



Toronto, Ontario, Canada

December 16<sup>th</sup> to 18<sup>th</sup>, 2016

Welcome to the 2016 Ontario Junior International in Toronto. The organizing committee is here to ensure that this is the best event possible for the athletes, coaches, support staff and spectators. If you have a question or need help, please contact me directly

Bienvenue à l'Ontario Junior International à Toronto. Le comité organisateur travaille vraiment fort afin de fournir le meilleur évènement pour les athlètes, les entraîneurs, les personnes d'appuis et spectateurs. Si vous avez des questions ou vous avez besoin d'aide, contactez moi directement svp.

Have a great competition! / Bonne compétition!

*Darin Muma*

Committee Chair

Local Organizing Committee

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**SWIM  
ONTARIO**

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I am pleased that our Community, and the City of Toronto, is hosting this outstanding event. We proudly welcome the young athletes who are participating on an international level. These promising athletes will be competing in our new Pan Am pool with the latest state of the art technology.

These athletes are the future Olympians. This event facilitates new possibilities, and furthers their competitive goals.

I wish all the participants the very best. May you have the performance of your life in our world class athletic centre.

Regards,

A handwritten signature in black ink that reads "Ron Moeser". The signature is fluid and cursive, with the first name "Ron" being more prominent.

Councillor Ron Moeser

## **Medical / Ressources Médicale**

### **Hospitals & Emergency Care – 24 Hours / Walk in Clinics / Hôpitaux et Services d’urgence – 24 heures**

Rouge Valley Centenary Hospital	2867 Ellesmere Road	416-284-8131
Centenary After Hours Clinic	2863 Ellesmere Road	416-281-8618
The Doctor’s Office	255 Morningside Ave.	416-284-1020
North York General Hospital	4001 Leslie St.	416-756-6000
Sunnybrook Health Sciences Centre	2075 Bayview Ave.	416-480-6100
The Hospital for Sick Children	555 University Ave.	416-813-1500

(SickKids)

### **TeleHealth Ontario**

**1-866-797-0000**

**TTY: 1-866-797-0007**

TeleHealth Ontario is a 24 hours a day, seven days a week telephone health advice and health information service answered by registered nurses that anyone in Ontario can access. View online health information at <http://www.health.gov.on.ca/en/public/programs/telehealth/>. TeleHealth Ontario est un service de 24 heures, sept jours par semaine qui donne conseil santé donné par les infirmières. Veuillez visiter <http://www.health.gov.on.ca/en/public/programs/telehealth/>

### **Emergency Dental Care / Services Dentaires**

Altima Dental Centers  
1-855-335-1555

### **Eye Care / Soins des yeux**

Scarborough Eye Clinic  
Scarborough Hospital Medical Mall  
3030 Lawrence Avenue E, Suite 106  
416-438-3525

### **Pharmacies / Pharmacies**

Shoppers Drug Mart  
255 Morningside Avenue  
416-282-1129

Rexall Drug Store  
1127 Markham Road  
416-439-0230

**Physiotherapy & Massage / Physio et massage**

Activa Clinic  
255 Morningside Avenue  
416-645-9988  
email: scarborough@activaclinics.com

Athlete's Care  
200 Consilium Place, #104  
416-479-8686  
<http://www.athletescare.com/locations/index.php?mode=view&lid=9>

**Transportation / Transport**

**Toronto Transit Commission (TTC)**

[www.ttc.ca](http://www.ttc.ca)  
Adult Fare \$3, Student Fare (13-19) \$2  
Trip Planner available on the website, [www.ttc.ca](http://www.ttc.ca). To calculate route, enter 'from' and 'to' destinations.

**Taxis / Taxis**

Beck Taxi	416-751-5555	<a href="http://www.becktaxi.com">www.becktaxi.com</a>
Crown Taxi	416-240-0000	<a href="http://www.crowntaxi.com">www.crowntaxi.com</a>

**Car Rentals / Location de voitures**

Enterprise	1-800-261-7331	<a href="http://www.enterpriserentacar.ca">www.enterpriserentacar.ca</a>
National		<a href="http://www.nationalcar.ca">www.nationalcar.ca</a>
Budget	1-800-268-8900	<a href="http://www.budget.ca">www.budget.ca</a>
Hertz	1-800-654-3001	<a href="http://www.hertz.com">www.hertz.com</a>

**Parking / Stationnement**

The Toronto Pan Am Sports Centre (TPASC) is located at the north-west end of the University of Toronto Scarborough campus. Accessible by public transit, TPASC operates 225 parking spaces for bicycles and 434 parking spaces for automobiles.

## TTC

- Bus 38 East - Highland Creek
- Bus 85 West / 85A
- Bus 116 East

## Automobile

From 401 East

- Exit Morningside Avenue
- Travel south on Morningside Avenue
- Turn left onto Tams Road / Pan Am Drive into facility parking lot.

From 401 West

- Exit Morningside Avenue
- Travel south on Morningside Avenue
- Turn left onto Tams Road / Pan Am Drive into facility parking lot.

## Parking

TPASC parking is available to registered members, registered community users, patrons, clients and staff employed at TPASC. Complimentary parking is provided for a maximum of two hours per visit for the above categories.

- **No "in & out" privileges**
- **10 minute window to exit the parking lot once fee is paid at the machine**

General parking for closest access to TPASC main entrance is located at the South Lot.

### Daily Parking rates

First two (2) hours per visit	Complimentary
Monday to Friday (12:00am - 4:00pm)	\$7.50
Monday to Friday (4:00pm - 12:00am)	\$2.00
Saturday to Sunday (all day)	\$2.00

## Restaurants / Restaurants

Amazing Ted's	362 Old Kingston Rd	362 Old Kingston Rd	416.282.2204
Boston Pizza	785 Milner Ave	Morningside & Milner	416.282.0770
Fossil & Haggis	730 Military Trail	Morningside & Milner	416.281.6959
Federick's	1920 Ellesmere Rd	Ellesmere & Bellamy	416.439.9234
Fratelli Village Pizzeria	384 Old Kingston Road	Highland Creek Plaza	416.283.2112
Jack Astor's	580 Progress Ave	McCowan & Progress	416.296.0965
Kelsey's	50 Cinemart Drive	Morningside & Milner	416.283.2937
Milestones	2-300 Borough Drive	McCowan & Progress	416.290.0464
Pizza Hut	259 Morningside Ave	Kingston & Lawrence	310.10.10
Swiss Chalet	853 Milner Ave	Kingston & Lawrence	416.439.0439
The Keg	60 Estate Dr	Progress & Markham	416.438.1452

## Take Out

2 for 1 Pizza	Old Kingston Rd	Military Trail & Old Kingston	416.241.0241
Harvey's	853 Milner Ave	Morningside & Milner	416.283.2460
Kentucky Fried Chicken	2848 Ellesmere Rd	Ellesmere & Neilson	416.281.0452
McDonalds	4435 Kingston Rd	Kingston & Lawrence	416.284.5362
Mr. Greek	855 Milner Ave	Morningside & Milner	416.283.8315
Mr. Sub	4352 Kingston Rd	Kingston & Lawrence	416.282.0624
Popeye's	790 Military Trail	Morningside & Military Trail	416.208.9444
Red Lobster	3252 Sheppard Ave. East	Sheppard Ave.	416.491.2507
Regino's Pizza	790 Military Trail	Morningside & Military Trail	416.284.3003
Subway	2872 Ellesmere Rd	Ellesmere & Neilson	416.724.8307

Tim Horton's	2862 Ellesmere Rd	Ellesmere & Neilson	416.282.1499
Wendy's	2908 Ellesmere Rd	Ellesmere & Lawrence	416.208.9902

## Groceries

Food Basics	2900 Ellesmere Rd	Ellesmere & Neilson	416.284.5320
No Frills	4473 Kingston Rd	Morningside & Kingston	
Sobeys	1150 Morningside Rd	Morningside & Milner	416.284.8864

## Other

Staples	850 Milner Ave	Morningside & Milner	416.208.7728
Wal-Mart	799 Milner Ave	Morningside & Milner	416.281.2929

## Swim Equipment

Team Aquatic Supplies	2 <sup>ND</sup> Lobby of Toronto Pan Am Sports Centre		416-431-3334
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## Shopping Centres

Eaton Centre	Yonge & Dundas-Queen	Yonge & Dundas	416.598.8639
Pacific Mall	4300 Steeles Ave	Kennedy & Steeles	905.470.8785
Scarborough Town Centre	300 Borough Dr	McCowan & 401	416.296.0296
Yorkdale	1 Yorkdale Rd	Allen Rd & 401	416.789.3261
Kennedy Commons	1137 William Kitchen Rd	Kennedy & 401	



## Things to do & See / Activités Touristiques

TPASC is located East of Downtown Toronto. One of the closest visitor attractions to us is the Toronto Zoo located just 10 minutes away. Other places of interest include Scarborough Bluffs and Bluffer's Park on Lake Ontario.

Toronto Zoo [www.torontozoo.com](http://www.torontozoo.com)

Scarborough Bluffs / Bluffer's Park <http://www.bluffersparkmarina.ca/bluffers-park-beach.php>

### Downtown Toronto

Situated a little further away are many famous Tourist attractions located in downtown Toronto. Places of significant interest to visitors include the CN Tower, Casa Loma , Royal Ontario Museum, Ontario Science Centre, and much more. For a list of other places you can go or things you can do during your stay in Toronto visit Tourism Toronto.

CN Tower [www.cntower.ca](http://www.cntower.ca)

Casa Loma [www.casaloma.org](http://www.casaloma.org)

ROM [www.rom.on.ca](http://www.rom.on.ca)

Ontario Science Centre [www.ontariosciencecentre.ca](http://www.ontariosciencecentre.ca)

Tourism Toronto [www.seetorontonow.com](http://www.seetorontonow.com)

## Important Web Sites / Sites Web

Toronto Pan Am Sports Centre (TPASC)	<a href="http://www.tpasc.ca">www.tpasc.ca</a>
Swimming Canada	<a href="http://www.swimming.ca">www.swimming.ca</a>
Swim Ontario	<a href="http://www.swimontario.com">www.swimontario.com</a>
City of Toronto	<a href="http://www.toronto.ca">www.toronto.ca</a>

## **Hotels / Informations d'Hôtel Local**

Delta Toronto East (Host Hotel)  
2035 Kennedy Road  
416-299-1500  
1-888-890-3222 Reservations

Holiday Inn Express Toronto East  
50 Estate Drive  
416-439-9666  
1-800-315-2621

Best Western Plus Executive Inn  
38 Estate Drive  
416-430-0444

Travelodge Toronto East  
20 Milner Business Court  
416-299-9500