

• Please consult www.tpasc.ca/schedules, or call 416-283-5222, in advance to confirm that a drop-in program is taking place at its regularly scheduled time.

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		
Family Gym <i>*Toys, sports, etc.</i>	1-10 years	♦	♦	♦	♦	♦	✔ 9:00 - 11:00 am	♦
Family Sport	6-12 years	♦	♦	♦	♦	♦	♦	✔ 9:00 - 11:00 am
Basketball with Family	6+ years	♦	♦	♦	♦	♦	♦	♦
Recreation Fun & Play w/Caregiver	0-5 years (1 parent to 5 child ratio)	♦	♦	♦	♦	♦	♦	♦
Leisure Swim <i>*Please see our admittance policy prior to attending program</i>	All Ages	♦	✔ 9:30 - 11:30 am (Women's Only)	✔ 10:30 am - 12:00 pm	✔ 9:30 - 11:30 am 3:00 - 4:30 pm (Women's Only)	✔ 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 - 7:00 am (Minimal Lanes)	✔ 5:00 - 7:00 am (Minimal Lanes)	✔ 9:30 - 10:30 am	✔ 5:00 - 7:00 am
		9:30 am - 3:00 pm	11:45 am - 3:00 pm	9:30 am - 3:30 pm	7:00 - 9:00 am	7:00 - 9:00 am	1:30 - 11:00 pm	9:30 - 10:30 am
		3:00 - 9:00 pm (Minimal Lanes)	3:00 - 9:30 pm (Minimal Lanes)	3:30 - 9:00 pm (Minimal Lanes)	9:30 am - 3:00 pm	9:30 am - 3:00 pm		1:30 - 11:00 pm
		9:00 - 11:00 pm	9:30 - 11:00 pm	9:00 - 11:00 pm	4:45 - 8:30 pm (Minimal Lanes)	3:00 - 8:30 pm (Minimal Lanes)		
					8:30 - 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	♦	♦	♦

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FREE CHILD/YOUTH DROP-IN PROGRAMS 6-17 YEARS

These programs are FREE for children/youth 6-17 years to attend.

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Basketball	13-15 years	♦	♦	♦	♦	♦	♦	♦
	16-17 years	♦	♦	♦	♦	♦	♦	♦
Soccer with Caregiver	6-12 years	♦	♦	♦	♦	♦	♦	♦
Volleyball	13-17 years	♦	♦	♦	♦	♦	♦	♦

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+	✔ 7:00 - 9:00 pm	♦	♦	♦	✔ 9:00 - 11:45 pm	✔ 11:30 am - 1:30 pm	✔ 11:30 am - 2:00 pm
							✔ 5:00 - 7:00 pm	
Basketball	Age 17+	♦	✔ 4:00 - 6:30 pm	♦	✔ 12:00 - 1:45 pm	♦	✔ 6:00 - 8:30 am	✔ 6:00 - 8:30 am
							2:00 - 4:30 pm	2:30 - 5:00 pm
Pickleball	Age 17+	♦	♦	♦	♦	♦	♦	♦
Soccer	Age 17+	♦	♦	♦	♦	♦	♦	♦
Volleyball	Age 17+	✔ 9:30 - 11:45 pm	♦	♦	♦	♦	✔ 7:30 - 11:45 pm	♦

FREE OLDER ADULT DROP-IN PROGRAMS

	AGE	MON	TUE	WED	THUR	FRI	SAT	SUN
Badminton	Age 60+	♦	♦	♦	♦	♦	♦	♦
Pickleball	Age 60+	♦	♦	♦	♦	♦	♦	♦