

## Recreation at University Settlement

Updated November 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



### Length Swim – NEW Times

- There will be lanes set up for length swimming on Wednesday 5:30 pm to 7 pm and Saturday from 1 pm to 2:30 pm



Sponsored by Herman Miller

- **WE CARE** is back and will take place on Wednesday December 5 from 4 pm to 6 pm.
- Children of all ages have an opportunity to make some incredible crafts with Toronto's best design firms
- Parents are welcomed to attend this event with their child. Pizza will be served.
- If you would like to register, please email [Farhia.hashi@universitysettlement.ca](mailto:Farhia.hashi@universitysettlement.ca) by November 21<sup>st</sup>.

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

### 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



### Yoga Classes

- Yoga classes are a great workout and will change your mind and body
- Classes are taught by Yvonne on Tuesday and Friday at 12:15 and by Antonia each Wednesday at 7 pm



Winter Session of: **Red Cross Swim (Group and Private Swim Lessons) and After School Programs**

- Registration for the Winter Term begins on Saturday Dec 8<sup>th</sup> from 9 am to 12 noon

### COMMUNITY FITNESS

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 – Schedule of Activities

**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	<b>NEW</b> Adult Endurance Swim 7-8pm	Aqua Fit 9 to 9:45am <b>NEW</b> Deep End Aqua Fit 10-10:45am			Drop In Basketball 2 pm to 4pm
Tues	Fitness Centre 7 am to 9:30 pm	<b>Tues night Badminton returns in May 2019</b>	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	Drop In Basketball 3 pm to 4pm
Wed	Fitness Centre 7 am to 9:30 pm	Drop In Badminton 5:30 to 9:30 pm	Hatha Yoga 7 pm to 7:45 pm	Belly Dance 5:45 to 6:45 pm	Length Swim 7 am to 8:40 am 12 noon to 1:40 pm <b>NEW</b> 5:30 to 7:00 pm		Aqua Fit 9 to 9:45am <b>NEW</b> Deep End Aqua Fit 1:45-2:30pm	Family SWIM 5:30 pm to 7 pm		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	<b>NEW</b> Adult Endurance Swim 1:45-2:30pm			Parent & Tot SWIM 11:00-11:40am	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 <b>NEW</b> Deep End Aqua Fit 10-10:45am			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 <b>NEW</b> 1 pm to 2:30 pm			Family SWIM 1 to 2:30pm		
Sun	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		Drop In Basketball 1:30 pm to 6pm

### Drop In Badminton:

To play on Monday, Wednesday or Saturday the following apply:

1. Pay \$20 for an annual Agency Membership
2. Buy a drop in pass for \$40. Use the pass for 10 visits, checking in each time
3. **OR** – Join the Grange Fitness Membership and Badminton and all other activities are included

### Checking in:

Members receive their numbered wristbands in sequential order based on when they arrive.

- On Mondays we give the wristbands out beginning at 7:30 pm
- On Wednesday we start handing out the wristbands at 4:30 pm
- and remember we only give out 24 numbered wristbands
- Once you receive your wristband – simply wait until the scheduled start for the badminton.

Note: A member may only pick up his or her wristband, and may not pick up for a client that is not physically present.

### Grange Badminton Club:

- The Sunday am badminton, is not a “drop in” program. It is a separate registration and those interested should contact Ted at [ted.thompson@universitysettlement.ca](mailto:ted.thompson@universitysettlement.ca)