

University Settlement Gym Schedule

Winter 2012



Fitness Membership includes unlimited access to:

- Pool for Aqua Fit classes and length swimming (can swim in all blue, yellow and green shaded areas)
- Yoga classes at noon on Tuesday and Friday from 12:15 to 1 pm
- Nautilus Fitness Center for treadmills, elliptical trainers, free weights, circuit training machines
- Nautilus Fitness Center Hours: Mon-Thurs 7:00-10:30pm, Fri 7:00-7:30pm and Sat-Sun 8:30-5:00pm
- Gymnasium for Badminton and Soccer

Monthly Fitness Membership Fee: Adults 26-59; \$29 Youth 18-25 Seniors 60+; \$19

- Please show Agency Membership card at front desk each time you enter
- Lockers: half-size size rental lockers are available for Fitness Members only; for \$5 per month.

Agency Membership fee of \$10 per adult / youth \$5 for seniors annually; applies to all programs except Youth Drop In basketball.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30 am	← Tai Chi →					Available for rental Contact Ted	↓ Badminton ↓ Table Tennis ↓ Drop In ↓ Kids Sports ↓ Youth ↓ Basketball ↓ League ↓	8:30 am
9:30 am						8:30 am		
10:00 am						10:00 am		
10:30 am						10:30 am		
11:00 am						11:00 am		
11:30 am						11:30 am		
12 noon	Algorithmics	Yoga	Texas Inst.	Algorithmics	Yoga	Girls BB	12 noon	
12:30 pm						Drop In	12:30 pm	
1:00 pm	Basketball		Basketball	WSIB	T. Cannon		1:00 pm	
1:30 pm	Drop In		Drop In				1:30 pm	
2:00 pm	Contact S.		Contact S. (2:15 pm)	Basketball Drop In			2:00 pm	
2:30 pm		Contact S.		Contact S.			2:30 pm	
3:00 pm	Basketball		To 3:15 pm		Basketball		3:00 pm	
3:30 pm	Drop In	Abelard	Basketball	Abelard S.	Drop In		3:30 pm	
4:00 pm			Drop In			Available for rental Contact Ted	4:00 pm	
4:30 pm	After School				After School		4:30 pm	
5:00 pm							5:00 pm	
5:30 pm	Basketball	Volleyball	Badminton	Youth		Contact information Phone (416) 598-3444 www.universitysettlement.ca Ted Thompson Director of Facilities and Recreation ext 230 ted.thompson@universitysettlement.ca Katie Urquhart Recreation Supervisor ext 229 katie.urquhart@universitysettlement.ca Chantelle Flowers Children's Program Coordinator ext 228 chantelleflowers@universitysettlement.ca		
6:00 pm	Drop In	Houseleague	Table Tennis	Basketball				
6:30 pm	T. Cannon		Drop In	Drop In				
7:00 pm				Kids Posse	to 7:30			
7:30 pm								
8:00 pm								
8:30 pm	Soccer							
9:00 pm	Drop In			Volleyball				
9:30 pm				Houseleague				
10:30 pm								

University Settlement Pool Schedule

Winter 2012



Fitness Membership includes unlimited access to:

- Pool for Aqua Fit classes and length swimming (can swim in all blue, yellow and green shaded areas)
- Yoga classes at noon on Tuesday and Friday from 12:15 to 1 pm
- Nautilus Fitness Center for treadmills, elliptical trainers, free weights, circuit training machines
- Gymnasium for Badminton and Soccer

Monthly Fitness Membership Fee: Adults 26-59; \$29 Youth 18-25 and Seniors 60 +; \$19

- Please show Recreation Membership card at front desk each time you enter
- Lockers: half-size size rental lockers are available for Fitness Members only; for \$5 per month.

Agency Membership fee of \$10 per adult / \$5 for youth/seniors valid Jan to Dec annually; applies to all

- Community Aqua Fit, Community Length Swim and *Community Family Swim (can swim in all blue shaded areas), Fitness Memberships. Volleyball house league and Monday Soccer, Sunday and Wednesday badminton. Note: Sunday community badminton pay agency fee and an additional fee for birdies

Community Family Swim: Length swimming is not allowed during family swim.

- Bring the kids and enjoy hours of pool fun each week. The total cost is only \$10 a year (Agency membership) for one parent and your children 16 years of age and under.
- Family swim takes place each Wednesday from 5:45 pm to 7 pm and Saturday and Sunday from 1 pm to 3 pm

Note: If you would like to be informed about new pool programs; pool closures, etc please email Katie, Recreation Supervisor at katie.urquhart@universitysettlement.ca and request to be put on the **Pool Patron Email List**.

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-9:00am	Length Swim (ends at 9:45am)	Length Swim	Length Swim	Length Swim	Length Swim (ends at 9:45am)
9:00-9:45am		Community AquaFit	AquaFit	AquaFit	
10:00-11:00am	Private Swim Lessons	US Daycare Swim	Parent and Tot FREE Program (ends at 10:45am)	US Daycare Swim	Private Swim Lessons
11:00-12:00pm		Private Swim Lessons	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons
12:00-2:00pm	Community Length Swim	Length Swim	Length Swim	Length Swim	Length Swim
2:00-3:00pm	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons	Private Swim Lessons
3:00-4:30pm					
4:30-5:30pm	Afterschool Swim Lessons	Afterschool Swim Lessons	Afterschool Swim Lessons	Afterschool Swim Lessons	Afterschool Swim Lessons
5:30-7:30pm	Length Swim/ Private Swim Lessons	Length Swim/ Private Swim Lessons (ends at 7:00pm)	*Community Family Swim (starts at 5:45pm)	Length Swim/ Private Swim Lessons	Length Swim/ Private Swim Lessons (ends at 7:00pm)
7:30-8:30pm			Length Swim		
	Saturday	Sunday	Reminders: ✓ During Family Swim and Length Swim a whistle will be blown 3 minutes prior to the end of the swim. Please finish up your swim and put away all the equipment you used. ✓ NEW! Length Swim on Wednesday nights from 7:30-8:30pm ✓ Length swim will no longer be permitted during Family Swim		
8:45-10:30am	Saturday Group and Private Swim Lessons	Length Swim			
10:30-1:00pm		Private Swim Lessons			
1:00-3:00pm	*Community Family Swim	*Community Family Swim			
3:00-5:00pm	Length Swim	Length Swim			