

## Grange Fitness at University Settlement - Activity Schedule effective July 3, 2018 to September 2, 2018

**Grange Fitness Membership Fees:** Adults (26-59): \$44 per month Seniors (60+): \$34 per month Young Adults (18-25): \$34 per month

### The following activities have No Fee and are **FREE** to members of the community

- **Family Swim**— A fun swimming environment where parents bring their children  
 Note: There must be one adult in the water with all children under 11 years of age.  
 Youth ages 11-17 do not need parents in attendance and may come as individuals or in a group.  
 This is not Length Swim time. No adults may swim unless accompanied by a child
- **Parent and Tot Swim** – Parents go in the water with their children
- **Drop In Basketball** – no fees, just lots of fun. BYObasketball



### Drop In Badminton:

- Included for Grange Fitness Members **OR** purchase an Agency membership for \$20 and then purchase a “Drop-in Pass” -- \$40 for 10 visits

	Fitness Centre	Badminton	Yoga	Length Swim	Aqua Fit	FREE Family Swim	FREE Parent & Tot	FREE Drop In Basketball
<b>Monday</b>	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 8 pm to 9:30 pm		Length Swim 7 am to 8:40 am 12 noon to 1:25 pm 6 pm to 7 pm	Aqua Fit 9 to 9:45am			Basketball 4:30 to 6 pm
<b>Tuesday</b>	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:45 to 9:30 pm	Stretch Yoga 12:15 to 1pm	Length Swim 7 am to 9:40 am 12 noon to 1:25 pm 5:30 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 4:30 to 5:30 pm
<b>Wednesday</b>	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:45 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:25 pm 5:30 to 7:00 pm	Aqua Fit 9 to 9:45am	Family Swim 6 pm to 7:30 pm		Basketball 4:30 to 5:30 pm
<b>Thursday</b>	Fitness Centre 7 am to 9:30 pm			Length Swim 7 am to 9:40 am 12 noon to 1:25 pm 6 to 7 pm			Parent and Tot 11:00-11:40am	Basketball 4:30 pm to 9 pm
<b>Friday</b>	Fitness Centre 7 am to 7 pm		Stretch Yoga 12:15 to 1 pm	Length Swim 7 am to 8:40 am 12 noon to 1:25pm 5:30 to 6:45 pm	Aqua Fit 9 to 9:45am			Basketball 4:30 pm to 7 pm
<b>Saturday</b>	Fitness Centre 8:30 am to 5 pm	Drop In Badminton 8:45 am to 1:30 pm		Length Swim 8:30 am to 9:25am		Family Swim 1 to 2:30pm		
<b>Sunday</b>	Fitness Centre 8:30 am to 5 pm	<b>Grange Badminton Club</b> 8:45 am to 1:30 <b>Note: No drop in play.</b> There is an additional Club fee for birds		Length Swim 8:30 to 9:25 am 2:30 pm to 3:30 pm		Family Swim 1 to 2:30pm		Basketball 1:30 pm to 6 pm

For more information on Membership or Programs please contact **Ted Thompson**, Director of Fitness and Facilities at 416-598-3444 ext. 230 or [ted.thompson@universitysettlement.ca](mailto:ted.thompson@universitysettlement.ca)