



Activity Guide Schedules

Open Recreation

Spring/Summer 2009

www.dropinrecreation.utoronto.ca

OPEN REC SWIM SCHEDULE

May 11 - June 28, 2009

RECREATION DROP-IN – FREE TO MEMBERS

Schedules may vary due to special events. Please check the website and recreation boards for updates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 9 a.m.	25yd	25yd	25yd	25yd	50m Long*		
10:35 - 11:50 a.m. Women Only ♀ ♀	25yd	No Swim	25yd ♀	No Swim	25yd ♀		25 yd ♀
12:10 - 3 p.m.	50m Short	50m Long	50m Short	50m Long	50m Short		12:10 - 3 p.m. FUN SWIM 50m**
1:30 - 3 p.m. Fun Swim**	50m**	No Swim	50m**	No Swim	50m**	12:10 - 5 p.m. 25yd	1:30 - 3 p.m. Community Swim 50m***
3 - 4 p.m.	No Swim	No Swim	No Swim	No Swim	No Swim		
4:10 - 7 p.m.	50m Short	25yd	50m Short	25yd	50m Short		
7 - 9 p.m.	50m Short	25yd	50m Short	25yd	No Swim		

* Not all long course lanes are available for recreational swimming

** Fun Swim for members and their children both ends of the pool open, half for lengths, half for play and diving.

*** Community Swim - open to non-members

Fun Swim and Community Swim is unavailable on holiday weekends, during the exam period and occasionally due to special events. Swimming with children is only available during the Fun Swims or Community Swim, see the Activity Guide for full details.

Aquafit

Aquafit classes are offered in the drop-in group fitness program. Classes are free for all members.

Diving

Springboard diving is permitted in the 50m pool only (on the 1m & 3m boards) during the Fun Swims and Community Swim.

Medical Conditions

If you have a medical condition, notify the lifeguard or swim with someone who is knowledgeable about your condition. Swimming when ill with diarrhea can contaminate the pool water. Those who have experienced diarrhea should not swim until symptoms have cleared.

For more information go to www.healthyswimming.com.

Summer Schedule: June 29 to August 7, 2009

Changes to the summer schedule include Tuesdays 7 – 9am moving to the 50m pool long course, and Fun Family swims on Monday, Wednesday and Fridays will be affected by Camp swims, TBC. The 50m pool will undergo maintenance beginning August 8th, a separate Maintenance schedule will be in effect for August 8 to September 6, 2009.

Last updated April 13, 2009

SPRING FOUNDATION DROP-IN GROUP FITNESS SCHEDULE

Tuesday, May 19 – Sunday, June 28, 2009

Monday (May 25 – June 22)

11:10-11:55 a.m.	Fun n' Fit	DS	Joe
12:00 – 1:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-12:55 p.m.	Yoga Basics	FH1	Edith
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Nia	FH 2/3	Andreea
6:10-7:00 p.m.	Aquafit – Deep Water	25yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Zoe

Tuesday (May 19 – June 23)

12:00 – 1:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Co-Ed) Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-12:55 p.m.	High/Low	FH1	Jill
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin
6:10-6:55 p.m.	Step	DS	TBA

Wednesday (May 20 – June 24)

11:10-11:55 a.m.	Fun n' Fit	DS	Leehe
12:10-12:55 p.m.	High/Low	FH1	Dione
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria
6:10-7:00 p.m.	Aquafit – Deep Water	25yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Ying

Thursday (May 21 – June 25)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
<i>* Pre-registration required 24-hours in advance at Main Office.</i>			
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10 -12:55 p.m.	Nia	FH1	Andreea
1:10-1:55 p.m.	TBA	FH1	TBA
5:00 – 6:00pm	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			
5:10-5:55 p.m.	Step	FH2/3	Nicole M.
6:10-6:55 p.m.	HABIT	FH2/3	Gianmarco

Friday (May 22 – June 26)

11:10-11:55 a.m.	Fun n' Fit	DS	Uli
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10-12:55 p.m.	High/Low**	FH1	Martin
1:10-1:55 p.m.	Yoga Basics	DS	Mariko
5:10-5:55 .pm.	Cardio Box**	FH1	Dione

** Cardio Box will be relocated to the DS on June 12, 2009.

Saturday (May 23 – June 27)

10:10-11:30 a.m.	Step/TMC	DS	Angela
------------------	----------	----	--------

Sunday (May 24 – June 28)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
11:00 – Noon	*S&C Circuit Orientation	SCC	SCC Staff
<i>*(Women Only) Pre-registration required 24-hours in advance at Main Office.</i>			

YOUR CODE GUIDE

Days	Location
M – Monday	DS – Dance Studio
T – Tuesday	FH – Field House
W – Wednesday	FS – Fencing Salle
R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are accessible.

Contact Info

Tel 416-978-3436
www.physical.utoronto.ca
ac.help@utoronto.ca

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

Stay Connected!

Join our e-mail listserv and we'll send you updates of fitness changes, cancellations and interim schedules.

Visit the website and follow the links on the recreation>fitness page to subscribe.

DROP-IN GROUP FITNESS SCHEDULE

Monday, June 29 – Sunday, August 9, 2009

Monday (June 29 – July 27; Facility closed August 3)

12:10-12:55 p.m.	Yoga Basics	FH1	Edith
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Nia	FH 2/3	Andreea
6:10-7:00 p.m.	Aquafit – Deep Water	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Zoe

Tuesday (June 30 – August 4)

12:10-12:55 p.m.	High/Low	FH1	Lauren
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin
6:10-6:55 p.m.	Step	DS	TBA

Wednesday (July 8 – August 5; Facility closed July 1)

12:10-12:55 p.m.	High/Low	FH1	Dione
1:10-1:55 p.m.	TBA	FH1	TBA
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria
6:10-7:00 p.m.	Aquafit – Deep Water	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Ying

Thursday (July 2 – August 6)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
* Pre-registration required 24-hours in advance at Main Office.			
12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10 -12:55 p.m.	Nia	FH1	Andreea
1:10-1:55 p.m.	Cardio Box	FH1	Jen
5:10-5:55 p.m.	Step	FH2/3	Nicole M.
6:10-6:55 p.m.	HABIT	FH2/3	Gianmarco

Friday (July 3 – August 7)

12:10-1:00 p.m.	Aquafit – Deep Water	25 yd	TBA
12:10-12:55 p.m.	High/Low	FH1	Martin
5:10-5:55 p.m.	Cardio Salsa	FH1	Dione

Saturday (July 4 - August 8)

10:10-11:30 a.m.	Step/TMC	DS	Angela
------------------	----------	----	--------

Sunday (July 5 – August 9)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
------------------	--------------	----	-----

YOUR CODE GUIDE

Days	Location
M – Monday	DS – Dance Studio
T – Tuesday	FH – Field House
W – Wednesday	FS – Fencing Salle
R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are

Contact Info

Tel 416-978-3436

www.physical.utoronto.ca

ac.help@utoronto.ca

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

Stay Connected!

Join our e-mail listserv and we'll send you updates of fitness changes, cancellations and interim schedules.

Visit the website and follow the links on the recreation>fitness page to subscribe.

SUMMER FOUNDATION DROP-IN GROUP FITNESS SCHEDULE

Monday, August 10 – Sunday, September 6, 2009

Monday (August 10 – August 31)

12:10-12:55 p.m.	Yoga Basics	FHI	Edith
5:10-5:55 p.m.	Nia	FH 2/3	Andreea

Tuesday (August 11 – September 1)

12:10-12:55 p.m.	Step	FHI	TBA
5:10-5:55 p.m.	High/Low	FH 2/3	Martin

Wednesday (August 12 – September 2)

12:10-12:55 p.m.	High/Low	FHI	Dione
5:10-5:55 p.m.	Yoga Basics	FH 2/3	Maria

Thursday (August 13 – September 3)

12:00 – 1:00pm	*Field House Orientation	SCC	SCC Staff
<i>* Pre-registration required 24-hours in advance at Main Office.</i>			
12:10 -12:55 p.m.	Nia	FHI	Andreea
5:10-5:55 p.m.	Step	FH2/3	Nicole

Friday (August 14 – September 4)

12:10-12:55 p.m.	High/Low	FHI	Martin
5:10-5:55 p.m.	Cardio Salsa	FHI	Dione

Saturday (August 15 – September 5)

10:10-11:30 a.m.	Step/TMC	DS	Angela
------------------	----------	----	--------

Sunday (August 16 – September 6)

10:10-11:30 a.m.	High/Low/TMC	DS	TBA
------------------	--------------	----	-----

YOUR CODE GUIDE

Days	Location
M – Monday	DS – Dance Studio
T – Tuesday	FH – Field House
W – Wednesday	FS – Fencing Salle
R – Thursday	LG – Lower Gym
F – Friday	25 yd – 25 yd Pool
Su – Sunday	

Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are accessible.

Contact Info

Tel 416-978-3436
www.physical.utoronto.ca
ac.help@utoronto.ca

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

Stay Connected!

Join our e-mail listserv and we'll send you updates of fitness changes, cancellations and interim schedules.

Visit the website and follow the links on the recreation>fitness page to subscribe.

STRENGTH AND CONDITIONING SCHEDULE

Regular Schedule: May 11 through to September 6, 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7 a.m.	CO-ED	CO-ED	CO-ED	CO-ED	CO-ED	CLOSED		
8 a.m.								
9 a.m.		PROGRAM		PROGRAM	PROGRAM			
10 a.m.						PROGRAM	WOMEN	WOMEN
11 a.m.							CO-ED	
Noon	WOMEN		WOMEN					
1 p.m.	CO-ED		CO-ED		WOMEN			
2 p.m.								
3 p.m.		PROGRAM	PROGRAM					
4 p.m.	CO-ED		CO-ED		CO-ED	CLOSED		
5 p.m.		WOMEN		WOMEN				
6 p.m.								
7 p.m.		CO-ED		CO-ED		CO-ED		
8 p.m.								

Some equipment use may be limited during exam periods.

NEW! Look for new free registered Olympic Platform Orientations.

Check the website for more details on the new Women's Only Strength Training and Olympic Weight Lifting courses.

Interested in an orientation to the Strength and Conditioning Centre? Field House? See the Group Fitness times for Strength and Conditioning initiations. Classes are offered for women only and for beginners, coed. Registration is required; classes are a maximum of 6 participants.

The SCC has a selection of Hammer Strength machines, free weights, barbells and dumbbells for all members to use.

There are Hammer Strength, Universal and weight training machines in the Field House.

The Field House also has a variety of cardio machines available for use in the Field House including ellipticals, recumbent and upright bikes, handcycle ergometer, stairclimbers and row machines. There is a 20-minute limit on all cardio equipment. You must sign-up to use cardio equipment.

OPEN RECREATION SPORTS

Please note that schedules vary due to special events. Check the recreation boards by the Athletic Centre turnstiles for schedule and weekly update.

The following are available:

- Basketball, including pick up, shooting and women only
- Indoor soccer and soccer
- Running, walking, jogging, wheelchair use, indoor 200m track
- Running, walking, jogging, wheelchair use, outdoor 400m track
- Volleyball

Court bookings are available for:

- Badminton
- Squash
- Table tennis
- Tennis

See the Activity Guide for full information on the court bookings.

YOUR CODE GUIDE

Days

M – Monday
T – Tuesday
W – Wednesday
R – Thursday
F – Friday
Sa – Saturday
Su – Sunday

Location

25yd – 25 yd pool
DS – Dance Studio
FH – Field House
FS – Fencing Salle
LG – Lower Gym
SQ3 – Squash Court 3
UG – Upper Gym
SCC – Strength & Conditioning Centre

Accessibility

Classes in the Dance Studio, Field House, Strength & Conditioning Centre and 25yd pool are accessible.

PEDOMETER CHALLENGE

Join the pedometer challenge by picking up a pedometer for a refundable \$15 fee in the Main Office. log on to www.activeu.ca and track your steps daily

Contact Info

Tel 416-978-3436

www.physical.utoronto.ca
ac.help@utoronto.ca

For the most current information on registered programs <http://econnect.fpeh.utoronto.ca>

Stay Connected!

Join our e-mail listserv and we'll send you updates of fitness changes, cancellations and interim schedules. Visit the website and follow the links on the recreation>fitness page to subscribe.