



Grange Fitness Centre

Membership Includes Unlimited access to Yoga, Tai Chi, Aqua Fit classes, Badminton, Basketball, Length Swimming, Aqua Fit and the fully equipped Grange Fitness Centre.

Youth (18-25) \$34 a month

Seniors (60 plus) \$34 a month

Adults \$44 a month

***** Bring a friend and the first three months are half-price**

University Settlement is a multi-service agency that was founded in 1910 and has the distinction of being the first community-based social service centre in the City of Toronto.

Our Mission

University Settlement helps individuals and families to learn and grow by engaging them in social, cultural, recreational and educational Opportunities. Founded in 1910, University Settlement is committed to enhancing the quality of life of the people in the diverse communities we serve.

Our Vision

Our vision is a community that is safe and healthy, and where individuals of all ages, from all social classes and cultures belong, mixing freely and respecting one another. In this place, people's basic needs are met and they have the opportunity to grow and learn through participation in artistic, cultural, recreational, educational and employment opportunities.



The way we were! Circa 1930



Phone (416) 598-3444

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Toronto, M5T 1C3

www.universitysettlement.ca

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and join the
Grange Fitness Centre

Part of University Settlement,
your neighborhood
community Centre



After School Programs for children

We provide safe walking escort from neighborhood schools to University Settlement. You register for each session OR for the entire school year. We provide a snack followed by programs designed to build skills at your child's developmental level.

Classes such as art, sports, Swim lessons, computer, cooking, dance, Lego club, hands-on science, and more! Guardian pick-up is before 6 pm. The fee is only \$15 per day and Spring Session registration begins March 24 at 9 am

Summer Camp 2018

A great place to bring the kids with lunch, trips, t-shirts & great staff for only \$200 a week. *Registration begins Feb 24 at 9 am*

Keep Moving & Keep Fit

Grange Fitness Centre is open 7 days a week. 7 am to 9:30 Mon to Thurs; 7 am to 7 pm Friday and 8:30 am to 5 pm Sat and Sun

Drop In Badminton

Monday evening 8 pm to 9:30 pm
Wednesday evening 5:45 pm to 9:30 pm
Sat and Sun morning 8:45 am to 1:30 pm

Fee: Free for all Grange Fitness Members

OR \$4 per visit (buy pass card for 10 visits) plus \$20 Agency fee.

Note: Sunday players pay additional fee for feather birds.



Drop In Basketball

Weekdays 3 pm to 4:25 pm
Thursday 5:45 to 9:30 pm
Friday 5:45 pm to 7 pm
Sunday 1:30 to 5:30 pm

NO fee for this program, just drop in and play!



Yoga Classes

Free for all Grange Fitness members; just relax and breathe!

Take some of that work day stress and see it disappear every:

Tuesday and Friday 12:15 to 1 pm

Wednesday 7 pm to 7:45 pm



Private and Semi-Private Swim Lessons

Children and adults are welcome to take our private swim lessons offered 7 days a week.

Private Lessons - \$27 per lesson. Semi Private: \$44 per lesson

Children's Group Red Cross Swim Lessons

Lessons take place during our After School sessions and on Sunday mornings for all levels.



The Sharks Swim Team

Join the "The Sharks". Children and Youth Swim Team.

The Sharks compete in at least one swim meet each term.

Wednesdays 7:15-8:15

Parent and Tot Swim

Guardians accompany their children into the water.

Songs, games and basic swimming skills are taught.

Tuesdays and Thursdays 11 am to 11:40 am

This program is **free** to all Agency members.

FAMILY Swim

Bring the whole family for a fun swim!

Saturday & Sunday 1 pm to 2:30 pm

Wednesday 5:30 pm to 7 pm.

Fee: \$4 per visit; good for the whole family. Buy a pass card for 10 visits / plus \$20 Agency fee.



Aqua Fit Classes

Free for all Grange Fitness members who love to participate in our low-impact Aqua Fit class (the water is 86 degrees) every: Mon, Wed and Friday from 9 am to 9:45 am



Length Swimming

Free for all Grange Fitness members

Monday

7 am to 8:45 am

12noon to 1:25 pm

6 pm to 7 pm

Tuesday

7 am to 9:45 am

12 noon to 1:25 pm

5:30 pm to 7 pm

Wednesday

7 am to 8:45 am

12 noon to 1:25 pm

Thursday

7 am to 9:45 am

12 noon to 1:25 pm

6 pm to 7 pm

Friday

7 am to 8:45 am

12 noon to 1:25 pm

5:30 pm to 6:45 pm **NEW!**

Saturday

8:30 am to 9:30 am

Sunday

8:30 am to 9:30 am

2:30 pm to 3:30 pm

