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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 Cycle class reservations

416-487-6740

Office Staff:

Interim Director

Aaron Doupe

416-736-2100, ext. 88349

adoupe@glendon.yorku.ca

Assistant Director and Racquets Professional

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Member Services Coordinator

Todd Rietschin

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Aquatics Supervisor

Scarlett Farquhar

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Fitness Coordinator

Diane Edwards

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fitness@glendon.yorku.ca

Administrative Assistant

Nimat Syriani

416-736-2100, ext. 88348

nsyriani@glendon.yorku.ca

Client Service Representative (Facility Rentals)

Prisca Ng

416-736-2100, ext. 88343

ngprisca@glendon.yorku.ca

For rentals please email: rentals@glendon.yorku.ca

HOURS

CLUB HOURS OF OPERATION 2015-16

Monday to Friday 6:00 am - 10:30 pm
 Saturday & Sunday 7:30 am - 6:00 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 2015-16

SEPTEMBER TO JUNE

Monday, Tuesday 8:30 am – 4:30 pm
 Wednesday 8:30 am – 7:00pm
 Thursday, Friday 8:30 am – 4:30 pm (closes at 3:30 pm on Fridays in June)
 Saturday 8:30 am – 1:30pm
 Sunday Closed

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

JULY & AUGUST

Monday, Tuesday, Thursday 8:30 am – 4:30 pm
 Wednesday 8:30 am – 7:00 pm
 Friday 8:30 am - 3:30 pm
 Saturday 8:30 am – 1:30 pm
 Sunday Closed

HOLIDAY HOURS & SERVICE

Labour Day	Monday, September 7, 2015	Club open: 7:30 am – 6:00 pm
Thanksgiving	Monday, October 12, 2015	Club open: 7:30 am – 6:00 pm
Christmas Eve, Christmas Day, Boxing Day	Thursday, December 24 to Saturday, December 26, 2015	Closed
York University Winter Closure	Sunday, December 27, 2015 Monday, December 28, 2015 Tuesday, December 29, 2015 Wednesday, December 30, 2015 Thursday, December 31, 2015	Club Open: 7:30 am – 6:00 pm Club Open: 6:00 am – 8:00 pm Club Open: 6:00 am – 8:00 pm Club Open: 6:00 am – 8:00 pm Club Open: 7:30 am – 4:00 pm
New Year's Day	Friday, January 1, 2016	Closed
Family Day	Monday, February 15, 2016	Club open: 7:30 am – 6:00 pm
Good Friday	Friday, March 25, 2016	Club open: 7:30 am – 6:00 pm
Victoria Day	Monday, May 23, 2016	Club open: 7:30 am – 6:00 pm
Canada Day	Friday, July 1, 2016	Club open: 7:30 am – 6:00 pm
Civic Holiday	Monday, August 1, 2016	Club open: 7:30 am – 6:00 pm

Holiday Swim Times

Rec. Swim 10:00 – 11:00am	Senior Swim 11:00am – 12:00pm	Lengths Swim 12:00 – 2:00pm	Family Swim 2:00 – 4:30pm	Lengths Swim 4:30 – 5:30pm
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Please note: The Pool will be closed for annual cleaning and maintenance from Monday, August 29 – Sunday, September 11, 2016 inclusive. The Pool will re-open on Monday, September 12, 2016.

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 1 for a complete listing of names, phone numbers and e-mail addresses).

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 9, 2015

Register anytime during office hours...this includes fall, winter, spring and summer programs!

FOR NON-MEMBERS: Fall Session: starts Wednesday, September 16, 2015

Winter Session: starts Wednesday, December 9, 2015

Spring Session: starts Wednesday, March 9, 2016

Summer Camps: starts after Monday, January 11, 2016

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 28, 2015

Spring Session: starts Saturday, March 12, 2016

OPEN REGISTRATION starts:

FOR GAC MEMBERS: Fall Session: starts Wednesday, September 9, 2015

Winter Session: starts Wednesday, December 2, 2015

Spring Session: starts Wednesday, March 16, 2016

FOR NON-MEMBERS: Fall Session: Wednesday, September 16, 2015

Winter Session: Wednesday, December 9, 2015 for those **not** enrolled in the Fall Session

Spring Session: Wednesday, March 23, 2015 for those **not** enrolled in the Winter Session

PAYMENT MADE EASY

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, you must fill out a Non-Member Registration Form, available in person or by email. Once we have your 2015-2016 form 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. The amount for any class attended will also be taken off of the total amount refunded.
- 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 \$ 20, valid from September 1, 2015 to August 31, 2016. 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 <http://alumniandfriends.yorku.ca/benefits/alumni-card/>

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

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 RENTAL – 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 annual members (13 years +) are entitled to a free weight room orientation. Please contact our Fitness Coordinator at 416-736-2100 ext. 88229 or fitness@glendon.yorku.ca to book an appointment.
- 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 (except where prohibited by law).
- All members are asked to scan 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, 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 or by calling the membership office
- 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.
- 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 dumbbells/plates on the floor.
- Use sanitary wipes to wipe down the equipment after use.

SQUASH & TENNIS COURTS

- 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

The Large Gymnasium can hold four badminton courts. Call Reception at 416-487-6740 for gym availability.

CYCLE STUDIO

The Cycle Studio is equipped with 20 Schwinn machines with Power Consoles. 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. Cycle 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 purchase your own hand wraps. The space will be accessible during building hours (when not in use for personal training sessions).

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. Clubs and balls are available at Reception.

RENTAL SERVICES

For rental of the field, gym, pool, cycle studio, cricket pitch, baseball diamond, group exercise room, boxing studio, conference room or tennis and squash courts, call 416-487-6717 or e-mail rentals@glendon.yorku.ca

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

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): \$ 50 per hour for GAC members; \$ 60 per hour for non-members

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: \$ 120 for GAC members;
\$ 150 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)

CYCLE STUDIO RENTAL

Enjoy our brand-new Schwinn AC Performance Plus bikes with Carbon Blue and MPower technology. We have 20 bikes plus one instructor bike. Rental includes use of the space and equipment. Renters must have a certified instructor present. We can arrange service with our certified instructors for an additional fee.

Cost: \$ 200 first hour, \$100 for additional consecutive hours

PRIVATE LESSONS

PERSONAL TRAINING

For members only – 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 (30 Minutes) (children) or 1 Hr hour (adult) sessions. To book an instructor, contact the Aquatics Supervisor at aquatics@glendon.yorku.ca

SQUASH AND TENNIS INSTRUCTION

For GAC members only – private or semi-private lessons 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

Rates and additional information for the above services are available in the applicable sections below.

YORK STUDENT MEMBERSHIP INFORMATION

STUDENT MEMBERSHIP TO THE GAC includes:

- use of all of the club facilities (pool, gym, weight room, squash/tennis/badminton courts, boxing studio, Group Cycling and Group Exercise classes, sports field, etc.)
- reduced pricing on all paid programs (Bronze Medallion, Bronze Cross, Personal Training, Boxing, Karate, Masters Swim, Learn to Swim, Stroke Improvement, etc.)
- free towel service
- 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)

To get your membership card, bring \$20 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 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.

PERSONAL TRAINING

We offer discounted semi-private personal training 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!

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

SELF DEFENCE FOR WOMEN – September 22, 2015; 8-10pm

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 and will be held on Tuesday, September 22, 2015; 8-10pm

**For further information or to reserve your spot, contact the Fitness Coordinator, Diane Edwards, at fitness@glendon.yorku.ca*

“SLIMMER BY SPRING” WEIGHT LOSS CHALLENGE

The GAC is once again offering the Slimmer by Spring 10 Week Weight Loss Challenge. 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 2015 and January to April 2016. 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 2016 and second session participants prizes will be mailed out in June 2016.

Event information will be posted on the pool bulletin board and on the GAC website.

*For further information contact the Aquatics Supervisor, Scarlett Farquhar – aquatics@glendon.yorku.ca

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:	\$ 30 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
- Red Cross and Lifesaving 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 2015 / WINTER & SPRING 2016

September 14 – December 23, 2015 & January 4 – June 30, 2016

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	
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) # Stroke Improvement – (Winter & Spring)		# Bronze Star			
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 7:00 – 9:30 pm	# 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 1

Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, March 29

Family and Lengths swims (7:00 – 8:30 pm) on Tuesday, June 7

HOLIDAY SWIM TIMES				
Rec. Swim 10:00 – 11:00am	Senior Swim 11:00am – 12:00pm	Lengths Swim 12:00 – 2:00pm	Family Swim 2:00 – 4:30pm	Lengths Swim 4:30 – 5:30pm

POOL SCHEDULE SUMMER 2016

July 2 – August 28, 2016

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 29 – Sunday, September 11, 2016 inclusive. The Pool will re-open on Monday, September 12, 2016.

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.



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



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.

*Additional information on the Youth Aquatics page

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.

Attendance is 100% mandatory for all Leadership Courses.

FALL 2015

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. 26 – Nov. 28 No class Oct. 10	\$ 81	\$ 119
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Sept. 26 – Nov. 28 No class Oct. 10	\$ 81	\$ 119
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	Sept. 26 – Nov. 28 No class Oct. 10	\$ 92	\$ 134
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Sept. 26 – Nov. 28 No class Oct. 10	\$ 115	\$ 165
**Bronze Med Part 1	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Sept. 26 – Nov. 28 No class Oct. 10	\$ 75 ⁺	\$ 90 ⁺

WINTER 2016

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. 9 – March 12 No class Feb. 13	\$ 81	\$ 119
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	Jan. 9 – March 12 No class Feb. 13	\$ 81	\$ 119
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	Jan. 9 – March 12 No class Feb. 13	\$ 92	\$ 134
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Jan. 9 – March 12 No class Feb. 13	\$ 115	\$ 165
**Bronze Med Part 2	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	Jan. 9 – March 12 No class Feb. 13	\$ 75	\$ 90

SPRING 2016

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 2 – June 4 No class May 21	\$ 81	\$ 119
Swim Kids 1 - 5	1:6 2:8	9 (30 mins)	Saturday	between 9:00 am and 1:00 pm	April 2 – June 4 No class May 21	\$ 81	\$ 119
Swim Kids 6 - 10	1:8-10	9 (45 mins)	Saturday	between 9:00 am and 1:00 pm	April 2 – June 4 No class May 21	\$ 92	\$ 134
Junior Lifeguard Club	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	April 2 – June 4 No class May 21	\$ 115	\$ 165
**Bronze Med Part 3	1:15	9 (60 mins)	Saturday	11:50 am – 12:50 pm	April 2 – June 4 No class May 21 ^Exam June 11	\$ 75	\$ 90

****You will need to attend Part 1, Part 2, and Part 3 (all sessions) of Bronze Medallion in order to receive certification.**

+ The Canadian Lifesaving Manual needs to be purchased from the office before the first class. Cost is \$45

^ The final exam for Saturday's Bronze Medallion will take place on Saturday, June 11 from 9am – 12pm

AQUATICS FOR YOUTH



LIFESAVING SOCIETY

The Lifeguarding Experts

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.

*This course does NOT include Standard First Aid which is required for National Lifeguard certification.

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.
- **Attendance is 100% mandatory for all Leadership Courses.**

FALL 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star	10	Thursday	6:00 – 7:30 pm	Oct. 1 – Dec.3	\$ 90	\$ 147	\$ 180
**Bronze Medallion Part 1 (Saturdays)	9	Saturday	11:50 – 12:50 pm	Sept. 26 – Nov. 28 No class Oct. 10	\$ 75 ⁺	\$ 75 ⁺	\$ 90 ⁺
Bronze Medallion	10	Tuesday	7:00 - 9:30 pm	Sept. 29 – Dec. 1	\$ 115	\$ 176	\$ 213
Bronze Cross	10	Tuesday	7:00 - 9:30 pm	Sept. 29 – Dec. 1	\$ 115	\$ 176	\$ 213
Junior Lifeguard Club	9	Saturday	11:50 am – 12:50 pm	Sept. 26 – Nov. 28 No class Oct. 10	n/a	\$ 115	\$ 165

WINTER 2016

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star	10	Thursday	6:00 – 7:30 pm	Jan. 14 – Mar. 31 No class Feb. 18 or Mar. 17	\$ 90	\$ 147	\$ 180
**Bronze Medallion Part 2 (Saturdays)	9	Saturday	11:50 – 12:50 pm	Jan. 9 – March 12 No class Feb. 13	\$ 75	\$ 75	\$ 90
Bronze Medallion	10	Tuesday	7:00 - 9:30 pm	Jan. 12 – Mar. 29 No class Feb. 16 or Mar. 15	\$ 115	\$ 176	\$ 213
Bronze Cross	10	Tuesday	7:00 - 9:30 pm	Jan. 12 – Mar. 29 No class Feb. 16 or Mar. 15	\$ 115	\$ 176	\$ 213
Junior Lifeguard Club	9	Saturday	11:50 – 12:50 pm	Jan. 9 – March 12 No class Feb. 13	n/a	\$ 115	\$ 165

SPRING 2016

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Bronze Star	10	Thursday	6:00 – 7:30 pm	April 7 – June 9	\$ 90	\$ 147	\$ 180
**Bronze Medallion Part 3 (Saturdays)	10	Saturday	11:50 – 12:50 pm	April 2 – June 4 No class May 21 ^June 11 – exam	\$ 75	\$ 75	\$ 90
Bronze Medallion	10 (exam last day)	Tuesday	7:00 - 9:30 pm	April 5 – June 7	\$ 115	\$ 176	\$ 213
Bronze Cross	10 (exam last day)	Tuesday	7:00 - 9:30 pm	April 5 – June 7	\$ 115	\$ 176	\$ 213
Junior Lifeguard Club	9	Saturday	11:50 am – 12:50 pm	April 2 – June 4 No class May 21	n/a	\$ 115	\$ 165

****You will need to attend Part 1, Part 2 & Part 3 (all sessions) of Bronze Medallion (on Saturdays) in order to receive certification.**

+ The Canadian Lifesaving Manual needs to be purchased from the office. Cost is \$45

^ The final exam for Saturday's Bronze Medallion will take place on Saturday, June 11 from 9am – 12pm

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.

FALL 2015

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	11	Monday	8:30 – 10:00 pm	Sept. 28 – Dec. 14 No class Oct. 12	\$ 80	\$ 129	\$ 179
Masters Swim	12	Wednesday	8:30 – 10:00 pm	Sept. 30 – Dec. 16	\$ 85	\$ 140	\$ 190
Learn to Swim	6	Tuesday	6:10 – 6:50 pm	Oct. 13 – Nov. 17	\$ 60	\$ 90	\$ 135

WINTER 2016

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	11	Monday	8:30 – 10:00 pm	Jan. 11 – Mar. 28 No class Feb. 15	\$ 80	\$ 129	\$ 179
Masters Swim	12	Wednesday	8:30 – 10:00 pm	Jan. 13 – Mar. 30	\$ 85	\$ 140	\$ 190
Stroke Improvement	6	Tuesday	6:10 – 6:50 pm	Jan. 19 – Mar. 1 No class Feb. 16	\$ 60	\$ 90	\$ 135

SPRING 2016

Class	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Masters Swim	11	Monday	8:30 – 10:00 pm	April 4 – June 20 No class May 23	\$ 80	\$ 129	\$ 179
Masters Swim	12	Wednesday	8:30 – 10:00 pm	April 6 – June 22	\$ 85	\$ 140	\$ 190
Stroke Improvement	6	Tuesday	6:10 – 6:50 pm	March 8 – April 12	\$ 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 14, 2015 and continuing until June 30, 2016, 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, 2016 “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 2015 and January to April 2016. 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 June 2016.

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, 2016 and continuing until August 23, 2016 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 will be 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 - 2 half-hour classes back to back!

Using resistance-training exercises, this intense class conditions both the upper and lower body. Enjoy the option of taking one half hour class to fit into your busy schedule or stay and enjoy the entire hour!

CARDIO KICKBOX

This class borrows moves from the Thai sport of kickboxing and has been adapted for all ages. 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.

ESSENTRICS™

"Essentrics dynamically stretches and strengthens every muscle in the body, rebalancing the muscular structure in continuous rotational movements. The unique flowing movements of this program have been proven to simultaneously slenderize and tone the abs, waist, and back with simple yet powerful 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 (Geared to older adults)

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

LO IMPACT

A traditional cardiovascular class that combines lo impact choreography concludes with a stretch component.

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!

A cardio strength class that utilizes barbells to perform resistance exercises and workouts, all completed to upbeat music mix tracks. This is a fun yet challenging class that will raise your heartrate, work every area of your body and burn serious calories.

SIMPLY STRETCH

This hour long 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

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

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.

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 2015 / WINTER & SPRING 2016

September 8 – December 23, 2015 & January 4 – June 30, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training 6:30 – 7:15 am		Step & Sculpt 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 & Parents 10:30 – 11:30 am	Pump It! 10:30 -11:30 am Karina
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 *runs until May 13th	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 – 9:00 pm	# Karate for Adults 8:00 – 9:30 pm					

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

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

^Classes may be discontinued due to low attendance.

GROUP EXERCISE SCHEDULE SUMMER 2016

July 2 – September 3, 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Weight Training 6:30 – 7:15 am		Step & Sculpt 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 – 9:25 am	Stability Ball 8:30 – 9:25 am	
Light & Lively 9:30 – 10:30 am	Fusion Ball 9:30 – 10:25 am		Pilates 9:30 – 10:30 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			
Latin Cardio 12:15 – 1:10 pm	Body Blast 12:15 – 1:10 pm					
Zumba Toning 6:00 – 7:00 pm	Fusion Ball 6:00 – 6:55 pm	Zumba 6:00 – 7:00 pm				
	Pilates 7:00 – 8:00 pm	Yoga 7:15 – 8:15 pm	Pilates 7:00 - 8:00pm			

INDOOR GROUP CYCLING

Group Cycling is an exercise program that utilizes the latest Schwinn bikes (with power consoles), that will provide the participant with both a physical and mental workout. Classes are led by certified instructors and are held in our Cycling Studio. A typical workout lasts 55 minutes during which time the instructor uses a variety of visual, technical and verbal techniques along with great music to motivate the class.

HOW DO I BOOK A BIKE?

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

CAN I BRING A GUEST TO A CYCLE 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 Cycle classes, contact our Fitness Coordinator at 416-736-2100 ext. 88229.

"BEGIN to CYCLE" CLASSES

Are you nervous to try an Indoor Cycle class because you've heard how hard it is? If so, then "Begin 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 Cycle Class. These beginner classes are free of charge and open to all GAC members. Dates and times will be posted on the GAC website.

CYCLE SCHEDULE FALL 2015 / WINTER & SPRING 2016

September 8– December 23, 2015 & January 4 – June 30, 2016

(Classes held in the Cycle Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		*6:30 am	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				

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

CYCLE SCHEDULE SUMMER 2016

July 4 –September 3, 2016

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

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

FITNESS FOR CHILDREN AND YOUTH

KARATE FOR KIDS & PARENTS

Ages 7 – 15

This introductory course is designed specifically for children ages 7 to 15 years and is now open to parents as well. 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

YOUTH BOXING

Ages 12 - 16

Looking for a physical and mental challenge? If so this Youth boxing course 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 and fun – 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,

Instructor: Jackie Saleh is a CanFitPro certified Personal Trainer as well as a NCCP Trained Level 1 Boxing Coach. 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.

FALL 2015

Program	# of classes	Day	Time	Dates	Annual Member	Other
Karate for Kids & Parents	9	Saturday	10:30 – 11:25 am	Sept.26 – Nov 28 No class Oct. 10	\$130 child +\$65 per parent	\$160 child +\$80 per parent
Youth Boxing (ages 12-16)	9	Saturday	1:00 – 2:00 pm	Oct.3 – Dec. 12 No class Oct. 10	\$140	\$180

WINTER 2016

Program	# of classes	Day	Time	Dates	Annual Member	Other
Karate for Kids & Parents	9	Saturday	10:30 – 11:25 am	Jan.9 – Mar. 12 No class Feb. 13	\$130 child +\$65 per parent	\$160 child +\$80 per parent

SPRING 2016

Program	# of classes	Day	Time	Dates	Annual Member	Other
Karate for Kids & Parents	9	Saturday	10:30 – 11:25 am	April 2 – June 4 No class May 21	\$130 child +\$65 per parent	\$160 child +\$80 per parent

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.

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. 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 2015

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Karate	10	Tuesday	8:00 – 9:30 pm	Sept. 29 – Dec. 1	\$ 90	\$ 140	\$ 170
Self Defense for Women	1	Tuesday	8:00 – 10:00 pm	Sept 22	Free	Free	Free

WINTER 2016

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Karate	10	Tuesday	8:00 – 9:30 pm	Jan. 12- Mar. 29	\$ 90	\$ 140	\$ 170
Slimmer by Spring	10	Tuesday	open	Jan. 27- Mar. 31	\$ 20	\$ 30	\$ 50

SPRING 2016

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Karate	10	Tuesday	8:00 – 9:30 pm	Apr. 5 – June 7	\$ 90	\$ 140	\$ 170

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!
Personal training fees are \$55, \$75, or \$85 per hour, depending on the trainer you choose.

NON MEMBERS NEW! Personal Training at the GAC is now OPEN to Non Members! Just pay an additional \$15 fee for each session.

New Incentives!

We would like to reward you for investing in your health by offering you a free session after every 10 sessions you complete. *Applies to all session types.

To book any type of personal session please 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 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!

Instructor: **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.

Private: \$ 75 for one hour

Semi-Private: \$ 50 per person for one hour

YOGA AND PILATES PERSONAL TRAINING NEW!

Private training sessions are now available for Yoga or Pilates. If you are a novice and would like to work on the basic postures of Yoga or techniques of Pilates to allow you to feel comfortable going into any class – OR – if you would like to work at a strictly advanced level then one on one training is perfect for you!

Instructor: **Ann Lamont** has been employed at Glendon since 1998. Her many years of experience are diverse, from Olympic Weightlifting to a Certified Yoga and Pilates Instructor. She has worked extensively with many different populations and she always infuses her sessions and classes with fun, which Ann believes is one of the keys to a healthy life.

Private: \$ 75 for one hour

Semi-Private: \$ 50 per person for one hour

RACQUETS

PICKLEBALL

Returning this FALL to the GAC! What is Pickleball you ask?

Pickleball is a sport in which two, three, or four players use solid paddles to hit a ball, similar to a [wiffle ball](#), over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball was invented in the mid-1960s as a children's backyard pastime but quickly became popular among adults as a fun game for players of all levels.

Program	# of classes	Day	Time	Dates	York Student Member	Annual Member	Other
Pickleball	10	Thursday	10:30am – 12pm	Oct. 1 – Dec 3	\$ 30	\$ 60	\$ 90

Equipment will be provided, paddles and balls for the participants. Members are asked to dress accordingly (sporting attire/ appropriate footwear). The program will take place in the large gymnasium.

For more info on Pickleball, visit the Ontario Pickleball Association website:

<http://www.pickleballassociationofontario.org/news>

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 TOURNAMENTS FOR CHILDREN AND YOUTH

AGES 8 - 16

Welcome Back	6:20 – 9:00 pm	Wednesday, October 7, 2015
Holiday Classic	8:45 am – 12:00 pm	Saturday, December 5, 2015
Valentine's Squash	6:20 – 9:00 pm	Wednesday, February 10, 2016
Spring Club Championships	8:45 am – 12:00 pm	Saturday, April 9, 2016

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

FALL 2016

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner / Intermediate Level I	9	Monday	4:20 – 5:20 pm	Sept. 28 – Nov. 30 No class Oct. 12	\$ 162	\$ 243
Intermediate Level II / Advanced	9	Thursday	4:20 – 5:20 pm	Oct. 1 – Nov 26	\$ 162	\$ 243

WINTER 2016

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner / Intermediate Level I	9	Monday	4:20 – 5:20 pm	Jan. 11 – Mar. 14 No class Feb. 15	\$ 162	\$ 243
Intermediate Level II / Advanced	9	Thursday	4:20 – 5:20 pm	Jan. 14 – Mar. 10	\$ 162	\$ 243

SPRING 2016

Junior Squash Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner / Intermediate Level I	9	Monday	4:20 – 5:20 pm	April 4 – June 6 No class May 23	\$ 162	\$ 243
Intermediate Level II / Advanced	9	Thursday	4:20 – 5:20 pm	April 7 – June 4	\$ 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 5, 2015 – April 27, 2016
(Excluding October 12, December 14, 21, 28, 2015 & February 15, 2016)
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 7, 2015
Holiday Classic	starts at 12:00 pm	Saturday, December 5, 2015
Valentine's Squash	6:20 – 9:00 pm	Wednesday, February 10, 2016
Spring Club Championships	starts at 12:00 pm	Saturday, April 9, 2016

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

BADMINTON FOR CHILDREN AND YOUTH

JUNIOR BADMINTON DEVELOPMENT PROGRAM

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 2015

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	Sept. 27 – Nov. 29 No class Oct. 11	\$ 150	\$ 195
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	Sept. 27 – Nov. 29 No class Oct. 11	\$ 150	\$ 195

WINTER 2016

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	Jan. 10 – Mar. 13 No class Feb. 14	\$ 150	\$ 195
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	Jan. 10 – Mar. 13 No class Feb. 14	\$ 150	\$ 195

SPRING 2016

Junior Badminton Development Program	# of lessons	Day	Time	Dates	Annual Member	Other
Beginner	9	Sunday	11:30 am – 12:30 pm	April 3 – June 5 No class May 22	\$ 150	\$ 195
Intermediate/Advanced	9	Sunday	12:30 – 1:30 pm	April 3 – June 5 No class May 22	\$ 150	\$ 195

TENNIS INSTRUCTION FOR CHILDREN AND YOUTH (SUMMER 2016)

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): \$ 50 per 5 day week
 \$ 40 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: \$ 50 for one hour
Semi-Private: \$ 35 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 11 – June 15	\$ 100	\$ 120
Intermediate	6	Wednesday	7:00 – 8:00 pm	May 11 – June 15	\$ 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 20 – 24	\$ 325	\$ 400	\$ 50
Week 2	9:00 am - 4:00 pm	June 27 – 30 (No class July 1 st – 4 days only)	\$ 260	\$ 320	\$ 40
Week 3	9:00 am - 4:00 pm	July 4 – 8	\$ 325	\$ 400	\$ 50
Week 4	9:00 am - 4:00 pm	July 11 – 15	\$ 325	\$ 400	\$ 50
Week 5	9:00 am - 4:00 pm	July 18 – 22	\$ 325	\$ 400	\$ 50
Week 6	9:00 am - 4:00 pm	July 25 – July 29	\$ 325	\$ 400	\$ 50
Week 7	9:00 am - 4:00 pm	August 2 – 5 (4 days only)	\$ 260	\$ 320	\$ 40
Week 8	9:00 am - 4:00 pm	August 8 – 12	\$ 325	\$ 400	\$ 50
Week 9	9:00 am - 4:00 pm	August 15 - 19	\$ 325	\$ 400	\$ 50
Week 10	9:00 am - 4:00 pm	August 22 - 26	\$ 325	\$ 400	\$ 50

TENNIS INSTRUCTION FOR ADULTS (SUMMER 2016)

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 2016)

JOIN US FOR OUR ANNUAL TENNIS OPEN HOUSE

SATURDAY, MAY 7th, 2016 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!

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 8 2016
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 (2016)

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.