



# Activity Guide Schedules

## Drop-in Programs

Winter 2010

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

## DROP-IN SWIM SCHEDULE

RECREATION DROP-IN – FREE TO MEMBERS

January 4 – April 1, 2010

|                                  | Monday     | Tuesday    | Wednesday  | Thursday   | Friday     | Saturday              | Sunday                    |
|----------------------------------|------------|------------|------------|------------|------------|-----------------------|---------------------------|
| 7-9 a.m.                         | 25 yd      | 25 yd      | 25 yd      | 25 yd      | 50 m long* | No Swim               | No Swim                   |
| 10:35-11:50 a.m.<br>Women's Only | 25 yd      | No Swim    | 25 yd      | No Swim    | 25 yd      | No Swim               | 25 yd                     |
| 12:10-3 p.m.                     | 50 m short | 50 m long  | 50 m short | 50 m long  | 50 m short | 12:10-5 p.m.<br>25 yd | Fun Swim<br>50 m *        |
| 1:30-3 p.m.<br>Fun Swim **       | 50 m **    | No Swim    | 50 m **    | No Swim    | 50 m **    | 12:10- 5p.m.<br>25 yd | Community<br>Swim 50 m ** |
| 3-4 p.m.                         | No Swim    | 50 m long  | No Swim    | 50 m long  | 50 m short | 12:10- 5p.m.<br>25 yd |                           |
| 4:10-7 p.m.                      | 50 m short | 25 yd      | 50 m short | 25 yd      | 50 m short | 12:10- 5p.m.<br>25 yd | No Swim                   |
| 9:10-11 p.m.                     | 50 m short | 50 m short | 50 m short | 50 m long* | No Swim    | No Swim               | 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.

### Changes or Cancellations

Please watch the notice boards or check on-line for changes to the schedules. Join the aquatic email listserv and updates will be emailed to you. Visit the aquatics page and follow the links to subscribe.

For the most up to date information check on-line at [www.dropinrecreation.utoronto.ca](http://www.dropinrecreation.utoronto.ca)

### 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](http://www.healthyswimming.com).

### Swimming with Children

There are new policies for swimming with children. Please check the Activity Guide page 17 for details.

# WINTER DROP-IN GROUP FITNESS SCHEDULE

## Monday January 4 – Friday February 12 & Monday February 22 - Thursday April 1

NB Reading Week, Sat Feb 13 to Sun Feb 21, reduced scheduled in effect

revised January 22, 2010

Classes marked with an asterisk \*\* require one day in advance registration. This can be completed in person at the Main Office or online at <http://econnect.fpeh.utoronto.ca/Activities/ActivitiesDetails.asp?ProcessWait=N&aid=605>

### Monday (January 4 – March 29) (Facility closed February 15)

|                   |                              |        |   |
|-------------------|------------------------------|--------|---|
| 11:10 -11:55 a.m. | Fun n' Fit                   | DS     | Joe   |
| 12:10 – 1:00 p.m. | SCC Circuit 101 Women Only** | SCC    | SCC Staff (will not be offered February 15, 2009) |
| 12:10-12:55 p.m.  | ZUMBA®                       | UG     | Jessica   |
| 12:10-12:55 p.m.  | Yoga Basics                  | FHI    | Edith   |
| 1:10-1:55 p.m.    | Step                         | FHI    | Paul  |
| 5:10-5:55 p.m.    | Nia                          | FH 2/3 | Andreea   |
| 6:10-7:00 p.m.    | Aquafit–Deep Water           | 25 yd  | Julia   |
| 6:10-6:55 p.m.    | High/Low                     | FH2/3  | Zoe   |
| 7:10-7:55 p.m.    | ZUMBA®                       | FHI    | Candice   |

### Tuesday (January 5 – March 30)

|                   |                         |        |           |
|-------------------|-------------------------|--------|-----------|
| 12:10 – 1:00 p.m. | SCC Circuit 101 Co-ed** | SCC    | SCC Staff |
| 12:10-12:55 p.m.  | High/Low                | FHI    | Lauren    |
| 1:10-1:55 p.m.    | HABIT                   | DS     | Lauren    |
| 1:10- 1:55 p.m.   | Extreme Fit             | FHI    | Jen       |
| 5:10-5:55 p.m.    | High/Low                | FH 2/3 | Martin    |
| 5:10 – 6:00 p.m.  | FH Circuit 101 Co-ed**  | FH     | SCC Staff |
| 6:10-6:55 p.m.    | Step                    | FH 2/3 | Jim       |
| 8:10-8:55 p.m.    | Yoga/Pilates 101        | DS     | Jeffery   |

### Wednesday (January 6 – March 31)

|                   |                         |        |           |
|-------------------|-------------------------|--------|-----------|
| 11:10 -11:55 a.m. | Fun n' Fit              | DS     | Leehe     |
| 12:10-12:55 p.m.  | Exerball 101            | LG     | Paul      |
| 12:10-12:55 p.m.  | High/Low                | FHI    | Dione     |
| 1:10 – 2:00 p.m.  | SCC Circuit 101 Co-ed** | SCC    | SCC Staff |
| 1:10-1:55 p.m.    | HABIT                   | UG     | Dione     |
| 1:10-1:55 p.m.    | Nia                     | FHI    | Uli       |
| 5:10-5:55 p.m.    | Yoga Basics             | FH 2/3 | Maria C.  |
| 6:10-7:00 p.m.    | Aquafit–Deep Water      | 25 yd  | Julia     |
| 6:10-6:55 p.m.    | ZUMBA®                  | FH2/3  | Candice   |

### Thursday (January 7 - April 1)

|                   |                              |       |           |
|-------------------|------------------------------|-------|-----------|
| 12:10 – 1:00 p.m. | FH Circuit 101 Co-ed**       | FH    | SCC Staff |
| 12:10-1:00 p.m.   | Aquafit–Deep Water           | 25 yd | Siobhan   |
| 12:10 -12:55 p.m. | Nia                          | FH 1  | Andreea   |
| 12:10 -12:55 p.m. | Adv. Step/TMC                | DS    | Georgette |
| 1:10-1:55 p.m.    | Cardio Box                   | FHI   | Jen       |
| 5:10-5:55 p.m.    | Step                         | FH2/3 | Nicole    |
| 5:10 – 6:00 p.m.  | SCC Circuit 101 Women Only** | SCC   | SCC Staff |
| 6:10 – 6:55 p.m.  | Yoga/Pilates 101 *           | F2/3  | Carly     |

**Friday (January 8 – March 26) (Facility closed April 2)**

|                   |                         |       |             |
|-------------------|-------------------------|-------|-------------|
| 11:10 -11:55 a.m. | Fun n' Fit              | DS    | Uli         |
| 12:10-1:00 p.m.   | Aquafit-Deep Water      | 25 yd | Siobhan/Kay |
| 12:10-12:55 p.m.  | High/Low                | FHI   | Martin      |
| 1:10-1:55 p.m.    | Yoga Basics             | DS    | Melissa     |
| 1:10-1:55 p.m.    | Training Wheels 101     | PZ    | Rosie       |
| 2:10-2:55 p.m.    | Pilates 101             | DS    | Anne        |
| 5:10-5:55 p.m.    | Cardio Box *            | FHI   | Dione       |
| 5:10 –6:00 p.m.   | SCC Circuit 101 Co-ed** | SCC   | SCC Staff   |

**Saturday (January 9 – March 27)**

|                  |             |    |           |
|------------------|-------------|----|-----------|
| 10:10-10:55 a.m. | Extreme Fit | DS | Georgette |
| 11:10-12:00 p.m. | Step/TMC    | DS | Jim       |

**Sunday (January 10 – March 28)**

|                  |                         |     |           |
|------------------|-------------------------|-----|-----------|
| 10:10-10:55 a.m. | High/Low/TMC            | DS  | Nicole M. |
| 11:10-12:00 p.m. | SCC Circuit 101 Co-ed** | SCC | SCC Staff |

**YOUR CODE GUIDE**

Days

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

Location

DS – Dance Studio  
LG – Lower Gym  
PZ – Pedal Zone  
SCC – Strength &  
Conditioning Centre

Accessibility

Classes in the Dance Studio and Strength & Conditioning Centre are accessible.

**Contact Info**

Tel 416-978-3436  
[www.physical.utoronto.ca](http://www.physical.utoronto.ca)  
[ac.help@utoronto.ca](mailto: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.

**Notes: CANCELLED CLASSES due to Special Events / Holiday weekends.**

- \* Friday January 22, 5:10-5:55pm Cardio Box
- \* No classes Saturday February 13 to Monday February 15
- \*Thursday Feb 18 and Friday February 19, 12:10 – 1pm Aquafit
- \*Thursday March 25, 6:10-6:55pm Yoga/Pilates
- \* No classes Friday April 2 to Sunday April 4

# STRENGTH AND CONDITIONING SCHEDULE

January 4, 2010-May 2, 2010

|                              |              |               |
|------------------------------|--------------|---------------|
| <b>Monday</b>                | 7a.m.- Noon  | Co-ed         |
|                              | Noon – 1 pm. | Women Only    |
|                              | 1-3 p.m.     | Co-ed         |
|                              | 3-4 p.m.     | Program Hours |
|                              | 4-11p.m.     | Co-ed         |
| <b>Tuesday</b>               | 7-9a.m.      | Co-ed         |
|                              | 9-11a.m.     | Program Hours |
|                              | 11-5p.m.     | Co-ed         |
|                              | 5-6p.m.      | Women Only    |
|                              | 6-11p.m.     | Co-ed         |
| <b>Wednesday</b>             | 7a.m.- Noon  | Co-ed         |
|                              | Noon – 1 pm. | Women Only    |
|                              | 1-3 p.m.     | Co-ed         |
|                              | 3-4 p.m.     | Program Hours |
|                              | 4-11p.m.     | Co-ed         |
| <b>Thursday</b>              | 7-9a.m.      | Co-ed         |
|                              | 9-11a.m.     | Program Hours |
|                              | 11-5p.m.     | Co-ed         |
|                              | 5-6p.m.      | Women Only    |
|                              | 6-11p.m.     | Co-ed         |
| <b>Friday</b>                | 7-9a.m.      | Co-ed         |
|                              | 9-10a.m.     | Program Hours |
|                              | 10a.m.-1p.m. | Co-ed         |
|                              | 1-2p.m.      | Women Only    |
|                              | 2-11p.m.     | Co-ed         |
| <b>Saturday &amp; Sunday</b> | 10-11 a.m.   | Women Only    |
|                              | 11a.m.-5p.m. | Co-ed         |

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, stair climbers and rowing machines. There is a 20-minute limit on all cardio equipment. You must sign-up to use cardio equipment.

For the most up to date information, check on-line at [www.dropinrecreation.utoronto.ca](http://www.dropinrecreation.utoronto.ca)

This version last updated January 22, 2010

# DROP IN RECREATION SPORTS

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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.

## Contact Info

Tel 416-978-3436

[www.physical.utoronto.ca](http://www.physical.utoronto.ca)  
[ac.help@utoronto.ca](mailto:ac.help@utoronto.ca)

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

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# PEDOMETER CHALLENGE

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Join the pedometer challenge by picking up a pedometer for a refundable \$15 fee in the Main Office.

For more information check the website at

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

## 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.