



RECREATION RESOURCE GUIDE

TORONTO CAMPUS

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This resource guide is a sample of locations and services that you can use to stay active and engaged in and around Toronto!

This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at nuglobalrec.toronto@northeastern.edu.

Please check local resources for additional facilities.

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue. Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

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FITNESS ON DEMAND APP



Northeastern students at global campus locations
now have access to a free fitness app!

1. Scan the QR code to complete the quick registration form using your Northeastern email address.
2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.
3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.
4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!

ACCESS YOUR WORKOUTS

Download the Fitness on Demand Mobile App



flex.fod247.fitness

SCAN ME



OPEN COURTS & FIELDS

A selection of parks, outdoor fields and courts, outdoor winter ice skating rinks (without skate rentals), and summer outdoor pools and wading pools for children. Fields may have reservations on them, which take priority. Check the websites for more information and availability.

Trinity Bellwoods Park

Location: [790 Queen St W, Toronto, ON M6J 1G3](https://www.google.com/maps/place/790+Queen+St+W,+Toronto,+ON+M6J+1G3) (Transit Options Hyperlinked)

Website: [Trinity Bellwoods Park](http://www.toronto.ca/trinitybellwoods)

Description: A 14.6 hectare park on Queen Street West at Strachan Avenue once the home of University of Trinity College (Trinity College). The park sits atop the now buried Garrison Creek and features three ball diamonds, eight tennis courts, two volleyball courts, an artificial ice rink, a dog off-leash area, a picnic area, a wading pool and a children's playground. Located in the south-west section of the park is the Trinity Community Recreation Centre.

Amenities: Baseball diamond, ice hockey rink, tennis courts, skateboard park, splash pad.

Regent Park Athletic Grounds

Location: [480 Shuter St, Toronto, ON M5A 3K1](https://www.google.com/maps/place/480+Shuter+St,+Toronto,+ON+M5A+3K1)

Website: [Regent Park Athletic Grounds](http://www.toronto.ca/regentparkathleticgrounds)

Description: Situated near the Don Valley Parkway, Regent Park Athletic Grounds features a soccer field, basketball court, hockey rink, and running track, catering to a diverse range of athletic interests.

Amenities: Soccer field, basketball court, hockey rink, running track.

OPEN COURTS & FIELDS

Underpass Park

Location: [29 Lower River Street, Toronto, ON M5A 1M6](https://www.underpasspark.ca)

Website: [Underpass Park](https://www.underpasspark.ca)

Description: Located under the road bridge on Richmond St E, Underpass Park offers basketball courts and a skate park amidst colourful urban art, providing a unique sports and cultural experience.

Amenities: Basketball courts, skateboard park.

Christie Pits Park

Location: [750 Bloor St W, Toronto, ON M6G 3K4](https://christiepits.ca)

Website: [Christie Pits Park](https://christiepits.ca)

Description: Close to Christie station, Christie Pits Park boasts a baseball diamond, skating rink, basketball court, and soccer field, along with hills for tobogganing in winter and outdoor movies in summer.

Amenities: Baseball diamond, ice skating rink, basketball court, soccer field, wading pool, outdoor pool, sledding/tobogganing hills in winter.

Riverdale Park

Location:

West section: [425 Carlton St, Toronto, ON M5A 2M3](https://www.riverdalepark.ca)

East section: [550 Broadview Ave, Toronto, ON, M4K 2N6](https://www.riverdalepark.ca)

Website: [Riverdale Park](https://www.riverdalepark.ca)

Description: With sprawling east and west sections, Riverdale Park offers stunning views of Toronto's skyline alongside a running track, baseball field, and vast open fields for various outdoor activities.

Amenities: Baseball field (West), soccer fields (East & West), ice skating rink (East), tennis courts (East), outdoor pool (East).

OPEN COURTS & FIELDS

Withrow Park

Location: 725 Logan Ave, Toronto, ON M4K 3B9

Website: Withrow Park

Description: Situated in Danforth and Pape, Withrow Park features tennis courts, baseball fields, and basketball courts amidst serene greenery, making it an ideal spot for picnics and casual sports.

Amenities: Tennis courts, baseball diamonds, ice hockey rink, basketball courts, soccer field, wading pool.

Stanley Park

Location: 890 King St W, Toronto, ON M5V 1P2

Website: Stanley Park

Description: Offering modern sports facilities, including table tennis, basketball and tennis courts, and an outdoor pool, Stanley Park seamlessly blends historical charm with contemporary amenities.

Amenities: Tennis courts, baseball diamond, soccer field, basketball court, wading pool, outdoor pool.

GYM & FITNESS STUDIOS

Toronto Community Centres

A list of the Community Recreation Centres in the city of Toronto: [Community Centre List](#)

Selection of locations around the downtown Toronto area. If you live in other areas of the city - check out the list above or find links to community centres in your city with a quick Google search. Accessible by public transit (Hyperlinked to location):

[St. Lawrence Community Centre](#)

[Scadding Court Community Centre](#)

[Regent Park Community Centre](#)

[Canoe Landing Community Recreation Centre](#)

[Trinity Community Recreation Centre](#)

[John Innes Community Recreation Centre](#)

[Wellesley Community Centre](#)

Amenities: Gym, Cardio, Swimming pools

Cost: \$190/year for weight room and cardio access, \$240 if you want to include pool access, or \$300/year if you include fitness classes.

Pass Details: [Toronto Pass](#)

Planet Fitness

Locations:

[444 Yonge St](#)

[1000 Gerrard St E](#)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked above)

Website: Planet Fitness

Amenities: Cardio equipment, weight training equipment, fitness classes

Cost: \$15.00 Classic Membership, \$29.99 Black card membership, plus Enrollment and Annual Fee.

GYM & FITNESS STUDIOS

YMCA

Locations:

Central YMCA, 20 Grosvenor St, Toronto, ON M4Y 2V5

Cooper Koo Family YMCA, 461 Cherry St, Toronto, ON M5A 1H7

West End YMCA, 931 College St, Toronto, ON M6H 1A1

Hours of Operation: Check website for hours

Transit options: Accessible by public transit

Parking: Available

Website: YMCA

Amenities: Cardio equipment, weight training equipment, pool, gymnasium, fitness classes, childcare

Student Discounts: Special rate for Young adults under 30 years of age

Cost: \$61 and above

GoodLife Fitness

Locations:

137 Yonge St

Richmond & John

Richmond & Bathurst

Union Station

Bell Trinity Square

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked above)

Website: GoodLife Fitness

Amenities: Cardio equipment, weight training equipment, pool, fitness classes, personal training

Cost: \$29.99 - \$39.99, Joining fees \$19.99 - \$49.99

SWIMMING POOLS & WADING POOLS (INDOOR & OUTDOOR)

A list of City of Toronto swimming pools is [here](#).

Selection of locations around the downtown Toronto area. If you live in other areas of the city - check out the list above or find links to pools in your city with a quick Google search.

Regent Park Aquatic Centre

Location: [640 Dundas St E, Toronto, ON M5A 2B8](#)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Website: [Regent Park Aquatic Centre](#)

Amenities: Indoor swimming pool

Cost: Check website for fees

Alex Duff Memorial Pool

Location: [779 Crawford St, Toronto, ON M6G 3K4](#)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Website: [Alex Duff Memorial Pool](#)

Amenities: Outdoor swimming pool

Cost: Check website for fees

SWIMMING POOLS & WADING POOLS (INDOOR & OUTDOOR)

Harrison Pool

Location: [15 Stephanie St, Toronto, ON M5T 1B1](#)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Website: [Harrison Pool](#)

Amenities: Showers

Cost: Check website for fees

Wading Pools

Especially for Kids – open only during summer months

List of Pools: [Locations](#)

Cost: Free

ICE SKATING RINKS & SKATE RENTALS (OPEN DURING WINTER)

Nathan Phillips Square

Location: [100 Queen St W, Toronto, ON M5H 2N2](https://www.google.com/maps/place/100+Queen+St+W,+Toronto,+ON+M5H+2N2)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked to location)

Parking: Available nearby

Website: [Nathan Phillips Square](https://www.toronto.ca/leisure/ice-skating/nathan-phillips-square/)

Amenities: Ice skating rink, skate rentals

Cost: Free, Skates available for rental (\$15)

Harbourfront Centre Rink

Location: [235 Queens Quay W, Toronto, ON M5J 2G8](https://www.google.com/maps/place/235+Queens+Quay+W,+Toronto,+ON+M5J+2G8)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Website: [Harbourfront Centre Rink](https://www.toronto.ca/leisure/ice-skating/harbourfront-centre-rink/)

Amenities: Ice skating rink, skate rentals, music while you skate

Cost: Check website for fees

GOLF COURSES (OPEN SPRING TO FALL)

Dentonia Park Golf Course

Location: 781 Victoria Park Ave, Scarborough, ON, M4C 5S8

Hours of Operation: Check website for hours

Transit options: Accessible by public transit, club house located in Victoria Park station

Parking: Available

Website: Dentonia Park. Good course for beginners.

Cost: \$29-32/round. Club rentals available for \$17.50.

Don Valley Golf Course

Location: 4200 Yonge St., North York ON, M2P 1N9

Hours of Operation: Check website for hours

Transit options: Accessible by public transit, 10 minute walk from York Mills station

Parking: Available

Website: Don Valley. A challenging course for more advanced golfers.

Cost: \$67-76/round. Club rentals available for \$35.

Scarlett Woods Golf Course

Location: 1000 Jane St., York, ON M6N 4E2

Hours of Operation: Check website for hours

Transit options: Accessible by public transit, a bus ride from Jane or Eglinton West station.

Parking: Available

Website: Scarlett Woods. An executive style course suitable for beginners and experts.

Cost: \$38-47/round. Club rentals available for \$25.

DRIVING RANGES

The Docks Driving Range

Location: [176 Cherry St., Toronto, ON M5A 3L2](https://www.thedocksdrivingrange.com)

Hours of Operation: Check website for hours

Transit options: Accessible by public transit.

Parking: Available

Website: [The Docks Driving Range](https://www.thedocksdrivingrange.com)

Cost: Mats rented per hour, ranging from \$25/hour to \$50/hour, depending on time of day. Up to 4 people per mat. Club rentals from \$10.

SCENIC TRAILS FOR WALKING, RUNNING, & CYCLING

Evergreen Brickworks

Location: [550 Bayview Ave, Toronto, ON M4W 3X8](https://evergreenbrickworks.ca)

Trail Length: 2.4 kilometres

Elevation Gain: Minimal

Hours of Operation: Daylight hours

Parking: Available

Good for: Walking, biking

High Park Trails

Location: [1873 Bloor St W, Toronto, ON M6R 2Z3](https://highpark.ca)

Trail Length: 5.3 kilometres

Elevation Gain: 56 meters

Hours of Operation: Daylight hours

Parking: Available

Good for: Walking, biking

SCENIC TRAILS FOR WALKING, RUNNING, & CYCLING

PATH System - Indoor Pathways for Walking Only

Website: [PATH Toronto](#)

Hours of Operation: 24 hours

Transit Options: Accessible by public transit - pathways include First Canadian Place on lower level

Parking: Available for a fee

East Don Parkland

Location: [1240 Sheppard Ave E, North York ON, M2K 2W1](#)

Trail Length: 10.9 kilometers

Elevation Gain: 86 meters

Hours of Operation: Daylight hours

Parking: Available

Good for: Walking, biking

Martin Goodman Waterfront Trail

Location: [Follows the Toronto Waterfront along Lake Ontario \(click link for map\)](#)

Hours of Operation: 24 hours (daylight hours are best)

Transit Options: Accessible by public transit

Parking: Available

SCENIC TRAILS FOR WALKING, RUNNING, & CYCLING

West Humber River Recreation Trail

Trail Length: 19 kilometers

Elevation Gain: 94 meters

Hours of Operation: Daylight hours

Website: [West Humber Trail](#)

Parking: Available

Good for: Walking, biking

Scarborough Bluffs Trail

Location: [Brimley Rd S, Scarborough, ON M1M 3W3, Canada](#)

Trail Length: 6.8 kilometers

Elevation Gain: Minimal

Hours of Operation: Daylight hours

Parking: Available

Good for: Walking, biking

BIKESHARE SYSTEM

Bikeshare Toronto

Website: [Bike Share Toronto](#)

Description: Bike Share Toronto provides access to bicycles at stations across the city. You can rent a bike from one station and return it to any other station within the system.

Hours of Operation: 24 hours

Parking: Bikes can be parked only at designated stations (find docks on the app)

Cost: \$1 to unlock a bike, then \$0.12/minute. \$15 day passes for unlimited 90 minute rides. Annual memberships from \$105/year.

RUNNING & CYCLING CLUBS

Running Room

Weekly Meetups: Wednesday nights - check website link for specific locations around Toronto

Website: [Running Room](#)

Description: A running club offering weekly meetups for group runs, fostering a community of runners.

Run Times: Wednesday's 6 PM

Transit options: Accessible by public transit

Parking: Available at meet-up locations

Cost: Free to join meetups; membership fees may apply for additional services

Toronto Bicycling Network

Weekly Meetups: Check website - times vary by week and time of year.

Website: [Toronto Bicycling Network](#)

Description: Toronto Bicycling Network is Toronto's largest recreational cycling club, rated the city's #1 cycling club by BlogTO and Readers Choice. TBN offers a wide variety of rides throughout the week and on weekends, catering to all levels of riders, as well as affordable trips outside Toronto and a wide range of winter activities.

Hours of Operation: Various rides. Check website for details.

Transit options: Accessible by public transit.

Parking: Available at meet-up locations.

Cost: \$10 TBN membership Card. Must have own bike and helmet.

COOL PLACES TO VISIT

CN Tower

Location: 301 Front St W, Toronto, ON M5V 2T6

Hours of Operation: Check website for hours

Transit Options: TTC Union Station (Hyperlinked to location)

Parking: Available nearby

Student Discounts: Yes

Cost: \$45 - \$56

Website: CN Tower

Royal Ontario Museum (ROM)

Location: 100 Queens Park, Toronto, ON M5S 2C6

Hours of Operation: Check website for hours

Transit Options: TTC Museum Station (Hyperlinked to location)

Parking: Available nearby

Student Discounts: Yes

Cost: \$26

Website: Royal Ontario Museum

Toronto Islands

Location: Toronto Islands, Toronto, ON

Hours of Operation: Check website for hours

Transit Options: Accessible by ferry near Union Station (Hyperlinked to location)

Parking: Available

Amenities: Parks, beaches, recreational activities, Centerville Amusement Park

Cost: \$5.86 for Students

Website: Toronto Islands

COOL PLACES TO VISIT

Distillery District

Location: [Distillery District, Toronto, ON](#)

Hours of Operation: Check website for hours

Transit Options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Amenities: Art galleries, boutiques, restaurants, public art installations

Cost: Free to visit; costs vary by establishment

Website: [Distillery District](#)

Toronto Zoo

Location: [2000 Meadowvale Rd, Toronto, ON M1B 5K7](#)

Hours of Operation: Check website for hours

Transit Options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Amenities: Themed exhibits, educational programs, animal encounters

Cost: \$37.95

Website: [Toronto Zoo](#)

Hockey Hall of Fame

Location: [30 Yonge St, Toronto, ON M5E 1X8](#)

Hours of Operation: Check website for hours

Transit Options: Accessible by public transit (Hyperlinked to location)

Parking: Available

Cost: Check website for fees

Website: [Hockey Hall of Fame](#)

YEARLY EVENTS

Toronto Light Festival

Location: The Distillery District, Toronto, ON

Month: January

Website: [Toronto Light Festival](#)

International Boat Show

Location: The Enercare Centre, Toronto, ON

Month: January

Website: [International Boat Show](#)

Toronto Black Film Festival

Location: Various venues across Toronto, ON

Month: February

Website: [Toronto Black Film Festival](#)

Winter Stations

Location: Toronto waterfront

Month: February

Website: [Winter Stations](#)

St. Patrick's Day Parade

Location: Streets of Toronto (route TBD)

Month: March

Website: [St. Patrick's Day Parade](#)

YEARLY EVENTS

Toronto Comicon

Location: Metro Toronto Convention Centre, Toronto, ON

Month: March

Website: [Toronto Comicon](#)

Hot Docs Documentary Film Festival

Location: Hot Docs Ted Rogers Cinema

Month: April

Website: [Hot Docs](#)

Toronto Coffee & Tea Expo

Location: Toronto

Month: April

Website: [Coffee & Tea Expo](#)

Doors Open Toronto

Location: Various buildings across Toronto, ON

Month: May

Website: [Doors Open Toronto](#)

Contact Photography Festival

Location: Various venues across Toronto, ON

Month: May

Website: [Contact Photography Festival](#)

YEARLY EVENTS

Pride Toronto

Location: Various locations across Toronto, ON

Month: June

Website: [Pride Toronto](#)

NXNE (North by Northeast) Music Festival

Location: Various venues across Toronto, ON

Month: June

Website: [NXNE](#)

Toronto Fringe Festival

Location: Various venues across Toronto, ON

Month: July

Website: [Toronto Fringe](#)

Taste of Toronto

Location: Toronto (specific venue TBD)

Month: July

Website: [Taste of Toronto](#)

Toronto International Film Festival (TIFF)

Location: Various venues across Toronto, ON

Month: August

Website: [TIFF](#)

YEARLY EVENTS

Canadian National Exhibition (CNE)

Location: Exhibition Place, Toronto, ON

Month: August

Website: CNE

Toronto Oktoberfest

Location: Toronto

Month: September

Website: Toronto Oktoberfest

Redpath Waterfront Festival

Location: Toronto Waterfront

Month: September

Website: Redpath Waterfront Festival

Halloween on Church

Location: Church Street (Carlton Street to Gloucester Street), Toronto, ON

Month: October

Website: Halloween on Church

Toronto After Dark Film Festival

Location: Toronto

Month: October

Website: Toronto After Dark

YEARLY EVENTS

Royal Agricultural Winter Fair

Location: Exhibition Place, Toronto, ON

Month: November

Website: [Royal Agricultural Winter Fair](#)

Toronto Christmas Market

Location: Distillery District, Toronto, ON

Month: November

Website: [Toronto Christmas Market](#)

Cavalcade of Lights

Location: Nathan Phillips Square, Toronto, ON

Month: December

Website: [Cavalcade of Lights](#)

Toronto Santa Claus Parade

Location: Downtown Toronto

Month: December

Website: [Toronto Santa Claus Parade](#)

New Year's Eve Fireworks Display

Location: Sherbourne Common, Toronto Music Garden, and Exhibition Common at Harbourfront Centre

Month: December

Website: [Toronto New Year's Eve](#)