



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.

Indoor Track Walking/ Running

Family Gym **Toys, sports, etc.*

Recreation Fun & Play w/Caregiver

Leisure Swim **Please see our admittance policy prior to attending program*

AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
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		
1-10 years	♦	♦	♦	♦	♦	✓ 8:30 - 10:45 am ✓ 6:30 - 8:00 pm	✓ 4:30 - 6:00 pm
0-5 years (1 parent to 5 child ratio)	✓ 12:00 - 2:00 pm	✓ 12:00 - 1:30 pm	✓ 9:30 - 11:00 am	✓ 9:30 am - 12:00 pm	✓ 9:00 - 11:00 am	♦	✓ 11:30 am - 1:30 pm
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

Lane Swim

Women's Only Lane Swim

AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
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 am - 3:00 pm	✓ 11:30 am - 3:00 pm	✓ 10:30 am - 3:00 pm	✓ 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
	✓ 3:00 - 9:00 pm <i>Minimal Lanes</i>	✓ 3:00 - 9:30 pm <i>Minimal Lanes</i>	✓ 3:30 - 9:00 pm <i>Minimal Lanes</i>	✓ 4:45 - 8:30 pm <i>Minimal Lanes</i>	✓ 10:30 am - 3:00 pm		✓ 1:30 - 11:00 pm
	✓ 9:00 - 11:00 pm	✓ 9:30 - 11:00 pm	✓ 9:00 - 11:00 pm	✓ 8:30 - 11:00 pm	✓ 3:00 - 8:30 pm <i>Limited Space</i>		
					✓ 8:30 - 11:00 pm		
7+ Years	♦	✓ 9:30 - 11:15 am	♦	✓ 3:00 - 4:30 pm	♦	♦	♦

FREE CHILDREN DROP-IN PROGRAMS 10-14 YEARS

These programs are FREE for youth 10-14 years to attend.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Basketball	10-14 years	♦	♦	♦	♦	♦	♦	✔ 6:30 - 8:00 pm

FREE YOUTH DROP-IN PROGRAMS 13-17 YEARS

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

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Basketball	13-17 years	✔ 2:30 - 4:30 pm	✔ 2:30 - 4:00 pm	✔ 2:30 - 4:00 pm	✔ 2:30 - 4:00 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+	✔ 8:00 - 11:00 am	♦	✔ 9:00 - 11:45 pm	✔ 6:00 - 8:00 am	♦	✔ 6:00 - 8:30 pm	♦
Basketball	Age 17+	✔ 6:00 - 9:00 am	✔ 6:00 - 10:45 am ✔ 8:30 - 10:00 pm	✔ 6:00 - 8:45 am	✔ 6:00 - 8:45 am ✔ 12:00 - 2:00 pm	✔ 9:00 - 11:00 pm	✔ 6:00 - 8:00 am	♦
Pickleball	Age 17+	♦	♦	♦	♦	✔ 10:00 am - 12:00 pm	♦	♦
Volleyball	Age 17+	♦	♦	♦	✔ 9:30 - 11:00 pm	♦	✔ 9:00 - 11:45 pm	✔ 8:30 - 10:30 pm

FREE OLDER ADULT DROP-IN PROGRAMS

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Pickleball	Age 60+	♦	✔ 10:00 am - 12:00 pm	✔ 11:30 am - 1:30 pm	✔ 9:30 am - 12:00 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 its regularly scheduled time.