cardio machines
- A 200-metre indoor and 400-metre outdoor track
- Drop-in sports: basketball, volleyball, soccer, ice skating, cricket, Ultimate Frisbee™, hockey
- Drop-in women-only sports programs
- Drop-in family programs: swimming, skating, squash and table tennis
- A variety of registered instruction classes and club sports
Note: Fees for registered classes vary depending on the program.
- Recreational court reservations for badminton, tennis, squash and table tennis
- Day lockers
- Steam room
- Intramural sport leagues
- Educational health and wellness lectures and seminars

Additional membership privileges include:

- U of T students golf for FREE at the Varsity Centre golf range. Staff, faculty, alumni and community members receive discounted rates.
- U of T students receive a 10% discount on all registered programs. Staff, faculty, alumni and community members receive a 10% discount.

Locker Service

Locker and towel services are available at the **Athletic Centre** and **Goldring Centre**. These services must be purchased separately.

Day lockers are free of charge and available on a first-come, first-served basis to anyone with a current and valid membership. Day lockers are labelled, full-sized and for use only for the day. Locks and contents must be removed by the closing time of the facility every day.

Rental lockers are available for a fee for specified service periods; expiry date must match membership end date. Lockers are rented on a first-come, first-served basis. Locks and contents must be removed no later than the closing time of the facility on the last day of a valid membership.

A clear-out fee applies on expired rental lockers and day lockers (where contents have been left past the close of the facility each day). Locker contents removed by staff will be held for 30 days (from locker expiry or clear-out date). After 30 days, unclaimed items will be donated to a local charity. The University and the Faculty are not responsible for lost or stolen locker contents or for contents left after a membership expiration date.

Locker users must bring/use their own lock. Locks are available for purchase at the Athletic Centre and Goldring Centre.

Towel Service

Towel service is available at the **Athletic Centre** and **Goldring Centre**. Towel service purchased at one facility permits access to towel service at both the Athletic Centre and Goldring Centre. Towel and locker services expire at the same time that a membership expires.

A valid student TCard or membership card must be swiped for outgoing and returned towels. Members are responsible for towels they have received. An unreturned towel is considered lost and is subject to a \$10 lost towel fee.

Rental lockers are available for a fee for specified service periods. kpe.utoronto.ca/lockers-towels

Change Rooms and Washrooms

Athletic Centre

Athletic Centre change rooms are located in the basement. There are large, accessible men's and women's change rooms with private cubicles for changing and showering, as well as open areas. Change tables and steam rooms are in each of the men's and women's change rooms. Privacy/family change rooms are also in the basement and have two private change rooms for changing, open showers (bathing attire required) and two single-user washrooms nearby. Day lockers are available. There is a small cubicle for changing outside the 25-yard pool and two single-user washrooms located inside the pool area that can be used when the pool is open.

Additional single-user washrooms are located by the Strength & Conditioning Centre, Dance Studio and Fencing Salle. All-gender washrooms can be found in the corridor by the Strength & Conditioning Centre.

Goldring Centre

Change rooms for the Goldring Centre are located on the second floor. The men's and women's change rooms are accessible and have open showers, as well as cubicles for showering. Change tables are available in each room. Alternate change rooms are available at the far end of the hallway, including the accessible, all-gender and family change rooms. Both have shower and washroom amenities inside the area. Lockers for these change rooms are just around the corner.

An additional single-user washroom is located on the mezzanine.

Varsity Centre

Team rooms 3 and 4 in the concourse under the stadium stands are used as the men's and women's change rooms for Varsity Centre. There are no locker or towel services available. Varsity Centre has single-user washrooms located in the Pavilion and at the south end of the concourse.

Come See What You Can Do!

Athletic Centre

55 Harbord Street
Toronto, Ontario
M5S 2W6

Varsity Centre

299 Bloor Street West
Toronto, Ontario
M5S 1W2

Goldring Centre

100 Devonshire Place
Toronto, Ontario
M5S 2C9



SPORT & REC