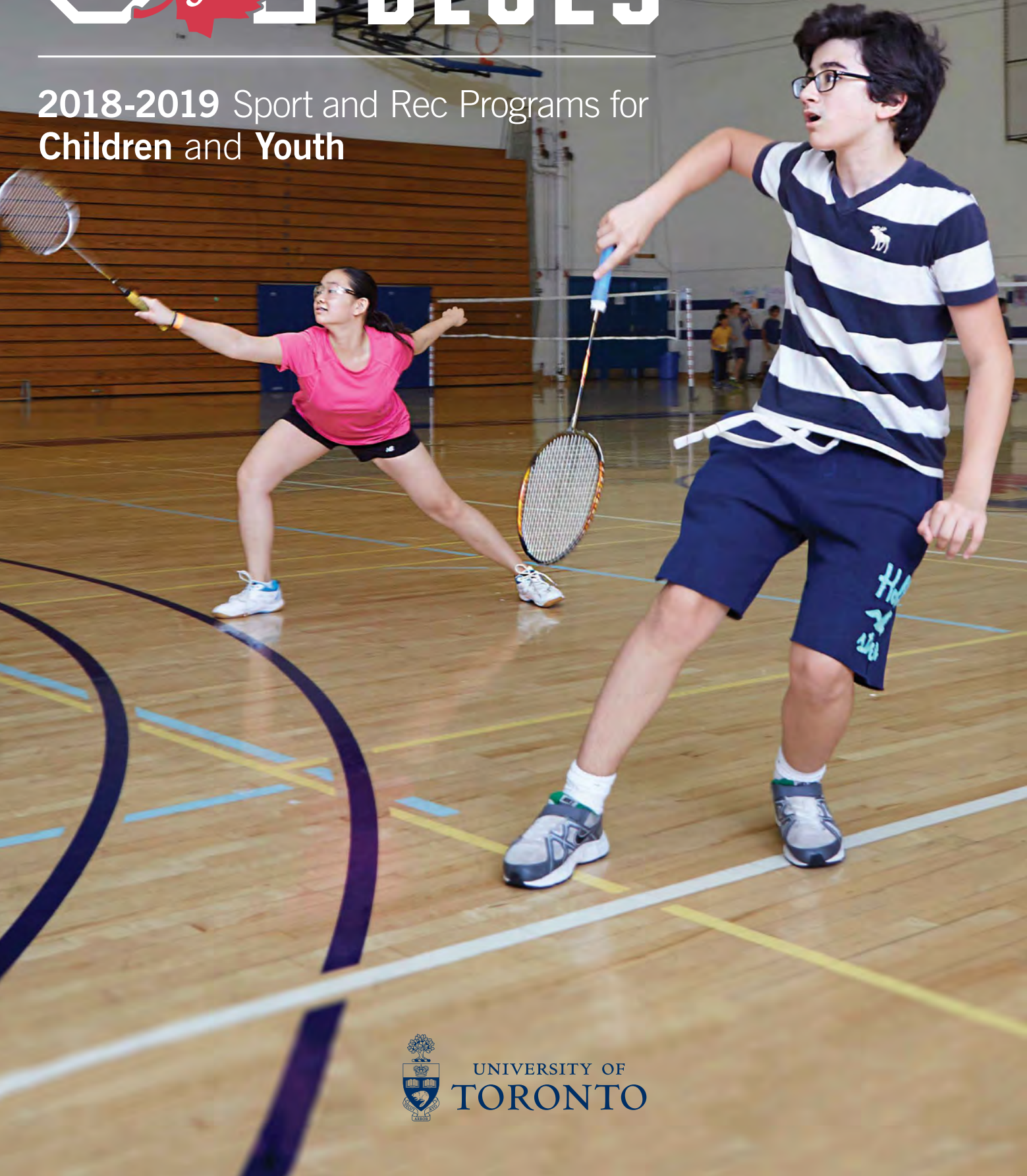


# U of T JUNIOR BLUES

2018-2019 Sport and Rec Programs for  
Children and Youth



UNIVERSITY OF  
TORONTO

# WELCOME

Welcome to the Junior Blues programs hosted by the University of Toronto's Faculty of Kinesiology and Physical Education! We offer a variety of classes on land, in water and on the ice designed to teach children and youth the physical literacy skills they need to be active and healthy for life!

The Faculty strives to create and maintain a welcoming, inclusive atmosphere that is aligned with University policies and guidelines on equity, diversity and excellence. This commitment is reflected in a variety of targeted strategies and initiatives. Our first priority is to support the student experience at U of T. Our programs and scheduling reflect this priority.

The Athletic Centre, Goldring Centre for High Performance Sport and Varsity Centre are also rich teaching and learning environments, where research and academic programs are conducted alongside the sport and recreation programs. This incredibly rich environment informs our Junior Blues programs with the latest knowledge and research findings in the science of physical activity.

## Registration Dates

2017–2018

### Fall programs:

August 29, 2018

### Winter programs and March break camp:

December 12, 2018

### Summer camp:

February 13, 2019

### Spring programs:

To be confirmed—please check the website in March.

**Registration opens at 8 a.m.** On registration days, in-person registrations are only accepted at the Athletic Centre Main Office. Program schedules and fees are available online and at our facilities.

[juniorblues.ca](http://juniorblues.ca)  
[campuoft.ca](http://campuoft.ca)







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# FACILITIES AND INFORMATION

## HOURS

### Athletic Centre

#### Fall + Winter

**September 4, 2018 – May 5, 2019**

Mon - Fri 7 a.m. – 11 p.m.

Sat - Sun 9 a.m. – 5 p.m.

#### Spring + Summer

**May 6, 2019 – September 1, 2019**

Mon - Fri 7 a.m. – 9 p.m.

Sat - Sun 9 a.m. – 5 p.m.

*Main facility doors open and change rooms are accessible 15 minutes before programs begin.*

### Customer & Membership Services - Main Office\*

**416.978.3436**

#### Fall + Winter

**September 4, 2018 – May 5, 2019**

Mon - Fri 8 a.m. – 8 p.m.

Sat - Sun 9 a.m. – 5 p.m.

#### Spring + Summer

**May 6, 2019 – September 1, 2019**

Mon - Fri 8 a.m. – 8 p.m.

Sat - Sun 9 a.m. – 5 p.m.

### Customer & Membership Services - Kiosk\*

**416.978.2218**

#### Fall + Winter

**September 4, 2018 – May 5, 2019**

Mon - Fri 7 a.m. – 8 a.m. and 8 p.m. – 11 p.m.

#### Spring + Summer

**May 6, 2019 – September 1, 2019**

Mon - Fri 7 a.m. – 8 a.m. and 8 p.m. – 9 p.m.

### Goldring Centre for High Performance Sport\*

**416.946.0400**

#### Fall + Winter

**September 4, 2018 – May 5, 2019**

Mon - Sun 7 a.m. – 11 p.m.

#### Spring and Summer

**May 6, 2019 – September 1, 2019**

Mon - Fri 7 a.m. – 9 p.m.

Sat - Sun 9 a.m. – 7 p.m.

### Varsity Centre\*

**416.978.6428**

**For ticketed events, enter using the Bloor Street entrance.**

#### Fall + Winter

**September 4, 2018 – May 5, 2019**

Mon - Sun 7 a.m. – 11 p.m.

#### Spring + Summer

**May 6, 2019 – September 1, 2019**

Mon - Fri 7 a.m. – 9 p.m.

Sat - Sun 9 a.m. – 5 p.m.

*Hours may vary. Please call the pavilion desk at 416.978.6428 or check [kpe.utoronto.ca](http://kpe.utoronto.ca)*

**Arena and Dome Fall and Winter  
Field/Track Spring and Summer**

*Please note the facilities are closed on statutory holidays. Visit [kpe.utoronto.ca](http://kpe.utoronto.ca) for December holiday hours. Hours are subject to change. Please visit the website for most up to date information.*

\*Customer and Membership Services locations.

### Contacts

#### General Information

416.978.3436 Ext. 0

#### Fax

416.946.7679

#### Email

[junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca)

[campuoft@utoronto.ca](mailto:campuoft@utoronto.ca)

**Will Kopplin, Manager, Children and Youth**

416.978.2963

Before registering for and attending your first session, please see [juniorblues.ca](http://juniorblues.ca) for important information.

# GUIDELINES

More information about policies, locations and frequently asked questions is available online at [juniorblues.ca](http://juniorblues.ca)

## Age Guidelines

**IMPORTANT:** Age guidelines for Junior Blues programs are based on a child's developmental stage, the facility in which the program is held and individual program goals. Your child's safety and enjoyment are important to us. We request that all parents and guardians adhere to these guidelines:

- Three and four year-olds must be the minimum age specified by the **FIRST** day of class.
- Children five years and older must be the minimum age specified by the **LAST** day of class.
- If you would like to enrol your older child in a program that is prescribed for younger children, please contact [junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca)

Programs for children under three are family programs and require that an adult attend and fully participate with the child. One adult per child is required.

## How to Register

More information about how to register can be found online. Registration can be completed online, by fax, by mail or in person at any of our Customer and Membership Services locations. On days when registrations begins, in-person registrations will only be accepted at the Athletic Centre Main Office. Please ensure you have read the FAQs, policies and informed consent prior to registering. Remember, **only the parent or guardian of the child can complete the informed consent and register a child for programs.**

## Access to Registration

If you require assistance registering due to a disability, please contact us in advance at [junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca)

## Supervision Requirements

Parents/guardians are responsible for their children at all times. Children under 12 years of age must be supervised by an adult. Certain facilities have specific supervision requirements; please inquire for further details. Unaccompanied minors (17 and under) are not permitted to enter or use the facilities unless formally registered in a program.

## Facility Access

All programs require a facility access pass (green card). Access passes can be obtained at the registration desk at each facility on the first day of the program. Please arrive early for the first class to pick up your card.

## Discounts

Discounts for Junior Blues programs are available for children of U of T students and Athletic Centre members. Contact the main office for details. Please note that time restrictions apply.

## Refunds and Withdrawals – NEW

Refunds are available for most Junior Blues programs for two business days AFTER the first class. Requests must be received within two business days after the first class. Refunds can be requested in person or by phone (please see building office hours pg 3) or by email at [sportandrec@utoronto.ca](mailto:sportandrec@utoronto.ca) by 11:59 p.m. Please remember to include your name, your child's name and the exact program you are requesting to withdraw from.

### Deadline to request a refund:

Day when the class was scheduled	Deadline to request a refund
Monday	Wednesday, 11:59 p.m.
Tuesday	Thursday, 11:59 p.m.
Wednesday	Friday, 11:59 p.m.
Thursday	Monday, 11:59 p.m.
Friday	Monday, 11:59 p.m.
Saturday/Sunday	Tuesday, 11:59 p.m.

## Make-up Classes

We are unable to offer make-up classes or refunds for missed classes. Refunds are available for classes missed due to medical reasons; a letter from a physician must be provided within two weeks of the last missed class.

# LOCATIONS



## Parking and Bike Racks:



Bike racks with camera surveillance are available at the Athletic Centre on Harbord St. and Classic Ave. Bike racks are also available at Varsity Centre near the pavilion entrance on Devonshire Place.

Metered street parking is available around the periphery of the Athletic Centre and Varsity Centre. Underground parking is available at the Graduate House (60 Harbord St.), which can be accessed by traveling north on Spadina Ave. and east on Glen Morris Ave., and on the east side of St. George St. just north of Harbord St. For more information, contact the U of T parking office at **416.978.7275**.

**S** Subway Station

## Athletic Centre

55 Harbord St.,  
Toronto, ON M5S 2W6

The Athletic Centre is located on the west side of U of T's St. George campus at the intersection of Harbord St. and Spadina Ave. It is easily accessible from the Spadina subway station and by streetcar.

### Entry:

All participants must enter and exit the Athletic Centre through authorized entrances only. Specific program entrances are found on the website.

## Varsity Centre

299 Bloor St. West,  
Toronto, ON M5S 1W2

Varsity Centre (includes Varsity Arena and Trinity Field) is located on the southeast corner of Bloor St. and Devonshire Place. (one block east of St. George St.) at the north end of the St. George campus. It is just steps away from the St. George and Museum subway stations.

### Entry:

All participants must enter and exit Varsity Centre through the pavilion entrance off **Devonshire Place** (at the south end of the stadium). For ticketed events, enter from the **Bloor St.** entrance.

## Golding Centre for High Performance Sport

100 Devonshire Place,  
Toronto, ON M5S 2C9

The Goldring Centre is located on the west side of Devonshire Place (one block east of St. George St.), across from Varsity Centre at the north end of the St. George campus. It is just steps away from the St. George and Museum subway stations.

### Entry:

All participants and ticketed event attendees must enter and exit Goldring Centre through **South Devonshire entrance**. For the David L. MacIntosh Sport Medicine Clinic, enter from the **North Devonshire entrance**.



# PROGRAM DESCRIPTIONS



## DROP-IN PROGRAMS

Our drop-in family programs are a fun way to explore our facilities and programs with the whole family! Members must accompany and participate with their children when taking advantage of our drop-in programs. Program schedules are variable. For current information, please visit <https://kpe.utoronto.ca/sports-and-rec>. A family day pass is available for non-members.

### Fun Swim

Dive, play, use inner tubes and simply enjoy the pool at your leisure. Parents and guardians are responsible for the children in their care while in the facility and must supervise their children at all times. Visit the website for detailed supervision requirements in the pools.

### Family Skate

Varsity Arena welcomes everyone to come out for family skate! CSA-approved helmets are strongly recommended for beginners and are mandatory for children.

*All children under 12 and all beginner-level skaters must be accompanied by an adult member.*

*Adults must wear skates and be on the ice with their children at all times.*

### Family Squash and Table Tennis

Children must wear goggles for squash and everyone must provide their own equipment. Members can book courts at scheduled times through the main office a day in advance. Families purchasing a day pass can book courts at the time of purchase.

### **\*NEW\*** Family Workshops Ages 4 and up

These one-hour family sessions include yoga and dance. Bring health and well-being to your entire family! Offered select Sundays in the fall and winter term. No registration required.



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# REGISTERED PROGRAMS

## Adapted and Integrated Programs

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Junior Blues teaches fundamental movement and sport skills to children and youth. We strive to make our programs an enjoyable and physically active experience for all children; regardless of their ability. Explore the adapted programs below or any Junior Blues program.

Parents can provide an inclusion aide/support worker for their child in any Junior Blues program. The aide will be required to review a code of conduct, expectations and emergency procedures. A signed agreement is required. There is no additional fee for aides supplied by parents.

Please contact us at  
[junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca)  
with any questions.

### Red Cross Swim Adapted

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Swimming is an essential life skill for safety, fun and fitness! Children with special needs are encouraged to register in the Red Cross Swim Adapted program. Children will learn and follow the Red Cross Preschool and Swim Kids levels with small group classes (maximum 3:1) and with additional in-water volunteer support.

This program is open to children with physical, mental and/or emotional exceptionalities. Please register in the program and complete the Intake and Support form online at [juniorblues.ca](http://juniorblues.ca). You will be contacted prior to the program start to discuss goals and strategies for success.

Questions? email:  
[junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca)  
or contact the Assistant Manager, Aquatics at **416-978-5505**.

### Igniting Fitness Possibilities

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Grades 7–10

Igniting Fitness Possibilities (IFP) is designed to encourage a passion for physical activity in youth of all abilities. Youth will develop new activity skills, lead co-operative games and receive personalized mentorship to help them achieve their goals. Sign up with a friend and have some fun with us!

This program is for youth in grades 7 to 10 with and without a disability who are not involved in organized sports programs. IFP is offered in partnership with Holland Bloorview Kids Rehabilitation Hospital and researchers from the Faculty of Kinesiology and Physical Education.



## Badminton

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**Ages 6 - 10**

The Junior Blues badminton program offers children a chance to learn and improve their skills in this fast paced and strategic game. Participants learn serves, forehands and overhands, as well as strategies for single and doubles games. Players can bring their own racquet.

## Basketball

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**Ages 6–7, 8–9, 10–11**

Steve Nash Youth Basketball is a national youth basketball initiative designed to develop fundamental skills, sportsmanship and a love for the game of basketball. Develop fundamental basketball skills through fun drills and weekly scrimmages. Participants will meet Varsity Blues Basketball players and cheer them on at a game at the Goldring Centre for High Performance Sport (fall only).

## Certifications and Workshops

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All certification courses are designed for 100 per cent active participation. Please ensure all prerequisites have been met before enrolling; be prepared to show proof at the start of the course. Certification courses include an evaluation process. In the event that a candidate does not pass or complete a course, they must retake the full course. Refunds for certification courses must be requested four days in advance of course start date. Courses may be cancelled if enrolment is low.

Please note that all classes listed below, except Bronze Star and Babysitting, are combined with U of T student programs.

### Babysitting and First Aid

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#### Babysitting Course, Red Cross

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This course is designed for youth 11 to 15 years of age who are interested in learning about child care. Participants learn to care for babies, toddlers, preschool and school-aged children. Participants are taught age-appropriate activities, as well as safety and first aid.

#### Standard First Aid and Basic Rescuer CPR-C

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Be prepared to respond in an emergency by learning Standard First Aid and Basic rescuer CPR-C. A manual is included in the fee. Punctuality and full attendance are mandatory. Participants must be 16 years or over. Certifications will be issued by the Red Cross or Lifesaving Society. Please contact [junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca) for details.

### Lifesaving and Lifeguarding

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Manuals can be purchased at an additional fee from the main office. See [juniorblues.ca](http://juniorblues.ca) in the FAQ section for full information regarding prerequisites, manuals and other certification courses.

#### Bronze Star and Basic First Aid

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This introductory Lifesaving Society course in water rescue is excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in pairs while learning CPR and other lifesaving skills. The course includes a timed 400m swim.

Prerequisites: Participants must be 11 years old. Having completed Swim Kids 8 or able to complete a 300m endurance swim is strongly recommended.

#### Bronze Medallion and Emergency First Aid

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This is the first required Lifesaving Society course in the path to becoming a lifeguard and swim instructor. Emergency First Aid curriculum items are also taught and evaluated.

Prerequisites: Participants must be 13 years old or 12 years old with a Bronze Star certification (need not be current).

#### Bronze Cross

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Bronze Cross is a prerequisite for all advanced aquatic training programs, including the National Lifeguard Award and instructor certifications.

Prerequisites: Participants must have successfully passed Bronze Medallion and Emergency First Aid (need not be current).

#### National Lifeguard Award

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National lifeguard training builds on the fundamental skills, knowledge and values taught in the earlier lifesaving awards. National Lifeguard Award is the standard lifeguarding certificate in Canada.

Prerequisites: Participants must be 16 years of age by the exam date, have successfully passed Bronze Cross and hold a Standard First Aid and Basic Rescuer/Level C CPR (need not be current).

## Gymnastics

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Gymnastics develops strength, flexibility, balance, spatial awareness and coordination, helping to create a strong foundation for future activity. Skills are taught based on the CANGYM program and focus on fun, fitness and fundamentals. Registration with Gymnastics Ontario is included in the fee. Facility access and other information is available at [juniorblues.ca](http://juniorblues.ca) in the FAQ Gymnastics section.

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### Gymnastics Caregiver and Tot

Children will learn to run, jump, swing and explore physical activity while having fun. One caregiver per child is required. This class is for children 18 months to 3½ years of age.

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### Gymnastics Preschool 3 years

The dominant movement patterns of gymnastics (spring, swing, statics, landings, locomotion and rotations) are introduced. Please note, parents cannot remain in the gym while programs are running.

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### Gymnastics Preschool 4–5 years

The dominant movement patterns of gymnastics (spring, swing, statics, landings, locomotion and rotations) are introduced, along with somersaults, cartwheels and handstands. Please note, parents cannot remain in the gym while programs are running.

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### Gymnastics Kids Boys 6 years+

Skill development in gymnastics continues using the CANGYM program. Participants are introduced to floor, vault, pommel horse, rings, high bar, parallel bars and trampoline.

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### Gymnastics Kids Girls 6 years+

Skill development in gymnastics continues using the CANGYM program. Participants progress on floor, beam, uneven bars, trampoline and vault.

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### Gymnastics Enhanced

This 10-month program offers girls 8 to 12 years of age the opportunity to spend extra time refining their gymnastics skills. Participants should be at a minimum of Level 6 in the CANGYM program. This program focuses on strength and flexibility to increase gymnasts' overall skill level. Athletes will be assessed to ensure they are at the proper level during the first class. If your child is not at the appropriate skill level they will be asked to leave the enhanced program.

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### Gymnastics – Teens

Gymnastics Teens is for young women 12 years of age and older. This weekday program concentrates on the goals and interests of each individual with goal-setting and supportive coaching. No experience is needed. All levels welcome.

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### Super Tumblers\*

This program is for children ages 4–6 who have been offered the registration information by their coaches. For more information, please speak with the gym recreational coordinator or Barb Brophy. Space is limited and registration is on a first-come, first-served basis.

*An assessment will be held in August for those hoping to enter the program.\**

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### Competitive Program – Girls and Boys 5–18 years\*

This program provides advanced training to children who have the skills, attitude and interest to thrive in a competitive program. The gymnasts in this program train two to four days a week, depending on their age and skill level.

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### Private Instruction\*

Limited times are available for private gymnastics lessons on weekdays only. Participants can choose 5 or 10 lessons. All lessons must be booked consecutively. There are no make-up lessons.

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### Gymnastics – Coach in Training\*

The Coach in Training program introduces young teens to the various aspects of coaching gymnastics, and prepares them for entry into the National Coaching Certification Program. The program has 10 hours of tutorials and 10 hours of assistant coaching in the gym and runs from January to April.

\*For more information on these programs, contact Barb Brophy at [416.978.7381](tel:416.978.7381) or [barb.brophy@utoronto.ca](mailto:barb.brophy@utoronto.ca).





## Skating

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### Introductory and Junior Skating

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These classes combine introductory and junior skaters. Skaters are grouped on the first day according to ability. Skills taught include basic balance, moving forwards and backwards to turning and crossovers (Pre-beginner to Level 5).

Prerequisite: Participants must be able to stand up and walk in skates before the first class and must be at least 4 years old. CSA-approved helmets are mandatory; faceguards are strongly recommended.

## Introduction to Strength Training

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### Ages 12–14, 15 & 16

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The Junior Blues Introduction to Strength Training program introduces young participants to strength training fundamentals with a focus on form and technique. Throughout the session participants will learn basic movement skills and the key components of an effective, full-body workout. Participants will be introduced to bodyweight exercises as well as free weights and machines. All the strength sessions will be supervised by a certified trainer and exercises progressions will be tailored based on participant's current ability level.

## Soccer

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### Ages 6 - 10

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The Junior Blues soccer program focuses on skills and strategies for this exciting sport. The program builds on existing skills, and works toward enhancing more advanced techniques and team play. Cleats and shin pads are required.





## Swimming

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We have something for everyone to enjoy in the pool! Prerequisites, facility access and other key information is available at [juniorblues.ca](http://juniorblues.ca). All children must demonstrate prerequisites to participate in the program. Adapted swim is also offered. See page 7 for details.

### Red Cross Preschool with Caregiver

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The primary goals of this class are basic water orientation and having fun. Each child between 4 months and 4 years of age must be accompanied by a caregiver (1:1 ratio). Children who are not toilet trained must wear swim diapers. This class is taught in the teach pool. Red Cross Starfish and Duck levels are taught.

### Red Cross Preschool Independent 3–5 years

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#### Sea Turtle

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This entry-level class develops early skills such as submerging, front and back floats and glides. Preschoolers participate independently of their caregiver at this level. Children must be a minimum of 37 inches tall and 3 years of age by the first class. This class is taught in the teach pool.



## Sea Otter

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Children learn and refine assisted floats and progress towards an unassisted front glide. Children should be comfortable fully submerging their heads underwater and blowing bubbles before beginning Sea Otter. This class is taught in the teach pool or 25yd pool on a tot dock.

## Salamander

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Preschoolers use games and songs to learn new skills, including unassisted floats and glides. Participants are introduced to deep water and learn to jump into deep water. This class is taught in the teach pool or 25yd pool on a tot dock.

## Sunfish

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This class is taught in deep water in the 50m or 25yd pool. Assisted by an instructor, preschoolers work on stroke and skill development. Swimmers also learn proper judgment in, on and around the water as well as entries and floats in deep water.

## Crocodile

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Preschoolers progress to independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. If registration is low, this class may be combined with other classes. This class is taught in the 50m pool or 25yd pool.

## Whale

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Children learn to swim independently in deep water and participate in team games. Preschoolers increase their distance and improve skills with front and back swims. If registration is low, this class may be combined with other classes. This class is taught in the 50m pool or 25yd pool.

## Red Cross Swim Kids 5 years+

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### Swim Kids 1

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This is an entry-level program for children who are not yet floating independently. This class includes a water and pool orientation and introduces floats and glides with kicks. No previous experience is required. This class is taught in the teach pool.

### Swim Kids 2

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This second orientation level helps develop front and back swim skills. Children are introduced to deep water activities and they learn the proper use of a Personal Flotation Device (PFD). Flutter-kick with assisted glides builds endurance. This class will begin in shallow water and transition to deep water. Moving from the teach pool to the 50m pool may be difficult. Please consider this when choosing a class.



### Swim Kids 3

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Participants learn the foundation for making wise choices on where and when to swim. Diving is introduced and children work on floats and changing direction. Flutter kick and a 15m distance swim build strength and endurance. This class is held in either the 25yd or 50m pool. Classes in the 50m pool are taught entirely in deep water; please consider this when choosing a class.

### Swim Kids 4

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The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. A 25m swim builds endurance.

### Swim Kids 5

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Back crawl, sculling and whip kick on the back are introduced. Children learn safe boating skills and stride jumps. Dolphin kick and a 50m swim build endurance.

### Swim Kids 6

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Front and back crawl skills continue to develop. Elementary backstroke is introduced. Children are also introduced to ice safety, elementary rescue with throwing assists, treading water and the front dive. A 75m swim builds endurance.

### Swim Kids 7

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Front crawl, back crawl, elementary back stroke and endurance continue to develop. Whip kick on the front is introduced. Children learn about airway and breathing obstructions. Timed treading water and a 150m swim build endurance. If registration is low, this class may be combined with other classes.



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## Swim Kids 8

Breaststroke, foot-first surface dive, standing dives and rescue entries are introduced. Children learn the dangers of open water, hypothermia and rescue breathing. The dolphin kick and a 300m swim build endurance. If registration is low, this class may be combined with other classes.

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## Swim Kids 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. At this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives, and learn about wise choices, peer influences and self-rescue from ice. A 400m swim builds endurance. If registration is low, this class may be combined with other classes.

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## Swim Kids 10

The final level in the Swim Kids program provides stroke refinement. Butterfly and scissor kick are introduced. Children learn about sun safety, ice rescue and head/feet-first surface dives. Dolphin kick, butterfly drills and a 500m swim build endurance. Completion of Level 10 includes a certificate and a Red Cross Swim Kids program medal. If registration is low, this class may be combined with other classes.

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## Aquatics Speciality

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### Introduction to Competitive Swim

8–11 years and 12–16 years

Classes focus on competitive swimming fundamentals. The goal is also to improve fitness and skills while having fun. Participants require a bathing suit, cap and goggles. This program is for children who are able to swim at least 50m of front crawl and back crawl in deep water.

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### Private Swim Lessons

Private and semi-private lessons are offered in 30-minute sessions and are tailored to your child's specific needs. Times and locations may be selected from the pre-set classes. Unfortunately requests for particular instructors cannot be accommodated.

Semi-private lessons are available for a maximum of two children with the same swimming ability. Please register one child for a private lesson and waitlist the second child for the same lesson; pricing is available online and is per child. Then, contact us at [private.swim@utoronto.ca](mailto:private.swim@utoronto.ca) to arrange for the lesson to be changed to a semi-private format. The semi-private rate will be applied after contacting us.



## Track and Field

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### Tracktivities

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Athletes will be introduced to running, jumping and throwing. Children between 7 to 12 years of age learn the proper techniques and concepts of these essential skills, which they can then transfer to other sports or the arts.

### Intro Training Group

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The intro training group is for young athletes who want to train and participate in track and field as a team. Athletes 9 to 12 years of age will train together twice a week in all event disciplines. Youth will continue to develop speed, strength and endurance to be physically literate. Space in this group is limited.



## U Can Move - Multisport

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Physical literacy is an essential part of a healthy and active lifestyle! Fundamental movement and sport skill are the key building blocks that allow children to move with confidence, play with skill and have fun in the long term. Research indicates that children who have acquired fundamental physical literacy skills have increased confidence and are more likely to remain engaged in sport and physical activity throughout their lives!

*Physical literacy programs are offered throughout the year across all U of T athletic facilities. Please check the program descriptions online and on your receipt to confirm the location.*

**Physical literacy is for everyone! If your child requires support to participate in a group setting, please contact us at [junior.blues@utoronto.ca](mailto:junior.blues@utoronto.ca) to discuss options.**

### Active Start, with caregiver

**Ages 18–30 months,  
24 months–4 years**

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Agility, balance and coordination are taught through fun and games. Active play for toddlers and preschoolers enhances fitness and physical literacy. This program will ensure children acquire basic movement skills, building towards more complex skills and laying the foundation for lifelong physical activity. Participating with a parent or guardian means that you'll all have fun – learning games for home as well! This is a studio-based class offered at the Athletic Centre or Goldring Centre for High Performance Sport with a focus on fundamental movement skills.

### Active Start – Independent

**Age 4–5**

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Run, jump and throw! These independent learners participate in a group setting to expand on locomotion, balance and object manipulation skills like rolling, throwing, and catching. The focus remains on fundamental movement skills with an introduction to selected age-appropriate games and sports. These classes are held in the Athletic Centre gyms. Age guidelines are strictly enforced; children must be the minimum age by the first class and able to participate without a parent/guardian.

### FUNdamentals

**Ages 6–7, 8–9**

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Children at this age want to have FUN while playing. At this stage, they continue to refine fundamental movement and sport skills. Children are building strength, endurance and speed through play. Catching, throwing, kicking and dribbling are critical object manipulation skills that will develop confidence in many different sports. Agility and locomotion skills are refined through fun games, drills and activities. Children at this age are encouraged to continue exploring a wide variety of sports. Classes may be combined if registration is low. Sign up with a friend and have some fun with us!

### Igniting Fitness Possibilities

**Grades 7–10**

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Igniting Fitness Possibilities (IFP) is designed to encourage a passion for physical activity in youth of all abilities. Youth will develop new activity skills, lead co-operative games and receive personalized mentorship to help them achieve their goals. Sign up with a friend and have some fun with us!

This program is for youth in grades 7 to 10 with and without a disability who are not involved in organized sports programs. IFP is offered in partnership with Holland Bloorview Kids Rehabilitation Hospital and researchers from the Faculty of Kinesiology and Physical Education.



## Volleyball

### Ages 10–14

Develop fundamental skills, have fun and play games in volleyball with quality instruction from our experienced leaders. Modified games and drills ensure success now and a foundation for the future. Participants will also meet Varsity Blues Volleyball players and cheer them on at a game at the Goldring Centre for High Performance Sport (winter only)!

### University of Toronto Track Club

For information on track and field programs for youth between the ages of 12–18, please complete the online form at <http://torontotrackinquiries.wordpress.com> and a coach will follow-up with more information.

# JUNIOR BLUES REGISTRATION FORM (1 PER CHILD)

## MAIN PARENT/GUARDIAN CONTACT INFO:

Last Name:	First Name:
	Barcode:
Address:	
City:	Postal Code:
Home Phone: (    )	Daytime Phone: (    )
Family Email:	Alternate Phone:

## SECOND PARENT/GUARDIAN CONTACT INFO (OPTIONAL):

Last Name:	First Name:
Address:	Barcode:
	Postal Code:
City:	Daytime Phone: (    )
Home Phone: (    )	Alternate Phone: (    )

## CHILD'S INFO:

Child's Name	Birth Date   MM / DD / Year	Gender
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## COURSE SELECTION (Include alternate choices if applicable):

Course #	Course Name	Fee	Total

## MEDICAL AND EMERGENCY INFORMATION:

Any medical concerns or information of which we should be aware?

EMERGENCY CONTACT INFO (Other than parent or guardian):		
Contact Name	Phone	Relationship

Junior Blues strives to make our programs an enjoyable experience for all children. In order to facilitate learning and enjoyment for all participants, children should be developmentally able to participate in the full experience with minimal adaptations. We have some ability to facilitate the inclusion of a support worker/inclusion aide in programming. We regret that if abilities are not disclosed at the time of registration, our ability to facilitate assistance will be limited.

**My child requires support to participate in a group setting due to their physical, mental or emotional development   Yes\* / No**

\*A member of the Child & Youth team will contact you for further information.



**PROGRAM SPECIFIC INFORMATION:****Private/Semi-private swim:** What level is the participant working on?**Basketball, Gymnastics, Volleyball:** Group with a friend request (maximum 1)**DISCLOSURE OF PERSONAL INFORMATION:**

Gymnastics: Participants are registered with Gymnastics Ontario (GO) and personal information including participants' name, age, gender and address are shared. Registration with GO is mandatory for participation in a Gymnastics program.

Certifications: Personal information including name, address and birthdate are shared with certifying agencies (Lifesaving Society and Red Cross). This disclosure is mandatory to receive a certification.

I give my consent for personal information to be shared as indicated above: **YES / NO**

Please include my family as potential research participants at the University of Toronto. I give consent for Junior Blues programs to disclose personal information including mine and my child's names, my child's age, gender, birthdate and my phone number and/or email. I understand that I may be contacted regarding a specific study and have the option of declining at that time.

I GIVE MY CONSENT TO BE A POTENTIAL RESEARCH PARTICIPANT AS INDICATED ABOVE FOR:

Faculty of Kinesiology and Physical Education      Yes / No

**PRIVACY NOTICE**

The University of Toronto collects, creates, uses, maintains, discloses and disposes of information for the purposes of operating the programs and business functions of the University in a manner consistent with the Freedom of Information and Protection of Privacy Act. If you have questions, please refer to [www.utoronto.ca/privacy](http://www.utoronto.ca/privacy) or contact the University Freedom of Information and Protection of Privacy Office at 416.946.7303, McMurrich Building, room 201, 12 Queen's Park Crescent West, Toronto, ON, M5S 1A8

**INFORMED CONSENT AGREEMENT**

I the UNDERSIGNED hereby acknowledge that certain RISKS OF INJURY are inherent to participation in sports and recreation activities. These types of injuries may be minor or serious and may result from one's actions, or the actions or inactions of others, or a combination of both. I understand that the RULES and REGULATIONS are designed for the safety and protection of participants and hereby undertake to abide by these rules and regulations. I hereby WARRANT that the participant(s) that I am registering are physically fit to participate and understand that the CHOICE to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS which are part of these activities. I agree that THE GOVERNING COUNCIL OF THE UNIVERSITY OF TORONTO or the Faculty of Kinesiology and Physical Education at THE UNIVERSITY OF TORONTO shall not be liable for any injury to my person and/or loss or damage to my personal property arising from, or in any way resulting from, my participation in these activities, UNLESS such injury, loss or damage is caused by the SOLE NEGLIGENCE of the University or its employees or agents while acting within the scope of their duties. I declare having read and understood the above INFORMED CONSENT AGREEMENT in its entirety and hereby consent to participate acknowledging all the foregoing. If I am registering a minor, I certify that I am the parent/guardian for that minor, and agree to the above on their behalf.

**PARENTAL APPROVAL:**

Parent/Guardian Signature:	Date: dd/mm/yy	/ /
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By signing and dating the above, you are agreeing to the terms and conditions listed in the informed consent agreement.

**INCOMPLETE APPLICATIONS CANNOT BE PROCESSED****FAX NUMBER 416.946.7679****PHONE NUMBER 416.978.3436****WAIT LISTED? YOU WILL BE NOTIFIED BY EMAIL****PAYMENT INFO:**

Total Payment:	Payment Type: <b>VISA MC CASH DEBIT AMEX</b>
Name on Card:	Number: <input type="text"/>
Signature:	Expiry Date: <input type="text"/>



# VARSITY BLUES HIGH PERFORMANCE ACADEMY

**Want to take your game to the next level?**

The University of Toronto Varsity Blues High Performance Academy provides talented young athletes a uniquely integrated approach to sport development. Designed by the Varsity Blues head coaches at U of T, each academy includes:

- Strength and conditioning training
- Nutrition consultation and injury prevention
- Expert coaching and sport-specific instruction
- Access to the Goldring Centre and Varsity Centre

## WE OFFER ACADEMY PROGRAMS IN THE FOLLOWING SPORTS:

Football

Men's Basketball

Women's Basketball

Men's Volleyball

Women's Volleyball

Women's Volleyball

Women's Volleyball

Strength & Conditioning (private sessions by appointment only)

For more information call  
416-978-5437



**REGISTER at** [varsityblues.ca/academy](https://varsityblues.ca/academy)





## Junior Blues Guide 2018–2019

Sport and Recreation Programs for **Children** and **Youth**

**Athletic Centre**  
55 Harbord St.  
Toronto, Ontario  
M5S 2W6

[kpe.utoronto.ca](http://kpe.utoronto.ca)  
[juniorblues.ca](http://juniorblues.ca)

**Golding Centre for  
High Performance Sport**  
100 Devonshire Place,  
Toronto, Ontario  
M5S 2C9

**Varsity Centre**  
299 Bloor St. West  
Toronto, Ontario  
M5S 1W2



**TORONTO**  
SPORT & REC