

Recreation at University Settlement

Updated October 1, 2018

For more information on our Recreation and Fitness Programs call 416-598-3444:

- Director of Recreation and Facilities - Ted Thompson ext. 230
- Children's Program Coordinator - Farhia Hashi ext. 228
- Recreation Supervisor - Aquatics - Shauna D'Souza ext. 229
- Admin Support - Renee Qi ext. 227

We are closed on Monday October 8th. **Happy Thanksgiving**

- **Length Swim** on the **Oct Long Weekend** will be from 2:30 to 3:30 pm on Sunday Oct 7th
- You **WILL** be able to swim lengths during Family Swim over the long Weekend
- **Family Swim** will take place over the Long Weekend from 1 pm to 2:30 pm Saturday and Sunday

Join **Grange Fitness** and get 7 days a week access to

- a 25 yard long pool for length swimming with 4 lanes
- a fully equipped Fitness Centre
- Yoga, Belly Dancing and Aqua Fit classes
- Badminton and Basketball



Grange Fitness – Two For One memberships!

- New members, *joining with another new member*, pay 1/2 price for the first 3 months
- Youth ages 18 to 25 pay only \$17 /month for the first 3 months and Adults only \$22 / month



New – Belly Dancing Classes begin Wed October 10, from 5:45 pm to 6:45 pm

Belly Dance classes are a fun, sweaty, dance-filled experience! As you dance the hour away, you will be introduced to the fundamentals of posture, isolations, steps, shimmies, and the accents of belly dance.

Classes are FREE to all Grange Fitness Members or - \$10 guest pass, for non-members

Drop In Badminton:

- Drop in Badminton is included for all Grange Fitness Members
- **OR** purchase an Agency membership for \$20 and a "Drop-in Pass" -- \$40 for 10 visits
- Saturday 8:45 am to 1:30 pm, Monday 8 pm to 9:30 pm and Wednesday 5:45 pm to 9:30 pm

Grange Badminton Club

- Sundays 8:45 am to 1:30 pm This is not drop in play. There is an additional Club fee for birds

NEW ... Adult Endurance Swim

- A water-workout designed to enhance both your fitness and your swimming goals
- Mondays from 7 pm to 8 pm and Thursday from 1:45 pm to 2:30 pm
- Adult Endurance Swim is included for all Grange Fitness Members
- **OR** purchase an Agency membership for \$20 and a "Drop-in Pass" -- \$40 for 10 visits



Yoga Classes

- Yoga classes are a great workout, and will change your mind and body
- Classes are held Tuesday and Friday at 12:15 and Wednesday at 7 pm



After School Programs

- The Fall classes ARE FULL FOR ALL AGES.
- Registration for the Winter Term begins on Saturday Dec 8th from 9 am to 12 noon



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

Family Swim

- Wednesday 5:30 pm to 7 pm and Saturday & Sunday from 1 pm to 2:30 pm
- 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 10-17 do not need parents in attendance and may come as individuals or in a group.

Parent and Tot Swim

- Tuesday and Thursday 11 am to 11:40 am
- Parents go in the water with their children

Drop In Basketball

- For youth ages 14 to 21
- Lots of gym times – see schedule for full listing
- No fees, just lots of fun. BYOBasketball

Grange Fitness Fall Activity Schedule - effective October 9 to December 21, 2018

Grange Fitness Membership gives you unlimited access to the activities listed below.

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

Two for One Memberships: If you are a new member, joining with another new member, fees are 1/2 price for the first 3 months

	Fitness Centre	Badminton	Yoga Class	Belly Dance Class	Length Swim	Endurance Swim	Aqua Fit	FREE Family Swim	FREE Parent & Tot SWIM	FREE Drop In Basketball
Mon	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 1:40pm 6 pm to 7pm	NEW Adult Endurance Swim 7-8pm	Aqua Fit 9 to 9:45am NEW Deep End Aqua Fit 10-10:45am			New Time Drop In Basketball 2 pm to 4pm
Tues	Fitness Centre 7 am to 9:30 pm	Tues night Badminton returns in May 2019	Stretch Yoga 12:15 to 1pm		Length Swim 7 am to 9:40 am 12 noon to 1:40 pm 5:30 to 7 pm				Parent & Tot SWIM 11:00-11:40am	New Time Drop In Basketball 3 pm to 4pm
Wed	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	NEW Belly Dance 5:45 to 6:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40 pm NEW 5:30 to 7:00 pm		Aqua Fit 9 to 9:45am NEW Deep End Aqua Fit 1:45-2:30pm	Family SWIM 5:30 pm to 7 pm		New Time Drop In Basketball 3 pm to 4pm
Thurs	Fitness Centre 7 am to 9:30 pm				Length Swim 7 am to 9:40 am 12 noon to 1:40 pm 6 to 7 pm	NEW Adult Endurance Swim 1:45-2:30pm			Parent & Tot SWIM 11:00-11:40am	New Time Drop In Basketball 3 pm to 4pm
Fri	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 1:40pm 5:30 to 7:00 pm		Aqua Fit 9 to 9:45am NEW Deep End Aqua Fit 10-10:45am			New Time Drop In Basketball 3 pm to 4pm 5:30 pm to 8:30 pm
Sat	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		
Sun	Fitness Centre 8:30 am to 5 pm	Grange Badminton Club 8:45 am to 1:30 Note: No drop in play. 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		Drop In Basketball 1:30 pm to 6pm



Wednesdays from 5:45 to 6:45 pm
Belly Dance Classes
begin October 10, 2018

Belly Dance classes are a fun, sweaty, dance-filled experience! As you dance the hour away, you will be introduced to the fundamentals of posture, isolations, steps, shimmies, and the accents of belly dance.

Classes are FREE to all Grange Fitness Members
Or - \$10 guest pass for non-members



Instructor: Sayuri

After watching a belly dance performance for the first time in Tokyo, Sayuri was mesmerized. The next day, she took her first belly dance class and felt a sense of wonder, excitement, and fulfillment. Upon completing the Teacher's Certificate program in 2014, she is thrilled to share her inspiration and love for Egyptian dance with each of her students.