

# 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						9:30 am		
10:00 am						Cougar BB		10:00 am
10:30 am						Daycare		10:30 am
11:00 am						Jay Lee BB		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	Kids Sports	12:30 pm
1:00 pm	Basketball		Basketball	WSIB	T. Cannon			1:00 pm
1:30 pm	Drop In		Drop In				Youth	1:30 pm
2:00 pm	Contact S.		Contact S. (2:15 pm)	Basketball Drop In			Basketball	2:00 pm
2:30 pm		Contact S.		Contact S.			League	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			
6:00 pm	Drop In	Houseleague	Table Tennis		Basketball			
6:30 pm	T. Cannon		Drop In		Drop In			
7:00 pm					Kids Posse			
7:30 pm						to 7:30		
8:00 pm								
8:30 pm	Soccer							
9:00 pm	Drop In				Volleyball			
9:30 pm					Houseleague			
10:30 pm								

Contact information Phone (416) 598-3444  
[www.universitysettlement.ca](http://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

# 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](mailto: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	<b>Reminders:</b> ✓ 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 ✓ <b>Length swim will no longer be permitted during Family Swim</b>		
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			