

Learn to Move! Program Schedule

January 22
to February 28

Week One		
Date	Activity & Time	Location
Jan 22	Athletic Centre Tour 1:30 – 2:15 p.m.	Athletic Centre
	Learn to Gymnastics 2:15 – 3:45 p.m.	Athletic Centre Lower Gym
Jan 24	Athletic Centre Tour 2:15 – 3 p.m.	Athletic Centre
	Learn to Volleyball 3 – 4 p.m.	Athletic Centre Sports Gym

Week Two		
Date	Activity & Time	Location
Jan 27	Athletic Centre Tour 1:15 – 2 p.m.	Athletic Centre
	Learn to Squash 2 – 3 p.m.	Athletic Centre Squash Courts
Jan 30	Varsity Centre Tour 1:15 – 1:30 p.m.	Varsity Pavillion
	Learn to Ultimate 1:30 p.m – 2:30 p.m.	Varsity Dome (Middle)

Week Three		
Date	Activity & Time	Location
Feb 4	Varsity Centre Tour 3:15 – 3:30 p.m.	Varsity Pavillion
	Learn to Soccer 3:30 – 4:30pm	Varsity Dome (South)
Feb 6	Goldring Centre Tour 2:30 – 3 p.m.	Goldring Centre
	Goldring SCC Orientation 3 – 4 p.m.	Goldring SCC Tier 4

Week Four		
Date	Activity & Time	Location
Feb 10	Athletic Centre Tour 2:15 – 3 p.m.	Athletic Centre
	Learn to Tennis 3 – 4:30 p.m.	Athletic Centre Field House (2/3)
Feb 12	Goldring Centre Tour 11 – 11:30 a.m.	Goldring Centre Centre
	Learn to Basketball 11:30 a.m. – 12:30 p.m.	Goldring Centre Field House

Week Five		
Date	Activity & Time	Location
Feb 18	Varsity Centre Tour 1:45 – 2:10 p.m.	Varsity Pavillion
	Learn to Skate 2:10 – 3:30 p.m.	Varsity Arena
Feb 19	Athletic Centre Tour 4:30 – 5:10 p.m.	Athletic Centre
	Learn to Badminton 5:10 – 6:30 p.m.	Athletic Centre Upper Gym

Week Six		
Date	Activity & Time	Location
Feb 24	Athletic Centre Tour 4:45 – 5:30 p.m.	Athletic Centre
	AC SCC Orientation 5:30 – 6:30 p.m.	Athletic Centre Weightlifting Zone
Feb 28	Athletic Centre Tour 11:30 a.m. – 12:15 p.m.	Athletic Centre
	Learn to Swim Beginner 12:15 – 1 p.m.	Athletic Centre Benson Pool



Register to join us for a facility tour and an hour of activity each week! uoft.me/learn-to-move



SPORT & REC

DIVERSITY MOVES US.



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