

# Activity Guide 2011-2012

## A FIT FOR EVERYBODY



UNIVERSITY OF TORONTO  
FACULTY OF PHYSICAL EDUCATION & HEALTH

# TABLE OF CONTENTS

- 1 Welcome
- 2 Facility Hours
- 3 Membership Information
- 5 Locations
- 6 Program Descriptions
  - 6 Drop-in
  - 9 Family
  - 10 Registered
- 21 Intramurals
- 22 Intercollegiate Sports



# WELCOME



Welcome to the Faculty of Physical Education and Health at the University of Toronto! We offer a broad array of classes and activities designed to keep you active and healthy through our co-curricular programs, services and facilities.

ALL registered University of Toronto students who have paid incidental fees can access and take advantage of the Faculty's programming as a fundamental component of their educational experience at the University. We also have memberships for alumni, faculty, staff and the broader community.

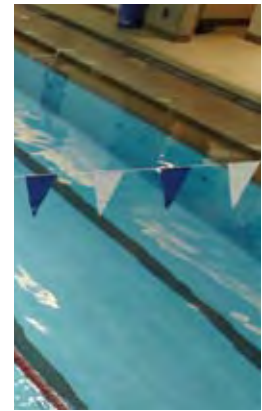
The Faculty strives to create and maintain a welcoming, inclusive atmosphere that is aligned with University policies and guidelines on equity, diversity and excellence. This commitment is reflected in a variety of targeted strategies and initiatives, including women-only hours. Our first priority is to support the student experience at U of T, and our programs and scheduling reflect this priority.

The Athletic Centre and Varsity Centre are also rich teaching and learning environments, where research and degree programs are conducted alongside the co-curricular programs. This gives students and members access to faculty and staff who have the latest knowledge about the science of physical activity. The Faculty's diverse facilities and programs offer something for everyone!

## REGISTRATION DATE

**2011-2012** Fall and winter programs: **September 8, 2011**

All registration opens at 8:00 a.m. Schedules, dates and prices for programs are available online, at the Athletic Centre and at Varsity Centre.



## FACILITY HOURS

**Athletic Centre 416.978.3436**

	<b>Facility Hours</b>	<b>Main Office Hours</b>
<b>Fall + Winter</b> Sept 12, 2011 - April 29, 2012	Mon-Fri 7:00 a.m.-11:00 p.m. Sat-Sun 9:00 a.m.-5:00 p.m.	Mon-Fri 8:00 a.m.-10:00 p.m. Sat-Sun 9:00 a.m.-4:45 p.m.
<b>Spring + Summer</b> April 30, 2011 - April 29, 2012	Mon-Fri 7:00 a.m.-9:00 p.m. Sat-Sun 9:00 a.m.-5:00 p.m.	Mon-Fri 8:00 a.m.-8:00 p.m. Sat-Sun 10:00 a.m.- 5:00 p.m.

Members must vacate locker rooms, return towels and leave the building no later than 30 minutes after closing time. The main office is open during the hours noted above for membership and guest pass purchases, registration and general information.

**Varsity Centre 416.978.6428**

<b>Fall + Winter</b>	<b>Dome</b> Mon-Sun 7:00 a.m.-10:30 p.m. December 2011 - April 2012	<b>Arena</b> Mon-Sun 7:00 a.m.-12:00 a.m. September 2011 - April 2012
<b>Spring + Summer</b>	<b>Field/Track</b> Mon-Sun 7:00 a.m.-10:30 p.m. May 2011 - November 2011	<b>Sport Court</b> Mon-Sun 7:00 a.m.-10:30 p.m. May 2012 - August 2012

During games and special events the Varsity Centre track and field are closed to members. Events occur frequently during the September-October and May-June period. For the most updated schedule information, visit [www.varsitycentre.ca](http://www.varsitycentre.ca).

# MEMBERSHIP INFO

All U of T students who have paid incidental fees are automatically members of the Athletic Centre and Varsity Centre. U of T staff and faculty may join at special rates or enrol in the Joint Membership Plan, which includes the Athletic Centre/Varsity Centre, Hart House and the Faculty Club. We also offer U of T alumni memberships. Community memberships for those without a U of T affiliation are also available.

Membership includes access to the Athletic Centre, Varsity Centre, and front and back campus. Members must present a valid membership card (U of T students must present a valid T-card).

## Membership includes the following:

### Drop-in activities, such as:

- group fitness classes
- lane swimming
- strength and conditioning
- access to a variety of cardio machines
- 200m indoor and 400m outdoor tracks
- pick-up basketball, volleyball, indoor soccer, ice skating, cricket, ultimate Frisbee and hockey
- family swim, skate and squash programs
- recreational court reservations for badminton, squash and table tennis
- access to the steam room
- educational lectures and seminars
- intramural sport leagues (Fall/Winter - U of T students/staff/faculty, alumni only. Summer - All membership types)
- day lockers (longer-term locker rentals and towel service are available for additional fees - visit the "Facilities + Memberships" section of the website for full details)

Members and U of T students also have access to a wide range of registered instruction classes. Fees for registered classes vary depending on the program.

Additional member privileges include:

- Discounted rates at the Varsity Centre golf range - and U of T students golf for FREE!
- A 10% discount on regular Junior Blues and Camp U of T fees. U of T students receive a 15% discount on regular Junior Blues and Camp U of T fees.

# REGISTERED PROGRAMS

All current members and U of T students who have paid incidental fees can sign up for registered programs by following these three simple steps:

1. Browse our classes in the registered program descriptions section on our web site at [www.physical.utoronto.ca](http://www.physical.utoronto.ca)
2. Check times and costs in the list of schedules and fees, which can also be found on the website.
3. Register online at our website at [www.physical.utoronto.ca](http://www.physical.utoronto.ca), or in the Athletic Centre main office. Payments can be made by cash, debit card, VISA, MasterCard or Amex.

Classes are not held on statutory or university holidays, long weekends or during reading week.

Membership and refund details can be found online.

# MEMBERSHIP FEES

Member Type	Lump Sum Payments
U of T Students <sup>***</sup>	Paid through compulsory incidental fees*
U of T Staff/Faculty/Alumni <sup>****</sup>	\$518/year; \$187/4 months <sup>**</sup>
Community Members <sup>***</sup>	\$644/year; \$245/4 months <sup>**</sup>
New Alumni (within 2 years), Seniors (65-79), Post-Doctoral Fellows + Students From Other Educational Institutions <sup>***</sup>	\$392/year; \$150/4 months <sup>**</sup>
Monthly pass	\$73
Weekly pass	\$42
Day pass	\$11 (member-sponsored); \$16 (non-sponsored)

Prices do not include HST. Rates are subject to change.

For full pricing details and options, visit the "Facilities + Memberships" section of the website.

\*Summer memberships: U of T Students not registered in a course/s, and therefore not paying compulsory fees, must pay a membership fee to use the facilities in the summer. The membership fee will be decided by the Governing Council in the spring.

\*\*A monthly pre-authorized payment option is available for a slightly higher fee; see the website or main office for prices and details.

\*\*\*Co-resident memberships are also available.

# Get a move on!

Want a great, **FREE** spot to practice with your dance crew, run an event with your club, or have a ball with members of your association?



Recognized U of T student clubs and groups can get **FREE** access to some Athletic Centre and Varsity Centre spaces each week – plus a 30% rental discount at other times!

**Space is  
limited –  
jump on it!**

Details can be found at [www.physical.utoronto.ca](http://www.physical.utoronto.ca) (through Quick Links)

# LOCATIONS

## Athletic Centre

The Athletic Centre is located on the west side of U of T's St. George campus at the intersection of Harbord St. and Spadina Ave. It is easily accessible from the Spadina subway station and by streetcar.

55 Harbord St., Toronto, ON M5S 2W6

### Entry:

All participants must enter and exit the Athletic Centre through authorized entrances only. Specific program entrances are found on the website.

\*For ticketed events in the sports gym, enter via 320 Huron St.

## Varsity Centre

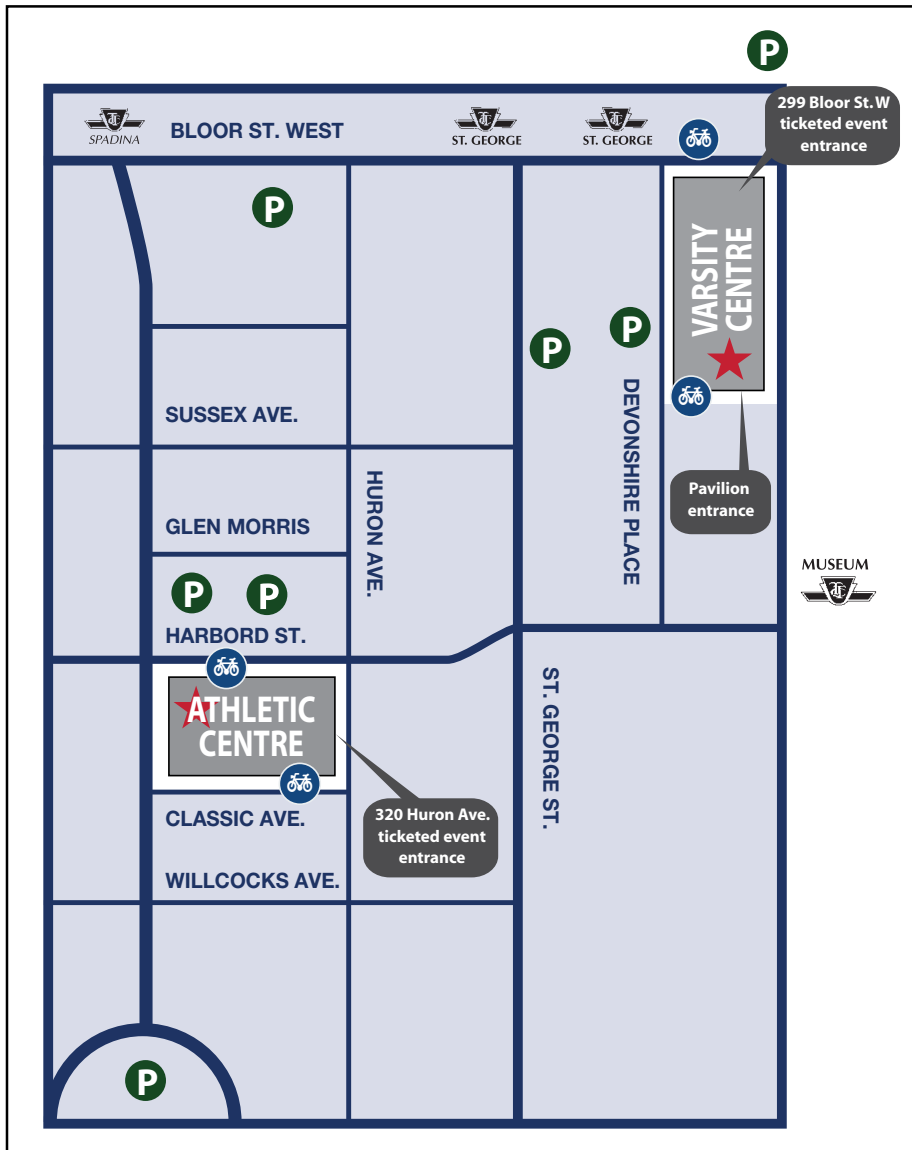
Varsity Centre is located on the southeast corner of Bloor St. and Devonshire Pl. (one block east of St. George St.) at the north end of the St. George campus. It is just steps away from the St. George and Museum subway stations.

299 Bloor St. West, Toronto, ON M5S 1W2

### Entry:

All participants must enter and exit Varsity Centre through the pavilion entrance off Devonshire Pl. (at the south end of the stadium).

\*For ticketed events, enter from the Bloor St. entrance.



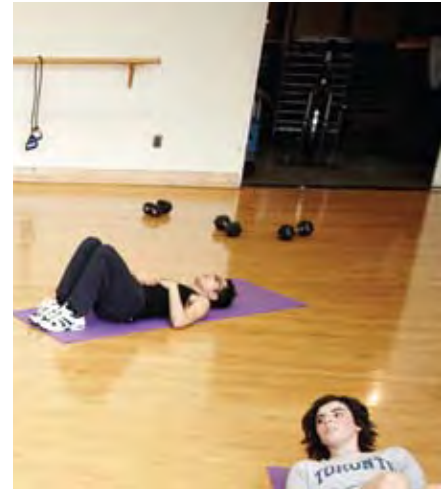
## Parking and Bike Racks:



Bike racks with camera surveillance are available at the Athletic Centre on Harbord St. and Classic Ave., and at Varsity Centre near the pavilion entrance on Devonshire Place.

Metered street parking is available around the periphery of the Athletic Centre and Varsity Centre. Underground parking lots near the facilities include Graduate House (60 Harbord St.), which can be accessed by traveling north on Spadina Ave. and east on Glen Morris Ave., and on the east side of St. George St. just north of Harbord St. For more information, contact the U of T parking office at 416.978.7275.

# PROGRAM DESCRIPTIONS



## DROP-IN PROGRAMS

Drop-in programs are available for U of T students (who have paid incidental fees) and members at no extra charge. Updated schedules are online. Drop-in opportunities include:

- Daily fitness classes
- Use of the strength and conditioning centre, which has accessible circuit training machines, free weights, warm-up bikes, Olympic weight-lifting platforms and more
- Use of field house fitness equipment, including elliptical cross trainers, recumbent bikes, upright bikes, strength and conditioning equipment and rowing ergometers
- Lane swimming at scheduled times throughout the day in either the Benson pool (25yd) or the Varsity pool (50m)
- Family programs and events at scheduled times
- Indoor running on the Athletic Centre's 200-metre indoor track
- Outdoor running (seasonal) on Varsity Centre's 400-metre, eight-lane track
- Springboard diving in Varsity pool (50m) during Fun Swim times
- Opportunities to play squash, soccer, cricket, ultimate Frisbee, basketball, volleyball and badminton
- During the winter, members and U of T students who have paid incidental fees are eligible to practice their golf swing during drop-in hours at the Varsity Centre driving range for FREE; additional fees apply for non-members

# BRINGING BALANCE

**Raha Francis**, economics and philosophy student and vice-president external, EFUT (Les Étudiants Francophones de University of Toronto)



“**M**y student club, EFUT, uses the Athletic Centre’s field for soccer games during the year. It’s a great way to get francophones and francophiles together and have some fun! I also really love attending Athletic Centre drop-in classes - Zumba is a fun one - and I love jogging. Both give me an avenue to increase my own resilience and energy and try new things, which helps not only my body, but my head! It gives me a sense of community. Most of all, it gives me balance. That’s invaluable for a student.”

*For more on student use of facilities see page 4. For more on drop-in fitness, see page 8 or visit [www.physical.utoronto.ca](http://www.physical.utoronto.ca).*



## DROP-IN FITNESS CLASSES

### Aquafit – Deep Water

Participants will improve cardiovascular and muscular fitness and develop core strength. Aquafit eliminates impact on joints and reduces stress on the heart. Classes are held in deep water. Buoyancy belts are provided, but participants must be comfortable in deep water.

### Cardio Box

This high-energy cardio class blends boxing fundamentals with punches and kicks for an overall body workout. This great workout gives participants confidence and builds strength.

### Field House Circuit Orientation\*

This orientation session familiarizes participants with the cardio equipment in the field house. This class is limited to four participants.

\*Registration is required.

### Fun and Fit

Movements and music for the class are selected with the active older adult in mind, but all ages are welcome and this class is friendly for those with physical limitations. The workout includes a low impact aerobic component and strength and conditioning exercises. Social interaction makes the workout supportive and fun.

### High/Low

This classic aerobics class offers both high and low impact options. This is an excellent all-around workout, choreographed to music.

### Nia

Nia blends dance, martial arts and healing arts, including yoga. Nia is an energizing workout that helps you discover the joy of movement.

### Strength and Conditioning Circuit Orientation\*

This session familiarizes participants with the strength training equipment, including free weights, stability fitness balls and other resistance and cardio training equipment. Women-only sessions are available. This class is limited to four participants.

\* Registration is required.

### Step

This classic, choreographed cardiovascular workout uses an elevated platform and combines core-training exercises and stretching.

### Total Muscle Conditioning (TMC)

This class focuses on dynamic stretching and overall muscle conditioning without a choreography element.

### Training Wheels

This Cycle Fit class focuses on basic riding positions and technique with little or no standing. Participants should bring a water bottle and towel.

### Triple Blast

Train for optimum fitness! Classes include a series of core drills, cardio intervals and total body conditioning exercises. Classes may be held outside when weather permits.



### TRX Core Circuit\*

This circuit orientation will introduce the TRX Suspension training equipment. It is a complete body weight training system that offers a fusion of strength, core stability and balance and is suitable for participants of all fitness levels. Other core equipment will be used to complete the circuit. This class is limited to four participants.

\*Registration is required.

### Yoga Basics

This class acquaints participants with the fundamentals of yoga while improving general strength and flexibility. For ongoing, progressive yoga training, check out our registered mind-body classes and flex pack.

### Zumba®

This extremely popular Latin dance-inspired class fuses cardio with easy-to-follow moves that integrate toning and sculpting exercises to target glutes, legs, arms and abdominals.

### Frosh Fit

**Not just for frosh, these classes provide a solid foundation for establishing great habits. These progressive classes include resistance training, interval cardio circuits, core-based movements and fitness testing to benchmark your progress. The program also includes regular visits from a certified nutritionist to help you make wise food choices.**

## DROP-IN FAMILY PROGRAMS

Members are encouraged to participate in our fun family-focused physical activity opportunities. For schedule information, visit the “Fitness + Recreation” section on the website. We also offer many registered child and youth programs - visit [www.juniorblues.ca](http://www.juniorblues.ca), [www.campuoft.ca](http://www.campuoft.ca) or pick up the Junior Blues or Camp U of T guides at the main office.

### 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 online for detailed supervision requirements in the pools.

### Family Skate

Varsity Arena welcomes everyone to come out for family skate. CSA-approved helmets are strongly recommended for beginners and children. Members accompanying small children must wear skates and be on the ice with their children.

### Family Squash

What a fun way to spend the weekend! Children must wear goggles and everyone must bring their own racquets.



## REGISTERED PROGRAMS

Whether you want to improve your downward dog or get CPR recertification, our registered programs offer high-quality instruction in an inspiring environment. Athletic Centre members and U of T students who have paid incidental fees can register for:

### AQUATICS CLASSES

The Athletic Centre has three pools in which these classes take place. Find your fit and check our “Schedules + Fees” page in the “Fitness + Recreation” section of our website for details.

#### Adult Swim 1 – Absolute Beginner

This course is an introduction to basic swimming skills: buoyancy, breathing, submerging face in the water and propulsion. No previous swimming skills are required. This class is also available for women only.

#### Adult Swim 2 – Basic

Participants are taught front crawl, back crawl, treading water and deep water skills when ready. Prerequisites: Participants must be able to swim 10 metres on their front with face submerged and 10 metres on their back. This class is also available for women only.

#### Adult Swim 3 – Intermediate

Swimmers continue to work on front crawl and spend more time on deep water skills. Prerequisite: Participants must be able to swim 20 metres on their front and back. This class is also available for women only.

#### Adult Swim 4 – Stroke Mechanics

Classes focus on improving stroke technique in front crawl, back crawl and breaststroke. Prerequisite: Participants must be comfortable in deep water and able to swim 25 metres of both front and back crawl. This class is also available for women only.

#### Adult Swim 5 – Swim Training

This course focuses on fitness. Instructors create a series of workouts and coach participants through them. Workout lengths average from one to 3.5 kilometres, accommodating a range of abilities. Prerequisite: participants must be able to swim for 30 continuous minutes and perform 50 metres each of front crawl, back crawl and breaststroke with good stroke mechanics.

#### Adult Swim 5 – Swim Training Interim

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

#### Adult Swim 5 – Swim Training: Pay-As-You-Go

Pay-as-you-go allows you the flexibility to participate in the swim training class on days that suit you.

## Butterfly

Participants will learn the dolphin kick and progress to the full butterfly stroke. Prerequisite: Excellent stroke mechanics and swimming fitness in front crawl and breaststroke.

## Springboard Diving

Divers learn basic skills in a safe and non-competitive environment. Emphasis is on basic skills from the one-metre spring board, with the option to do three-metre and five-metre entries. All skill levels are welcome - no diving experience is necessary. Prerequisite: Participants must be comfortable submerging in deep water and be able to swim 25 metres.

## Private Swim Lessons

**New format for 2011-2012:** Private lesson registration is now available online. There is limited availability for private lessons and classes are available on a first-come, first-served basis. Spaces cannot be reserved. Instructor requests cannot be accommodated. Each lesson is 30 minutes long.

Semi-private lessons are also available; start by registering one client for a private lesson and then put the other on a waitlist. Contact us at [private.swim@utoronto.ca](mailto:private.swim@utoronto.ca) to arrange for the second client to be registered in order for it to become a semi-private class.

## CERTIFICATIONS – AQUATICS

### Bronze Medallion and Emergency First Aid\*

This is the first required Lifesaving Society course in the path to becoming a lifeguard and swim instructor. Prerequisite: good stroke mechanics and swimming fitness. The Canadian Lifesaving Manual is required for the course and can be purchased in person at the main office. More detailed information about the Lifesaving Society programs can be found at [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

### Bronze Cross and Standard First Aid\*

This course follows and builds on the skills from Bronze Medallion. It is a prerequisite for all advanced Lifesaving Society programs, including the National Lifeguard Service award. Prerequisite: Bronze Medallion and Emergency First Aid.

### NLS Full Course Certification\*

NLS is recognized as the standard lifeguarding certificate in Canada. Prerequisites: Bronze Cross certificate, 16 years old by the exam date and current Standard First Aid/Basic Rescuer CPR (no more than two years from certification date) issued by Lifesaving Society, St. John's Ambulance, Canadian Red Cross or Canadian Ski Patrol. The Alert Lifeguarding in Action manual is required and can be purchased in person at the Athletic Centre main office.

### NLS Re-certification

National Lifeguard Service award must be renewed every two years to remain valid. Prerequisite: Registrants must have a NLS and bring card on the day of the clinic. (NLS can be re-certified if expired, but in order to lifeguard, one must re-certify before the expiry date on the card.) Current Standard First Aid/Basic Rescuer CPR recommended.

## Red Cross Water Safety Instructor Re-certification

The Red Cross Water Safety Instructor certification must be renewed every two years to remain valid. This course will review the Red Cross Swim program and water rescue and teaching modules. Prerequisite: A Red Cross WSI certificate no more than five years from the certification date. Bring card and instructor manual to clinic.

## Red Cross Water Safety Instructor Transfer Course

This one-day course allows instructors certified with other organizations, such as the Lifesaving Society or YMCA, to attain the Red Cross WSI certification. Manuals are included in the price and must be picked up prior to the course in order to complete the pre-course assignment. Co-teaching hours are also required as part of the certification process.

## CERTIFICATIONS – FIRST AID AND CPR

### 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 Red Cross, Lifesaving Society or St. John Ambulance Standard First Aid certificate. A photocopy of this certification must be brought to the course.

### Automated External Defibrillation (A.E.D.)

This five-hour Lifesaving Society course is an advanced first-aid module that will teach participants how to deliver AED shocks to both adults and children. Prerequisite: A current Red Cross, Lifesaving Society, St. John Ambulance or Heart and Stroke Foundation Basic Rescuer (Level C) CPR certificate. A photocopy of this certification must be brought to the course.

### CPR – Basic Rescuer (Level C) Re-certification\*

Annual re-training is recommended to remain certified as a CPR provider, and may be required by some employers.

### Standard First Aid and CPR Certification\*

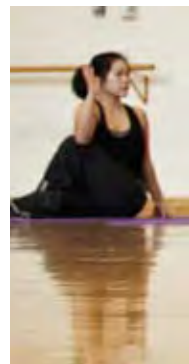
The Ministries of Labour and Health recognize this full course in Standard Level First Aid as a certification for workplace requirements. CPR (Basic Rescuer, Level C) certification is included. Canadian Red Cross or Lifesaving Society courses will be taught.

### Standard First Aid and CPR Re-certification\*

Standard Level First Aid must be re-certified within three years of the certification date. CPR (Basic Rescuer, Level C) re-certification is included with this course. WSIB regulations dictate that Standard First Aid can be re-certified only once, and must be with the same governing body. Red Cross and Lifesaving Society are the only re-certifications we offer. A photocopy of your certification must be brought to the course.

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

\*These classes combine adults and youth participants in the same program. Those under 18 years old must register through our children and youth programs.



## DANCE CLASSES

### Ballet

Develop grace and stamina in this introductory class. Classical ballet techniques are taught through barre and centre exercises and variations.

### Belly Dance – Level I Women-only

Middle Eastern belly dance involves self-expression and uses subtle movements of the shoulders, rib cage, belly and hips to isolate various muscle groups. These classes promote fun, a positive body image and increased self-confidence.

### Belly Dance – Level II Women-only

For those who wish to further develop their skills. Please note: Level I and II may be combined.

### Hip Hop

This rhythmic and energetic dance style combines funky street moves with a jazz influence.

## FITNESS CLASSES – CYCLE FIT

This group workout is performed on stationary bikes and is designed so that participants can ride at their own pace and ease up at any time. All classes are 50 minutes and generally include a 10-minute thorough warm-up, 30-minute cardiovascular segment, five-minute cool-down and a five-minute stretch segment.

### Cycle Fit Flex Pack

The Cycle Fit Flex Pack allows you to attend unlimited Cycle Fit classes for one great price. Details online.

## FITNESS CLASSES – MIND-BODY

### Ashtanga Yoga

This athletic form of yoga incorporates power movements into a sequence of flowing postures. It improves mental focus, stamina and overall movement performance.

### Hatha Yoga

This classic approach to yoga emphasizes body awareness, breath and relaxation.

### Pilates

Pilates is a mat workout that guides you to access core muscles, elongate the spine and strengthen abdominal and back muscles. Deep synchronized breathing encourages body awareness and relaxation.

### Yoga and Pilates

Enjoy the best of yoga and Pilates in the same class. Strengthen your core muscles, increase flexibility, practice body awareness, improve posture and relieve stress.

### Yin Yoga

This deep, slow practice of yoga increases your flexibility by stretching and stimulating the connective tissue of the hips and spine. This is a deeply relaxing and rejuvenating form of yoga.

### Mind-Body Flex Pack

The Mind-Body Fit Flex Pack allows you to attend unlimited number of yoga and Pilates classes for one great price.



## Olympic Weight Lifting Level I

Introduce yourself to the techniques “clean and jerk” and “the snatch” through a series of methodical progressions. Participants will learn how to perform Olympic lifts safely. While specific flexibility is practiced throughout all sessions, a certain level of back, hip and ankle flexibility is required at the start of the session.

## Olympic Weight Lifting Level II

Participants should have some experience with Olympic weightlifting. The course focuses on refining techniques, improving strength and power and Olympic lifts. You will learn how to optimally use the power rack safely.

Prerequisite: Completion of Olympic Weight Lifting Level I or previous basic training (subject to instructor approval).

## Weight Training for Women

Weight training is essential for strong bones, good posture and healthy body composition. Each session includes a variety of machine weights, free weights and stretch exercises. By the end of the four-week series, participants will become familiar with reps, sets and be able to determine starting and working weights. Participants will also receive one personal training session to help them develop personalized programs. Format: four group sessions and one personal training session.

## PERSONAL TRAINING AND NUTRITION CONSULTATION

Our goal is to provide our members and students with a safe and successful exercise and nutrition plan that promotes healthy, active living. Whether you want to learn the basics, improve your aerobic capacity, build strength, train for a race, maintain a healthy body weight or rehabilitate, our experts are here to help.

We offer one-hour training sessions for individuals or groups of two. We also offer specialty training and sport-specific high performance and Olympic weightlifting. Also, check out the packages we offer in Fitness Assessment, Body Composition, Get Fit and Team Lite.

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

To start, visit us in the strength and conditioning centre and select a package or review the registered program descriptions in the “Fitness + Recreation” section on the website.

## CLUBS

The Faculty of Physical Education and Health operates its own student clubs. These include:

**Karate** [www.jinbukai.org/utkc](http://www.jinbukai.org/utkc)

**Kendo** [www.uoftkendoclub.com](http://www.uoftkendoclub.com)

**Masters swimming** [www.tmu.ca](http://www.tmu.ca)

**Synchronized swimming** [uoftsynchro@yahoo.ca](mailto:uoftsynchro@yahoo.ca)

**Triathlon** [www.uofttriathlon.com](http://www.uofttriathlon.com)

**Ultimate** [www.torontula.com](http://www.torontula.com)

Students and members can register for these clubs in the Athletic Centre main office or online.

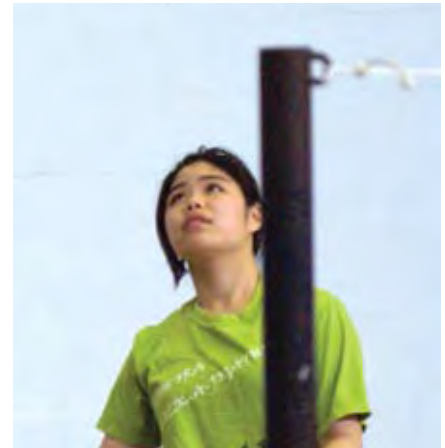


# CYCLING SATISFACTION

**Kate Parson**, public health master's student and social coordinator of the Public Health Students' Association

“**A**ctually registering for a class like Cycle Fit helped me commit to being active regularly. Also, going to the same class consistently helped me to connect with other participants. I feel better when I am active. No matter how stressed out I am, taking the time to exercise always improves my day.”

*For more on registered classes, see pages 10-18 or visit [www.physical.utoronto.ca](http://www.physical.utoronto.ca).*



## SPORT

### Badminton – Supervised Practice

Participants are ranked beginner, intermediate or advanced and are assigned to play approximately 15-minute matches with other participants of similar skill levels. Participants must provide their own racquets. Shuttles are provided and there is no formal instruction.

### Fencing Instruction Level I

This introductory class teaches stretching, basic footwork and how to defend and attack with a foil.

### Fencing Instruction Level II

This class teaches more advanced techniques, competitive tactics and weapon-specific training. Prerequisite: Completion of Fencing Instruction Level I or previous basic training (subject to instructor approval).

### Golf Level I

During the winter, lessons are held in the Varsity Centre dome. Pros from Angus Glen Golf Club will teach the mechanics of the full swing, chip shot, pitch shot and putt. Scoring and rules of the game will also be introduced.

### Golf Level II

Angus Glen pros will help you to improve your swing mechanics. Advanced swing theory and the fine points of ball control will be taught. Prerequisite: Golf Level I or a regular player with an average score under 100.

## ANGUS GLEN COMMUNITY PARTNERSHIP SPECIALS

These community partnership specials require registration through Angus Glen Golf Club. Please contact Brian Mason, head professional, at 905.887.0090 ext. 228 or [bmason@angusglen.com](mailto:bmason@angusglen.com).

### Seasonal Membership \$250 (plus HST)

This membership is open to non-Athletic Centre members. It includes unlimited golf balls (one hour per day) and an introductory 30-minute golf lesson with a fully-certified Canadian Professional Golfers' Association (C.P.G.A) professional. Membership is available while the Varsity Centre dome is up (late December to early April).

### Pre-Paid Practice Card \$99 (plus HST)

This pass is valid for five one-hour practice sessions and includes unlimited golf balls.

### Customized Instructional/Practice Program

A certified C.P.G.A professional will customize an instructional and practice program to meet your goals.

### Private Lessons

Let us help improve your game this year! A certified C.P.G.A. professional will cater to your personal improvement needs. Golfers ages 16 and under receive a 20% discount on private golf lessons!

Private 60-minute lessons: \$100 (plus HST)

Private 30-minute lessons: \$70 (plus HST)

Four 45-minute lessons: \$250 (plus HST)



## Gymnastics

Gymnastics isn't just for kids! This exhilarating program is designed for people with varying experience (beginner to competitive) in gymnastics. Gymnasts will be assessed and grouped on the first day into appropriate skill levels. There is an 8:1 participant to coach ratio. Learn gymnastics skills that will help improve your overall strength, agility and flexibility. Through progression-based teaching methods, participants in this program will be encouraged to develop their gymnastics skills and improve at their own pace.

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

## Basic Skating

Become a comfortable and confident recreational skater. Participants learn basic skills including balancing, gliding, pushing and stopping safely. If you have never skated before, this is the course for you. CSA-approved helmets are mandatory. Limited skate and helmet rentals are available.

## Advanced Skating

Advanced skating is for those skaters who have strong basic skills and are ready to learn more technique and form. Students must have strong backward skating skills. CSA-approved helmets are recommended.

## Figure Skating

Participants learn a variety of skills, including spinning and jumping. Participants should have some figure skating experience. Figure skates are mandatory.

## Power Skating

This course is for individuals who already have strong skating skills (including forward and backward skating and stopping under control) and would like to further improve their technique. The course focuses on speed, power and form. Hockey skates and CSA-approved helmets are mandatory. An assessment will be conducted at the first class to confirm that you are in the appropriate session.

## Squash Level I

This introductory course will teach you to increase your speed and coordination. Become familiar with the rules of the game, and learn forehand, backhand, service and service return swings.

## Squash Level II – Small Group Lessons

This course is for those who are already familiar with the game. Level II allows you to improve your skills and play with those at a similar level in a small group setting.

## Squash – Private Lessons

Private lessons can take your game to the next level. Lessons will be customized for your specific needs and goals.

## Table Tennis – Supervised Recreation

There are supervised practices offered in the Athletic Centre for beginners, intermediate and advanced players. Please bring your own balls and paddles.

## Tennis Level I

Learn the basics of the game. This course is for those who have never taken formal instruction. The mechanics of the ground-stroke, volley, serve, lob and overhead are introduced, followed by game rules and game situations.

## Tennis Level II

Progressing from skills learned in Level I, this course will concentrate on improving the strokes that you already know in game situations.

## Tennis Level III

This course is for those who have taken Level II, or who can sustain a rally of 8-10 strokes and have a good serve. Your strokes will be analyzed and improved and tactical considerations for both singles and doubles are taught. Games will be played with an emphasis on consistency, control, depth and placement.

## Tennis Level IV

This is an advanced class for tennis players who play regularly, are proficient in all strokes and want to fine-tune their game strategy. Emphasis is on shot-making, court coverage and the application of winning tactics for singles and doubles. Spin-on serves and ground strokes will be covered in detail.

## Trampoline

Trampolining is a fun and exciting way to improve your overall fitness level. Starting with basic trampoline skills, participants will be motivated to improve their abilities on the trampoline at their own level.

## Trampoline and Gymnastics – Private and Semi-Private Instruction

Limited times are available for private gymnastics and trampoline lessons. Participants can choose one, five or ten sessions. For more information please contact Barb Brophey at 416.978.7381 or [barb.brophey@utoronto.ca](mailto:barb.brophey@utoronto.ca).

# ON TRACK AT WORK

**Paul Fraumeni**, director of communications, Office of the Vice-President, Research and member of the Joint Membership Plan

“**A**bout a decade ago I made a huge life change - I quit smoking and started running. Now I do long distances, mostly half marathons. The Athletic Centre and Varsity Centre are my home base for fitness; working out right on campus is so convenient. I run in the field house three times a week, and I absolutely love the new track at Varsity Centre in the summer. The surface is much more comfortable than pavement and concrete, and the track is big enough that I can get in a really good run. These facilities have been the key to maintaining an active lifestyle.”

*For more information on the Athletic Centre track visit [www.physical.utoronto.ca](http://www.physical.utoronto.ca). Joint Membership Plan details can be found at [www.utoronto.ca/jointplan](http://www.utoronto.ca/jointplan).*





## MARTIAL ARTS

### Karate

This martial arts class builds physical and mental skills through powerful and graceful movements, focusing on basic techniques. Instructors are affiliated with the U of T Karate Club and Karate Ontario.

### Kendo

Kendo is the Japanese martial art of fencing. This class introduces participants to basic components of this martial art. Instructors are affiliated with the U of T Kendo Club. Equipment is provided.

### Taekwondo

Taekwondo is a Korean martial art known for its dynamic and fast-kicking techniques. Taekwondo cultivates the mind and body through rigorous training, sparring and fitness exercises.

### Wen-Do for Women

This self-defence course is designed for women, by women. Learn easy-to-use and memorable methods of protecting yourself in a wide range of situations. A combination of discussion and practical skills results in an integration of mental and physical preparedness. Techniques are designed for women of all ages, sizes and abilities. We offer one-day workshops and occasionally a women-and-girls course.

# MAKING FITNESS FUN

**Ricky Rodrigues**, equity studies student and drop-in centre facilitator and junior educational director at LGBTOUT

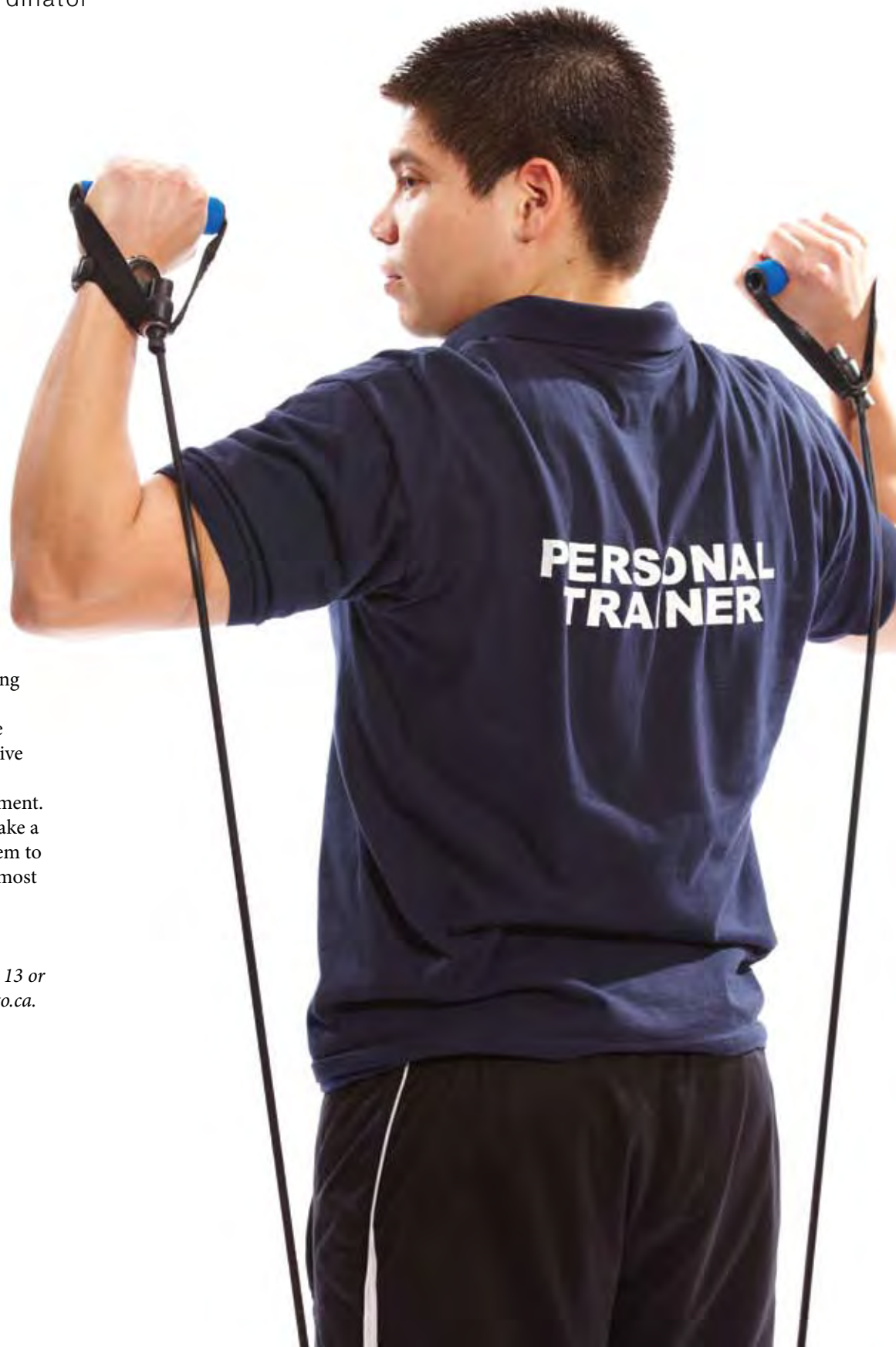


“**W**orking out at the Athletic Centre was part of my 2011 resolution to lead a healthier life. Drop-in fitness classes are fun because so many people participate in them and it’s always much more enjoyable to work out when you have people to help you, laugh with you, and encourage you to keep going. The music also makes working out a lot more fun. Since I started, I have felt healthier and fitter. I find that I have a lot more energy than before. I also feel a lot more confident with my body.”

*For more information about drop-in group fitness opportunities see pages 8-9 or visit [www.physical.utoronto.ca](http://www.physical.utoronto.ca).*

# REACHING HIGH

**Douglas Rosa**, personal training  
and nutrition coordinator



“I find it very rewarding to know that I can help clients become more physically active through education, motivation and empowerment. To recognize that I can make a difference by directing them to a healthier lifestyle is the most satisfying part of my job.”

*For more information on personal training, see page 13 or visit [www.physical.utoronto.ca](http://www.physical.utoronto.ca).*



## INTRAMURALS

The goal of the intramural program is to offer a wide range of competitive and non-competitive sports to meet the diverse interests of the student population. The most competitive levels compete across all three campuses of the university and this tri-campus level of play involves greater commitment to tryouts, practices, travel and competitive schedules.

Current U of T students who have paid incidental fees are eligible to participate in the intramural program and must be a registered student in the term in which they are participating. Staff/faculty and alumni members can participate in certain areas of the program with a valid membership.

A detailed list of recognized colleges and faculties that participate in intramurals, the levels of play and the sports available can be found on the intramural website.

Most leagues run for one academic term. Games are played on various nights of the week, while some sports are played on weekends. Many tournaments are also offered throughout the year, with most scheduled on weekends. Performance bonds and cost recovery fees vary depending on the sport and are fully detailed on the intramural website. The intramural staff are happy to help you get the information you need.

For full information and details on how to get involved, contact the intramural office, located on the second floor of the Varsity Centre pavilion, or visit the website.

[www.uoftintramurals.ca](http://www.uoftintramurals.ca)  
416.978.6511

Most colleges and faculties have their own elected or appointed sports reps who can help you get started with a team. Please check the website for the most up-to-date listing. If your unit does not have a team you can still participate by entering the players pool or by forming your own team in the open division. Contact the intramural office for details.

### Entry Deadline Dates for Team Representatives

#### FALL LEAGUES

September 15, 2011 at 5:00pm is the entry deadline for field sports.

September 22, 2011 at 5:00pm is the entry deadline for court and arena sports.

#### WINTER LEAGUES

Please check the intramural website in the fall for winter league entry deadlines.

#### SUMMER LEAGUES

Check [www.uoftintramurals.ca](http://www.uoftintramurals.ca) in the spring for more details.

# INTERCOLLEGIATE SPORTS

U of T's Varsity Blues intercollegiate program is one of the largest in Canada, with 44 men's and women's teams in 26 sports, including basketball, football and hockey. Hundreds of athletes wearing the Blue and White represent U of T locally, nationally and internationally.

## Want to go to a game?

Looking for a fun night out? All U of T students get into regular season games for FREE with their T-Card. So take a break and watch the action on the court, field, rink or pool.

## Where can I learn more?

For the most up-to-date information about teams, games, special events and announcements, visit [www.varsityblues.ca](http://www.varsityblues.ca).

## Can't find what you're looking for?

Email us at [sports.info@utoronto.ca](mailto:sports.info@utoronto.ca)

## 2010-11 Champions

### Ontario

- Fencing (W) OUA Champions
- Soccer (M) OUA Champions
- Swimming (M) OUA Champions
- Water Polo (M) OUA Champions

### Canada

- Field Hockey (W) CIS Champions



# IMPORTANT NUMBERS

Director of Intercollegiate and High Performance Sport  
Beth Ali - 416.978.7379

Manager, Intercollegiate Sport  
Melissa Krist - 416.946.3712

Assistant Manager, Athlete Services  
Steve Manchur - 416.946.0807

Manager, Events and Marketing  
Mary Beth Challoner - 416.946.5131

Coordinator, Sports Information  
Jill Clark - 416.978.4263

Coordinator, Promotions and Marketing  
Ivan Canete - 416.946.0572

Coordinator, Intercollegiate Administration and Information  
Christine Kos - 416.978.3443



Join one of the greatest traditions at  
U of T - the Varsity Blues!



# SOARING SPIRIT

**Jessy Khalife**, kinesiology student,  
part-time staff member



“I wear a lot of hats outside the classroom. When I’m not playing intramurals, I am the Blues women’s volleyball team manager, a physical activity ambassador and a Camp U of T counsellor in the summer. As team manager, I track stats and keep the players pumped. And as an ambassador, I spread my love of sport and fitness across campus as much as I can! Working here adds a whole new layer to my U of T experience.”

*To learn more about job opportunities at the Athletic Centre or Varsity Centre, visit [www.acjobs.utoronto.ca](http://www.acjobs.utoronto.ca).*

start something...  
with **ALESSE**<sup>®</sup>  
contest

What will  
**you**  
start?



Sedina started an  
eco-friendly line  
of bike-wear

Meet  
last year's  
winners!



Sheyla started a  
tutoring program for  
low-income families

Enter for  
a chance to win **\$5,000**

and be partnered with a mentor.\*\*†

➔ For contest details and rules:  
[startsomethingwithalesse.ca](http://startsomethingwithalesse.ca)

or find us on Facebook! 

Alesse<sup>®</sup> Wyeth LLC, owner  
Pfizer Canada Inc., Licensee  
© 2011, Pfizer Canada Inc.

\* Two prizes of \$5,000 2plus mentorship will be awarded.  
† Both winners will be matched up with appropriate mentors  
to help coach them and make their idea become a reality.

# Our thanks to the following sponsors who contributed to this publication...

Tibet Shoppe 662 Queen Street West Toronto.....416-703-8423	Lula Music & Art Centre 1585 Dundas Street West Toronto.....416-588-0307	Co-Operators General Insurance 203 main Street North Brampton.....905-874-1632	Pearl Harbourfront Restaurant 207 Queens Quay West Toronto.....416-203-1233	Main Drug Mart 70 Carlton Street Toronto.....416-963-0963
Ace Painting & Decorating Co 39 Cranfield Road Toronto.....416-285-5388	Boulevard Café 161 Harbord Street Toronto.....416-961-7676	Jadranka Pastries 257 Scarlett Road Toronto.....416-604-4419	Trans Asian Travel 2104 Dundas Street west Toronto.....416-532-2330	Maka Junk Removal 46 Roblocke Ave Toronto.....416-516-2662
The Friar & Firkin 160 John Street.....416-340-9459	Mt. Everest Restaurant 469 Bloor Street West Toronto.....416-964-8849	Greenwin Property management 50 Alaxander Street Toronto.....416-921-5125	Chiado Restaurant 864 College Street Toronto.....416-538-1910	Caribbean Queen Of The Patties 1279 Bloor Street West Toronto.....416-538-1732
Rider Training Institute 30 Duncan Street Toronto.....416-516-6151	Nedco 5600 Keaton Cres Mississauga.....416-568-5020	Frontier Computing 2221 Yonge Street Toronto.....416-489-6690	Red Pegasus 628 College Street Toronto.....416-536-3872	SB & Sterling Ltd 300 Geary Ave Toronto.....416-534-8893
Industry Hairdressing 102 Bloor Street West Toronto.....416-920-7775	Riviera Bakery Limited 576 College Street Toronto.....416-537-9352	Gus The Other Barber 596 Bloor Street West Toronto.....416-534-9077	Pharmacy By The Grange 275 Dundas Street East Toronto.....416-593-4696	Sage Café & Catering 166 Mc Caul Street Toronto.....416-340-7345
La Petit Gourmet 1064 Yonge Street Toronto.....416-966-3811	Octagon Protection Services 222 Spadina Ave Toronto.....416-455-3727	Pet Guys 70 Eugene Street North York.....416-242-7788	Tibet Kitchen Asian Flavour 1544 Queen Street West Toronto.....416-913-8726	Olympic Floor Sanding 79 Denvale Road Toronto.....416-463-2424
Environics Analytics Group 55 York Street, 10th floor Toronto.....416-969-2733	Musical Instruments Of Canada 1608 Eglinton Ave west Toronto.....416-783-4448	Centre - Line Paving & Construction 860 Progress Crt Oakville.....905-827-3199	Vitaplus 207 Queens Quay West Toronto.....416-364-7718	Abco Translations Intl 330 Bay Street Toronto.....416-359-0873
Union Travel 1270 St Clair Ave West Toronto.....416-654-4444	Angelo Auto Repair 548 Dupont Street Toronto.....416-921-3074	Crack Pot Studios 295 Robinson Street Oakville.....905-338-1358	Royal Jewellery Limited 39 Orfus Road North York.....416-256-0496	George R Kent & Associates LTD 13 Carlton Street Toronto.....416-323-0783
The Barn Nightclub 418 Church Street Toronto.....416-593-9696	Notch Inc 82 Peter Street Toronto.....416-847-0550	Victoria Park Pharmacy 1314 Victoria Park Ave Toronto.....416-752-0888	Uni Dent Dental Labs Limited 1818 Eglinton Ave West York.....416-789-3200	Kongats Architects 80 Spadina Ave Toronto.....416-504-8998
AFAAP 20 Carlton Street Toronto.....416-599-2727	Scientific Devices Inc 18420 Hurontario Street Caledon.....905-564-3104	Firestone Tire & Automotive Centre 2128 Yonge Street Toronto.....416-481-5251	Sign - A - Rama 3111 Dufferin Street North York.....416-783-5472	The Hair Place @ Hart House 7 Hart House Circle Toronto.....416-978-2431
Toni Bulloni 156 Cumberland Street Toronto.....416-967-7676	Hernando's Hiway 545 Yonge Street Toronto.....416-929-3629	Abacus Mortgages Inc 464 Valhalla Crt Oakville.....905-847-2290	Oja Korean & Japanese Cusine 689 Yonge Street Toronto.....416-944-8371	Raging Spoon 761 Queen Street West www.ragingspoon.ca Toronto.....416-504-6128
Compliments of a Friend	Bruno's Fine Foods 2009A Avenue Road Toronto.....416-489-1164	Island Hot & Spicy 1319 Weston Road York.....416-248-1100	Seeker's Books 509 Bloor Street West Toronto.....416-925-1982	Zorba's Restaurant 681 Danforth Ave East Toronto.....416-406-1212
Romeo's Fruity Fruit Inc 285 Augusta Ave Toronto.....416-597-2300	W10 Colours 87 Avenue Road Toronto.....416-962-5445	A-1 Taxi 239 Queen Street East Brampton.....905-453-6666	Hi-Power Mechanics Ltd 155 Mc Cormack Street York.....416-604-3311	Esp 970 Lawrence Ave West Toronto.....416-789-2600
Framing Factory 33 Sherbourne Street Toronto.....416-368-4767	Utopia Café Grill 586 College Street Toronto.....416-534-7751	Compliments of a Friend	Abel Asphalt 130 Macdonell Ave Toronto.....416-568-4768	FKS Optical 221 Keele Street North York.....416-242-8595
BC-PC Technology Systems Inc 1098 Bathurst Toronto.....416-537-0754	Select Sandwich 800 Bay Street Toronto.....416-921-7077	Geogtown Therapeutic Massage 47 Main Street South Georgetown.....905-873-1924	Canada Direct Transport Ltd 17 Herietta street Toronto.....416-741-6811	HighLand Memorial Gardens 33 Memory Gardens Lane Toronto.....416-493-9580
Portugal Auto Garage 650 Dundas Street West Toronto.....416-603-1554	Pier 4 Store House Restaurant 245 Queens Quay West Toronto.....416-203-6248	Euro Carpet Center 1095 Gleggrove Ave North York.....416-533-5377	Aplomb Properties Mgmt Office 191 St George Street Toronto.....416-966-1010	Karma Food Cooperative Inc 739 Palmerston Ave Toronto.....416-534-1470
A Bed & Breakfast-Beverly Place 226 Beverly Street Toronto.....416-977-0077	BBM Canada 1500 Don Mills Road North York.....416-445-8881	Patchou Patisserie 1120 Yonge Street Toronto.....416-927-1105	Microlites Scientific 2370-A8 Midland Ave Scarborough.....416-299-5301	Jodhpore Club 33 Baldwin Club Toronto.....416-598-2502
Peter Mc Cann Architectural 49 Niagara Street Toronto.....416-703-0326	Peters Dental Ceramic Studio 3330 Dundas Street west Toronto.....416-763-7539	Platinum Gold Studio Inc 27 Queen Street East Toronto.....416-368-9333	Mitchell Refrigeration Ltd 1635 Sismet Road Mississauga.....905-624-1162	Harbord Bakery 115 Harbord Street Toronto.....416-922-5767
Screen Art Products 36 Milford Ave North York.....416-249-7284	Edna Talent Management Ltd 318 Dundas Street West Toronto.....416-413-7800	Di Luca & Associate 20 Nashville Ave York.....416-633-8090	Designer Look 275 Dundas Street West Toronto.....416-597-2064	Daddy's Pasta & Salads 673 Spadina Ave Toronto.....416-598-5522
Ace Place Event Venue & Dance Studio 821 Runnymede Road Toronto.....416-604-7079	Sika Sarnafil 6820 Davand Drive Mississauga.....905-670-2222	Wisdom's Barber Shop & Beauty Salon 1754 Eglinton Ave West Toronto.....416-787-7731	Magic Oven 270 Dupont Street Toronto.....416-928-1555	Jamall Caribbean Customizing Tailor 611 Oakwood Ave Toronto.....416-781-1685
High Park Wallpaper & Painting 386 Roncesvalles Ave Toronto.....416-532-6541	Maximim Car Detailing 519 Eastern Ave Toronto.....416-361-0002	College Shoe Repair & Key Cutting 777 Bay Street Toronto.....416-977-7369	Grillway Subs & Burgers 523 Annette Street Toronto.....416-761-1811	Manville Metal Recycling 107 Manville Road Scarborough.....416-751-4732
UI Blue Print Info@uiblueprint.com Balanced Web Solutions Mississauga.....416-716-2098	Allan Gardens Wellness Ctr 120 Carlton Street Toronto.....416-944-2973	Harry David Limited 220 Augusta Ave Toronto.....416-593-9719	Charles Street Video 65 Bellwoods Ave Toronto.....416-603-6564	Spanish Books 72 Bathurst Street Toronto.....416-533-4000
	Fashion Tag and Label Inc 758 Gordon Baker Road Toronto.....416-977-5155	Carlton Printers 27 Carlton Street Toronto.....416-977-5031	Sign A Rama 873 Bay Street Toronto.....416-922-7446	Alian Designs 593 Yonge Street Toronto.....416-840-3427
			Cheese Magic 182 Baldwin Street	

Have a  
wonderful  
and safe  
2011/2012

# A FIT FOR EVERYBODY



[www.physical.utoronto.ca](http://www.physical.utoronto.ca)