

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.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Indoor Track Walking/Running	All Ages	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am	✓ 7:00 - 11:00 am
		5:00 - 8:00 pm	5:00 - 8:00 pm	5:00 - 8:00 pm	5:00 - 8:00 pm	5:00 - 8:00 pm	5:00 - 8:00 pm	5:00 - 8:00 pm
Family Gym <i>*Toys, sports, etc.</i>	1-10 years	♦	♦	♦	♦	♦	✓ 8:30 - 10:45 am	♦
Open Gym with Family	6-12 years	♦	♦	♦	✓ 4:00 - 5:00 pm	♦	♦	♦
Basketball with Family	6+ years	♦	♦	♦	♦	♦	♦	✓ 4:00 - 5:30 pm
Recreation Fun & Play w/Caregiver	0-5 years (1 parent to 5 child ratio)	✓ 10:00 am - 12:00 pm	✓ 10:45 am - 12:15 pm	✓ 9:00 - 11:00 am	♦	♦	♦	♦
Leisure Swim <i>*Please see our admittance policy prior to attending program</i>	All Ages	♦	✓ 9:30 - 11:15 am <i>Women's Only</i>	✓ 10:30 am - 12:00 pm	✓ 9:30 - 11:30 am 3:00 - 4:30 pm <i>Women's Only</i>	✓ 6:30 - 8:30 pm	✓ 2:15 - 4:00 pm	✓ 2:15 - 4:00 pm

LANE SWIM DROP-IN PROGRAMS 7+ YEARS

*7-9 yrs 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

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Lane Swim	7+ Years	✓ 7:00 - 9:00 am	✓ 5:00 - 9:00 am	✓ 7:00 - 9:00 am	✓ 5:00 - 9:00 am	✓ 7:00 - 9:00 am	✓ 9:30 - 10:30 am	✓ 5:00 - 7:00 am
		9:30 - 10:30 am <i>Minimal Lanes</i>	11:30 am - 3:00 pm	9:30 - 10:30 am <i>Minimal Lanes</i>	9:30 am - 3:00 pm	9:30 - 10:30 am <i>Minimal Lanes</i>	1:30 - 11:00 pm	9:30 - 10:30 am
		10:30 am - 3:00 pm <i>Minimal Lanes</i>	9:30 pm <i>Minimal Lanes</i>	10:30 am - 3:00 pm	8:30 pm <i>Minimal Lanes</i>	10:30 am - 3:00 pm		1:30 - 11:00 pm
		3:00 - 9:30 pm <i>Minimal Lanes</i>	9:30 - 11:00 pm	3:00 - 9:30 pm <i>Minimal Lanes</i>	8:30 - 11:00 pm	3:00 - 8:30 pm <i>Minimal Lanes</i>		
		9:00 - 11:00 pm		9:00 - 11:00 pm		8:30 - 11:00 pm		
Women's Only Lane Swim	7+ Years	♦	✓ 9:30 - 11:30 am	♦	✓ 3:00 - 4:30 pm	♦	♦	♦

All drop-in schedules are subject to change. Please consult www.tpasc.ca/schedules in advance to confirm that a drop-in program is taking place at it's regularly scheduled time.



FREE CHILDREN DROP-IN PROGRAMS 6-12 YEARS

These programs are FREE for youth 6-12 years to attend.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Basketball	6-12 years	♦	♦	✔ 3:30 - 5:00 pm	♦	♦	♦	♦

FREE YOUTH DROP-IN PROGRAMS 13-17 YEARS

These programs are FREE for youth 13-17 years to attend.

	AGE	11 MON	12 TUE	13 WED	14 THUR	15 FRI	16 SAT	17 SUN
Basketball	13-17 years	✔ 3:30 - 5:00 pm	♦	♦	✔ 4:00 - 6:00 pm	♦	♦	♦
Soccer	13-17 years	♦	♦	✔ 8:30 - 10:00 pm	♦	♦	♦	♦
Volleyball	13-17 years	♦	♦	♦	♦	♦	♦	✔ 6:00 - 8:00 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.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Badminton/ Table Tennis	Age 17+	✔ 8:15 - 11:45 pm	♦	✔ 12:15 - 3:00 pm	♦	✔ 7:00 - 9:00 pm	✔ 4:30 - 7:00 pm	✔ 9:15 - 11:00 am
Basketball	Age 17+	♦	✔ 6:00 - 9:30 am 1:15 - 3:45 pm 8:15 - 10:15 pm	♦	✔ 6:00 - 9:30 am	♦	✔ 6:00 - 8:00 am	✔ 6:00 - 8:45 am
Pickleball	Age 17+	♦	♦	♦	♦	♦	✔ 6:30 - 10:00 pm	♦
Volleyball	Age 17+	♦	✔ 8:00 - 11:45 pm	♦	✔ 8:30 - 10:00 pm	♦	✔ 7:30 - 9:00 pm	♦

FREE OLDER ADULT DROP-IN PROGRAMS

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Badminton	Age 60+	♦	✔ 8:30 - 10:30 am	♦	♦	✔ 11:00 am - 1:00 pm	♦	♦
Pickleball	Age 60+	✔ 12:30 - 3:00 pm	♦	✔ 11:15 am - 1:00 pm	♦	♦	♦	♦