



Activity Guide Schedules

Sport / Martial Arts

Winter 2010

www.activityguide.utoronto.ca

SPORT

Badminton

Badminton Instruction

#12263 Jan. 18 - Mar. 29 M 11:10 - 12 p.m. UG \$47

Badminton Supervised Practice

#12267 Jan. 19 - Mar. 30 T 9:10 - 11 p.m. UG \$14
 #12268 Jan. 20 - Mar. 31 W 9:10 - 11 p.m. UG \$14
 #12269 Jan. 22 - Mar. 26 F 2:10 - 4 p.m. UG \$13
 #12270 Jan. 22 - Mar. 26 F 9:10 - 11 p.m. UG \$13

Fencing

Fencing Level I Instruction

#12273 Jan. 18 - March 31 M,W 4:10 - 5 p.m. FS \$105

Fencing Level II Instruction

#13524 Jan. 19 - March 30 T 4:10 - 6 p.m. FS \$105

Golf

Golf Level I

#14078 Jan. 18-March 29 M 5:10 - 6 p.m. GC \$150
 #12287 Jan. 20 - Mar. 31 W 12:10 - 1 p.m. GC \$150
 #12288 Jan. 20 - Mar. 31 W 1:10 - 2 p.m. GC \$150
 #12289 Jan. 20 - Mar. 31 W 5:10 - 6 p.m. GC \$150
 #12290 Jan. 20 - Mar. 31 W 7:10 - 8 p.m. GC \$150
 #12291 Jan. 23 - Mar. 27 Sa 11:10 - 12 p.m. GC \$135

Golf Level I - Varsity Centre Range

#12453 Jan. 12 - Mar. 30 T 8:10 - 9 a.m. VC \$150
 #12454 Jan. 12 - Mar. 30 T 10:10 - 11 a.m. VC \$150

Golf Level I/II

#14079 Jan. 18-March 29 M 6:10 - 7p.m. GC \$150

Golf Level II

#12292 Jan. 20 - Mar. 31 W 6:10 - 7 p.m. GC \$150
 #12293 Jan. 23 - Mar. 27 S 12:10-1 p.m. GC \$150

Golf Level II - Varsity Centre Range

#12455 Jan. 12 - Mar. 30 T 9:10 - 10 a.m. VC \$150

Gymnastics

Gymnastics Instruction - Level I

#12122 Jan. 19 - Apr. 1 T,R 8:10 - 10 p.m. LG \$240

Gymnastics Instruction - Level I Extension

#12117 Dec. 1 - Dec 17 T, R 8:10 - 10 p.m. LG \$75
 #12124 Apr. 6 - Apr. 29 T,R 8:10 - 10 p.m. LG \$95

Gymnastics Instruction - Level II

#12123 Jan. 19 - Apr. 1 T,R 8:10 - 10 p.m. LG \$240

Gymnastics Instruction - Level II Extension

#12118 Dec. 1 - Dec 17 T, R 8:10 - 10 p.m. LG \$75
 #12125 Apr. 6 - Apr. 29 T,R 8:10 - 10 p.m. LG \$95

Trampoline - Level I

#12120 Jan. 18 - Apr. 29 M 11:10 - 12 p.m. LG \$120
 #12121 Jan. 18 - Apr. 29 M 12:10 - 1 p.m. LG \$120

Gym and Trampoline Private Instruction

Limited times are available for private gymnastics and trampoline lessons. Participants can choose one, five or ten lessons.

Private lessons

\$450/10 lessons \$235/5 lessons \$50/one lesson

Semi-Private

\$250/10 lessons \$135/5 lessons \$30/one lesson

*Special rates available for campus groups.

For more information please contact Barb Brophy at 416.978.7381 or barb.brophy@utoronto.ca

Running

Masters Running: The Next Step

#12296 Jan. 20 - Mar. 31 W 6 - 7 p.m. AC \$72

Running Your First Race

#12297 Jan. 20 - Mar. 31 W 7 - 8 p.m. 304 \$72

Skating

Advance Skating

#12448 Jan. 12 - Mar. 30 T 11:10 - 12 p.m. VA \$106

#12449 Jan. 13 - Mar. 31 W 1:10 - 2 p.m. VA \$106

Basic Skating

#12444 Jan. 12 - Mar. 30 T 1:10 - 2 p.m. VA \$106

#12445 Jan. 12 - Mar. 30 T 2:10 - 3 p.m. VA \$106

#12446 Jan. 13 - Mar. 31 W 2:10 - 3 p.m. VA \$106

#12445 Jan. 12 - Mar. 30 T 2:10 - 3 p.m. VA \$106

#12447 Jan. 13 - Mar. 31 W 3:10 - 4 p.m. VA \$106

Figure Skating

#12450 Jan. 13 - Mar. 31 W 11:10 - 12 p.m. VA \$106

Power Skating

#12451 Jan. 12 - Mar. 30 T 12:10 - 1 p.m. VA \$106

#12452 Jan. 13 - Mar. 31 W 12:10 - 1 p.m. VA \$106

Squash

Squash Instruction – Level I

#12303 Jan. 19 - Mar. 30 T 8:20 - 9:15 p.m. SC \$97

#12304 Jan. 20 - Mar. 31 M 6:20 - 7:15 p.m. SC \$97

#12305 Jan. 20 - Mar. 31 M 7:20 - 8:15 p.m. SC \$97

Squash Instruction – Level II Small Group

#12306 Jan. 19 - Mar. 30 T 7:20 - 8:15 p.m. SC \$159

#12307 Jan. 21 - Apr. 1 R 6:20 - 7:20 p.m. SC \$159

Table Tennis

Table Tennis Supervised Open Recreation

#12311 Jan. 19 - Mar. 30 T 7 - 9 p.m. BAR \$18

#12312 Jan. 20 - Mar. 31 W 8:30-10:30p.m. BAR \$18

#12313 Jan. 21 - Apr. 1 R 7 - 9 p.m. BAR \$18

Tennis

Tennis Instruction – Level I

#12331 Jan. 18 - Mar. 31 M,W 12:10 - 1 p.m. FH \$116

#12332 Jan. 19 - Mar. 30 T 1:10 - 2 p.m. FH \$64

#12333 Jan. 19 - Apr. 1 T,R 4:10 - 5 p.m. FH \$127

#12334 Jan. 30 - Mar. 27 Sa 12:10 - 2 p.m. FH \$90

Tennis Instruction – Level II

#12335 Jan. 18 - Mar. 31 M,W 9:10 - 10 a.m. FH \$120

#12337 Jan. 19 - Apr. 1 T,R 12:10 - 1 p.m. FH \$133

#12338 Jan. 21 - Apr. 1 R 1:10 - 2 p.m. FH \$67

#12339 Jan. 24 - Mar. 28 Su 11:10 - 1 p.m. FH \$120

Tennis Instruction – Level III

#12340 Jan. 18 - Mar. 31 M,W 4:10 - 5 p.m. FH \$138

#12341 Jan. 21 - Apr. 1 R 11:10 - 12 p.m. FH \$69

#12342 Jan. 20 - Mar. 31 W 10:10 - 12 p.m. FH \$138

Tennis Instruction – Level IV

#12343 Jan. 20 - Mar. 31 W 12:10 - 2 p.m. FH \$125

#12344 Jan. 22 - Mar. 26 F 10:10 - 12 p.m. FH \$124

#12345 Jan. 24 - Mar. 28 Su 1:10 - 3 p.m. FH \$112

Triathlon

Triathlon Club

#13150 Jan. 3 - May 8 Times vary, check AC \$85/95
receipt/website

Weight Training

Weight Training for Women

#13273 Jan. 19 - Feb. 9 T 5:10 - 6 p.m. SCC \$85

#13274 Jan. 21 - Feb. 11 R 5:10 - 6 p.m. SCC \$85

Olympic Weight Lifting Level I

#13269 Jan. 22 - Apr. 2 F 5:10 - 6 p.m. SCC \$250

Olympic Weight Lifting Level II

#13270 Jan. 22 - Apr. 2 F 6:10 - 7 p.m. SCC \$250

MARTIAL ARTS

Karate

Karate Club

#13279	Jan. 5 - May 11	T	8:30 - 10:30 p.m.	FS	\$54
#13280	Jan. 7 - May 13	R	7:10 - 9 p.m.	DS	\$54
#13281	Jan. 8 - May 14	F	7:30 - 9:30 p.m.	FS	\$54
#13282	Jan. 9 - May 15	Sa	1 - 4 p.m.	DS	\$54

Karate Instruction

#12347	Jan. 18 - Mar. 29	M	6:10 - 7 p.m.	FS	\$61
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Kendo

Kendo Club

#13286	Jan. 4 - May 10	M	8:10 - 10 p.m.	FS	\$54
#13287	Jan. 7 - May 13	R	8:30 - 11 p.m.	FS	\$54
#13288	Jan. 9 - May 15	Sa	10am - 1 p.m.	FS	\$54

Kendo Instruction

#12349	Jan. 18 - Mar. 29	M	7:10 - 8 p.m.	FS	\$61
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Taekwondo

Taekwondo Instruction

#13532	Jan. 19 - Mar. 30	T	9:10-10 p.m.	BAR	\$61
#13533	Jan. 21 - Apr. 1	R	9:10-10 p.m.	BAR	\$61

Wen-Do

Self-Defence Workshops for Women

#12352	Feb. 7	Su	10 a.m. - 5 p.m.	BSL	\$16
#12353	Mar. 14	Su	10 a.m. - 5 p.m.	BSL	\$16

YOUR CODE GUIDE

<u>Day</u>	<u>Location</u>
M – Monday	AC – Lobby
T – Tuesday	BAR – Benson Activity Room
W – Wednesday	BSL – Benson Student Lounge
R – Thursday	DS – Dance Studio
F - Friday	FH – Field House
Sa – Saturday	FS – Fencing Salle
Su – Sunday	GC – Golf Cage
	LG – Lower Gym
	SC – Squash Courts
	SCC – Strength & Conditioning Centre
	UG – Upper Gym
	VA – Varsity Arena

Contact Info

Tel 416-978-3436

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

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