University Settlement
FOUNDED 1910

Fitness & Recreation Schedule – September 5 - December 23

Last Updated on: October 28, 2026

Location: 23 Grange Road, Toronto, ON M5T 1C3

	Fitness Room	Sports Programs	Fitness Classes	Lane Swim	Aqua Fit	Leisure Swim	Parent and Tot Swim
MON	7:30 AM - 8:30 PM		**Pilates** 11:15 AM-12:00 PM **Yoga** 12:15-1:15 PM	7-9 AM 12-2 PM 6-7 PM	10-11 AM 2:30-3:30PM	11-11:45 AM	
TUE	7:30 AM - 8:30 PM		**Yoga** 12-1 PM	7-9 AM 12-2 PM 6-7 PM	10-11 AM 2:30-3:30 PM	11-11:45 AM	4:30-5:30 PM
WED	7:30 AM - 8:30 PM	**Badminton** 7:00 PM -9:00 PM	**Flexible Training** 11:15 AM-12 PM	7-9 AM 12-2 PM 6-7 PM	10-11 AM 2:30-3:30PM	11-11:45 AM	
THUR	7:30 AM - 8:30 PM		**Yoga** 12:30-1:30 PM	7-9 AM 12-2 PM 6-7 PM	2:30-3:30PM	10-11:45 AM	
FRI	7:30 AM - 8:30 PM	**Badminton** 6:00 PM - 8:00 PM	**Pilates** 11:15 AM-12 PM **Strength Training** 12-1 PM	7-9 AM 12-2 PM 7-8 PM	10-11 AM 2:30-3:30PM	11-11:45 AM 7-8 PM	
SAT	9 AM-4 PM	**Badminton** 8:45 AM-1:45 PM **Basketball** 2:30-4:30 PM		8:30-9:45 AM 3:30-4:45 PM		2-3:15 PM	
SUN	9 AM-4 PM	**Badminton** 3:15-5 PM		8:30-9:45 AM 3:30-4:45 PM			2-3:15 PM

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Fitness & Recreation

Fitness Classes: Aquafit, Yoga, Pilates, Flexible Training, Strength Training

These fitness classes are a great workout and will change your mind and body! Classes are open to all Fitness Members or with a purchase of a $12 guest pass.

Lane Swim

Lane swim offers the perfect chance to swim laps and enhance your endurance and technique. Choose from four lanes—Slow, Medium, Fast, and Leisure. Participants must be able to swim in the deep end. Sessions are open to all Fitness Members or with a purchase of a $12 guest pass.

Badminton

Badminton is included for all Fitness Members **OR** purchase "Drop-in Pass" - *$50 for 10 visits*

Basketball

Basketball is included for all Fitness Members **OR** purchase a "Drop-in Pass" - *$30 for 10 visits*

Leisure Swim

Leisure Swim is included for all Fitness Members **OR** purchase a "Drop-in Pass"

- **Individual Package ($20 for 10 Leisure Swim visits): Applicable to one adult (18 years and up)**
- **Family Package ($50 for 10 Leisure Swim visits): Applicable to one adult (18 years and up) and four dependants (under 18 years)**

FREE Parent and Tot Swim

For children ages 0-6. Register your child online to attend. Free with Agency Membership.

For more information on Fitness & Recreation Programs:

416-598-3444, ext. 229
fitness@universitysettlement.ca

www.universitysettlement.ca