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CONTACT INFORMATION

Membership Office
Program registration, membership & general information
Phone: 416-487-6717
Fax: 416-487-6789
gac@glendon.yorku.ca

Reception Desk
Squash/Tennis court and Spinning® reservations
416-487-6740

Office Staff:
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Prisca Ng How Tseung
416-736-2100, ext. 88343
ngprisca@glendon.yorku.ca

HOURS

CLUB HOURS OF OPERATION 2014-15

SEPTEMBER TO JUNE

Monday to Thursday	6:00 am - 10:30 pm
Friday	6:00 am - 10:00 pm
Saturday & Sunday	7:30 am - 5:30 pm

JULY & AUGUST

Monday to Friday	6:00 am - 9:30 pm
Saturday & Sunday	7:30 am - 5:00 pm

Please note that all areas related to the facility will close at the above indicated times. We kindly ask that all members be prepared to exit the building no later than 30 minutes after closing.

OFFICE HOURS 2014-15

SEPTEMBER TO JUNE

Monday to Friday	8:00 am - 4:30 pm (closes at 3:30 pm on Fridays in June)
Saturday	8:30 am - 1:30 pm
Sunday	closed

Please note: The office will be closed on Saturdays over statutory holiday weekends.

JULY & AUGUST

Monday to Thursday	8:00 am - 4:30 pm
Friday	8:00 am - 3:30 pm
Saturday	8:00 am - 12:00 pm
Sunday	closed

HOLIDAY SERVICE

We are excited to offer members service on most statutory holidays and over the York University holiday closure. This is a pilot project for Fall 2014. Usage levels and your feedback will assist us in evaluating holiday service for 2015.

Holiday and Winter Closure Hours:

Labour Day	Monday, September 1, 2014	Club open: 7:30 am – 5:30 pm Office open: 10:00 am – 4:00 pm
Thanksgiving	Monday, October 13, 2014	Club open: 7:30 am – 5:30 pm
Christmas Eve, Christmas Day, Boxing Day	Wednesday, December 24 to Friday December 26, 2014	Closed
York University Winter Closure	December 27 to 31	Club Open: Hours TBA
Family Day	Monday, February 16, 2015	Club open: 7:30 am – 6 pm
Good Friday	Friday, April 3, 2015	Club open: 7:30 am – 6 pm
Victoria Day	Monday, May 18, 2015	Club open: 7:30 am – 6 pm
Canada Day	Wednesday, July 1, 2015	Under review
Civic Holiday	Monday, August 3, 2015	Under review

The Pool will be closed for annual maintenance and cleaning from August 24, 2015 to September 6, 2015 inclusive. The Pool will reopen on Monday, September 7, 2015.

REGISTRATION INFORMATION

GUARANTEED PROGRAMS WITH MINIMUM REGISTRATION

While we hope to offer all of the children/youth and adult programs listed in this brochure, we will do so, provided that the pre-set minimum for each program is met. Programs that do not meet the minimum requirement may be cancelled or may still be offered at the discretion of the GAC management. We will also continue to offer specialty programs as needed and will advertise these on an individual basis. If there is a program that you would like to see but is not listed in our brochure, please direct your request to the appropriate manager (see "Contact Information" on page 3 for a complete listing of names, phone numbers and e-mail addresses).

PAYMENT MADE EASY

REGISTRATION DATES AND DEADLINES FOR ALL PROGRAMS
WITH THE EXCEPTION OF THE CHILDREN'S RED CROSS SWIM LESSONS:

GAC members will receive priority registration dates for each program, for each session. Take advantage of this membership benefit and register early to avoid disappointment!

DATES:
FOR GAC MEMBERS*:* starts Wednesday, September 10, 2014
Register anytime during office hours…this includes fall, winter, spring and summer programs!

FOR NON-MEMBERS*:* Fall Session: starts Wednesday, September 17, 2014
Winter Session: starts Wednesday, December 10, 2014
Spring Session: starts Wednesday, March 11, 2015
Summer Camps: starts after Monday, January 12, 2015

DEADLINES:
The cut-off dates for whether a program will run or not will be decided one week before the program is set to begin. 7 days before will be used to assess registration numbers and determine the feasibility of a class or program. If the program is running, registration will remain open up to the start date, space permitting.

REGISTRATION DATES FOR THE CHILDREN'S RED CROSS SWIM LESSONS:

PRE-REGISTRATION:
For those enrolled in the current session of classes ONLY (must present a current report card):
MEMBERS AND NON-MEMBERS: **Winter Session:** starts Saturday, November 29, 2014
Spring Session: starts Saturday, March 14, 2015

OPEN REGISTRATION starts:
FOR GAC MEMBERS: **Fall Session:** starts Wednesday, September 10, 2014
Winter Session: starts Wednesday, December 3, 2014
Spring Session: starts Wednesday, March 25, 2015

FOR NON-MEMBERS: **Fall Session:** Wednesday, September 17, 2014
Winter Session: Wednesday, December 10, 2014 for those **not** enrolled in the Fall Session
Spring Session: Wednesday, April 1, 2015 for those **not** enrolled in the Winter Session

If you are a GAC member, you may register in person or by phone. Please have the program name, session dates and time and your credit card number with expiry date ready.

Five easy ways to pay: cash, debit, Visa, MasterCard, cheque (GAC members only)

If you are not a GAC member and you wish to register for any of the programs listed in this brochure, then you must come in to the office and register in person. Once you have filled out our Non-Member Registration Form for 2013-14 and we have your signature and credit card number on file, you may phone in any future registrations for the remainder of the year.

Please Note:

- The ANNUAL MEMBER rate is a preferred rate and is applicable to those members who hold an annual membership, current at the time of registration and for the duration of the program. The ANNUAL MEMBER rate is also the rate offered to children of York Student members.
- OTHER is the rate that is applicable to monthly members and non-members.
- Prices quoted in this brochure do not include applicable taxes. These will be added at the time of registration.

CANCELLATIONS / REFUNDS

- The Glendon Athletic Club reserves the right to change or modify class dates and times as required. Registered participants will be notified by phone of any such changes.
- All requests for refunds will be subject to a $ 25 administrative fee.
- Refunds will only be issued before the start of the second class of any program; no refunds will be issued after the second class.
- A $40 administrative fee will be charged for all returned cheques (NSF) and for all credit card charge backs.
- Full refunds will be issued for any program cancelled by the GAC.

ASSUMPTION OF RISK

All participants are expected to recognize and accept the inherent risks of their activity. The Glendon Athletic Club and York University do not accept responsibility for injuries sustained by persons participating in our programs or using our club facilities or equipment. Each participant is personally responsible for obtaining and maintaining coverage under a recognized health insurance plan.

BROCHURE INFORMATION

While every attempt is made to ensure that all information in this brochure is correct at the time of printing, the Glendon Athletic Club reserves the right to amend any information relating to our programs, prices, days and/or hours. Wherever possible, we will communicate such modifications through building notices and e-mails.

MEMBERSHIP INFORMATION

For membership rate information and general inquiries, please contact the Membership Office at 416-487-6717 or email us at: gac@glendon.yorku.ca

MEMBERSHIP CATEGORIES

YORK UNIVERSITY STUDENT MEMBERSHIP

In-session York University students may purchase a membership for $ 15, valid from September to April. Summer memberships (May to August) are also $ 15 for in-session students and discounted for those out of session. Students must register at our office by presenting their current YU card.

FACULTY/STAFF MEMBERSHIP

York University Faculty/Staff may purchase an annual membership for themselves and members of their family, and must provide proof of employment at the time of purchase.

ALUMNI MEMBERSHIP

York Alumni (defined as having graduated from York) may purchase either a monthly/annual membership at a discounted rate for themselves and members of their immediate family. An alumni card must be presented at the time of purchase. To obtain a York Alumni card, contact the Alumni Affairs Office of York University or visit www.yorku.ca/alumni/perks/index.htm

YOUNG ADULT MEMBERSHIP

Persons 18 to 24 years of age may purchase a monthly/annual membership at a competitive rate.

COMMUNITY MEMBERSHIP

Persons 25 to 64 years of age may purchase a monthly/annual membership at a competitive rate for themselves and/or members of the family.

SENIOR MEMBERSHIP

Persons 65 years and older may purchase a monthly/annual membership at a discounted rate.

MEMBERSHIP ADD-ONS

ADDITIONAL FEES APPLICABLE

• SPOUSE – residing at the same address as the Primary member; must provide proof of residence at time of purchase.

• YOUTH – 13 to 24 years, residing at the same address as the Primary member; is issued his/her own membership card and may bring a guest (guest fees applicable).

Please Note: We do not prorate the Youth membership – inquire at the Membership Office for details.

• CHILD – 12 years and under, added to the membership free of charge; must be accompanied and supervised by a carded member at all times while in the club.

• LOCKER – full and half-size lockers may be rented, upon availability (with the exception of monthly members). Day-use lockers are available and may be used but must be cleared before leaving the club. All day-use lockers are clearly marked.

• PARKING – monthly or annual passes available to Alumni, Community, Senior and Young Adult members only. All York students, Staff and Faculty must purchase their pass directly through the Parking Office.

MEMBERSHIP BONUSES

- Towel Service is included in all memberships.
- New members (13 years +) are entitled to a weight room orientation, free of charge. Please contact our Fitness Coordinator at 416-736-2100 ext. 88229 or fitness@glendon.yorku.ca
- New and renewing annual Primary and Spousal members will receive two complimentary guest passes, provided that the membership is renewed before it expires.

MEMBERSHIP DETAILS

- Memberships are non-transferable and non-refundable.
- All members are asked to swipe their valid membership card each time they enter the club.
- In the event that a membership card is lost, a replacement fee of $ 5 will be charged to produce a new one.
- Members may bring two guests per visit to the club. Members must accompany their guests into the club. Guest passes may be purchased at Reception. Guest fees are $ 10 for 13 years and over (no charge for guests 12 years and under).
- Membership to the GAC is a privilege that may be modified or revoked for cause, as determined by GAC management.

FACILITY INFORMATION

CHANGE ROOMS

- Children under seven years (<7 yrs) may use the same change room as their parent, regardless of gender.
- Children seven years and older (7+ yrs) are required to use the change room of their own gender.
- Non-members of all ages must use the change rooms located off Reception.
- On Saturdays and Sundays, the change rooms off Reception are designated as FAMILY change rooms and are signed accordingly. The Female Room is for adult women and their children (both genders) and the Male Room is for adult men and their children (both genders). Adults must be accompanied by a child.

POOL

- The pool is 25 yards long and six lanes wide and features floor-to-ceiling windows.
- All swims at the GAC are staffed by certified lifeguards. You are not permitted to use the pool without a lifeguard present on deck. To do so will result in a suspension of membership.
- Bathing caps are mandatory for all swimmers and are available for sale at Reception.
- A shower is mandatory before entering the pool.
- Appropriate swim attire must be worn when using the pool. Cut-off jeans are not permitted.
- Outdoor shoes are not permitted on deck.
- For sanitary reasons, children who are not toilet-trained must wear swim pants.
- Lengths Swim times are reserved for those members capable of and intending to swim lengths. Kickboards, pull-buoys and hand paddles are available during Lengths Swims.
- Recreational Swim is an open swim period reserved for swimming with children or practicing swim skills.
- Family Swim times are reserved for child members and their families. Children (12 years and under) must be directly supervised (in the water within arm's reach) by a person 13 years or older.
- Lengths are not permitted during Family Swims.
- Senior Swim times are reserved exclusively for those holding a GAC Senior membership. If you are not a senior (65 yrs+) please do not attend these swims.
- Parents are not permitted to leave a child on deck while swimming lengths.
- Spectators are asked to use the pool-viewing gallery located by the Membership Office. Spectators are not permitted to sit on the pool deck to watch swimmers.

GROUP EXERCISE ROOM

- This spacious room has a sprung hardwood floor, mirrored walls and a sound system.
- Group Exercise classes are restricted to participants 13 years and older.
- Clean athletic footwear with non-marking soles must be worn in the Group Exercise Room. During inclement weather, please help us keep our floors clean by not wearing your outdoor shoes into this room.
- The Group Exercise Room is equipped with free weights, bands and stability balls, yoga and pilates balls, and much more small exercise equipment – these are located in designated storage areas. As a consideration to others, members are asked to refrain from removing equipment from the Weight Room to use for Group Exercise classes.

GYMNASIUM

- Gym use is self-directed and regulated by participants. Rental contracts take priority over casual users – gym availability can be verified at Reception.
- Athletic clothing and clean athletic footwear with non-marking soles must be worn.
- Equipment such as balls and nets are available to sign out at Reception. You must leave your GAC membership card in exchange for any equipment borrowed.

WEIGHT ROOM

- The Weight Room features a large selection of free weights, conditioning equipment, weight machines and cardio equipment.
- Under no circumstances are children 12 years and younger permitted to be in the Weight Room. We kindly ask for your full cooperation with respect to this rule.
- Youth between the ages of 13 to 15 may access the room only with a parent or during staff-supervised hours.

- Members who wish to be familiarized with the use of any of the equipment should book a Weight Room orientation session by contacting our Fitness Coordinator at 416-736-2100 ext. 88229 or fitness@glendon.yorku.ca
- There is a maximum time limit of 30 minutes on all cardio equipment during busy periods.
- For reserved machines, there is no grace period. If you are not available when your turn comes up, you forfeit your time and the next member will be given priority.
- Proper athletic clothing and clean athletic footwear must be worn. Open-toed shoes are not permitted.
- As a consideration to others, members are asked to refrain from removing equipment from the Weight Room to use in the Group Exercise Room or in the Stretching/Conditioning Room.
- We do not allow bags of any kind in the weight room – please leave them locked in a day-use locker. Personal belongings (i.e. keys, towels) may be left in the storage space located at the Weight Room entrance.
- Please do not monopolize any of the strength training equipment, while others are waiting.
- Allow others to "work in" or take turns.
- Upon finishing your sets, please remove all weight plates from the machine and return to the proper trees.
- Do not leave dumbells/plates on the floor.

COURTS (SQUASH & TENNIS)

- All GAC members have access to four international squash courts and three outdoor tennis courts. Courts may be reserved in person at Reception or by calling 416-487-6740 up to three days in advance.
- As a courtesy to others, courts should be cancelled a minimum of three hours in advance of playing time.
- Squash courts are booked for 40 minute periods and tennis courts for one-hour periods.
- Protective squash eyewear is strongly recommended for adults and is mandatory for everyone under 18 years of age.
- Athletic clothing and clean athletic footwear must be worn. Non-marking soles are required on both the squash and tennis courts.
- Double bookings are not allowed. Members may not reserve a court for more than one booking period at a time. Only one court of the same type may be booked per day.
- All children 12 years and younger must be supervised by a parent at all times.
- Tennis courts are kept locked when not in use. The key must be retrieved from and returned to Reception.
- Squash and tennis balls are available for purchase at Reception.
- The tennis courts close in conjunction with the building hours.

BADMINTON COURTS

We have four badminton courts. Please refer to the Badminton section on page 34 for program information.

INDOOR CYCLING STUDIO

All GAC members are entitled to one-day advance booking privileges. Bikes may be reserved by calling Reception at 416-487-6740. Guests of members may be booked on the same day only. Regular guest fees apply. Indoor Cycling classes are restricted to participants 13 years and older.

BOXING STUDIO

The boxing studio is equipped with four heavy bags, one speed bag, and mirrors. Gloves may be borrowed at Reception but for hygienic reasons, it is advised that you either bring your own gloves or purchase gloves/hand wraps through our boxing instructor. The space will be accessible during building hours (when not in use for instructional programs).

STRETCHING / CONDITIONING ROOM

The Stretching/Conditioning Room is equipped with mirrors, mats, stability balls, medicine balls and a stretch machine. It also features music specially programmed for this area. As a consideration to others, members are asked to refrain from bringing equipment from the Weight Room into the Stretching/Conditioning Room.

GOLF DRIVING RANGE

The indoor golf driving range is available for use by members during regular club hours. There are two practice tees which are divided by a mesh curtain. Bring your own clubs and balls.

SERVICES

RENTALS

For rental of the field, gym, pool, cricket pitch, baseball diamond, group exercise room, boxing studio, conference/training room or tennis and squash courts, contact the Office Receptionist at 416-736-2100 ext. 88343 or e-mail rentals@glendon.yorku.ca

PERSONAL TRAINING

Enjoy private or semi-private personalized fitness training with a certified trainer. To book a trainer, contact the Fitness Coordinator at 416-736-2100 ext. 88229 or e-mail fitness@glendon.yorku.ca

PRIVATE SWIM LESSONS

For GAC members only - private instruction during scheduled pool times. You may choose either half hour (children) or hour (adult) sessions. To book an instructor, contact the Aquatics Supervisor at aquatics@glendon.yorku.ca

SQUASH AND TENNIS INSTRUCTION

Private or semi-private lessons are available with a certified racquets professional. To book a lesson, contact the Racquets Pro at 416-736-2100 ext. 88344 or e-mail racquets@glendon.yorku.ca

FOR YORK STUDENTS ONLY

STUDENT MEMBERSHIP* TO THE GAC includes:

- use of all of the club facilities (pool, gym, weight room, squash/tennis/badminton courts, boxing studio, indoor cycling and Group Exercise classes, sports field, etc.)
- Free towel service
- Discounted rates to add spouse and children on your membership
- reduced pricing on all paid programs (Bronze Medallion, Bronze Cross, Personal Training, Boxing, Karate, Masters Swim, Learn to Swim, Stroke Improvement, etc.)
- free weight room orientation
- free student squash clinics/demo nights
- free participation in swim challenge
- employment opportunities
- health and wellness benefits (relieve stress, stay in shape, be healthy)
- networking opportunities

To get your membership card, bring $15 and your YU card (to confirm your student status) to the GAC Membership Office, fill out the paperwork, get your GAC photo ID and you are set to go for the academic year! Memberships must be renewed each September.

* Membership to the GAC is a privilege that may be modified or revoked for cause, at the discretion of the GAC management.

BOXING

We offer fat blasting courses designed to keep you motivated and coming back for more. Our highly skilled professional instructors know how to keep the classes just out of reach so they remain challenging for all skill levels.

*Please refer to program descriptions and instructor biographies in the Adult Fitness section or on our website under “PAID PROGRAMS”. Note that discounted program rates are available for York student members.

PERSONAL TRAINING

Back by popular demand – discounted personal training for semi-private sessions for York Student members!

Whether your goal is to lose weight, rehabilitate an injury, improve athletic performance or just feel good about yourself, personal training is the right choice for you. Our trainers are nationally certified and are equipped to provide you with the appropriate exercises, intensity, enthusiasm, energy and most importantly, the tools to help you get to the next level of fitness. You will leave each session looking forward to the next!

BOXING PERSONAL TRAINING

Working just one-on-one, you will learn the fundamentals such as proper stance, footwork, combination punching, defense, and much more. You will improve all aspects of your fitness including power, speed, agility, coordination, balance, reflexes, stamina and endurance. Your training session will mostly consist of pad work, heavy bag work, defense drills, speed drills and core work. Boxers are some of the fittest athletes in the world so book a session today!

Semi-Private: $25 per person for one hour

To take advantage of this great offer, contact our Fitness Coordinator at 416-736-2100 ext. 88229 and get started – don’t delay!

SELF DEFENCE FOR WOMEN

Learn how awareness, mind-set, physical skills and self-confidence can minimize your risk of assault. Designed by and for women, this introductory course covers the basic proactive and reactive aspects of self-defence, including both the psychological and physical elements.

Instructor: Tap into the experience of **Isabelle Aubert**, a traditional karate teacher and self-defence instructor who has been committed to the well-being, empowerment and self-development of women for decades. Isabelle's teaching style provides a supportive, non-competitive atmosphere, making self-defence accessible to all women. Isabelle is able to teach in both English and French.
This class is free of charge to all York students

"SLIMMER BY SPRING" WEIGHT LOSS CHALLENGE

The GAC is once again offering the Slimmer by Spring 10 Week Weight Loss Challenge. This weight loss/wellness competition is organized by the GAC's Fitness Coordinator, Diane Edwards. Teams of two will compete to lose the highest percentage of weight through the promotion of healthy eating and exercise.
*For further information contact the Fitness Coordinator, Diane Edwards, at fitness@glendon.yorku.ca

SWIM CHALLENGE

Two sessions this year: September to December 2014 and January to April 2015. Students will have the opportunity to compete for bragging rights. You will sign up (for free!), swim and record your lengths and have FUN! All participants will be eligible for prizes and/or ribbons in the following categories:

- Male & Female swimmer who accumulate the most lengths each session
- Top three swimmers each month
- Participation prize for all participants

Winners will be notified by email. All first session participants can pick up their prizes at the Membership Office in January 2015 and second session participants prizes will be mailed out in May.

Event information will be posted on the pool bulletin board and on the GAC website.
*For further information contact the Aquatics Supervisor, Scarlett Farquhar – at aquatics@glendon.yorku.ca

INSTRUCTIONAL SQUASH CLINICS / DEMO NIGHTS

A series of free clinics geared specifically to York Student members, held on the last Wednesday of each month from 6:20 – 7:40 pm. Format includes on-court instruction (given by our racquets professionals) whereby participants are taught the basic fundamentals of all strokes and game play pertaining to squash. Demo racquets will be available for anyone interested in testing out racquets that are currently on the market. Protective squash eyewear is strongly recommended (will be provided if needed). Athletic footwear with non-marking soles must be worn.

Dates: TBA (check our website for details)
Cost: Free for York Student members (no charge for use of demo racquets)

Please register at the Membership Office.

PRIVATE SQUASH/TENNIS LESSONS

Our squash and tennis professionals enjoy the opportunity to work with players on an individual basis or in a group. Taking a lesson could make a huge difference between being safe on the court, enjoying the game and avoiding frustration.

Private:	$ 35 for 40 minutes (squash)
	$ 50 for 1 hour (tennis)
Semi-Private:	$ 20 per person for 40 minutes (squash)
	$ 35 per person for 1 hour (tennis)

To book a private lesson, contact our Racquets Professional at 416-736-2100 ext. 88344 or by email at racquets@glendon.yorku.ca

PRIME TIME SQUASH HOUSE LEAGUE

Open to all GAC members, including York students! Join the program - meet other players and enjoy competitive match play at the same time! Once registered, you will be placed on a team of 4 to 5 players. Matches will be scheduled for you on a weekly basis. Game scores will be tallied and team results will be posted. Price includes an end-of-season social.

INTRAMURALS AT YORK

The Intramural program at York offers numerous intramural sport opportunities for students in more than 40 tournament and league sports. Accumulate points for Glendon in men's, women's and co-ed divisions and battle against other colleges at York throughout the year for the coveted York Torch. Glendon students can register for intramural sports through the GCSU office. For a complete list of sports being offered, please refer to the York events calendar or the website at www.recreation.yorku.ca/intramural

JOB OPPORTUNITIES

The Glendon Athletic Club is the largest employer of students on campus. We are always looking for hard-working, service-oriented students to work with us.
Jobs include:

- Lifeguard
- Swim instructor
- Front desk receptionist
- Weight room attendant

Job applications are available at the Membership Office or on our website at www.glendon.yorku.ca/gac (click on "Forms"). Once you have completed the form, please direct it to the appropriate manager, either by email or in person at the GAC.

AQUATICS

LENGTHS SWIM

The pool is divided into three lanes (slow, medium and fast) and is reserved for the use of those both capable of, and intending to swim repeated lengths of the pool.

RECREATIONAL (REC) SWIM

This is a lengths swim for the most part, but is classified as an open swim period shared by all members, both children and adults alike. Children (12 years and under) must be directly supervised by a person 13 years or older, who is also in the water and within arm's reach.

SENIOR SWIM

A swim period reserved for those who hold a GAC Senior membership (65 yrs+) to swim lengths. Only senior swimmers permitted - no exceptions, thank you.

FAMILY SWIM

A swim period reserved for Children/Youth members and their parents. Children without an adult present will not be admitted and vice versa. Children (12 years and under) must be directly supervised by a person 13 years or older, who is also in the water and within arm's reach.

Please note: For sanitary reasons, all infants must wear swim pants in the pool.

AQUAFIT

Is there really such a thing as gentle exercise that gets results? Absolutely! Aquafit, or exercising in the water, provides a superb workout with little or no impact on your joints. Not a swimmer? Not a problem, because Aquafit offers many options for non-swimmers, such as using the shallow end for those who prefer to stay out of the deep end or making use of suspension belts to enable deep-end access. Exercises done in water reduce stress on muscles and incorporate both gentle therapeutic motions with vigorous movements, making Aquafit the perfect class for all ages and all fitness levels.

PRIVATE SWIMMING LESSONS
FOR MEMBERS ONLY

Like personal training, members can improve their swimming ability through personal pool sessions with a GAC certified swim instructor. Fees are as follows (plus applicable taxes):

Private:	$ 28 for a half hour
	$ 50 for one hour
Semi-Private*:	$ 23 per person for a half hour
	$ 40 per person for one hour

To book a private lesson, contact our Aquatics Supervisor at 416-736-2100 ext. 88555 or email aquatics@glendon.yorku.ca

*in semi-private classes, swimming pairs must be at approximately the same swimming level.

POOL SCHEDULE FALL 2014 / WINTER & SPRING 2015

September 8 – December 23, 2014 & January 2 – June 30, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths 7:00 – 9:00 am	Rental Group	Lengths 7:00 – 9:00 am	Rental Group	Lengths 7:00 – 9:00 am	Rental Group	Private Swim Lessons – members only
Rec. Swim 10:00 – 11:00 am	Rec. Swim 10:00 – 11:00 am	Aquafit 9:30 – 10:30 am	Rec. Swim 10:00 – 11:00 am	Aquafit 9:30 – 10:30 am	# Red Cross Swim Lessons ---- # Junior Lifeguard Club ---- # Bronze Star	
Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm		Party Rentals 11:00 am – 12:00 pm
Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 1:15 – 2:30 pm	Lengths 12:00 – 1:30 pm
Rental Group	Aquafit 1:30 – 2:30 pm	Rental Group	Aquafit 1:30 – 2:30 pm	Rental Group	Family Swim 2:30 – 3:45 pm	Family Swim 1:30 – 3:45 pm
	Lengths 4:30 – 6:00 pm		Lengths 4:30 – 6:00 pm		Lengths 4:00 – 5:30 pm	Lengths 4:00 – 5:30 pm
	# Learn to Swim – (Fall and Spring) # Stroke Improvement – (Winter)					
Family Swim+ 7:00 – 7:30 pm	Family Swim+ 7:00 – 7:30 pm	Family Swim+ 7:00 – 7:30 pm	Family Swim+ 7:00 – 7:30 pm	Rec. Swim+ 7:00 – 8:30 pm		
Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm	Lengths 7:30 – 8:30 pm			
# Masters Swim 8:30 – 10:00 pm	# Bronze Medallion & Bronze Cross	# Masters Swim 8:30 – 10:00 pm	Rental Group			

- \+ Lengths will NOT be permitted during Family Swim. Please do not come early and expect to be admitted, as you will be asked to wait until 7:30pm during the week as well as on the weekends. No exceptions. Thank you.

Paid Programs. Please register for these classes in the Office.

Please note: To accommodate the Lifesaving Bronze exams, the following swim times will be cancelled:
Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, December 2, 2014
Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, March 17, 2015
Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, June 9, 2015

Holiday Swim Times			
Senior Swim 11:00am – 12:00pm	Lengths Swim 12:00 – 1:30 pm	Family Swim 1:30 – 3:15pm	Lengths Swim 3:30 – 5:00pm

POOL SCHEDULE SUMMER 2015

July 2 – August 23, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths 7:00 – 9:00 am	Aquafit 8:00 – 9:00 am	Lengths 7:00 – 9:00 am		Lengths 7:00 – 9:00 am	Senior Swim 11:00 am – 12:00 pm	Senior Swim 11:00 am – 12:00 pm
Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm	Lengths 12:00 – 1:30 pm
Rec. Swim 4:30 – 6:00 pm	Rec. Swim 4:30 – 6:00 pm	Rec. Swim 4:30 – 6:00 pm	Rec. Swim 4:30 – 6:00 pm	Rec. Swim 4:30 – 6:00 pm	Family Swim 1:30 – 3:00 pm	Family Swim 1:30 – 3:00 pm
Lengths 6:30 – 8:00 pm	Lengths 6:30 – 8:00 pm	Lengths 6:30 – 8:00 pm	Lengths 6:30 – 8:00 pm	Lengths 6:30 – 8:00 pm	Lengths 3:15 – 4:30 pm	Lengths 3:15 – 4:30 pm

Please note: *The Pool will be closed for annual cleaning and maintenance from Monday, August 24 – Sunday, September 6, 2015 inclusive. The Pool will re-open on Monday, September 7, 2015.*

AQUATICS FOR CHILDREN

THE CANADIAN RED CROSS AND THE LIFESAVING SOCIETY OFFER EXCITING SWIMMING AND WATER SAFETY PROGRAMS FOR YOUR CHILDREN

For a lifetime of healthy and safe fun around the water!

RED CROSS SWIM PRESCHOOL

Starting at the Sea Otter level, this program is for children 3 to 5 years of age.

This five-level program includes the Sea Otter, Salamander, Sunfish, Crocodile and Whale classes. All levels are un-parented and the children are with an instructor at all times. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.

RED CROSS SWIM KIDS

A 10-level program for ages 6 and up.

Red Cross / Croix-Rouge Swim/Natation

This program for school-aged children will help swimmers develop all six swimming strokes: front crawl, back crawl, elementary back stroke, breast stroke, butterfly and sidestroke. Participants will learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.

JUNIOR LIFEGUARD CLUB

The Junior Lifeguard Club (JLC) offers serious fun and provides an action-packed challenge for kids who love the water but who want more than "lessons." Friends and family members can join together regardless of level or ability.
*Additional information on the Youth Aquatics page

JUNIOR LIFEGUARD CLUB
LIFESAVING SOCIETY

BRONZE STAR PLUS BASIC FIRST AID WITH CPR-A

Bronze Star is the pre-Bronze Medallion training standard and is strongly recommended as preparation for success in the Bronze Program. Participants develop problem-solving and decision-making skills as individuals and in partners.

LIFESAVING SOCIETY
The Lifeguarding Experts

Pre-requisite: 11 years of age

PLEASE NOTE:

- All participants must wear bathing caps.
- It is suggested that your child attend all nine (9) swim classes. Failure to attend all classes may result in your child not progressing to the next level.
- It is your responsibility to ensure that your child is registered in the appropriate level for his/her ability. If a child is placed incorrectly, we will attempt to put him/her in the correct level. If that is not possible, he/she will be removed from the class and the registration fee will be refunded, less the administration fee and the cost of the lessons attended.

FALL 2014

Swim Program	Ratio	# of lessons (class length)	Day	Time	Dates	Annual Member	Other
Preschool	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 76	$ 114
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 76	$ 114
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 87	$ 129
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 110	$ 160
Bronze Star **Part 1	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 115	$ 165

WINTER 2015

Red Cross Swim Program	Ratio	# of lessons (class length)	Day	Time	Dates	Annual Member	Other
Preschool	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Jan. 10 – March 14 **No class Feb. 14**	$ 76	$ 114
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Jan. 10 – March 14 **No class Feb. 14**	$ 76	$ 114
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	Jan. 10 – March 14 **No class Feb. 14**	$ 87	$ 129
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Jan. 10 – March 14 **No class Feb. 14**	$ 110	$ 160
Bronze Star **Part 2	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Jan. 10 – March 14 **No class Feb. 14**	$ 115	$ 165

SPRING 2015

Red Cross Swim Program	Ratio	# of lessons (class length)	Day	Time	Dates	Annual Member	Other
Preschool	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	April 11 – June 13 **No class May 16**	$ 76	$ 114
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	April 11 – June 13 **No class May 16**	$ 76	$ 114
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	April 11 – June 13 **No class May 16**	$ 87	$ 129
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	April 11 – June 13 **No class May 16**	$ 110	$ 165

**You will need to attend Part 1 and Part 2 (Fall and Winter sessions) of Bronze Star in order to receive certification.

AQUATICS FOR YOUTH

BRONZE STAR PLUS BASIC FIRST AID WITH CPR-A

Bronze Star is the pre-Bronze Medallion training standard and is strongly recommended as preparation for success in the Bronze Program. Participants develop problem-solving and decision-making skills as individuals and in partners.

Pre-requisite: 11 years of age

BRONZE MEDALLION PLUS EMERGENCY FIRST AID WITH CPR-B

Bronze Medallion develops physical fitness, decision-making and judgment skills in preparation for challenging rescues of increased risk. Lifesavers demonstrate stroke efficiency and endurance in a timed swim. Bronze Medallion is a prerequisite for all advanced lifesaving awards. Must be able to complete a 500m timed swim. Includes exam fee. First Aid & CPR Training Kit included with course fee.

Pre-requisite: Bronze Star or minimum 13 years of age by the last day of the course.

Required: Canadian Lifesaving Manual; cost $ 45.
Manuals to be purchased from the office before the first class.

BRONZE CROSS

Bronze Cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures, teamwork, and use of special equipment. Candidates must be able to complete a 600m timed swim. Includes exam fee. First Aid & CPR Training Kit included with course fee.

Pre-requisite: Bronze Medallion and 14 years of age by the last day of the course, and Emergency First Aid with CPR-B. Award does not need to be current.

Required: Canadian Lifesaving Manual; cost $ 45. (same manual as in Bronze Medallion)
Manuals to be purchased from the office before the first class.

JUNIOR LIFEGUARD CLUB

The Junior Lifeguard Club (JLC) offers serious fun and provides an action-packed challenge for kids who love the water but who want more than "lessons." Friends and family members can join together regardless of level or ability.

- Personal-best challenges: The JLC focuses on fun and developing skills using personal-bests to determine achievement - you don't compete against anyone else but yourself.
- Lots of recognition: No one fails in the JLC. Effort and success are recognized with Recognition Seals (Community Education; Leadership/Teamwork; Lifesaving Knowledge; Lifesaving Skills; Swimming Skills; Fitness and Competition) when you meet personal goals, and set personal bests.
- There is no "test sheet" in the JLC. Every club member gets an Official Junior Lifeguard Club WaterLog in which to record achievements and keep Recognition and Award Seals.
- Pre-requisite: 8 years and older who can swim at least 50m and tread water for two minutes.

Please Note:

- Original pre-requisite certifications must be presented at the start of each course.
- Manuals for all courses must be purchased separately and are not included in the cost of the course. The GAC does keep a supply of manuals for each course. These may be purchased in the office before the start of each session.
- Bronze courses are based on continuous evaluation. Unsuccessful candidates are required to retake the full course.
- We do not offer the Standard First Aid with CPR-C course, which is a pre-requisite for the National Lifeguard Service certification.
- **Attendance is 100% mandatory for all Leadership Courses.**

FALL 2014

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star **Part 1	9	**Saturday**	11:55 – 12:55pm New Day &Time!	Sept. 27 – Nov. 29 **No class Oct. 11**	$ 110	$ 110	$ 160
Bronze Medallion	10 (exam last day)	Tuesday	7:00 - 9:30 pm	Sept. 30 – Dec. 2	$ 115	$ 176	$ 213
Bronze Cross	10 (exam last day)	Tuesday	7:00 - 9:30 pm	Sept. 30 – Dec. 2	$ 115	$ 176	$ 213
Junior Lifeguard Club	9 (60 mins)	Saturday	11:55 am – 12:55 pm	Sept. 27 – Nov. 29 **No class Oct. 11**	n/a	$ 110	$ 160

WINTER 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star **Part 2	9	**Saturday**	11:55 – 12:55 pm New Day & Time!	Jan. 10 – Mar. 14 **No class Feb. 14**	$ 110	$ 110	$ 160
Bronze Medallion	10 (exam last day)	Tuesday	7:00 - 9:30 pm	Jan. 13 – Mar. 31 **No class Feb. 17 & Mar. 17**	$ 115	$ 176	$ 213
Bronze Cross	10 (exam last day)	Tuesday	7:00 - 9:30 pm	Jan. 13 – Mar. 31 **No class Feb. 17 & Mar. 17**	$ 115	$ 176	$ 213
Junior Lifeguard Club	9	Saturday	11:50 – 12:50 pm	Jan. 10 – March 14 **No class Feb. 14**	n/a	$ 149	$ 198

SPRING 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star	10	Thursday	6:30 - 8:00 pm New Day & Time!	April 9 – June 11	$ 90	$ 147	$ 180
Bronze Medallion	10 (exam last day)	Tuesday New Day!	7:00 - 9:30 pm	April 7 – June 9	$ 115	$ 176	$ 213
Bronze Cross	10 (exam last day)	Tuesday New Day!	7:00 - 9:30 pm	April 7 – June 9	$ 115	$ 176	$ 213
Junior Lifeguard Club *incl. Telegames	9	Saturday	11:50 am – 12:50 pm	April 11 – June 13 **No class May 16**	n/a	$ 115	$ 165

**You will need to attend Part 1 and Part 2 (Fall and Winter sessions) of Bronze Star in order to receive certification.

AQUATICS FOR ADULTS

MASTERS SWIM

Masters Swimming is an organized program promoting fitness for adults through the sport of swimming. The focus of Masters Swim is fun, fitness and friendship. Ability levels vary from the novice to the experienced competitive swimmer to tri-athlete.

LEARN TO SWIM

Learn to Swim integrates swimming instruction with water safety to develop your comfort and safety in, on and around the water. Gain the knowledge and skills to prevent water-related injuries to you, your family, friends and others.

STROKE IMPROVEMENT

Stroke Improvement is designed for the adult with some swimming ability who is interested in developing efficient strokes and techniques, as well as endurance in the water.

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FALL 2014

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	**11**	Monday	8:30 – 10:00 pm	Sept. 29 – Dec. 15 **No class Oct. 13**	$ 80	$ 119	$ 165
Masters Swim	12	Wednesday	8:30 – 10:00 pm	Oct. 1 – Dec. 17	$ 85	$ 130	$ 180
Learn to Swim	**8**	Tuesday	6:10 – 6:50 pm	Oct. 7 – Nov. 25	$ 60	$ 90	$ 135

WINTER 2015

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	12	Monday New Day!	8:30 – 10:00 pm	Jan. 12 – April 6 **No class Feb. 16**	$ 85	$ 130	$ 180
Masters Swim	12	Wednesday	8:30 – 10:00 pm	Jan. 14 – April 1	$ 85	$ 130	$ 180
Stroke Improvement	**8**	Tuesday	6:00 – 7:00 pm	Jan. 27 – Mar. 24 **No class Feb. 17**	$ 60	$ 90	$ 135

SPRING 2015

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	**10**	Monday	8:30 – 10:00 pm	April 13 – June 22 **No class May 18**	$ 71	$ 108	$ 150
Masters Swim	12	Wednesday	8:30 – 10:00 pm	April 8 – June 24	$ 85	$ 130	$ 180
Stroke Improvement	**8**	Tuesday	6:00 – 7:00 pm	April 7 – May 26	$ 60	$ 90	$ 135

OTHER SWIM NEWS…

All Swim News information will be posted on the pool bulletin board and on our website.

100 MILE SWIM CLUB:

***only lengths that you swim at the GAC pool will be counted in the final tally.**

Beginning September 8, 2014 and continuing until June 30, 2015, individuals who swim 176,000 yards (7040 lengths) over the course of the season will be eligible for prizes and/or ribbons in the following categories:

- Male and Female swimmer who accumulate the most yards overall
- Top 8 swimmers each month
- All swimmers who complete the 100 Mile Swim

Starting July 15, 2015 "Thank you" packages will be available. All swimmers can come up to the office to pick up your packages from Scarlett Farquhar, Aquatics Supervisor.

YORK STUDENT SWIM CHALLENGE

Two sessions this year: September to December 2014 and January to April 2015. Students will have the opportunity to compete for bragging rights. You will sign up (for free!), swim and record your lengths and have FUN! All participants will be eligible for prizes and/or ribbons in the following categories:

- Male & Female swimmer who accumulate the most lengths each session
- Top three swimmers each month
- Participation prize for all participants

Winners will be notified by email. All first session participants can pick up their prizes at the Membership Office in January 2015 and second session participants prizes will be mailed out in May.

Event information will be posted on the pool bulletin board and on the GAC website.
*For further information contact the Aquatics Supervisor, Scarlett Farquhar – at aquatics@glendon.yorku.ca

SWIM FOR THE LOVE OF IT!

Beginning July 2, 2015 and continuing until August 23, 2015 individuals who "Swim for the LOVE of It", over the course of the summer will be eligible to win prizes for the following:

- Male and Female swimmer who accumulate the most yards overall
- Top 8 swimmers each month

Recognition given to all swimmers who participate

GROUP EXERCISE

BALLET BOOT CAMP
This unique work-out incorporates classical ballet techniques and strengthening exercises to burn fat, tone, and increase flexibility. All the benefits of a ballet class with a twist of high-energy aerobics. No ballet experience necessary.

BODY BLAST - NEW!! 2 half- hour classes back to back!
Using resistance-training exercises, this intense class conditions both the upper and lower body. Strengthen and balance the body musculature using dumbbells, rubber tubing and bands. Cardio warm-up included.

ESSENTRICS™
"Essentrics dynamically stretches and strengthens every muscle in the body, rebalancing the muscular structure in continuous rotational movements. The unique flowing movements of the Essentrics™ program have been proven to simultaneously slenderize and tone the abs, waist, and back with simple yet powerful Essentrics™ strengthening exercises. This is a full-body flexibility technique that works through the muscle chains liberating, relieving from tension and empowering the muscles in the process."

FUSION BALL
Increase the challenge and benefits of Pilates mat-work with the combined use of the stability ball, mini ball and yoga ball. This dynamic combination develops core strength, balance, total body alignment and the mental focus indispensable to benefit both mind and body.

LATIN CARDIO
Let the rhythms of salsa, mambo, meringue and cha-cha to provide you with a great cardiovascular work-out. Core stability and posture will benefit from this energetic low impact class.

LIGHT & LIVELY
This is a gentle low impact class with a muscle-conditioning component. All ages are welcome.

LO IMPACT- **In addition to Edgar's classes we added another class with a new instructor !!**
A traditional cardiovascular class that combines lo impact choreography with a conditioning and stretch component. Join CanFitPro Presenter Rachel Nir on Wednesdays at 12:15 or 12:45 pm. She will bring a different flavour to her simple yet unique classes. Check out this fun filled workout.!!

PILATES
The goal of this class is to increase core strength, improve grace and create greater flexibility to the spine and limbs.

POWER YOGA (ASHTANGA YOGA)
This method of Yoga involves synchronizing the breath with progressive postures, a process which produces intense internal heat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.

PUMP IT – NEW !
Pump it is a cardio strength class that utilizes barbells to perform resistance exercises and workouts; all completed to upbeat music mix tracks. Pump it classes run 55 minutes. They are fun yet rigorous workouts that raise heart rate, work every area of your body and cause serious calorie burn.

SIMPLY STRETCH – **NEW!**
This 55-minute class is devoted solely to stretching and relaxing the entire body.

SO U THINK U CAN DANCE
Here is a workout where you can look forward to engaging in a different dance format every week. Challenge your coordination, balance, cardiovascular and muscular endurance – AND – fire up your creative and emotive juices in this unique music-oriented "performance" style dance class.

STABILITY BALL
Improve your core strength (abdominals, back and glutes) using the stability ball. This class improves overall flexibility, range of motion, balance and strength.

STEP with Edgar - **New Time!!**
A high intensity, low impact cardio workout which uses the "step."

STEP & SCULPT
This class will combine a step cardio component with a sculpt component using a variety of dumbbells, bands and tubes to strengthen and condition your body.

TAI CHI - **New Time!!**
Tai Chi as it is practiced in the West today, is best described as a combination of a moving form of yoga and meditation. There are several "forms" or ("sets") which consists of a sequence of movements. Although derived from martial arts, Tai Chi is performed slowly, softly and gracefully with smooth and even transitions between them. It aims to promote circulation of "chi" energy and foster a calm and tranquil mind.

WEIGHT TRAINING
An educational class that focuses on working predetermined muscle groups, through reps and sets at an individual level. Tone your muscles, fight against osteoporosis and build a repertoire of exercises that you can incorporate into your personal program.

CARDIO KICKBOX **New * For Men and Women!**
This class borrows moves from the Thai sport of kickboxing and has been adapted for women. In the first half of the class, learn specific punches and kicks to the beat of dance club music through swiftly executed combinations, i.e. jab, cross-punch, hook, upper-cut and front kick. The second half will cover muscle conditioning followed by stretch.

YOGA
Learn the basic concepts and techniques used in Yoga postures. Discover new possibilities of movement, freedom and a sense of increased energy.

ZUMBA
Using a fusion of Latin and International music/dance themes, Zumba creates a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body, targeting glutes, legs, arms, abdominals and most importantly, the heart. You don't need to know how to dance to Zumba.

ZUMBA TONING
Sculpt and tone your body in this intense, easy-to-follow workout. The class combines the choreography of a Zumba dance with a conditioning component using the Zumba toning sticks.

GROUP EXERCISE SCHEDULE FALL 2014 / WINTER & SPRING 2015

September 2 – December 23, 2014 & January 5th – June 30, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training 6:30 – 7:15 am		Cycle 6:30 – 7:15 am				
Weight Training 8:30 – 9:25 am	Lo Impact 8:30 – 9:25 am	Ballet Boot Camp 8:30 – 9:25 am	Essentrics™ 8:30 – 9:25 am	Weight Training 8:30 – 9:30 am	Stability Ball 8:30 – 9:25 am	
Light & Lively 9:30 – 10:25 am	Fusion Ball 9:30 – 10:25 am	So U Think U Can Dance 9:30 – 10:25 am	Pilates 9:30 – 10:25 am	Zumba 9:30 – 10:25 am	Lo Impact 9:30 – 10:25 am	
	Pilates 10:30 – 11:30 am	Yoga 10:30 – 11:30 am	Light & Lively 10:30 – 11:30 am	Simply Stretch 10:30 – 11:30 am	# Karate for Kids 10:30 – 11:30 am	Pump It !! 10:30 –11:30 am
Latin Cardio 12:15 – 1:10 pm	Body Blast 12:15 - 12:45pm & 12:45 – 1:15pm	Lo Impact 12:15-1:10 pm		Cardio Kick-Box 12:15 – 1:10 pm	Power Yoga 11:40 – 12:40 pm	
Step 6:00 – 6:55 pm	Fusion Ball 6:00 – 6:55 pm	Zumba 6:00 –7:00 pm				
Zumba Toning 7:00 – 7:55 pm	Pilates 7:00 – 8:00 pm	Yoga 7:15 – 8:15 pm	Pilates 7:00 – 8:00 pm			
Tai Chi 8:00 – 8:55 pm	# Karate for Adults 8:00 – 9:30 pm	#Youth Boxing 6:15 7:15 pm #Boxing 7:30 – 8:30 pm In Boxing studio				

*Please note: The first Wednesday of every month will be a "Group Cycle Class" with Karine

*Please note: The last Monday of every month will be a "Learn to Step Class" with Edgar

Paid Programs. Please register for these classes at the office.

^ Classes and Instructors are subject to change – and classes subject to be cancelled due to low attendance.

GROUP EXERCISE SCHEDULE SUMMER 2015 - July 2 – August 31st, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training 6:30 – 7:15 am		Step & Sculpt 6:30 – 7:15 am				
Lo Impact 8:30 – 9:25 am	Lo Impact 8:30 – 9:25 am	Ballet Boot Camp 8:30 – 9:25 am	Essentrics™ 8:30 – 9:25 am	Weight Training 8:30 – 9:25 am	Stability Ball 8:30 – 9:25 am	
	Fusion Ball 9:30 – 10:25 am		Zumba 9:30 – 10:25 am *Pilates ➔ *9:30 – 10:30 am	***This Pilates class will be held in the Stretch Room**	Lo Impact 9:30 – 10:25 am	
	Pilates 10:30 – 11:30 am	Yoga 10:30 – 11:30 am	Light & Lively 10:30 – 11:30 am			
Latin Cardio 12:15 – 1:10 pm	Body Blast 12:15 – 1:10 pm					
Zumba Toning 6:00 – 6:55 pm	Fusion Ball 6:00 – 6:55 pm	Zumba 5:30 – 6:25 pm				
	Pilates 7:00 – 8:00 pm	Yoga 7:30 – 8:30 pm				

INDOOR CYCLING

Indoor Cycling classes are open to all members. Indoor Cycling is an exercise program that utilizes new specially designed Schwinn stationary bikes with consoles and a series of cycling programs and goals that provide the participant with both a physical and mental workout. Classes are led by certified instructors and are held in our Indoor Cycling studio. A typical workout lasts about 55 minutes during which time the instructor uses a variety of visual, technical and verbal techniques, along with music, to motivate the class.

HOW DO I BOOK A BIKE?

Bikes are booked at Reception up to one day in advance. You may do so in person or by phone at 416-487-6740.

CAN I BRING A GUEST TO AN INDOOR CYCLING CLASS?

Yes; however members have priority booking so guests can only be booked on the same day as the class. Please note that the regular guest fee of $10 applies.

For more information about the Indoor Cycling classes, contact our Fitness Coordinator at 416- 736-2100 ext. 88229

LEARN TO CYCLE CLASSES

Are you nervous to try a Cycling class because you've heard how hard it is? If so, then "Learn to Cycle" is for you. Come and try this fun, gentle and informative introductory class which will cover the basic techniques that will give you the confidence to take any Cycling Class. These beginner classes are free of charge and open to all GAC members. Dates and times will be posted on the GAC website.

INDOOR CYCLING SCHEDULE FALL 2014 / WINTER & SPRING 2015

September 2 – December 23, 2014 & January 5 – June 30, 2014
(Classes held in the Indoor Cycling Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30 am			
9:00 am		9:30 am		9:30 am	10:00 am	9:00 am (1.5 hours)
6:30 pm		6:30 pm				

INDOOR CYCLING SCHEDULE SUMMER 2015

July 2 – August 31st, 2015
(Classes held in the Group Exercise Room)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			6:30 am			
9:00 am		9:30 am		9:30 am	10:30 am	
6:30 pm		6:30 pm				

FITNESS FOR CHILDREN AND YOUTH

Karate for Kids
Ages 7 – 15

This introductory course is designed specifically for children ages 7 to 15 years. Workouts will be fun and entertaining, while placing equal emphasis on discipline and building self-esteem. Participants will discover the many benefits of physical training such as improved coordination, fitness and mental concentration

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FALL 2014

Program	# of classes	Day	Time	**Dates**	Annual Member	Other
Karate for Kids	9	Saturday	10:30 – 11:25 am	Sept.27 – Nov 29 **No class Oct. 11**	$105	$140

WINTER 2015

Program	**# of classes**	**Day**	**Time**	**Dates**	**Annual Member**	**Other**
Karate for Kids	9	Saturday	10:30 – 11:25 am	Jan.10 – Mar. 14 **No class Feb. 14**	$105	$140

SPRING 2015

Program	**# of classes**	**Day**	**Time**	**Dates**	**Annual Member**	**Other**
Karate for Kids	9	Saturday	10:30 – 11:25 am	April 11 – June 13 **No class May 16**	$105	$ 140

FITNESS FOR ADULTS

KARATE - ALL LEVELS

Ages 16 and up

Learn the virtues of martial arts – discipline, awareness, flexibility and physical fitness. Training emphasizes self-development through the practice of non-contact karate. Students will learn empty-hand karate techniques, traditional kata and weapons, as well as practical self-defense such as awareness, self-control, assertiveness and avoiding potentially dangerous situations. Classes will be held in the Group Exercise Room.

Instructors**: Isabelle Aubert** and **Anurag Tandon** are both certified black belts and have been training under the direction of Sensei Neville Billimoria since 1995. In 1999, they founded the Aoinagi Toronto dojo at the GAC. In addition to teaching karate, Isabelle and Anurag organize gassukus (outdoor martial arts training), participate in locale karate and tai chi seminars/tournaments and attend international karate camps. Isabelle, who is bilingual, also teaches self-defense for women. Both have full-time careers as scientists and professors at the University of Toronto. Karate is their passion.

BOXFIT – NEW!

Looking for a physical and mental challenge? If so, Boxfit class is for you – put yourself to the test! Build strength, muscular endurance and increase cardiovascular fitness all at the same time using the anaerobic and aerobic components found in the sport of boxing. Focus is on training – rest is limited. ! Classes will be held in the Boxing Studio. Space is limited.

In this program you will also learn how to:

- **Jump rope:** Most people find jumping rope challenging at first but improve with practice.
- **Punch at a target:** Punching a heavy bag or a focus mitt is an excellent all-body workout and a good way to release pent-up emotion or stress.
-
- Get in shape: Medicine ball drills, plyometric exercises, punching and footwork drills will improve your stamina, muscle tone and lean muscle mass, give you increased energy, flexibility and coordination, and enhance your self-confidence and body-awareness.

BOXING FOR YOUTH - NEW!

For male and females ages 12 – 16 years old

This class will be the same format as the adult class with some age appropriate modifications.

SELF DEFENCE FOR WOMEN

Learn how awareness, mind-set, physical skills and self-confidence can minimize your risk of assault. Designed by and for women, this introductory course covers the basic proactive and reactive aspects of self-defence, including both the psychological and physical elements.

Instructor: Tap into the experience of **Isabelle Aubert**, a traditional karate teacher and self-defence instructor who has been committed to the well-being, empowerment and self-development of women for decades. Isabelle's teaching style provides a supportive, non-competitive atmosphere, making self-defence accessible to all women. Isabelle is able to teach in both English and French.
**For further details please contact our Fitness Coordinator, at 416-736-2100 Ext. 88229*

"SLIMMER BY SPRING" WEIGHT LOSS CHALLENGE

The GAC is once again offering the Slimmer by Spring 10 Week Weight Loss Challenge. This weight loss/wellness competition is organized by the GAC's Fitness Coordinator, Diane Edwards. Teams of two will compete to lose the highest percentage of weight through the promotion of healthy eating and exercise.
*For further information contact the Fitness Coordinator, Diane Edwards, at fitness@glendon.yorku.ca

FALL 2014

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Karate	10	Tuesday	8:00 – 9:30 pm	Oct. 7 - Dec 9	$ 90	$ 130	$ 160
Boxing	10	Wednesday	7:30 - 8:30 pm	Oct. 8 – Dec.10	$ 90	$130	$ 160
Self Defense for Women	1	Thursday	7:00 - 9:30 pm	Sept. 25th	No Charge	$ 15	$ 25

WINTER 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Self Defense for Women	1	Tuesday	8:00 – 10:00 pm	Jan. 13th	No Charge	$15	$25
Karate	10	Tuesday	8:00 – 9:30 pm	Jan. 20- Mar. 24	$ 90	$ 130	$ 160
Slimmer by Spring	10	Tuesday	open	Jan. 27- Apr. 7	$ 20	$ 30	$ 50
Youth Boxing 12 – 16 yrs old	10	Wednesday	6:15 – 7:15 pm	Jan. 28 – Apr.1		$130	$160
Boxing	10	Wednesday	7:30 - 8:30 pm	Jan.28 – Apr. 1	$ 90	$ 130	$ 160

SPRING 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Karate	10	Tuesday	8:00 – 9:30 pm	Apr. 7 – June 9	$ 90	$ 130	$160
Boxfit	10	Thursday	6:00 – 7:00 pm	Apr. 9 – June 11	$90	$140	$160
Youth Boxing 12 – 16 yrs old	10	Saturday	2:30 – 3:30 pm	Apr.11– June 20 **No class May16**	$90	$140	$160

PERSONAL TRAINING

Whether your goal is to lose weight, rehabilitate an injury, improve athletic performance or just feel good about yourself, personal training is the right choice for you. Our trainers are nationally certified and are equipped to provide you with the appropriate exercises, intensity, enthusiasm, energy and most importantly, the tools to help you get to the next level of fitness. You will leave each session looking forward to the next!

New Incentives!

We would like to reward you for investing in your health! For every 10 sessions you complete with a trainer we will give you the 11th session for free!!

*Applies to all session types.

To take advantage of these great offers contact our Fitness Coordinator at 416-736-2100 ext. 88229 and get started – don't delay!

BOXING PERSONAL TRAINING

Working just one-on-one, you will learn the fundamentals such as proper stance, footwork, combination punching, defense, and much more. You will improve all aspects of your fitness including power, speed, agility, coordination, balance, reflexes, stamina and endurance. Your training session will mostly consist of padwork, heavy bag work, defense drills, speed drills and core work. Boxers are some of the fittest athletes in the world so book a session TODAY!

Instructors: **Aaron Cho** is a CanFitPro certified Personal Trainer. He is currently an active competitive boxer who most recently won Gold at the Novice Provincial Tournament. He is also a member of the Atlas Boxing Club. Not everyone has the same capabilities, and this is not training to fight, so the focus is always on challenging routines that cater to the student.
To take advantage of this great offer, contact our Fitness Coordinator at 416-736-2100 ext. 88229 and get started – don't delay!

RACQUETS

SQUASH FOR CHILDREN AND YOUTH

JUNIOR SQUASH DEVELOPMENT PROGRAM

AGES 8 - 16

Squash Ontario is pleased to offer its member clubs the Squash Canada Skill Awards Program which is intended to motivate and reward players, increase the number of participants in the game and improve their standard of play while having FUN. The program is designed for recreational players ages 8 to 16 although coaches may wish to include players outside that age group as they see fit. There are 12 levels. Each level consists of a series of skills and a point value. Games relating to skills and conditioning are also included.

SQUASH T&D MIXED LEAGUE FOR YOUTH

AGES 8 - 16

Interclub play for boys and girls in the following categories: under 11 years, under 13 years, under 15 years and under 17 years. Players will represent the GAC on Sundays in home and away matches against other clubs in the GTA. Season starts in October and finishes in April.

Cost: $ 90 per person

SQUASH TOURNAMENTS FOR CHILDREN AND YOUTH

AGES 8 - 16

Welcome Back	6:20 – 9:00 pm	Wednesday, October 1, 2014
Holiday Classic	8:45 am – 12:00 pm	Saturday, December 6, 2014
Valentine's Squash	6:20 – 9:00 pm	Wednesday, February 11, 2015
Spring Club Championships	8:45 am – 12:00 pm	Saturday, April 11, 2015

Cost: $ 20 per person per tournament, includes food and beverage

Tournament details to be posted prior to start dates.

CHILD/YOUTH PRIVATE SQUASH LESSONS

MEMBERS ONLY

AGES 8 - 16

Our squash professional enjoys the opportunity to work with players on an individual basis or in a group. Taking a lesson could make a huge difference between being safe on the court, enjoying the game and avoiding frustration.

Private: $ 30 for 40 minutes
Semi-Private: $ 20 per person for 40 minutes

FALL 2014

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Saturday	9:30 - 10:30 am	Sept. 27 – Nov. 29 **No class Oct. 12**	$ 162	$ 243
Intermediate Level I	9	Saturday	10:30 - 11:30 am	Sept. 27 – Nov. 29 **No class Oct. 12**	$ 162	$ 243
Intermediate Level II / Advanced	9	Saturday	11:30 am - 12:30 pm	Sept. 27 – Nov. 29 **No class Oct. 12**	$ 162	$ 243

WINTER 2015

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Saturday	9:30 - 10:30 am	Jan. 10 – Mar. 14 **No class Feb. 14**	$ 162	$ 243
Intermediate Level I	9	Saturday	10:30 - 11:30 am	Jan. 10 – Mar. 14 **No class Feb. 14**	$ 162	$ 243
Intermediate Level II / Advanced	9	Saturday	11:30 am - 12:30 pm	Jan. 10 – Mar. 14 **No class Feb. 14**	$ 162	$ 243

SPRING 2015

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Saturday	9:30 - 10:30 am	April 11 – June 13 **No class May 16**	$ 162	$ 243
Intermediate Level I	9	Saturday	10:30 - 11:30 am	April 11 – June 13 **No class May 16**	$ 162	$ 243
Intermediate Level II / Advanced	9	Saturday	11:30 am - 12:30 pm	April 11 – June 13 **No class May 16**	$ 162	$ 243

SQUASH FOR ADULTS

PRIME TIME HOUSE LEAGUE

MEMBERS ONLY

Open to all GAC members, including York students! Join the program - meet other players and enjoy competitive match play at the same time! Once registered, you will be placed on a team of 4 to 5 players. Matches will be scheduled for you on a weekly basis. Game scores will be tallied and team results will be posted. Price includes an end-of-season social.

Levels:	All levels
Day:	Monday
Dates:	October 6, 2014 – April 28, 2015 (excluding October 13, December 15, 22, 29, 2014 & February 17, 2015)
Time:	6:20 – 9:00 pm
Cost:	$ 30 for York Student members $ 60 for Annual Members

TORONTO & DISTRICT MEN'S AND WOMEN'S LEAGUE

MEMBERS ONLY

This league brings together competitive intermediate/advanced squash players from across the GTA. If you are interested in representing the GAC, please contact our Racquets Professional at (416) 736-2100 ext. 88344 for dates and times of team try-outs. Matches are played at home and away. League starts in October and finishes in April.

PRIVATE SQUASH LESSONS

MEMBERS ONLY

Our squash professional enjoys the opportunity to work with players on an individual basis or in a group. Taking a lesson could make a huge difference between being safe on the court, enjoying the game and avoiding frustration.

Private:	$ 35 for 40 minutes
Semi-Private:	$ 30 per person for 40 minutes

To book a private lesson, contact our Racquets Professional at 416-736-2100 ext. 88344 or by email at racquets@glendon.yorku.ca

SQUASH TOURNAMENTS FOR ADULTS

MEMBERS ONLY

Welcome Back	6:20 – 9:00 pm	Wednesday, October 1, 2014
Holiday Classic	starts at 12:00 pm	Saturday, December 6, 2014
Valentine's Squash	6:20 – 9:00 pm	Wednesday, February 11, 2015
Spring Club Championships	starts at 12:00 pm	Saturday, April 11, 2015

Cost: FREE. Tournament details to be posted prior to start dates.

BADMINTON

BADMINTON FOR CHILDREN AND YOUTH

JUNIOR BADMINTON DEVELOPMENT PROGRAM – NEW!

AGES 8 - 16

Now at the GAC, a badminton program geared for young players of all levels (beginner, intermediate and advanced). This program is designed for participants aged 8 to 16 who may have had some playing experience or who may simply be interested in learning a new racquet sport. Instruction will include learning and reviewing basic techniques, the rules and match play for both singles and doubles.

FALL 2014

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	Sept. 28 – Nov. 30 **No class Oct. 11**	$ 110	$ 125
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	Sept. 28 – Nov. 30 **No class Oct. 11**	$ 110	$ 125

WINTER 2015

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	Jan. 11 – Mar. 15 **No class Feb. 15**	$ 110	$ 125
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	Jan. 11 – Mar. 15 **No class Feb. 15**	$ 110	$ 125

SPRING 2015

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	April 12 – June 14 **No class May 17**	$ 110	$ 125
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	April 12 – June 14 **No class May 17**	$ 110	$ 125

INSTRUCTION FOR CHILDREN AND YOUTH (SUMMER 2015)

JUNIOR SUMMER STARTER PROGRAM

AGES 6 - 14

Get a jump start on the tennis season and enroll in this after-school program designed for players of all skill levels. The program will consist of on-court instruction, drills and round robin play. Participants will have the opportunity to play in an end-of-session tournament.

Please note: Children of York Student members are eligible for the Annual Member rate.

JUNIOR / YOUTH TENNIS CAMPS

AGES 6 - 14

The Glendon Athletic Club offers full day instructional tennis camps for children ages 6 - 14, taught by certified tennis professionals. Campers will be grouped according to their age and ability and taken through a series of lessons designed to introduce new skills and build on the lessons and experiences from the day before. A typical camp day includes on-court instruction, round robin play plus multi-sport activities (dodge ball, soccer and basketball). As well, all campers will enjoy a daily swim in our indoor pool. Camp fee includes an entry souvenir and a fresh daily lunch served in our campus cafeteria.

EXTENDED CARE

The GAC is offering extended care outside of camp hours. If you would like to use this time, please include the fee with your registration.

Extended care (8:00 am – 5:00 pm):	$ 45 per 5 day week
	$ 36 per 4 day week
	Late pick-ups will be subject to a $1.00 per minute charge.

Please note:

- A 10% discount will be applied for additional family members at the time of registration for any week in our tennis camps.
- In the event of inclement weather, the camps will not be cancelled. Instead, campers will come indoors for organized activities.
- Due to the popularity of our tennis camps, refunds (less a $ 25 administration fee) will only be issued if the request is made thirty (30) days in advance. After this deadline, a refund will be issued, less a $ 50 charge per child. This charge is non-negotiable.
- Children of York Student members are eligible for the Annual Member rate.

CHILD/YOUTH PRIVATE TENNIS LESSONS

MEMBERS ONLY

AGES 6 - 16

Our tennis professionals enjoy the opportunity to work with players on an individual basis or in a group. Taking a lesson could make a huge difference between being safe on the court, enjoying the game and avoiding frustration.

Private:	$ 45 for one hour
Semi-Private:	$ 25 per person for one hour

To book a private lesson, contact our Racquets Professional at 416-736-2100 ext. 88344 or by email at racquets@glendon.yorku.ca

JUNIOR SUMMER STARTER PROGRAM SUMMER 2015

Junior Summer Starter Program	# of weeks	Day	Time	Dates	Annual Member	Other
Beginner	6	Wednesday	6:00 – 7:00 pm	May 13 – June 17	$ 100	$ 120
Intermediate	6	Wednesday	7:00 – 8:00 pm	May 13 – June 17	$ 100	$ 120

JUNIOR / YOUTH TENNIS CAMPS SUMMER 2015

Junior/Youth Tennis Camps	Time	Dates	Annual Member	Other	Extended Care
Week 1	9:00 am - 4:00 pm	June 22 – 26	$ 300	$ 375	$ 45
Week 2	9:00 am - 4:00 pm	June 29 – 3 (No class July 1st – 4 days only)	$ 240	$ 300	$ 36
Week 3	9:00 am - 4:00 pm	July 6 – 10	$ 300	$ 375	$ 45
Week 4	9:00 am - 4:00 pm	July 13 – 17	$ 300	$ 375	$ 45
Week 5	9:00 am - 4:00 pm	July 20 – 24	$ 300	$ 375	$ 45
Week 6	9:00 am - 4:00 pm	July 27 – July 31	$ 300	$ 375	$ 45
Week 7	9:00 am - 4:00 pm	August 3 – 7 (4 days only)	$ 240	$ 300	$ 36
Week 8	9:00 am - 4:00 pm	August 10 – 14	$ 300	$ 375	$ 45
Week 9	9:00 am - 4:00 pm	August 17 - 21	$ 300	$ 375	$ 45
Week 10	9:00 am – 4:00 pm	August 24 - 28	$300	$375	$45

TENNIS INSTRUCTION FOR ADULTS (SUMMER 2015)

"WELCOME TO TENNIS" CLINICS

AGES 17+

Get ready for the tennis season and develop the technical side of the game with our instructional clinics. Let our certified tennis professionals instruct you on the forehand, backhand, volley and serve. Please note that space in the Beginner clinic is reserved for those who have limited tennis experience – little or none. The Intermediate clinic is geared to those who have played some tennis and are looking to brush up on their skills.

Welcome to Tennis Clinics	# of weeks	Day	Time	Dates	York Student Member	Annual Member	Other
Beginner	4	Saturday	9:00 – 10:00 am	May 23 – June 13	$ 30	$ 60	$ 90
Intermediate	4	Saturday	10:00 – 11:00 am	May 23 – June 13	$ 30	$ 60	$ 90

ADULT TENNIS CAMPS

AGES 17+

Participants will be taken through a series of lessons designed to introduce new skills and build on the lessons and experiences from the day before. Souvenirs, prizes and lunch provided on Thursday.

PRIVATE TENNIS LESSONS

MEMBERS ONLY

Our tennis professionals enjoy the opportunity to work with players on an individual basis or in a group. Taking a lesson could make a huge difference between being safe on the court, enjoying the game and avoiding frustration.

Private: $ 50 for 1 hour
Semi-Private: $ 35 per person 1 hour

To book a private lesson, contact our Racquets Professional at 416-736-2100 ext. 88344 or by email at racquets@glendon.yorku.ca

TENNIS EVENTS FOR ADULTS (SUMMER 2015)

JOIN US FOR OUR ANNUAL TENNIS OPEN HOUSE

SATURDAY, MAY 9, 2015 from 9:00 AM – 12:00 PM

Take this opportunity to meet and greet our teaching staff and fellow tennis players! Receive schedules for the upcoming season and participate in a friendly round robin. This is a great way to kick off the tennis season! No registration required – just show up!

EVENING ROUND ROBIN / DEMO NIGHTS

MEMBERS ONLY

Join in for organized doubles play. Open to members of all levels. Emphasis is on fun. No pre-booking required, just show up! On the last Monday of every month (May to September), participants will be given the opportunity to demo the latest line of racquets on the market. Social to follow.

Day:	Mondays
Dates:	May 25 to September 21, 2015
Time:	7:00 – 9:00 pm
Cost:	$ 55 per person for the season, includes light refreshments

DAVIS CUP AT THE GAC

MEMBERS ONLY

All members are welcome to join us for this fun, social event. Players are placed on various teams representing different nations. Format of play is doubles only.

Date:	Thursday, September 4, 2015
Time:	6:00 pm start
Cost:	FREE

TENNIS CLUB CHAMPIONSHIPS

MEMBERS ONLY

Open to all levels of play. Format includes singles, doubles and mixed doubles matches.

Date:	Saturday, September 19 and Sunday, September 20, 2015
Time:	varied
Cost:	$ 20 per person, includes lunch

KIDS' SUMMER CAMPS AT THE GAC (2015)

We have camps for kids of all ages – tennis, swimming, soccer and multi-sport. Please note that registration for all camps, with the exception of the GAC Tennis Camps, is done through the specific organization. Websites and phone numbers are listed below - please refer to these for Glendon camp dates and current fees. Prices are subject to change. Minimum registration numbers may be required for camp operation.

GAC TENNIS CAMPS AGES 6 - 14

www.glendon.yorku.ca/gac
For full details, please refer to our website and go to PAID PROGRAMS – Racquets – Children and Youth.
The Glendon Athletic Club offers full day instructional tennis camps for children ages 6 - 14, taught by certified tennis professionals. Campers will be grouped according to their age and ability and taken through a series of lessons designed to introduce new skills and build on the lessons and experiences from the day before. A typical camp day includes on-court instruction, round robin play plus multi-sport activities (dodge ball, soccer and basketball). As well, all campers will enjoy a daily swim in our indoor pool. Camp fee includes an entry souvenir and a fresh daily lunch served in our campus cafeteria.
EXTENDED CARE - available

Please note:

- A 10% discount will be applied for additional family members at the time of registration for any week in our tennis camps.
- Children of York Student members are eligible for the Annual Member rate.

POWER SOCCER CAMP

www.powersoccer.ca
905-829-0562
For ages 4 to 16
Morning mini-camps for ages 4-5
Full day option (9:00 am – 4:00 pm)
Fees includes Power Pack (ball, t-shirt, bag, photo, report, quality instruction)
Before and after care available
Online registration available

Campers will participate in a variety of demonstrations, games, competitions, fun activities, team building and soccer skill sessions.

SWIMTECH CAMP

www.nyacswim.on.ca
416-785-0430
For ages 8 to 15
Morning camp (8:30 am – 12:00 pm) with water and dryland training
Sibling discounts available

Camp is designed to improve swimming technique and training ability.

RENTALS AT THE GAC

COME AND CELEBRATE YOUR PARTY AT THE GLENDON ATHLETIC CLUB, RAIN OR SHINE!

GYM RENTAL

Reserve your private use of our Gymnasium, complete with change rooms, showers and lockers. The GAC gym is 108' by 72'.

Rental includes one hour in the gymnasium plus the use of equipment such as balls and nets, available from the Reception desk.

Cost: $ 86 for GAC members; $ 95 for non-members
Call for Availability

MULTI-PURPOSE ROOM RENTAL

After hosting your child's birthday in the pool or gym, why not come up to the Multi-Purpose room for the food portion of your party? We will supply the tables and chairs and access to a refrigerator; you provide the rest (cake, non-alcoholic beverages and decorations).

Cost (with gym or pool rental): $ 25 per hour for GAC members; $ 30 per hour for non-members
Cost (without gym or pool rental): $ 86 per hour for GAC members; $ 95 per hour for non-members
Call for availability

POOL RENTAL

Reserve your private use of our Pool facilities, complete with change rooms, showers and lockers. Pool toys are provided. Bathing caps are mandatory for all swimmers. Caps are not provided but are available for purchase at Reception.

Rental includes one hour in the pool with one lifeguard and up to 15 swimmers. For parties with more than 15 swimmers, a second lifeguard is required (additional fee of $ 20 applies).

Cost: $ 106 for GAC members;
$ 120 for non-members (plus applicable taxes)
Availability: Sundays, 11:00 am – 12:00 pm (September to June)
Saturdays, Sundays from 10:00 am – 11:00 am (July and August)

We offer rentals of many of our other spaces. Please call the Office at 416-487-6717 or email rentals@glendon.yorku.ca for more information and availability.