

Activity Guide Schedules

Open Recreation

Winter 2008

Open recreation activities (also referred to as Drop-In) are available free to students and members during scheduled times.

SWIM SCHEDULE JAN 7 - APRIL 12, 2008



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	50m Long	No Swim	50m Long	50m Short		
4:10 - 7 p.m.	50m Short	25yd	50m Short	25yd	50m Short		
9:10 - 11 p.m.	50m Short	50m Short	50m Short	50m Long*	No Swim		

*Long Course - Not all lanes available.

**Fun Swim for members and their children both ends of the pool open, half for lengths, half for play and diving. Fun Swim is unavailable on holiday weekends, during special events and during exam periods.

***Community Swim is for Non-members and their children. This swim is unavailable on holiday weekends, during special events and during exam periods.

Swimming with children is only available during the Fun Swims, see the Activity Guide for full details

Aquafit

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

Aquatics Listserv for Changes & Cancellations

Join our email listserv and we'll send you updates of pool changes, cancellations and interim schedules. Visit our website and follow the links on the aquatics page to subscribe.
www.utoronto.ca/physical/recreation/recreational_swimmings

Diving

Springboard diving is permitted in the 50m pool only (on the 1m & 3m boards during the Fun Swims on Monday, Wednesday and Fridays and Fun/Community swims on Sundays.

Medical Conditions

If you have a medical condition, notify the life guard 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 see www.healthyswimming.com.

GROUP FITNESS FOUNDATION SCHEDULE

February 18 - 24, 2008 (Reading Week)

Monday, February 18

Facility Closed.

Tuesday, February 19

12:10-12:55 p.m.	High/Low	FHI	Lauren
1:10-1:55 p.m.	HABIT	FHI	Lauren
5:10-5:55 p.m.	High/Low	FH2/3	Martin
6:10-7:00 p.m.	Step Abs Stretch	FH2/3	Jim

20-20-10

Wednesday, February 20

7:10-7:55 a.m.	High/Low	DS	Mike B.
11:10-11:55 a.m.	Fun & Fit	DS	Leehe
12:10-12:55 p.m.	High/Low	DS	Dione
1:10-1:55 p.m.	Step	FHI	Dione
5:10-5:55 p.m.	Yoga Fit	FH2/3	Maria C.
6:10-7:00 p.m.	Aquafit	25 yrd	TBA
6:10-6:55 p.m.	High/Low	FH2/3	Angela/Ying

Thursday, February 21

7:10-8:10 a.m.	30-20-10 Cycle-Run-Stretch		Ranka
12:10-1:00 p.m.	Aquafit	25 yd	Kay
1:10-1:55 p.m.	TMC	UG	Georgette
5:10-5:55 p.m.	HABIT	FH2/3	Jim
6:10-6:55 p.m.	Cardio Kick	FH2/3	Angela

Friday, February 22

11:10-11:55 a.m.	Fun & Fit	DS	Uli
12:10-1:00 p.m.	Aquafit	25 yd	TBA
12:10-12:55 p.m.	High/Low	FHI	Jim
1:10-1:55 p.m.	Yoga Fit	DS	Melissa
5:10-5:55 p.m.	High/Low	FHI	Zoe

Saturday, February 23

11:10-12:00 p.m.	Step Strength Stretch	DS	Jim
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20-20-10

Sunday, February 24

10:10-10:55 a.m.	High/Low	DS	Nicole H.
4:10-4:55 p.m.	Cardio Groove	DS	Nicole H.

Legend

25yd - 25yd Pool
 DS - Dance Studio
 FH - Field House
 UG - Upper Gym

Check the website,
www.utoronto.ca/physical and
 bulletin boards for updates.

NEW!

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.

GROUP FITNESS FOUNDATION FULL SCHEDULE

January 21 - April 6, 2008 (Reading Week)

MONDAY

11:10-11:55 a.m.	Fun & Fit	DS	Ranka
12:10-12:55p.m.	Yoga Fit	FH1	Edith
1:10-1:55 p.m.	Fit/Step 101	FH1	Marie/Revi
5:10-5:55 p.m.	Nia 101	FH2/3	Andreea
6:10-7p.m.	Aquafit	25 yd	TBA
6:10-6:55 p.m.	High/Low	FH 2/3	Martin
7:10-7:55 p.m.	Cardio Salsa (NEW)	FH1	MikeB.

TUESDAY

11:10-11:55 a.m.	Nia 101	DS	Lainie
12:10-12:55 p.m.	High/Low	FH1	Lauren
1:10-1:55 p.m.	HABIT	FH1	Lauren
4:10- 4:55 p.m.	Sport Conditioning	FH4	Marie
5:10-5:55 p.m.	High/Low	FH2/3	Martin
6:10-7:00 p.m.	Step Abs Stretch 20-20-10	FH2/3	Jim

WEDNESDAY

7:10-7:55 a.m.	High/Low	DS	Nicole H.
11:10-11:55 a.m.	Fun & Fit	DS	Leehe
12:10-12:55 p.m.	Stretch (NEW)	FS	Yvonne
12:10-12:55 p.m.	High/Low	DS	Dione
1:10-1:55 p.m.	Fit/Step 101	FH1	Dione
4:10-4:55 p.m.	Exerball 101	FS	Leehe
5:10-5:55 p.m.	Yoga Fit	FH2/3	Maria C.
6:10-7p.m.	Aquafit	25yd	Gerry
6:10-6:55 p.m.	High/Low	FH2/3	Angela & Ying

THURSDAY

7:10-8:10 a.m.	*30-20-10 Cycle Run Stretch *Pre-registration is required 24 hours in advance for this class.	PZ	Ranka
11:10-11:55 a.m.	Exerball 101	LG	Georgette
12:10-1p.m.	AquaKick	25 yd	Maria C.
12:10-12:55 p.m.	Adv. Step	FH1	Martin
1:10-1:55 p.m.	TMC (NEW)	UG	Georgette
4:10-4:55 p.m.	Sport Conditioning	FH 4	Theo
5:10-5:55p.m.	Cardio Kick	FH2/3	Nicole H.
6:10-6:55 p.m.	HABIT	FH2/3	Jim
8:10-8:55 p.m.	Training Wheels* *Pre-registration is required 24 hours in advance for this class.	PZ	Tanya

FRIDAY

10:10-10:55a.m.	Fit/Step 101	DS	Jennifer H.
11:10-11:55 a.m.	Fun & Fit	DS	Uli
12:10-12:55 p.m.	High/Low	FH1	Martin
12:10-1p.m.	Aquafit	25yd	TBA
1:10-1:55 p.m.	Yoga Fit	DS	Melissa
2:10-2:55 p.m.	Pilates 101	DS	Susan
5:10-5:55 p.m.	High/Low	FH1	Zoe

SATURDAY

10:10-10:55 a.m.	Sport Conditioning	DS	Nicole M.
11:10- noon	Step Stretch Strength 20-20-10	DS	Jim
4:10-4:55 p.m.	Training Wheels* *Pre-registration is required 24 hours in advance for this class.	PZ	Tanya

SUNDAY

10:10-10:55 a.m.	High/Low	DS	Nicole M.
4:10-4:55 p.m.	Cardio Groove	DS	Nicole H.

LEGEND

25yd - 25yd Pool
 FH - Field House
 PZ - Pedal Zone
 SCC - Strength and Conditioning Centre

No classes in the Field House from
 4:10 - 6:55 p.m. on Thursday, March 27.

No Exerball 101 class on March 13, 2008.

Cardio Groove will not be offered April 7 -
 May 11, 2008.

Registration Methods for Cycle Run Stretch and Training Wheels Classes

Registration is done by phone only, 416-978-3436. Registration opens at 8 a.m. the day prior to the course, closes thirty minutes before the Membership Services office closes on the day prior to the course. M-F registration will close at 9:30 p.m., Sa/Su at 4:30 p.m.. If the class is not sold out participants may come on the day of the course and the class on a first-come, first-serve basis.

A registered class participant is considered a no-show and their space is no longer guaranteed if they have not arrived in the facility five minutes after the class start time. At that time a 'drop-in' participant may take the space on a first-come, first-serve basis..

FITNESS CLASS POLICIES

- For your safety and for consideration of your fellow participants please arrive on time. Entry may be limited after classes have started
- Classes are first come, first served. If the class is full the instructor may limit entry.
- No bags, coats or street shoes are permitted in the facilities. Please use the day lockers provided.
- Appropriate footwear, running/cross-training/aerobic shoes must be worn in all group fitness classes except where indicated in Nia 101 and Aquafit classes.
- We encourage participants to modify work-outs and participate to their fullest potential in all our classes. However please do so in a manner that does not distract from or interfere with the instructor's presentation to the group. All of our instructors will demonstrate a wide range of movement options for you.
- Those who participate in classes held in the Field House must be careful crossing the track, and should look both ways, especially at peak hours. • Aquafit classes require that participants shower prior to entering the pool.

Schedules are subject to change.

INSTRUCTOR SUBSTITUTION AND TEMPORARY CLASS RELOCATION

High/Low on Friday, February 15 at 5:10 p.m. relocated to the Dance Studio

High/Low on Sunday, February 17 at 10:10 a.m. will be subbed by Mike B.

OPEN RECREATION SPORTS

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

The following are available:

- Basketball, including pick up, shooting and women only
- Indoor Soccer and Soccer
- Recreational Skating
- Indoor Golf Driving Range (fee applies)
- Running, Walking, Jogging, Wheelchair use, Indoor 200m track
- Running, Walking, Jogging, Wheelchair use, Outdoor 400m track
- Skating
- Volleyball

Court bookings are available for:

- Badminton
- Squash
- Table Tennis
- Tennis

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

PEDOMETER CHALLENGE

Join the pedometer challenge by picking up a pedometer for a refundable \$12 fee in the Main Office. Log on to www.activeu.ca and track your steps daily.

YOUR CODE GUIDE

Days

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

Rooms

TP - Teach Pool
50m - 50 metre Pool
25yd - 25 yard Pool
LG - Lower Gym
VA - Varsity Arena
FH - Field House
SG - Sports Gym
BSL - Benson Student Lounge
UG - Upper Gym
DFN - Domed Field North
PZ - Pedal Zone
SCC - Strength and Conditioning Centre

CONTACT INFO

Tel. 416-978-3436

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

For program descriptions and other important information see the Activity Guide available online, at the Athletic Centre and Varsity Centre.

STRENGTH AND CONDITIONING SCHEDULE



Regular Schedule: Jan. 7 - Apr. 12, 2008 .

	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.									
11 a.m.	WOMEN	CO-ED	WOMEN	CO-ED	CO-ED	WOMEN	WOMEN		
Noon									
1 p.m.	CO-ED		CO-ED		CO-ED	CO-ED	WOMEN	CO-ED	CO-ED
2 p.m.									
3 p.m.	PROGRAM	WOMEN	PROGRAM	WOMEN	CO-ED	CO-ED	CO-ED		
4 p.m.									
5 p.m.									
6 p.m.	CO-ED	CO-ED	CO-ED	CO-ED	CO-ED	CLOSED			
7 p.m.									
8 p.m.		CO-ED		CO-ED				CO-ED	
9 p.m.									
10 p.m.									

Program hours are not available for open recreation. They include bookings for academic classes. Some equipment use may be limited during exam periods.

Interested in an orientation to the Strength and Conditioning Centre? 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 rowel machines. There is a 20-minute limit on all cardio equipment. You must sign-up to use cardio equipment.