

DROP IN PROGRAMS | DECEMBER 8 - JANUARY 4

FREE PROGRAMS (ALL AGES)

Children under the age of 10 must be accompanied by a parent, guardian or designate who is at least 14 years of age and is responsible for their direct supervision. A single parent, guardian or designate may supervise up to 6 children for dry land programs.

	SAT 8	SUN 9	MON 10	TUE 11	WED 12	THUR 13	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THUR 20	FRI 21	SAT 22	SUN 23	MON 24	TUE 25	WED 26	THUR 27	FRI 28	SAT 29	SUN 30	MON 31	TUE 1	WED 2	THUR 3	FRI 4	
Indoor Track Walking/Running (All Ages)	✓ 7-11 am	✓ 7-11 am	✓ 7-11 am 5-8 pm	✓ 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am	✓ 7-11 am	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am	✓ 7-11 am	✓ 8-11 am	✓ 8-11 am	✓ 8-11 am	✓ 7-10 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am	✓ 7-11 am	✓ 8-11 am	✓ 8-11 am	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm	✓ 7-11 am 5-8 pm
Family Gym (1-10 years)	✓ 8:30 - 10:45 am	♦	♦	♦	♦	♦	♦	✓ 8:30 - 10:45 am	♦	♦	♦	♦	♦	♦	✓ 8:30 - 10:45 am	♦	♦	♦	♦	♦	♦	✓ 8:30 - 10:45 am	♦	♦	♦	♦	♦	♦	♦
Family Sport (1+ years)	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	✓ 10 am - 12 pm	✓ 8:30 am - 3:15 pm	✓ 8:30 am - 3:15 pm	✓ 8:30 am - 3:15 pm	✓ 8:30 am - 3:15 pm	✓ 1:15 - 3:15 pm	✓ 12:15 - 3:15 pm	♦	✓ 10:00 am - 12:30 pm	✓ 8:30 am - 3:15 pm	✓ 8:30 am - 3:15 pm	✓ 1:15 - 3:15 pm	✓ 1:15 - 3:15 pm	✓ 10:00 am - 1:00 pm

SWIM DROP-IN PROGRAMS (7+ YEARS)

*7-9yrs old will be expected to swim with an adult at all times. Participants must have the ability to swim lanes/circuits in accordance with directions prescribed at the pool of choice. Adult: \$4.00/visit, Older Adults: \$2.00/visit, Child/Youth: \$2.00

	SAT 8	SUN 9	MON 10	TUE 11	WED 12	THUR 13	FRI 14	SAT 15	SUN 16	MON 17	TUE 18	WED 19	THUR 20	FRI 21	SAT 22	SUN 23	MON 24	TUE 25	WED 26	THUR 27	FRI 28	SAT 29	SUN 30	MON 31	TUE 1	WED 2	THUR 3	FRI 4	
Lane Swim	✓ 9:30 am - 11 pm	✓ 5-7 am	✓ 7-9 am	✓ 5-9 am	✓ 7-9 am	✓ 5-9 am	✓ 5-9 am	✓ 9:30 am - 11:00 pm	✓ 5-7 am	✓ 7-9 am	✓ 5-9 am	✓ 7-9 am	✓ 5-9 am	✓ 5-9 am	✓ 9:30 am - 11 pm	✓ 5-7 am	✓ 8:30 am - 3:30 pm	✓ 8:30 am - 3:30 pm	✓ 8:30 am - 3:30 pm	✓ 5-9 am	✓ 5-9 am	✓ 9:30 am - 11 pm	✓ 5-7 am	✓ 8:30 am - 3:30 pm	✓ 8:30 am - 3:30 pm	✓ 7-9 am	✓ 5-9 am	✓ 5-9 am	✓ 5-9 am
		✓ 9:30 am - 11 pm	✓ 9:30 am - 3:00 pm	✓ 11:30 am - 3:00 pm	✓ 9:30 am - 3:30 pm	✓ 9:30 am - 3:00 pm	✓ 9:30 - 10:30 am		✓ 9:30 am - 11 pm	✓ 9:30 - 10:30 am	✓ 11:30 am - 3 pm	✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am		✓ 9:30 am - 11 pm				✓ 9:30 am - 4:30 pm	✓ 9:30 - 10:30 am	✓ 9:30 am - 11 pm		✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am	✓ 9:30 - 10:30 am	
			✓ 3:00 - 9:00 pm	✓ 3:00 - 9:30 pm	✓ 3:30 - 9:00 pm	✓ 4:45 pm - 8:30 pm	Minimal Lanes			Minimal Lanes	✓ 3:00 - 9:30 pm	Minimal Lanes	✓ 4:45 - 8:30 pm	Minimal Lanes	Minimal Lanes							✓ 4:45 - 11:00 pm	Minimal Lanes			Minimal Lanes	✓ 4:45 - 8:30 pm	Minimal Lanes	Minimal Lanes
			Minimal Lanes	Minimal Lanes	Minimal Lanes	Minimal Lanes	10:30 am - 3 pm		10:30 am - 9 pm	Minimal Lanes	10:30 am - 3:30 pm	Minimal Lanes	10:30 am - 3 pm	10:30 am - 3 pm								10:30 am - 3 pm				10:30 am - 3:30 pm	Minimal Lanes	Minimal Lanes	Minimal Lanes
		✓ 9:00 - 11:00 pm	✓ 9:30 - 11:00 pm	✓ 9:00 - 11:00 pm	✓ 8:30-11 pm	✓ 3:00 - 8:30 pm	Minimal Lanes			✓ 9:00 - 11:00 pm	✓ 9:30 - 11:00 pm	✓ 3:30 - 9:00 pm	✓ 8:30 - 11:00 pm	✓ 3:00 - 8:30 pm								3:00 - 8:30 pm				3:30 - 9:00 pm	Minimal Lanes	Minimal Lanes	Minimal Lanes
						8:30-11 pm						Minimal Lanes	Minimal Lanes	Minimal Lanes								8:00 - 11:30 pm				9-11 pm			8:30-11 pm

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Women's Only Swim

SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4
♦	♦	♦	✓	♦	✓	♦	♦	♦	♦	✓	♦	✓	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦
			9:30 - 11:15 am		3:00 - 4:30 pm					9:30 - 11:15 am		3:00 - 4:30 pm															
			Lane & Leisure		Lane & Leisure					Lane & Leisure		Lane & Leisure															
✓	✓	♦	♦	✓	✓	✓	✓	✓	♦	♦	✓	✓	✓	✓	♦	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
2-4 pm	2-4 pm			10:30 am - 12:00 pm	9:30 - 11:30 am	6:30 - 8:30 pm	2-4 pm	2-4 pm			10:30 am - 12:00 pm	9:30 - 11:30 am	6:30 - 8:30 pm	2-4 pm		1:30 - 3:30 pm	1:30 - 3:30 pm	1:30 - 3:30 pm	9:30 - 11:30 am	6:30 - 8:30 pm	2-4 pm	2-4 pm	1:30 - 3:30 pm	1:30 - 3:30 pm	10:30 am - 12:00 pm	9:30 - 11:30 am	6:30 - 8:30 pm
																				3 - 4:30 pm						3:00 - 4:30 pm	

Leisure Swim

YOUTH DROP-IN PROGRAMS (10-16 YEARS)

Basketball (Age 10-16)

SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4
♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	✓	✓	✓	♦	♦	♦	♦	♦	✓	✓	♦	♦
																8:30 am - 12:15 pm	8:30 am - 12:15 pm	8:30 am - 12:15 pm					8:30 am - 12:15 pm	8:30 am - 12:15 pm			

ADULT DROP-IN PROGRAMS (17+ YEARS)

Please be advised that these programs are designed for adults 17+, participants are required to pay. Adults: \$4.00/visit, Older Adults: \$2.00 may also purchase a City of Toronto Athletic Punch Card or Pass.

All Access. City of Toronto fees apply without Toronto Pan Am Sports Centre or University of Toronto Scarborough memberships.

Badminton/ Table Tennis (Age 17+)

SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	SAT	SUN	MON	TUE	WED	THUR	FRI	
8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	
✓	♦	✓	♦	✓	✓	✓	✓	♦	✓	♦	✓	✓	♦	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
6 - 8:30 pm		8-11 am		9:00 - 11:45 pm	6-8 am	3:15 - 6 pm	6-8:30 pm		8-11 am		9-11:45 pm	6:00 - 8:00 am		6:00 - 8:30 pm	12:30 - 4 pm	8:30 am - 3:15 pm	8:30 am - 3:15 pm	8:30 am - 3:15 pm	6:00 - 8:00 am	4-6 pm	6:00 - 8:30 pm	4:00 - 7:00 pm	8:30 am - 3:15 pm	8:30 am - 3:15 pm	2:00 - 4:30 pm	6:00 - 8:00 am	12-5 pm	
																			4-7 pm						9-11:45 pm	3:30 - 6:00 pm		
✓	✓	✓	✓	✓	✓	✓	✓	♦	✓	✓	✓	✓	♦	✓	✓	✓	✓	✓	✓	♦	✓	✓	✓	✓	✓	✓	♦	
6-8 am	4-6:30 pm	6-9 am	6:00 - 10:45 am	6:00 - 8:45 am	6:00 - 8:45 am	6:30 - 9 am	6-8 am		6-9 am	6:00 - 10:45 am	6:00 - 8:45 am	6:00 - 8:45 am		6:00 - 8:00 am	4 - 6:30 pm	12:30 - 3:15 pm	12:30 - 3:15 pm	12:30 - 3:15 pm	6:00 - 8:45 am		6:00 - 8:00 am	1:00 - 3:30 pm	12:30 - 3:15 pm	12:30 - 3:15 pm	6:00 - 8:45 am	6:00 - 8:45 am		
			✓	✓	✓	✓	♦	♦	✓	✓	✓	✓	♦	♦	♦	♦	♦	♦	♦	✓	✓	♦	♦	♦	♦	♦	♦	
			10 am - 12 pm	11 am - 1 pm	10 am - 12:15 pm	10 am - 12 pm			12-2 pm	11 am - 1 pm	10 am - 12 pm	10 am - 12 pm								10:00 am - 12:00 pm	10:00 am - 12:00 pm					10:00 am - 12:00 pm	10:00 am - 12:00 pm	10:00 am - 12:00 pm
✓	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	♦	
9:00 - 11:45 pm							9:00 - 11:45 pm							9 - 11:45 pm								9:00 - 11:45 pm					8:00 - 11:30 pm	8:00 - 11:30 pm