

General Interest courses are for adults 18 years of age and older. Seniors' Daytime courses are for registrants 60 years of age and older. (Limited spaces for non-seniors, call to register.) These programs offer non-credit and non-certificate courses only.

Payment

Fees paid by cheque (certified or personal) or money order should be made payable to the 'Toronto District School Board' and dated at the time of registration. Post dated cheques will not be accepted. **There is an NSF cheque charge of \$15.00.** Fees paid by credit card (VISA or MasterCard) must include the credit card's expiry date. **Cash payment** is only accepted at the Continuing Education Office.

A GAINS certificate, or Social Assistance document is required to qualify for the reduced rate of \$10 per course. A copy must be submitted with the application form to support this request. This reduced rate applies to course fees only and is limited to one course per term. Fees for seniors (60 years plus) taking General Interest Courses will be 50% of course fee.

Fees include HST.

Additional Fees

Material Fees: Some courses have additional material charges. These fees are to be paid in cash to the instructor. No discounts apply. We make every effort to publish these amounts if known at the time of publication. In some courses involving the use of speciality rooms or shops, a portion of the fee may go to the school for use of supplies and equipment.

Cancelled Courses

- A minimum number of registrants is required for a class to be opened. The Board has the right to make the final decision to open or close a class or to revise the fee structure.
- If a course does not meet the enrolment minimum, and is therefore cancelled, every effort will be made to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund.

Withdrawals, Refunds and Credits

- **All requests for refunds or credits must be made in writing and sent by email, mail or fax. See map page for contact information.**

- **A \$10 administrative fee per course will be applied to all refund requests** unless otherwise stated. This administrative fee will be waived if you accept a credit on your TDSB Community Programs Account.

- Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 3-6 weeks. Fees paid by credit card will be refunded to the credit card.

For all courses:

- TDSB will provide a full refund if we cancel a course or if we receive your **written request for withdrawal** before the first class.

For courses under five weeks in duration:

- A refund will be issued if we receive your refund request in writing **before** the first class. No refunds or credits will be considered after the first class.

For courses five weeks or longer:

- A refund will be issued if we receive your refund request in writing **before** the second class.
- A pro-rated refund will be issued if we receive your request for refund in writing **after** the second class, but **before** the third class of the course.
- No refund or credits will be considered after the third class of a course.

For subsidized \$10 courses

- There are no refunds.
- A credit is issued if the TDSB cancels the course.

Program Accommodation

If you require a physical accommodation, are using a wheelchair and/or are accompanied by a support person, advanced notice is necessary so that arrangements can be made to ensure a safe, modified program is available to you. Please contact the Continuing Education office at 416-338-4111 to obtain an accommodation form. All registrations are processed on a first-come, first-served basis and may be subject to space restrictions.

Five Easy Ways to Register



Visit www.learn4life.ca Register using a Visa or MasterCard.



Mail your registration form on page 2 along with full payment using VISA, MasterCard cheque or money order. Mail to Continuing Education Office: **2 Trethewey Dr, 3rd floor, Toronto, ON M6M 4A8**



Call 416-338-4111 Have your VISA or MasterCard ready. **IMPORTANT:** before using Automated Telephone System, you will need a Client and PIN numbers.



Visit the Continuing Education Office. Payment can be made by credit card, cash, cheque or money order.



Fax completed registration form (see page 2) to 416-394-3877. Remember to include your VISA, MasterCard number and the expiry date.

Important Dates

	WINTER (9 week term)
Registration Begins	Monday, Nov. 21, 2011
Classes Begin	Monday, Jan. 9, 2012
	SPRING (8 week term)
Registration Begins	Tuesday, Feb. 21, 2012
Classes Begin	Tuesday, Mar. 27, 2012
	SUMMER (4 week term)
Registration Begins	Tuesday, May 22, 2012
Classes Begin	Monday, July 2, 2012

Interested in Instructing....

We are looking for additional talent! If you have a special skill or talent that you would like to share, send us a proposal. Check our website at www.learn4life.ca for guidelines.

Registration Form

Register On-Line at www.learn4life.ca

Fax, mail or drop off Registration Form to the Continuing Education Office.

Payment for faxed applications is by Visa or Master Card credit card only.

Continuing Education

2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8
Fax.416.394-3877

Date: _____

Please Print

Last Name		First Name		MF	Date of Birth	
					day / month / year	
Client Number	PIN Number	Street No.	Street Name	City	Apt. No.	
Postal Code	Home Telephone No.	Business Telephone No.	E-mail Address			

Selection No.1

1	Course Code	Course Title	Course Location	
	Day of Week	Time	Start Date	Fee
				\$

Selection No.2

2	Course Code	Course Title	Course Location	
	Day of Week	Time	Start Date	Fee
				\$

PAYMENT INFORMATION

<input type="checkbox"/> Visa	Card Number	Expiry	<input type="checkbox"/> Cash	cash is accepted at the Continuing Education Office only
<input type="checkbox"/> Master Card			<input type="checkbox"/> Cheque <input type="checkbox"/> Money Order	
Registrar	Date:	Total Amount Received		
		\$		

Please note that H.S.T. is included where applicable. Make cheque or money order payable to Toronto District School Board. Please bring your receipt to the first class.

Program Accommodation:

If you require a physical accommodation, are using a wheelchair and/or are accompanied by a support person, advanced notice is required so that arrangements can be made to ensure a safe, modified program is available to you. Please contact the Continuing Education office at 416-338-4111 to obtain an accommodation form. All registrations are processed on a first-come, first-served basis and may be subject to space restrictions.

Client and PIN Numbers Request Form

To register using our Automated Telephone System you must first have Client and PIN numbers. Fax to 416-394-3877 or email communityprograms@tdsb.on.ca or call 416-338-4111.

Last Name		First Name		MF	Date of Birth	
					day / month / year	
Street No.	Street Name	City		Apt. No.		
Postal Code	Home Telephone No.	Business Telephone No.	E-mail Address			

List any additional family members on this account (optional).

Last Name		First Name		MF	Date of Birth	
					day / month / year	
Last Name		First Name		MF	Date of Birth	
					day / month / year	

Notice of Collection
 The information you have provided is collected under the legal authority of the Education Act, R.S.O. 1980, chapter 129, as amended and is collected in compliance with the Municipal Freedom of Information and Protection of Privacy Act. If you have any questions, please contact: Program Manager of Community Programs, Continuing Education, Toronto District School Board at 416-338-4111.

Art

Abstract Painting

Learn to create abstract paintings. Projects follow the evolution of abstract art over the last century. You will abstract everyday life like the Cubists and explore Abstract Expressionism through colour-field and geometric painting. Students will look at historic and contemporary artists from Picasso to Pollock to Mehretu. Students are responsible for materials - acrylic, oil, or watercolour. No solvents - only Taltine. (material costs: \$10)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48359

Acrylic Painting Beginner/Intermediate

Learn to paint with an experienced artist and teacher. 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. (material costs: extra)

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47752
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47753

Acrylic Painting-All Levels

Explore the full range of what you can achieve with these durable, inexpensive, easy-to-use, water-based and fast-drying paints. Compose, glaze and mix colour. Experiment with the use of collage. You may be required to purchase your own materials. (material costs: \$10)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48360

Art Metal Shop

This is a course for an art metal worker who has completed at least two terms of Art Metal Work. You decide and work on your own projects with instructor assistance. (material costs: \$45)

Danforth C & Tl 800 Greenwood Avenue
Wed 6-9:30pm Jan 11 9wks \$213(\$106sr) 48142

Art Metal Work

Explore the theory and practice in both oxy-acetylene and electric welding. Projects will

include plant stands, candlesticks and small sculptures. (material costs: extra)

Bendale BTl 1555 Midland Avenue
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48054

Danforth C & Tl 800 Greenwood Avenue
Thu 6-9:30pm Jan 12 9wks \$213(\$106sr) 48143

Art-Multi Media

A course for students of all levels working on their choice of subject matter, media and techniques. Close individual instruction is given. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Tue 1-4pm Jan 10 9wks \$183(\$91sr) 47372

Ceramic Art: Ideas & 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. (material costs: \$60)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48368

York Memorial Cl 2690 Eglinton Ave W
Wed 6-8pm Jan 11 4wks \$54 (\$27sr) 47761
Wed 6-8pm Feb 08 4wks \$54 (\$27sr) 47762

Chinese Brush Painting

Learn Chinese brush techniques in a 'free-hand' style. We will cover 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. (material costs: extra)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48503

Leaside HS 200 Hanna Road
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 47326

Mimico Adult Centre 255 Royal York Road
Thu 9am-12pm Jan 12 9wks \$183(\$91sr) 48013

Chinese Brush Painting ☀

See above description.

Second Mile/Kensington Gdn 25 Brunswick Avenue
Fri 9-11:30am Jan 13 9wks \$152(\$89sr) 47473

Chinese Brush Painting-Intermediate ☀

Learn and develop techniques and skills based on your existing level. Explore Chinese art including Chinese brush painting, calligraphy, seals, history and philosophy, mounting and framing etc. Enhance your aesthetic knowledge and gain more ability to appreciate Chinese art and create your own artwork. Detailed lectures, hands-on instruction and demonstrations provided. Prerequisite: Beginner Level

Second Mile/Kensington Gdn 25 Brunswick Ave
Fri 1-3:30pm Jan 13 9wks \$152(\$89sr) 47474

Collage & Assemblage

Bring in your favourite artifacts, photographs, found objects and magazines. Learn how to manipulate them into fantastic art pieces through a variety of techniques and materials. We will concentrate on the basics of composition, manipulation of space and shape, application of colour and self-expression. (material costs: \$40)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48369

Creative Art Journals

Create a one-of-a-kind, beautiful piece of artwork. Each page can represent an event in your life, a special person, a memory or a symbolic reflective statement. Learn techniques such as rubbings, marble painting, print-making and book-binding using a variety of materials. (material costs: based on project) 1.

Western Tech 125 Evelyn Crescent
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 47832

Drawing & Painting ☀

Study form and composition and introduces drawing while learning and experimenting with materials used in drawing and painting. We will explore proportion, depth and colour. (material costs: extra)

Montgomery Place 130 Eglinton Ave East
Tue 1-3:30pm Jan 10 9wks \$152(\$89sr) 47489

Moore Place 801 Mt. Pleasant Road
Tue 9:30am-12pm Jan 10 9wks \$152(\$89sr) 47486

Sunshine Centre for Seniors 117 Bloor Street E
Wed 1-3pm Jan 11 9wks \$122(\$71sr) 47487
Mon 1-3pm Jan 09 9wks \$122(\$71sr) 47488

Drawing & Painting-Beginner

Using a variety of drawing materials, you will explore form and composition and learn about proportion, depth and colour. You will be required to provide your own materials. (material costs: will vary)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47551

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48124

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48371

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47684

Overland Learning Centre 55 Overland Drive
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47858

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 47617

Drawing & Painting: Landscape Study

Learn the fundamentals of painting a landscape. Media: oils, pastel or watercolour. (material costs: extra)

Overland Learning Centre 55 Overland Drive
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 47918
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 47919

Drawing & Painting: Portraits-Advanced

In addition to working with the fundamental structures, practices and techniques of portraiture, this course covers psychological aspects, mood, environment, atmosphere and costume. A wide range of media will be demonstrated, life models will be used at all times. Prerequisite: Any beginner course in drawing and painting. (material costs: \$35 model fee plus personal material costs)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48372

Drawing & Painting: Portraits-All Levels

Through the use of various media, learn the methods and techniques of composition, texture, anatomy, proportion, form, value and colour. (material costs: \$35 model fee plus personal material costs)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48373

Drawing & 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. There will be some outdoor sketching. (material costs: extra)

Edithvale CC 131 Finch Avenue W
Wed 10am-12pm Jan 11 9wks \$122(\$61sr) 47403

Drawing & 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. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Tue 9am-12pm Jan 10 9wks \$183(\$91sr) 47379

Drawing For People Who Can't Draw

We will focus on looking, seeing, thinking and drawing. Explore composition, design, shading, perspective, and texture, using pencil, charcoal, conte, coloured pencils and watercolour for a splash of colour. You will come away with a work of art that you can frame. (material costs: \$5)

Overland Learning Centre 55 Overland Drive
Mon 1:40-4:10pm Jan 09 9wks \$152(\$76sr) 47441

Drawing-Beginner

Learn the fundamental techniques of basic perspective, depth, tone, line, and shape. (material costs: \$10)

Danforth C & TI 800 Greenwood Avenue
Thu 6-9pm Jan 12 9wks \$183(\$91sr) 48150

Newtonbrook SS 155 Hilda Avenue
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 48110

Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47685

York Memorial CI 2690 Eglinton Ave W
Wed 6-9pm Jan 11 4wks \$81 (\$41sr) 47764
Wed 6-9pm Feb 08 4wks \$81 (\$41sr) 47765

Figure Drawing & Painting-Advanced

This course is for those who wish to study the human figure in depth and learn more about anatomy and composition. Live models will be present for each class. (material costs: \$35)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48377

Figure Drawing & Painting-Beginner

Explore traditional and new techniques and learn to use a broad choice of media while sketching from live nude models. (material costs: \$35 model fee plus personal material costs)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48378

History of Modern Art

Survey the key movements of modern art from 1850 to the present. Discover how modern art went from landscape painting, to abstraction, to seeing urinals in art galleries. We discuss important artists and movements such as Impressionism, Cubism, Dada, Surrealism, Abstract Expressionism, Pop, Conceptual, Post-Modernism and Contemporary Art.

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48389

Matting & Framing

Learn the steps required to choose and create your own custom mats and frames. Achieve results that compliment your artwork, enhance your décor and save money. (material costs vary according to project.)

Mimico Adult Centre 255 Royal York Road
Tue 1-3pm Jan 10 9wks \$122(\$61sr) 47388

Mixed Media: Egg Tempera

Egg tempera, one of the oldest painting techniques used by Egyptians, Greeks & Romans, is simple, inexpensive, and easy to learn. Learn techniques & icon painting (traditional and new), and explore colours, composition, shapes, and form. Individual attention is given to each student working from still life and portrait landscape. No previous experience is necessary. Bring a pencil to the first night of class. (material costs: extra)

Burnhamthorpe CALC 500 The East Mall
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48737

Mosaics

Mosaic, an ancient art form, is fun and easy. Recycle and decorate jars, vases, mirror frames, table tops and more. Learn about colour and design. (material costs: \$40)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48409

Oil & Acrylics-All Levels

Explore the fundamental techniques of oil and acrylic painting. You will be given individual attention and also work as a group to develop or refine your own style of expression. Learn to choose your subject, materials, composition, construction, and colours to produce stunning results. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48738

Danforth C & Tl 800 Greenwood Avenue
Thu 6-9pm Jan 12 9wks \$183(\$91sr) 48158

Mimico Adult Centre 255 Royal York Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 48325

Oil & Acrylics-Beginner

Discover the techniques of painting for the first time or build on some experience. 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.

Edithvale CC 131 Finch Avenue W
Wed 1-3:30pm Jan 11 9wks \$152(\$76sr) 47404

Mimico Adult Centre 255 Royal York Road
Mon 1-4pm Jan 09 9wks \$183(\$91sr) 47390

West Toronto Cl 330 Lansdowne Avenue
Tue 12:15-3:15pm Jan 10 9wks \$183(\$91sr) 47603

Oil & Acrylics-Beg./Int.

Students will review and expand on the techniques learned in Oil & Acrylics Beginner. Through demonstration, students will become more confident and acquire the skills to produce their best work using oil and acrylic paints. (material costs: extra)

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47706

Paint The City

Explore the city from multiple angles and approaches. Capture the essence of your neighbourhood to the neon lights of the city at night. You are introduced to prominent historical and contemporary urban painters including Canaletto, Turner, Monet, Utrillo, Hopper, Mondrian, Lauren Harris and Diebenkorn. You will work from drawings and photographs. Acrylic, oil and water-colour can be used. No solvents - only Taltine. (material costs: \$10)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48412

Painting-Beginner

Learn to create your own works of art using non-toxic, water-based acrylics. Composition, colour theory and perspective will be taught. Bring your favourite idea and watch it come alive as you gain a solid foundation and artistic knowledge of painting. (material costs: extra)

Newtonbrook SS 155 Hilda Avenue
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 48107

West Toronto Cl 330 Lansdowne Avenue
Thu 9am-12pm Jan 12 9wks \$183(\$91sr) 47604

Painting-Intermediate ☀

Learn various painting techniques in acrylic or oil, using still life and/or subjects of interest. Examples will be presented with 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/Orchard View 174 Orchard View Blvd
Wed 1-3:30pm Jan 11 9wks \$152(\$89sr) 47510
Wed 10am-12:30pm Jan 11 9wks \$152(\$89sr) 47511

Painting: Botanical Watercolour

With meticulous attention to detail, learn to draw and paint plants and flowers using graphite pencil and/or watercolours. No previous experience is necessary. (material costs: \$5 plus personal supplies)

Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47707

Pen, Ink and Wash

Pen and ink have been used in art for thousands of years. The class is for all levels with ongoing demonstrations and individual attention. It introduces a number of drawing techniques including line, hatching and stippling with straight ad mechanical pens, black, white and brown inks and the use of washes on paper. (material costs: \$20)

Mimico Adult Centre 255 Royal York Road
Wed 9am-12pm Jan 11 9wks \$183(\$91sr) 47391

Pencil Sketch and Draw

Whether you wish to sketch in the park or develop a firm understanding of the principles of rendering with pencil, this course covers the basics and beyond. You will hone your skills in perspective, form, proportion, texture, tone and more. (material costs: \$20)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48414

Pencil Sketching

Learn how to render quickly and accurately with this very versatile medium. Various types and grades of graphite pencil will be used. You will learn how to do both quick sketches and carefully finished line and tone drawings. (material costs: \$10)

West Toronto Cl 330 Lansdowne Avenue
Thu 12:15-3:15pm Jan 12 9wks \$183(\$91sr) 47605

Pottery ☀

Make, decorate, glaze and fire your own pottery and other creations from clay.

Second Mile/Kensington Gdn 25 Brunswick Ave
Tue 9:15-11:45am Jan 10 9wks \$152(\$89sr) 47514

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. (material costs: \$50)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48422

Pottery-Beginner

Pottery is an ancient and respected artform. Join us and learn how to make, decorate and glaze your own pottery. Experience the time honoured satisfaction of creating your own unique work of art from a simple clump of clay! (material costs: \$50)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48423

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 artform will learn to make, decorate and glaze their own pottery! Experienced potters will refine their skills! (material costs: \$25-40)

Danforth C & Tl 800 Greenwood Avenue
Wed 6:30-9:30pm Jan 18 9wks \$183(\$91sr) 48160
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48161

Mimico Adult Centre 255 Royal York Road
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48328
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48329

Printmaking-Advanced

Move on in the printmaking atelier atmosphere at an experienced and accelerated level. Study one method in depth or challenge yourself with experimental processes. Work independently in relief techniques, intaglio, screen-printing or undertake the magic of lithography. Prior experience is required. (material costs: \$40)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48424

Printmaking-All Levels

For the novice and advanced alike, this is a complete Printmaking atelier experience. Come and discover etching, drypoint, lino, mono and screen printing. (Screen printing will not be covered at Danforth) Explore introductory exercises in chosen techniques or immerse yourself, in depth, in only one. All materials, equipment and expert guidance will be provided. (material costs: \$40)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48425

Danforth C & Tl 800 Greenwood Avenue
Thu 6-9pm Jan 12 9wks \$183(\$91sr) 48162

Printmaking-Introduction

This is a complete printmaking atelier (artist studio or workshop) atmosphere for the novice. Students will undertake exercises in relief techniques (cutting and printing lino block), intaglio (etching and printing zinc plate) and screen-printing (creating unique images through screen for paper and fabric). Come and experience the magical world of printing on paper. (material costs: \$40)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48614

Sculpture: Bronze

Come join us in the only fully functioning, general interest bronze foundry program operating in Toronto. This is the perfect course for learning and implementing the technical skills required to design for and cast in bronze, using the lost-wax process. Learn how to work with plastilene, make simple moulds, translate into wax and then to bronze - all on site. Complete the experience through the finishing of the casting and subsequent patination. (material costs: \$40)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48429

Sculpture: Clay

Learn to manipulate clay through the observation and interpretation of live nude models. Subsequent mold-making and casting are also covered. There is a model/material fee. (material costs: \$50)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48430
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48431

Still Life Studio

Advance your drawing and/or painting skills through observation of still life arrangements. You can work, and be led, in a wide variety of toxic free media, while being encouraged to develop your own distinctive style from realism to abstraction. This is the next step from our Drawing & Painting for beginners course. Students are required to provide their own materials. (material costs: \$5)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48440

Watercolour Painting

Enjoy the magic of watercolour. Learn or further develop painting skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form. (material costs: extra)

Second Mile/Orchard View 174 Orchard View Blvd
Thu 1-3:30pm Jan 12 9wks \$152(\$89sr) 47520

Watercolour Woodblock Printmaking

This is a non-toxic and traditional printmaking experience. Students will learn the unique printmaking techniques of using water-based inks and colour pigments and develop both black and white, and colour relief prints based on woodblock. Students will produce prints on their own design without using press. Detailed demonstration and instruction will be provided. No experience is required (material costs: extra)

Second Mile/Kensington Gdn 25 Brunswick Ave
Thu 1-4pm Jan 12 9wks \$183(\$91sr) 48659

Watercolour-All Levels

Learn the basics of watercolour, how to mix paint and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes etc. Bring whatever you may already have

with you to the first class. Instructor will provide you with a list of materials needed for the course on the first night of class.

Mimico Adult Centre 255 Royal York Road
Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 48338

West Toronto Cl 330 Lansdowne Avenue
Tue 9am-12pm Jan 10 9wks \$183(\$91sr) 47602

Watercolour-Beginner/Intermediate

Enjoy the magic of watercolour. Learn or further develop the basic skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form. (material costs: extra)

Danforth C & Tl 800 Greenwood Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48173

Watercolour-Intermediate

If you are familiar with the fundamentals of technique and design, you are ready for new challenges and insights. We will work with a blend of landscape, floral and still-life subjects and work from both photos and studio set-ups. Prerequisite: Beginner course. (material costs: \$10 and \$25 for model fee)

Northern S5 851 Mount Pleasant Road
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47723

Watercolour-Intermediate

Learn and develop techniques and skills based on your existing level. Explore drawing techniques, colour values, structural balance, style and final adjustment. Enhance your aesthetic knowledge and create your own artwork. Prerequisite: Beginner course.

Overland Learning Centre 55 Overland Drive
Wed 1:40-4:10pm Jan 11 9wks \$152(\$89sr) 47523

Second Mile/Orchard View 174 Orchard View Blvd
Thu 10am-12:30pm Jan 12 9wks \$152(\$89sr) 47522

Watercolour-Painting Ontario Landscape

This course introduces the novice painter to the pleasures and problems of painting the Ontario landscape in transparent watercolour. The main elements in landscape painting, including skies, trees, fields, and water will be explored. Emphasis will be upon 'seeing' and simplifying these elements and relating them to the basic building blocks of painting, including form, colour, value, and edges to enable you to create more dynamic, visually attractive landscape

paintings. You should have some familiarity with the basics of watercolour painting. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 48776

Watercolour: Fundamentals

This course introduces the novice painter to transparent watercolour painting. The intent is to guide you in your exploration as you gain an understanding of the materials and its unique properties. The basic building blocks of painting are explained and demonstrated. Learn to better express your own individual artistic vision. (material costs: \$10)

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47724

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 47634

Business and Finance

Accounting & Bookkeeping-Beginner

This 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, closing entries and more.

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47544

Burnhamthorpe CALC500 The East Mall
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47949

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47877
Tue 5:30-7:30pm Jan 10 9wks \$122(\$61sr) 47851

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47613

Western Tech 125 Evelyn Crescent
Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 47824

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47781

Accounting: Payroll-Beginner

You will learn how to enter new employees, process payments, remit deductions, report journal entries, complete payroll deductions and Records of Employment (ROE). You will

use Simply Accounting computer software as your processing system. (material costs: \$10)

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48116

Overland Learning Centre 55 Overland Drive
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 47852

Accounting: Small Business & Tax Issues

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 use 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 rule and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47878

Thistletown CI 20 Fordwich Crescent
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47796

York Memorial CI 2690 Eglinton Ave W
Wed 6-7:15pm Jan 11 9wks \$76 (\$38sr) 47757

Administrative Office Assistant

Gain the knowledge you need to be an Administrative Office Assistant. Skills taught include telephone business conversations, scheduling, time management, record management and business correspondent. Projects and case studies will also be covered. This is not a certificate granting course.

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47912

Bank Teller Training

Learn how a bank operates. Explore banking procedures, deposits, withdrawals, cheque verification, forgery, money orders, traveller's cheques (material costs: extra) This is not a certificate granting course.

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48117

Overland Learning Centre 55 Overland Drive
Sat 12:45-2:45pm Jan 14 9wks \$122(\$61sr) 47882

Thistletown CI 20 Fordwich Crescent
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47797

The symbol ☀ indicates a Seniors' Daytime course.

Building Media Relationships

Want to get the word out about your company without spending a lot of money? Learn how to get free editorial exposure for your programs and services, just like the pros do. In short, you'll learn how to get publicity, even on a shoestring budget!

Overland Learning Centre 55 Overland Drive
Sat 9am-3pm Jan 28 1wks \$37 (\$19sr) 48657

Cashier Training

This course covers cash register procedures, taxable items, multiple prices and customer service. Other topics include shrinkage control, handling cheques, price-marking and coupons. (material costs: \$10) This is not a certificate granting course.

Overland Learning Centre 55 Overland Drive
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47855
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 47856

Child Care Assistant

Interested in working as a Child Care Assistant in a day-care, playground, drop-in centre, youth centre or home care? This course will help you obtain skills needed in this field. Topics will include health, safety, educational growth, integrating with children and record-keeping. This is not a certificate granting course. (material costs: \$5)

Overland Learning Centre 55 Overland Drive
Thu 5:30-7:30pm Jan 12 9wks \$122(\$61sr) 47913

Events Coordinator

Whether you are looking into pursuing a career in event management or just want to learn tips, and ideas on planning a party at home, this is the course for you! Handouts, group participation, and hands-on projects will be utilized in the delivery of this course. (material costs: \$5-\$10)

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47787

York Memorial CI 2690 Eglinton Ave W
Wed 6:30-8:30pm Jan 11 8wks \$108(\$54sr) 47767

HST/Income Tax for Businesses Workshop

A quick primer on a few important business related topics: accounting considerations, basic steps to comply with HST/Income tax laws. A must workshop for business owners. Instructor is a practising accountant.

Overland Learning Centre 55 Overland Drive
Sat 9-10:30am Mar 03 1wks \$10 (\$5sr) 47887
Sat 9-10:30am Feb 04 1wks \$10 (\$5sr) 47888

Western Tech **125 Evelyn Crescent**
 Thu 6:30-8pm Mar 01 1wks \$10 (\$5sr) 47834

Income Tax Preparation

Tax shelters and tax loopholes can save you thousands of dollars every year! Topics covered include RRSPs, 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. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
 Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 48727

Central Technical **725 Bathurst Street**
 Tue 7-9:30pm Jan 10 9wks \$152(\$76sr) 48393

Don Mills CI **15 The Donway East**
 Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47813
 Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47814

Leaside HS **200 Hanna Road**
 Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 47345

Overland Learning Centre **55 Overland Drive**
 Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47863

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
 Wed 6:30-9pm Jan 11 9wks \$152(\$76sr) 47620

William Lyon Mackenzie CI **20 Tillplain Road**
 Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48771

Introduction to Banking and Investing

Learn the skills needed to achieve financial intelligence for everyday life. We will explore banking, investing, and credit. Learn how to receive and read your free credit report, make corrections and how simple changes can improve your credit rating. Learn how a good credit rating will save you money. Topics include saving vs investing and the effect on your financial plans, how to use financial calculators, how to compare banking and investment products.

Agincourt CI **2621 Midland Avenue**
 Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47643

Investment Planning

Learn how to take control of your money and build your personal wealth in this introduction to personal finance and investing. The course delivers valuable, practical information in plain language that everyone can understand. Topics discussed include: create your own personal wealth building plan, choose the right financial advisor, pick the best stocks, bonds, mutual funds and exchange traded funds, RRSP's and retire-

ment planning, Tax Free Savings Accounts, reduce the tax you pay and much more. (material costs: \$3)

Agincourt CI **2621 Midland Avenue**
 Wed 8-9:45pm Jan 11 9wks \$106(\$53sr) 47555

Central Technical **725 Bathurst Street**
 Tue 7-9pm Jan 10 5wks \$68 (\$34sr) 48398

Leaside HS **200 Hanna Road**
 Wed 7-9pm Jan 11 5wks \$68 (\$34sr) 47347

William Lyon Mackenzie CI **20 Tillplain Road**
 Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48457

Job Search Strategies

Develop the skills needed to find and keep the job you want! Topics include self-assessment, developing an action plan, labour market information, writing effective resume and cover letters, networking, cold calling and interview skills. You will also learn about presentation and image e.g. body language, dressing for success, interview questions/answers and feedback. Mock interviews will help you improve your interview skills.

Overland Learning Centre **55 Overland Drive**
 Sat 9am-3pm Mar 10 1wks \$34 (\$17sr) 48806

Law

In this course you will learn about the basic philosophy of law and cover topics such as criminology, environmental, labour, corporate and international law. We will discuss the court system, sources of law, and review a case from its originating process through to a final judgment with an appeal. This course is ideal for anyone interested in learning more about issues of law or considering entering the legal profession. (material costs: \$5)

Leaside HS **200 Hanna Road**
 Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47352

Marketing To Win

Learn how to maximize your promotional and advertising dollars by integrating 7 key tools in your Marketing Toolbox into a dynamic marketing campaign: visual image, printed materials/Internet sites, special events, sponsorship, speaking and networking, trade and consumer shows, and media campaigns. Discover effective ways to communicate with key markets, current and potential clients customers and the media.

Overland Learning Centre **55 Overland Drive**
 Sat 9am-3pm Jan 21 1wks \$37 (\$19sr) 47893

Mortgage Literacy

In this program, you will learn about the details of a mortgage including refinancing and debt consolidating. Upon completion of this course, you will be equipped with the skills necessary to make informative decisions on mortgages and refinancing, and the impact they have on your financial health.

Agincourt CI **2621 Midland Avenue**
 Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47649

Online Investing for Seniors

This course will serve as 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 mature investor. (material costs: \$3)

Overland Learning Centre **55 Overland Drive**
 Tue 2-4pm Jan 10 9wks \$122(\$61sr) 47451

Personal Financial Planning and Management

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. Young and old 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 on their personal, secure financial future.

Burnhamthorpe CALC500 The East Mall
 Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48740

Project Management Assistant

This introductory course discusses project management basics including project framework, best practices, planning, scheduling, monitoring activities and preparing progress reports. Appropriate for small, medium or large businesses, it will provide a basis for future learning about project management. (material costs: \$10)

Overland Learning Centre **55 Overland Drive**
 Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47934

The symbol ☀ indicates a Seniors' Daytime course.

Property Management Assistant

Learn management techniques for houses, apartments, co-ops, condos, subsidized housing, office buildings, retail properties, and industrial facilities. Topics include: evaluating properties; marketing and advertising; referrals; leasing agents; buying, selling and closing; understanding and negotiating leases; landlord/tenant relations and obligations; qualifying tenants; collecting rent; preparing contracts, schedules and reports; repairs, maintenance, and improvements; managing utilities; energy conservation; cash flow; management fees; tax records; insurance issues and much more. (material costs: \$10)

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47935

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. Prerequisite: Some basic accounting knowledge. (material costs: extra)

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47903
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47936

York Memorial CI 2690 Eglinton Ave W
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 47775

QuickBooks - Level 2

Learn how to set up payroll, pay employees, pay payroll liabilities, process payroll forms and run payroll reports. Also learn additional features of the QuickBooks such as entering, opening trial balance.

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47937

Real Estate: Buyers/Sellers

Learn how to get the best real estate at the best price. Topics covered include eleven steps to buying a home, how to choose a realtor, buyer mortgage qualifier, negotiating for the best price and terms and much more.

Richview CI 1738 Islington Avenue
Mon 7-8:30pm Jan 09 9wks \$91 (\$46sr) 47426

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7-8:30pm Jan 11 9wks \$91 (\$46sr) 47629

York Memorial CI 2690 Eglinton Ave W
Wed 7-8:30pm Jan 11 9wks \$91 (\$46sr) 47776

Real Estate: Investment Property

Real estate is a good way to create wealth. Learn the math that will keep you out of the red. Learn how to recognize under-valued property, how properties are priced and how to work with lenders. You will also learn about tenancy issues in Ontario.

Richview CI 1738 Islington Avenue
Mon 8:30-10pm Jan 09 9wks \$91 (\$46sr) 47427

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48459

York Memorial CI 2690 Eglinton Ave W
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 47777

Self-Employment, Market Research & The Business Plan

Come out and explore your entrepreneurial potential! Look for new adventures and see a small business as a way to follow your passion or ideas. You will start drafting your business plan. Topics include understanding challenges to business start up, introduction to market research, starting the business plan, business registrations, types of business ownership, six key factors to consider before starting your business. (material costs: \$20)

Overland Learning Centre 55 Overland Drive
Mon 5:30-8:30pm Jan 16 4wks \$81 (\$41sr) 47872

Start Your Own Business - Workshop

Are you an entrepreneur? This interactive course will assist you in making your decision to pursue self-employment. Topics include: assessing your entrepreneurial potential; analyzing the viability of your business idea, understanding the importance and the components of a business plan, introduction to market research, promotion and marketing. Business registration and types of ownerships will be discussed as well as common challenges and problem solving solutions to move your business towards the start-up phase. (material costs: \$20)

Overland Learning Centre 55 Overland Drive
Sat 9am-4pm Jan 14 1wks \$41 (\$20sr) 47908

Starting A Small Business- Workshop

Planning to start your business? Join our workshop and learn the basics - business name registration, forms of ownership,

accounting considerations and more. Instructor is a practising accountant.

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6-9pm Jan 11 1wks \$20 (\$10sr) 47632

Western Tech 125 Evelyn Crescent
Thu 6:30-8:30pm Feb 02 1wks \$14 (\$7sr) 47845

Starting/Managing A Small Business

Planning to start your own business? This course covers topics that will turn your business idea into a reality. Learn about business ownership, marketing, cash flow and more. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48743

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 will include computer time and instruction on how to find and evaluate stock and bonds to help you improve your finances. (material costs: \$10)

Agincourt CI 2621 Midland Avenue
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 47568

Cedarbrae CI 550 Markham Road
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 48136

Don Mills CI 15 The Donway East
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47818

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47939
Thu 5:30-7:30pm Jan 12 9wks \$122(\$61sr) 47940

Communications

Basic Writing Skills

Having a hard time putting your thoughts into words? Let's go back to the basics. Students will focus on grammar, parts of speech and proper sentence structure.

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 4wks \$54 (\$27sr) 48807

Creative Writing

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 the creating a strong story. Teacher editorials and controlled workshop approaches are used to develop strategies for enhancing each individual story. (material costs: extra)

Cedarbrae CI **550 Markham Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48123

Danforth C & Tl **800 Greenwood Avenue**
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48149

Leaside HS **200 Hanna Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47327

Newtonbrook SS **155 Hilda Avenue**
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 47653

West Toronto CI **330 Lansdowne Avenue**
Tue 11:15am-1:15pm Jan 10 9wks \$122(\$61sr) 47607

Western Tech **125 Evelyn Crescent**
Thu 6-8pm Jan 12 9wks \$122(\$61sr) 48302

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. (material costs: extra)

Mimico Adult Centre **255 Royal York Road**
Wed 1-3pm Jan 11 9wks \$122(\$71sr) 47485

Overland Learning Centre **55 Overland Drive**
Tue 1:45-3:45pm Jan 10 9wks \$122(\$71sr) 47483

Scarborough Village CC **3600 Kingston Road**
Fri 1:15-3:15pm Jan 13 9wks \$122(\$71sr) 47484

Creative Writing: Memoirs II

A continuation of Creative Writing: Memoirs Part 1, participants in this course present work weekly for class discussion and critique. Developing each participant's memoir into a unified work is the focus. Prerequisite: Creative Writing Memoirs I (material costs: extra)

Cedarbrook CC **91 East Park Blvd**
Fri 9am-12pm Jan 13 9wks \$183(\$91sr) 47754

Overland Learning Centre **55 Overland Drive**
Mon 2-5pm Jan 09 9wks \$183(\$91sr) 47435

English Grammar & Academic Writing

Improve your grammar and learn basic academic writing skills. Simple and compound sentences, active and passive voice, punctua-

tion and peer editing. Summary writing and the academic Narrative/Descriptive paragraph will be practiced. (material costs: \$5)

Bendale BTI **1555 Midland Avenue**
Tue 7:45-9:45pm Jan 10 9wks \$122(\$61sr) 48608

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47686

York Memorial CI **2690 Eglinton Ave W**
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 47766

Introduction to Basic Grammar

In this course you will learn the basics of grammar including parts of speech, sentence structure, combining sentences, conjunctions, punctuation and correcting errors. (material costs: \$5)

Northern SS **851 Mount Pleasant Road**
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47697

Just Write

In this course, you will explore different styles of creative writing and activities that tap into your imagination to help bring your ideas to life. Learn new vocabulary, how to describe your thoughts and how to share your work to overcome writer's block and build writer's confidence.

William Lyon Mackenzie CI **20 Tillplain Road**
Tue 7-9pm Feb 07 5wks \$68 (\$34sr) 48458

Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. In this course you will learn the basic principles of psychology but also develop your critical thinking skills, so you will be able to evaluate information, apply psychological theories to everyday facts, question commonly held assumptions and ask challenging questions. The study of Psychology has many applications and the information provided can be applied to many aspects of your everyday life. (material costs: extra)

Northview Heights SS **550 Finch Avenue West**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47315

Overland Learning Centre **55 Overland Drive**
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47902

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47627

Public Speaking-Add More Impact

This interactive, hands-on course builds on your current public speaking skills to help

you improve your organizational, voice, gesture and impromptu speaking skills. We will also practice working with visual aids. There will be at least one panel project where you will work with partners. (material costs: \$5)

Northern SS **851 Mount Pleasant Road**
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 47708

Public Speaking-Beginner

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. (material costs: \$5)

Central Technical **725 Bathurst Street**
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48426

Don Mills CI **15 The Donway East**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47816

Leaside HS **200 Hanna Road**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47363

Thistletown CI **20 Fordwich Crescent**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47805

York Memorial CI **2690 Eglinton Ave W**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47774

Understanding a Child's Mind

This course will begin with a brief theoretical overview of child psychology, covering areas such as nature vs. nurture, cognitive theory, behavioural theory, and social theory. We will also look at Freud, Erikson, Piaget, Gesell, etc. and their theories of child development.

Overland Learning Centre **55 Overland Drive**
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47941

Computers

Adobe Illustrator

This program is used to create sketches and drawings. Learn to use tools that create and shade shapes as simple as cartoons and as abstract as technically demanding corporate logos. (material costs: \$10)

Overland Learning Centre **55 Overland Drive**
Mon 5:30-7:30pm Jan 09 9wks \$122(\$61sr) 47853

Adobe Illustrator/PhotoShop

Learn the computer applications used in the arts and graphics industry and the creation and manipulation of digital art. Macintosh computers are used. (material costs: \$30)

Central Technical	725 Bathurst Street
Thu 6:30-9:30pm	Jan 12 9wks \$183(\$91sr) 48361
Wed 6:30-9:30pm	Jan 11 9wks \$183(\$91sr) 48552
Tue 6:30-9:30pm	Jan 10 9wks \$183(\$91sr) 48363

Computer Applications For Everyday Life

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., booking movie tickets, 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 (material costs: extra)

Agincourt CI	2621 Midland Avenue
Wed 8-9:45pm	Jan 11 9wks \$106(\$53sr) 47548

Burnhamthorpe CALC	500 The East Mall
Thu 8-9:30pm	Jan 12 9wks \$91 (\$46sr) 48707
Sat 10:30am-12:30pm	Jan 14 9wks \$122(\$61sr) 47953

Cedarbrae CI	550 Markham Road
Mon 6-8pm	Jan 09 9wks \$122(\$61sr) 48121

Mimico Adult Centre	255 Royal York Road
Tue 2:45-4:45pm	Jan 10 9wks \$122(\$61sr) 47376

Overland Learning Centre	55 Overland Drive
Tue 8:30-10:30am	Jan 10 9wks \$122(\$61sr) 47432
Wed 5:30-7:30pm	Jan 11 9wks \$122(\$61sr) 47914

Richview CI	1738 Islington Avenue
Mon 6-8pm	Jan 09 9wks \$122(\$61sr) 47414

Sir Oliver Mowat CI	5400 Lawrence Avenue East
Wed 6-8pm	Jan 11 9wks \$122(\$61sr) 47615

West Toronto CI	330 Lansdowne Avenue
Tue 1-3pm	Jan 10 9wks \$122(\$61sr) 47531

Computer Applications For Everyday Life ☀

See above description. (material costs: extra)

Overland Learning Centre	55 Overland Drive
Fri 1-3pm	Jan 13 9wks \$122(\$71sr) 47479
Mon 1:45-3:45pm	Jan 09 9wks \$122(\$71sr) 47480

Computer Skills for Workplace Proficiency

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) and Access (database) and

Publisher as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. (material costs: \$5 for handouts)

Bendale BTI	1555 Midland Avenue
Tue 7:45-9:45pm	Jan 10 9wks \$122(\$61sr) 48606

Burnhamthorpe CALC500 The East Mall	
Thu 7:30-9pm	Jan 12 9wks \$91 (\$46sr) 48709
Sat 10:30am-12:30pm	Jan 14 9wks \$122(\$61sr) 47954

Northern SS	851 Mount Pleasant Road
Tue 7-9pm	Jan 10 9wks \$122(\$61sr) 47682

Overland Learning Centre	55 Overland Drive
Sat 1-3pm	Jan 14 9wks \$122(\$61sr) 47883
Wed 7:30-9:30pm	Jan 11 9wks \$122(\$61sr) 47915

Computer Training and Free Internet Websites

This course is designed for beginner to advanced learners and will cover topics including hardware and software tools, computer parts specifications, basic applications, how to run a computer faster, deleting computer viruses, and understanding networking routers. Students will also view websites that offer free phone, social networking, photography/video services and MS office applications.

Northern SS	851 Mount Pleasant Road
Mon 7-9pm	Jan 09 9wks \$122(\$61sr) 48109

Computer Upgrading/Service/Repairing

Learn how to completely build, upgrade and repair personal computers (both Pentium and Athlon Systems). 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. (material costs: extra)

Agincourt CI	2621 Midland Avenue
Wed 6:30-9pm	Jan 11 9wks \$152(\$76sr) 47549

Burnhamthorpe CALC500 The East Mall	
Sat 8:30-10:30am	Jan 14 9wks \$122(\$61sr) 47955
Tue 6:30-9pm	Jan 10 9wks \$152(\$76sr) 48760

Overland Learning Centre	55 Overland Drive
Mon 7:30-9:30pm	Jan 09 9wks \$122(\$61sr) 47857
Thu 11am-1pm	Jan 12 9wks \$122(\$61sr) 47433
Mon 5:30-7:30pm	Jan 09 9wks \$122(\$61sr) 48510

Sir Oliver Mowat CI	5400 Lawrence Avenue East
Wed 6-8pm	Jan 11 9wks \$122(\$61sr) 47647

West Toronto CI	330 Lansdowne Avenue
Tue 9-11am	Jan 10 9wks \$122(\$61sr) 47532

Computer, Internet & E-Mail

This course is designed for beginners interested in using the computer for home, school or business purposes. Learn the basics of hardware, software, memory and disks; how to search for information on the internet; send e-mails and attach a file. You will also learn the basics of Microsoft Word. (material costs: extra)

Agincourt CI	2621 Midland Avenue
Wed 6-8pm	Jan 11 9wks \$122(\$61sr) 47550

Bendale BTI	1555 Midland Avenue
Tue 7-9pm	Jan 10 9wks \$122(\$61sr) 48057

Burnhamthorpe CALC500 The East Mall	
Thu 6-8pm	Jan 12 9wks \$122(\$61sr) 48711
Sat 8:30-10:30am	Jan 14 9wks \$122(\$61sr) 47956

Cedarbrae CI	550 Markham Road
Mon 8-9:45pm	Jan 09 9wks \$106(\$53sr) 48122

Mimico Adult Centre	255 Royal York Road
Mon 6:30-8:30pm	Jan 09 8wks \$108(\$54sr) 48310
Wed 2:45-4:45pm	Jan 11 9wks \$122(\$61sr) 47377

Overland Learning Centre	55 Overland Drive
Thu 5:30-7:30pm	Jan 12 9wks \$122(\$61sr) 47916
Tue 2-4pm	Jan 10 9wks \$122(\$61sr) 47434

Richview CI	1738 Islington Avenue
Mon 6-8pm	Jan 09 9wks \$122(\$61sr) 47415

Western Tech	125 Evelyn Crescent
Thu 6:30-9pm	Jan 12 9wks \$152(\$76sr) 47831

William Lyon Mackenzie CI	20 Tillplain Road
Tue 7-9pm	Jan 10 9wks \$122(\$61sr) 47783

York Memorial CI	2690 Eglinton Ave W
Wed 6-8pm	Jan 11 9wks \$122(\$61sr) 47763

Computer, Internet & E-Mail ☀

See above description. (material costs: extra)

Overland Learning Centre	55 Overland Drive
Thu 3-5pm	Jan 12 9wks \$122(\$71sr) 47481
Fri 1-3pm	Jan 13 9wks \$122(\$71sr) 47482

Digital Music and CD/DVD Creating

You will learn how to measure your optical drive speed, copy CDs/DVDs, extract songs from an audio CD, create your favourite songs audio or MP3 CDs/DVDs, manage your music collections and buy music online. Learn about Nero, Roxio, Windows Media Player, iTunes and Wave Editor (audio cleaning and enhancing program).

Overland Learning Centre	55 Overland Drive
Wed 5:30-7:30pm	Jan 11 9wks \$122(\$61sr) 47917
Mon 2-4pm	Jan 09 9wks \$122(\$61sr) 47436

Sir Oliver Mowat CI	5400 Lawrence Avenue East
Wed 8-9:30pm	Jan 11 9wks \$91 (\$46sr) 47648

West Toronto CI	330 Lansdowne Avenue
Thu 9-11am	Jan 12 9wks \$122(\$61sr) 47535

Digital Painting

This course offers a unique blend of traditional painting techniques with new technological colouring techniques. Students will stretch their imagination, strengthen their ability to create imageries while using technologies like Photoshop and photo manipulations/colorings to create digital masterpieces. No experience necessary!

Newtonbrook SS 155 Hilda Avenue
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48112

Digital Photo Album

Join us and learn how to turn your pictures into an album everyone will admire! Find out how to copy pictures from your camera to your computer, search through them, organize them to create an album or a slide show. You will also learn how to use web sites to create photo memories to share with family and friends all over the world (BCALC only, please bring your own camera).

Burnhamthorpe CALC500 The East Mall
Tue 8-9:30pm Jan 10 9wks \$91 (\$46sr) 48714

Mimico Adult Centre 255 Royal York Road
Thu 2:45-4:45pm Jan 12 9wks \$122(\$61sr) 47378

Overland Learning Centre 55 Overland Drive
Wed 9-11am Jan 11 9wks \$122(\$61sr) 47437
Tue 9-11am Jan 10 9wks \$122(\$61sr) 47438

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 47616

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47784

Digital Video

Learn how to convert video clips and pictures from your digital camera/camcorder into astonishing movies, DVDs and share them on YouTube. Three popular video editing and producing programs are covered: Windows Movie Maker, Nero Vision & Roxio Creator. Basic computer skills are required.

Overland Learning Centre 55 Overland Drive
Thu 9-11am Jan 12 9wks \$122(\$61sr) 47439
Fri 8:30-10:30am Jan 13 9wks \$122(\$61sr) 47440

West Toronto CI 330 Lansdowne Avenue
Thu 11:15am-12:45pm Jan 12 9wks \$91 (\$46sr) 47536

Dreamweaver-Beginner

Dreamweaver is an award-winning program for professional website design. Students will explore Dreamweaver's interface and various menu items required to develop a basic web page. Learning proper site management along with Stylesheet creations and basic linking fundamentals, are just some of

the interesting components covered in this course. Bring a USB memory stick to class. Students must possess average computer skills.

Burnhamthorpe CALC500 The East Mall
Tue 5:30-7:30pm Jan 10 9wks \$122(\$61sr) 48715
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47957

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47920

Dreamweaver-Intermediate/Advanced

This course builds on the skills learned in Dreamweaver - Beginner. Learn advanced Cascading Styles Sheets (CSS) and template design techniques. Explore various panels, menus and toolbar settings of the program. Learn to connect to a Microsoft Access database and build dynamic Active Server Pages (ASP), web pages using server extensions with no programming experience. Gain a better understanding of behaviours, library items and extensions. You must have a general knowledge of Dreamweaver or HTML. (material costs: extra)

Overland Learning Centre 55 Overland Drive
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 47859

Flash-Beginner

Flash is a simple to use multimedia tool for creating vector-based animation with built-in interactivity. Designed for the web, Flash creates beautiful animations, navigation interfaces, ad banners and logos. (CS5 will be used at OLC) (material costs: \$5)

Burnhamthorpe CALC500 The East Mall
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 48721

Overland Learning Centre 55 Overland Drive
Tue 5:30-7:30pm Jan 10 9wks \$122(\$61sr) 47860

Flash-Intermediate (ActionScript)

ActionScript unleashes the power of Flash! This course covers some advanced Flash features: library, movie clips, multimedia importing, and using bitmaps, sounds, videos and ActionScript. ActionScript is a powerful built-in Flash language; use it to create interactive web applications, forms and online games. (material costs: \$5)

Overland Learning Centre 55 Overland Drive
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 47861

Google

Learn how to use Google Search Engine, Google Maps and Directions, Google Docs

and Spreadsheets, Google Videos and Photos, Google Presentations and Drawings, Google Mail (Gmail) and brand new Web browser - Google Chrome.

Mimico Adult Centre 255 Royal York Road
Fri 2:45-4:45pm Jan 13 9wks \$122(\$61sr) 48762

Overland Learning Centre 55 Overland Drive
Mon 11am-1pm Jan 09 9wks \$122(\$61sr) 48758

HTML & JavaScript

HTML and JavaScript are two basic web development languages; they are the heart and soul of any basic or complex web site today. Master HTML to publish on any text and graphics you need; master JavaScript to extend HTML functionality, to make your web pages dynamic, interactive and intelligent. Learn how to publish your own online resume. (material costs: \$10)

Overland Learning Centre 55 Overland Drive
Sat 9:30-11:30am Jan 14 9wks \$122(\$61sr) 47889

InDesign

Learn how to use and organize texts, graphics and images created in Adobe Illustrator and Photoshop to create and develop magazine layouts, brochures, flyers and other professional marketing material.

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Jan 14 3wks \$41 (\$20sr) 48660
Sat 1-3pm Feb 04 3wks \$41 (\$20sr) 48662

Introduction to Laptop Basics

This hands-on course will help you understand the basic functions, operating systems, components and features of your laptop. We will also look at installing hard drives, upgrading memory, identifying and trouble shooting techniques to solve common issues with your laptop.

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48252

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 47650

Introduction to Photoshop Elements

Through a hands-on approach you will gain an understanding of how to edit and enhance your digital images. Participants will be shown a variety of techniques as well as how and why to size and format digital images for print and e-mail. You will be shown tips and tricks that will have you working smarter and faster right from the

start, as well as understanding the number one rule about working with digital images that is too often overlooked.

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47890
Wed 2-4pm Jan 11 9wks \$122(\$61sr) 47445

West Toronto CI 330 Lansdowne Avenue
Thu 1-3pm Jan 12 9wks \$122(\$61sr) 47534

Keyboarding-Beginner

Learn to touch-type by computer method and increase your speed.
(material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 47558

Cedarbrae CI 550 Markham Road
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 48128

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47892
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47928

Thistletown CI 20 Fordwich Crescent
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 47803

Latest Online Computer Technology

This course is an easy and fun way to learn how to use the latest advanced free online technology on your PC computer. You will also learn how to use social websites towards advancing your career professionally. (Material costs: \$10)

Northern SS 851 Mount Pleasant Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47701

Microsoft Access/PowerPoint

Access: Learn to create and modify data tables, run queries, create and generate reports (including mailing labels) and create onscreen data entry forms. PowerPoint: Learn to create slide presentations, add animations, sound effects, and use the slide views. Learn how to add graphics and Word Art, create a summary slide and create a self-running slide show. Basic computer knowledge required. (material costs: \$15)

Burnhamthorpe CALC 500 The East Mall
Thu 6-7:30pm Jan 12 9wks \$91 (\$46sr) 48768

Cedarbrae CI 550 Markham Road
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 48129

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47703

Overland Learning Centre 55 Overland Drive
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47930

Microsoft Excel-Beginner

Learn how to use Excel's functions to manipulate and print electronic spreadsheets. Learn to create, enter and save data; create and input formulas; copy and move data. Learn the differences between relative and absolute addressing and be introduced to graph and chart preparation.
(material costs: extra)

Burnhamthorpe CALC 500 The East Mall
Thu 6-8pm Jan 12 4wks \$54 (\$27sr) 48731
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47964

Cedarbrae CI 550 Markham Road
Mon 8-9:45pm Jan 09 9wks \$106(\$53sr) 48130

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47894

Microsoft Excel-Intermediate

Expand your knowledge of the popular MS Excel program by developing a 'what-if' analysis using conditional logic; consolidating and analyzing sets of data; creating charts and pivot tables; repeating tasks with macros; formatting data; using advanced filter and database statistics.
(material costs: extra)

Burnhamthorpe CALC 500 The East Mall
Thu 6-8pm Feb 09 5wks \$68 (\$34sr) 48732

Overland Learning Centre 55 Overland Drive
Mon 7:30-9:30pm Jan 09 9wks \$122(\$61sr) 47865

Microsoft Office-Beginner

This is a course for those who would like to learn the most popular integrated software package, Microsoft Office. This package includes Word (word processing), Excel (spreadsheets) and Access (database software). (material costs: extra)

Burnhamthorpe CALC 500 The East Mall
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48733

Danforth C & Tl 800 Greenwood Avenue
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48155


Newtonbrook SS 155 Hilda Avenue
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 47660

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47704

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47895
Fri 10:30am-12:30pm Jan 13 9wks \$122 (\$61sr) 47448

Richview CI 1738 Islington Avenue
Mon 8-10pm Jan 09 9wks \$122(\$61sr) 47421

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47626

The symbol  indicates a Seniors' Daytime course.

Microsoft Office-Intermediate

This instructor-led course presents advanced concepts of Microsoft Office. Master Word and create styles, mail merge documents, envelopes & labels; use macros; insert headers & footers; create tables. In Excel, use advanced functions, conditional logic & lookup formulas; learn how to create, sort & filter databases; create & modify PivotTables. Use PowerPoint's advanced features, including slide outlines, templates, photo slideshows, and multimedia. Learn to create tables, charts and organizational charts. Basic knowledge of Microsoft Office recommended. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47562

Overland Learning Centre 55 Overland Drive
Mon 9-11am Jan 09 9wks \$122(\$61sr) 47449

Microsoft PowerPoint/Excel

PowerPoint adds new features to create professional presentations. Excel is a spreadsheet program. Using worksheets, students are able to enter, calculate, analyze, sort, search, select, and manipulate data such as numbers and text. (material costs: extra)

Richview CI 1738 Islington Avenue
Mon 8-10pm Jan 09 9wks \$122(\$61sr) 47422

Microsoft Powerpoint/Publisher

This is a course for those who would like to learn Microsoft PowerPoint and Publisher. PowerPoint is the presentation graphics software in the Microsoft Office Suite. Create dynamic presentations using its easy-to-use, predefined layouts and templates. This course will also cover the basics of desktop publishing including, creating, saving and printing publications.

Burnhamthorpe CALC 500 The East Mall
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 48104
Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 48770

Microsoft Word-Beginner

Become familiar with the basic functions of Word which enable you to create, save, open, copy, move, edit and print documents; insert headers and footers and page numbers; utilize the spell checker and thesaurus. Also, learn how to create tables and columns; insert clip art and pictures.
(material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 8-9:45pm Jan 11 9wks \$106(\$53sr) 47563

Burnhamthorpe CALC 500 The East Mall
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 48736

Microsoft Word/Excel-Beginner

You will learn to enter and manipulate text, use toolbars, set tabs and margins, create headers and footers and check spelling. You will also learn how to build and format worksheets, create interactive spreadsheets, charts and more. (material costs: \$15)

Danforth C & Tl 800 Greenwood Avenue
Thu 6-9pm Jan 12 9wks \$183(\$91sr) 48156

Overland Learning Centre 55 Overland Drive
Wed 5:30-7:30pm Jan 11 9wks \$122(\$61sr) 47931

Western Tech 125 Evelyn Crescent
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 47839

Microsoft Word/Excel-Intermediate

Expand your knowledge of the popular MS Excel & Word applications. In Excel you will develop new 'what-if' analysis using conditional logic, consolidating and analyzing sets of data, creating charts and pivot tables, repeating tasks with macros, formatting data and using advanced filter and database statistics. In Word you will learn how to create tables and columns (newsprint); use clip and picture art, mail and document merge and much more. (material cost: \$15)

Overland Learning Centre 55 Overland Drive
Thu 5:30-7:30pm Jan 12 9wks \$122(\$61sr) 47932

PC Security, Trojans, Virus

Designed for individuals who care about computer security and personal data privacy while on line. Students will learn to take computer security measures including understanding Viruses, Spam, Spyware, Firewalls, Trojans, Rootkit and Worms; security tips essential for Online Banking; password protection and links to free detection and protection tools. (material costs: \$10)

Overland Learning Centre 55 Overland Drive
Tue 8-9:30pm Jan 10 9wks \$91 (\$46sr) 47866

PHP and My SQL-Server Side Scripting

PHP is one of the most popular web-programming languages nowadays. It interacts with web servers and allows you to generate dynamic web content, process forms, back-end databases and much more!

Overland Learning Centre 55 Overland Drive
Sat 12-3pm Jan 14 9wks \$183(\$91sr) 47896

PhotoShop-Advanced

Students will learn skills that go beyond those covered in the 'Photoshop Level I' course. They will further their understanding of isolating image areas by creating and saving masks with specialized tools, commands, modes and layer elements. In addition how to use vector paths for a variety of purposes, including masking, clipping paths, and illustration. Students will also learn to create and apply creative elements such as gradients, patterns, and colour overlays and to save them along with effects in easy-to-apply layer styles. (material costs: \$10)

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47898

PhotoShop-Beginner

This is an ideal course 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. No prerequisites. (material fee extra)

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47899
Tue 5:30-7:30pm Jan 10 9wks \$122(\$61sr) 47867

Publish a Hardcover Book

Create your own hard covered book. Using Photoshop and other proprietary software you will learn techniques used by professionals. Whether it's a wedding album, a travelogue, baby pictures or a book of the history of your family this is for you. This exciting course will introduce the concepts of 'New Age' publishing. You will enjoy the magic of making your own custom quality book to share with your friends. This course is designed for all levels of computer graphic skills. (material costs: \$10 for USB and text)

Danforth C & Tl 800 Greenwood Avenue
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48164

Social Networking

Learn about the world's most popular online social networking services-Facebook, Twitter & Skype. Gain practical tips and learn to use

different features that will allow you to share video, images, stories and even watch your friends and grandchildren smiling in real time. It's appropriate for beginners and anyone else who'd like to get a sense of what you can do on various social networks.

Burnhamthorpe CALC500 The East Mall
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 48010

Mimico Adult Centre 255 Royal York Road
Mon 2:45-4:45pm Jan 09 9wks \$122(\$61sr) 47395
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48508

Newtonbrook SS 155 Hilda Avenue
Tue 8-9:30pm Jan 10 9wks \$91 (\$46sr) 47662

Overland Learning Centre 55 Overland Drive
Mon 9-11am Jan 09 9wks \$122(\$61sr) 47459
Wed 5:30-7:30pm Jan 11 9wks \$122(\$61sr) 47938

West Toronto Cl 330 Lansdowne Avenue
Tue 11:15am-12:45pm Jan 10 9wks \$91 (\$46sr) 47533

Web Design-Advanced

Build a site from scratch using a number of software applications. Photoshop helps you to create the design elements of the site; Adobe ImageReady, to optimize images for the web; Dreamweaver to build, layout and design the site. The animated items used in the site will be created using Flash. (No prior experience using Flash or ImageReady is required.) You will utilize CSS (Cascading Styles Sheets), templates and library items to improve productivity within the Dreamweaver workspace. Prerequisite: A basic understanding of Photoshop and Dreamweaver is recommended. (material costs: \$10)

Overland Learning Centre 55 Overland Drive
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47942

Web Design-Beginner

For those new to web design, this course teaches the planning and development of well-designed web sites combining effective navigation with appropriate use of graphics, images, type/text, and colour. Web Design Beginner focuses on the correct use of HTML and DHTML elements, site navigation, and page design & layout. This course introduces basic Photoshop features needed for web publishing and Adobe Dreamweaver to quickly develop web applications while maintaining control over the HTML. No prerequisites. (Material fee extra) (Adobe CS5 at Overland only.)

Newtonbrook SS 155 Hilda Avenue
Tue 7:30-9pm Jan 10 9wks \$91 (\$46sr) 47663

Overland Learning Centre 55 Overland Drive
 Mon 5:30-7:30pm Jan 09 9wks \$122(\$61sr) 47874
 Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47909
 Fri 10am-12pm Jan 13 9wks \$122(\$61sr) 47463

Web Design-Intermediate

Explore the world of web design and learn to make a fully functional professional site using advanced layouts. This course focuses on HTML, Dynamic HTML, using CSS, content creation and search engine optimization. Create a web site that allows your visitors to contact you via a contact form or a Google map. This course focuses on Dreamweaver's website design tools and the advanced features of Photoshop's tools to create & enhance images for web publication. (Material fee extra)

Overland Learning Centre 55 Overland Drive
 Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47910
 Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 47875

Windows XP

This course will give you a thorough understanding of everything you need to know about Windows XP. Topics include: managing the Desktop, applications, files/folders, multimedia support (Windows Media Player), CD burning, digital photos downloading, Internet. Last session you will be introduced to Windows 7 (material costs: extra)

Burnhamthorpe CALC500 The East Mall
 Thu 6-8pm Jan 12 9wks \$122(\$61sr) 48777

Crafts

Bead Crazy Advanced

Expanding on the skills acquired in the first two courses, we'll tackle more elaborate and challenging projects. During each class you will create a stunning piece that you keep. Students must supply their own tools. (material costs: extra, based on project)

Northern SS 851 Mount Pleasant Road
 Tue 8-9:30pm Jan 10 9wks \$91 (\$46sr) 47756

Bead Crazy Beginner

Bead crazy beginner takes learners of all levels on a rich and satisfying beading adventure. Going beyond tools and techniques, we will delve into the elements of design - colour, balance, texture and spacing. We will

also explore different ways that beads can be used in jewellery and other projects. Learn seed bead stitches, wire wrapping, and more. You will take home nine original pieces and a solid understanding of design principles. Students must supply their own tools (a list will be provided the first class). (material costs: extra)

Danforth C & Tl 800 Greenwood Avenue
 Wed 6-8pm Jan 11 9wks \$122(\$61sr) 48181

Northern SS 851 Mount Pleasant Road
 Tue 6-8pm Jan 10 9wks \$122(\$61sr) 47755

Western Tech 125 Evelyn Crescent
 Thu 6-8pm Jan 12 9wks \$122(\$61sr) 47826

Bead Crazy Intermediate

Building on skills acquired in Bead Crazy Beginner. Students will continue learning and practicing advanced techniques including wrapped loops, Right Angle Weave (RAW), wire work, and seed bead stitch interpretations. Students will create nine original pieces that they keep. Students must supply their own tools. Prerequisite: Bead Crazy Beginner (material costs: extra)

Danforth C & Tl 800 Greenwood Avenue
 Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 48145

Western Tech 125 Evelyn Crescent
 Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 47827

Bunka Shishu I & II ☀

Learn the basic techniques used in this ancient form of Japanese embroidery. A punch needle and a very versatile rayon thread are used to create beautiful works of art. A sampler will be stitched in class. (material costs: \$40 and up depending on design chosen by student.)

Herbert H Carnegie 580 Finch Avenue West
 Fri 12:30-2:30pm Jan 13 9wks \$122(\$71sr) 47470

Calligraphy ☀

Learn the art of beautiful writing. You will begin with basic strokes and letterforms then progress to explore various alphabets. Projects including bookmarks, cards, envelopes and simple books. You are required to provide your own materials.

Mid-Toronto Community Svs 188 Carlton Street
 Tue 10am-12pm Jan 10 9wks \$122(\$71sr) 47471

Mimico Adult Centre 255 Royal York Road
 Thu 9:30am-12pm Jan 12 9wks \$152(\$89sr) 47472

Calligraphy-Beginner

Design your own cards, bookmarks, invitations, and certificates. Students may be required to supply their own materials. Please indicate whether you are right or left-handed at the time of registration. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
 Thu 1-4pm Jan 12 9wks \$183(\$91sr) 47375

Crochet & Knitting

Learn the basics of crochet and knitting and build on skills acquired (course developed into part 1: beginners and part 2: advanced). You will be taught how to read patterns and how to make simple items such as a scarf, hat and easy afghan/throw. You will be required to purchase in class, kits with yarn and needles in it, for knitting and crochet lessons. Become creative; make new friends; learn new skills every class. (kits/materials costs: extra)

Mimico Adult Centre 255 Royal York Road
 Mon 9:30-11:30am Jan 09 9wks \$122(\$61sr) 47981

Newtonbrook SS 155 Hilda Avenue
 Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 47666

Overland Learning Centre 55 Overland Drive
 Wed 5-7pm Jan 11 9wks \$122(\$61sr) 48603

West Toronto Cl 330 Lansdowne Avenue
 Thu 1:30-3:30pm Jan 12 9wks \$122(\$61sr) 47611

Fabric Art and Design

Learn to create surface designs on fabric for one of a kind works of art. Explore different dye, resist and stamp techniques. Learn basic two-dimensional design theories to create rich and interesting layered designs. You will finish the course with beautiful fabric which can be used for garments, quilts and conceptual pieces. (material costs: \$30)

Mimico Adult Centre 255 Royal York Road
 Tue 1-4pm Jan 10 9wks \$183(\$91sr) 47380

Fabric Art-All Levels

Learn the basics and fundamentals of low water immersion dyeing. Explore a variety of surface design techniques such as photo transfer, snow dyeing, (weather permitting), monoprinting, discharging and other fun methods of surface design. Learn techniques to layer colours and patterns to create fabric for your unique art works. (mat. costs: \$30)

Central Technical 725 Bathurst Street
 Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48506

From Me to You Handmade Gifts

Give something handmade! Learn how to make unique handmade gifts to impress your loved ones any time of the year. Experiment with fabric, paper, plastic and more! Create fabulous fashion accessories, decorate clothing, and design one-of-a-kind jewelry pieces and trendy home décor pieces.

Burnhamthorpe CALC 500 The East Mall
Sat 9-11:30am Jan 14 9wks \$152(\$76sr) 48005

Hands-on Floral Design

This is an exciting 'hands-on' course that will teach you the basics of floral design. Learn how to make floral arrangements, centre-pieces and wearable flowers. Learn the technical aspects of floral design and arrangement including proper floral composition, decorative elements and basic floral care. Ribbon making, wiring, taping and basic floral care will be covered. (material costs: extra)

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48388

Jewellery A

Learn waxworking for lost-wax casting of unique jewellery items in silver. Waxes will be cast commercially, at a cost, for students. Material fee to be paid to the instructor on the first night to cover wax, saw blades, polishing supplies and much more. Beginners are welcome. (material costs: \$22)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48405

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. Silver is available at a cost from the instructor. Beginners welcome. (material costs: \$22)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48406

Jewellery C

Learn the techniques of silver soldering, bezel stonesetting, box construction, doming, tapered tubes, chainmaking, and tubular wire knitting. Design your own jewellery projects. Silver and some gemstones are

available at cost from the instructor. Beginners welcome. (material costs: \$22)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48407

Oragami

Happy folding! Enjoy the art of paper folding with various themes and possibilities. Students will construct models with pleasure, gather favourite projects and supplies to turn your hobby into a rewarding endeavour. No experience needed. (materials costs: extra)

Leaside HS 200 Hanna Road
Mon 6:30-9pm Jan 09 9wks \$152(\$76sr) 48115

Stained Glass

Why not beautify your home with stained glass lamps or stained glass windows? Stained glass sun catchers make the perfect gift for any occasion. You will learn the fundamentals of copper foiling, leaded glass techniques and create projects of your own design! Beginner as well as those with some experience are welcome. (Only copper foiling is used.) (material costs: \$25-\$30)

Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47717

Weaving: Fabric & Tapestry-All Levels

Create a sampling of patterns to use for projects such as place mats, scarves, rugs, fabrics and wall hangings. Once the sampler is completed, all projects are self-determined. All equipment and supplies are available from the instructor. There is a \$25 materials fee for beginners, a \$5 materials fee for repeat registrants.

Mimico Adult Centre 255 Royal York Road
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48339
Wed 10am-1pm Jan 11 9wks \$183(\$91sr) 47399
Mon 1:30-4:30pm Jan 09 9wks \$183(\$91sr) 47400
Mon 10am-1pm Jan 09 9wks \$183(\$91sr) 47401
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48340

Weaving: Fabric & Tapestry-All Levels

See above description.

Mimico Adult Centre 255 Royal York Road
Wed 1:30-4:30pm Jan 11 9wks \$183(\$107sr) 47524

Wood Carving & Sculpture

Wood carving is a wonderful way to satisfy your creative nature. Learn to take a block of

wood and turn it into a work of art. Beginners can experience the joy of creating a 'treasured piece'. Tools are provided. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48342
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48343

Wood Carving & Sculpture

See above description. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Mon 9am-12pm Jan 09 9wks \$183(\$107sr) 47525
Mon 1-4pm Jan 09 9wks \$183(\$107sr) 47526
Tue 9am-12pm Jan 10 9wks \$183(\$107sr) 47527
Tue 1-4pm Jan 10 9wks \$183(\$107sr) 47528

Dance

Argentine Tango-Beginner

Learn how to dance the steps and experience the feelings of the world's most exciting and mysterious dance - the Argentine Tango. Join us and learn how to move your body to passionate music. Become the dance partner you've always wanted to be!

Northern SS 851 Mount Pleasant Road
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 47674

Ballroom & Latin Dancing-Beginner

Learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances such included: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation in movement, poise and balance. Wear comfortable shoes. Singles welcome at OLC and MAC.

Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48180

Leaside HS 200 Hanna Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47322

Mimico Adult Centre 255 Royal York Road
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 48306
Wed 6:30-8pm Jan 11 9wks \$91 (\$46sr) 48307
Mon 6:30-8pm Jan 09 9wks \$91 (\$46sr) 48455

Northview Heights SS 550 Finch Avenue West
Mon 6-7:30pm Jan 09 9wks \$91 (\$46sr) 47306

Overland Learning Centre 55 Overland Drive
Thu 1-3pm Jan 12 9wks \$122(\$61sr) 47431
Sat 8:45-10:45am Jan 14 9wks \$122(\$61sr) 47879
Sat 10:45am-12:45pm Jan 14 9wks \$122(\$61sr) 47880

Richview CI 1738 Islington Avenue
Mon 7-8:30pm Jan 09 9wks \$91 (\$46sr) 47413

The symbol ☀ indicates a Seniors' Daytime course.

West Toronto CI 330 Lansdowne Avenue
Thu 11:30am-1:30pm Jan 12 9wks \$122(\$61sr) 47645

York Memorial CI 2690 Eglinton Ave W
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 47759

Ballroom & Latin Dancing- Beginner/Intermediate

This continuation of the beginner course will add new steps and body movements to your repertoire. Some schools may offer field trips. Prerequisite: Ballroom and Latin Dancing- Beginner. Singles are welcome at MAC and OLC.

Mimico Adult Centre 255 Royal York Road
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 48456

Overland Learning Centre 55 Overland Drive
Sat 1:15-3:15pm Jan 14 9wks \$122(\$61sr) 47881

York Memorial CI 2690 Eglinton Ave W
Wed 6-7:15pm Jan 11 9wks \$76 (\$38sr) 48202

Ballroom Dancing ☀

Learn the basics of ballroom dancing. Dances will include the Waltz, Foxtrot, Swing, Cha-Cha, Rumba and more.

Cecil CC 58 Cecil Street
Thu 3:45-5:45pm Jan 12 9wks \$122(\$71sr) 47467

Bollywood Dancing

Learn an Indian form of dance which incorporates Latin, hip hop, R&B and modern dance styles. New movements and steps will be added each week along with the meaning of the section of the song covered. Expressions and costumes for different types of dance will be discussed.

Danforth C & TI 800 Greenwood Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48146

York Memorial CI 2690 Eglinton Ave W
Wed 8-9pm Jan 11 9wks \$61 (\$30sr) 47760

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 CALC500 The East Mall
Thu 7-8:30pm Jan 12 9wks \$91 (\$46sr) 48718

Central Technical 725 Bathurst Street
Wed 6:30-7:45pm Jan 11 9wks \$76 (\$38sr) 48374

Don Mills MS 17 The Donway East
Mon 6-7pm Jan 09 9wks \$61 (\$30sr) 47821
Mon 7-8pm Jan 09 9wks \$61 (\$30sr) 48103

Leaside HS 200 Hanna Road
Mon 6:30-7:45pm Jan 09 9wks \$76 (\$38sr) 47328
Wed 6:30-7:45pm Jan 11 9wks \$76 (\$38sr) 47329
Wed 7:45-9pm Jan 11 9wks \$76 (\$38sr) 47330

Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47307

Overland Learning Centre 55 Overland Drive
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 47921

Thistletown CI 20 Fordwich Crescent
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 47800

West Toronto CI 330 Lansdowne Avenue
Thu 1:45-3:15pm Jan 12 9wks \$91 (\$46sr) 47646

Egyptian Belly Dancing- Intermediate

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

Central Technical 725 Bathurst Street
Wed 7:45-9pm Jan 11 9wks \$76 (\$38sr) 48375

Leaside HS 200 Hanna Road
Mon 7:45-9pm Jan 09 9wks \$76 (\$38sr) 47331

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/Orchard View 174 Orchard View Blvd
Fri 10am-12pm Jan 13 9wks \$122(\$71sr) 47496

Hip Hop Dance

This beginner/intermediate class provides a fun way of learning creative and 'funky' dance moves. The class will focus on basic and advanced level body movements with emphasis placed on choreographed music video dance. Running shoes and comfortable clothing should be worn.

Danforth C & TI 800 Greenwood Avenue
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 48154

Northern SS 851 Mount Pleasant Road
Mon 6:30-8pm Jan 09 9wks \$91 (\$46sr) 47695

Line Dancing ☀

Enjoy clearly explained and demonstrated instruction to great music. Fun and healthy movement is a plus to this learning experience.

Cecil CC 58 Cecil Street
Wed 2:30-4pm Jan 11 9wks \$91 (\$53sr) 47505

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 CALC500 The East Mall
Tue 6:30-8pm Jan 10 9wks \$91 (\$46sr) 48766

Overland Learning Centre 55 Overland Drive
Mon 1-2:30pm Jan 09 9wks \$91 (\$46sr) 47446

West Toronto CI 330 Lansdowne Avenue
Tue 12:30-2:30pm Jan 10 9wks \$122(\$61sr) 47644

Line Dancing-Intermediate

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+.

Overland Learning Centre 55 Overland Drive
Mon 2:30-4pm Jan 09 9wks \$91 (\$46sr) 47447

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 preferred.

Mimico Adult Centre 255 Royal York Road
Wed 6:30-8pm Jan 11 9wks \$91 (\$46sr) 48324

Northern SS 851 Mount Pleasant Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47705

Northview Heights SS 550 Finch Avenue West
Mon 7:45-9:15pm Jan 09 9wks \$91 (\$46sr) 47313

Richview CI 1738 Islington Avenue
Mon 8:30-10pm Jan 09 9wks \$91 (\$46sr) 47423

Strictly Latin-Beginner

Learn hot sensuous Latin dances that are popular and here to stay. We will explore the Salsa, Merengue, Cumbia and more. This class is for both couples and singles.

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47569

Central Technical 725 Bathurst Street
Tue 6:30-8pm Jan 10 9wks \$91 (\$46sr) 48441

Danforth C & TI 800 Greenwood Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48170

Northern SS 851 Mount Pleasant Road
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 47718

Swing Dance

Learn how to get the beat to your feet and your body moving to the most exciting swing music of yesterday and today. It's easy to learn and a lot of fun.

Danforth C & TI 800 Greenwood Avenue
Thu 5:30-7:30pm Jan 12 9wks \$122(\$61sr) 48171

Northern SS 851 Mount Pleasant Road
Mon 7-8pm Jan 09 9wks \$61 (\$30sr) 47719

West Coast Swing-Beginner

West Coast Swing is a unique blend of social dances. Its distinctive 'dancing in a slot' approach was derived from San Diego dancehalls as far back as 1938. It is a dance that evolves with the rhythms of Blues, Funk, Disco, Jazz, Soul, Motown, Big Band Swing and Retro. Learn to be a coordinated phenomenon on the dance floor. Whether you are new to dance or a veteran you will find this dance exhilarating and uplifting. (material costs: to be purchased by students)

Mimico Adult Centre 255 Royal York Road
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 48341

Discover the Outdoors

Birdwatching, Flora and Fauna

Learn to identify common and not so common bird species by their appearance, song and habitat. We will visit various Toronto area sites to find and observe birds in the wild. Included will be interesting facts about various shrubs, plants and trees we encounter along the way. Binoculars, bottled water and good walking shoes are required. First meeting will be at: Humber Bay East Park, Etobicoke.

Burnhamthorpe CALC 500 The East Mall
Fri 10am-1pm Jan 27 7wks \$142(\$71sr) 48702

Fitness and Wellness

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. Leaside students are required to bring an exercise mat.

Burnhamthorpe CALC500 The East Mall
Sat 10:45-11:45am Jan 14 9wks \$61 (\$30sr) 47947
Sat 11:45am-12:45pm Jan 14 9wks \$61 (\$30sr) 47948

Northview Heights SS 550 Finch Avenue West
Wed 7:45-9:15pm Jan 11 9wks \$91 (\$46sr) 47302

Overland Learning Centre 55 Overland Drive
Tue 5-6pm Jan 10 9wks \$61 (\$30sr) 47850

Aquabics/Aquafit-Shallow Water

Join us in aerobic exercise done in the pool to fun music. It's a great workout for your entire body, improving muscle, tone, endurance, and strength.

Northview Heights SS 550 Finch Avenue West
Mon 11:30am-12:30pm Jan 09 9wks \$61 (\$36sr) 47466

Core Interval Training

This exercise program which targets your abdominal core muscles 'mixes up' repeated bouts of intense exercises with short rests. Core Interval Training is great for any age group, and has been proven to increase muscle oxidation and endurance capacity. It is a great cardiovascular exercise tool that will build lean muscle and give you that 'toned' shape. Participants are requested to bring a yoga mat (or beach towel) and a set of 1 or 2 lbs. weights.

Burnhamthorpe CALC500 The East Mall
Thu 6-7pm Jan 12 9wks \$61 (\$30sr) 48713

Fitness

Can't get motivated on your own? Come to our fitness class and increase your energy and well-being in a relaxed and social atmosphere! Exercises are designed to improve flexibility, joint mobility, cardiovascular endurance and muscular strength.

Cecil CC 58 Cecil Street
Wed 1:30-2:30pm Jan 11 9wks \$61 (\$36sr) 47495

Dixon Hall 58 Sumach Street
Fri 1:30-2:30pm Jan 13 9wks \$61 (\$36sr) 47490

Janet Magee Manor 71 Merton Street
Mon 9-10am Jan 09 9wks \$61 (\$36sr) 47491
Wed 9-10am Jan 11 9wks \$61 (\$36sr) 47492
Fri 9-10am Jan 13 9wks \$61 (\$36sr) 47493

Sunshine Centre for Seniors 117 Bloor Street E.
Mon 11am-12pm Jan 09 9wks \$61 (\$36sr) 47494

Fitness and Strength Training

Achieve your physical fitness potential in a group setting with a personal trainer. Reach your fitness goals by creating your own individualized workout program. We will work on resistance training using machines, free weights, and other various gym equipment, and focus on cardiorespiratory fitness, core conditioning and stretching. (material costs: \$2)

Leaside HS 200 Hanna Road
Mon 6-7:30pm Jan 09 9wks \$91 (\$46sr) 47332

Mon 7:30-9pm Jan 09 9wks \$91 (\$46sr) 47333
Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47334
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 47335

Richview CI 1738 Islington Avenue
Mon 7:30-9pm Jan 09 9wks \$91 (\$46sr) 47416

Full Body Boot Camp

Lose weight, tone up, and look great! Work the entire body by mixing high energy cardio bursts with site specific muscle strengthening exercise. Boost your metabolism and feel great. Bonus-receive a weekly workout schedule and suggested exercises.

Burnhamthorpe CALC500 The East Mall
Sat 9:45-10:45am Jan 14 9wks \$61 (\$30sr) 47959

Don Mills MS 17 The Donway East
Mon 6-7pm Jan 09 9wks \$61 (\$30sr) 47823

Overland Learning Centre 55 Overland Drive
Thu 6-7pm Jan 12 9wks \$61 (\$30sr) 47923

Richview CI 1738 Islington Avenue
Mon 6:30-7:30pm Jan 09 9wks \$61 (\$30sr) 47419

William Lyon Mackenzie CI 20 Tillplain Road
Tue 6:30-7:30pm Jan 10 9wks \$61 (\$30sr) 47789

Gentle Fitness

Enjoy a workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Bring your own towel and weights. Exercise tubes and mats are provided.

Overland Learning Centre 55 Overland Drive
Mon 9:15-10:45am Jan 09 9wks \$91 (\$53sr) 47501
Wed 9:15-10:45am Jan 11 9wks \$91 (\$53sr) 47502

Golden Age Yoga

This holistic approach offers both physical and mental benefits to seniors. It incorporates an exercise routine which helps alleviate muscular and skeletal disorder, hypertension, vision and cardiac complications. You will learn new skills in managing depression, loneliness and memory loss. Please bring your own yoga mat.

Cecil CC 58 Cecil Street
Tue 1:30-3:30pm Jan 10 9wks \$122(\$71sr) 47503

Holistic Empowerment

Learn to balance the body, mind and spirit, with a variety of modalities including: holistic nutrition (supplements, dangers of food additives, organics); energetic anatomy and dynamics (the aura and chakras); crystal therapy; art therapy, emotional freedom technique; mental relaxation and much more. (material costs: \$10)

Burnhamthorpe CALC500 The East Mall

Sat 9:30-11:30am Jan 14 9wks \$122(\$61sr) 47961

How Intuition Works

Learn how intuition works, how you can cultivate it, what handy applications it can have to everyday life and surprise yourself with an in-class intuitive experience! Q&A and future learning resources to follow.

Leaside HS 200 Hanna Road

Wed 7-9pm Jan 18 1wks \$14 (\$7sr) 47344

Kama Aerobics for Women

The KAMA workouts are designed for women to strengthen the abdominal/pelvic area. Exercises will target external large muscle groups such as hips, buttocks, thighs, lower abdomen and the internal underlying pelvic core muscles. KAMA exercises are designed to tone, sculpt and revitalize these muscles awakening the feminine energy in you. You will leave classes feeling strong, sassy, flirtatious, and relaxed. This is the essence of KAMA, it's about strengthening and lifting female bodies both physically and spiritually. Participants are requested to bring a yoga mat or large beach towel.

Burnhamthorpe CALC500 The East Mall

Thu 7:15-8:15pm Jan 12 9wks \$61 (\$30sr) 48728

Kickboxing Boot Camp Beginner

Experience a modern sport mixed with ancient martial art that provides a fantastic way to improve your cardio vascular fitness and strength while relieving stress, building confidence and challenging yourself physically. Please bring a personal yoga mat and skipping rope to class.

Burnhamthorpe CALC500 The East Mall

Thu 6:30-8pm Jan 12 9wks \$91 (\$46sr) 48729

Cedarbrae CI 550 Markham Road

Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48207

Leaside HS 200 Hanna Road

Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47349

Kickboxing Boot Camp Intermediate

Kick, punch, sweat! Increase strength flexibility and coordination. Elevate your ability to defend yourself. Do you have what it takes to go to the next level? Join us and be all that you can be. Prerequisite: Kickboxing Boot Camp Beginner or previous martial art

experience. Equipment needed: mat, skipping rope, gloves and sparing gear.

Leaside HS 200 Hanna Road

Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47351

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.

Edithvale CC 131 Finch Avenue W

Wed 9-10am Jan 11 9wks \$61 (\$36sr) 47506

Fri 9-10am Jan 13 9wks \$61 (\$36sr) 47507

Making Stuff Happen

Discover the principles and the energy source behind creating what you want in your life. Learn why sometimes you seem to pull something out of thin air and why sometimes no matter how hard you try, you remain empty handed. (materials costs: \$20 - optional)

Leaside HS 200 Hanna Road

Wed 7-9pm Jan 25 1wks \$14 (\$7sr) 47354

Meditation for Everybody

Learn to meditate with easy, accessible and practical techniques that are applicable to specific situations in your life. (materials costs: \$20- optional)

Leaside HS 200 Hanna Road

Wed 7-9pm Jan 11 1wks \$14 (\$7sr) 47355

Mind Sharp!

In this interactive, informative course, learn how to sharpen your mind. There will be mini lectures on research findings about how to keep your mind active while aging gracefully. Participate in fun and stimulating mental exercises and activities. Topics include how to sharpen concentration, focus and memory. Look forward to improving your enjoyment of daily conversations, learning through reading or courses, and feeling greater confidence and life satisfaction. Maybe it's true; if we don't use it, we lose it!

Mimico Adult Centre 255 Royal York Road

Wed 10am-12pm Jan 11 9wks \$122(\$61sr) 47389

On The Ball

These classes provide you with a full body workout. We will focus on core and muscular strength, balance and flexibility mixed with

The symbol ☀ indicates a Seniors' Daytime course.

bursts of cardio. Exercises can be done at home. Please bring your own stability ball and a yoga mat or large towel to class.

Burnhamthorpe CALC500 The East Mall

Thu 8-9pm Jan 12 9wks \$61 (\$30sr) 48739

Sat 12-1pm Jan 14 9wks \$61 (\$30sr) 47968

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 gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Please bring your own exercise mat.

Burnhamthorpe CALC500 The East Mall

Sat 11am-12pm Jan 14 9wks \$61 (\$30sr) 47969

Tue 8-9pm Jan 10 9wks \$61 (\$30sr) 48772

Don Mills MS 17 The Donway East

Mon 7-8pm Jan 09 9wks \$61 (\$30sr) 48108

Mimico Adult Centre 255 Royal York Road

Wed 8-9pm Jan 11 9wks \$61 (\$30sr) 48327

Northview Heights SS 550 Finch Avenue West

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47314

Overland Learning Centre 55 Overland Drive

Fri 9-10:30am Jan 13 9wks \$91 (\$46sr) 47458

Tue 8-9pm Jan 10 9wks \$61 (\$30sr) 47870

Tue 7-8pm Jan 10 9wks \$61 (\$30sr) 47871

Richview CI 1738 Islington Avenue

Mon 7-8pm Jan 09 9wks \$61 (\$30sr) 47424

Mon 8-9pm Jan 09 9wks \$61 (\$30sr) 47425

West Toronto CI 330 Lansdowne Avenue

Thu 9-10am Jan 12 9wks \$61 (\$30sr) 47641

Reiki - Level 1

Reiki is a holistic self-help technique for directing natural life energy for on the spot stress release, pain relief and quick energy. The first level is a permanent attunement to the Reiki light and the foundation of all three levels. By following steps taught by a trained Reiki Master/Teacher, anyone is able to direct the 'light energy' to meet individual needs. (material costs: extra).

Mimico Adult Centre 255 Royal York Road

Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48330

Tai Chi-Advanced

Study the Yang style, consisting of a sequence of slow continuous movement. In this class you will use a sword.

Overland Learning Centre 55 Overland Drive

Tue 9:15-10:45am Jan 10 9wks \$91 (\$46sr) 47461

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. You will learn warm up techniques and practice various forms within a routine. (Yang style)

Burnhamthorpe CALC500 The East Mall

Sat 9-10:30am Jan 14 9wks \$91 (\$46sr) 47972
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 48775

Central Technical 725 Bathurst Street

Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48654

Danforth C & TI 800 Greenwood Avenue

Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48209

Denlow PS 50 Denlow Boulevard

Mon 7:15-8:45pm Jan 09 9wks \$91 (\$46sr) 47409

Mimico Adult Centre 255 Royal York Road

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 48335
Mon 9:30-11am Jan 09 9wks \$91 (\$46sr) 47980

Northern SS 851 Mount Pleasant Road

Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 47720

Northview Heights SS 550 Finch Avenue West

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47318

Overland Learning Centre 55 Overland Drive

Tue 12:45-2:15pm Jan 10 9wks \$91 (\$46sr) 47462

Sir Oliver Mowat CI 5400 Lawrence Avenue East

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47633

Thistletown CI 20 Fordwich Crescent

Tue 7:30-9pm Jan 10 9wks \$91 (\$46sr) 48182

West Toronto CI 330 Lansdowne Avenue

Tue 10:45am-12:15pm Jan 10 9wks \$91 (\$46sr) 47639

Western Tech 125 Evelyn Crescent

Thu 6:30-8pm Jan 12 9wks \$91 (\$46sr) 47846

York Memorial CI 2690 Eglinton Ave W

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47779

Tai Chi-Intermediate

This course is a follow-up to the beginner course. You will learn new techniques and further your practice. All schools instruct Yang style.

Burnhamthorpe CALC500 The East Mall

Sat 10:30am-12pm Jan 14 9wks \$91 (\$46sr) 48012

Denlow PS 50 Denlow Boulevard

Tue 7:15-8:45pm Jan 10 9wks \$91 (\$46sr) 47410

Mimico Adult Centre 255 Royal York Road

Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 48336

Northern SS 851 Mount Pleasant Road

Tue 7:30-9pm Jan 10 9wks \$91 (\$46sr) 47721

Tai Chi-Intermediate ☀️

See above description.

Overland Learning Centre 55 Overland Drive

Tue 11am-12:30pm Jan 10 9wks \$91 (\$53sr) 47519

Wellness Workshop-Dealing with Stress

Without stress, life would be dull and unexciting. Stress adds flavour, challenge and opportunity to life. Too much stress, however, can seriously affect your physical and mental well-being. Learn how to recognize 'good' vs 'bad' stress and learn natural ways of dealing with different stresses that affect your quality of life. A licensed Naturopathic Doctor will lead the workshop.

Burnhamthorpe CALC 500 The East Mall

Sat 11:30am-1pm Jan 14 3wks \$30 (\$15sr) 47974

Wellness Workshop-Detoxification

Learn about foods that have medicinal values and help to cleanse the body. Learn how nutritious foods and natural dietary approaches can help manage and ease ailments. A licensed naturopathic doctor will lead this workshop.

Burnhamthorpe CALC 500 The East Mall

Sat 11:30am-1pm Feb 04 3wks \$30 (\$15sr) 47975

Wellness Workshop-Introduction to Herbal Medicines

For centuries a multitude of herbs have been used to remedy disease, lethargy and a wide range of ailments through teas, tonics and knowledge of the plant kingdom. This workshop aims to address a safe and simple introduction to herbal medicines along with developing an understanding of the Earth and your connection to it. Material costs extra.

Burnhamthorpe CALC 500 The East Mall

Sat 11:30am-1pm Mar 03 3wks \$30 (\$15sr) 47976

YBR - Foot Fitness

Are your feet stiff and sore from standing all day or from wearing high-heeled shoes? Do you suffer with Plantar Fasciitis, hammertoes or bunions? Learn about the foot in detail and common foot problems. Using Yamuna Foot Savers and Foot Wakers you will increase foot flexibility and range of motion, improve gait and alignment, strengthen arches, and increase circulation.

Mimico Adult Centre 255 Royal York Road

Wed 6:30-8:30pm Jan 18 1wks \$14 (\$7sr) 48344

Yamuna Body Rolling

This class will give you an introduction to the basics of Yamuna Body Rolling. YBR is a unique form of fitness that focuses on body

alignment by using small balls and your body weight to help tone and elongate the muscles, releasing the tension patterns that restrict movement. It's a workout and massage rolled into one! YBR balls are provided and are available for purchase. Students should bring a Yoga mat or Towel and wear close fitting exercise clothing.

Mimico Adult Centre 255 Royal York Road

Wed 6:30-8pm Feb 08 4wks \$41 (\$20sr) 48350

Yoga for Arthritis

Whether you suffer from severe joint, arthritic discomfort, or muscle fatigue in general, this class is geared to such ailments exclusively. Learn ways in which yoga can help to build muscle strength, and decrease the stiffness and aches caused by bony anomalies through the use of breath, stretches and meditation techniques. This class is taught by a qualified instructor who has experience teaching yoga to target specific ailments.

Danforth C & TI 800 Greenwood Avenue

Thu 5:30-7pm Jan 12 9wks \$91 (\$46sr) 48176

Yoga, Food & You

Get into your body! Learn to understand and shift your relationship with food using Yoga and Mindfulness. This is an interactive class and open to all fitness levels. Please bring a mat and towel.

Danforth C & TI 800 Greenwood Avenue

Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48177

Yoga-Deep Relaxation & Meditation All Levels

Join us in YOGA exercises followed by deep relaxation and thought free meditation. Reap the benefits of a youthful, restful and balanced lifestyle.

Agincourt CI 2621 Midland Avenue

Wed 7-8:30pm Jan 11 9wks \$91 (\$46sr) 47571

Overland Learning Centre 55 Overland Drive

Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47945

William Lyon Mackenzie CI 20 Tillplain Road

Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48852

Yoga: Chair ☀️

Chair yoga, Hatha style, is designed for people who may have limited mobility. The warm-up consists of breathing, stretching and twisting while seated in a chair. Standing and balancing positions follow and may include floor exercises according to your ability. A guided relaxation concludes our

practice. The benefits include improved circulation, range of motion and an increased sense of well-being.

Sunshine Centre for Seniors 117 Bloor Street E.
Thu 2-3pm Jan 12 9wks \$61 (\$36sr) 47530

Yoga: Chakra and Mudra Hand-beginner

This course will focus on Chakra Yoga which is a holistic practice of ancient techniques, designed to stimulate the flow of energy vortexes known as charkas in a process of rejuvenation and awakening. It utilizes all methods and techniques, from the postures of hatha yoga, to the breathing practices of pranayama to mantra and meditation in a systematic self study that leads to an in depth understanding of 'mind over matter'.

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48214

Yoga: Hasya (Laughter)

We need to 'lighten-up!' Laugh your way to a healthier, happier life! We are suffering from over seriousness! Research studies have proven that laughter improves health and reduces high blood pressure and daily stress by boosting the immune system. You will be introduced to the fun and unique techniques of Laughter (Hasya) Yoga exercises. Laughter and its benefits for a healthier way of living will be discussed.

Mimico Adult Centre 255 Royal York Road
Mon 1-2:30pm Jan 09 9wks \$91 (\$46sr) 48769

Yoga: Hatha-All Levels

Yoga 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 bring a yoga mat to class.

Mimico Adult Centre 255 Royal York Road
Wed 5:45-6:45pm Jan 11 9wks \$61 (\$30sr) 48512
Mon 6-7pm Jan 09 9wks \$61 (\$30sr) 48661
Tue 9:30-10:30am Jan 10 9wks \$61 (\$30sr) 48782
Wed 9:30-10:30am Jan 11 9wks \$61 (\$30sr) 48783

Overland Learning Centre 55 Overland Drive
Thu 9-10:30am Jan 12 9wks \$91 (\$46sr) 47464
Thu 10:45am-12:15pm Jan 12 9wks \$91 (\$46sr) 47465

Yoga: Hatha-Beginner

Gain calm and confidence as you learn to harmonize the body and the mind. Explore breathing exercises and relaxation techniques. Please bring a mat or towel to class.

(material costs: extra)

Danforth C & Tl 800 Greenwood Avenue
Wed 5:30-7pm Jan 11 9wks \$91 (\$46sr) 48179

Newtonbrook SS 155 Hilda Avenue
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 48668

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6-7:15pm Jan 11 9wks \$76 (\$38sr) 48669

York Memorial CI 2690 Eglinton Ave W
Wed 8-9pm Jan 11 9wks \$61 (\$30sr) 48756

Yoga: Hatha-Beginner ☀

Yoga involves techniques of posture, breathing and deep relaxation, which develop physical and mental well-being. Please bring a yoga mat to class.

Dixon Hall 58 Sumach Street
Thu 11am-12pm Jan 12 9wks \$61 (\$36sr) 47529

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.

Western Tech 125 Evelyn Crescent
Thu 6:30-8pm Jan 12 9wks \$91 (\$46sr) 47849
Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 48304

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. This is a multi-level class taught by an experienced Kundalini instructor. 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 bring a towel and a yoga mat to class.

Burnhamthorpe CALC500 The East Mall
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 48778
Thu 7:30-9pm Jan 12 9wks \$91 (\$46sr) 48780
Sat 9-10:30am Jan 14 9wks \$91 (\$46sr) 48853
Sat 11am-12:30pm Jan 14 9wks \$91 (\$46sr) 48854

Leaside HS 200 Hanna Road
Mon 6:30-8pm Jan 09 9wks \$91 (\$46sr) 47368
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 47369
Wed 6:30-8pm Jan 11 9wks \$91 (\$46sr) 47370
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 47371

Northview Heights SS 550 Finch Avenue West
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 48664

Richview CI 1738 Islington Avenue
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47537

Thistletown CI 20 Fordwich Crescent
Tue 7:30-9pm Jan 10 9wks \$91 (\$46sr) 48759

West Toronto CI 330 Lansdowne Avenue
Tue 9-10:30am Jan 10 9wks \$91 (\$46sr) 48667

Yoga: Kundalini/Hatha Beg/Int

This course is a fusion of the Hatha and Kundalini styles of yoga. We will explore breathing and relaxation techniques as well as the mental, physical and spiritual aspects of the yoga tradition. This course is designed for beginner to intermediate level students. Please bring a mat or towel to class.

Burnhamthorpe CALC500 The East Mall
Tue 7:30-9pm Jan 10 9wks \$91 (\$46sr) 48779

Cedarbrae CI 550 Markham Road
Mon 7-8:30pm Jan 09 9wks \$91 (\$46sr) 48665

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48666

Mimico Adult Centre 255 Royal York Road
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 48663

Overland Learning Centre 55 Overland Drive
Wed 7:30-9pm Jan 11 9wks \$91 (\$46sr) 48754

Yoga: Vinyasa Flow

Vinyasa links breath, movement and mental focus through a heat building sequence of postures. Flow through a creative and unique sequence of postures as you release tension and distress. Classes maximize strength and flexibility and are beneficial to weight loss, arthritic and hypertensive problems. Prenatal and postnatal are welcome. No previous experience is required. Please bring a yoga mat and towel to class.

Danforth C & Tl 800 Greenwood Avenue
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48178

Yoga: Vinyasa Flow-Intermediate

Vinyasa Flow yoga links breath, movement and mental focus through a balanced sequence of postures. With lots of attention to detail this class offers students the opportunity to gain understanding of the basic yoga positions while building strength and increasing overall health. This truly balanced practice brings deliberate intention as we release tension, de-stress and connect to positive energy. Moderate. Please bring a mat and blanket to class.

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7:30-8:45pm Jan 11 9wks \$76 (\$38sr) 48670

Yogalates

Yogalates is the fusion of Yoga and Pilates. Practice both in harmony. Be inspired...Be fit...Be balanced. Please bring a towel and a yoga mat to class.

York Memorial CI 2690 Eglinton Ave W
Wed 6:45-7:45pm Jan 11 9wks \$61 (\$30sr) 47780

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.

Mimico Adult Centre 255 Royal York Road
Thu 9:30-10:30am Jan 12 9wks \$61 (\$30sr) 48765

West Toronto CI 330 Lansdowne Avenue
Tue 2:45-3:45pm Jan 10 9wks \$61 (\$30sr) 48755

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 in building coordination and muscle endurance. This class is open to everyone, no previous dance or Zumba class experience necessary. Participants are requested to bring 1lb. weights to class.

Burnhamthorpe CALC500 The East Mall
Thu 8:15-9:15pm Jan 12 9wks \$61 (\$30sr) 48749

Zumba-Beginner

Learn a new way to work out with easy to follow moves and routines. Hypnotic Latin rhythms helps 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 CALC500 The East Mall
Sat 8:30-9:30am Jan 14 9wks \$61 (\$30sr) 47978
Thu 7-8pm Jan 12 9wks \$61 (\$30sr) 48781

Overland Learning Centre 55 Overland Drive
Tue 6-7pm Jan 10 9wks \$61 (\$30sr) 47876

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 8:30-9:30pm Jan 18 8wks \$54 (\$27sr) 47638

West Toronto CI 330 Lansdowne Avenue
Thu 10:15-11:15am Jan 12 9wks \$61 (\$30sr) 47642

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7:45-8:45pm Jan 10 9wks \$61 (\$30sr) 47795

York Memorial CI 2690 Eglinton Ave W
Wed 6-6:45pm Jan 11 9wks \$46 (\$23sr) 48212
Wed 7-8pm Jan 11 9wks \$61 (\$30sr) 48213

Zumba-Intermediate

In the intermediate class you will work out at a faster more intense pace incorporating the steps and dances learned in the beginner class. Fast and slow Latin rhythms and resistance training are combined to tone and sculpt your body while burning fat. Students should have the beginner level training.

Burnhamthorpe CALC500 The East Mall
Sat 9:45-10:45am Jan 14 9wks \$61 (\$30sr) 48053

Food

A Tour through the Wine Regions of the World

Do you know how wine is made? Confused about wine and food matching? Sugar code, what do those numbers mean? Does glassware make a difference? We'll have lively discussions about the wine regions of the world, their major grape varieties, discover who makes what, how and why. Wine tasting as homework and discussions follow in the next class. (material costs: \$35-50)

Mimico Adult Centre 255 Royal York Road
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48305

Newtonbrook SS 155 Hilda Avenue
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47652

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47672

Cake Decorating: Wilton Method

Learn to decorate beautiful party cakes for all those special occasions with step-by-step instruction and demonstrations! You will learn how to prepare and complete a cake, make royal and butter cream icing, colour flow and borders, and so much more. All students completing the course will receive a certificate of completion issued by Wilton. (material costs: A \$12 fee is for the course book. In addition, material fee extra for starter kit and ingredients)

Bendale BTI 1555 Midland Avenue
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48056

Burnhamthorpe CALC500 The East Mall
Sat 9-11am Jan 14 9wks \$122(\$61sr) 47951

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48118

Mimico Adult Centre 255 Royal York Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48308

Overland Learning Centre 55 Overland Drive
Tue 5:30-7:30pm Jan 10 9wks \$122(\$61sr) 47854

Thistletown CI 20 Fordwich Crescent
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47798

Cake Decorating: Wilton Method-Advanced

Discover how easy it is to create elegant tier cakes covered with Fondant and stunning gumpaste flowers. Make your next special occasion truly unique. This course includes demonstrations as well as hand-on activities. Participants must have completed Cake Decorating: Wilton Method. All students completing the course will receive a certificate issued by Wilton. \$12 for the books that will be used payable the first night of class. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47547

Burnhamthorpe CALC500 The East Mall
Sat 11am-1pm Jan 14 9wks \$122(\$61sr) 48003
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48757

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48204

Chef on the Run

Pressed for time? This hands-on 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 and more which will satisfy the family, yet are fancy enough for company. Create delicious menus, which incorporate fresh and wholesome seasonal ingredients. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
Sat 11am-1pm Jan 14 9wks \$122(\$61sr) 47952

Cedarbrae CI 550 Markham Road
Mon 7-9:30pm Jan 09 9wks \$152(\$76sr) 48120

Western Tech 125 Evelyn Crescent
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 47830

Chinese Cooking (in Cantonese*)



(*Language of instruction is Cantonese). Explore the delightful flavours, texture, colours and aromas that have infused Chinese cooking for centuries. Also learn some modern recipes that employ the fasci-

nating flavours of the Orient. We will examine different ingredients and regional techniques. (material costs: \$2 per person per class)

St Stephen's Com. House 340 College St, Unit 360
Mon 10:30am-12:30pm Jan 09 9wks \$122(\$71sr) 47476

Comparing Grape Varieties

Same grape - different style, learn to demystify wines based on the grape variety and where it is from; gain a better understanding and appreciation of styles of wine made from the most popular grape varieties. Find out why a merlot from Chile is different than one from Ontario, France, California, or Italy. The same comparison can be made for Cabernet Sauvignon, Chardonnay, Riesling and Shiraz. You say you like Merlot, but from what country? Here's your chance to find out and let your palate be your guide. (material costs: \$50)

Mimico Adult Centre 255 Royal York Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48309

Fruit Carving

Learn to transform everyday fruit and vegetables into edible art. Amaze your guests and amuse your children. (material costs: extra)

West Toronto CI 330 Lansdowne Avenue
Tue 2-3:30pm Jan 10 9wks \$91 (\$46sr) 48804

Indian Vegetarian Cooking

Learn how to make rice, breads, dhals, vegetables and pakora. Discover the many spices used in this delicious and healthy way of cooking. (material costs: approx. \$70)

Bendale BTI 1555 Midland Avenue
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 48609

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48394
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48395
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48396

International Cuisine

Join us for a trip around the world by experiencing a variety of international cuisines! You will prepare appetizers, main courses, and desserts from a different country each week. (material costs: \$60)

Bendale BTI 1555 Midland Avenue
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48061

Mediterranean Cooking

Mediterranean cuisine is low in calories, yet rich in vitamins and mineral salts, and high in nutritional value. You will learn to cook well-balanced dishes such as aioli, couscous, paella, risotto, tajine, pizza and pasta, and prepared soups, salads, vegetable dishes, sauces, seasoning, appetizers and desserts. (material costs: extra)

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6:30-9:30pm Jan 11 11wks \$183(\$91sr) 47625

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 47838

Pasta Making

Discover the delights of homemade pasta. Learn to make fresh pasta by hand. This course will cover hand preparation, pasta machines, coloured and flavoured pasta, and much more. Spaghetti night will never be the same!

West Toronto CI 330 Lansdowne Avenue
Tue 11:45am-1:45pm Jan 10 9wks \$122(\$61sr) 48752

Sushi Making

Learn to make Japan's most famous export! Start with learning to prepare perfect sushi rice. Then, with a few inexpensive tools, move on to nigiri, maki, California rolls, and onigiri too. Treat yourself and your family to a delicious and easy treat!

West Toronto CI 330 Lansdowne Avenue
Thu 9-11am Jan 12 9wks \$122(\$61sr) 48753

Taste of the Caribbean

You will be introduced to recipes ranging from curried and 'Jerk' dishes, ackee and saltfish, fried dumplings and calaloo. Caribbean cooking uses a variety of spices with varying intensity in its recipes. Each class will have a cultural component before the cooking lesson to draw upon the historical significance of the dish and influences from Creole, African, Spanish, Dutch and Indian cooking. (material costs: \$50-60)

Burnhamthorpe CALC500 The East Mall
Sat 9-11am Jan 14 9wks \$122(\$61sr) 48105

Tastes Of Thailand

Introducing exotic Thai cuisine. Prepare a range of authentic, delicious, simple, and healthy Thai dishes. (material costs: extra)

Bendale BTI 1555 Midland Avenue
Tue 7:45-9:45pm Jan 10 9wks \$122(\$61sr) 48612

The Healthy Lunch Box

A lunchbox meal doesn't have to be boring. Pack healthful, delicious foods for yourself and others to enjoy - and do it on a budget. Participants will learn to prepare meals that are reasonably priced, good for you, lovely to look at, and, above all, delicious! (material costs: extra)

West Toronto CI 330 Lansdowne Avenue
Thu 11:15am-1:15pm Jan 12 9wks \$122(\$61sr) 48803

Wedding Cakes & Pastries

Learn how to bake and decorate speciality cakes and pastries for all occasions. Sponge cakes, moulding cakes and doughs will be explored. Make chocolate sweets and roses out of royal icing, gum paste or roll fondant. This course includes demonstration and hands-on activities. (material costs: \$60)

Agincourt CI 2621 Midland Avenue
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 47570

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48450
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48451
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48452

Games and Hobbies

Bridge-Beginner

Learn the fundamentals of bridge. Each week there is a new lesson taught followed by playing the game in a friendly environment. Duplicate scoring. Audrey Grant's Bridge Basics I Beginner is highly recommended and is available in class for \$18. (material cost: \$5 extra).

Newtonbrook SS 155 Hilda Avenue
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 47665

West Toronto CI 330 Lansdowne Avenue
Thu 9-11:30am Jan 12 9wks \$152(\$76sr) 47606

Western Tech 125 Evelyn Crescent
Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 47828

Bridge-Beginner Plus

Continue to learn the fundamentals of bridge (covered in the Bridge Beginner course). This is a hands-on approach with minimal lecturing. We will focus on playing the hands in order to learn new concepts including bidding, play of the hand and defence. Audrey Grant's Bridge Basics I is

highly recommended and is available in class for \$18. (prerequisite Bridge Beginner. material costs: \$5)

Leaside HS 200 Hanna Road
Mon 6:30-9pm Jan 09 9wks \$152(\$76sr) 47324

Mimico Adult Centre 255 Royal York Road
Thu 11am-1:30pm Jan 12 9wks \$152(\$76sr) 47982

Western Tech 125 Evelyn Crescent
Thu 6-8pm Jan 12 9wks \$122(\$61sr) 47829

Bridge-Convention 101

You've learned basic bidding, now the fun begins. Go to the next level with conventions such as Drury, Unusual 2NT, Michael's Cuebid, Sham bidding and Cappelletti. Learn to play them and learn to defend against them. (material costs: \$5)

Don Mills MS 17 The Donway East
Mon 6:30-9pm Jan 09 9wks \$152(\$76sr) 48102

Northern SS 851 Mount Pleasant Road
Mon 6-8:30pm Jan 09 9wks \$152(\$76sr) 47678

Bridge-Intermediate

Successful bidding and playing techniques will be taught. Each session includes instruction followed by supervised play. Duplicate scoring. Audrey Grant's Bridge Basics 2 Intermediate is highly recommended and is available in class for \$18. (prerequisite Bridge Beginner Plus material costs \$5)

Leaside HS 200 Hanna Road
Wed 6:30-9pm Jan 11 9wks \$152(\$76sr) 47325

Mimico Adult Centre 255 Royal York Road
Thu 2:30-5pm Jan 12 9wks \$152(\$76sr) 47374

Northern SS 851 Mount Pleasant Road
Tue 6-8:30pm Jan 10 9wks \$152(\$76sr) 47679

Chinese Calligraphy & Poetry ☀

Chinese Poetry & Literature is conventionally divided into four classes: Poetry (lu shi), Ci, Song (ge), Fu. This course covers the history of Chinese Poetry & Literature. Students will learn different forms of poetry, parallel couplets, rhyming schemes and patterns through poetry appreciation. Also, learn to write poetry by actively participating in group composition of parallel couplets.

Cecil CC 58 Cecil Street
Fri 1-3:30pm Jan 13 9wks \$152(\$89sr) 47475

Creative Photography

Students will use their own digital cameras to develop creative expression through the medium of photography. They will be introduced to basic photographic studio tech-

niques, as well as portraiture, still life, and travel photography. We will focus on the elements and principles of design and composition, as well as creative and conceptual proficiency. It will provide practical skills in portrait and still life lighting, colour and black and white output, and simple photo editing techniques. Students will bring their own digital cameras. (material costs: \$10)

Don Mills CI 15 The Donway East
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48505

Everything You Want to Know About Ghosts but Afraid to Ask

Think your house is haunted? Felt a cold shiver? Get your questions answered. Find out how to clean and protect your house, work, cottage, and body from unwanted spirits. Learn how to identify what's real and when it's just your imagination. Fun exercises, learning hand outs, and more! (optional fee \$25)

Overland Learning Centre 55 Overland Drive
Sat 9am-12pm Mar 03 1wks \$20 (\$10sr) 47884

Genealogy

Discover your family history! We will help you start your family tree, search for ancestors and trace your family's roots. Become a family historian by using: computer software; census; church; court and land records; the Internet; recording sources; Toronto resources; strategies; genealogy around the world; publishing. (material costs:\$5)

Overland Learning Centre 55 Overland Drive
Thu 8:30-10:30am Jan 12 9wks \$122(\$61sr) 47444

Gliding: An Introduction

In this introduction to soaring flight, you will learn the theory and techniques used by today's glider pilots that allow them to cover great distances on nature's air currents. A veteran glider pilot instructor will use lectures, videos and full-size flight simulators to bring these topics to life. (material costs: \$55)

York Memorial CI 2690 Eglinton Ave W
Wed 6:30-9pm Jan 11 9wks \$152(\$76sr) 47771

Indoor and Outdoor Gardening

Learn to plan, prepare, and maintain your outdoor garden. We will look at soil types, amending soil, fertilizers, composting, and plant propagation. Maintenance of indoor

flowering plants and pest control. We will study different herbs; their propagation, uses, including, infusions, decoctions, and tinctures. Course includes an overview of poisonous, hallucinogenic, and mind-altering plants. (material costs: \$5)

Leaside HS 200 Hanna Road
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48114

Paranormal Studies

Study and analyse what paranormal experiences are; their history and patterns. Topics covered include UFOs, psychics, ghosts, magic and much more. This course is designed for serious researchers and does not involve tours.

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 48615

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.) (material costs extra at Leaside)

Leaside HS 200 Hanna Road
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 47358
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 47359

Mimico Adult Centre 255 Royal York Road
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48326

Overland Learning Centre 55 Overland Drive
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 47868

Photography-All Levels

For those just getting started, you will gain an understanding of the camera, exposure, lighting, composition and design. More experienced photographers will further develop technical and creative skills. Examine composition, flash, simple studio portraiture, advanced exposure and existing light night photography, with an emphasis placed on development of individual expression and creativity. This is not a digital camera course. (material costs: \$45)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48415

Photography-Beginner

Learn practical skills and techniques to improve your photography. You will gain an understanding of your camera, exposure, lighting, composition and design. Two field trips (one Saturday and one night) apply the skills. Discussion and review help develop your creative eye. (material costs: extra)

Western Tech 125 Evelyn Crescent
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 47841

Photography: Advanced Workshop

In a series of four 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. Note: First class is held in a classroom, subsequent classes are on location across the city. You must be familiar with your camera and understand basic exposure controls. (material costs: extra)

Overland Learning Centre 55 Overland Drive
Sat 9am-1pm Jan 28 4wks \$108(\$54sr) 47901

Photography: Intro to Digital

Learn how to use a digital camera to make photo-realistic digital prints or images for web sites and emails. You will learn about lighting, camera operation, resolution, scanning, cropping and retouching images using editing software. Learn how to print on different kinds of paper for different effects. You are encouraged to bring your own digital camera or images on CD. (material costs: extra)

Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48416
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48417

Overland Learning Centre 55 Overland Drive
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47869

Photography: Portraits

Working with live models, you will learn how best to use your 35mm or digital camera when photographing portraits. We will explore the collaboration of photographer and subject. You will learn about posing, camera techniques, exposure and various lighting techniques. Time will be allotted for student critiques. (material costs: \$10)

Leaside HS 200 Hanna Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47360

Photography: Seeing and Creating

Learn how to take better pictures. Topics include: looking for moments; composition; lighting; camera operation; lens choice; taking great family pictures; sports photography, and; portraiture. Each week we will review your photographs, look at images used in the media and practice taking images with your digital camera. This course is appropriate for beginners and intermediate photographers. You will learn the basic tools of the program Photoshop. Digital camera required. Two field trips for students registered at Western Tech. (material costs: \$15)

Western Tech 125 Evelyn Crescent
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 47842

Handiwork

Auto Body Repair

This is a hands-on course covering gas and electric welding. Dent repair, fibreglass, plastic filling and priming will also be taught. (material costs: \$60)

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 47825

Auto Maintenance for Women

This course covers the basics of vehicle maintenance and safe roadside procedures. You will learn how to perform general inspection and how to identify potential problems that can lead to break downs. No prior knowledge and/or skills required. (material costs: extra)

Northview Heights SS 550 Finch Avenue West
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 47304

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 troubleshoot 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. (material costs: extra)

Northview Heights SS 550 Finch Avenue West
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47305

Auto Mechanics-Beginner

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 47545

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48365

Danforth C & Tl 800 Greenwood Avenue
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48144

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. (material costs: extra)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48367
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48902

Leaside HS 200 Hanna Road
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 47323

Clock Repair

This course will introduce students to mechanical clocks, both antique and modern. Learn how to disassemble, clean and diagnose the more common problems found in mechanical devices. Students will repair, evaluate and reassemble their clocks. This is a hands-on course and will be paced to the student's own level of mechanical ability. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Wed 9am-12pm Jan 11 9wks \$183(\$91sr) 48767

Furniture Refinishing

Don't know what to do with that old chair, desk or table? Don't throw it out, join our class and refinish it! You will learn refinishing techniques and how to use tools and materials for stripping old finishes and making minor repairs. Please bring your project (one you can finish in 11 weeks) to the first class, along with paint remover, rubber gloves, safety glasses, paint brush and scraper. Wear old, comfortable clothing.

Burnhamthorpe CALC500 The East Mall
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48725

Mimico Adult Centre 255 Royal York Road
Wed 9am-12pm Jan 11 9wks \$183(\$91sr) 47384
Thu 9am-12pm Jan 12 9wks \$183(\$91sr) 47385
Thu 1-4pm Jan 12 9wks \$183(\$91sr) 47386

Furniture Refinishing

See above description.

Mimico Adult Centre 255 Royal York Road

Tue 9am-12pm Jan 10 9wks \$183(\$107sr) 47498
Tue 1-4pm Jan 10 9wks \$183(\$107sr) 47499
Wed 1-4pm Jan 11 9wks \$183(\$107sr) 47500

Handy Person's Course

This course is for anyone who wants to learn to repair an electrical plug, fix a leaky faucet, re-hang or install a new door. This is a wide-ranging course covering essential skills for day-to-day living. Instruction is done mostly through demonstration. (material costs: \$5)

Northern SS 851 Mount Pleasant Road

Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47694

Home & Cottage: Construction

Learn how to build a home, cottage or addition. Understand blueprints, building permits and methods of constructing footings, foundations, flooring, walls, and roofs. (material costs: \$30)

Central Technical 725 Bathurst Street

Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48390
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48391

Home & Cottage: Wiring

You will learn to safely wire receptacles, lights, three-way switches and more. Practical work will be provided to complement the theory. (material costs: \$40-50)

Bendale BTI 1555 Midland Avenue

Tue 6:15-9:15pm Jan 10 9wks \$183(\$91sr) 48060

Central Technical 725 Bathurst Street

Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48392

Home Maintenance & 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; so much more. Learn about building codes and which renovations give you the best return for your money. (material costs: \$25)

Northern SS 851 Mount Pleasant Road

Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47696

Northview Heights SS 550 Finch Avenue West

Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 47312

Western Tech 125 Evelyn Crescent

Thu 6:30-9pm Jan 12 9wks \$152(\$76sr) 47835

Motorcycle Basic Maintenance

This course is for the novice or experienced biker. We will identify all major systems and their operation, looking more closely at the systems that require the most maintenance and review ways to minimize damage caused by storing your bike over the winter months. Basic service work can be done on your own bike during the class. You do not need to bring or even own a bike; there will be a demonstration bike. Note: There is no storage for any motorcycles to be left in the shop from week to week. (material costs: \$20 at Western Tech)

Danforth C & TI 800 Greenwood Avenue

Thu 6-9pm Jan 12 9wks \$183(\$91sr) 48157

Western Tech 125 Evelyn Crescent

Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 47840

Plumbing Installation-Beginner

We will study the installation, function and operation of the various plumbing components (i.e. drains, traps, vents and water systems) will be studied. You will work on full-scale installation. (material costs: \$35)

Central Technical 725 Bathurst Street

Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48420
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48903

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. (material costs: extra)

Bendale BTI 1555 Midland Avenue

Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48068

Mimico Adult Centre 255 Royal York Road

Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48332
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 48333

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. Bring your project to the first night of class one that you can complete in 4 weeks. Also, bring tools such as nail/staple remover, hammer, pliers, scissors and protective eye goggles. Wear comfortable work clothes and closed shoes. (material cost: extra)

Burnhamthorpe CALC500 The East Mall

Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48745
Sat 9:30am-12:30pm Jan 14 9wks \$183(\$91sr) 47973

Welding

This is a welding course for the novice. We will explore theory and practice in both oxy/acetylene and electric welding. Projects can include garden plant hooks, candle holders and small sculptures. (material costs: \$40)

Central Technical 725 Bathurst Street

Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48656

Woodworking-Advanced

This course provides you with advance knowledge of woodworking and of wood technology. Instruction is done mostly through demonstration. Work on a small project in consultation with the instructor. 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. (material costs: \$30)

Danforth C & TI 800 Greenwood Avenue

Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48174

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. (material costs: \$15-\$40)

Central Technical 725 Bathurst Street

Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48453

Danforth C & TI 800 Greenwood Avenue

Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48175

Joseph Brant Sr PS 270 Manse Road

Mon,Wed 9am-12pm Jan 16 8wks \$162(\$81sr) 48357

Newtonbrook SS 155 Hilda Avenue

Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47664

Western Tech 125 Evelyn Crescent

Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 47848

Woodworking-Multi Level

This course provides you with a general working knowledge of wood technology, and shows set-up and safe use of tools and machines. Instruction will be geared to various levels of skill and knowledge. Work on a small project in consultation with the instructor. (material costs: extra)

Cedarbrae CI **550 Markham Road**
Mon 6-9pm Jan 09 9wks \$183(\$91sr) 48138

Health and Safety

Working with Special Needs Children

This course covers the characteristics of physical, mental and social challenges faced by children with special needs. We will look at behaviour management strategies that work within the classroom, the home environment and in public areas. You will be encouraged to share personal experiences and, with the classmates, work on solutions utilizing proven problem solving techniques. This is not a certificate granting course. (material costs: \$5)

Overland Learning Centre **55 Overland Drive**
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 47943

York Memorial CI **2690 Eglinton Ave W**
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 48208

Interior Design

Fantastic Wall Finishes

Students will learn how to hand mix colours with several commercially available materials including exciting products such as Italian Venetian plaster, stone plasters, and velvety metallic's to create exciting beautiful textured wall surfaces. Learn about the materials and application techniques inspired by the masters and how to apply these materials to your walls to create truly visually stunning and durable wall surfaces, perfect for your home or condo. Numerous textures, patterns, and colour combinations will be explored. Take advantage of this unique learning opportunity from an industry professional. (material costs \$100)

Mimico Adult Centre **255 Royal York Road**
Mon 7-9:30pm Jan 09 8wks \$135(\$68sr) 48313

Home Staging...Accelerate Your Sale

The process of preparing your home for sale should start long before the 'For Sale' sign goes on the lawn. This class will lead you through the steps to take to present your property at its' very best and sell faster and for top dollar. You will learn simple staging techniques, how to highlight the homes best features, updates that will add equity immediately and the importance of curb appeal and much more.

Mimico Adult Centre **255 Royal York Road**
Mon 7-9pm Jan 09 6wks \$81 (\$41sr) 48321

Newtonbrook SS **155 Hilda Avenue**
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48802

Overland Learning Centre **55 Overland Drive**
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 47926

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! (material costs: extra)

Agincourt CI **2621 Midland Avenue**
Wed 6:30-9pm Jan 11 9wks \$152(\$76sr) 47554

Central Technical **725 Bathurst Street**
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48397

Mimico Adult Centre **255 Royal York Road**
Wed 6:30-9:30pm Jan 11 6wks \$122(\$61sr) 48504

Northern SS **851 Mount Pleasant Road**
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47946

Overland Learning Centre **55 Overland Drive**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47864

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47621

West Toronto CI **330 Lansdowne Avenue**
Tue 1:30-3:30pm Jan 10 9wks \$122(\$61sr) 47610

Western Tech **125 Evelyn Crescent**
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 47836

Textile Art: Home Décor

Students will learn the basic concepts of the Elements and Principles of design. We will explore contemporary and cultural designs used to produce textile art. These concepts will be used to batik, stencil and screen print fabrics with various designs. These fabrics will then be used to create fabric art pieces

The symbol ☼ indicates a Seniors' Daytime course.

for home decor. This course will include an introduction to upholstery and refurbishing of home furnishings, framing and displaying fabric art and fabric embellishment. (material costs: \$25)

Cedarbrae CI **550 Markham Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48211

Languages

Arabic-Beginner

Learn Arabic for basic conversation in 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. (material costs: \$10)

Northview Heights SS **550 Finch Avenue West**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47303

West Toronto CI **330 Lansdowne Avenue**
Thu 1:30-3:30pm Jan 12 9wks \$122(\$61sr) 47543

Cantonese-Beginner

The basics of Cantonese language will be taught using a combination of grammar, vocabulary, reading and conversation. You will learn and practice the language through various activities in a fun and relaxing environment. (material costs: extra)

Northern SS **851 Mount Pleasant Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47680

Cantonese-Intermediate

Further develop your skills in speaking, listening, and reading Cantonese. Students must have a basic knowledge of spoken Cantonese. This is a continuation of the beginner course. A Cantonese /English Dictionary required. Emphasis will be placed on reading and conversation. (material costs: extra)

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47681

French-Beginner

Learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. The purchase of a textbook may be required at some schools. A French/English dictionary may be required. (material costs: extra)

Agincourt CI **2621 Midland Avenue**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47640

Cedarbrae CI **550 Markham Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48125

Cedarbrook CC **91 East Park Blvd**
Thu 10am-12pm Jan 12 9wks \$122(\$61sr) 47411

Central Technical **725 Bathurst Street**
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48379
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48380
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48381
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48382

Danforth C & Tl **800 Greenwood Avenue**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48183

Don Mills CI **15 The Donway East**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47808

Duke Of Connaught Jr & Sr PS **70 Woodfield Road**
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47412

Leaside HS **200 Hanna Road**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47336

Mimico Adult Centre **255 Royal York Road**
Tue 12-2pm Jan 10 9wks \$122(\$61sr) 47381

Newtonbrook SS **155 Hilda Avenue**
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 47667

Northern SS **851 Mount Pleasant Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47688

Northview Heights SS **550 Finch Avenue West**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47308

Overland Learning Centre **55 Overland Drive**
Thu 1:40-3:40pm Jan 12 9wks \$122(\$61sr) 47442
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47885

Richview CI **1738 Islington Avenue**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47417

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47618

West Toronto CI **330 Lansdowne Avenue**
Tue 9-11am Jan 10 9wks \$122(\$61sr) 47538

William Lyon Mackenzie CI **20 Tillplain Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47788

French-Beginner Level II

This 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 dic-

tionary may be required. (material costs: \$3-15 for photocopying or manual)

Burnhamthorpe CALC500 The East Mall
Sat 9-11:30am Jan 14 9wks \$152(\$76sr) 48004
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48761

Central Technical **725 Bathurst Street**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48509

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47689

Overland Learning Centre **55 Overland Drive**
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47886

Thistletown CI **20 Fordwich Crescent**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48140

French-Intermediate Level II

This is the perfect course for those who want to improve or maintain their knowledge of French. More emphasis will be placed on reading and conversation. A French/English dictionary may be required (material costs: extra)

Overland Learning Centre **55 Overland Drive**
Wed 1:45-3:45pm Jan 11 9wks \$122(\$71sr) 47497

French-Beginner Level III

This is a continuation of the Level II course for those who would like more of the basics before moving on to the Intermediate level. Additional emphasis will be placed on speaking, listening and reading. French/English dictionary may be required. Prerequisites: French - Beginner Level II. (material costs: \$5 for handouts)

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47690

French-Beginner/Intermediate

Further develop your skills in speaking, listening and reading. You must have a basic knowledge of spoken and written French. The purchase of a textbook or tape may be required. (material costs: \$5)

Mimico Adult Centre **255 Royal York Road**
Wed 9:30-11:30am Jan 11 9wks \$122(\$61sr) 47382

French-Intermediate

You must have a basic knowledge of French vocabulary and grammar. This is a continuation of the beginner course and focuses on reading and conversation. The purchase of a textbook may be required at some schools. A French/English dictionary may be required. (material costs: extra)

Agincourt CI **2621 Midland Avenue**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47552

Burnhamthorpe CALC500 The East Mall
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48724

Cedarbrae CI **550 Markham Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48126

Central Technical **725 Bathurst Street**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48383

Don Mills CI **15 The Donway East**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47809

Leaside HS **200 Hanna Road**
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47337

Mimico Adult Centre **255 Royal York Road**
Tue 9:30-11:30am Jan 10 9wks \$122(\$61sr) 47383

Northern SS **851 Mount Pleasant Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47691

Northview Heights SS **550 Finch Avenue West**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47309

Overland Learning Centre **55 Overland Drive**
Wed 10:45am-12:45pm Jan 11 9wks \$122 (\$61sr) 47443

French-Intermediate/Advanced

This course is designed for those with some knowledge of French. More emphasis will be placed on reading and conversation. This is the perfect course for those who want to improve or maintain their knowledge of French. French/English Dictionary may be required (material costs: extra)

Richview CI **1738 Islington Avenue**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47418

French-Advanced

This course is for those who are fluent in French and wish to maintain their knowledge of the language. The purchase of a textbook or tape may be required. (material costs: \$5)

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47687

German-Beginner

Learn the basics conversational German for use in everyday situations. Interactive methods are used to develop the language skills. This course teaches the basics using a combination of grammar, vocabulary, reading, writing and conversation. The purchase of a textbook may be required at some schools. German/English dictionary may be required. (material costs: \$5)

Cedarbrae CI **550 Markham Road**
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48205

Central Technical **725 Bathurst Street**
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48384

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47692

German-Intermediate

Further develop your skills in speaking, listening and reading German. You must have a basic knowledge of spoken and written German. This is a continuation of the beginner course. German/English dictionary may be required. (material costs: \$5)

Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48385

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47693

Greek, Modern-Beginner

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. The purchase of a textbook may be required. (material costs: extra)

Danforth C & TI 800 Greenwood Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48152

Hebrew-Beginner

Learn basic conversational Hebrew. You will be introduced to the Hebrew alphabet and the basic structure of the language using a combination of grammar, vocabulary, reading and conversation. Learn basic Hebrew in an easy and fun way.

Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47311

Hindi-Beginner

Beginner level instruction is offered in reading, understanding, and speaking Hindi.

Danforth C & TI 800 Greenwood Avenue
Wed 6-8pm Jan 11 11wks \$122(\$61sr) 48153

Hindi-Intermediate

Further develop your skills in speaking, listening, and reading Hindi. Students must have a basic knowledge of spoken and written Hindi. This is a continuation of the beginner course. (material costs: extra)

Danforth C & TI 800 Greenwood Avenue
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 48184

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. The purchase of a textbook may be required at some schools. An Italian/English dictionary required. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47556

Central Technical 725 Bathurst Street
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48400
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48602

Leaside HS 200 Hanna Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47348

Newtonbrook SS 155 Hilda Avenue
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47657

Northern SS 851 Mount Pleasant Road
Mon 5:30-7:30pm Jan 09 9wks \$122(\$61sr) 47698

Richview CI 1738 Islington Avenue
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47420

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47622

West Toronto CI 330 Lansdowne Avenue
Tue 11:15am-1:15pm Jan 10 9wks \$122(\$61sr) 47539

Italian-Beginner ☀

Emphasis is on basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. The purchase of a textbook may be required. (material costs: \$5)

Overland Learning Centre 55 Overland Drive
Thu 1:45-3:45pm Jan 12 9wks \$122(\$71sr) 47504

Italian-Beginner Level II

This course reviews and expands the knowledge gained in Italian Beginner. Your listening comprehension, oral expression, reading and writing skills will be further developed. Northern material cost \$10) (material costs: \$5)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47557

Burnhamthorpe CALC500 The East Mall
Sat 9-11:30am Jan 14 9wks \$152(\$76sr) 48006
Tue 7-9:30pm Jan 10 9wks \$152(\$76sr) 48764

Northern SS 851 Mount Pleasant Road
Mon 7:30-9:30pm Jan 09 9wks \$122(\$61sr) 47699

Italian-Intermediate

Further develop your skills in speaking, listening, and reading Italian. More emphasis will be placed on reading and conversation. You must have a basic knowledge of spoken and written Italian. Continuation of the beginner course. An Italian/English dictionary may be required. (material costs: \$3-10)

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48401

Japanese-Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. (material costs: \$5)

Central Technical 725 Bathurst Street
Thu 6:45-8:45pm Jan 12 9wks \$122(\$61sr) 48402

Japanese-Level II

This course is for those who have the knowledge of Hiragana. You will develop listening, speaking and writing skills. Katakana will be taught. Learn to express yourself in Japanese. Prerequisite: Level I or equivalent. (material costs: \$5)

Central Technical 725 Bathurst Street
Thu 6:45-8:45pm Jan 12 9wks \$122(\$61sr) 48403

Japanese-Level III

This course is for those who have knowledge of Katakana. It will further develop your listening and speaking skills and will focus on using appropriate vocabulary in social situations when making requests, when describing experiences, etc. Kanji will be taught. Prerequisite: Level II or equivalent (material costs: \$5)

Central Technical 725 Bathurst Street
Thu 6:45-8:45pm Jan 12 9wks \$122(\$61sr) 48404

Korean-Beginner

When wanting to learn about another culture, it's very important to learn the language. In the Korean language there is a 24-letter alphabet. You will learn all the consonants and vowels and begin to recognize them in simple words. Elementary words will also be taught so students can construct simple sentences.

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47559

Mandarin Chinese-Beginner

The basic structure of the Chinese language and culture will be taught focusing on phonetics and basic conversation. At some schools a refundable deposit may be required for the textbook. Pin Yin system will be taught. (material costs: extra)

Agincourt CI **2621 Midland Avenue**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47561

Cecil CC **58 Cecil Street**
Thu 6:15-8:15pm Jan 12 9wks \$122(\$61sr) 47405
Mon 1-3pm Jan 09 9wks \$122(\$61sr) 47406

Central Technical **725 Bathurst Street**
Tue 6:30-9pm Jan 10 9wks \$152(\$76sr) 48607

Newtonbrook SS **155 Hilda Avenue**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47659

Overland Learning Centre **55 Overland Drive**
Wed 7:30-9:30pm Jan 11 9wks \$122(\$61sr) 47929

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47651

West Toronto CI **330 Lansdowne Avenue**
Tue 1:30-3:30pm Jan 10 9wks \$122(\$61sr) 47540

Mandarin Chinese-Intermediate

Improve conversational skills and develop an appreciation of Chinese culture. Pin Yin is a must for the Central Tech course. (material costs: \$3)

Central Technical **725 Bathurst Street**
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48408

Don Mills CI **15 The Donway East**
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47815

Mandarin Chinese-Intermediate Level II

This is the continuation of the Mandarin Intermediate level for those who would like to have more conversational skills and improve Chinese writing skills. The beginner and intermediate level are required.

Bendale BTI **1555 Midland Avenue**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48062

Portuguese-Beginner

This course begins with the basics using a combination of grammar, vocabulary, reading and conversation. Participants will learn and practice the language through various activities in a fun and relaxing environment. Short sentences and dialogue will build vocabulary and teach pronunciation. Purchase of a textbook may be required. A Portuguese/English dictionary may be

required. (material costs: \$3)

Central Technical **725 Bathurst Street**
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48613

West Toronto CI **330 Lansdowne Avenue**
Thu 9-11am Jan 12 9wks \$122(\$61sr) 47541

York Memorial CI **2690 Eglinton Ave W**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 48203

Portuguese-Intermediate

Further develop your skills in speaking, listening and reading Portuguese. More emphasis will be placed on reading and conversation. You must have a basic knowledge of spoken and written Portuguese. Improve conversational skills and develop an appreciation of Portuguese culture. Continuation of the beginner course. A Portuguese/English dictionary may be required. (mat. costs: \$3)

Central Technical **725 Bathurst Street**
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48421

Russian

Learn the basics of Russian for everyday conversational situations using interactive methods to develop language skills. Beginner level vocabulary and grammar will be introduced with an emphasis on conversation skills. A Russian/English dictionary may be required. (material cost: \$5)

Newtonbrook SS **155 Hilda Avenue**
Tue 6-7:30pm Jan 10 9wks \$91 (\$46sr) 48113

Sign Language Beginner

This is a basic course in American Sign Language. It includes vocabulary and the grammatical structure of the language. You will also be provided with valuable information to help you understand the deaf community and culture. This is not a certificate granting course. (material costs: extra)

Newtonbrook SS **155 Hilda Avenue**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47661

Northern SS **851 Mount Pleasant Road**
Tue 6-8pm Jan 10 9wks \$122(\$61sr) 47710

Sign Language Beginner Level II

This course is a continuation of Sign Language Beginner and prepares students for Sign Language Intermediate. There is further exploration of the deaf community and culture. (material costs: extra)

Northern SS **851 Mount Pleasant Road**
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 47711

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. (material costs: extra)

Danforth C & Tl **800 Greenwood Avenue**
Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 48167

Overland Learning Centre **55 Overland Drive**
Mon 1:45-3:45pm Jan 09 9wks \$122(\$61sr) 47460

Spanish-Beginner

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 environment. The purchase of a textbook may be required at some schools. (material costs: extra)

Agincourt CI **2621 Midland Avenue**
Wed 5:45-7:45pm Jan 11 9wks \$122(\$61sr) 47566

Burnhamthorpe CALC500 The East Mall
Tue 6:30-8pm Jan 10 9wks \$91 (\$46sr) 48773

Cedarbrae CI **550 Markham Road**
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 48133

Central Technical **725 Bathurst Street**
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48435
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48436
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48652

Danforth C & Tl **800 Greenwood Avenue**
Thu 6-8pm Jan 12 9wks \$122(\$61sr) 48168

Don Mills CI **15 The Donway East**
Mon 5:30-7:30pm Jan 09 9wks \$122(\$61sr) 48111

Leaside HS **200 Hanna Road**
Wed 6-8pm Jan 11 9wks \$122(\$61sr) 47364

Mimico Adult Centre **255 Royal York Road**
Thu 9-11am Jan 12 9wks \$122(\$61sr) 47396

Northern SS **851 Mount Pleasant Road**
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47712
Tue 5:45-7:45pm Jan 10 9wks \$122(\$61sr) 47713

Northview Heights SS **550 Finch Avenue West**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47316

Overland Learning Centre **55 Overland Drive**
Sat 8:30-10:30am Jan 14 9wks \$122(\$61sr) 47906

Richview CI **1738 Islington Avenue**
Mon 6-8pm Jan 09 9wks \$122(\$61sr) 47428

Sir Oliver Mowat CI **5400 Lawrence Avenue East**
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47631

West Toronto CI **330 Lansdowne Avenue**
Thu 11:15am-1:15pm Jan 12 9wks \$122(\$61sr) 47542

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47793

York Memorial CI 2690 Eglinton Ave W
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47778

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. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7:45-9:45pm Jan 11 9wks \$122(\$61sr) 47567

Burnhamthorpe CALC500 The East Mall
Sat 9-11:30am Jan 14 9wks \$152(\$76sr) 48011
Tue 8-9:30pm Jan 10 9wks \$91 (\$46sr) 48774

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48653

Danforth C & Tl 800 Greenwood Avenue
Thu 6-8pm Jan 12 9wks \$122(\$61sr) 48169

Don Mills CI 15 The Donway East
Mon 7:30-9:30pm Jan 09 9wks \$122(\$61sr) 47817

Leaside HS 200 Hanna Road
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 47365

Northern SS 851 Mount Pleasant Road
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 47714

Richview CI 1738 Islington Avenue
Mon 8-10pm Jan 09 9wks \$122(\$61sr) 47429

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 is a continuation of the Beginner course. Spanish/English dictionary may be required. (material costs: extra)

Central Technical 725 Bathurst Street
Wed 6:30-8pm Jan 11 9wks \$91 (\$46sr) 48437

Mimico Adult Centre 255 Royal York Road
Thu 11am-1pm Jan 12 9wks \$122(\$61sr) 47397

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47715

Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47317

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47907

Western Tech 125 Evelyn Crescent
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48303

Spanish-Intermediate II

A continuation of Intermediate. Students 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.

Central Technical 725 Bathurst Street
Wed 8-9:30pm Jan 11 9wks \$91 (\$46sr) 48438

Northern SS 851 Mount Pleasant Road
Tue 7:45-9:45pm Jan 10 9wks \$122(\$61sr) 47716

Spanish-Intermediate/Advanced

This course is designed for those with some knowledge of Spanish. More emphasis will be placed on reading and conversation. This is the perfect course for those who want to improve or maintain their knowledge of Spanish. Spanish/English dictionary may be required. (material costs: extra)

Burnhamthorpe CALC500 The East Mall
Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 48742

Spanish-Advanced

This course is for those with considerable background in Spanish who want to maintain their knowledge of the language. The purchase of a textbook or tape may be required. A Spanish/English dictionary may be required. Prerequisite: Spanish Intermediate. (material costs: extra)

Central Technical 725 Bathurst Street
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48434

Danforth C & Tl 800 Greenwood Avenue
Thu 8-9:30pm Jan 12 9wks \$91 (\$46sr) 48206

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Jan 14 9wks \$122(\$61sr) 47905

Turkish-Beginner

Learn practical Turkish words and phrases; Essential Turkish vocabulary for everyday situations; meeting and greeting people for the first time; asking questions and ordering food and drink; talking about your family and friends as well as finding your way around and asking for directions. (material costs:\$5)

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47794

Music

Chinese Singing ☀

Through patient guidance and practice you will find ease and pleasure in singing. Mandarin/Cantonese popular and folk songs are taught.

Second Mile/Kensington Gdn 25 Brunswick Ave.
Wed 1-2:30pm Jan 11 9wks \$91 (\$53sr) 47478

St Stephen's Com. House 340 College St, Unit 360
Fri 1:30-3:30pm Jan 13 9wks \$122(\$71sr) 47477

Guitar-Beginner

This class is for people with little or no background in playing the guitar. The following areas will be covered through supportive class and individual instruction: basic open chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to bring your own acoustic guitar. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47553

Central Technical 725 Bathurst Street
Tue 6:30-8:30pm Jan 10 9wks \$122(\$61sr) 48386

Leaside HS 200 Hanna Road
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47340

Mimico Adult Centre 255 Royal York Road
Wed 9-11am Jan 11 9wks \$122(\$61sr) 47387
Mon 7:30-9:30pm Jan 09 9wks \$122(\$61sr) 48316

Newtonbrook SS 155 Hilda Avenue
Tue 6:15-9:15pm Jan 10 9wks \$183(\$91sr) 47668

Northview Heights SS 550 Finch Avenue West
Mon 7-9:30pm Jan 09 9wks \$152(\$76sr) 47310

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47619

West Toronto CI 330 Lansdowne Avenue
Tue 9-11am Jan 10 9wks \$122(\$61sr) 47608

York Memorial CI 2690 Eglinton Ave W
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47772

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. Prerequisite: Guitar Beginner. (material costs: \$3-5)

Burnhamthorpe CALC500 The East Mall
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48763

Don Mills CI 15 The Donway East
Mon 6:30-8:30pm Jan 09 9wks \$122(\$61sr) 48106

Guitar-Intermediate

You should be able to play basic open chords and have some experience playing notation. The course will introduce you to more advanced open chords and bar chords as well as more difficult melody lines and rhythms. A wide range of music will be explored reflecting student interest. You are required to bring your own guitar. Some guitars are available for use. (material costs: extra)

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Jan 12 9wks \$122(\$61sr) 48387

Leaside HS 200 Hanna Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47341

Mimico Adult Centre 255 Royal York Road
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 48317

Harmonica Workshop: Blues

Here's a great opportunity to learn how to play blues on the harmonica. The classes will cover some blues harmonica history, listening to important harmonica players and their styles as well as a huge dose of hands-on learning on how to play the blues harmonica. Participants require their own 10 hole diatonic harmonica in the key of 'C'.

Mimico Adult Centre 255 Royal York Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48318

Let's Sing

Music is fun and soothing to the soul. It's an emotional outlet, a stress reliever and an energy booster. Come and find your singing voice and learn fundamentals of singing—exercises, breathing, placement, support, production, vowels, consonants, some notation, theory and phrasing, and warm ups. Practice vocal health and maintenance. Come join the fun and make music with us. (material costs: \$20)

Mimico Adult Centre 255 Royal York Road
Mon 6:15-9:15pm Jan 09 6wks \$122(\$61sr) 48323

Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Jan 10 6wks \$122(\$61sr) 47702

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6:30-8:30pm Jan 11 9wks \$122(\$61sr) 47623

Music Theory, Rudiments ☀

This course is designed to teach you the basics of music theory. Basic knowledge of key signatures, major and minor scales and intervals.

Mimico Adult Centre 255 Royal York Road
Tue 11am-12:30pm Jan 10 9wks \$91 (\$53sr) 47508

Music Theory: Basic Rudiments Part I

This course is designed to teach you the basics of music theory. Students will learn, practice and review key signatures, major and minor scales, intervals, time signatures, musical terms, and chord formations. (Material costs: extra)

Central Technical 725 Bathurst Street
Tue 6:30-7:30pm Jan 10 9wks \$61 (\$30sr) 48410
Thu 6:30-7:30pm Jan 12 9wks \$61 (\$30sr) 48411

Leaside HS 200 Hanna Road
Mon 6-7pm Jan 09 9wks \$61 (\$30sr) 47356

Overland Learning Centre 55 Overland Drive
Mon 3-4:30pm Jan 09 9wks \$91 (\$46sr) 47450

Opera Chorus-Beginner

This course allows opportunity for both learning and performing for singers who can read music and/or have choral experience. Music is studied and memorized in the fall session and then performed on stage in the winter session. Those registering for the winter session must have completed the fall session course. (material costs: \$100, payable in instalments of \$50 per term.)

Bickford Centre 777 Bloor Street West
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47407

Opera, Soloist-Intermediate

This course is open to singers who have vocal training, have some knowledge of opera, and have successfully auditioned (for audition information, please consult <http://www.toronto-opera.com>) Students are expected to appear in staged and costumed productions during the winter session. Those registering for the winter course must have completed the course in the previous term. (material costs: \$100, payable in instalments of \$50 per term.)

Bickford Centre 777 Bloor Street West
Wed-Thu 6:30-9:30pm Jan 11 9wks \$365(\$183sr) 47408

Piano Keyboarding-Beginner/Intermediate

This class is designed to meet the needs of the beginner as well as those with some previous playing experience. Various teaching techniques will be used. Classical as well as contemporary music will be included. Bring your own keyboard. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Wed 11:30am-1:30pm Jan 11 9wks \$122(\$61sr) 47392

York Memorial CI 2690 Eglinton Ave W
Wed 6-7:30pm Jan 11 9wks \$91 (\$46sr) 47773

Piano Keyboarding-Beginner: Level I

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. At Leaside, Agincourt and Mimico, students must bring their own keyboard to class. At Bendale some keyboards available, but students may bring their own. At Overland, keyboard rentals may be arranged. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47564

Bendale BTI 1555 Midland Avenue
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48611

Central Technical 725 Bathurst Street
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 48418

Leaside HS 200 Hanna Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47361

Mimico Adult Centre 255 Royal York Road
Wed 1:30-3pm Jan 11 9wks \$91 (\$46sr) 47393

Overland Learning Centre 55 Overland Drive
Thu 1:45-2:45pm Jan 12 9wks \$61 (\$30sr) 47453
Thu 3:15-4:15pm Jan 12 9wks \$61 (\$30sr) 47454

West Toronto CI 330 Lansdowne Avenue
Thu 11:45am-1:15pm Jan 12 9wks \$91 (\$46sr) 47609

Piano Keyboarding-Beginner: Level II

This is a course designed for students with some previous playing experience. Further development of playing hands together, phrasing, dynamics and rhythmic concepts are explored. (At Leaside, students must bring their own keyboard & headsets to class. At Overland, keyboard rentals may be arranged.) (material costs: extra)

Central Technical 725 Bathurst Street
Thu 7:30-9:30pm Jan 12 9wks \$122(\$61sr) 48419

Leaside HS 200 Hanna Road
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47362

Overland Learning Centre 55 Overland Drive
Tue 1:45-3:15pm Jan 10 9wks \$91 (\$46sr) 47455

Piano Keyboarding-Beginner: Level III

This is a continuation of Piano Keyboarding Beginner Level II. In a fun setting, continue learning to play the piano. Various teaching techniques will be used. Classical as well as contemporary music will be studied. Keyboard rentals may be arranged. (material costs: extra)

Overland Learning Centre 55 Overland Drive
Wed 1:45-3:15pm Jan 11 9wks \$91 (\$46sr) 47456

Piano Keyboarding-Intermediate

Designed for students with some previous playing experience. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts are explored. Keyboards are available.

Overland Learning Centre 55 Overland Drive
Mon 1:30-3pm Jan 09 9wks \$91 (\$46sr) 47457

Piano Keyboarding-Intermediate

Designed for students who have previous playing experience. Further development of playing hands together, phrasing, dynamics and rhythmic concepts are explored. Please bring your own keyboard.

Mimico Adult Centre 255 Royal York Road
Tue 12:30-2:30pm Jan 10 9wks \$122(\$71sr) 47513

Steel Band

Steelpans, originally created from discarded oil drums in Trinidad and Tobago sometime in the early 1940s, have inspired musicians worldwide to form Steel Bands, playing music from calypso and jazz to the Beatles and Bach! Join us to learn to play the steelpan. It's easy and it's fun! Who knows, you may form a Steel Band of your own! No musical background is necessary, just the desire to learn to play and have fun!

Cedarbrae CI 550 Markham Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48135

Self Development

Advanced Spa Manicures & Artificial Nails

Learn advanced spa manicure techniques such hand scrubs, Mud treatments and the latest artificial Gel nails and Shellac nails. Also learn to make your own Scrubs and hand lotions. Treat yourself and friends and save your money. Prerequisite: manicure/pedicure course. (material costs \$90)

Bendale BTI 1555 Midland Avenue
Tue 6:30-8pm Jan 10 9wks \$91 (\$46sr) 48604

Asserting Yourself

Do you have a hard time saying NO? Are you afraid to ask for what you want? Are you not sure how to handle criticism? Asserting Yourself provides small group interactions where you will acquire the necessary skills to make choices that will build your self-confidence. Learn effective strategies to help you communicate in an assertive, clear, concise and positive manner.


Burnhamthorpe CALC500 The East Mall
Sat 9:30-11:30am Jan 14 9wks \$122(\$61sr) 48002

Mimico Adult Centre 255 Royal York Road
Mon 7-9:30pm Jan 09 9wks \$152(\$76sr) 48358

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48355

Basic Facials

Don't get caught buying the wrong skincare products and stop paying for expensive facials! Learn the basics of a professional facial: Treat yourself or friends and family to an enjoyable, relaxing facial. Learn how to analyze the skin and perform the massage

The symbol  indicates a Seniors' Daytime course.

techniques and tools, taught through demonstrations (materials costs \$90)

Bendale BTI 1555 Midland Avenue
Tue 8:15-9:45pm Jan 10 9wks \$91 (\$46sr) 48605

De-Cluttering Your Life

Is all the clutter in your life or your space getting you down? Do you have a hard time getting started? Well it's time to turn the tide, make a choice to de-clutter your life and space to free you up and move you into action. Start the process now!

Mimico Adult Centre 255 Royal York Road
Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 48311

Discovering Your Natural Talents and Gifts

The workshop is designed to help individuals become their very best. In a warm, non-judgemental and meditative classroom environment, students are invited to reflect on their life, to recognize their talents and gifts, and to trust in their own resources to effect positive and lasting change.

Overland Learning Centre 55 Overland Drive
Sat 9am-3pm Feb 25 1wks \$34 (\$17sr) 48750

Hairdressing & Styling-Beginner

Acquire skills in haircutting, blow drying, colouring and styling. (material costs: Up to \$90) This is not a certificate granting course.

Cedarbrae CI 550 Markham Road
Mon 7-9:30pm Jan 09 9wks \$152(\$76sr) 48127

Overland Learning Centre 55 Overland Drive
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 47862

Healthy Nutrition

'Let thy food be thy medicine and thy medicine be thy food,' Hippocrates. There is so much confusion regarding nutrition nowadays that it's important to arm yourself with a superb nutritional understanding to make wise choices. Among some of the topics covered are: digestion, detoxifying, food combining, weight loss, sports nutrition and nutrition for specific health conditions. (material costs: \$5)

Overland Learning Centre 55 Overland Drive
Thu 7:30-9pm Jan 12 9wks \$91 (\$46sr) 47925

Integrative Body Works

Learn how to improve your energy levels, your moods, health, and ultimately your life. This course will focus on a variety of natural healing techniques that work to shift both your physical body and your energetic field into balance. We will cover the following topics: Protection, Crystal & Colour therapy, Visualization & Imagery, Chakra balancing, energy work, meditation, dowsing, smudging, affirmations, chanting, spirit guides, and karma. (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 48502

William Lyon Mackenzie CI 20 Tillplain Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 48460

Introduction to Shamanism Workshop

Learn hands on in the 1 day workshop about world shamanism, its history, benefits and its relevance to modern life. Topics covered: drumming and rattling to induce trance state, journey to the lower and upper world, calling in the four directions and elements, raising power/energy, meeting your power animal, meeting your guide, connecting to nature spirits, various shamanic rituals and more. Please bring: a blanket or mat, a blindfold or scarf; any drums, rattles or bells you have; a lunch and snacks (material costs: \$20 - optional)

Overland Learning Centre 55 Overland Drive
Sat 9am-3pm Jan 28 1wks \$37 (\$19sr) 47891

Life Coaching

Learn about what makes you happy and how to be successful in all areas of your life. Enjoy setting goals and attaining them effortlessly. Learn about what has prevented you from achieving certain goals in the past, and how to stop self-sabotage. This course is about finding the confidence, commitment and motivation to fulfill your potential!

Burnhamthorpe CALC500 The East Mall
Sat 9:30-11am Jan 14 9wks \$91 (\$46sr) 47963

Make Up Application

Learn the basics of make-up application; current make-up trends, and the proper usage of tools. Techniques to enhance face shapes and facial features are taught through demonstration. Through personalized instruction, go from casual day make-up to a glamorous night look with the swipe of a brush. Students are required to bring make-up

products and tools they own to the first class.

Agincourt CI 2621 Midland Avenue
Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 47560

Personal Brand Strategies Workshop

Personal Branding is not about building a special image for the outside world; it is about understanding and showing what is truly unique about you - your strengths, skills, values and passions - and using that to differentiate yourself and guide your career, professional and private life decisions. Learn how you can positively influence the environment around you and attract what you need to achieve your goals and to have success.

Overland Learning Centre 55 Overland Drive
Sat 9am-12pm Feb 11 1wks \$20 (\$10sr) 47897

ReDesign Your Life

With boomers either approaching or in the midst of retirement, many are in the process of asking themselves what they want now and how to achieve it. Students will learn how to reconnect to their life purpose, explore new ways to expand their relationships and make conscious choices that will bring them fulfillment in health, home, career and self. (material costs: \$3)

Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Jan 11 8wks \$108(\$54sr) 48427

Stress Management for Everyday Living

Do you need to slow down and learn how to manage stress? This course teaches natural and time-honoured stress reduction techniques in a relaxed and friendly environment. This course promotes calmness and a peaceful state of mind. (material costs: \$5)

Mimico Adult Centre 255 Royal York Road
Fri 10-11:30am Jan 13 9wks \$91 (\$46sr) 48655

Unity, Life & Mind Transformation

This course will introduce the participants to learning to trust the flow of creativity, to allow them to forge profound connections with everything and everyone in the world; as well as dealing with their daily life and discovering the level of abundance that they are entitled to and how to achieve it. In working with mandala, the twelve realms of zodiac will be discussed; each being a door-

way through which one can explore specific areas of life in the process of manifestation. (material costs \$120-optional)

Mimico Adult Centre 255 Royal York Road
Mon 6:30-9:30pm Jan 09 9wks \$183(\$91sr) 48337

Overland Learning Centre 55 Overland Drive
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 47873

Sewing

Fashion Design Multi Level

Students will study fashion trends past and present. Learn the elements and principles of design, and apply them to clothing design or wardrobe planning. Learn how to select colour, fabrics, shapes, textile printing and silhouette to make good clothing designs. A section of this course will cover how to dress to make an impact; interviews and business attire. Students seeking a career in Fashion will learn about the many careers in the Fashion industry.

Bendale BTI 1555 Midland Avenue
Tue 6-9pm Jan 10 9wks \$183(\$91sr) 48058

Pattern Drafting & Design Part II

Create your own sewing patterns for fashion apparel through flat-pattern drafting. This course focuses on trouser/skirt drafting and related fashion design techniques. Students will create a personal pant sloper, as well as a skirt block, to go with their 'below-the-waist' creations. Various design techniques such as waistbands, pockets and facings will be explored. Students will supply their own tools. Basic sewing skills are an asset. (material costs:\$10.)

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Jan 11 9wks \$183(\$91sr) 48610

Quilting-Beginner

Learn the basics of hand quilting from piecing a block to quilting the whole quilt. Make a sampler quilt. Learn a variety of blocks and sew the ones you like. No sewing experience required. (material costs: \$5 for handouts; extra for quilting fabrics)

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Jan 09 9wks \$122(\$61sr) 47709

Sewing for the Home

This course will focus on learning how to sew by sewing machine and by hand. You will become familiar with how to use and maintain a sewing machine, learn several hand-stitches, determine appropriate fabrics, colours and designs and production-sewing techniques. Using these skills, you will design and make items for your home such as cushions, several window treatments including roman shades and different styles of curtains; wall hangings, table covers and just about anything that can be sewn to enhance your home. (material costs: extra)

West Toronto CI 330 Lansdowne Avenue
Thu 1:30-3:30pm Jan 12 9wks \$122(\$61sr) 48805

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. You should bring your own machine if possible. (material costs: extra)

Agincourt CI 2621 Midland Avenue
Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 47565

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48432

Danforth C & TI 800 Greenwood Avenue
Wed 6:30-9pm Jan 11 9wks \$152(\$76sr) 48165

Mimico Adult Centre 255 Royal York Road
Mon 7-9:30pm Jan 09 9wks \$152(\$76sr) 48331

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Jan 14 9wks \$122(\$61sr) 47904

Sir Oliver Mowat CI 5400 Lawrence Avenue East
Wed 6-9pm Jan 11 9wks \$183(\$91sr) 47630

West Toronto CI 330 Lansdowne Avenue
Tue 9-11:30am Jan 10 9wks \$152(\$76sr) 48356

Western Tech 125 Evelyn Crescent
Thu 7-9:30pm Jan 12 9wks \$152(\$76sr) 47843

William Lyon Mackenzie CI 20 Tillplain Road
Tue 6:30-9pm Jan 10 9wks \$152(\$76sr) 47792

Sewing-Beginner ☀

See above description. (material costs: extra)

Joseph Piccininni Centre 1369 St Clair Ave W
Tue 1-3:30pm Jan 10 9wks \$152(\$89sr) 47515

Mimico Adult Centre 255 Royal York Road
Tue 9am-12pm Jan 10 9wks \$183(\$107sr) 47516

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 will be proud to wear. Basic sewing skills required. Please bring sewing kit, fabric and pattern to the first class so the learning can begin right away! (material costs: \$12)

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Jan 12 9wks \$183(\$91sr) 48433

Danforth C & TI 800 Greenwood Avenue
Thu 6:30-9pm Jan 12 9wks \$152(\$76sr) 48166

Mimico Adult Centre 255 Royal York Road
Wed 7-9:30pm Jan 11 9wks \$152(\$76sr) 48507

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.

Dixon Hall 58 Sumach Street
Tue 10am-12:30pm Jan 10 9wks \$152(\$89sr) 47517

Mimico Adult Centre 255 Royal York Road
Tue 12:30-3:30pm Jan 10 9wks \$183(\$107sr) 47518

Tailoring Advanced

This course covers tailoring techniques such as felt collars, welt pockets, pad stitching on lapels and mens or ladies wear. Prerequisite: Sewing-Intermediate or equivalent experience. (material costs: \$10)

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Jan 10 9wks \$183(\$91sr) 48442

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.) (material costs: extra)

Northern SS 851 Mount Pleasant Road
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47675

Golf-Beginner

Basic fundamentals of the golf swing will be covered, along with other topics. (material costs: extra)

Don Mills CI 15 The Donway East
Mon 6:30-8pm Jan 09 9wks \$91 (\$46sr) 47810

Thistletown CI 20 Fordwich Crescent
Tue 7-9pm Jan 10 9wks \$122(\$61sr) 47801

Golf-Beginner/Intermediate

Come out and improve your short game technique by practising your chipping, pitching and putting. (material costs: extra)

Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Jan 12 9wks \$122(\$61sr) 48151

Leaside HS 200 Hanna Road
Wed 7-9pm Jan 11 9wks \$122(\$61sr) 47339

Golf-Intermediate

The fundamentals of the golf swing and putting will be reviewed. (material costs: \$5)

Don Mills CI 15 The Donway East
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 47811

Golf: Back To Basics

This course is a must for any beginning golfer or experienced golfer who has developed bad habits. Back to Basics focuses on the fundamentals that dictate the success of any golf swing. Set-up, swing mechanics and short game (chipping, pitching, putting) will be covered. (A putter and wedge will be required.) (material costs: extra)

Mimico Adult Centre 255 Royal York Road
Mon 6:30-8pm Jan 09 9wks \$91 (\$46sr) 48314
Mon 8-9:30pm Jan 09 9wks \$91 (\$46sr) 48315

Soccer-Indoor for Men

This course is organized for soccer players with 3 or more years experience. It gives the seasoned player a chance to refine their skills, keep fit and have fun during the off season.

Burnhamthorpe CALC500 The East Mall
Tue 7:30-9:30pm Jan 10 9wks \$122(\$61sr) 48741

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.

Central Technical	725 Bathurst Street				
Tue	6:30-8pm	Jan 10	9wks	\$91 (\$46sr)	48444
Thu	6:30-8pm	Jan 12	9wks	\$91 (\$46sr)	48445
Wed	6:30-8pm	Jan 11	9wks	\$91 (\$46sr)	48446

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.

Central Technical	725 Bathurst Street				
Tue	8-9:30pm	Jan 10	9wks	\$91 (\$46sr)	48447
Thu	8-9:30pm	Jan 12	9wks	\$91 (\$46sr)	48448
Wed	8-9:30pm	Jan 11	9wks	\$91 (\$46sr)	48449

Volleyball

Come and play the sport that is becoming more and more popular and get a great workout at the same time. This recreational co-ed course will develop your interest in physical activity and promote your well-being. (material costs: \$5)

Northern SS	851 Mount Pleasant Road				
Mon	7-9pm	Jan 09	9wks	\$122(\$61sr)	47722

Theatre, Film & TV

Cinematography

Cinematography and videography, analog and digital, are explored in depth in this theoretical course. Starting from the basics, these classes will take you deeper in the realm of professional cinematography by teaching you techniques used all around the world by the professionals of the craft. Lenses, lights, color, recording systems, formats, standards, frame composition, indoor, outdoor and more : learn all the tools you will need to operate any film or video camera and light your shots like a pro.

Danforth C & TI	800 Greenwood Avenue				
Wed	7:30-9:30pm	Jan 11	9wks	\$122(\$61sr)	48147

Drama-Beginner/Intermediate

Do you like to act? Do you want to improve

your public speaking or communication skills? Do you want to improve your self-confidence? Or do you just want to have some creative fun? In an enjoyable and mutually supportive atmosphere, these classes will help you develop the skills necessary to reach your goals. (material costs: extra)

Central Technical	725 Bathurst Street				
Tue	6:30-9pm	Jan 10	9wks	\$152(\$76sr)	48370

Newtonbrook SS	155 Hilda Avenue				
Tue	6-7:30pm	Jan 10	9wks	\$122(\$61sr)	47654

Producing a Short Film

This introductory lecture course will cover the fundamentals of filmmaking. From the original idea to film distribution you will learn the step-by-step procedures of making an independent film. Topics will include story writing, elements of shooting a film, pre and post production, distribution and equipment.

Danforth C & TI	800 Greenwood Avenue				
Thu	6-9pm	Jan 12	9wks	\$183(\$91sr)	48163

Screenplay Writing: Basic Elements

This creative writing course covers the tools of storytelling in screenplay form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Bring a writing notebook. (material costs: \$10)

Central Technical	725 Bathurst Street				
Thu	6:30-9:30pm	Jan 12	9wks	\$183(\$91sr)	48428

Newtonbrook SS	155 Hilda Avenue				
Tue	6-7:30pm	Jan 10	9wks	\$91 (\$46sr)	47669

Stages of Production

From script to screen, explore the basic elements of film production. Learn cinematography, lighting, sound recording, editing and directing. Designed for the beginner, this course will introduce the concepts of storyboarding, continuity, script analysis, camera theory, lenses, filters, film stock and more. A foundation camera workshop, including the basic operation of the Bolex (a versatile 16mm camera) and a practical lighting demonstration will be included. Bring a notebook and pen. (material costs: \$10)

Central Technical	725 Bathurst Street				
Wed	6:30-9:30pm	Jan 11	9wks	\$183(\$91sr)	48439

Visual Directing

A film is good or bad, yes, but why? Learn all the techniques used by today's most famous directors to enthrall their audiences and keep them at the edge of their seats for a whole movie. Shot by shot detailed analysis of some scenes from the most famous films of the last 30 years will show you how the likes of Steven Spielberg prepare and transfer their stories to the big screen while maximizing the emotional stimuli for the spectators.

Danforth C & TI	800 Greenwood Avenue				
Wed	5:30-7:30pm	Jan 11	9wks	\$122(\$61sr)	48172