



FOR APPROVAL

PUBLIC

OPEN SESSION

TO: University Affairs Board

SPONSOR: Professor Sandy Welsh, Vice-Provost, Students
CONTACT INFO: 416-978-3870, vp.students@utoronto.ca

PRESENTER: Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education
CONTACT INFO: 416-978-5835, vicedean.kpe@utoronto.ca

DATE: February 19, 2025, for February 26, 2025

AGENDA ITEM: 6 (c)

ITEM IDENTIFICATION:

Operating Plans & Fees: Sport & Rec, Faculty of Kinesiology and Physical Education

JURISDICTIONAL INFORMATION:

Section 4 of the *Terms of Reference* provides that the University Affairs Board is responsible for “policy of a non-academic nature and matters that directly concern the quality of student and campus life”. Under Section 5, the Board is responsible for compulsory non-academic incidental fees for the University, as well as St. George and University-wide student services and co-curricular programs, services, and facilities. Section 5.1.2(b) states that “[a]nnual approval of the Faculty of Kinesiology and Physical Education co-curricular programs, services and facilities operating plans that describe the services and programs proposed to be offered within the financial parameters set by the University’s operating budget and financial policies is the responsibility of the Board” and section 5.2.1 states that compulsory non-academic incidental “[f]ees for St. George campus, ... and University-wide fees that apply to the St. George, UTM and UTSC campuses, are approved by the Board”.

Pursuant to the terms of the *Memorandum of Agreement between The University of Toronto, The Students’ Administrative Council, The Graduate Students’ Union and The Association of Part-time Undergraduate Students for a Long-Term Protocol on the Increase or Introduction of Compulsory Non-tuition Related Fees*, the Council on Student Services reviews in detail the annual operating plans, including budgets and proposed compulsory non-academic incidental fees, of St. George and University-wide student services and offers its advice to the Board on these plans.

GOVERNANCE PATH:

1. University Affairs Board [For Approval] (February 26, 2025)

PREVIOUS ACTION TAKEN:

The 2024-25 Sports & Rec operating plans and fees were approved by to the University Affairs Board on February 28, 2024.

HIGHLIGHTS:

The current fees for Sport & Rec include:

St. George campus: \$222.88 per session (\$44.58 for part-time students)

UTM & UTSC: \$25.85 per session (\$5.17 for part-time students)

The 2025-26 operating plans and fees for Sports & Rec were unanimously approved by the Council on Athletics & Recreation (CAR) Budget Committee and by CAR before being presented to the Council on Student Services (COSS) for consideration. Please also see the separate memorandum concerning consideration of the proposed plans and fees by COSS, included with item 6(a) on this agenda.

The experiences of Sport & Rec this past year, and operating plans and fees for 2025-26, are summarized in the documentation provided by Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education.

FINANCIAL IMPLICATIONS:

The Faculty of Kinesiology and Physical Education draws University operating budget support of \$275,753.

RECOMMENDATION:

BE IT RESOLVED,

THAT the 2025-26 operating plans and budget for Sport & Rec at the Faculty of Kinesiology and Physical Education, as presented in the documentation from Professor Ashley Stirling, Vice Dean, Programs, Faculty of Kinesiology & Physical Education, be approved;

THAT the sessional fee for a full-time student on the St. George campus be increased from \$222.88 (\$44.58 for a part-time student) to \$229.86 (\$45.97 for a part-time student), which represents a year-over-year increase of \$6.98 (\$1.39 for a part-time student) or 3.13%; and

THAT the sessional fee for a full-time student at UTM or UTSC be increased from \$25.85 (\$5.17 for a part-time student) to \$26.66 (\$5.33 for a part-time student), which represents a year-over-year increase of \$0.81 (\$0.16 for a part-time student) or 3.13%.

DOCUMENTATION PROVIDED:

- Sport & Rec Orientation and 2025-26 Draft Budget (presented to the Council on Student Services)
- Inclusive Movement: Sport & Rec Year in Review 2023-2024



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

SPORT & REC ORIENTATION

and

2025-26 DRAFT BUDGET

JANUARY 22, 2025
PRESENTATION TO

COUNCIL ON STUDENT SERVICES

Faculty of Kinesiology and Physical Education



MISSION

Develop, advance and disseminate knowledge about physical activity, health and their interactions through education, research, leadership and the provision of opportunity.

KPE is an integrated faculty.

It is responsible for both undergraduate | graduate academic programs and U of T Sport & Rec.

While these two units are integrated in many positive ways, the **budgets are completely separate.**

SPORT & RECREATION

Our Purpose



Promote a healthy, active U of T campus through the provision of outstanding opportunities in sport, recreation, physical activity and leadership which engages the University of Toronto community, **improves the physical, mental, academic and social well-being of our students and fosters a sense of community, belonging and pride.**

What is Sport & Rec?



Sport & Rec serves:

All U of T ancillary fee paying students and non-student members (staff, faculty and community members) with sport, recreation, physical activity programs and service

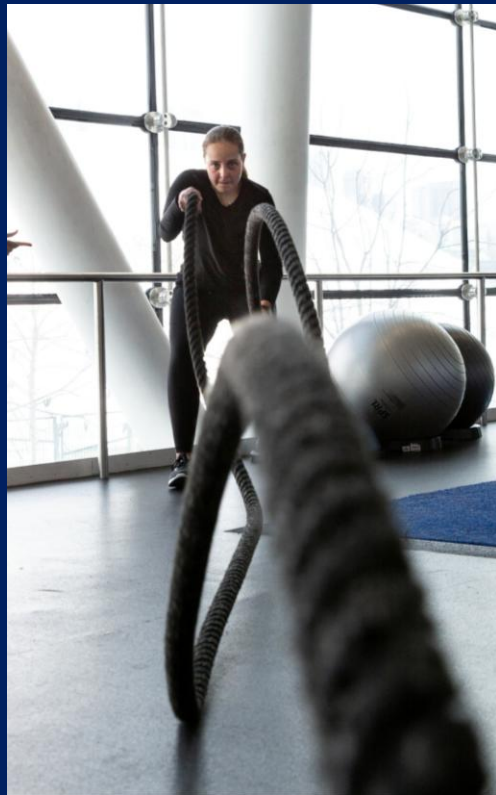
Sport & Rec programs:

Are largely located on the St. George campus, while intramural, tri-campus league and intercollegiate programs engage students on all three campuses.

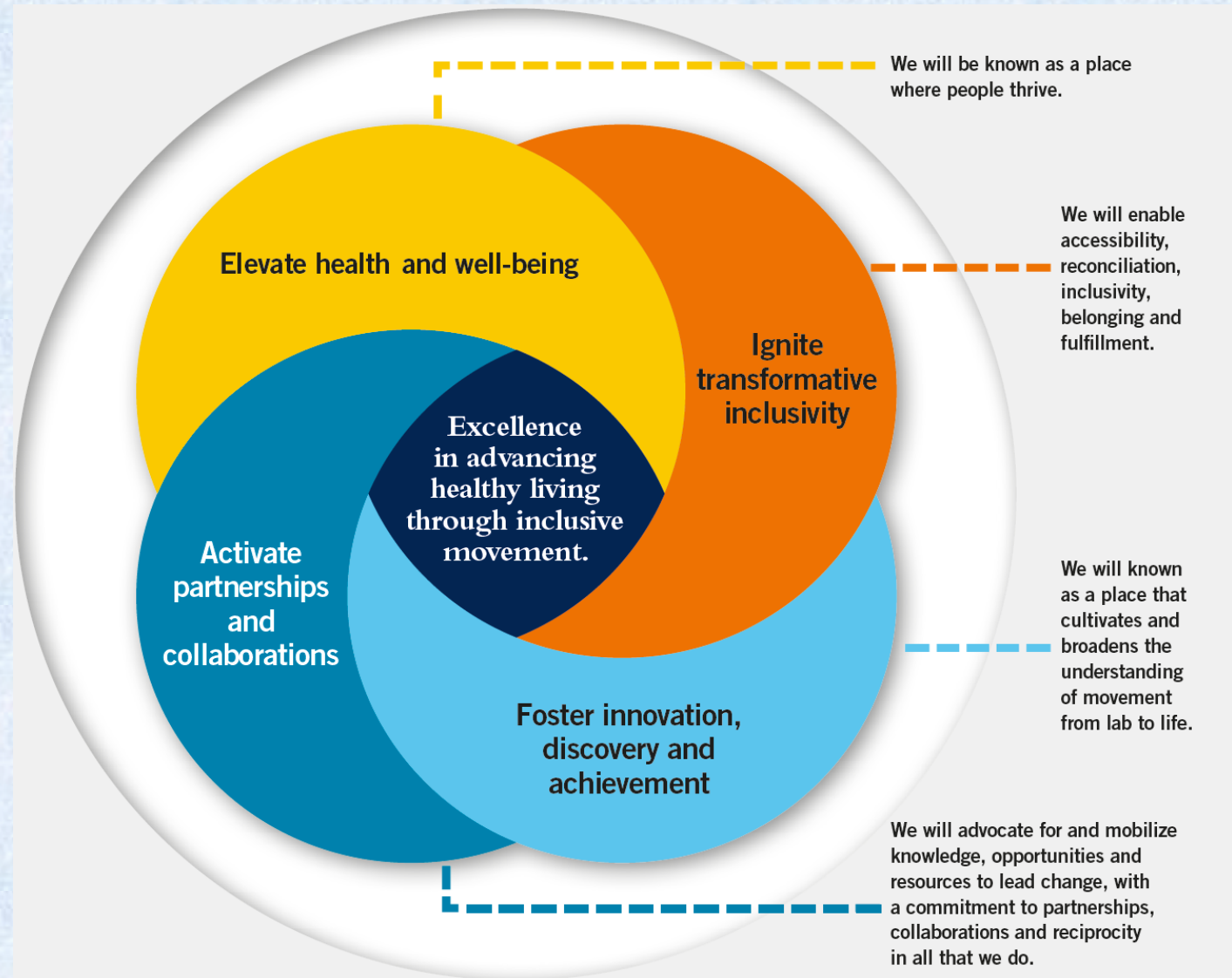
Sport & Rec employs:

1,559+ full time and casual activity staff

SPORT & RECREATION
Our Priorities



The Kinetic Knot



SPORT & RECREATION
Governance

THE COUNCIL OF
**ATHLETICS &
RECREATION**

The Council of Athletics and Recreation (CAR) is one of the **oldest continuing student governance bodies** at the University of Toronto, with a history dating back more than 100 years.

CAR provides feedback for overall **Sport & Rec policy** and plays an instrumental role in the approval process of the annual **Sport & Rec Budget**. It is comprised of students, staff, alumni and facility users from across all three University of Toronto campuses.

APUS, GSU and UTSU have permanent membership on CAR Council and the CAR budget committee.

Student-led committees such as the **Intramural Sports Council** and the **Varsity Board** report to CAR.

Two students serve as the co-chairs of CAR, the CAR Budget Committee and sit on KPE Faculty Council.

OUR PROGRAMS, SERVICES AND FACILITIES

Our Programs



Our Services

SPORT MEDICINE CLINIC

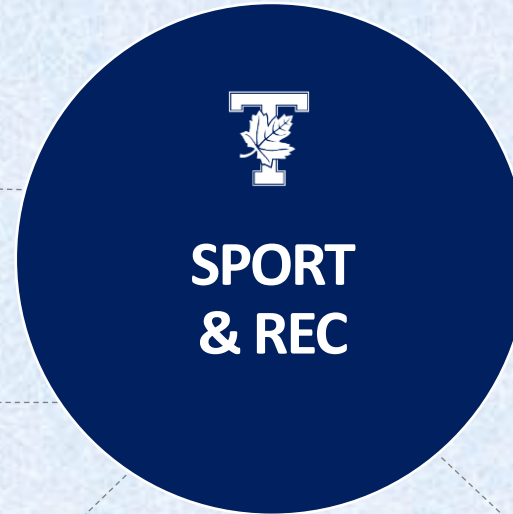
Sport Medicine Physicians, Orthopedic Surgeons, Sports Psychiatrists | Sport Psychotherapy | Comprehensive Concussion Management | Registered Dietician | Physiotherapists | Athletic Therapists | Massage Therapists | Bracing and Orthotics | Ultra Sound

COMMUNICATIONS & MARKETING

All Social Media Content | AV Screen Content | Program Marketing | Services Marketing | Student Engagement Strategies | Internal and External Signage | Brand Management

INFORMATION TECHNOLOGY

Cyber-security | Registration and membership systems | AV screens, computers | scanners | printers, programming | Software



HUMAN RESOURCES

Employment contracts | Payroll | Full + Part time Employee training and development | Hiring and Onboarding for Full and Part time Employees, Work Study Program

FACILITIES

ATHLETIC CENTRE: 3 Pools, Field House | Indoor Track | 2 Gyms | Squash Courts | Strength & Conditioning Center | Dance Studio | Outdoor Gym

GOLDRING CENTRE: Field House | Strength & Conditioning Center | Fitness Studio | Sport Medicine Clinic

VARSITY CENTRE: Stadium, Outdoor Track | Arena

BACK CAMPUS FIELDS and ROBERT STREET FIELD

47,420 m of student space

Note: Rogers Centre is 51,400 m

CLIENT SERVICES

Program Registration | T-Card Services | Facility Access | Information | Member Service | Risk Management and Safety

Our Commitment to Sustainability

Consistent with our commitment to student health, we are also strongly committed to environmental health.

ATHLETIC CENTRE

- Solar panels heats the water for both swimming pools.
- The Field House, Sports Gym, Upper Gym, Lower Gym, Weightlifting Zone and 25yd and 50m pool lighting upgraded to LED fixtures/lamps.
- Occupancy sensors installed at entrance to gyms and connected to VFD fans on HVAC system, to provide heating/cooling when space is occupied and adjusted to number of occupants.

GOLDRING CENTRE

- Field house lighting and light walls converted to LED.

VARSITY ARENA

- Arena refitted with an electric Zamboni.
- Water in the change rooms and washrooms heated by solar power.
- Gas powered pick-up truck replaced with electric truck.

VARSITY STADIUM

- The Dome's automated temperature and pressure controls lower natural gas usage for heating.
- Stadium lighting refitted with LED lights.



SPORT & RECREATION 2023-24

By The Numbers



	Participants / Visits	Year-over-year
Student visits to Sport & Rec facilities	760,705	+19%
Unique student visits to Sport & Rec facilities	39,955	-11% *
Drop-in Sports activities	84,285	**
Aquatics activities	76,800	**
David L. MacIntosh Client Services performed	25,000	+14%
Intramurals and Tri-Campus League participants	15,456	0
Group Fitness program participants	14,458	+63%
MoveU participants	9,229	+34%
Student Employment	1,459	+20%
Equity, Diversity, Inclusion & Belonging events	1,452	+31%
Competitive Club participants	1,400	+14%
Intercollegiate student-athletes	844	-5%
Academic Excellence Honorees (student-athletes)	284	+13%
Student-led governance boards	3	0

(*) 2023-24 should actually reflect an increase of 10% year-over-year. There was an error in reporting of 2022-23 unique student visits.

(**) Due to a new participant registration system in 2023-24, we are unable to provide year-over-year comparisons for these items.

**OUR AREAS OF FOCUS TO ENHANCE
THE STUDENT EXPERIENCE**

Enhancing The Student Experience

4 AREAS OF FOCUS

1

Physical and
Mental Wellness



2

Accessibility
and Inclusion



3

Student
Engagement



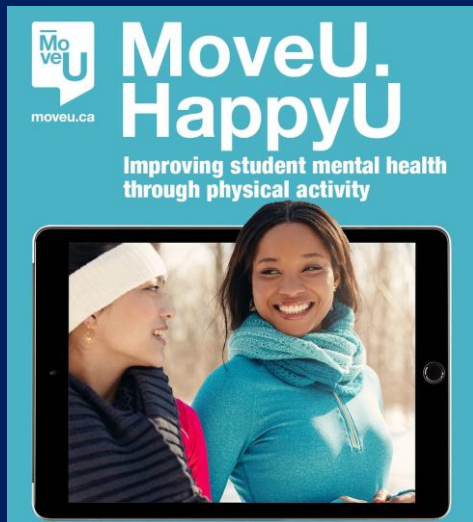
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Future
Success



1

Physical and Mental Wellness



- Physical and Mental Wellness is complex issue that can **impact self-confidence, stress response and anxiety levels.**
- Our U of T students are faced with a **highly competitive admissions process, rigorous and challenging academic programs** and lives, often complicated by commuting, financial responsibilities, family concerns and social interactions.
- COVID-19 and its' aftermath have exponentially increased the **mental health challenges of our student community.**

**Sport & Rec
offers 160+ programs
and services to all
U of T students**

1

Physical and Mental Wellness

Research repeatedly shows that regular participation in physical activity and sport:

1. Improves self-esteem
2. Improves sleep quality
3. Reduces the impact of stress
4. Creates a support network
5. Builds a sense of community and combat isolation
6. Enhances physical and mental well-being and academic success



**MINDFUL
MOMENTS
YOGA**

Be more calm, confident and connected. This class supports increased relaxation, resilience, and focus.

Practice to improve your core strength, flexibility and strengthen your mind-body connection. Emphasis on safety and alignment.

2

Accessibly and Inclusion



HOURS OF OPERATION

Varsity and Goldring Centres

7:00AM to 11:00PM Mon-Sun

Each facility open 105 hours | week

Athletic Centre

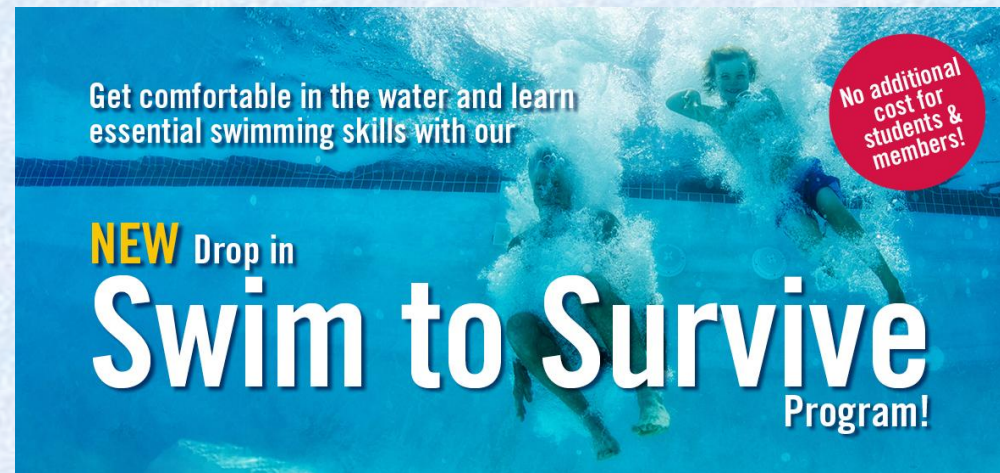
7:00AM to 11:00PM Mon-Fri

9:00AM to 5:00PM Sat-Sun

Open 91 hours | week

ACCESS

- All ancillary fee-paying **U of T students** have a membership to all **3 KPE facilities and program services.**
- Student have **access to our facilities** when it is convenient for their schedules – **morning, afternoon or evening.** The Athletic Centre is open 91-hours each week, while the Varsity and Goldring Centres are open 105-hours a week.
- There is **no fee** for drop-in yoga, mindful meditation, Swim to Survive and all other drop-in activities – the reason being – it reduces cost barriers and encourage mental and physical wellness.



2

Accessibility and Inclusion



HOW DO WE BREAK DOWN BARRIERS TO PARTICIPATE?

- Curate a large and **diverse offering of programs** and services to meet the needs of the largest and most diverse student body in Canada.
- Encourage participation for **under-represented U of T communities** through programs such as women-only hours, trans-positive swim, Indigenous swim initiative, Drop-In Vogue Dance classes and Move with Culture Pow-Wow Hip Hop.
- Offering **beginner and novice classes** and drop-in programs to kick start participation.
- Providing **equipment lending** to encourage participation. Equipment includes helmets and skates for ice sports, basket, soccer and volleyballs and racquets for badminton and tennis.

3

Engaging Students in Sport & Rec



PROMOTIONAL STRATEGIES

- **Outreach on KPE social media platforms and the KPE websites** to all U of T students to promote programs, services and facilities for all.
- Student peer teams on the 3 campuses, engage over **9,000 students** annually through MOVEU **physical activity program**.
- MOVEU partners with faculties to include movement **breaks for classes over an hour**.
- Provide unique activities such as Move U **skating series, play days, open houses, facilities tour and introductory classes in fitness, dance and sport**.
- Offer **Brain Breaks** in which the **Move U teams go into libraries** during mid-term and exam periods to encourage a short physical activity break from studying and have nutrition provided by the team.

3

Engaging Students in Sport & Rec

LEADERSHIP DEVELOPMENT IN STUDENT GOVERNANCE

- Council of Athletics and Recreation 17 students
- Intramural Sport Council 42 students
- Varsity Board 70 students
- Equity Committee 6 students
- Budget and Finance Committee 6 students



3

Engaging Students in Sport & Rec

EXPERIENTIAL LEARNING

- Student Therapist placements in Sport Med
- Student Event Coordinators in Intercollegiate
- Physical Activity Facilitators in Recreation
- Student Game and Event Managers in Intramurals
- Student Coaches and Instructors in Fitness and Performance, Clubs and Instructional Programs
- Student Customer Service Staff at all access points



3

Engaging Students in Sport & Rec

EMPLOYMENT AT SPORT & REC

U of T Sport & Rec is the largest employer of students on campus:

- **1,459** students employed
- **109** students employed through the U of T work-study program
- **78** active Co-Curricular Record opportunities
- **\$5 million+** paid to student-staff

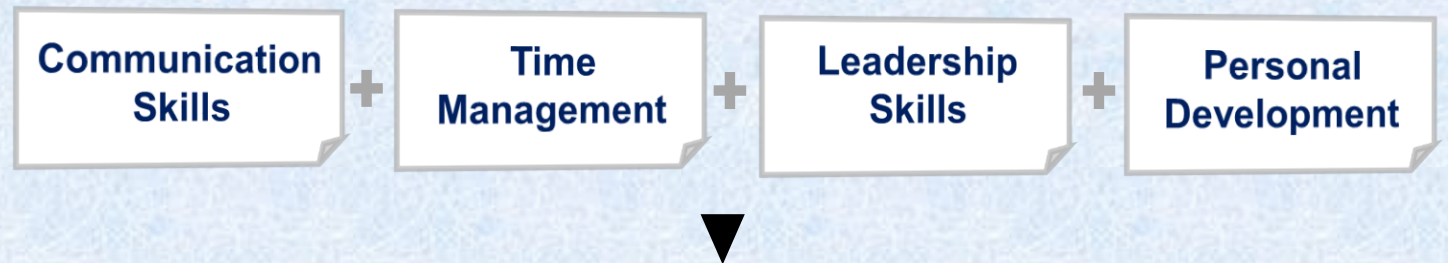


4

Future Success



Working in Sport & Rec provides students with the opportunity to **enhance their professional skills** in a supportive environment and one that prioritizes the **personal and professional growth**. By taking a proactive approach in this area, **we believe we can assist students in their preparation for post – university success.**



A Foundation for Post University Success

Sport & Rec's Impact

The Students' Voice

Emily Fujiwara

Arts and Science Pharmacology | 4th year

Sport & Rec provided me with an **essential outlet to manage stress and maintain balance**. Engaging in activities gave me a break from academics, **boosted my mood, and improved my focus**. It was also a great way to connect with friends, strengthening **my support network** and making my overall student experience more enjoyable and fulfilling.

Sam Sharifi

Masters of Professional Kinesiology | Graduating 2025

Whether coaching or participating, I was surrounded by a group of likeminded people who actively **gave me a sense of community and welcoming atmosphere**. No matter what is happening in my personal life or academics, whenever I participate in Sport & Rec activities, it's like nothing else matters anymore.

Owen Taylor

Rotman Commerce | 4th year

Competing in sport has **developed into my safe space where I feel confident and able to express emotions** in a **controlled environment**. Winning two provincial championships has given me an incredible amount of joy and motivation.

Matthew Tenentes

2nd year, Kinesiology

I love playing sports and **connecting with people** during drop-in sports. I developed and **strengthened my best friendships** at the university

Vian Chan

Faculty of Nursing | 2nd year

The Intramural program has **contributed to my mental health and wellness** by giving me an outlet to express myself, as well as giving me a **supportive community** of like-minded individuals. It has made me a better-rounded student by **improving my time management, communication, and leadership skills**.

SPORT & REC

Where Students Experience...

- Personal Growth
- Self Discovery
- Self Awareness
- Acceptance
- Work-Integrated Learning
- Getting out of their comfort zone
- Fostering Collaboration
- Realizing Potential
- The importance of “self”
- Building Community
- Life-Long Connections
- A Sense of Belonging





Questions ?

Inclusive Movement Break





UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

2025-26 SPORT & REC DRAFT BUDGET

JANUARY 22, 2025
PRESENTATION TO

COUNCIL ON STUDENT SERVICES

2025-26 Sport & Rec Draft Budget

- The Council of Athletics and Recreation (CAR) Budget Committee was **chaired by students, Erin Sullivan and Hannah Chown**, the 2024-25 CAR co-chairs.
- The budget committee included **representatives from the 3 student governments, students and staff**.
- The 2025-26 draft KPE Sport & Rec budget was **recommended for presentation to the full CAR membership on November 28, 2024**.
- The 2025-26 draft budget was presented to Council on December 4, 2024 and was unanimously **recommended for presentation to COSS at the CAR General Meeting on January 9, 2025**.



2025-26 Sport & Rec Draft Budget

EXPENSES

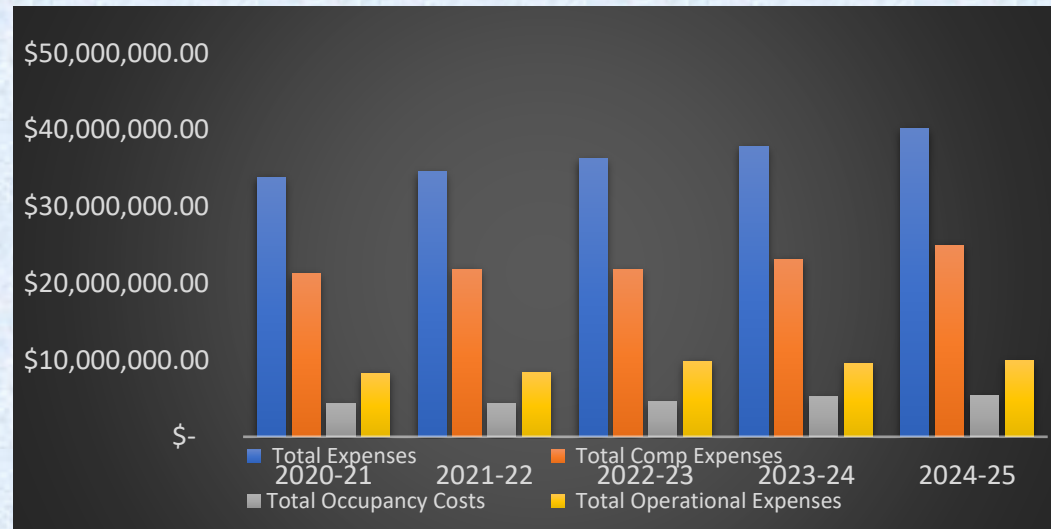
1. Compensation
2. Occupancy Costs
3. Operational Expenses



Expenses

Expenses from 2020-21 to 2024-25

Year	Total Expenses	Total Compensation Expenses	Total Occupancy Costs	Total Operational Expenses
2020-21	\$ 33,856,359	\$ 21,286,384	\$4,287,599	\$ 8,282,376
2021-22	\$ 34,519,019	\$ 21,838,649	\$ 4,344,897	\$ 8,335,473
2022-23	\$ 36,235,901	\$ 21,806,744	\$ 4,561,156	\$ 9,868,001
2023-24	\$ 37,881,908	\$ 23,131,727	\$ 5,199,808	\$ 9,550,373
2024-25	\$ 39,874,165	\$ 24,871,150	\$ 5,355,802	\$ 9,756,483
2025-26	\$ 40,712,974	\$ 26,251,112	\$ 4,897,377	\$ 9,855,398



Compensation

**The two primary cost drivers in Sport & Rec budget:
Compensation and Occupancy costs**

Compensation – over 64% of the total Sport & Rec Budget

- Salaries and benefits for appointed (permanent) staff.
- Pay for casual student staff and work study positions.
- Student casual positions and work study compensation represents over 20% of the total compensation budget at Sport & Rec.



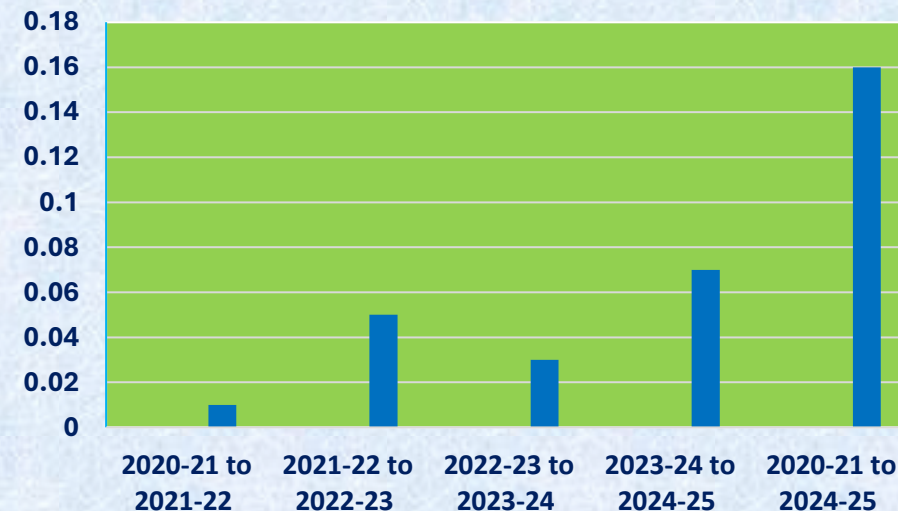
Compensation

Factors that influence compensation:

- Collective agreements with labour unions at U of T including C.U.P.E., U.S.W. and the Faculty Association. The University negotiates with these organizations and the resulting collective agreements result in increases to the compensation budget. Full and part time staff compensations are included in these agreements.
- Government policy on the provincial minimum wage.

Minimum Wage Year Over Year Data 2020-21 to 2024-25

Year	Hourly Minimum Wage	Increase
2020-21 to 2021-22	\$14.25 to \$14.35	1%
2021-22 to 2022-23	\$14.35 to \$15.00	5%
2022-23 to 2023-24	\$15.00 to \$15.50	3%
2023-24 to 2024-25	\$15.50 to \$16.55	7%
2020-21 to 2024-25	\$16.55 to \$17.20	20%



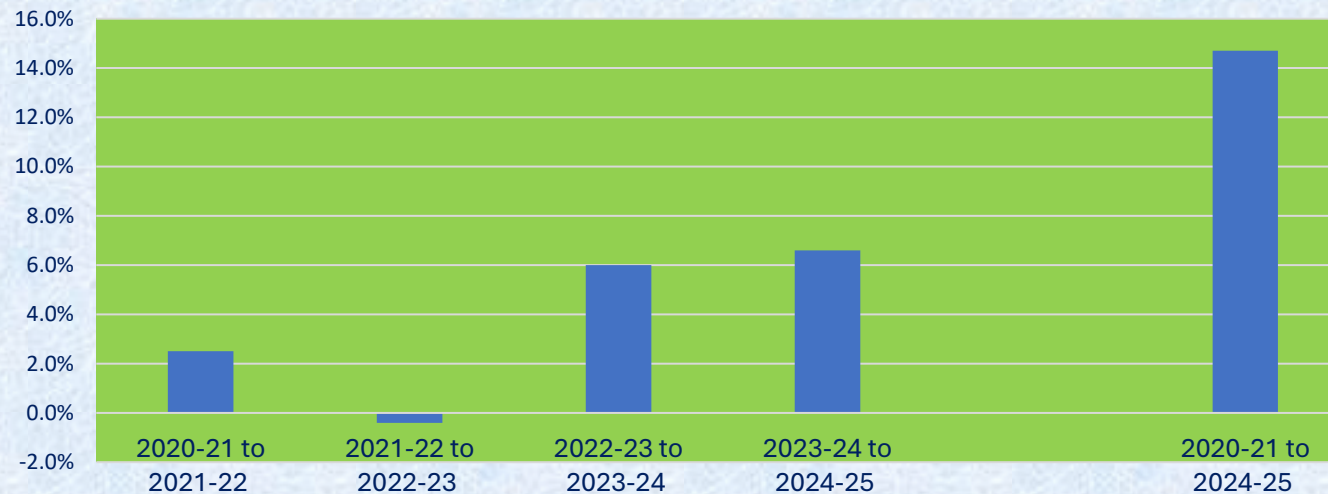
Compensation

Compensation Costs Year Over Year

Sport & Rec Compensation Fiscal Year 2021-22 to 2025-2026

Year	Programs	Services	Facilities and IS	Total
2020-21	\$ 9,958,694.00	\$ 7,143,589.00	\$ 4,184,101.00	\$ 21,286,384.00
2021-22	\$ 10,270,456.00	\$ 7,288,520.00	\$ 4,279,674.00	\$ 21,838,650.00
2022-23	\$ 10,629,638.00	\$ 6,927,091.00	\$ 4,250,015.00	\$ 21,806,744.00
2023-24	\$ 11,250,496.00	\$ 7,763,411.00	\$ 4,117,830.00	\$ 23,131,737.00
2024-25	\$ 11,711,135.00	\$ 8,824,594.00	\$ 4,376,237.00	\$ 24,911,966.00
2025-26	\$ 12,007,043.00	\$ 9,673,548.00	\$ 4,570,521.00	\$ 26,251,112.00

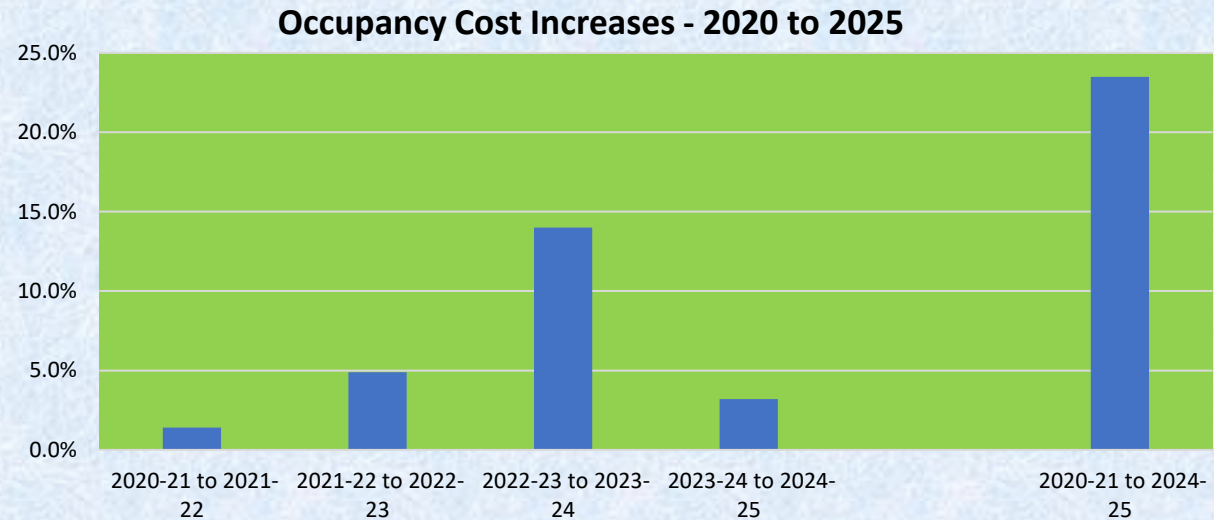
Compensation Costs Increases - 2020 to 2025



Occupancy

Factors that influence occupancy costs include supply and demand, global conditions, inflation and taxes.

Year	Occupancy Costs
2020-21	\$ 4,287,599
2021-22	\$ 4,344,897
2022-23	\$ 4,561,158
2023-24	\$ 5,199,808
2024-25	\$ 5,355,802
2025-26	\$ 4,987,377



Occupancy

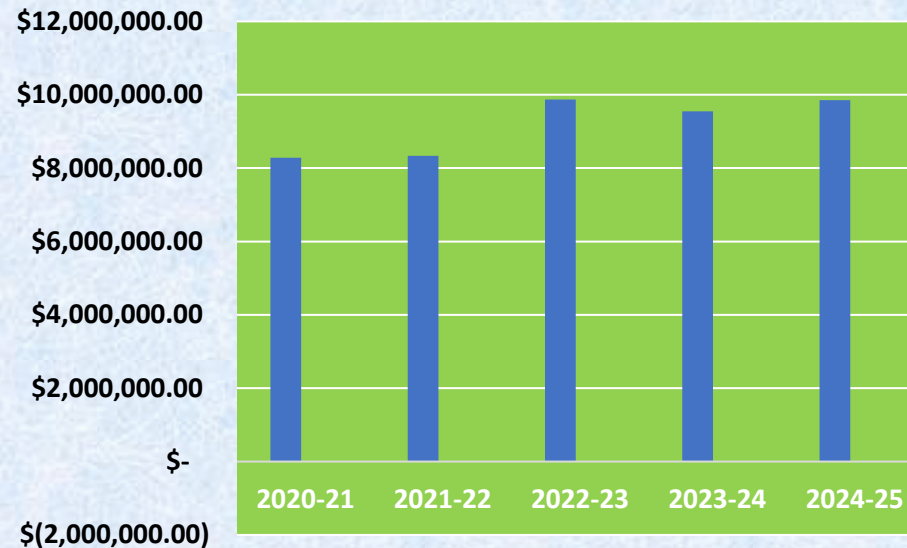
Occupancy Costs account for 12% of the total Sport & Rec Budget

- Charged by the University to each area of the university for space costs.
- The costs are based on number of square meters used and the actual cost of utility consumption, caretaking. Utility consumption includes electricity, natural gas and water.
- Includes all activity spaces, welcome centres, office and staff spaces, storage, washrooms, change rooms and showers.
- Also includes our share of property maintenance, campus police, telecommunications, groundskeeping and mail services.
- Factors that influence occupancy costs include supply and demand, global conditions and inflation.

Operational Expenses

Operational costs within Sport & Rec are somewhat unique and varied
Factors that influence operational costs include supply and demand,
global conditions and inflation – very similar to those influencing
occupancy costs.

Year	Total Operational Expenses
2020-21	\$8,282,376
2021-22	\$8,335,473
2022-23	\$9,868,001
2023-24	\$9,550,373
2024-25	\$9,852,566
2025-26	\$10,242,434



Expense Summary

- Sport & Rec's budget is comprised of compensation (64%), occupancy costs (12%) and operational costs (24%).
- Sport & Rec has little control on the factors that determine these costs.
- Sport & Rec could reduce compensation costs is by cutting student programs and services which would then result in a decrease in the full time appointed and student casual and work study positions and a portion of operational costs.
- Occupancy costs would remain largely unaffected although a decrease in the full and casual staff complement and reduction of programs and services would provide an opportunity to increase income through facility rentals as the space designated for student programs and services could be reallocated to rentals.



Expenses Summary Cont.

Considerations

- We are the largest university Sport & Rec program in Canada, and we engage close to 40,000 students participate in Sport & Rec programs and services over 760,000 times each year.
- Our students rely on Sport & Rec to provide recreation, sport and physical activity programs, facilities and services for their physical, mental and academic health (now and in the future), to create a sense of community and belonging, and to prepare for post university success.
- In comparison to other large university sport and recreation units in Canada, we have one of the smaller full-time staff complements.



2025-26 Sport & Rec Draft Budget

INCOME

1. Student Ancillary Fees
2. Non-Ancillary Fee
3. Tri-Campus Agreement



Student Ancillary Fees

- Ancillary fees that support the KPE Sport & Rec Budget are collected from full and part time graduate and undergraduate students on the three campuses at the University of Toronto.
- Some Sport & Rec programs and services are offered only on the St. George campus. These include fitness, aquatics, drop in recreation, some intramurals, instruction and the David L. MacIntosh Sport Medicine Clinic.
- It is important to note that these programs, services and facilities are available to **all** U of T students but due to their location, there are proportionally more St. George students accessing them than UTM and UTSC students.
- Programs such as the Tri-Campus league, intramurals, intercollegiate and MoveU are tri-campus in nature and are funded through the Sport & Rec budget.



Self Generated Income

There are two types of self generated income – operational income and payouts from interest on endowments raised through donations.

- Examples of operational income include facility rentals, the sale of faculty, staff and community memberships, Child and Youth program registration fees, non-student massage and physio-therapy services at the Sport Medicine Clinic, and the sale of strength and conditioning services, sponsorships, and advertising.

Year	Self Generated Income
2021-22	\$9,415,520
2022-23	\$9,675,492
2023-24	\$9,284,991
2024-25	\$9,402,919
2025-26	\$9,855,398

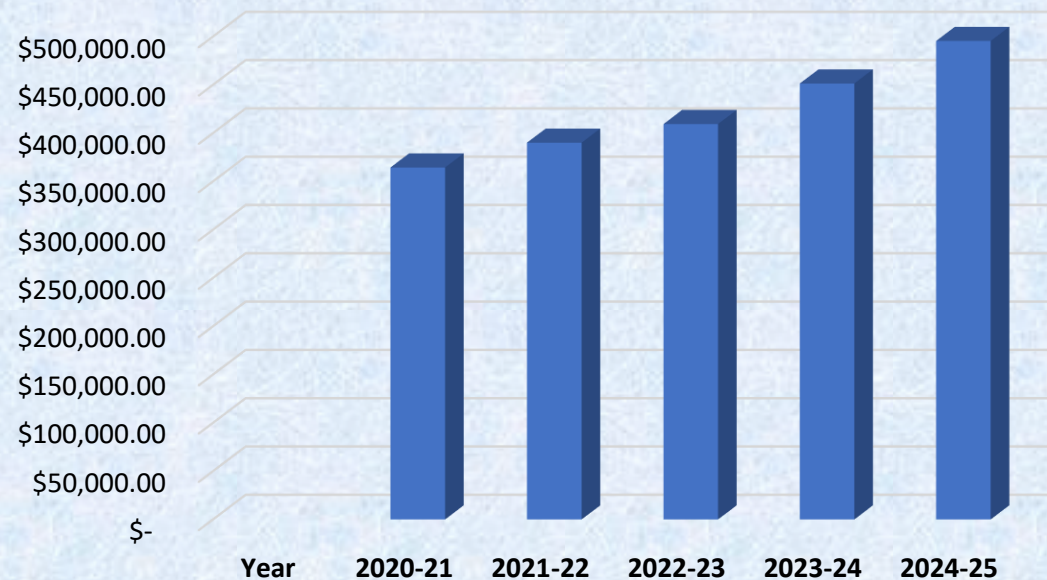
- Interest payouts from endowments raised through donations support students and student programming. Examples include student bursaries and scholarships such as the Equity Ideas Fund, Equipment Fund, Indigenous and Black student athlete bursaries, and IC and club programs funded through the Women’s Athletic Association Trust.

Tri-Campus Agreement

The Tri-Campus Agreement was created to equitably reflect the access and usage of sport, recreation and physical activity programs, facilities and services on the three campuses and how that aligns with the ancillary fees collected.

Fees Collected and Reimbursed for Recreation, Sport, Physical Activity and Wellness Programming

Year	Amount Returned to UTM UTSC
2020-21	\$ 364,378.00
2021-22	\$ 390,089.00
2022-23	\$ 409,359.00
2023-24	\$ 451,365.00
2024-25	\$ 485,013.00
2025-26	\$ 513,225.00



Income Summary

- At Sport & Rec, we continue to **recognize and respect the significant contributions made by U of T students** to support the programming, facilities and services provided by Sport & Rec.
- We are **aligned with the student unions in their priorities to enrich the student experience**, enhance mental and physical wellness, contribute to academic success and create community and a sense of belonging across our student body.
- Historically, the student ancillary fee has represented between 71% and 75% of the total income of Sport & Rec and the remaining 25% to 29% comes through self-generated revenue.

Barriers to Revenue Generation

- **Facility rentals** are an excellent source of revenue and there is great demand in downtown Toronto.
- Currently, **we prioritize student programming from mid-August to the end of March** each year and have very few rentals during that time. **We prioritize rentals from May to Mid August.**
- **Hybrid work reality** negatively impacts our sale of memberships to faculty, staff and community.
- **Economic conditions** continue to restrict sponsorships and donations.



2025-26 Sport & Rec Draft Budget

FACULTY OF KINESIOLOGY AND PHYSICAL EDUCATION 2025-2026 Co-Curricular Budget												
	A	B	A-B	C	D=C-A	E	F	G=F-E				
	2025 - 2026 Budget Plan - D R A F T						2024 - 2025 Budget Plan - Approved					
	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income	Operating Expenses	Compensation *	Comp as a % Op Exp	Non Compensation Expenses	Income	Net Operating (expense) / Income
Co-Curricular Operations												
Programs												
Children & Youth	1,650,025	1,348,025	81.7%	302,000	2,419,700	769,675	1,485,688	1,209,788	81.4%	275,900	2,390,000	904,312
Physical Activity & Equity	3,178,238	2,173,624	68.4%	1,004,614	573,600	(2,604,638)	2,862,089	1,927,804	67.4%	934,285	556,400	(2,305,689)
Athletics	5,383,837	3,078,402	57.2%	2,305,436	327,000	(5,056,837)	5,411,299	3,094,308	57.2%	2,316,991	292,000	(5,119,299)
Program Business	5,428,493	5,406,993	99.6%	21,500	41,150	(5,387,343)	5,557,004	5,539,235	99.7%	17,769	82,055	(5,474,949)
Sub-total - Programs	15,640,593	12,007,043	76.8%	3,633,550	3,361,450	(12,279,143)	15,316,080	11,771,135	76.9%	3,544,945	3,320,455	(11,995,625)
Services												
Administrative Services	3,791,043	3,272,606	86.3%	518,437	692,187	(3,098,856)	3,276,528	2,879,281	87.9%	397,247	573,693	(2,702,835)
Sports Medicine Clinic	3,664,774	2,970,000	81.1%	694,775	1,737,995	(1,926,779)	3,264,078	2,702,989	82.8%	561,089	1,565,130	(1,698,948)
Communications	1,354,694	1,255,194	92.7%	99,500	77,958	(1,276,736)	1,194,732	1,036,014	86.7%	158,717	97,447	(1,097,285)
Development and Alumni Affairs	816,428	780,328	95.6%	36,100	427,982	(388,446)	780,468	727,995	93.3%	52,472	369,982	(410,486)
Customer & Membership Services	1,453,320	1,395,420	96.0%	57,900	2,045,000	591,680	1,424,546	1,377,497	96.7%	47,049	2,043,745	619,199
Sub-total - Services	11,080,259	9,673,548	87.3%	1,406,712	4,981,122	(6,099,137)	9,940,352	8,723,778	87.8%	1,216,574	4,649,997	(5,290,355)
Facilities & Infrastructure												
Facilities - Athletic Centre	3,544,926	1,069,309	30.2%	2,475,617	90,000	(3,454,926)	3,402,692	954,285	28.0%	2,448,407	113,093	(3,289,599)
Facilities - Pools	1,746,953	1,095,966	62.7%	650,987	659,452	(1,087,501)	1,925,017	1,074,794	55.8%	850,223	546,000	(1,379,017)
Facilities - Varsity, Goldring & Fields	5,259,576	1,577,233	30.0%	3,682,343	682,374	(4,577,202)	5,389,467	1,536,001	28.5%	3,853,466	692,874	(4,696,593)
Facility Renewal	2,000,000	0	0%	2,000,000	0	(2,000,000)	2,000,000	0	0%	2,000,000	0	(2,000,000)
Information Technology	1,440,667	828,013	57.5%	612,654	81,000	(1,359,667)	1,415,544	811,156	57.3%	604,387	80,500	(1,335,044)
Sub-total - Facilities & Infrastructure	13,992,122	4,570,521	32.7%	9,421,601	1,512,826	(12,479,296)	14,132,720	4,376,237	31.0%	9,756,483	1,432,467	(12,700,253)
Total Co-Curricular Operations	40,712,974	26,251,112	64.5%	14,461,862	9,855,398	(30,857,576)	39,389,152	24,871,150	63.1%	14,518,002	9,402,919	(29,986,233)
Co-Curricular Funding												
Student Fees - St. George					29,621,749	29,621,749					28,819,476	28,819,476
Student Fees - UTM					888,395	888,395					862,331	862,331
Student Fees - UTSc					860,657	860,657					789,440	789,440
Student fee transfer to UTM	257,635			257,635		(257,635)	250,076			250,076		(250,076)
Student fee transfer to UTSc	249,591			249,591		(249,591)	228,937			228,937		(228,937)
Student fee transfer to UTIAS (Aerospace)	6,000			6,000		(6,000)	6,000			6,000		(6,000)
Total Funding	513,225			513,225	31,370,801	30,857,576	485,013			485,013	30,471,246	29,986,233
Net Co-Curricular Operations	41,226,199	26,251,112	63.7%	14,975,087	41,226,199	(0)	39,874,165	24,871,150	62.4%	15,003,015	39,874,165	0

CPI and UTI Calculation

Faculty of Kinesiology and Physical Education
2025-2026 Co-Curricular Budget
Student Fee Calculation

Long-Term Protocol on Student Fee Calculation		
Adjusted Fee Base		
Fee per Session (previous year)	\$	222.88
Less: Removal of temporary fee (three years previous)		
Adjusted fee base	\$	222.88
CPI - Consumer Price Index		
CPI Index Percent	2.00%	4.46
\$ Amount of CPI based increase	\$	4.46
UTI - University of Toronto Index		
Appointed Salary Expenditure Base (previous year budget)	\$	14,672,376
ATB Change (mandated changes > avg rate)		
Average merit/step increase/decrease for appointed staff	5.00%	733,619
Indexed salaries		
Average Benefit Cost Rate	25.00%	3,851,499
Indexed appointed salary expenditure base	\$	19,257,494
Casual/PT Salary Expenditure Base (previous year budget)		
Average ATB Increase/Decrease for casual/part time staff	3.00%	168,988
Indexed salaries		
Average Benefit Cost Rate	10.50%	609,201
Indexed Casual/PT Salary Expenditure Base	\$	6,411,114
Indexed Salary and Benefits Expenditure Costs		
\$ 25,668,607		
Subtract the Amount of Net Revenue budget from Other Sources (previous year)		
\$ (9,402,919)		
Add the Non-Salary Expenditure Base (previous year, excluding previous year occupancy)		
9,871,350		
Add the estimated Occupancy costs - <u>confirmed</u>		
4,897,377		
Subtract the ratio of non student use (joint, community memberships) to total fee revenue		
(296,381)		
Subtract the proportion attributed to UTM and UTSC (current year enrolment, previous year's fee)		
(1,690,408)		
Cost for UTI purposes		
\$ 29,047,627		
Divide the difference by the projected weighted FTE enrolment - per term		
64,435		
UTI Indexed Fee - per term		
\$ 225.40		
\$ Amount of UTI Based Increase (over adjusted fee)		
\$ 2.52		
Combined Fee Increase		
Adjusted Fee	+ \$	222.88
CPI Based Fee increase	+	4.46
UTI Based Fee increase	+	2.52
Indexed Full Time Fee per Term	\$	229.86



2025-26 Student Ancillary Fee Calculation

		STG Full Time	STG Part Time	UTM/UTSC Full Time	UTM/UTSC Part Time
A	Previous Year Fee (2024-25)	222.28	44.58	25.85	5.17
B	Less Removed Temp. fee	0.00	0.00	0.00	0.00
C	Adjusted Fee Base	222.28	44.58	25.85	5.17
D	Plus CPI	4.46	0.89	0.52	0.10
E	Plus UTI	2.52	0.50	0.29	0.06
F	Proposed 2025-26 Fee (C+D+E)	229.86	45.97	26.66	5.33
G	CPI per term/student	4.46	0.89	0.52	0.10
H	UTI per term/student	2.52	0.50	0.29	0.06
I	Total \$ increase per term/per student (G+H)	6.98	1.39	0.81	0.16
J	Total % increase	3.13%	3.13%	3.13%	3.13%

Historical Ancillary Fees 2016-2026

Year	Increase	STG Full Time	STG Part Time	UTSC UTM Full Time	UTSC UTM Part Time	Ancillary Fee % of Total Revenue
2016-17	6.54%	\$ 183.52	\$ 36.70	\$ 21.29	\$ 4.26	72%
2017-18	0.47%	\$ 185.29	\$ 37.04	\$ 21.49	\$ 4.30	72%
2018-19	3.76%	\$ 192.26	\$ 38.45	\$ 22.30	\$ 4.46	70%
2019-20	2.55%	\$ 193.82	\$ 38.76	\$ 22.48	\$ 4.50	72%
2020-21	2.30%	\$ 198.28	\$ 39.66	\$ 23.00	\$ 4.60	71%
2021-22	-0.09%	\$ 196.21	\$ 39.34	\$ 22.82	\$ 4.56	72%
2022-23	2.69%	\$ 200.77	\$ 40.15	\$ 23.29	\$ 4.66	73%
2023-24	5.61%	\$ 212.03	\$ 42.41	\$ 24.60	\$ 4.92	74%
2024-25	5.12%	\$ 222.88	\$ 44.58	\$ 25.85	\$ 5.17	75%
2025-26	3.13%	\$ 229.86	\$ 45.97	\$ 26.66	\$ 5.33	75%





Questions ?



COUNCIL ON STUDENT SERVICES

THANK YOU



UNIVERSITY OF TORONTO
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INCLUSIVE MOVEMENT

2023 | 2024



SPORT & RECREATION
YEAR IN REVIEW



UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION

WELCOME

Sport & Recreation resides within the Faculty of Kinesiology and Physical Education and offers sport, recreation and physical activity programs, services and facilities to the entire University of Toronto community.

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ADVANCING HEALTHY LIVING THROUGH INCLUSIVE MOVEMENT

Welcome to the University of Toronto Sport & Recreation (Sport & Rec) Year in Review. This report provides an overview of our programming highlights from the 2023–24 academic year.

Movement – through physical activity, sport, exercise, dance or play – is widely acknowledged as being central to the health and well-being of individuals, communities and society at large.

We know – not just anecdotally, but from cutting-edge research generated by our faculty members – that movement enhances physical and mental wellness while fostering a sense of community – all important contributors to student academic success. Moreover, the skills and competencies students develop while engaged in sport and recreation are lifelong tools that will help them thrive post-university.

For these reasons, we are committed to enriching the student experience by providing a multitude of athletic and physical activity programs and services, suited for all skills and abilities, and offered across a range of athletic facilities. It doesn't matter if you are a beginner or advanced participant interested in recreation, drop-in sports, fitness training or competitive sports, there are movement opportunities available for everyone.

Guided by the values of equity, diversity, inclusivity and belonging, as outlined in our Faculty's Academic Plan, we are continually evolving our programs to best serve the needs of our diverse student body. Whether it is by creating roles for students in the governance process, hiring students to lead and support our programs or funding grants for student-led initiatives, we place students at the forefront of everything we do.

We hope you enjoy reading this report, and we look forward to creating meaningful new experiences with you in the year ahead.

Let's get moving!

Gretchen Kerr
Dean

Ashley Stirling
Vice-Dean, Programs



SPORT & REC PROGRAM OVERVIEW

Sport & Rec is committed to providing an inclusive, welcoming and safe environment for everyone. We understand the value of student diversity and recognize individual differences in the creation of opportunities within our programs and services. We acknowledge that disparities in opportunities within education, sport and recreation are rooted in historical and contemporary injustices related to race, ethnicity, national origin, sex, gender identity, religion, socio-economic status, ability and age. Through a continuous strategic effort, we work to create meaningful opportunities and experiences for equity-deserving communities.

LAND ACKNOWLEDGEMENT & COMMITMENT STATEMENT

We wish to acknowledge this land on which the University of Toronto operates. For thousands of years, it has been the traditional land of the Huron-Wendat, the Seneca and the Mississaugas of the Credit. Today, this meeting place is still the home to many Indigenous people from across Turtle Island, and we are grateful to have the opportunity to work on this land. As part of an institution complicit in contributing to colonial processes, we are committed to reconciliation by building relationships with Indigenous communities in order to learn about the diversity of Indigenous Nations, create Indigenous spaces and enact anti-colonial practices.

2023–24 BY THE NUMBERS

	Participants/ Visits	Year-over- Year
Student visits to Sport & Rec facilities	760,705	+19%
Unique student visits to Sport & Rec facilities	39,955	-11%
Drop-in sports activities	84,285	*
Aquatics activities	76,800	*
David L. MacIntosh client services performed	25,000	+14%
Intramurals and Tri-Campus League participants	15,456	**
MoveU participants	11,646	+93%
Group fitness program participants	14,458	+63%
Competitive club participants	1,400	+14%
Student employment	1,459	+20%
Equity, Diversity, Inclusion and Belonging events	1,452	+31%
Intercollegiate student-athletes	844	-5%
Academic excellence student-athletes	284	+13%
Student-led governance boards	3	
Activity spaces (+4% year-over-year)	26	
• Sport courts / indoor gyms	11	
• Fields	4	
• Pools	3	
• Tracks	2	
• Studios	2	
• Strength and conditioning centres	2	
• Arenas	1	
• Outdoor gyms	1	

*Due to a new participant registration system in 2023–24, we are unable to provide year-over-year comparisons for these items.
**Operates at capacity each year.



SPORT & REC PROGRAM OFFERINGS



OPEN RECREATION

- Badminton
- Basketball
- Cricket
- Figure Skating
- Golf
- Hockey
- Jogging
- Skating
- Soccer
- Spikeball
- Squash
- Stick 'n Puck
- Strength & Conditioning
- Table Tennis
- Tennis
- Ultimate
- Volleyball
- Walking

DANCE

- Dance for Everybody
- Pow Wow Dance
- Vogue

INTRAMURALS

- Badminton
- Basketball
- Cricket
- Dodgeball
- Field Hockey
- Flag Football
- Ice Hockey
- Inner Tube Water Polo
- Soccer
- Spikeball
- Table Tennis
- Tennis
- Ultimate
- Volleyball

TRI-CAMPUS LEAGUE

- Basketball
- Hockey
- Soccer
- Volleyball

FITNESS & PERFORMANCE

- Barre
- Big HIIT
- Boxing for Fitness
- Cardio Dance
- IMPACT
- Mindful Moments Yoga
- Olympic Weightlifting
- Personal and Small Group Training

INSTRUCTION

- Aquatics
- Badminton
- Fencing
- Golf
- Gymnastics
- Skating
- Squash
- Tennis

CLUBS

- Artistic Swimming
- Cheerleading
- Dance Team
- Fencing
- Karate
- Kendo
- Masters Swimming
- Nordic Ski
- Pom
- Triathlon
- Women's Flag Football

AQUATICS

- Aquatic Certifications
- Fun Swimming
- Lane Swimming
- Learn to Swim
- Springboard Diving
- Swim to Survive
- Trans Swimming

INTERCOLLEGIATE

- Badminton
- Baseball
- Basketball
- Cross Country
- Curling
- Fencing
- Field Hockey
- Figure Skating
- Football
- Golf
- Hockey
- Lacrosse
- Rowing
- Rugby
- Soccer
- Softball
- Squash
- Swimming
- Tennis
- Track and Field
- Volleyball
- Water Polo
- Wrestling



Sport & Rec programming was a fantastic opportunity for me to take a movement break between my commitments as a graduate student.



Janice,

4th year PhD program, Biomedical Engineering

Equity, Diversity, Inclusion and Belonging aims to create welcoming and inclusive spaces for all students to learn and participate in physical activity. These student-led programs connect community, culture, identity and joy through movement.



Afro-Caribbean Dance

uoft.me/movewithculture



DROP-IN TRANS POOL HOURS is a dedicated swim time for trans, gender nonconforming, gender-exploring, non-binary and Two-Spirit students and members who would like to learn basic swim and water safety skills.

366 PARTICIPANTS

DROP-IN POW WOW DANCE provides a space for members of Indigenous communities (students, members and community) to learn and practice pow wow dance.

344 PARTICIPANTS

BLACK EXCELLENCE KIKI BALL is a sport-themed kiki ball hosted in partnership with the Toronto Kiki Ballroom Alliance. It is open to students, members and the community to watch and/or compete on the runway.

193 PARTICIPANTS

MOVE WITH PRIDE is a series of workshops and events that centres 2SLGBTQ+ communities to offer a positive and supportive space to participate in physical activity. This year included a skate night called Queers on Ice and a boxing workshop.

120 PARTICIPANTS

MOVE WITH CULTURE workshops offer students a positive and supportive space to learn and participate in culturally relevant physical activity. This year's series included Afro-Caribbean dance and Métis jigging workshops.

25 PARTICIPANTS



When I first started, it was a new experience going to Sport & Rec programs, but I was taken in and felt welcome. Now, I make sure to welcome others in the same way and help foster a strong sense of community.



Sam,
1st year, Master of Professional Kinesiology

PRIDE FLAG RAISING celebration marks the beginning of Pride Month, where we raise the Progress Pride flag at Varsity Centre.

110 PARTICIPANTS

HIKE SERIES WITH LET'S HIKE T.O. offers hikes and urban walks around the city to local streets, green spaces and ravines. Let's Hike T.O. is a hiking community in Toronto open to everyone with a focus on racialized persons, newcomers and young adults (20–40 years of age).

91 PARTICIPANTS

WALK AND LEARN was a guided walk through High Park led by Carolynne Crawley that offered participants a chance to learn about Indigenous perspectives on fostering reciprocal relationships with the lands, waters and all living beings. It provided a deeper understanding of Indigenous knowledge, culture and environmental stewardship.

19 PARTICIPANTS

INNOVATION HUB

Sport & Rec partnered with the Innovation Hub to explore student experiences within our programs and services. Our aim is to learn how we can better serve students through universal and/or more equitable design.

BIPOC VARSITY ASSOCIATION

In 2023–24, the BIPOC Varsity Association (BVA) co-ordinated Game Changers: A Black History Month Dialogue with Teri Dennis-Davies, Chief People and Inclusion Officer at Maple Leaf Sports & Entertainment; Darrell Adams, head coach of the Varsity Blues football team and former NFL/CFL player; and Dejon Brissett, wide receiver for the Toronto Argonauts. The BVA also hosted several social and outreach events throughout the year, including Varsity BVA game nights and a yoga session.



**STARTS
JANUARY 9!**
**WEEKLY
POW-WOW
DANCE CLASSES!**
Tuesdays from 3 - 4:30 p.m.
Goldring Fitness Studio



MoveU creates welcoming and inclusive spaces where students can engage in physical activity in a beginner-friendly environment. By offering opportunities for movement and introducing students to new types of physical activities, it encourages students to develop healthy habits that will last well beyond their university years. These programs promote physical well-being and support mental health, social connections and overall personal growth.

During the fall and winter semesters, monthly themed **SKATE NIGHTS** at Varsity Arena offer students a fun and social way to engage in physical activity. The relaxed and inclusive setting makes it enjoyable for skaters of all skill levels.

1,080 PARTICIPANTS

BRAIN BREAK at Robarts Library is an exam-time de-stressor that helps students manage stress during mid-terms and exams. It helps students stay energized, refreshed and focused during their study sessions, creating a supportive and uplifting environment during a typically stressful period.

561 PARTICIPANTS

The start-of-year **PLAY DAY** on Back Campus invites students to play sports and participate in activities while learning about the programs Sport & Rec offers for them.

150 PARTICIPANTS

LEARN TO MOVE is designed for beginner-level students who are interested in trying a new physical activity. Led by the MoveU Crew, it introduces students to various fitness opportunities in a supportive environment. At these sessions, students build confidence and skills that promote long-term engagement with physical activity and fitness.

97 PARTICIPANTS

The **TRI-CAMPUS HART HOUSE FARM**

TRIP brings together students from all three campuses for a day-long excursion to Hart House Farms. Participants enjoy a variety of fun and relaxing outdoor activities in a peaceful, scenic environment. The trip fosters a sense of community and provides students with a chance to unwind and connect with nature.

45 PARTICIPANTS

MOBILE MoveU brings fitness classes and activities directly to students. Classes include Yoga, Barre, Dance, Mindfulness and Strength and Conditioning. A convenient and engaging way for students to incorporate physical activity into their routines, Mobile MoveU fosters a sense of connection, community and well-being.

126 PARTICIPANTS

Led by the MoveU crew, **MOVEMENT BREAKS** involve brief, energizing stretching sessions during lectures, meetings and conferences. These breaks give participants a chance to step away from sitting for long periods, promoting physical and mental well-being. Movement Breaks help students stay refreshed, focused and engaged. It's a simple way to promote wellness and encourage healthy habits.

9,229 PARTICIPANTS

PARTNER EVENTS work with campus groups to create unique experiences for their students. For example, we worked with the Centre for International Experience (CIE) to run a beginner-friendly gymnastics workshop for their students.

277 PARTICIPANTS

MoveU HappyU is a free, six-week program that provides students with behaviour change coaching and exercise training, offering holistic support for mental health. It helps students develop healthy habits and improve their well-being. By focusing on both mental and physical aspects of health, MoveU HappyU supports participants in building sustainable, positive changes that enhance their overall quality of life.

81 PARTICIPANTS





“ Engaging in activities gave me a break from academics, boosted my mood and improved my focus.

Emily,
4th year, Pharmacology

”



DROP-IN & INSTRUCTIONAL PROGRAMS



Drop-in sessions offer a wide range of activities to suit diverse interests and skill levels, promoting inclusivity and an active lifestyle. These programs build community by connecting participants with peers who share similar sports interests. They encourage the development of healthy habits that help students stay physically active throughout their lives. By promoting regular physical activity, drop-in sessions also help students manage stress during their university years and foster both social skills and wellness practices that can benefit them in their post-university careers.

COURT SPORTS

Basketball, Volleyball

RACQUET SPORTS

Tennis, Badminton, Squash, Table Tennis

ICE SPORTS

Hockey, Skating, Stick 'n Puck

FIELD SPORTS

Cricket, Spikeball, Soccer, Ultimate, Golf

AQUATICS

Diving, Swimming

OTHER ACTIVITIES

Jogging

EQUITY PROGRAMS

Women-only sessions,
Trans-positive swim

2023–24 PROGRAM PARTICIPATION

TERM	STUDENT VISITS	
	Drop-in Sports	Aquatics
Fall 2023	28,511	31,164
Winter 2024	30,046	31,435
Spring–Summer 2024	25,738	14,201
Total	84,295	76,800

INSTRUCTIONAL PROGRAMS

Instructional programs offer activities that help participants increase their levels of physical fitness and develop a greater sense of self-mastery and confidence. The programs also increase participants' sense of belonging in the campus experience. They create a more inclusive and supportive atmosphere in which students learn about movement and develop skills that will stay with them for the rest of their lives. The instructor–participant ratio of 1:8 allows for maximum learning.

There are 35 different programs from which to choose, including golf, badminton, squash, Olympic weightlifting, tennis, Learn to Skate and aquatics.

TERM	PROGRAMS	PARTICIPANTS
Fall 2023	62	569
Winter 2024	74	577
Spring–Summer 2024	57	524
Total	193	1,670

“*I loved playing sports and connecting with people during drop-in sports. I developed and strengthened my best friendships at the university.*”

Matthew,
2nd year, Kinesiology



35

DIFFERENT
PROGRAMS

FITNESS & PERFORMANCE

The Fitness & Performance team creates inclusive spaces for movement and fosters a vibrant community of active individuals.

In support of the Faculty's strategic vision, the team provides programs and services for intercollegiate sport and high performance training, recreational programs and academic research.

The programs and services emphasize individual learning, promote physical and mental wellness and contribute to students' academic success. The goal is to create a foundation for healthy and active lives at university and beyond.

Fitness & Performance programs offer a comprehensive and integrated approach to physical activity and fitness training at the Athletic Centre, Goldring Centre for High Performance Sport and Varsity Centre on the St. George campus. By combining research, practice and experiential learning, they provide diverse opportunities for participants to move well.

The programs and services meet the needs of a wide range of participants according to their fitness goals.



GROUP FITNESS PROGRAMS INCLUDE

Barre

Big HIIT

Studio HIIT

Cardio Dance

Mindful Moments Yoga

IMPACT Proud

IMPACT Training

Boxing for Fitness

Olympic Weightlifting

GROUP FITNESS PROGRAM ENGAGEMENT *+263% YEAR-OVER-YEAR*

Fall 2023	6,894
Winter 2024	6,484
Spring–Summer 2024	1,080
Total	14,458

ADDITIONAL STUDENT PROGRAM OFFERINGS INCLUDE

IMPACT

(Integrated Movement, Performance, Agility and Conditioning Team)

Personal and Small Group Training

OPEN GYM PARTICIPANTS

Fall 2023	71,708
Winter 2024	55,020
Spring–Summer 2024	36,922
Total	163,650

“ *Don't be scared to check out new programs, there's always something for everybody. You'll be embarking on a new network of active self-improvement.* ”

Sam, 1st year, Master of Professional Kinesiology

FITNESS & PERFORMANCE HIGHLIGHTS

NUMBER OF HOURS DEDICATED WEEKLY TO PROGRAMMING

- Delivered **55+** instructor/coach-led recreational program sessions plus **60+** coach-led intercollegiate training sessions.
- Provided supervision support of **200+** open gym hours across two strength and conditioning centres each week.

ONE OF THE LARGEST DIVISIONS OF STUDENT EMPLOYMENT FOR SPORT & REC

- Employed **134 student-staff** across **six different roles**, making up over 92 per cent of our casual staff group.
- Introduced a new leadership position (Fitness & Performance Lead SCC Facilitator) to enable a promotional step and leadership opportunity for student-staff.

GROUP FITNESS CLASSES AND PAID PROGRAMS ENRICH THE STUDENT EXPERIENCE

- Increased Group Fitness class offerings (Barre, Yoga, Cardio Dance and Studio HIIT) by **over 40 per cent** to meet the increased demand based on previous engagement attendance and qualitative feedback.
- Improved the popularity of and student registration for the Olympic weightlifting instructional program over all three terms, with many repeat participants and cross-over participation with the IMPACT training program.
- Strengthened student-club partnership with the U of T Run Club, with between **25 and 40 club members** participating in **five group fitness classes** throughout the year as a team bonding experience.

134 STUDENT-STAFF





INTRAMURALS

The leagues and tournaments allow students to build community, learn new skills and take a break from academics. Intramurals create a sense of identity and belonging and increase social opportunities by breaking down barriers among colleges and faculties. The intramural program develops leadership, teamwork and time management skills and creates networking opportunities.

One of the largest in Canada, U of T's intramural program offers sports and activities at varying levels of play. There are many opportunities for students to stay active and engaged in sport as players, officials or staff.



FALL 2023—SUMMER 2024

	LEAGUES	TEAMS	GAMES	PARTICIPANTS
Intramural	90	715	2,105	14,647
Tri-Campus	8	40	450	809
Total	98	755	2,555	15,456

THIRTEEN INTRAMURAL SPORTS ARE AVAILABLE TO STUDENTS

- Badminton**
- Lacrosse**
- Basketball**
- Soccer**
- Dodgeball**
- Table Tennis**
- Field Hockey**
- Tennis**
- Flag Football**
- Ultimate**
- Ice Hockey**
- Volleyball**
- Inner Tube**
- Water Polo**

TRI-CAMPUS

The Tri-Campus League is U of T's highest level of intramural competition. Participants from all three campuses enhance their sports skills through coaching support, scheduled practices and competitive play with officiated games. The Tri-Campus League offers men's and women's basketball, ice hockey, soccer and volleyball.



COMPETITIVE CLUBS

Sport & Rec offers **11 clubs**, from recreational to competitive, fostering a vibrant and inclusive community. In the past year, approximately **1,400 individuals**, including students, staff, faculty, alumni and community members, participated in club sports. These clubs provide participants with opportunities to engage in their favourite sports, develop new skills and build lasting connections with others who share similar interests. The **15 per cent increase in participation** over the previous year highlights the strong demand for these programs and their positive impact on the U of T community.

Artistic Swimming Club

Cheerleading Team

Dance Team

Fencing Club

Karate Club

Kendo Club

Masters Swim Club

Nordic Ski Team

Pom Team

Triathlon Club

Women's Flag Football Club

(new in 2023–24)

1,400 INDIVIDUALS

“

It was very fulfilling to see myself improve over time and become more competitive. Through the intramural program, I developed my communication and conflict resolution skills in a fast-paced environment, eventually leading me to being a captain for many teams.

”

Vian, Kinesiology alum; 1st year, Nursing



VARSITY BLUES

The Varsity Blues program is the largest intercollegiate athletics program in Canada. It offers a broad range of sports and supports a large community of student-athletes, providing opportunities for competition at the highest levels while promoting academic success and personal development.

40

TEAMS

23

SPORTS

844

ATHLETES

370 WOMEN / 474 MEN

245

COACHES &
SUPPORT STAFF



VARSITY BLUES ACADEMIC EXCELLENCE

In the 2023–24 academic year, **284 student-athletes** in the Varsity Blues program attained academic excellence award standing by maintaining a GPA of at least 3.5. This impressive accomplishment represents 34 per cent of all Varsity athletes. Varsity Blues student-athletes maintain a strong balance between their academic commitments and their athletic performance, reflecting the program's emphasis on both academic and athletic excellence.

Thanks in part to its targeted orientation sessions for athletes and the support of its dedicated Student-Athlete Services office, the Varsity Blues intercollegiate program proudly boasts a **92 PER CENT GRADUATION RATE**.



164 WOMEN



120 MEN

STUDENT-ATHLETE AFFILIATIONS

ARTS & SCIENCE	APPLIED SCIENCE & ENGINEERING	KINESIOLOGY & PHYSICAL EDUCATION	GRADUATE STUDIES & OTHER SECOND ENTRY	OTHER
64%	10%	15%	9%	2%

CHAMPIONSHIPS

The Varsity Blues won **13 championships** in 2023–24:

2023–24 NATIONAL CHAMPIONSHIPS:

- U SPORTS Men's Swimming
- U SPORTS Women's Swimming

2023–24 PROVINCIAL CHAMPIONSHIPS:

- OUA Badminton (Ontario University Athletics)
- OUA Baseball
- OUA Men's Fencing
- OUA Field Hockey
- OUA Men's Swimming
- OUA Women's Swimming
- OUA Men's Tennis
- OUA Women's Tennis
- OUA Men's Water Polo
- OUS Softball (Ontario University Softball)
- NCWP Women's Water Polo (National Collegiate Water Polo)

80 ATHLETES were named **PROVINCIAL ALL-STARS**, and **26** were named **NATIONAL ALL-CANADIANS**.

U of T student-athletes garnered **21 MAJOR CONFERENCE AWARDS**, while U of T coaches received **SEVEN COACH OF THE YEAR HONOURS**.



Competing in sport has developed into my safe space where I feel confident and able to express emotions, love, anger or anything else in a controlled environment. Winning two provincial championships has given me an incredible amount of joy and motivation.

OWEN, 4th year, Commerce



13 CHAMPIONSHIP WINS



Sport & Rec plays a crucial role in the high performance sport system within Ontario and Canada through its high performance mandate. For U of T student-athletes, this mandate provides access to enhanced strength and conditioning programs, expert coaching, top-tier training facilities and comprehensive sports medicine services. Student-athletes also benefit from dedicated academic support, helping them balance their rigorous training schedules with academic success.

This holistic approach ensures that U of T athletes can excel both on the field and in the classroom, positioning them for success at the national and international levels.



Varsity Blues athletes who won medals or competed at the Paris 2024 Summer Olympic Games or at international competitions in 2023–24:

2024 OLYMPIC GAMES

Kylie Masse 2T1* Kinesiology | **Swimming, 200m backstroke, bronze**
Heather Bansley 1T0* English | **Beach Volleyball**
Jazz Shukla 2T1* Neuroscience | **Track and Field 800m**
Lucia Stafford 2T1* Civil Engineering | **Track and Field 1500m**
Michelle Li Commerce | **Badminton**

2024 PARALYMPIC GAMES

Alina Dumas 1T6* Chemistry and Molecular Genetics | **Rowing (Brazil)**

2024 INDOOR HOCKEY PAN AMERICAN CUP

Alison Lee 1T7* Kinesiology
Rebecca Carvalho 2T3* Nursing

2024 JUNIOR PAN AM FIELD HOCKEY CHAMPIONSHIP

Alicia Lung Commerce, 2nd year
Madeline Skeans Life Sciences, 3rd year

2024 WORLD ATHLETICS INDOOR CHAMPIONSHIPS

Lucia Stafford 2T1* Civil Engineering | **1500m**
Madeleine Kelly 1T8* Anthropology and English | **800m**
Jazz Shukla 2T1* Neuroscience | **800m**

2024 VOLLEYBALL NATIONS LEAGUE

Julia Murmann Social Sciences, 5th year

2024 U21 NORCECA WOMEN'S VOLLEYBALL CONTINENTAL CHAMPIONSHIP

Delaney Watson Neuroscience and Biology, 2nd year

2023 PAN AM GAMES

Sam McCrory 2T3* Kinesiology | **Field Hockey**

* Graduated / Alumni



2024 INTERNATIONAL COMPETITIONS



The David L. MacIntosh Sport Medicine Clinic is available to all U of T students with a sport-related or exercise-related injury or inquiry and is dedicated to keeping the student community healthy and active in sports. The clinic operates 50 weeks per year (2,700 hours) and provided ~25,000 client services in 2023–24. The MacIntosh Clinic is integral to supporting curricular and co-curricular programming.

IN 2023–24, THE CLINIC:

- Provided curricular clinical placements for **115 U OF T STUDENTS**
- Employed **105 STUDENTS**
- Supported research initiatives within the Faculty of Kinesiology and Physical Education and U of T, directly contributing to **20 PEER-REVIEWED PUBLICATIONS**

THE CLINIC'S MULTIDISCIPLINARY SERVICES INCLUDE:

PHYSICIAN SERVICES

Sports medicine physicians, orthopedic surgeons and sports psychiatrists

MENTAL HEALTH AND NUTRITION

Sports psychiatry, sports psychotherapy and a registered dietician

REHABILITATION PROFESSIONALS

Physiotherapists, athletic therapists and massage therapists

ADVANCED PROCEDURES

Ultrasound-guided procedures and injections, shockwave therapy, acupuncture, electronic muscle stimulation (EMS), platelet-rich plasma (PRP) injections and game-ready ice machines

SPECIALIZED TESTING

Biodex testing for specific injuries and conditions

INNOVATIVE EQUIPMENT

AlterG anti-gravity treadmill protocols

COMPREHENSIVE CONCUSSION MANAGEMENT

Multidisciplinary approach including C3 Logix concussion testing

BRACING OPTIONS

Custom and over-the-counter bracing



PROVIDED **25,000** CLIENT SERVICES



ALTER G®

Anti-Gravity Treadmill

Sport & Rec provides students with opportunities to be a part of the governance process. By participating in committees, boards, reviews and councils, students can share their insights and experiences. Their involvement helps Sport & Rec evolve our programs and policies to better meet the needs of U of T's diverse student community, while students develop leadership skills that will serve them well post-university.



COUNCIL OF ATHLETICS & RECREATION

The Council of Athletics and Recreation (CAR) provides feedback and ideas for the co-curricular programs offered through the Faculty on the St. George campus as well as for university-wide programs, including intercollegiate sports, intramurals and the Tri-Campus League. CAR is responsible for overall athletics and recreation policy and annually reviews and approves the co-curricular budget.

INTRAMURAL SPORT COUNCIL

The Intramural Sport Council (ISC) includes student representatives from UTM, UTSC and all colleges, faculties and divisions of the St. George campus. It provides input into the procedures and policies of the intramural program, selects annual award recipients and represents intramural students on CAR.

VARSITY BOARD

The Varsity Board is made up of student representatives from each of the 42 varsity teams along with staff and a coach representative. It provides input into the operation of the intercollegiate program. The Board determines the winners within the annual awards program and represents student-athletes on CAR.

CO-CURRICULAR RECORD

The Co-Curricular Record (CCR) documents student activity beyond the classroom. The CCR officially recognizes the skills and competencies learned in sport and recreation settings and how these skills contribute to students' overall educational experiences and personal development. Many of the jobs and volunteer opportunities offered by the Faculty of Kinesiology and Physical Education, including Sport & Rec, are CCR-validated.



“

My time as the co-chair of the Council of Athletics and Recreation (CAR) was a great honour and a privilege. Chairing CAR was an invaluable opportunity that allowed me to understand and appreciate all the hard work necessary for the successful organization and management of the sports and recreation activities that happen across the three campuses of U of T. In addition, being the co-chair was a great learning opportunity that contributed significantly to my personal growth.

Over the past year, my role at CAR has allowed me to develop my professional skills through communication and teamwork with various executive branches of the university. I was also given the opportunity to speak on behalf of students and promote their interests which made the role more meaningful for me. Overall, my role at CAR has allowed me to flourish into a passionate leader who enjoys contributing to decision-making processes through collaboration and critical thinking.

”

Amin Mostofinejad,
2023–24 CAR Co-Chair
2nd year, Master of Science



Alexandra Lee
4th year,
Molecular Genetics and
Environmental Science

Mathieu Clavet
3rd year,
Life Sciences

Owen Taylor
3rd year,
Commerce

Mahaylia Datars
4th year,
Life Sciences

Hannah Chown
3rd year,
Humanities

2023–24 VARSITY BOARD LEADERSHIP TEAM



EMPLOYMENT & LEADERSHIP

Anyone who has registered for a Sport & Rec class, played a game of intramurals or filled out a customer experience survey has likely met one of our student employees. Sport & Rec is the **largest employer of students at U of T**, providing opportunities to students from all faculties and colleges on all three campuses.

SPORT & REC HIRED 1,459 STUDENTS
UP 20 PER CENT FROM PREVIOUS YEAR

CAMP U OF T

The Camp U of T program hired **147 staff** to supervise 4,033 campers during March Break and over the summer. The program offers progressive leadership opportunities from assistant instructor to instructor, senior instructor and coordinator. Staff members receive four days of comprehensive training covering risk management, conflict resolution, equity, diversity, inclusion and belonging (EDIB) and behaviour management.

This training provides staff with transferable skills that can be applied to future career opportunities. In addition, the camp fosters a vibrant social environment where staff can learn, grow and enjoy themselves. This skill-building and camaraderie make it enriching and enjoyable to work at Camp U of T.

JUNIOR BLUES

Junior Blues programs provide year-round employment opportunities for U of T students. There were **13 different programs** offered in 2023–24, including recreational and competitive track, gymnastics, basketball, badminton, mini-sport, multi-sport skating, soccer and swimming. These programs engaged 5,167 participants and provided **197 employment leadership opportunities** for students.

Staff help children improve their movement competence and confidence while developing their own leadership and teaching skills.

PHYSICAL ACTIVITY FACILITATORS

Sport & Rec's Physical Activity Facilitators (PAFs) are the backbone of the recreation program. They ensure the safety of participants in physical activities and drop-in sports. They also serve as built-in buddies, providing camaraderie and support so that students can feel comfortable attending programs on their own. In 2023–24, Sport & Rec **hired 133 PAFs** who supported more than **84,000 student participation opportunities**.

INTRAMURALS

U of T's intramural program is supported by **126 student-staff members**. They are responsible for officiating, game management, promotion and ensuring safety during events.

The Intramural Sport Council (ISC) is a student-led governance team consisting of **40 members** who represent U of T's colleges and faculties. These students play a crucial role in the success of the intramural program by supporting policy development, ensuring its implementation, managing disciplinary matters and promoting the program across U of T's three campuses. The ISC helps maintain a vibrant and organized intramural community.

INTERCOLLEGIATE EVENTS & PROGRAMS

The Varsity Blues program enlisted **50 part-time casual staff** to manage various aspects of game operations, including ticketing, event coordination, photography and videography. This dedicated team orchestrates numerous home events annually across seven venues on the St. George and U of T Scarborough campuses.

As these student-staff members grow and develop during their time at U of T, they may take on leadership roles as student coordinators or venue-specific sport leads. Many members of the media team have built on this valuable experience to advance their careers in sport, securing positions with prestigious organizations such as the Vancouver Canucks, Toronto Blue Jays, Toronto Argonauts, Canada Soccer and Toronto FC.



“

What drew me to my role was my passion for hockey and knowing that I would be in a great work environment. I saw myself improve as a leader by taking initiative to create content and learning from mentors and colleagues to keep improving every day.

”

Cole, 5th year, Journalism



The Faculty of Kinesiology and Physical Education and the Sport & Rec team operate a wide range of activity spaces for sport and recreation, including the Goldring Centre for High Performance Sport, Back Campus Fields, Varsity Centre and Arena, the Athletic Centre and the playing fields on Front Campus and Robert Street. Complimentary day lockers at the Goldring Centre and Athletic Centre make physical activity more convenient.

These facilities welcome students, academic program and research participants, children and community members. They host a wide range of programs including intramurals, intercollegiate sports, drop-in sports and recreation and registered programs. Student and community groups frequently rent space in these facilities for special events.



ATHLETIC CENTRE

Home to the Varsity Blues sports teams, intramural leagues and sport and fitness opportunities, the Athletic Centre (AC) is the university's most-used sporting facility. The AC provides students and the community with a world-class sporting facility in the heart of Toronto.

Features:

- **AN INDOOR FIELD HOUSE WITH 200M TRACK & FOUR MULTI-PURPOSE COURTS**
- **A LARGE, MODERN STRENGTH AND CONDITIONING CENTRE**
- **FREE, CONVENIENT DAY LOCKERS**
- **ONE 50M POOL**
- **ONE 25YD POOL**
- **ONE TEACH POOL**
- **ONE DOUBLE-COURT GYMNASIUM**
- **ONE SINGLE-COURT GYMNASIUM**
- **ONE DEDICATED GYMNASTICS GYMNASIUM**
- **NINE SQUASH COURTS (TWO DEDICATED TO TABLE TENNIS)**
- **ONE DANCE STUDIO**
- **CARDIO MACHINES**
- **WEIGHTLIFTING ZONE**
- **OUTDOOR GYM**

GOLDRING CENTRE FOR HIGH PERFORMANCE SPORT

Since opening in 2014, the Goldring Centre for High Performance Sport has continually increased the university's capacity to provide recreation, physical activity and sport for all students. Staff provide orientations and create a welcoming, positive environment. The Field House offers drop-in basketball and volleyball as well as intercollegiate, Tri-Campus Development League and intramural programming.

Features:

- **A 2,000-SEAT, INTERNATIONAL-STANDARD FIELD HOUSE FOR COURT SPORTS**
- **A STATE-OF-THE-ART STRENGTH AND CONDITIONING CENTRE**
- **SPORT SCIENCE LABORATORIES FOR TEACHING AND RESEARCH**
- **THE DAVID L. MACINTOSH SPORT MEDICINE CLINIC**

VARSITY CENTRE AND VARSITY ARENA

Home to international, intercollegiate and intramural competitions throughout the year, Varsity Centre and Varsity Arena also host recreational and instructional classes, children's programs and high performance athlete training.

Features:

- **A 5,000-SEAT STADIUM**
- **A 400M EIGHT-LANE TRACK**
- **AN ARTIFICIAL TURF FIELD WITH A DOME FOR WINTER USE THAT PROVIDES ADDITIONAL SPACE FOR INTRAMURALS, DROP-IN SPORTS AND A DRIVING RANGE**
- **A 4,000-SEAT ARENA**

BACK CAMPUS FIELDS

The Back Campus Fields are available for individuals and groups to use for physical activity and sport. The fields are comprised of two synthetic turf fields and provide state-of-the-art outdoor facilities on our downtown campus.

Features:

- TWO ALL-WEATHER TURF FIELDS

RENTALS AND EQUIPMENT LENDING

We encourage students to get active by providing drop-in equipment rentals. This makes sport and recreation both affordable and convenient.



“

Going to the gym and then to the pool has significantly boosted my mood and mental clarity. It's the most serene time of my day.

”

Orane, Community member





UNIVERSITY OF TORONTO
FACULTY OF KINESIOLOGY & PHYSICAL EDUCATION