



DROP IN PROGRAMS - FALL 2018

SEPTEMBER 29 - DECEMBER 7, 2018

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 am - 11:30 am ✓ 3:00 - 4:15 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	✓ 5:00 - 9:00 am	✓ 9:30 - 10:30 am	✓ 5:00 - 7:00 am
	✓ 9:30 - 3:00 pm	✓ 11:30 am - 3:00 pm	✓ 9:30 am - 3:30 pm	✓ 9:30 am - 3:00 pm	✓ 9:30 - 10:00 am <i>Limited Space</i>	✓ 1:30 - 11:00 pm	✓ 9:30 - 10:30 am
	✓ 3:00 - 9:00 pm <i>Limited Space</i>	✓ 3:00 - 9:30 pm <i>Limited Space</i>	✓ 3:30 - 8:30 pm <i>Limited Space</i>	✓ 4:45 - 8:30 pm <i>Limited Space</i>	✓ 10:30 am - 3:00 pm		✓ 1:30 - 11:00 pm
	✓ 9:00 - 11:00 pm	✓ 9:30 - 11:00 pm	✓ 8:30 - 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 13-24 YEARS

These programs are FREE for youth 13-24 years to attend.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Basketball	13-24 years	✔ 2:30 - 4:30 pm	✔ 2:30 - 4:30 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	✔ 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 - 12:00 pm	✔ 11:30 am - 1:30 pm	✔ 9:30 - 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.