

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors

SPRING 2024

Registration opens
February 21



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★ This symbol indicates Seniors' Daytime classes.

Art

Abstract Painting

In this beginner course, learn to create abstract paintings that express your inner vision to convey the feeling of something, rather than what it looks like. This is not a technical course; it's about finding your artistic vision. Each session will start with a guided demonstration and explores the different techniques used to create an Abstract composition. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10:30am-1pm Apr 5, 2024 9wks \$221 (\$144sr) PR-5193

Acrylic Painting Beginner

Explore your individual creative expression through an understanding of basic techniques used in acrylic painting. In this course, step by step demonstrations will outline the painting process from start to finish; including preparation of canvas, colour composition and mixing, choosing painting tools, mixing materials into the paint to achieve various effects and sealing your artwork. Learners are required have their own materials, a list will be provided in the first class.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5478

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5195

Acrylic Painting Beginner/ Intermediate

An excellent paint to learn with, acrylics are water-based and easy to use. At the first class we'll tell you what supplies you'll need, where to get them and all about the course. Learn to paint with an experienced artist and teacher. No oil paints. Learners are required to provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5421

Action Art (New)

Creativity meets spontaneity in action art, where movement and expression intersect to create dynamic artistic freedom. Experiment with unconventional tools, unconventional canvases, and physical gestures to create visually striking masterpieces. This course is designed for those seeking an exhilarating and liberating approach to art, where the process is as fun and exciting as the finished piece. Various mediums will be used. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-9:30pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5528

Art Appreciation

Explore visual art forms and their cultural connections. Learn a basic knowledge of the elements, principles, content and meaning of art. Understand the visual art in different forms and depth of history, explore the role and effect of major art pieces in societies, history and multi-cultures.

*Remote Course Offering

Tue 6:30pm-9pm Apr 2, 2024 9wks \$221 (\$144sr) PR-5432

Art Metal Work

Explore the shaping of metal using common hand tools. Introduction to joinery methods including electric welding. Projects will be structured learning and include a tool caddy, bowl, copper rose and small sculptures. Final price includes material fee of \$55.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9:30pm Apr 3, 2024 9wks \$365 (\$257sr) PR-5305

Thu 6pm-9:30pm Apr 4, 2024 9wks \$365 (\$257sr) PR-5310

Bringing Stories to Life Through Book Illustrations

Explore the captivating world of book illustration. Delve into the art of visual storytelling, as you learn the fundamentals of creating illustrations for books. You will learn various techniques, styles, and mediums to bring your narratives to life, making your illustrations an important component of any literary masterpiece. Final price includes a material fee of \$15.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$280 (\$187sr) PR-5431

Calligraphy ★

Learn the art of beautiful writing. You will begin with basic strokes and letterforms then progress to explore various alphabets. Projects include bookmarks, cards, envelopes and simple books. You are required to provide your own supplies, for a list of items required, please visit the website.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9:30am-12pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5177

St. Luke's United Church

Tue 10am-12pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5171

Calligraphy Beginner

Embark on a journey of elegance and precision. This course is designed for beginners who would like to learn the foundational principles of calligraphy. Learn classic scripts and create stunning hand-lettered artwork. You will develop the skill to the art of beautiful writing. You are required to provide your own supplies, for a list of items required, please visit the website.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 6, 2024 9wks \$177 (\$115sr) PR-5253

Ceramic Art: Ideas and Techniques

Learn advanced techniques in both decorative and conceptual ceramic art making. You will be encouraged to create unique and original work. We will focus on concepts, creativity and craft. Learners should have intermediate level skills. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$325 (\$232sr) PR-5439

Chinese Brush Painting ★

Learn Chinese brush techniques in a 'free-hand' style on a wide range of subjects, including line-drawing, wash-and-ink, wash-and-colour and special effects. Understand Chinese painting using a synthesis of art, culture, theory and philosophy. Detailed instruction and demonstration is provided. You will be able to start creative works in your own way. No

experience required.

Second Mile Club - Kensington Gardens Kensington Gardens, 25 Brunswi, Toronto

Fri 10am-12:30pm Apr 5, 2024 9wks \$221 (\$144sr) PR-5185

Drawing Beginner

Learn the fundamental techniques of basic perspective, depth, tone, line, and shape. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$265 (\$172sr) PR-5441

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$265 (\$172sr) PR-5353

Drawing For People Who Can't Draw

In this course, we will focus on looking, seeing, form, perspective, composition, line and shading techniques, and texture. We will draw a variety of subject matter using pencil, charcoal, conte, pen and ink and coloured pencils.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5303

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5472

Drawing Step-by-Step

Using a variety of drawing materials in this remote course, you will learn drawing technique step by step as well as art principles displayed in master pieces. An intensive instruction, detailed hands-on demonstration and self critical review will be provided. No experience is required. Learners are required to supply their own art materials: pencils and other drawing tools, sketchbook, eraser and clip board.

*Remote Course Offering

Tue 1pm-3:30pm Apr 2, 2024 9wks \$221 (\$144sr) PR-5215

Drawing and Painting in Mixed Media

In this creative course, participants will explore watercolours, pens, charcoal, acrylic and collage to create a series of artwork in mixed media. They will learn to use individual mediums and combine them with other materials to create textured and layered drawings and paintings. The course is suitable for all levels, guiding beginners to build skills and gain confidence in using a variety of media, and enabling more experienced participants the possibilities of further developing their art style. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5423

Drawing and Sketching: Landscape Study

Let nature inspire you as you improve your technique, design and composition skills, and understanding of perspective and lighting. Work with pastel, charcoal, watercolour and ink on different papers.

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 10am-12:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5467

Drawing and Watercolour-All Levels

Learn about the methods and media used to create watercolour. Explore form, colour, and composition. Taught with demonstrations, group and individual instruction.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Apr 2, 2024 9wks \$265 (\$172sr)PR-5194

Expressive Abstract Landscape Painting

This course is designed for all levels and focuses on creating an Abstract Landscape painting. We will explore colour mixing, the use of different techniques and materials, how to find solutions to balance the Abstract composition, and to observe nature in different ways. Learners will share their stories as a group, participate in group feedback, and self-reflection of their pieces. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10:30am-1pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5211

Figure Drawing Beginner

Explore traditional and new techniques through a broad choice of media while drawing from live models. Students supply their own materials. Final price includes a model fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$325 (\$232sr) PR-5434

Floral Abstract Painting

Flowers has been popular subject in Art history for centuries. Botanical subjects typically were used as a metaphor for representing the spiritual and psychological aspects of meaning such as life and death, purity and peace. In this course you will create the floral composition with acrylic paint and explore with different techniques and methods. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 1:30pm-4pm Apr 5, 2024 9wks \$221 (\$144sr) PR-5219

Floral Arts Class - Meditation and Making Art with Flowers (New)

Come and learn about the world of flowers and all that can be done with them. This course explores several different art-making practices along with journaling and meditation. Use fresh flowers to make a bouquet, a piece of wearable jewelry, a botanical eco-print, a bottle of custom ink, and in papermaking. A wonderful and unique way to experience floral design, painting, sculpture, meditation, and art journaling.

Leaside High School 200 Hanna Road, East York

Mon 6pm-9pm Apr 22, 2024 6wks \$177 (\$115sr) PR-5186

Flower Sculpting with Clay (New)

Explore the artistry of nature in Flower Sculpting. Experience floral design with air-dry clay as you learn the techniques and skills to transform ordinary flowers into exquisite sculptures. Discover the joy of creating stunning floral masterpieces in this engaging and hands-on course. Final price includes a material fee of \$50.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$315 (\$222sr) PR-5529

Introduction to Henna Body Art and the Ancient Art of Mehndi (New)

This course will cover the history, use, safety, and practice of henna. Hands on activities include mixing henna paste, rolling and filling cellophane applicator cones, practicing skills on paper and each other, as well as creating art pieces using henna as an embellishment. By the end of the course, you will be able to implement simple henna designs. Each attendee will also receive a small henna design by the instructor/artist. Final price includes a material fee of \$52.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Apr 3, 2024 9wks \$229 (\$167sr) PR-5510

Introduction to Watercolour

Explore and observe the wonderful world of watercolour. This class covers the elements and principles of art and design, experiment with various techniques such as wet on wet, wet on dry, salting, blending, and texturizing. Each session begins with a meditation card to help with connection, grounding, and intention, that will help set the tone for the class and enhance individual and artistic growth. Build up confidence in drawing and painting skills or learn to relax and enjoy the art making process. Materials such as pencil, palette, brush, and sketchbook are to be purchased by learners.

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5443

Landscape Painting

Landscape paintings can be realistic, depicting scenes with meticulous detail, or they can be more impressionistic or abstract. Using a variety of mediums and techniques, learn to paint outdoor scenes, capturing the beauty and essence of the natural world.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5428

Middle Eastern Geometric Art and Patterns-Beginner

Learn how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then transfer the pattern to another paper to create a variety of designs and compositions, which are either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

*Remote Course Offering

Thu 6pm-9pm Apr 4, 2024 9wks \$265 (\$172sr) PR-5318

Neurographic Art - Mindfulness Drawing

Neurographic art is a creative method, an easy concept to grasp and extremely fun and relaxing to create. This art form, considered as mindful drawing, is a way to capture how the inner being reacts to the outer world. Neurographical art is a way to transform the chaos of our world into something more calming and peaceful. Learners must bring color markers and sketch paper to class.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm Apr 4, 2024 2wks \$39 (\$25sr) PR-5398

Oil and Acrylics All Levels

Explore the fundamental techniques of oil and acrylic painting, while refining your own style of expression. Learn to choose your subject, materials, composition, construction and colours to produce stunning results. Learners must provide own materials.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$265 (\$172sr) PR-5134

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5332

Oil and Acrylics Beginner

Discover the techniques of painting. Learn about perspective, proportion, line, tone and colour theory. Step-by-step demonstrations will trace the painting process from sketch to under painting in washes through to building up layers of impasto.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$265 (\$172sr) PR-5436

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-9pm Apr 2, 2024 9wks \$265 (\$172sr) PR-5284

Oil and Acrylics Beginner/Intermediate

Explore your individual creative expression through an understanding of basic techniques used in acrylic and oil painting. Learn about basic drawing techniques, colour strategies and

material information. Familiarize yourself with technical terms and skills that will simplify your approach to painting. Learners are required to purchase own materials.

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 1pm-3:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5192

Oil and Acrylics Intermediate (New)

Now that you have taken Oil and Acrylics Beginner, further develop your skills in underpainting. Explore other types of underpainting, Grayscale, Imprimatura, Complementary, to create your master piece. Learners must provide their own materials.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-9pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5292

Painting Intermediate ★

Learn various painting techniques in acrylic or oil, using still life and/or subjects of interest. Examples will be presented for group critiques. We will explore what it takes to produce successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practices.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto

Wed 10am-12:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5190

Wed 1pm-3:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5188

Pen and Ink Sketching (New)

Join this course where the simplicity of a pen and the boldness of ink meet to make captivating works of art. Learn the fundamentals of line, shading, and composition as you master the art of creating sketches. This course offers a dynamic exploration of the versatility of the medium of pen and ink.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$265 (\$172sr) PR-5530

Portraiture: All Levels

Learn to create a portrait like a pro. Discover the best techniques to create portraits. Whether you are a beginner or an advanced portrait creator, spend time learning

and perfecting your art creations while receiving professional guidance and critiques on how to create portraits that others would be tempted to buy. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$335 (\$242sr) PR-5429

Pottery All Levels

Learn a timeless art form, build on what you already know or refine your skills! This class is designed for all students interested in pottery. Make, decorate and glaze your own pottery. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$325 (\$232sr) PR-5426

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-9:15pm Apr 2, 2024 9wks \$325 (\$232sr) PR-5350

Pottery Beginner: Intro to Handbuilding

Learn to make and glaze your own pottery in this hand building course. Create unique pieces out of clay. Learners will explore the use of clay with various tools and treatments. Final price includes a material fee of \$50.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$315 (\$222sr) PR-5437

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$315 (\$222sr) PR-5440

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$315 (\$222sr) PR-5420

Pottery-Beginner/Intermediate

This class is designed for both the beginner as well as those with some previous experience. Learn or improve your potter's wheel skills and handbuilding techniques. Those new to this art form will learn to make, decorate and glaze their own pottery. Experienced potters will refine their skills. Final price includes material fee of \$50.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Apr 3, 2024 9wks \$315 (\$222sr) PR-5346

Mon 6:15pm-9:15pm Apr 8, 2024 9wks \$315 (\$222sr) PR-5333

Pottery: Beginner Throwing

Join us and learn how to throw a cylinder, mug, bowl, decorate and glaze your thrown creations. This course is designed for the beginner thrower with no experience. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$325 (\$232sr) PR-5433

Pottery: Mindfulness and Self Expression

Experience the therapeutic power of clay as a means of self-discovery and artistic expression. You will create using clay while focusing on mindfulness techniques to center your thoughts and emotions. Craft beautiful, one-of-a-kind pieces while fostering a deeper connection with your inner-self in a nurturing environment. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$325 (\$232sr) PR-5430

Printmaking: Monotype and Relief (New)

Join the Monotype and Relief course where the tactile world of printmaking comes alive. Discover the artistry of monotype and relief techniques which combines texture and depth to produce one-of-a-kind prints. This course provides hands-on learning, exploring traditional methods and contemporary expression. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$325 (\$232sr) PR-5527

Printmaking: Silk Screening (New)

Get creative in printmaking. Dive into the process of transforming your designs into prints on various surfaces using silk screens. This course provides an experience to delve into the realm of silk screen printing. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$325 (\$232sr) PR-5526

Sculpture: Clay

Learn to manipulate clay through the observation and interpretation of live nude models. Subsequent mold-making and casting are also covered. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$335 (\$242sr) PR-5427

Still Life Painting (New)

In this beginner course, students will be introduced to drawing painting, and abstraction with colors from still life. We will work with a combination of still life and photos of objects and figures. We will explore concepts such as line, perspective, form, proportion, light, and shadow. Students will experiment with a variety of artist's media and contemporary techniques of painting.

Overland PS 55 Overland Drive, North York

Tue 1:30pm-3:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5456

The Art of Etching (New)

Follow in Rembrandt's footsteps and create wonderful etchings. Beginners will start with dry point techniques to develop line work in their drawings, then move towards etchings on metal using wax resist, rosin and acid. The whole process will be explained and explored step by step. Beginners and experienced etchers welcome. Small editions will be printed in a fully equipped printmaking studio. Final price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 4, 2024 3wks \$128 (\$97sr) \PR-5326

Urban Landscape: Sketching and Painting (New)

In this beginner course, students will be introduced to interpreting, drawing, and painting urban landscapes that include scenes of Towns, Marketplaces, Skylines, Waterfronts, and more. We will explore concepts of perspective and composition in urban landscapes, the use of colors, and color mixing with the medium of your choice. Students will experiment with a variety of artist's media and mark-making.

Overland PS 55 Overland Drive, North York

Tue 11am-1pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5457

Watercolour Intermediate ★

Learn and develop techniques and skills based on your existing level in this remote course. In this continuation of Watercolour Painting, explore drawing techniques, colour theory, structural balance, enhanced style, motion rhythm and final adjustment. Critical reviews and hands on demonstration will be provided. Enhance your aesthetic knowledge and create your own artwork.

*Remote Course Offering

Thu 10am-12:30pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5189

Watercolour Painting ★

Enjoy the magic of watercolour remote course. Explore art principles covering such as composition, shape, value, tone, contrast, texture, emphasis, balance and unity. Varied wet and dry, colour mixing and brush handling techniques and the illusion of form will be conducted step by step demonstration. You will learn to develop painting skills at your own pace and allow your creativity to blossom in confidence.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto

Thu 1:30pm-4pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5187

Watercolours All Levels

In this course, learn the basics of watercolour, how to mix and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes, etc. You will be provided with a list of materials needed for the course at the first class.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5343

Yes, You Can Draw! (New)

Have you ever looked at a scene, flowers, or an interesting building and thought, I wish I could draw that? It may be easier than you think once you understand the basics of shapes, how light falls and how to use simple tools. This course starts at the beginner level and guides students through seeing the forms and shapes of objects, how to render them in 2D

and 3D, using various mediums including graphite pencil, charcoal, and watercolour pencils. Learner must provide own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5511

Business and Finance

Accounting and Bookkeeping Beginner

This course is an introduction to basic accounting and bookkeeping processes and procedures for entry level positions e.g. accounts receivable/payable, personal or small business needs. It includes instruction on double-entry journaling, general ledger, posting accruals, deferrals, financial statements, and more.

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5485

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5494

Accounting and Bookkeeping Intermediate

Building on the Accounting Process from Accounting Beginners, Learn the treatment of fixed assets, managing inventories, year end procedures and what is gross margin and gross profit, and cost of goods sold on the income statement is and more.

*Remote Course Offering

Mon 5:30pm-7:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5531

Accounting: Small Business and Tax Issues

Throughout this course, you will be provided with a variety of information to help you manage the operations of your business. Topics include setting up a simple records keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses, attribution rules and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5250

Buying Your First Home in the GTA

If you are new in Canada and/or are considering buying your first home in Ontario, this workshop will be a help and a tool for you. In this workshop you will learn the buying process which has been divided in 6 important steps to simplify the understanding of basic principles that lead to home ownership and make 'the most important financial decision of your life' a little clearer and a lot less stressful.

*Remote Course Offering

Sat 9am-12pm Apr 27, 2024 1wks \$29 (\$19sr) PR-5259

Condominium Buying and Investing

Open any newspaper and there are advertisements for all sorts of condominium projects, and people are lining up to buy them. What's the deal? Toronto has been in a real estate boom since 1995 and condominium sales have been a strong part of that. In this course, learn the process and pitfalls of buying a pre-construction versus a resale condo, the financial analysis of different projects, the various projects available including insight into some of the more interesting ones.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 5:30pm-7:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5277

Estate Planning

The course helps you consider the unique challenges that adults 50+ face as they consider estate planning. This Estate Planning course is designed specifically to allow you to effectively plan your estate. Learn all about probate, creating a will, and estate taxes. Control your estate for your maximum benefit. Plan for your retirement, plan for your future, and improve your personal lifestyle today.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6:30pm-8:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5243

Estate Planning Workshop

Estate Planning is required to ensure that your assets and properties are distributed according to your wishes in a tax efficient manner and not dictated by the law. In this workshop we will provide an overview and structuring of Will and Power of Attorney.

*Remote Course Offering

Thu 6pm-8pm Apr 11, 2024 3wks \$59 (\$38sr) PR-5128

Financial Planning and Investments

This course is for anyone wanting to understand and take control of their finances. You will get an overall financial picture of your assets vs. debt. Everyone can benefit from this course which will cover budgeting, debt management, taxation, investment income, insurance needs, RRSP, RRIF, and retirement planning. This course is a must for anyone wanting to make informed decisions about their personal, secure financial future.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5366

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr)PR-5291

Income Tax Preparation

Tax shelters and tax loopholes can save you thousands of dollars every year! In this course, topics covered include RRSP's, tax shelters, rental income, home-based businesses, capital gains and losses, interest rates, life insurance and wills/estate planning. All facets of personal income tax preparation for single people and families will be covered.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Apr 6, 2024 9wks \$177 (\$115sr) PR-5158

Introduction to Payroll

Learn how to calculate employees gross pay, net pay, bonus payments. Learn the impact of Taxable benefits on income. Calculating Statutory deductions and remittance.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 6, 2024 9wks \$177 (\$115sr) PR-5261

Investing 101 for Millennials

Millennials, come learn the basics to help you invest online! We will start at the beginning in order to understand stocks and bonds. Then, we will journey through the worlds of ETF's and mutual funds. Find out about roboadvisors and discount brokerage accounts. This

course is designed for the beginner investor who would like to find out what online investing can offer.

*Remote Course Offering

Thu 6:30pm-9pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5396

Investor Boot Camp: How the Market Works

Discover key elements of the stock market and how it connects to investment portfolios. Market realities, myths and how mutual funds and the investment industry operate are essentials. Explore how psychology and finance intersect.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Apr 15, 2024 2wks \$39 (\$25sr) PR-5338

Online Investing

This course is an introduction to the world of online investing. We will discuss stocks, bonds, mutual funds, exchange-traded funds, segregated funds, asset allocation and portfolio selection in a relaxed setting. You will learn how to access the vast amount of investing information available online. Try your luck on a simulated stock market. This course is designed for the beginner investor.

*Remote Course Offering

Mon 6:30pm-9pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5359

Payroll Level II (New)

Building on Introduction to Payroll, in this course you will learn more complex net pay calculation in areas of severance pay, termination pay and retiring allowance payments, statutory holiday pay, payment of vacation. Completing Record of Employments, completing T4's, accounting entries for payroll, Government compliance and legislation, and more.

*Remote Course Offering

Mon 7:30pm-9:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5520

Personal Finance and Investment Basics for Women (New)

In this course you will learn all the basics of your personal finances to help you feel more confident with your money. Set goals and create a budget. Discover all the different types of

regular and registered bank accounts and how to use them all effectively. Learn about how investments like mutual funds, stocks, and ETFs work. Lastly, you will learn about credit; how to read and understand your credit report, how credit approval decisions are made by institutions, how loans and interest work, and how to calculate if you can afford to take out credit for a large purchase. Men are welcome to join the class.

*Remote Course Offering

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5450

QuickBooks

QuickBooks has everything you need to manage your business more effectively. It's as simple as filling in familiar cheques, invoices and forms onscreen. QuickBooks gives you instant access to your business' financial information with over 100 reports. Registrants are recommended to have some basic accounting knowledge.

*Remote Course Offering

Wed 7:30pm-9:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5444

QuickBooks - Level II

Learn how to set up payroll, pay employees, pay payroll liabilities, process payroll forms and run payroll reports. Also learn additional QuickBooks features such as entering, opening trial balance, customer and vendor balances, sales and purchase orders and NSF cheques. Registrants are recommended to have some basic accounting knowledge.

*Remote Course Offering

Wed 5:30pm-7:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5448

Real Estate: Investment Property

Real estate is a great way to create wealth. Learn the math that will keep you out of the red! In this course, learn how to recognize under-valued properties, the many options available in financing, improvements that yield the biggest returns, property management, how CRA applies taxation to profits, HST implications, to incorporate or not? Learn how to flip homes successfully or buy and hold profitably. If you have thought to start investing or are experienced, this course is for you!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5279

Real Estate: Risks of Home Ownership (New)

This course is for anyone thinking of purchasing a home or already a homeowner. We will explore solutions in dealing with Operating Expenses, Mortgages and re-financing, recruiting and managing Tenants and borders. Best methods in protecting your asset and how to make the best decisions for you.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-8pm Apr 15, 2024 5wks \$74 (\$48sr) PR-5525

Retirement and Estate Planning

Have you ever wondered how much income you will need during retirement? Will your government pension be enough? Thought about planning ahead for eventual situations, i.e., authorize another person to make decisions about your finances and health or to distribute your property according to your wishes? Learn to estimate your monthly income at retirement, including your employer pension plan, and your Canada Pension Plan and Old Age Security benefits, if eligible. The course will also teach you the step by step process for preparation of a valid will and power of attorney.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5397

Stock Market

Have you ever wondered how the stock market works? Would you like to make your own investments in the stock or bond markets to increase your wealth? Do you want information on ways to increase your income now and to increase your nest egg for the future? This course includes instruction on how to find and evaluate stock and bonds to help you improve your finances.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5244

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6pm-8pm Apr 15, 2024 8wks \$157 (\$102sr) PR-5274

Understanding Landlord Rights and Responsibilities

This course provides an overview of the rights and responsibilities of landlords, with a focus on legal and ethical considerations. Students will gain a deep understanding of the legal framework governing landlord-tenant relationships and will learn how to navigate common

challenges and disputes. Topics covered include lease agreements, property maintenance, eviction procedures, navigating the Landlord and Tenant Board website to find the required forms and how to complete for filing.

Thistlethorn CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Apr 13, 2024 4wks \$118 (\$77sr) PR-5169

Will and Power of Attorney Workshop

Whatever your age or financial position, it is a sound idea to plan ahead for eventual situations when you may need to authorize another person to make decisions about your health or to distribute your property according to your wishes. This one day workshop will teach you the step by step process for preparation of a valid will and power of attorney in Ontario.

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Apr 20, 2024 1wks \$39 (\$25sr) PR-5258

Communications Creative Writing

Through this class, learn to craft characters, create mood and structure your work while letting your language flow. Exercises focus on the creation of character through which plot is explored. You will work toward creating a strong story. Teacher editorials and controlled workshop approaches are used to develop strategies for enhancing each individual story.

*Remote Course Offering

Sat 11am-1pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5153

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5315

Creative Writing: Memoirs I ★

Learn the craft of memoir writing and write your personal life story that your peers, children or grandchildren have been asking for. You will have the opportunity to submit several pieces of work for class discussion and critique. Discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-4pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5170

Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. Learn the basic principles of psychology and develop your critical thinking skills. Learn to evaluate information, apply psychological theories to everyday facts, question commonly held assumptions and ask challenging questions. The study of psychology has many applications for everyday life.

*Remote Course Offering

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5299

Public Speaking

Whether speaking to a small informal group, a business meeting, or a political gathering, stage fright can be a very real and debilitating feeling. This course will help you overcome some of your fears and give you the tools to improve your public speaking.

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-9:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5490

Writing A Children's Book

If you've ever wanted to write a book for kids, this is the class. We'll learn about the different types of books - picture books, middle-grade novels, young adults - and how to find the appropriate age range for your idea. Consideration will be given to choosing your characters (animals, fairy-tale people, or real kids). We'll discuss all the elements of writers' craft: showing scenes, using dialogue, beginnings that 'hook', and satisfying endings. The business side of publishing will also be a focus.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 10am-12pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5223

Overland PS 55 Overland Drive, North York

Mon 2pm-4pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5232

Computers

Animation

Dive into the enchanting world of animation, where creativity knows no bounds. You will explore the art of storytelling through motion as you learn the basics of animation techniques, from traditional hand-drawn to digital animation. Bring your imagination to life in

this hands-on course.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5419

Building Blogs and Websites with Word Press

In this online course, you will learn how to build blogs and websites with the free, web-based WordPress software. Build attractive, professional looking sites that incorporate text, graphics and video. Learn to quickly and easily add new blog posts or webpages as well as how to use themes to change the look of your site and plug-ins to add functionality to your site.

*Remote Course Offering

Wed 5:45pm-7:45pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5242

Computer Applications for Everyday Life

Through this course, learn computer skills that can be used in everyday life, e.g. Internet banking, searching information online and the basics of using e-mail. Start with the basics of some Microsoft Office applications (Word and Excel). Explore Internet usage, e.g., e-mailing or shopping online. Higher level use of the Microsoft Office programs (Word, Excel and Power Point) will be introduced according to the students' level.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5152

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Apr 8, 2024 9wks \$177 (\$115sr)

PR-5276

Computer Skills Intermediate

In this remote course, students will learn to store, organize, move, delete, rename, create shortcuts, and copy files/folders within their computer and find 'lost files/folders'. Explore the Internet and its functions, use webmail to communicate with your loved ones. Protect your computer from viruses, Malware and Spyware. We will cover popular applications such as notepad, PDF, paint, media player. This course is not geared toward MAC applications.

*Remote Course Offering

Wed 9am-11am Apr 3, 2024 9wks \$177 (\$115sr) PR-5220

Computer Skills for Workplace Proficiency

Through this remote course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset. It is recommended that learners have the complete Microsoft Office Suite installed on thier home computer or laptop.

*Remote Course Offering

Tue 9am-11am Apr 2, 2024 9wks \$177 (\$115sr) PR-5458

Computer Upgrading/Servicing/Repairing

Learn how to build, upgrade and repair personal computers. This course is valuable for both novices and experienced computer users. Topics include: troubleshooting hardware and software problems; installing and replacing processors, memory modules, hard drives, CD ROM/DVD and expansion cards; formatting Hard Disks, Windows installation tips and tricks, small network setup; Internet connectivity and security. Students please bring a screwdriver to class.

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5230

Data Analysis - with Excel

You've completed Excel-Advanced course. Now challenge yourself with the next logical step. This course will help you to visualize, analyze and gain insights from your data using very powerful tools such as Dashboard, Power Query, Power BI (Business intelligence), Get Data from Web/Files/Database, and Combine Queries.

*Remote Course Offering

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5386

JavaScript & JQuery

JavaScript knowledge is essential for any Web developer nowadays. Any Web browser has built-in JavaScript engine. Using JavaScript you can embed into the Web pages small pieces of software the Web browser can interpret on the fly. This way you make dynamic Web pages that handle user's interactions and change in front of the user's eyes. JQuery is

free and the most popular library of prewritten JavaScript functions. jQuery lets you create amazing visual effects and animations in the Web page.

Overland PS 55 Overland Drive, North York

Thu 6pm-8pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5125

PhotoShop Beginner

This online course is for beginners who want to learn the concepts and techniques of photo editing, using the industry standard Adobe Photoshop. Using step-by-step, project-based lessons, this course covers the principles and concepts of Photoshop's environment, resolution issues, sizing and cropping images, selecting image areas, use of the layers to combine different images, image colour modes, colour & painting tools, adding text, cloning, layer effects and filters, adjusting image colour, and saving completed images.

*Remote Course Offering

Sat 11am-1pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5260

Python

Python is the hot new computer language that is easy-to-learn, elegant, and popular. Through this course, we will help you to quickly get Python under your belt. Nowadays, it is the first language of choice in high schools, colleges, and universities and is taking over in the Programming world.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5255

Social Media Marketing for Small Business

In this course, learn effective strategies of Social Media Marketing. This class is designed as a basic introduction on how to use Social Media to increase consumer reach. We will explore successful past Social Media campaigns and examine the factors leading to their success. Topics covered will include Search Engine Optimization, Meta Tags, effective use of hashtags and how to set up your business page. Forms of Social Media covered include the following: Facebook, Twitter, Pinterest, Instagram, Youtube, LinkedIn, Blogs & Forums.

*Remote Course Offering

Sat 1pm-3pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5256

Crafts

Bead Weaving for Beginners

Bead weaving is a beautiful form of jewellery-making. Create stunning jewellery pieces using specialized stitches and various techniques. Learners will focus on a particular technique and will be able to finish a bracelet each week. Learners must provide own materials.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8:30pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5493

Crochet and Knitting, Design Your Own Style

Learn basics of crocheting/knitting in a step-by-step weekly course, for Beginners and Refreshers only. Build on skills required by completing projects in beautiful yarns. Learn to read patterns, new stitches, and more. Personal Projects not allowed in class. Materials for 1st class—5mm straight needles, 5 mm crochet hook, ball worsted weight yarn, notebook & pen. Further materials purchased as projects for: i.e. scarf, hat, mitts, handbag and more. Projects change each term. Learn in relaxed learning atmosphere.

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5442

Floral Styling and Design Techniques

If you're a flower lover who is looking for a dynamic and creative floral design tutorial, then this one is for you! We're ready to teach you the basic fundamentals of floral styling from design technique/concepts, product knowledge, floral care, and floral composition. Learn to design hand tied bouquets, arrangements, corsage, and boutonnieres. Learn business do's and don'ts, photography techniques to help you boost your social media awareness, and so much more. Get your aprons ready and sharpen your snips, we're about to embark on an adventure together. Final price includes a material fee of \$85.00 for fresh flowers.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 4wks \$203 (\$162sr) PR-5364

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch,

the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference sampler and notes. Personal projects are encouraged. A kit of tools and materials for lessons will be provided. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$290 (\$197sr) PR-5435

It's All About the Bees - A Candle Making Workshop

This 2 night workshop involves the creation of 3 different types of beeswax candles: rolled, dipped and poured mould. As well, learn about the kiss of the bees when we make a beeswax based lip balm. Learn about the life of the honeybee how she makes beeswax and the importance of the amazing healing and therapeutic qualities of beeswax and the symbolic importance of beeswax candles and light. You get to make and keep 4 beeswax candles and 1 beeswax lip balm. Final price includes material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Apr 30, 2024 2wks \$79 (\$62sr) PR-5130

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Apr 17, 2024 2wks \$79 (\$62sr) PR-5339

Mon 7pm-9:30pm May 6, 2024 2wks \$79 (\$62sr) PR-5330

Jewellery B

Create a silver ring while learning jewellery skills in saw-piercing, bending, silver soldering and polishing. Design your second project after watching demonstrations of riveting, fusing, chasing, rolling mill texturing and patination. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$287 (\$194sr) PR-5378

Jewellery C

Learn how to bezel-set a gemstone, create handmade chains and chainmail, knit tubes from wire, drill and cut out intricate metal shapes, dome metal discs, design jewellery projects, silver solder metal parts together, and polish them to a high shine. Beginner's welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$287 (\$194sr) PR-5387

Jewellery E - Hammerforming II

By hammering a folded piece of thin metal for a minute, then opening up the fold, you can create surprisingly beautiful, three dimensional pieces for jewellery or small sculptures. Along with this foldforming technique invented by Charles Lewton-Brain, the complementary techniques of doming, anticlastic raising, and tapered tube making will be taught. Beginners welcome. Must be able to hammer. Final price includes a material fee of \$30.00, which covers copper, brass, polishing compounds, and other supplies.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$295 (\$202sr) PR-5401

Learn to Make Soap from Scratch! (New)

Two sessions of bubbly fun! Learn to make soap from scratch. From the safe handling of lye to final packaging you will be the queen (or king) of clean. Things you will learn; how to manage lye and calculate the correct quantity, creating a recipe, mixing, colouring, fragrancng, molding, unmolding, sourcing ingredients and packaging. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-9:30pm Apr 16, 2024 2wks \$69 (\$48sr) PR-5514

Weaving: Fabric and Tapestry-All Levels

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5216

Mon 10am-1pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5229

Weaving: Introduction

Throughout the course participants will learn the basics of weaving using a loom. This includes: project planning, loom set up, weaving a project, as well as finishing techniques. Each participant will weave their own project (such as a scarf, table runner, wall hanging, or sampler) that must be completed within the term. Equipment is available in class, materials are to be purchased by participants.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5224

Dance

Ballroom Dancing Beginner

In this course, learn the basics of ballroom dancing, dances like the Rumba, Foxtrot, Tango, Swing and more. Build on a good foundation in movement, poise and balance. At the end of the class, you'll have the basic steps you need to have a good time on the dance floor!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Apr 2, 2024 9wks \$133 (\$86sr)

PR-5129

Ballroom and Latin Dancing Beg/Int

This continuation of the beginner course will add new steps and body movements to your repertoire. It is strongly suggested that you have taken Ballroom and Latin Dancing Beginner. Wear comfortable shoes.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9:30pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5341

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5297

Ballroom and Latin Dancing Beginner

Learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances are covered including: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation of movement, poise and balance. Wear comfortable shoes. Singles are welcome. A partner is recommended for this class.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5241

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5313

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5468

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5340

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-8:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5286

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5196

Sat 10:30am-12:30pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5251

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5409

Ballroom and Latin Dancing Beginner Level II

This program is designed for those learners who have had at least 1 year of dancing experience and are looking to improve their existing dance foundation. This class will emphasize the critical components of ballroom dancing namely, partnership connection, posture, foot position and footwork, floor etiquette and musicality. The addition of new figures will not only help developing individual dance styling, but allow learners the enjoyment and challenge of incorporating these steps as they navigate their way along the dance floor creating patterns with confidence and competence. Dust off those dance shoes and let's get dancing!

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 6, 2024 9wks \$177 (\$115sr) PR-5252

Dance the Argentine Tango (New)

Learn the modern way to dance this classic dance. Tango is a unique and expressive form of dance involving intricate footwork, leg flicks, and a combination of smooth, gliding movements. A highly adaptable Argentine Tango style that allows you to dance this traditional dance to modern music. No experience or partner needed. Let's dance the Argentine Tango.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7:30pm-9pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5140

Egyptian Belly Dancing Beginner

Tone muscles, improve posture and increase your body awareness while developing grace and body movement. Wear leotard, body suit or exercise clothes.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5143

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Apr 8, 2024 9wks \$111 (\$72sr) PR-5473

Egyptian Belly Dancing Intermediate

This course will further develop your movement variations, steps and dance routines.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5141

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Apr 8, 2024 9wks \$111 (\$72sr) PR-5474

International Folk Dancing ★

Exciting rhythms add to the fun of learning dances from around the world. The stylings and customs of our global neighbours will be explored.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto

Fri 10am-12pm Apr 5, 2024 9wks \$177 (\$115sr)PR-5180

Latin Rhythms: Salsa and Merengue for All (New)

Join us for a dance adventure that blends the passion of salsa with the high-energy vibes of merengue. From basic steps to intricate turns, this course is designed for dancers of all levels. Discover the joy of Latin rhythms, connect with fellow enthusiasts, and let the music ignite your excitement for dance.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5537

Line Dancing

Learn the art of line dancing. It is a fun and healthy way to stay in shape.

Cecil Community Centre 58 Cecil Street, Toronto

Wed 2:30pm-4pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5176

Line Dancing Beginner

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5149

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Apr 5, 2024 9wks \$177 (\$115sr) PR-5197

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5199

Line Dancing Intermediate

In this course, learn new steps and more complex patterns to those learned in Line Dance Beginner. Participants must be able to follow cues from the beginner (Level 1) steps. Dances will vary in difficulty from Level 1+ to Level 2+.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Apr 5, 2024 9wks \$177 (\$115sr) PR-5203

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5198

Night Club Dancing-Salsa and More

Learn hot Latin dances, 'nightclub style' (non-ballroom) such as Salsa, Merengue, Bachata (or Cha-Cha.) Dancing is an activity that will help you stay in shape and make you feel and look great! Wear comfortable shoes. Partners are recommended but not required.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5131

Leaside High School 200 Hanna Road, East York

Mon 6pm-7:30pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5476

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5407

Discover the Outdoors

Birdwatching for Beginners - Explore Feathered Gems Right in Our Backyard! (New)

Let's get outside and dive into the wondrous world of birdwatching, right in our urban backyard! You'll have the opportunity to learn about their unique features, calls, and visit urban habitats with other enthusiasts. We'll venture to various urban Toronto sites and its surrounding areas to observe birds in their natural settings. Bring your own binoculars, water, snacks and wear comfortable walking shoes, a minimum of 3 hours of walking should be expected. Cameras of all types are encouraged. All pets are to be left at home. All levels are welcome.

Off - Site

Wed 8:30am-11:30am May 22, 2024 6wks \$177 (\$115sr) PR-5533

Fitness

Absolute Abs: Lower Body Blast

Work your abs, buttocks and thighs like never before! Not only will you work towards building that six pack, but more importantly, you will strengthen your lower abs, to give you strength and stability in your pelvis, hips and lower back. Please have a mat, towel, and light weights 1 or 2 lbs.

Leaside High School 200 Hanna Road, East York

Wed 7:15pm-8:15pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5486

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:30pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5408

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 8pm-9pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5501

Aches and Pain - Proactive Self-care

Lengthening and strengthening some of our fine tuned, supporting muscle can address a significant portion of our physical ailments. For so many, the hips, low back, and shoulders can be a consistent issue. With a focus on the most common concern areas, this remote course will provide tools and stretches to integrate into a daily routine students can execute at home. This course guides the student to an ache free life.

*Remote Course Offering

Thu 10:45am-11:45am Apr 4, 2024 9wks \$88 (\$57sr) PR-5207

Aerobics to the 80's! Let's Get Physical! (New)

Get fit listening and exercising to your favorite 80s music!! A workout that makes you want to move and groove while getting your heart beat going. Creative, quick, fun, and effective workouts. We will be using small hand and ankle weights along with resistance bands. Workout in your space to focus on burning calories, sculpting and strengthening our bodies all to the sounds of the nostalgic 80s!

*Remote Course Offering

Wed 6pm-7pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5523

Afrobeat Aerobics

Afrobeat aerobics is a high-energy dance fitness class that combines traditional African dance moves with aerobic exercise. Participants will be lead through a series of choreographed dance routines that incorporate aerobic exercises to improve overall fitness, increase endurance, enhance coordination, balance, and agility. Join the fun and engaging way to get fit and burn some calories.

*Remote Course Offering

Wed 6pm-7:15pm Apr 3, 2024 9wks \$111 (\$72sr) PR-5446

Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga and incorporates some of the "Essentrics" techniques, founded by Canadian expert Miranda Esmonde. This class is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Apr 8, 2024 9wks \$111 (\$72sr) PR-5331

Overland PS 55 Overland Drive, North York

Wed 6pm-7:15pm Apr 3, 2024 9wks \$111 (\$72sr) PR-5447

Bone Fitness

Improve bone and muscle strength in this fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5314

Calming Techniques to Unwind

This 1-hour course will spend the first 30-40 mins in seated and horizontal stretches, using a variety of sequences, evolving in difficulty level over time. The final 20 mins or the rest of time will include breath techniques, guided visualizations, and calming techniques to assist the learner in winding down their day.

*Remote Course Offering

Thu 8pm-9pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5322

Chair Yoga

Chair Yoga, a practice that brings movement to the upper and lower body without requiring the participant to come down to the floor. Through seated poses, participants use the support of the chair to move around, promote stretching and strengthening of the body, and with thoughtful breathwork bring about a sense of calm and wellness. We open with meditation bringing focus and relaxation and finish with a reflective meditation to close the practice. Modifications can be made to include even the most limited participants.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-7:30pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5488

Core Without the Floor

Want to improve balance and posture and work on your mid-section and pelvic floor, but don't like lying on the floor? No problem! In this class, the floor is brought to you. Participants

will do all of this and more, with seated exercises (80%) and standing exercises (20%). With a strong emphasis on the muscles responsible for balance and proper alignment, participants will also restore their range of motion so they can move about with ease, pain-free. It is strongly recommended participants wear anti-slip grip socks, as part of this class is done without shoes. Light hand weights and a band is also recommended.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-7:30pm Apr 2, 2024 9wks \$88 (\$57sr) PR-5349

Thistlethorn CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:15am Apr 6, 2024 9wks \$88 (\$57sr) PR-5168

Core Yoga

Core yoga is a dynamic flow that is designed to strengthen our core and challenge our body through movement and breath. We will focus on exercises for the front, back and sides of our torso. We will start with some of the basic yoga movements with the intention of working our way up to postures that require more of our core strength for support. This class offers an opportunity to strengthen and lengthen your core muscles; in turn, developing greater stability and balance. All levels are welcome!

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5471

Fitness and Strength Training

Achieve your physical fitness potential and reach your fitness goals by creating your own individualized workout program. Work on resistance training using free weights, dumbbells, stability ball, and a bench and bar. Focus will be placed on cardiorespiratory fitness, core conditioning and stretching.

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5480

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5496

Flexibility and Muscle Toning (New)

Tone your body and improve your range of motion through dynamic stretches and light weight lifting. Target specific muscle groups for toning and definition. Learners are encouraged to bring 2 lb weights to class.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Apr 6, 2024 9wks \$88 (\$57sr) PR-5263

Full Body Boot Camp

Full Body boot camp is a challenging and effective full body work out designed to sculpt and tone your body and push you to your limits. Come prepared to do high impact cardio which includes running, jumping, burpees, skipping, plyometric drills, strength training, abs and mat/floor work. Recommended equipment: set of 2 to 5 pound dumbbells, yoga mat or towel.

*Remote Course Offering

Thu 7:30pm-8:30pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5399

Sat 9:45am-10:45am Apr 6, 2024 9wks \$88 (\$57sr) PR-5156

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5405

Full Body Sculpt Plus Power Abs Burn

Tone and sculpt the entire body by using exercises which work the upper body and lower body, and core. Participants are required to bring a mat, and light hand weights - 2-5 lbs dumbbells.

Don Mills Middle School 17 The Donway East, North York

Mon 6pm-7:15pm Apr 8, 2024 9wks \$111 (\$72sr) PR-5266

Gentle Fitness

Enjoy a workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Learners are encouraged to bring your own towel and mats.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-12:30pm Apr 6, 2024 9wks \$133 (\$86sr) PR-5264

Gentle Fitness ★

Enjoy a remote course workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Bring your own towel and weights.

*Remote Course Offering

Mon 9:15am-10:15am Apr 8, 2024 9wks \$88 (\$57sr) PR-5191

Gentle Stretches for a Great Night Sleep

Many people have trouble falling asleep and wake up feeling tired. Through meditation and exercise, learn how to stretch the body gently, calm your mind, and relax in order to obtain a better night sleep.

*Remote Course Offering

Thu 8pm-9pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5124

Gentle Yoga

Gentle yoga is a great practice for beginners, and anyone wanting to slow down and reconnect with their body while calming the mind. The class is focused on gentle movements and modifications to help build strength, balance and flexibility while focusing on breath. Gentle yoga is accessible to all types of students, and is great for self-care practice.

Leaside High School 200 Hanna Road, East York

Wed 7:45pm-8:45pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5507

Learn to Meditate As Per The Yoga Sutra (New)

Discover meditation essentials for empowerment. Access tools for concentration, stress management, and emotional well-being, guided by Yoga Sutra wisdom. Embark on a transformative journey merging ancient wisdom with modern aspirations.

Overland PS 55 Overland Drive, North York

Wed 7:15pm-8:15pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5524

Low Impact Aerobics ★

Slim your body and tone your muscles with safe stretch and strength exercises. These easy aerobic movements will improve your flexibility and cardiovascular endurance. Please note, learners to bring a set of light weights and the pace of the class is at an intermediate level.

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Apr 3, 2024 9wks \$88 (\$57sr) PR-5179

Fri 9am-10am Apr 5, 2024 9wks \$88 (\$57sr) PR-5178

Mixed Martial Arts (MMA) Self Defence

Participants in this program will learn defensive striking, kicking and grappling techniques needed to defend themselves from combative situations. Topics to be covered in this course include close quarters combat, striking critical areas of your attacker and defensive take down techniques. Learners will also partake in special 'combat fitness' sessions in which martial art drills and games will be used to help develop personal fitness of participants.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5356

Pilates

Strengthen and tone your body with pilates. Developed by Joseph Pilates in the early 1920's and utilized by fitness and dance instructors worldwide, pilates focuses on strength, control, flexibility, fluidity and balance. This course offers gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Recommended equipment: Exercise mat.

*Remote Course Offering

Wed 8pm-9pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5344

Sat 11am-12pm Apr 6, 2024 9wks \$88 (\$57sr) PR-5159

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5144

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5320

Pilates and Movement: Strength and Mobility

This mat-based Pilates course will focus on developing strength, flexibility, and mobility. The class will consist of a variety of Pilates and movement exercises, including standing and mat work, that will challenge and engage participants at all levels. The class will also incorporate elements of yoga and other movement practices to enhance the overall experience. Learners must bring a yoga mat.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6pm-7pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5499

POUND (New)

Using Ripstix, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to all abilities. It's a full body, calorie burning class of fun! Learners are encouraged to have their own ripstix.

*Remote Course Offering

Wed 6pm-7:15pm Apr 3, 2024 9wks \$111 (\$72sr) PR-5451

Resistance Training Workout

In this course, learn to improve muscular strength and endurance during this resistance training workout. Move your limbs against resistance provided by your body weight, gravity, and bands. All levels welcome. Please have a mat, towel, light weights 1-2 pounds, and elastic bands.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-9pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5351

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5538

Spine Health - Movement for a Healthy Back

Leveraging Yoga, Pilates, and Plyometrics, this informative remote course will teach techniques and exercises that strengthen the posture supporting muscles. Learners will find a deeper awareness of their own source of back discomfort and learn techniques to address these ailments. This class integrates active and passive movement with low impact.

*Remote Course Offering

Mon 4pm-5pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5208

Strength Training for Independence

This program is built around balance and agility. Focus will be on proprioception and strength training to increase and/or maintain balance and agility to prevent falls. Learn how to look after joints and muscles to retain mobility. This program will also include seasonal goals.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:45pm-8:45pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5535

Strength and Weight Training

There are so many benefits to strength and weight training. Improve the metabolism, achieve a sculpted physique, and reduce stress. Get ready to hit the gym, sculpt your body, and stay fit while building strength, muscle mass, and endurance.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5417

Tai Chi Advanced II

This course is a follow-up to the Advance Level I course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn advance warm-up exercise and new postures from the third section (Yang Style).

Overland PS 55 Overland Drive, North York

Wed 11:30am-1pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5174

Tai Chi Beginner

Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. In this course, you will learn warm-up techniques and practice various forms within a routine. (Yang style).

*Remote Course Offering

Wed 6pm-7:30pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5301

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5132

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Apr 8, 2024 9wks \$133 (\$86sr) PR-5206

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5288

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5204

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5403

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5500

Tai Chi Intermediate

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine.* The health and safety of our learners is top priority. In our effort to slow the spread of COVID-19 and to ensure the health and safety of our learners attending in-person courses, everyone must follow the Toronto Public Health Guidelines by wearing a mask and physically distancing. Classes may be cancelled due to restrictions or provincial lockdown orders that may be in place at that time.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5205

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5289

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-9pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5404

Tai Chi Intermediate «

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine.

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5175

Tai Chi Intermediate II

This course is a continuation of the Intermediate course, focusing on Part 3 of the Yang style long form. You will learn new techniques and further your practice to promote overall health, strength and flexibility.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 10:30am-11:30am Apr 4, 2024 9wks \$88 (\$57sr) PR-5463

Tai Chi Sword

The Yang Tai Chi Sword Form is a way for the continuing study of Tai Chi principles and the expression of moving energy. Tai Chi Sword involves controlling the collapsible toy sword like a warrior, the movements require dexterity, perform like a dancer, with balance and precision to be flawless while appearing effortless to the observer. Based on availability, the collapsible toy sword will be provided by the instructor to use in the class.

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5210

Tai Chi-Advanced

Study the Yang style which consists of a sequence of slow continuous movement.

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5209

Walk Your Way to a Healthy Weight - Outdoors

Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to promote a healthy weight. Hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. We will also discuss topics related to healthy living. This class is held outdoors and the meeting location is Overland Learning Centre, 55 Overland Drive, North York, ON.

Off-Site

Thu 5:45pm-8:15pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5127

Yin Restorative Yoga

This class is designed to help nurture all parts of you. Yin is a slower paced style of yoga that incorporates longer, more passively held poses. This style of practice allows the fascia (the connective tissue holding muscle fibres together) time to soften and adapt allowing the body to melt and release deeply held tension through the yin practice. The style is practiced lying down on a mat, or in a seated position, providing a very relaxed, restful experience.

Over longer term practice, this style of yoga gently encouraged increased range of motion, while encouraging mindful awareness of the body. Recommended equipment: yoga mat and yoga block.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5513

Yoga: Hatha All Levels

This remote Yoga course can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind.

Please have a yoga mat.

*Remote Course Offering

Thu 4pm-5pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5225

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 11am-12pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5221

Mon 7:30pm-8:30pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5329

Yoga: Kundalini All Levels

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Achieve your personal best by way of active yoga sets that combine postures, breath work, meditation, and deep relaxation. Includes exercises that promote breast health for prevention and recovery.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-8:30pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5517

Yoga: Kundalini Beginner/Intermediate

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Join us to learn the basics needed to get you started or continue on your path to a calm and confident state, harmonizing your body and mind. Please have a towel and a yoga mat.

*Remote Course Offering

Mon 6:30pm-8pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5413

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-8pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5238

Thu 6:30pm-8pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5147

Zumba

Learn a new way to work out with easy-to-follow moves and routines. Hypnotic Latin rhythms help create a dynamic fitness program that will energize, inspire and captivate you for life! This course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7pm Apr 2, 2024 9wks \$88 (\$57sr) PR-5133

Thu 7:15pm-8:15pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5146

Sat 8:30am-9:30am Apr 6, 2024 9wks \$88 (\$57sr) PR-5160

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Apr 3, 2024 9wks \$88 (\$57sr) PR-5481

Overland PS 55 Overland Drive, North York

Mon 11:45am-12:45pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5454

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5410

Zumba Gold

Zumba Gold is Zumba for baby boomers. It uses traditional Zumba modified to suit the needs of the active older generation. It's also great for those just starting on their journey to a fit and healthy lifestyle. There is no skimping on the traditional party atmosphere and the latin rhythms will move you and groove you to a new tune.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5145

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 12pm-1pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5466

Overland PS 55 Overland Drive, North York

Mon 10:30am-11:30am Apr 8, 2024 9wks \$88 (\$57sr) PR-5455

Zumba Gold Toning

The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5222

Zumba Toning

It's Zumba taken to the next level. Now that you've worked the lower body rhythm, it's time to perfect the upper body. Zumba Toning is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps to build coordination and muscle endurance. This class is open to everyone, no previous dance or Zumba class experience necessary. Recommended equipment to bring: 1lb weight.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:15pm-8:15pm Apr 2, 2024 9wks \$88 (\$57sr) PR-5138

Food (We cannot guarantee a nut free environment)

Apicuisine

Apicuisine is cooking with products of the beehive. Benefits of using the products of the hive will be explained in terms of nutrition, symbolism, esthetics, and the economical side. Three sessions will involve preparation and tasting of an apicuisine meal: class one – Sun theme, class two – Venusian theme, class three - will be held off site at the actual apiary (location to be disclosed by instructor). Drinks will be herbal teas sweetened with various honeys, and honey lemonade. In keeping with the theme of the honeybees as the honeybees are vegetarian, only vegetarian meals will be presented and prepared for this course. Final price includes material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Apr 9, 2024 3wks \$104 (\$78sr)

PR-5235

Bakery Favourites Workshop

Learn baking methods and make a variety of bars, ice box, drop and sandwich style cookies. Make and decorate creative cupcakes and learn the secrets of superior scones and quickbread. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 4, 2024 3wks \$123 (\$92sr) PR-5311

Baking Skills

Learn how to bake a variety of baked goods through demonstrations. Products include quick breads, bread, coffeecakes, cookies, cakes, pastries and more. Students will also learn basic piping and masking skills to help them finish a cake. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Apr 4, 2024 9wks \$390 (\$282sr) PR-5139

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Apr 8, 2024 9wks \$390 (\$282sr) PR-5293

Cake Decorating

Decorate beautiful party cakes for all those special occasions; In this course, you will learn how to prepare and complete a cake, make royal and butter cream icing, colour flow and borders, and so much more. Cake decorating and icing become a breeze with step-by-step instruction and demonstrations!. Learners are responsible for providing their own materials, Instructor will provide a list at the first class.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Apr 6, 2024 9wks \$177 (\$115sr)PR-5150

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5312

Chef On The Run

Pressed for time? This course is organized for the time-crunched cook who believes that fresh home cooked food beats take-out food any day of the week. Have a wholesome delicious meal on your plate in 30 minutes. Quick-to-fix breakfast ideas, lunch treats, healthy dinners which will satisfy the family, yet are fancy enough for company. Create delicious

menus, which incorporate fresh and wholesome seasonal ingredients. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-1pm Apr 6, 2024 9wks \$257 (\$195sr) PR-5151

Chopped! Knife Skills and Kitchen Essentials Workshop

Explore kitchen essential knowledge and try a variety of knife cuts, learn knife handling and safety, and different knives and their uses. We will address sauteing, roasting, emulsification, flavour creation and more. Make cooking fun again! Create meals based on the skill learned each week. This three-week workshop is suitable for vegetarians. Format: skill demonstration followed by hands-on, small group activity. Enjoy the delicious results! Final price includes a material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 25, 2024 3wks \$123 (\$92sr) PR-5323

Cinnamon Buns Workshop

Who doesn't love the smell of cinnamon buns baking in the oven. Ever wonder how to make cinnamon buns? Learn how in this one day workshop and enjoy with family and friends. Learners must have: a digital scale, measuring cups and spoons, chef's knife, spatula, baking tray, and dishtowels. Final price includes a material fee of \$20.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm May 22, 2024 1wks \$54 (\$42sr) PR-5247

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm May 25, 2024 1wks \$54 (\$42sr) PR-5164

Cookie Workshop

This one day workshop is a great introduction to baking. Step-by-step demonstrations of recipes will take you through drop cookie recipes like chocolate chip cookies to other methods of cookie dough. Watch and learn through instructor demonstration. Final price includes material fee of \$20.00. To view recipe and ingredients needed for the first class, click the material list pdf under Files just above the course Schedule.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Apr 27, 2024 1wks \$54 (\$42sr) PR-5163

Cooking 101 and Beyond

Want to build your own menu, but don't know where to start? Want to make delicious food and save money on take out? In this course, you will learn proper cooking techniques, knife skills, and menu planning, while making fresh pasta, breads, sauté and roast meats. We will also dive into the world of sushi and seafood. So bring your apron and get ready to join us on an adventure of Cooking 101 and Beyond. Final price includes a material fee of \$80.00.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$345 (\$252sr) PR-5495

Essential Portuguese Cuisine

Discover the tastes of Portugal and its islands through this introductory culinary course where participants will learn recipes that combine the essence of Mediterranean cuisine with flavors and aromas of the Age of Discovery. Embrace iconic seasonings and spices such as onion, garlic, piri-iri, olive oil, chouriço citrus fruits, paprika on this gastronomic journey. Students will learn how to prepare a complete meal from soup to dessert in this 5 class series. Final price includes a material fee of \$80.00 and a guaranteed full tummy.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 5wks \$227 (\$176sr) PR-5400

Gourmet Cooking on a Budget

What makes a meal 'gourmet?' Is it the exotic spices, pricey cheeses, a special cooking technique, or just the fact that it tastes sooooo good! You don't always need such extravagant ingredients to cook delicious and price conscience meals. Learn how to make gourmet food on a budget. Your family and wallet will thank you for it! Final price includes material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:45am-10:45am Apr 6, 2024 9wks \$257 (\$195sr) PR-5154

Indian Vegetarian Cooking

Learners taking this course will learn how to make rice, breads, dhals, vegetables and pakora. Discover the many spices used in this delicious and healthy way of cooking. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$345 (\$252sr) PR-5367

Introduction to Baking and Desserts (New)

This course will focus on aesthetic and delicious baked goods and desserts. Products include pavlova (meringue based dessert), French mini cakes, galette, and more. There will also be a focus on decorating and piping skills. Learners will be decorating sugar cookies and complete a layered cake. Learners will be advised which piping tips to purchase that will be used in the class. Final price includes a material fee of \$80.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$345 (\$252sr) PR-5519

Korean Cuisine

Join our unique hands-on cooking classes and discover the secrets of Korean's traditional cuisine. In this class, you will learn how to prepare some of the most popular Korean dishes in a fun and easy way while exploring the ingredients and cooking techniques that make Korean food so invigorating and delicious. You will also learn professional tips on how to brighten up your plates with authentic sweet, sour, salty, and hot spicy flavours that you can confidently recreate at home. Vegetarian friendly class. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$345 (\$252sr) PR-5355

Mediterranean Cooking

Studies consistently rate the Mediterranean diet among the healthiest in the world. Learn about the flavours and ingredients of this delicious and nutritious cuisine. We will prepare classic dishes, appetizers and desserts. Simple modifications can make many dishes vegetarian and/or gluten free. This class is a mix of demonstration and hands-on format. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$345 (\$252sr) PR-5389

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$345 (\$252sr) PR-5497

Pastry Arts for Everyone

Each week we will learn theory and methodology for a different type of pastry. Learn a wide variety of recipes and methods for making pastry. Format: Pastry skills demonstration followed by hands-on activity making pastries to taste and take home. Topics covered: pie dough, scones, working with filo, short crust, choux, puff pastry, tarts and more. Final price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Apr 3, 2024 4wks \$158 (\$117sr) PR-5304

Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$20.00. To view recipe and ingredients needed for the first class, click the material list pdf under Files just above the course Schedule.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm May 29, 2024 1wks \$54 (\$42sr) PR-5249

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-9:30pm Apr 30, 2024 1wks \$54 (\$42sr) PR-5136

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm May 4, 2024 1wks \$54 (\$42sr) PR-5165

Signature Salads

Add some delicious salads to your dietary menus. This course offers a variety of recipes that incorporate proteins, nuts and/or seeds, and vegetables. You will also learn to create dressings from scratch. Final price includes a material fee of \$20.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Apr 24, 2024 2wks \$89 (\$65sr) PR-5248

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-9:30pm May 21, 2024 2wks \$89 (\$65sr) PR-5236

Sweet, Savoury, Flaky and Fun! (New)

Learn baking and dough methods and make a variety of pies, tarts, galettes using

shortcrust, pie dough, puff pastry, etc., with an assortment of fillings and toppings. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm May 1, 2024 4wks \$158 (\$117sr) PR-5512

What's for Dinner Tonight?

It is the question we ask everyday! Learn and make a variety of delicious, approachable recipes that can be used to create weeknight meals such as: fresh pasta, scratch soups, stocks and sauces, scrumptious sides, and more. Nourish your curiosity. Suitable for vegetarians. Format: cooking demonstration followed by hands-on, small group activity making a meal to enjoy or take home. Final price includes a material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm May 16, 2024 3wks \$123 (\$92sr) PR-5324

Games and Hobbies

Adventures in Photography

This course is a dynamic exploration of the multifaceted world of photography, offering a blend of hands-on experiences and theoretical knowledge to empower photographers at all levels, with all cameras: film, DSLR, mirrorless, or smartphone. Whether you are a beginner eager to unlock the full potential of your camera or an experienced enthusiast looking to refine your skills, this course will provide a supportive and engaging environment to help you achieve your photographic goals. Final price includes a material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$272 (\$179sr) PR-5424

Bridge Beginner

This course introduces students to the fundamentals of the game of bridge. Learn 1 No-Trump, Major suit & Minor suit opening bids & responses. Leads & basic card play. Lots of practice deals based on the above openings and a few sessions reserved for revision. Ideal for students who have never played bridge before or have played very little. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class. Book not required for the first class.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5470

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6pm-8pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5491

Bridge Beginner Plus

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real-world bidding methods and practice deals where all players may compete to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book and bidding box not required for the first class.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9pm Apr 3, 2024 9wks \$221 (\$144sr) PR-5479

Bridge Intermediate

This course covers popular conventions such as Stayman, Jacoby transfer, strong opening bids and slam bidding. Sessions also cover practice deals, tips in bidding and carding methods. Students who have covered Bridge Beginner will be able to cover most random deals they may encounter. Learners are recommended to have taken Bridge Beginner. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-8:30pm Apr 2, 2024 9wks \$221 (\$144sr) PR-5281

Fun Card Games

This course introduces students to interesting card games played at social gatherings. The main purpose is to have a lot of fun and, at the same time, be competitive. Ideal for people who may not have played many card games before. Examples of card games that will be played are: Laddice, Challenge, Not at Home, Zabbu, and many more.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5453

Thistlethorn CI 20 Fordwich Crescent, Etobicoke

Sat 10am-11:30am Apr 6, 2024 9wks \$133 (\$86sr) PR-5452

Photography - Learn from the Masters

The earliest known surviving camera photograph dates back to 1826/7, created by Nicéphore Niépce, likely one of maybe 100 or less photos taken in that year. Over 1.4 trillion photos will be taken in 2021, so how does one create anything new? In this class we will study the styles of 16 selected 'masters' of photography, working from the mid-1800s up to the 1970s, to see if we can find new ways of expressing ourselves by learning about old ways of photography. Students can use any style of camera - DSLR, mirrorless, point-n-shoot or smartphone, film or digital.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6:30pm-8:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5273

Photography Beginner

Through this course, learn practical skills and techniques to improve your photography. You will gain an understanding of your camera, exposure, lighting, composition and design. Discussion and review help develop your creative eye.

*Remote Course Offering

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5498

Photography Beginner Digital SLR

Develop an expertise in the use of a digital SLR camera and its accessories. Topics include: camera and the lens operation; depth of field, exposure, lens and camera types, the use of flash and the history of photography. We will explore the creative compositional side of picture-taking. This course is taught through lectures, discussions, field trips and assignments. Not suitable for point and shoot cameras.

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5482

Photography: Advanced Workshop Series

In a series of eight half-day workshops you will learn advanced techniques to take your photography to the next level. We will cover portraits and landscapes in natural lighting, special effects using filters, lenses and lighting tricks. You must be familiar with your camera

and understand basic exposure controls. Note: First class is held remotely, subsequent classes may be a combination of remote and in-person at locations across the city.

*Remote Course Offering

Sat 9am-1pm Apr 13, 2024 8wks \$315 (\$205sr) PR-5254

Handiwork

Auto Mechanics Advanced

Learn about all aspects of the automobile. You will receive advanced instruction on brakes, tune-ups, transmissions and auto-electrical systems and will learn to trouble-shoot all parts of the automobile. Please note that this is an instructional course and not a self-directed use of a shop. There is no guarantee of project completion. Continuing Education is limited to use of equipment that is available at the time of instruction. Final price includes shop fee of \$10.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$275 (\$182sr) PR-5294

Auto Mechanics Beginner

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations. Final price includes a material fee of \$10.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$275 (\$182sr) PR-5390

Bicycle Repair

This course covers all aspects of bicycle repair and maintenance. Work on your own bike or a demonstration bike. Tools needed for course are provided in class. Students who have repair kits are encouraged to bring them. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$270 (\$177sr) PR-5375

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$270 (\$177sr) PR-5385

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$270 (\$177sr) PR-5469

Home Maintenance and Renovating Beginner

This course is designed to teach you the basics of maintaining and improving your home. Learn to do a variety of common repairs. Topics include: essential tools and how to use and maintain them; fix a leaky tap; repair your driveway; install flooring or suspended ceilings; fundamentals of dry-walling; upgrade indoor and outdoor lighting; concrete work and much more. Learn about building codes and which renovations give you the best return for your money. Final price includes material fee of \$40.00.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9pm Apr 4, 2024 9wks \$261 (\$184sr)PR-5492

Home and Cottage: Construction

This course will focus on the principles of construction, including building codes and permits. Learn how to build different types of foundations and waterproofing, framing: floors, walls, roof rafters and trusses. If you have a project, we'll talk about it. Final price includes a material fee of \$40.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$305 (\$212sr)PR-4766

Small Engines

This course provides you with practical hands-on experience working with small engines. You will learn how to repair and maintain two and four cycle engines such as lawn mowers and chainsaws. Instruction is done mostly through demonstration. However, students are encouraged to bring their small engines to class for repair.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr)PR-5327

Upholstery

Do you have a chair that needs new life or a footstool that needs uplifting? Bring them to the upholstery class. A Master Upholsterer will teach you the basics that will enable you to complete a project in class or in your own home. Topics include stripping furniture, reinforcing frame work, cutting, sewing, laying fabric and foam. Also, bring tools such as nail/staple remover, hammer, pliers, scissors and protective eye goggles. Wear comfortable work clothes and closed shoes. Learners will buy own supplies, bring small project to class (maximum size - small armchair). Learners should bring pliers, scissors, eye protection and staple remover to class on the first day. Final price includes Shop Fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6pm-9pm Apr 3, 2024 9wks \$275 (\$182sr)PR-5342

Mon 6pm-9pm Apr 8, 2024 9wks \$275 (\$182sr)PR-5335

Visual Merchandising Beginner (New)

Learn the basics of Acrylic, Glass, & Jewelry Display fabrication. Build your own retail store or pop-up booth at a craft fair, trade show, street festival, or Christmas market. Sell your products with stunning P.O.P displays that you can build yourself and save thousands of dollars. Build the foundations for a profitable side-hustle here. Final price includes a material fee of \$50.00.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$265 (\$172sr) PR-5518

Wood Carving and Sculpture

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Apr 8, 2024 9wks \$270 (\$177sr)PR-5328

Wood Carving and Sculpture ★

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Apr 2, 2024 9wks \$270 (\$177sr)PR-5183

Tue 1pm-4pm Apr 2, 2024 9wks \$270 (\$177sr) PR-5184

Mon 9am-12pm Apr 8, 2024 9wks \$270 (\$177sr) PR-5181

Woodworking Beginner

In this beginner course you will learn about wood technology and the setup and safe use of tools and machines. In order to use knowledge and skills acquired in the course, you will have an opportunity to work on a small project in consultation with the course instructor. Learners must bring own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10:30am-1:30pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5465

Woodworking Intermediate

This course is designed for those with experience in basic woodworking. Projects will vary from school to school. Work on a small project in consultation with the instructor. Learners must bring own materials.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5362

Health and Wellness

Acupressure

Treat Acute Pain, Back Pain, Neck Pain, Headaches and Stress with simple and practical techniques that have been used for thousands of years in China. Learn basic Theory of Chinese Medicine and how acupressure can improve your daily life. Acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease without Needles. Learn Basic Theory of Tongue reading to identify where is the Energy blockage in the human body.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 4, 2024 3wks \$88 (\$57sr) PR-5325

Healing Meditation

Healing occurs on the physical, emotional, mental and spiritual levels. In this course you will learn how meditation aimed at balancing energy systems can aid in the healing process and increase self-awareness and self-worth. Explore the Seven Spiritual Laws which bring

peace, harmony and success to your life.

*Remote Course Offering

Mon 8:15pm-9:45pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5415

Introduction to Meditation

Open to anyone who is interested in calming their mind, developing stronger focus, and better control over the monkey mind. This discussion and practice based class will showcase techniques and styles, allowing students the space to experience and then inquire as a group. Visualizations, mindful meditations, and zen meditation practices explored.

*Remote Course Offering

Thu 9:30am-10:30am Apr 4, 2024 9wks \$88 (\$57sr) PR-5217

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8:30pm-9:30pm Apr 4, 2024 9wks \$88 (\$57sr) PR-5239

Reiki - Level I and II

Reiki is a holistic technique for balance and relaxation. The first level is a permanent initiation to the energy and the foundation of all levels. When learning and receiving the Second level symbols and initiation your energy will be amplified, focused, and strengthen, learn how to break bad habits, emotionally heal yourself and others. Learn to send distant healing to a person who is not physically present.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5368

Tapping - EFT

Tapping, also known as EFT (Emotional Freedom Technique), is a holistic self-healing therapy that can assist in a range of issues. The practice consists of tapping with your fingertips on specific meridian points while focusing on negative emotions or physical sensations. Doing this helps calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm May 2, 2024 2wks \$39 (\$25sr) PR-5402

The Mind Unleashed

Physical manifestation is nothing more than an end result of focused thought. Increase your success rate of manifesting your desires, reduce distraction as much as possible, discipline your mind, increase your emotional desire towards your goals, think about them on a regular basis, and take action that supports your desires. Learn how to strengthen your thoughts then manifestation will happen.

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Apr 27, 2024 1wks \$29 (\$19sr) PR-5257

Therapeutic Movement and Meditation (New)

Insomnia? Chronic pain? Hypertension? Stress or anxiety? Limited mobility? Constant back pain? If any of these conditions sound familiar, this class is for you. Focus is placed on using yoga techniques, including gentle and accessible movement, conscious breathing, meditation and sound to help alleviate some common and persistent health conditions and restore balance to the system. No experience is necessary. All bodies and abilities welcome.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 8:30pm-9:30pm Apr 2, 2024 9wks \$88 (\$57sr) PR-5240

Yoga of Awareness (New)

Classes incorporate routines emphasizing flexibility, targeted breathing, and relaxation techniques. Simultaneously, they work on muscle strengthening and toning through a series of postures.

Leaside High School 200 Hanna Road, East York

Mon 8:15pm-9:15pm Apr 8, 2024 9wks \$88 (\$57sr) PR-5477

Interior Design

Feng Shui (New)

Please join me to learn the Chinese practice of arranging things in living spaces to create balance with the natural world. Let's Feng Shui our homes and workplaces. The goal is to harness energy forces and establish harmony between an individual and their environment.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5521

Interior Design: Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! You will learn all you need to know including principles of design, choosing colour schemes, lighting and textures, fabrics, furnishings, floor covering, space planning and decorating ideas. Get ideas, inspiration and guidance and then let your imagination guide you in creating the home of your dreams!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5283

Languages

Arabic Beginner

Learn Arabic for basic conversation for everyday situations. You will be introduced to the Arabic alphabet and the basic structure of the language using a combination of grammar, vocabulary, reading and conversation. Short sentences and dialogue will build vocabulary and pronunciation. An English-Arabic Dictionary may be required.

*Remote Course Offering

Mon 7:30pm-9:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5295

Arabic Beginner Level II (New)

Arabic Beginner Level II is all about boosting your conversational skills and developing writing skills. You'll get better at talking, develop a larger vocabulary, and work on better pronunciation. We'll also have some fun writing short dialogues and stories to make words stick in your mind. We want you to understand everyday words and dialogues even more. We'll also learn more about Arabic grammar. This course serves as a bridge to the Arabic intermediate level. Arabic Beginner Level II is also an excellent starting point for learners familiar with the Arabic alphabet and who have some basic vocabulary. An English-Arabic Dictionary may be required.

*Remote Course Offering

Thu 6pm-8pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5540

Arabic Intermediate

This course is the continuation of Arabic-Beginner for those who want to maintain and expand their understanding of the language. It will provide students with Arabic language skills that will enable them to communicate with native Arabic speakers. Emphasis will be

placed on reading and conversation. An English-Arabic Dictionary may be required.

*Remote Course Offering

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5516

Cantonese Conversation Skills (New)

Effective Cantonese conversation skills go beyond language proficiency and include an understanding of cultural nuances. This involves recognizing cultural cues, using appropriate gestures, and adapting communication styles based on cultural norms. Active listening and being familiar with everyday phrases and expressions is crucial. Form the building blocks of everyday communication, casual chats with friends, formal discussions in a professional setting, or making small talk at social events.

Overland PS 55 Overland Drive, North York

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5539

French Beginner

Through this course, learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. A French/English dictionary may be required.

*Remote Course Offering

Sat 9am-11am Apr 6, 2024 9wks \$177 (\$115sr) PR-5155

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5412

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6pm-8pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5265

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5280

French Beginner Level II

This course is a continuation of the beginner course for those who would like more of the basics before moving on to the Intermediate level. Further develop your skills in speaking, listening and reading French. You must have a basic knowledge of French vocabulary and grammar. Emphasis will be placed on reading and conversation. A French/English dictionary may be required.

*Remote Course Offering

Wed 6:30pm-8:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5383

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5302

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5123

French Intermediate

You must have a basic knowledge of French vocabulary and grammar. This course is a continuation of the Beginner Level II course and focuses on reading and conversation. A French/English dictionary may be required.

Overland PS 55 Overland Drive, North York

Wed 12:30pm-2:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5459

French Reading Club

CLUB DE LECTURE EN FRANÇAIS. The goal of this book club will be to further strengthen the students' skills in reading, listening, speaking, and comprehension of text through group conversations. Many opportunities to practice and expand vocabulary will be offered to engage students in different discussion questions relating to a pre-selected book in French. Students must have a good command of the French language and be able to converse freely to share opinions and participate in group discussions.

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5489

Overland PS 55 Overland Drive, North York

Wed 10am-12pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5460

Greek, Modern Beginner

This course is designed for those who wish to carry on basic conversations in Greek. This course will teach you to communicate for the purposes of travel or for speaking with family members and friends. A Greek/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5316

Hindi Beginner

In this course, beginner level instruction is offered in reading, understanding, and speaking

Hindi. A Hindi/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5306

Italian Beginner

Learn basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course covers grammar, vocabulary, reading and conversation. An Italian/English dictionary may be required.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Apr 5, 2024 9wks \$177 (\$115sr) PR-5202

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5406

Italian Beginner Level II

In this continuation of the Beginner course, develop more conversational skills with a better level of proficiency, a stronger accuracy of the vocabulary, and increasing the pronouncing level. Some classes will cover writing short letters or stories while enhancing the creativity of broadening the stronger understanding of the vocabulary and everyday conversations. Focus will be placed on grammar and verb tenses, and on phonetics.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9:30am-11:30am Apr 2, 2024 9wks \$177 (\$115sr) PR-5462

Japanese: Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. A Japanese English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5384

Korean Beginner

When you want to learn about another culture, it's very important to learn the language. In the Korean language there is a 24-letter alphabet. In this course, you will learn all the consonants and vowels and begin to recognize them in simple words. Elementary words will

also be taught so learners can construct simple sentences. An English/Korean Dictionary may be required.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5245

Mandarin Chinese Beginner

In this course, you will learn the basic structure of the Chinese language focusing on phonetics and basic conversation. Pin Yin system will be taught. An English/Mandarin Chinese Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Apr 2, 2024 9wks \$221 (\$144sr) PR-5365

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5272

Spanish Beginner

In this course, learn basic conversational Spanish for everyday situations. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing online environment.

*Remote Course Offering

Tue 5:30pm-7:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5285

Thu 9am-11am Apr 4, 2024 9wks \$177 (\$115sr) PR-5234

Mon 7:30pm-9:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5269

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5374

Thu 6:30pm-8:30pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5392

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5308

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-8:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5354

Overland PS 55 Overland Drive, North York

Mon 2:15pm-4:15pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5228

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5411

Spanish Beginner Level II

This course reviews and expands your previous knowledge of the Spanish language. Your listening comprehension, oral expression, reading and writing skills will be further developed.

*Remote Course Offering

Tue 7:30pm-9:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5290

Mon 5:30pm-7:30pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5270

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5370

Thu 6:45pm-8:45pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5393

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5506

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5414

Spanish Conversation I

This course is for those who have an understanding and basic skills in Spanish. You will further develop your language skills and increase your vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources.

*Remote Course Offering

Wed 7:30pm-9:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5445

Spanish Conversation II

Develops conversational skills with attention to accuracy, vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources. Learners are recommended to have taken Spanish-Intermediate or equivalent skills.

Overland PS 55 Overland Drive, North York

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5126

Spanish Intermediate

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5237

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5357

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5321

Spanish Intermediate Level II

This course is a continuation of Intermediate level. Learners will continue to develop and apply their speaking skills in a variety of contexts and will participate in activities that will improve their reading comprehension and writing skills. Spanish/English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5380

Spanish for Travellers

This beginner level course is perfect if you are planning a trip to a Spanish-speaking destination! Learn about the culture and develop the rudiments of Spanish to enhance your vacation experience. We will cover language to help you when at the airport, hotel, shopping or ordering food.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Apr 3, 2024 9wks \$133 (\$86sr) PR-5307

Music

Guitar Beginner

This remote class is for people with little or no background in playing the guitar. The following areas will be covered through the online supportive class instruction: basic open

chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to have your own acoustic guitar.

***Remote Course Offering**

Wed 10am-12pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5536

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Apr 6, 2024 9wks \$177 (\$115sr) PR-5157

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5373

Don Mills Middle School 17 The Donway East, North York

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5271

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5475

Guitar Beginner Level II

Guitar Beginner Level II is a course designed for those who already know some guitar chords and songs and want to continue learning but do not yet consider themselves to be an 'intermediate' guitar player. Learn new theory, chords, repertoire, and licks. Move at your own pace and have some fun with the group too. Some basic knowledge of guitar is required.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-1pm Apr 6, 2024 9wks \$177 (\$115sr) PR-5509

Learn to Play The Ukulele

In this program you will learn how to play the Ukulele, with an easy to follow step-by-step approach. Learn to tune, strum, basic chords and we will be singing and having fun in no time. Learners are required to have a Ukulele in order to participate. No experience is necessary.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5348

Learn to Play The Ukulele Level II

Now that you know some basic chords let's take to the next level. In this course you will

be working on more strumming, picking, melody and rhythmic techniques. We will be learning as a group, singing, and playing, learning new songs, and dabbling on soloing. Basic knowledge of Ukulele playing is required.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5416

Piano Keyboarding Beginner: Level I

This remote course is designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Learners must have their own keyboard.

*Remote Course Offering

Thu 1pm-2:30pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5214

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5379

Piano Keyboarding Beginner: Level II

This remote course is designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. Learners must have their own keyboard.

*Remote Course Offering

Tue 1pm-2:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5212

Piano Keyboarding Beginner: Level III

This remote course is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different hand positions as well as learning new fingering techniques. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Tue 3pm-4:30pm Apr 2, 2024 9wks \$133 (\$86sr) PR-5226

Piano Keyboarding Beginner: Level IV

This Remote course is a continuation of Piano Keyboarding Beginner Level 3. Level 4 will review reading of notes on the entire treble and bass staff with an introduction to ledger lines and new rhythmic concepts such as triplet notes. Additional fingering and pedaling techniques as well as Major and Minor keys will be explored. Additional popular selections will also be covered. Learners must have their own keyboard at home.

*Remote Course Offering

Thu 3pm-4:30pm Apr 4, 2024 9wks \$133 (\$86sr) PR-5213

Piano Keyboarding High Intermediate

This remote course is a continuation of Piano Keyboarding Intermediate. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as sixteenth notes and dotted eighth notes are explored. Keys of D, B flat, E flat major and G minor will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Mon 1pm-2:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5218

Piano Keyboarding Intermediate

Designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, extended ledger lines and additional time/key signatures are explored. Additional popular selections will also be covered. Online learners must have their own keyboard at home.

*Remote Course Offering

Mon 3pm-4:30pm Apr 8, 2024 9wks \$133 (\$86sr) PR-5227

Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while

learning to hone your performance skills. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$30.00 to cover the cost of the musicians and equipment maintenance.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Apr 2, 2024 9wks \$207 (\$145sr) PR-5377

Self Development

Artificial Intelligence Unleashed - Is It Worth It? (New)

AI Unleashed delves into WHAT YOU should know about how AI impacts your life today and in the future. Discussions of the dynamic world of artificial intelligence covering positives and dangers to your life and that of the world. Find out what you need to know about AI - it's history and it's future for our planet. Listen to what the experts say about the possibilities and the dangers by understanding how it all happens. This is not an AI user course.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8:30pm Apr 3, 2024 9wks \$177 (\$115sr) PR-5487

Creating A New Vision for My Life (New)

Are you feeling lost in the midst of the hustle and bustle of life? These feelings can create obstacles that get in the way of us having clarity in our lives. In this four week class, you will have the opportunity to do an audit on your current life. This will help you identify the current state of your life, recognize the aspects you want to change, and unveil any past dreams that you would like to awaken that have been overshadowed by life's events.

Overland PS 55 Overland Drive, North York

Wed 6pm-8pm Apr 3, 2024 4wks \$79 (\$51sr) PR-5449

Honouring your Sacred Feminine and Sacred Masculine

Discover how to return home to the wonder and mystery of your feminine and masculine energy. Explore, and notice your need to nurture both. Learn to balance them to access their qualities. This course is for conscious people who are striving to bring stability and harmony to their masculine and feminine within. It includes meditations to assist you in recognizing your essence and heal your wounds, bringing wholeness into your life and connecting to the soul within.

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm May 11, 2024 1wks \$29 (\$19sr) PR-5262

How to Make Your Own Oracle Cards

This class is a journey through the unlimited potential of your creativity. An opportunity to connect to your intuition and inspiration, channel messages, develop and keep your creativity flowing. Open your creative channel with simple, fun, and inspiring intuitive art and a channeled writing process. Embrace art and its healing powers, tap deep into yourself, and allow expression to surface free. Bring the following materials to the first class: note book, kraft paper or sketchbook, colored pencils, markers, and watercolours.

*Remote Course Offering

Mon 6pm-9pm Apr 8, 2024 1wks \$29 (\$19sr) PR-5336

Introduction to Mindfulness and Personal Growth

In this online course, you will cultivate foundational mindfulness skills and personal growth strategies, and empower yourself to navigate life mindfully, foster healthy relationships, enhance emotional intelligence, experience personal growth, promote well-being, and establish a foundation for ongoing learning.

*Remote Course Offering

Mon 9am-11am Apr 8, 2024 9wks \$177 (\$115sr) PR-5461

Mindfulness and Social-Emotional Mastery

In this remote course, you will deepen your understanding of mindfulness and enhance your social-emotional intelligence to foster healthier relationships, navigate challenges with resilience, cultivate empathy, contribute positively to your community, and embody mindful leadership in your personal and professional life.

*Remote Course Offering

Tue 9am-11am Apr 2, 2024 9wks \$177 (\$115sr) PR-5464

Sustainable Living

Learn how to live more sustainably by making small changes to your current lifestyle. You'll learn about the sustainable swaps that are now available to help you reduce your use of single-use items, the essentials of eating a low-waste, plant-based diet, sustainable shops in the city that will help you consume more consciously, how to properly dispose of the waste you do produce, and much more!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6:30pm-8:30pm Apr 2, 2024 9wks \$177 (\$115sr) PR-5505

The Artist's Way (New)

The Artist's Way is a Spiritual Path to Higher Creativity, based on Julia's Cameron book. This course is designed to help you in your artistic creative recovery, through techniques and exercises, gain self-confidence in harnessing your creative talents and skills. Human beings are born creative, and we are co-creators, together let's heal the artist within.

*Remote Course Offering

Mon 7pm-9pm Apr 15, 2024 8wks \$157 (\$102sr) PR-5337

Threads of Change: How your clothes can change the world

Unveil the truth behind your wardrobe. Join our immersive 3-hour workshop on fast fashion's hidden costs. Engage in eye-opening discussions, interactive activities, and real-world solutions. Understand the social and environmental impacts of your clothing choices. Empower yourself to make informed, conscious fashion decisions. Let's learn, interact, and change fashion's impact together!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9pm May 2, 2024 1wks \$29 (\$19sr)

PR-5148

Transition to Retirement

What are you doing for the rest of your life? Traditional retirement planning focuses on financial matters but there's more to life than money! Work provides structure, purpose, and, community; how to replace these in retirement? In this online course, learn how to create a personal retirement plan, consider common issues, and hear advice from those who've already retired.

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-8pm Apr 16, 2024 6wks \$118 (\$77sr) PR-5376

Sewing

Pattern Drafting and Design Part II

Create your own designs and sewing patterns for fashion apparel through flat-pattern drafting. This course focuses on the female bodice sloper. Learn how to draft a personal bodice sloper, explore various design techniques including dart manipulation and finishing techniques, to create your own “Above the Waist” designs. Basic sewing skills are an asset. Students to supply their own basic sewing kit, fabrics and thread. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$270 (\$177sr) PR-5388

Sewing Advanced

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Apr 8, 2024 9wks \$270 (\$177sr) PR-5201

Sewing Alterations and Repairs

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets, etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Apr 3, 2024 9wks \$226 (\$149sr)

PR-5345

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with

little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes shop fee of \$5.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9:30pm Apr 3, 2024 9wks \$226 (\$149sr) PR-5246

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 2, 2024 9wks \$270 (\$177sr) PR-5369

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Apr 3, 2024 9wks \$270 (\$177sr) PR-5309

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Apr 8, 2024 9wks \$226 (\$149sr) PR-5334

Sewing Beginner ★

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. Learn pattern layout, cross-stitch and more. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Apr 2, 2024 9wks \$270 (\$177sr)

PR-5172

Sewing Beginner Level II

Beginner Sewing Level II is for the sewist that has some knowledge of sewing, can operate a sewing machine, and is a next step for students that have taken Beginner Sewing. Students will learn how to adjust patterns for personal fit, work with a commercial pattern to sew a full-sized shirt and learn the correct techniques for sewing collars, sleeves, facings and applying finishing techniques to create professional looking garments. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$270 (\$177sr) PR-5363

Sewing Intermediate

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$270 (\$177sr) PR-5391

Sewing Intermediate ★

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Apr 2, 2024 9wks \$270 (\$177sr) PR-5173

Sewing for the Home

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Apr 8, 2024 9wks \$270 (\$177sr) PR-5200

Sports

Badminton

Here is the perfect opportunity to develop your badminton skills through play! You will be taught individual and team techniques and basic skills through instruction and round-robin play. Students must provide own racquets. Final price includes material fee of \$5.00

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:15pm-9:15pm Apr 2, 2024 9wks \$182 (\$120sr)

PR-5287

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5296

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:45am-1:45pm Apr 6, 2024 9wks \$182 (\$120sr) PR-5162

Badminton for Intermediate Players

Badminton is a dynamic sport enjoyed by millions around the world. To play at the highest level, athletes are not only required to have great physical capabilities, but also refined technical skills. In this intermediate badminton course, learners will build upon the foundation of basic techniques and fine tune and sharpen their skills to play a faster and more offense game. Lessons include how to block smashes, footwork, and both double and single game positioning, tactics and drilling. Final price includes material fee of \$5.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5298

Basketball for Women

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handing and game strategy skills in a friendly competitive atmosphere. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Apr 4, 2024 9wks \$138 (\$91sr) PR-5142

Golf Beginner

Basic fundamentals of the golf swing will be covered, along with other topics. Final price includes a material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6:30pm-8pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5267

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Apr 3, 2024 9wks \$138 (\$91sr) PR-5483

Golf Intermediate

The fundamentals of the golf swing and putting will be reviewed. Final price includes material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 8pm-9:30pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5268

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Apr 3, 2024 9wks \$138 (\$91sr)

PR-5484

Mastering Tennis Drills: Boost Your Skills and Performance

Are you looking to take your tennis game to the next level? This course is designed for tennis players of all levels who want to learn and practice effective drills to enhance their performance on the court. Final price includes a material fee of \$5.00

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-8:30pm Apr 2, 2024 9wks \$93 (\$62sr) PR-5347

Outdoor Soccer (New)

Playing outdoor soccer involves a combination of skills, teamwork, and understanding the rules of the game. Join fellow soccer enthusiasts and enjoy the sunshine while developing your skills and techniques, fitness and conditioning, sportsmanship and team work skills. Final price includes a material fee of \$5.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm May 27, 2024 5wks \$79 (\$53sr)

PR-5515

Pickleball Beginner

In this introductory pickleball course, students will learn the fundamentals of the game including rules, proper stroke and grip technique, and basic strategies. This class is suitable for individuals of all skill levels who are looking to learn or improve their pickleball skills. Whether you are a complete beginner or have some experience, you will be guided through the basics to develop your game. Participants should bring their own pickleball racket and comfortable athletic clothing and footwear. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Apr 8, 2024 9wks \$138 (\$91sr)PR-5360
Mon 7:30pm-9pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5361
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 8:30pm-10pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5418
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-7:30pm Apr 4, 2024 9wks \$138 (\$91sr) PR-5319
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30pm-10pm Apr 6, 2024 9wks \$138 (\$91sr) PR-5502

Pickleball Power Hour: Smash and Drive Mastery (New)

Dive into a fun and skillful one-hour session focused on refining your pickleball precision. This course caters to players across all levels, providing a lively environment to enhance your control and accuracy of serves, swings, and footwork. Engage in spirited drills to refine your finesse and elevate your game to new heights. Final price includes material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7pm Apr 2, 2024 9wks \$93 (\$62sr) PR-5504

Mon 6pm-7pm Apr 8, 2024 9wks \$93 (\$62sr)PR-5503

Soccer-Indoor for Men

This course is organized for soccer players with three or more years experience. It gives the seasoned player a chance to refine their skills, keep fit and have fun during the off season. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 8:15pm-9:15pm Apr 2, 2024 9wks \$93 (\$62sr) PR-5135

Tennis Beginner

This program is for those with little or no previous tennis experience. Instruction will include grips, backhand, footwork and more. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-8pm Apr 2, 2024 9wks \$138 (\$91sr) PR-5137

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-7:30pm Apr 2, 2024 9wks \$138 (\$91sr) \PR-5371

Tue 7:30pm-9pm Apr 2, 2024 9wks \$138 (\$91sr) PR-5372

Wed 6pm-7:30pm Apr 3, 2024 9wks \$138 (\$91sr) PR-5381

Wed 7:30pm-9pm Apr 3, 2024 9wks \$138 (\$91sr) PR-5382

Thu 6pm-7:30pm Apr 4, 2024 9wks \$138 (\$91sr) PR-5394

Thu 7:30pm-9pm Apr 4, 2024 9wks \$138 (\$91sr) PR-5395

Don Mills Middle School 17 The Donway East, North York

Mon 7:30pm-9pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5275

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Apr 8, 2024 9wks \$138 (\$91sr) PR-5300

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10:30am Apr 6, 2024 9wks \$138 (\$91sr) PR-5166

Tennis Intermediate

Individual instruction and practice are provided for students with some tennis experience.

Large classes will be divided into groups. This course will be taught in an indoor gymnasium.

Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 8:30pm-10pm Apr 2, 2024 9wks \$138 (\$91sr) PR-5352

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:45am Apr 6, 2024 9wks \$138 (\$91sr) PR-5167

Volleyball

Get ready to serve, spike, and dig your way into our co-ed recreational volleyball class.

Whether you're a beginner looking to learn the basics or an experienced player aiming to sharpen your skills, this course provides a dynamic and supportive learning environment that encourages both skill development and a love for the game. Players of all levels are welcome.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:15pm-9:15pm Apr 8, 2024 9wks \$177 (\$115sr) PR-5282

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:30am-1pm Apr 6, 2024 9wks \$133 (\$86sr) PR-5161

Theatre, Film & TV

Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium. Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 8, 2024 9wks \$265 (\$172sr) PR-5422

Drama Beginner

Participate in the basics of stage performance through the use of theatre games, improvisation, ensemble storytelling and scene study. Vocal techniques and body movement exercises will be introduced.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9pm Apr 8, 2024 9wks \$221 (\$144sr) PR-5358

History of Films

This comprehensive course consists of the following lectures that cover various cinema periods, topics and schools: "Silent Era" (United States, 1920s-1930s), "Between Wars" (Germany and France, 1920s-1930s), "Hollywood Classics" (United States, 1940s-1950s), "Art Among Ruins" (Italy, 1940s-1950s), "Surrealism" (Spain, 1960s-1970s), "Stagnation and Flourishing" (Soviet Union, 1970s-1980s), "Lost Illusions" (Eastern Europe, 1990s-2000s), "Films about Films". Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Apr 4, 2024 9wks \$177 (\$115sr) PR-5317

Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will learn through group activities and group exercises, games and short ensembles.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 3, 2024 9wks \$265 (\$172sr) PR-5425

Improv: Intermediate

Elevate your improvisational skills and take your comedic talents to the next level in our Improv Intermediate course. This course is for people with prior improv experience. You will refine your quick thinking skills, enhance character development, and sharpen your wit through a variety of engaging exercises and scene work, while fostering a supportive and a dynamic creative community.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 4, 2024 9wks \$265 (\$172sr) PR-5438

Introduction to Documentary Filmmaking (New)

Take a journey into the world of real stories. Learn the techniques of storytelling, cinematography, and editing to craft narratives. This course provides hands-on experience and valuable insights into the art of documentary filmmaking.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9pm Apr 4, 2024 9wks \$221 (\$144sr) PR-5522