Learn4Life.ca

SUMMER 2019

Programs For Adults 18+ and Seniors

Registration opens 
May 15

416-338-4111 | @TDSB_ConED facebook.com/TDSBLearn4Life @learn4lifetdsb
The Learn4Life Brochure: Every effort is made to ensure accuracy at the time of printing. The Toronto District School Board reserves the right to make any necessary changes in matters related to course content and offerings, procedures, policies, and costs. Learn4Life programs are supported by Ministry of Education’s Community Use of Schools Grant which allows for use of school space at a reduced rate.

Please note that parking at the site is limited.

1 Central Technical School
725 Bathurst Street
2 City Adult Learning Centre
1 Danforth Avenue
3 Harbord Collegiate Institute
286 Harbord Street
4 Mimico Adult Centre
255 Royal York Road
5 Overland Learning Centre
55 Overland Drive
6 York Memorial CI
2690 Eglinton Avenue West

TTC Subway
TTC information line: 416-393-INFO (4636)

Communityprograms@tdsb.on.ca
Fax: 416.394.3877
Phone: 416.338.4111

Continuing Education Department
2 Trethewey Drive, 3rd Floor
Toronto, Ontario, M6M 4A8
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For registration form and information, see pages 2-3.
General Interest courses are for adults, 18 years of age and older. Seniors’ Daytime courses are for registrants 65 years of age and older. (There are limited spaces for non-seniors, please call to register.) These programs offer non-credit and non-certificate courses only.

**Important dates!**

**Summer 2019**
Registration opens Wed, May 15, 2019
Classes begin Tues, July 2, 2019

**Five easy ways to register!**

**Online**
Visit www.learn4life.ca and use your VISA or MasterCard to pay.

**By phone**
Call 416.338.4111 and register with an agent. Have your VISA or MasterCard ready.

**Visit us**
Come to the Continuing Education Office at 2 Trethewey Drive, 3rd Floor, Toronto, M6M 4A8. Payment can be made by credit card, cash, cheque or money order.

**By fax**
Fax completed registration form (on page 3) to 416.394.3877. Remember to include your VISA or MasterCard number and the expiry date.

**By mail**
Mail your registration form (on page 3), along with full payment using VISA, MasterCard, cheque or money order to:
Continuing Education
2 Trethewey Drive, 3rd Floor
Toronto, ON M6M 4A8

**Material Fees**
Material fees are collected centrally at time of registration. No discounts apply.

A GAINS certificate or Social Assistance document is required to qualify for the subsidy rate of $11.00 plus material fees. A current copy must be submitted with the application form to support this request. Some documents may be required to be submitted every single term. This reduced rate applies to course fees only and is limited to one course per term. Seniors (65 and over) receive a 40% discount on course fees. All fees include HST. Recent changes may affect how dependents of Ontario Works recipients, confirm their eligibility for the subsidized rate. Dependents over the age of 18 who would like to register for a course must be listed on your Drug Benefit Eligibility Card. If you do not have this card, a letter from the Social Assistance office confirming the dependent will be required in order to register.

**Program Accommodation**
We strive to meet the accommodation needs of persons with disabilities. Registrants are encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, 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.

**Please note**
There are no withdrawals, refunds or credits after the course starts.

Subsidy is limited to one course per person. Registration is processed on a first-come, first-served basis.

Most TDSB schools are not equipped with air conditioning. It is anticipated that classrooms will be hot. Students are encouraged to bring drinking water.

**Summer sites**

**Central Technical School**
725 Bathurst Street
(Bathurst & Bloor)

**City Adult Learning Centre**
1 Danforth Avenue
(Broadview & Danforth)

**Mimico Adult Centre**
255 Royal York Road
(Royal York & Mimico)

**Overland Learning Centre**
55 Overland Drive
(Don Mills & Lawrence)

Outdoor classes will be held at
**Harbord CI**
286 Harbord Street
(Bathurst & Harbord)

**York Memorial CI**
2690 Eglinton Avenue West
(Keele & Eglinton)

*City Adult Learning Centre is currently undergoing roof repairs. Learners may experience heavy smell of fumes.*

**We hope you’ll join us!**

**Payment**
Fees paid by cheque (certified or personal) or money order should be made payable to “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.**
Fees paid by credit card (VISA or MasterCard) must include the credit card expiry date. Cash payment is only accepted at the Continuing Education Office.

**Cancelled Courses**
A minimum number of registrants is required for a class to run. The Toronto District School Board (TDSB) 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 enrollment 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.

**Summer Brochure v3.indd   2   2019-05-01   2:39:08 PM**
Registration Form

For faxed applications, payment must be made by VISA or MasterCard

Mail or drop off Registration Form to:
Continuing Education
2 Trethewey Drive, 3rd Floor
Toronto, Ontario M6M 4A8

Last Name
First Name
Date: ______/____/____
M/F
Date of Birth
City

Client Number
PIN Number
Apt. No
Street No.
Street Name
Postal Code
Home Telephone No.
Business Telephone No.
Mobile Telephone No.
Email Address

I (Registrant) hereby release the Toronto District School Board (the “TDSB”), its employees, volunteers and agents from any and all liability for any injury or property loss sustained by me, regardless of how caused, resulting from my participation in the course(s) below. I further agree to hold harmless and indemnify the TDSB from all claims, demands, causes of actions, loss, costs, or damages whatsoever, including but not limited to claims, demands, causes of actions related to loss, damage, and/or bodily injury to myself arising out of my participation.

I Accept

I acknowledge that I am fully aware of the course description(s) and level of activity involved, am physically fit for participation, and have been advised to refrain from the activity by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation. Should I require medical treatment, I agree to give permission to have the TDSB arrange for any emergency medical care including hospitalization and transportation, to the administration of such emergency medical treatment as may be deemed necessary in the circumstances and agree to pay all costs associated with medical care and transportation.

I Accept

Selection No. 1
Course Code
Course Title
Course Location
Day of Week
Time
Start Date
Course Fee
$

Selection No. 2
Course Code
Course Title
Course Location
Day of Week
Time
Start Date
Course Fee
$

Payment Information
Card Number
Date
Expire

VISA
MasterCard
Cheque
Money Order
Cash

If appropriate, material costs are included. 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: The TDSB strives to meet the accommodation needs of persons with disabilities. Registrants are encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, please contact the TDSB Continuing Education Office at 416.338.4111.

Notice of Collection: The information you have provided is collected in compliance with the Municipal Freedom of Information and Protection of Privacy Act, R.S.O., 1990, c. M. 56 and is used for registration purposes only. If you have any questions, please contact: Program Manager of Community Programs, Continuing Education, TDSB at 416.338.4111. Revised December 2017.

Course Cancellation: A minimum number of registrants are required to open a class. The TDSB has the right to make the final decision to open or close a class or to revise the fee structure.

Refunds: The TDSB will provide a full refund if the TDSB cancels a course or if the TDSB receives the written request for withdrawal before the first class. Please note that for subsidized courses the TDSB issues no refunds. A credit is issued if the TDSB cancels the course. (Under five weeks in duration: A refund will be issued if the TDSB receives the refund request in writing before the first class. No refunds or credits will be considered after the first class. Five weeks or longer: A refund will be issued if the TDSB receives the refund request in writing before the second class. A pro-rated refund will be issued if the TDSB receives the request for refund in writing after the second class, but before the third class of the course. No refunds or credits will be considered after the third class of a course. A $15 administrative fee per course will be applied to all refund requests unless otherwise stated. This administrative fee will be waived if registrants accept a credit on their TDSB Community Programs account. All requests for withdrawals, refunds, credits, and transfers must be made in writing. There are four ways to submit requests: Email communityprograms@tdsb.on.ca, On-line: www.learn4life.ca, Mail: 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8, Fax: 416-394-3877.

I acknowledge that I have read and understood the information provided.

NAME (PLEASE PRINT): ____________________________ SIGNATURE: ____________________________ DATE: __________

Toronto District School Board

www.learn4life.ca

2019-05-01 2:39:08 PM
Art

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.
Central Technical 725 Bathurst Street
Tue-Thu 9-3pm Jul 02 2wks $234 ($140sr) 94784

Drawing & Painting-Beginner
Using a variety of drawing materials, you will explore form and composition and learn about proportion, depth and colour. Learners will be required to purchase their own materials.
Overland Learning Centre 55 Overland Drive
Tue,Thu 10:30am-1:30pm Jul 02 4wks $187 ($112sr) 94754

Figure Drawing & Painting-All Levels
The life drawing studio has traditionally been the training ground of observation and technique for serious art students and accomplished artists alike. Whether you are a novice or expertly trained, join us in the exploration of form, line, composition, and colour working from live, nude studio models. Tackle foreshortening, anatomy, tone, and measurement along with many other concerns. Work with drawing and/or painting techniques after thorough demonstration of techniques are given. You provide your own materials. Final price includes material fee of $40.00.
Central Technical 725 Bathurst Street
Tue-Thu 9-3pm Jul 02 2wks $274 ($180sr) 94790

Watercolour-All Levels
Learn the basics of watercolour, how to mix and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes, etc. 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
Tue-Thu 9-3pm Jul 02 2wks $234 ($140sr) 94780

Watercolour-Approaches & Applications
Experience the liberation and excitement of wet-in-wet applications. Free your imagination as you build form and structure in your work. Explore the fundamentals of the medium: transparencies, flow, glazing, colour, form and atmosphere. You will create traditional and contemporary paintings as you develop your personal expression. Projects will include explorations into landscapes, cityscapes, still life, abstract and the figure. Final price includes material fee of $30.
Central Technical 725 Bathurst Street
Tue-Thu 9-3pm Jul 02 2wks $264 ($170sr) 94814

Oil & Acrylics-Beginner
Discover the techniques of painting. Learn about perspective, proportion, line, tone and colour theory. Step-by-step demonstrations will trace the painting process from sketch to under painting in washes through to building up layers of impasto.
Mimico Adult Centre 255 Royal York Road
Tue-Thu 9-3pm Jul 16 2wks $234 ($140sr) 94779

Portait Drawing & Painting - All Levels
How do you capture someone's essence and form on a flat ground? Become immersed in the techniques of drawing and painting, and the anatomy required, to render the human visage from live studio models. Learn new techniques or improve your favoured approaches. Discover how it was accomplished in the past; see how contemporary artists deal with it now. Whether new to this discipline, or seasoned, this course will fulfil your needs. Students are required to provide their own materials. Final price includes a material fee of $40.
Central Technical 725 Bathurst Street
Tue-Thu 9-3pm Jul 02 2wks $274 ($180sr) 94807

Dividend Investing for Income
This course is designed for those who have little or no experience in the world of dividend investing. Areas of interest include why and how dividends are paid, how to structure a dividend mission statement, various types of investor risk, concepts of asset allocation and portfolio structure. The introduction of various metrics and ratios needed to make informed decisions on which securities to purchase. Exploring global emerging markets opportunities also included and other related topics.
Overland Learning Centre 55 Overland Drive
Wed 1:30-3:30pm Jul 03 5wks $78 ($57sr) 94767

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 retirement planning, Tax Free Savings Accounts, reduce the tax you pay and much more.
Overland Learning Centre 55 Overland Drive
Wed 10am-12:30pm Jul 03 5wks $78 ($57sr) 94769

Online Investing for Seniors
This course is an introduction to the world of online investing. We will discuss stocks, bonds, mutual funds, exchange-traded funds, segregated funds, asset allocation and portfolio selection in a relaxed setting. You will learn how to access the vast amount of investing information available online. Try your luck on a simulated stock market. This course is designed for the beginner mature investor.
Overland Learning Centre 55 Overland Drive
Wed 1-3:30pm Jul 03 5wks $98 ($58sr) 94759

Business and Finance

Condominium Buying & Investing
Open any newspaper and there are advertisements for all sorts of condominium projects, and people are lining up to buy them. What’s the deal? Toronto has been in a real estate boom since 1995 and condominium sales have been a strong part of that. Learn the process and pitfalls of buying a pre-construction versus a resale condo, the financial analysis of different projects, the various projects available including insight into some of the more interesting ones.
City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-9:30pm Jul 02 5wks $117 ($70sr) 94864

www.learn4life.ca
Communications
Effective Communication
Are you interested in improving the way you handle some of life’s most difficult and important conversations? Do you want to learn to be a more effective communicator, both at home and work? Have you ever felt that even though you’re talking to someone they are not hearing you? Learn how to be heard and how to get the response you are looking for. Put tools in your kit and learn how to format your language, use neurolinguistics to read people, and communicate with confidence and get the response you want.
Overland Learning Centre 55 Overland Drive
Mon 1:30-3:30pm Jul 08 4wks $62 ($37sr) 94768

Computers
Introduction to HTML and CSS
HTML & CSS are used to form the building blocks for displaying elements on a web page. Students will be introduced to HTML, (Hyper Text Markup Language), which uses many tags to build structure to a web page. CSS, (Cascading Style Sheet), will present the HTML with the use of various properties such as colour, text formatting, and layout options. You will learn how to add images, text and make hyper-links to various items. Students will gain skills required to develop a basic web page. Students must possess average computer skills.
Overland Learning Centre 55 Overland Drive
Tue-Thu 9am-12pm Jul 09 1wk $70 ($42sr) 94822

Introduction to Photoshop
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 sizing and cropping images, adjusting image colour, adding text, working with filters, and many other methods. Students must possess average computer skills.
Overland Learning Centre 55 Overland Drive
Tue-Thu 9am-12pm Jul 16 1wk $70 ($42sr) 94821

Introduction to Web Design
For those new to web design, this course teaches techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type, text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. By the end of this course, students will have developed a simple site including images, navigation, text and links. Students must possess average computer skills.
Overland Learning Centre 55 Overland Drive
Tue-Thu 9am-12pm Jul 09 1wk $70 ($42sr) 94822

Microsoft Office Fundamentals
In this introductory class you will learn some of the basics of Microsoft Office applications, i.e. Word, Excel, and Outlook. Learn to create documents, format content, and use basic Excel functions.
City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-9:30pm Jul 02 5wks $117 ($70sr) 94903

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), Access (database software) and PowerPoint (presentations). Overland LC and Richview CI only: Office 2013/365 users please bring your laptops.
Overland Learning Centre 55 Overland Drive
Mon-Fri 9am-12pm Jul 08 1wk $117 ($70sr) 94756

Microsoft Office-Intermediate
This instructor-led course presents advanced concepts of Microsoft Office. Master Word to 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 pivot tables. 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.
Overland Learning Centre 55 Overland Drive
Mon-Fri 9am-12pm Jul 15 1wk $117 ($70sr) 94757

Dance
Ballroom Dancing-Beginner/Intermediate
Each session will be a different dance covering smooth/rythym syllabus. Focus will be on specific syllabus steps covering foot work, foot position, partnership connection, floor craft and other topics unique to ballroom dancing. 2 years minimum of dance lessons experience. Couples are preferred.
Overland Learning Centre 55 Overland Drive
Wed 10am-1pm Jul 03 5wks $117 ($70sr) 94766

Introduction to Bachata
Bachata is a spicy latin dance that originated in the Dominican Republic. This course will focus on teaching the fundamental steps and timing for bachata, while learning patterns and basic body movements. Learners will also learn the skills needed to be good leaders and followers.
City Adult Learning Centre 1 Danforth Ave.
Tue 6-8pm Jul 02 5wks $78 ($47sr) 94904

Crafts
Weaving: Fabric & Tapestry-All Levels
Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants’ level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants.
Mimico Adult Centre 255 Royal York Road
Wed 10am-1pm Jul 03 5wks $117 ($70sr) 94775
Fitness and Wellness

Bone Fitness
Improve bone and muscle strength in a fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture. This class follows the new guidelines of Osteoporosis Canada for exercising to improve bone density and prevent bone loss.
Overland Learning Centre 55 Overland Drive
Mon 10-11am Jul 02 4wks $31 ($19sr) 94753
Mon 11:30am-12:30pm Jul 08 4wks $31 ($19sr) 94765

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 to class.
City Adult Learning Centre 1 Danforth Ave.
Tue 7:10-8:10pm Jul 02 5wks $39 ($23sr) 94860

Pilates Sampler
Is Joseph Pilates’ solution to fitness the right one for you? Sign up for this four session sampler to find out. Pilates focuses on strength, control, flexibility, fluidity and balance. Please bring your own exercise mat.
Overland Learning Centre 55 Overland Drive
Fri 9:30-11am Jul 05 4wks $47 ($28sr) 94760

Tai Chi in the Outdoors
Join us for Tai Chi in the park! Tai Chi involves a sequence of movements done slowly while taking deep steady breaths. It’s a great form of exercise that combines mindfulness and stretching,

Fitness and Wellness
Bone Fitness
Improve bone and muscle strength in a fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture. This class follows the new guidelines of Osteoporosis Canada for exercising to improve bone density and prevent bone loss.
Overland Learning Centre 55 Overland Drive
Mon 10-11am Jul 02 4wks $31 ($19sr) 94753
Mon 11:30am-12:30pm Jul 08 4wks $31 ($19sr) 94765

Full Body Boot Camp
Full Body boot camp is a challenging and effective full body workout designed to sculpt and tone your body and push you to your limits. Come prepared to do high impact cardio which includes running, jumping, burpees, skipping, plyometric drills, strength training, abs and mat/ floor work. At Overland and Don Mills, please bring a set of 2 to 5 pound dumbbells to every class along with a yoga mat and towel; a skipping rope is optional.
City Adult Learning Centre 1 Danforth Ave.
Tue 7-8:10pm Jul 02 5wks $39 ($23sr) 94861

Walk Your Way to a Healthy Weight
Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to promote a healthy weight. Join a walking fitness class that will have you venturing the outdoors, the neighbourhood, the Toronto Botanical Gardens, and the Don Valley Trail. You will get some much needed time in nature, meet new friends, and hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. In unsuitable weather we stay in the classroom and discuss topics related to healthy living.
Overland Learning Centre 55 Overland Drive
Wed 12:45-2:15pm Jul 03 5wks $59 ($35sr) 94761

Zumba
Learn a new way to work out with easy-to-follow moves and routines. Hypnotic Latin rhythms help create a dynamic fitness program that will energize, inspire and captivate you for life! This course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.
City Adult Learning Centre 1 Danforth Ave.
Tue 6-7pm Jul 02 5wks $39 ($23sr) 94862

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.
Overland Learning Centre 55 Overland Drive
Tue 1:30-2:30pm Jul 02 5wks $39 ($23sr) 94771

Zumba Gold Toning
The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe and effective strength training. It’s an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.
Overland Learning Centre 55 Overland Drive
Tue 2:30-3:30pm Jul 02 5wks $39 ($23sr) 94772

Food

Signature Salads Workshop
As spring and summer arrives, add some delicious salads to your dietary menus. A variety of recipes will be made which include protein, nuts and/ or seeds, and vegetables. You will also create dressings from scratch. Final price includes material fee of $10.00
City Adult Learning Centre 1 Danforth Ave.
Tue 7-9pm Jul 02 2wks $41 ($29sr) 94002

Games and Hobbies

Better Travel Photography
This class will provide you with a few easy steps to improve your travel photos, whatever camera you have. No special cameras required - bring your smartphones, compact cameras, mirrorless or DSLR and get ready to pack some new tricks in your luggage for your next big adventure. Make the right equipment choices so you can travel light but still be able to capture those special memories.
City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-8:30pm Jul 02 5wks $78 ($47sr) 94863

Languages

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.
City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-9:30pm Jul 02 5wks $117 ($70sr) 94854

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 is required.

City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-8:30pm Jul 02 5wks $78 ($47sr) 94853

**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.

Mimico Adult Centre 255 Royal York Road
Thu 10am-1pm Jul 04 4wks $94 ($56sr) 94774

Overland Learning Centre 55 Overland Drive
Wed 1:30-3:30pm Jul 03 5wks $78 ($47sr) 94770

**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.

City Adult Learning Centre 1 Danforth Ave.
Tue 6:30-9:30pm Jul 02 5wks $117 ($70sr) 94858

**Music**

**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 picking. A wide range of music will be explored. You are required to bring your own acoustic guitar.

City Adult Learning Centre 1 Danforth Ave.
Tue 7-9pm Jul 02 5wks $78 ($47sr) 94852

**Sewing**

**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. Final price includes shop fee of $5.00.

Mimico Adult Centre 255 Royal York Road
Tue 9am-1pm Jul 02 5wks $161 ($98sr) 94773

**Sports**

**Outdoor Soccer**
This program is for individuals who are familiar with soccer, but haven't played in years or want a less competitive atmosphere. Join us for an outdoor, fun experience, and refine your soccer playing skills. Open to players of all skill levels.

York Memorial CI 2690 Eglinton Ave W
Wed 11am-1pm Jul 03 5wks $78 ($47sr) 94781

**Tennis for Intermediate Players**
If you know the tennis basics, but would like to fine tune your skills for a better game, this 4-week course is perfect for you! Improve techniques such as groundstrokes, serves, and volleys. This course will be taught on an outdoor court. Please bring your own tennis racket to class. Final price includes material fee of $2.00.

Harbord CI 286 Harbord Street
Wed 10am-12pm Jul 03 5wks $80 ($49sr) 94819

**Tennis-Advanced**
Are you a competitive tennis player that wants to refine their game? In this advanced tennis course, students will enhance their serve and stroke techniques with an emphasis on spin, power, and variety. You will be taught specific tactical awareness in competitive play through advanced strategies and competitive drills. Final price includes material fee of $2.00.

Harbord CI 286 Harbord Street
Wed 12:15-2:15pm Jul 03 5wks $80 ($49sr) 94777

This symbol ✫ indicates Seniors’ Daytime classes.
Interested in Being an Instructor?

Learn4Life is always looking for additional talent and creative new classes. Classes typically run once a week for the fall, winter, and spring terms and we also run one-night workshops.

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