



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

Junior Blues Guide 2016–2017

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





EVERY CHILD DESERVES A SAFE, FUN WATER EXPERIENCE.

The **Red Cross Swim Adapted Program** invites children with physical, mental and/or emotional exceptionalities to learn skills they need to stay safe and enjoy their time in the water.

For more information about this program, see **page 8** of this guide or visit juniorblues.ca



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 degree programs are conducted alongside the co-curricular programs. This gives Junior Blues participants access to faculty and staff who have the latest knowledge about the science of physical activity.

Registration Dates

2016–2017

Fall programs:

August 31, 2016

Winter programs and March break camp:

December 7, 2016

Summer camp:

February 8, 2017

Spring programs:

April 5, 2017

Opening registration day has moved to Wednesday at 8 a.m. Program schedules and fees are available online and at our facilities.

juniorblues.ca
campuoft.ca

TABLE OF CONTENTS

Facilities and Information	3
Hours	3
Guidelines	4
Locations	5
Program Descriptions	6
Drop-in	6
Registered	7
Registration Form	19





FACILITIES AND INFORMATION

HOURS

Athletic Centre

Fall and Winter

September 6, 2016 – April 30, 2017

physical.utoronto.ca

Mon–Fri 7 a.m. – 11 p.m.

Sat–Sun 9 a.m. – 5 p.m.

Spring and Summer

May 1, 2017 – September 3, 2017

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.

Main Office at the Athletic Centre

416.978.3436

Fall and Winter

September 6, 2016 – April 30, 2017

Mon–Fri 8 a.m. – 11 p.m.

Sat–Sun 9 a.m. – 5 p.m.

Spring and Summer

May 1, 2017 – September 3, 2017

Mon–Fri 8 a.m. – 8 p.m.

Sat–Sun 9 a.m. – 5 p.m.

Membership Kiosk at the Athletic Centre

416.978.2218

We are pleased to serve you weekdays at our kiosk before 8 a.m. and after 10 p.m. (8 p.m. spring and summer).

Goldring Centre for High Performance Sport

416.946.0400
goldringcentre.ca

Mon–Sun 7 a.m. – 11 p.m.

Varsity Centre

416.978.6428
varsitycentre.ca

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

Mon–Sun 7 a.m. – 11 p.m.

For detailed hours, please call the pavilion desk at 416.978.6428.

Please note the facilities are closed on statutory holidays. Visit physical.utoronto.ca for December holiday hours.

GUIDELINES

More information about policies, locations and frequently asked questions is available online at 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

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 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

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

Refunds are available for most Junior Blues programs until the start of the second class. Visit the website or contact the main office for more information. An administrative fee will apply.

Certification courses have different refund deadlines; contact the main office for more information.

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.

Contacts

General Information

416.978.3436 Ext. 0

Fax

416.946.7679

Email

junior.blues@utoronto.ca

campuoft@utoronto.ca

Mandy D'Arcy, Manager, Children and Youth

416.978.2963

Before registering for and attending your first session, please see juniorblues.ca for important information.

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

P Camp U of T Parking (with valid parking pass only)

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.

Goldring Centre for High Performance Sport

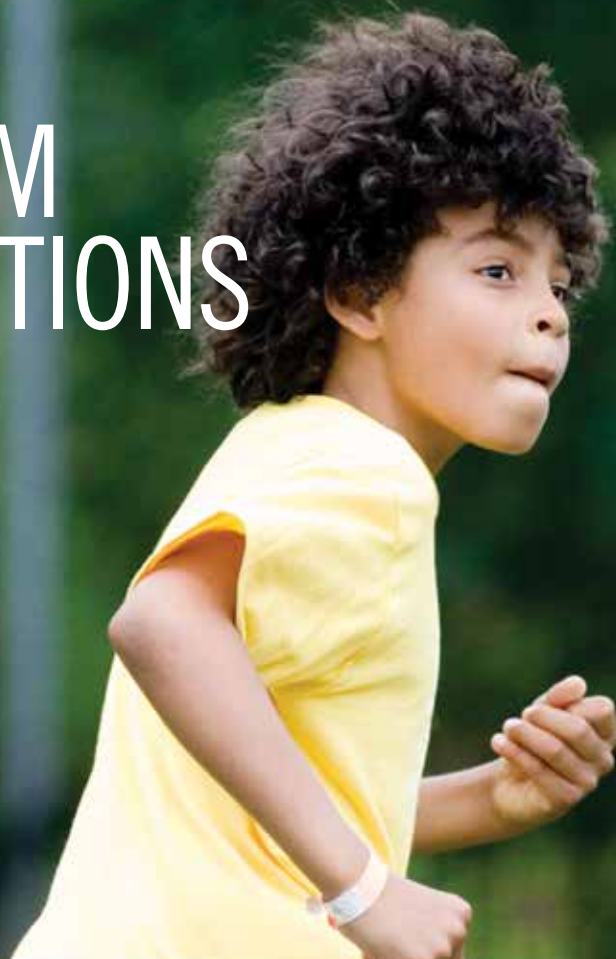
100 Devonshire Place,
Toronto, ON M5S 2C9

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 physical.utoronto.ca. 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

MoveU Parent Power

Student parents can workout at the Goldring Centre for High Performance Sport while enjoying FREE child care (ages 4–12) led by Camp U of T staff. Join us from 10:45 a.m. to 1:15 p.m. on September 17 and 24; Oct 1 and 15.

**Registration required for child care.*

REGISTERED PROGRAMS

U Can Move

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 to discuss options.

Active Start, with caregiver

**Ages 18–30 months,
24 months–3½ years**

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

Ages 3, 4–5

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

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!

Learning to Train

Ages 10–12

Children in this age group are building strength, stamina and flexibility while moving towards proficiency in all fundamental movement and sport skills. This is an important time for children to develop fine motor control, challenge themselves and refine sport skills. Children should continue to play a variety of sports over the course of a year and not to specialize in any one activity. These classes are offered on the University of Toronto fields and gymnasiums, indoors and out!

Looking for sport specific programs?

We offer basketball in the fall and spring, volleyball in the winter, and track and field year round. Children might also be interested in the aquatics programs: Intro to Competitive Swim or Water Polo.



Igniting Fitness Possibilities

Grades 8–12

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 9 to 12 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.

NEW

Family Yoga Workshops

Ages 4 and up

These one-hour family yoga sessions will include yoga postures, partner work, interactive yoga games, and breathing and relaxation techniques. Bring health and well-being to your entire family! October 22, 29 and November 5, 12.



Aquatics

From Red Cross learn-to-swim programs to introductory water polo, we have something for everyone to enjoy in the pool! Prerequisites, facility access and other key information is available at juniorblues.ca in the Aquatics FAQ section. All children must demonstrate prerequisites to participate in the program.

Red Cross Swim Adapted

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. You will be contacted prior to the program start to discuss goals and strategies for success.

Questions? email junior.blues@utoronto.ca or contact Robin Waley at 416.978.5505.

Red Cross Preschool with Caregiver

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

Sea Turtle

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

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

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

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

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

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+

Swim Kids 1

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.

Swim Kids 2

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

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

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

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

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

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.

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.

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.

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.

Aquatics Speciality

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.

Water Polo Instruction

8–16 years

Eggbeater, basic water polo rules, skills and drills are introduced. Participants must be very comfortable in deep water and proficient with whip kick. This class is for participants who are able to complete a 300m swim.

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 to arrange for the lesson to be changed to a semi-private format. The semi-private rate will be applied after contacting us.

Certifications and Workshops

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.

Lifesaving and Lifeguarding

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

Bronze Star and Basic First Aid

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

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

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

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).

Babysitting and First Aid

Babysitting Course, Red Cross

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

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 for details.

Swim Instructor

Red Cross Water Safety Instructor (WSI)

The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills.

Prerequisites: 15 years of age and one of: Emergency First Aid (or higher); Bronze Cross. Perform water safety skills and strokes to meet performance criteria of Red Cross Swim Kids level 10. Course materials are included.

Red Cross Water Safety Instructor Transfer Course

This one-day course allows instructors certified with other organizations, such as the Lifesaving Society, to attain the Red Cross Water Safety Instructor certification. Practice teaching experience, online learning modules, and a skills assessment are required for successful completion of this course. Course materials are included.

Prerequisites: Minimum 16 years of age. Provide documentation of valid swim instructor certification. Check website for details.

U CAN
MOVE!



Teaching children skills to stay active for a lifetime of health!

What is physical literacy? The Junior Blues program develops physically-literate children who can run, balance, jump, catch, strike, kick, skate, bike, swim and throw with confidence by the time they are 12 years old.

See page 7 for details.



UNIVERSITY OF TORONTO
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Basketball

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).

Dance and Movement

Ages 3, 4–5, 6–7

Introduce your child to the arts through physical activity! This program helps teach rhythm, balance, grace and body awareness. Classes are taught in a fun, yet structured manner and are designed to help stimulate the imagination and enhance creativity. Children will be introduced to a variety of dance styles and choreography. No experience is needed. One of the highlights of the program is the show for family and friends on the last day. Classes are held at both the Athletic Centre and the Goldring Centre for High Performance Sport.

Gymnastics

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 in the FAQ Gymnastics section.

Weekend gymnastics participants will enter and exit the facility through the south Huron doors. All participants will require a GREEN facility access pass to enter or re-enter the facility.

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.

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.

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.

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.



Gymnastics Kids Girls 6 years+

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

Gymnastics Enhanced

This 10-month program offers girls 7 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.

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

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.



Super Tumblers*

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

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.

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.

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 Brophrey at [416.978.7381](tel:416.978.7381) or barb.brophey@utoronto.ca.



Skating

Lace up your skates at Varsity Centre! Whether you're a first-time participant or a seasoned power skater, we have a class for you. Sharpen your skates and join us on the ice! Information about equipment, cancellations and directions is available at juniorblues.ca in the FAQ section.

Introductory and Junior Skating

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.

Power Skating

For those individuals who have mastered basic skating skills or would like to improve their technique, this course will provide instruction focusing on speed, power and form. Hockey skates and CSA helmets are required. Skaters must be capable of skating forward, backward and stopping under control and/or have completed Level 3 in the U of T skating program or Level 4 in CanSkate.

Private lessons

Learn to Skate Power Skating

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. There are two types of private lessons (learn to skate and power skating) based on coach and ice availability.

Please ensure that you register for the correct lesson as power skating lessons can only be conducted at select times. Unfortunately, requests for specific instructors cannot be accommodated. Registration for private lessons closes after the first week; additional classes will not be added.

Semi-private lessons are available for a maximum of two children with the same skating 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 junior.blues@utoronto.ca to arrange for the lesson to be changed to a semi-private format.

MoveU

PARENT POWER!

DROP THEM OFF AND PICK YOURSELF UP!

THERE ARE A FEW THINGS STUDENT PARENTS ARE SHORT ON: TIME, ENERGY AND FREE CHILD CARE.

MoveU is here to help! Join us at the Goldring Centre for High Performance Sport for a chance to break a sweat, meet other parents and enjoy FREE child-minding by Camp U of T staff (for kids 4–12).

Workout opportunities include: Fitness classes, use of the weight room, cardio machines and more! Just bring your TCard!

See www.physical.utoronto.ca and moveu.ca for details. Registration required for child care, call the main office at **416.978.3436**.



moveu.ca

FAMILY
CARE
OFFICE

Track and Field

Track Activities

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. Competition experiences may be offered occasionally for children who are interested.

Intro Training Group

The intro training group is for young athletes who want to train, participate and compete 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.

Volleyball

Ages 8–12, 12–14

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.





CAMP U of T

Sports, Leadership, Mini University, Positive Space

JULY 3 – AUGUST 18

Registration begins February 8, 2017

campuoft.ca • campuoft@utoronto.ca



JUNIOR BLUES REGISTRATION FORM 2016–2017

(1 PER FAMILY/ACCOUNT, COMPLETE BOTH SIDES)

MAIN PARENT/GUARDIAN CONTACT INFO:

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

SECOND PARENT/GUARDIAN CONTACT INFO (OPTIONAL):

Last Name:	First Name:	
Address:	Barcode:	
City:	Postal Code:	
Home Phone: ()	Daytime Phone: ()	
	Alternate Phone:	
Emergency Contact: OTHER THAN PARENT/GUARDIAN	Phone:	Relationship:

YOUR CHILDREN:

Name	Medical Condition(s) / Other Information*	Birth Date MM/DD/YEAR	Gender
		/ /	
		/ /	
		/ /	
		/ /	
		/ /	
		/ /	

*U of T Junior Blues strives to make our programs an enjoyable experience for all participants. In order to facilitate learning and enjoyment for all participants, participants should be developmentally able to participate in the full active 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.

If your child requires support to participate in a group setting due to their physical, mental or emotional development, please write "Follow up" in the Other information field above and a member of the administrative team will contact you within 1 – 2 weeks for further information.

COURSE SELECTION:

PARTICIPANT NAME	Age	Choice	Course #	Course Name	Fee	Total
		1st Choice				
		2nd Choice				
		1st Choice				
		2nd Choice				
		1st Choice				
		2nd Choice				
		1st Choice				
		2nd Choice				
		1st Choice				
		2nd Choice				

PROGRAM SPECIFIC QUESTIONS:

Private / Semi-Private Swim:	What level is the participant working on? _____
Basketball, Gymnastics, Volleyball:	Group with a friend request (maximum 1) _____

Please include my family as potential research participants at the Faculty of Kinesiology and Physical Education, University of Toronto. I give consent for Camp U of T/Junior Blues programs to disclose personal information including mine and my child's name, my child's age, gender 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. 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 utoronto.ca/privacy or contact the University Freedom of Information and Protection of Privacy Office at 416.946.7303, McMurrich Building, room 104, 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 understand that certain activities require a minimum LEVEL OF FITNESS AND HEALTH (physical, mental and emotional) and that each person has a different capacity for participating in these activities. 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: _____	/ /
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By signing and dating the above, you are agreeing to the terms and conditions listed in the informed consent agreement.

PAYMENT INFO:

Total Payment: _____	Payment Type: VISA MC AMEX CASH DEBIT
Name on Card: _____	Number: _____
Signature: _____	Expiry Date: _____

TRUE BLUE WANTS YOU

TO EXPERIENCE THE VARSITY BLUES TRADITION!

Bring family and friends to a game and experience the fun and excitement of the Varsity Blues. Children 8 and under are FREE!

 **TORONTO**
VARSITY BLUES

FOOTBALL • HOCKEY • VOLLEYBALL • BASKETBALL

**JOIN THE
FUN NOW!**
FOR DETAILS VISIT:
varsityblues.ca/TICKETS



Junior Blues Guide 2016–2017

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

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

physical.utoronto.ca

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

goldring.utoronto.ca

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

varsitycentre.utoronto.ca



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION