



NORTH  
YORK  
FAMILY  
HEALTH  
TEAM

## **CITY OF TORONTO FREE & LOWER-COST RECREATION OPTIONS (2023)**

<https://www.toronto.ca/explore-enjoy/recreation/free-lower-cost-recreation-options/>

### **ETOBICOKE/YORK**

#### **Driftwood Community Recreation Centre**

4401 Jane St M3N 2K3

416-395-0226

<https://www.toronto.ca/data/parks/prd/facilities/complex/575/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Outdoor Swimming Pool

Registered Fitness Programs:

Cost: Free

#### **Emery Collegiate Institute**

3395 Weston Rd

416-395-7950

<https://www.toronto.ca/data/parks/prd/facilities/complex/1186/index.html>

Facilities: Indoor Pool

Cost: Free

#### **Falstaff Community Centre**

50 Falstaff Ave M6L 2C7

416-395-1199

<https://www.toronto.ca/data/parks/prd/facilities/complex/1063/index.html>

Facilities: Fitness & Weight Room, Gymnasium

Registered Fitness Programs: Cardio, Muscle Conditioning (Adult & Older Adult), Yoga (Adult & Older Adult)

Cost: Free

#### **North Kipling Community Centre**

2 Rowntree Rd M9V 5C7

416-394-8679

<https://www.toronto.ca/data/parks/prd/facilities/complex/749/index.html>

Facilities: Gymnasium

Registered Fitness Programs: Yoga (Older Adult)

Cost: Free

#### **Oakdale Community Centre**

350 Grandravine Dr M3J 1B3

416-395-0484

Facilities: Gymnasium, Outdoor Pool

Cost: Free

**York Recreation Centre**

115 Black Creek Dr

416-392-9675

<https://www.toronto.ca/data/parks/prd/facilities/complex/3501/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Indoor Pool, Indoor Track, Dance Studio

Drop-In Fitness programs available

Cost: Free

**NORTH YORK****Antibes Community Centre**

140 Antibes Dr. M2R 3J3

416-395-0096

<https://www.toronto.ca/data/parks/prd/facilities/complex/42/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Dance Studio, Indoor Swimming Pool, Outdoor Basketball court, Outdoor Table Tennis, Outdoor Tennis court

Registered Fitness Programs: Walking (Walk Fit), Yoga

Cost: Free

**Dennis R. Timbrell Resource Centre**

29 St Dennis Dr M3C 3J3

416-395-7972

<https://www.toronto.ca/data/parks/prd/facilities/complex/1056/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Indoor Swimming Pool

Registered Fitness Programs: Cardio, Yoga

Cost: Free

**Jenner Jean-Marie Community Centre**

48 Thorncliffe Park Dr M4H 1J7

416-396-2874

<https://www.toronto.ca/data/parks/prd/facilities/complex/1076/index.html>

Facilities: Fitness & Weight Room, Gymnasium

Registered Fitness Programs: Cardio (Adult & Older Adult), Walking Program, Yoga

Cost: Free

**Lawrence Heights Community Centre**

5 Replin Rd M6A 2M8

416-395-6118

<https://www.toronto.ca/data/parks/prd/facilities/complex/675/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Outdoor Swimming Pool

Cost: Free

**Oriole Community Centre**

2975 Don Mills Rd W M2J 3B7

416-395-6005

<https://www.toronto.ca/data/parks/prd/facilities/complex/714/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Outdoor Swimming Pool  
Registered Fitness Programs: Cardio, Tai Chi, Yoga  
Cost: Free

#### **SCARBOROUGH DISTRICT**

##### **Centennial Recreation Centre – Scarborough**

1967 Ellesmere Rd M1H 2W5  
416-396-4057

<https://www.toronto.ca/data/parks/prd/facilities/complex/537/index.html>

Facilities: Fitness & Weight Room, Indoor Pool  
Registered Fitness Programs: Yoga  
Cost: Free

##### **Don Montgomery Community Centre**

2467 Eglinton Ave E M1K 2R1  
416-396-4043

<https://www.toronto.ca/data/parks/prd/facilities/complex/712/index.html>

Facilities: Gymnasium  
Drop-in Fitness Programs: Walk Fit (60+), Walking (60+)  
Registered Fitness Programs: Cardio (Adult & Older Adult), Muscle Conditioning (Older Adult), Pilates (Adult), Yoga (Adult & Older Adult)  
Cost: Free

##### **Heron Park Community Centre**

292 Manse Rd M1E 3V4  
416-396-4035

<https://www.toronto.ca/data/parks/prd/facilities/complex/633/index.html>

Facilities: Gymnasium, Outdoor Pool  
Registered Fitness Programs: Yoga (Adult)  
Cost: Free

##### **L'Amoreaux Community Recreation Centre**

2000 Mcnicoll Ave M1V 5E9  
416-396-4510

<https://www.toronto.ca/data/parks/prd/facilities/complex/788/index.html>

Facilities: Fitness & Weight Room, Gymnasium  
Registered Fitness Programs: Cardio (Older Adult), Cardio Dance (Adult), Muscle Conditioning (Older Adult), Pilates (Older Adult), Tai Chi (Older Adult), Walking Program (Adult), Yoga (Adult & Older Adult)  
Drop-in Programs: Cardio & Strength, Cardio (High/Low), Fitness Workout  
Cost: Free

##### **Oakridge Community Recreation Centre**

63 Pharmacy Ave M1L 3E7  
416-338-1966

<https://www.toronto.ca/data/parks/prd/facilities/complex/731/index.html>

Facilities: Fitness & Weight Room

Drop-in & Registered Fitness Programs: Body Strength, Cardio & Strength, Cardio, Zumba

Cost: Free

### **Scarborough Village Recreation Centre**

3600 Kingston Rd M1M 1R9

416-396-4048

<https://www.toronto.ca/data/parks/prd/facilities/complex/743/index.html>

Facilities: Multipurpose room

Drop-in & Registered Fitness Programs: Cardio & Strength, Zumba, Cardio (Older Adult), Muscle Conditioning (Older Adult), Tai Chi (Older Adult), Yoga (Adult & Older Adult)

Cost: Free

### **Stephen Leacock Community Recreation Centre**

2500 Birchmount Rd

M1T 2M5

<https://www.toronto.ca/data/parks/prd/facilities/complex/1105/index.html>

Facilities: Dance Studio, Indoor Track

Drop-in & Registered Fitness Programs: Boot Camp, Cardio, Walking/Running Track, Tai Chi (Older Adult), Yoga (Adult)

Cost: Free

## **TORONTO/EAST YORK**

### **Harrison Pool**

15 Stephanie St M5T 1B1

416-392-7984

<https://www.toronto.ca/data/parks/prd/facilities/complex/45/index.html>

Facilities: Indoor Pool

Cost: Free

### **John Innes Community Recreation Centre**

150 Sherbourne St M5A 2R6

416-392-6779

<https://www.toronto.ca/data/parks/prd/facilities/complex/63/index.html>

Facilities: Dance Studio, Fitness & Weight Room, Gymnasium, Indoor Pool, Indoor Track

Registered Fitness Programs: Cardio (Adult), Muscle Conditioning (Adult), Pilates (Adult), Yoga (Adult)

Cost: Free

### **Masaryk-Cowan Community Recreation Centre**

220 Cowan Ave M6K 2N6

416-392-6928

<https://www.toronto.ca/data/parks/prd/facilities/complex/89/index.html>

Facilities: Fitness & Weight Room, Gymnasium

Registered Fitness Programs: Cardio (Older Adult), Pilates (Adult), Yoga (Adult)

Cost: Free

**O'Connor Community Centre**

1386 Victoria Park Ave M4A 2L8

416-395-7957

<https://www.toronto.ca/data/parks/prd/facilities/complex/1093/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Outdoor Pool

Registered Programs: Cardio (Adult)

Cost: Free

**Pam McConnell Aquatic Centre**

640 Dundas St E M5A 2B8

416-338-2237

<https://www.toronto.ca/data/parks/prd/facilities/complex/2012/index.html>

Facilities: Indoor Pool

Cost: Free

**Regent Park Community Centre**

402 Shuter St

416-392-5490

<https://www.toronto.ca/data/parks/prd/facilities/complex/3502/index.html>

Facilities: Dance Studio, Fitness & Weight Room, Gymnasium, Indoor Track

Registered Programs: Cardio (Adult), Yoga (Adult)

Cost: ?

**Wellesley Community Centre**

495 Sherbourne St M4X 1K7

416-392-0227

<https://www.toronto.ca/data/parks/prd/facilities/complex/451/index.html>

Facilities: Fitness & Weight Room, Gymnasium, Indoor Pool

Drop-in & Registered Programs: Walking, Fitness Workout, Cardio (Adult), Cardio Dance (Adult), Pilates (Adult), Yoga (Adult)

Cost: Free