

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors

FALL 2025



Registration opens

August 13th, at 8:30 am

communityprograms@tdsb.on.ca | Phone: 416-338-4111



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Learn4Life.ca - Adult General Interest Courses

General Interest courses are for adults, 18 years of age and older. Seniors' Daytime courses are for registrants 65 years of age and older. Learners aged 64 and under can refer to the FAQs or call 416-338-4111 for information on registering in a Seniors' Daytime course. Please visit www.learn4life.ca to view the Learn4Life – Frequently Asked Questions.

Program Information

General Interest courses are for adults, 18 years of age and older. Seniors' Daytime courses are for registrants 65 years of age and older. Learners aged 64 and under can refer to the FAQs or call 416-338-4111 for information on registering in a Seniors' Daytime course. Please visit www.learn4life.ca to view the Learn4Life – Frequently Asked Questions.

Important Dates

Registration Opens: Wednesday, August 13, 2025 at 8:30 a.m.

Classes Begin: Saturday, September 13, 2025

Registration Information

There are three easy ways to register: online, telephone, and by mail. **In-person registration is temporarily unavailable.** Please visit the website for the latest updates. To register by mail please visit the website for the registration form. **An account and email address is required to register for a course.**

Social Assistance documents are required to qualify for the subsidized rate. Material fees, if applicable, are extra. Learners eligible for the subsidized rate must have an account. Learners can upload their social assistance documents and registration form to their account. View the step-by-step instruction guide on 'How to upload file on student account' available on the website. **Please note:** Learners must email communityprograms@tdsb.on.ca with the Subject line: 'Proof of Social Assistance Document and Registration Form Upload' to inform Learn4Life staff that their documents and request for registration have been uploaded and are ready for review before they are registered for a course.

Payment Information

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

*Seniors (65 and over) receive a 20% discount on course fees.

*Subsidy Learners (if eligible) receive an 80% discount on course fees.

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

*All fees include HST

Refund Policy

All refunds will be processed according to our refund policy, which includes changes to timeframes and

conditions. Please review the policy available on page 4. All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

Note: Although the system will accept a pre-paid credit card, to ensure a refund is returned to the user if requested, **it is not recommended to use a pre-paid VISA or MasterCard when registering for a course.**

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 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.

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.

Community Programs – Learn4Life Refund and Transfer Policy

The Toronto District School Board (TDSB) will process a full refund if the TDSB receives the written request for refund before the course begins.

Refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

For courses under five weeks in duration:

No refunds or transfer requests will be considered after the class begins.

For courses five weeks or longer:

If you withdraw after the first class, a pro-rated refund (minus a \$15.00 administrative fee per course plus a portion of the material fee if applicable) will be processed if the TDSB receives the request for refund in writing.

No refunds or transfers will be considered once the second class has started.

For subsidized courses: No refunds or transfers will be considered after the class begins. If TDSB cancels the course before it begins, the refund will be issued to the TDSB Learn4Life account.

Summer Refund Policy: No refund or transfer requests will be considered after the class begins.

All requests for a refund or transfer must be made in writing. The effective date of the withdrawal is the date the withdrawal notice is received by the TDSB.

There are two ways to submit requests:

Email: communityprograms@tdsb.on.ca

On-Line: www.learn4life.ca

Course Categories

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This symbol ★ indicates Seniors’ Daytime course.

Art

Acrylic Painting Beginner

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

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6861

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Sep 15, 2025 11wks \$495 (\$396sr) PR-6911

Acrylic Painting Beginner/Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-7135

Acrylic Painting: Bring Your Artistic Vision to Life

Embark on a colourful journey of self-expression and skill development in our Exploring Acrylic Painting course. Delve into the world of vibrant colours and unleash your artistic vision through guided techniques and exercises. From learning brushstrokes to understanding colour theory, this course is designed for beginners and intermediate painters alike. Learn to express your unique perspective on canvas, explore various styles, and develop a deeper connection with your creative process. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-7142

Acrylic or Oil Beginner

Discover the essential techniques of Painting. Learn color mixing, composition, brushworks, values, design, proportions and perspectives using still life and landscape examples. You can paint using Acrylic or Oil and develop your confidence in putting together a successful painting. Learners must provide their own materials.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-9pm Sep 16, 2025 11wks \$495 (\$396sr) PR-6928

Action Art

Creativity meets spontaneity in action art, where movement and expression intersect to create dynamic artistic freedom. Experiment with unconventional tools, unconventional canvases, and physical gestures to create visually striking

masterpieces. This course is designed for those seeking an exhilarating and liberating approach to art, where the process is as fun and exciting as the finished piece. Various mediums will be used. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7147

Bringing Stories to Life Through Book Illustrations

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$510 (\$411sr) PR-7125

Calligraphy Beginner

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6838

Ceramic Art: Ideas and Techniques

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$555 (\$456sr) PR-7144

Chinese Brush Painting ★

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

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

Fri 10am-12:30pm Sep 19, 2025 11wks \$413 (\$330sr) PR-6796

Drawing Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7146

Drawing For People Who Can't Draw

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Sep 15, 2025 11wks \$413 (\$330sr) PR-6856

Drawing Step-by-Step

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

*Remote Course Offering

Tue 1pm-3:30pm Sep 16, 2025 11wks \$413 (\$330sr) PR-6895

Drawing and Painting Beginner

In this course you will use a variety of drawing materials, explore form, composition and learn about proportion, depth and colour. Learners will be required to purchase their own materials.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:30am-12:30pm Sep 13, 2025 11wks \$495 (\$396sr) PR-6827

Drawing and Painting in Mixed Media

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$495 (\$396sr) PR-7124

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

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7069

Drawing and Watercolour

Learn and develop the skills from varied drawing tools to watercolour based on existing level, allowing participants to engage in creative activities from the comfort of their own spaces. Detailed step-by-step demonstrations are conducted, intensive instruction on art principles and critical reviews help to build up confidence in learning process. Learners need to prepare their drawing and watercolour supplies.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9pm Sep 18, 2025 11wks \$413 (\$330sr) PR-7150

Drawing and Watercolour-All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Sep 16, 2025 11wks \$495 (\$396sr) PR-6901

Expressive Abstract Landscape Painting

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 10am-1pm Sep 15, 2025 11wks \$495 (\$396sr) PR-6903

Figure Drawing Beginner

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

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$555 (\$456sr) PR-7131

Landscape Painting

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-7137

Oil Painting Master Class

Learn to paint with oil paint. Paint loose, thick, and bold brushstrokes. Add movement, color, and visual intrigue to your art. A variety of subjects will be covered in this remote course. Every class there is a demo and you can paint along with instructor from comfort of your home.

*Remote Course Offering
Wed 1pm-3:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-7020

Oil and Acrylics All Levels

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7045

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$495 (\$396sr) PR-6874

Oil and Acrylics Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$495 (\$396sr) PR-7127

Oil and Acrylics Beginner/Intermediate

Explore your individual creative expression through an understanding of basic techniques used in acrylic and oil painting. Learn about basic drawing techniques, colour strategies and material information. Familiarize yourself with technical terms and skills that will simplify your approach to painting. Learners are required to purchase own materials.

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 1pm-3:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-6880

Oil and Acrylics Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-9pm Sep 15, 2025 11wks \$495 (\$396sr) PR-6926

Painting Intermediate ★

Developing various painting techniques in acrylic or oil, using wide subjects of interest. Critical reviews will be strengthened to improve your skills. We will explore various ways to unblock your creativity and lead to successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practice. Learners are required to have their own materials.

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

Wed 1pm-3:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-6800

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

Wed 10am-12:30am Sep 17, 2025 11wks \$413 (\$330sr) PR-6801

Pen and Ink Sketching

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7148

Portraiture: All Levels

Learn to create a portrait like a pro. Discover the best techniques to create portraits. Whether you are a beginner or an advanced portrait creator, spend time learning and perfecting your art creations while receiving professional guidance and critiques on how to create portraits that others would be tempted to buy. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$565 (\$466sr) PR-7140

Pottery All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$555 (\$456sr) PR-7138

Pottery Beginner: Intro to Handbuilding

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$545 (\$446sr) PR-7128

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$545 (\$446sr) PR-7145

Pottery-Beginner/Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Sep 15, 2025 11wks \$545 (\$446sr) PR-6875

Wed 6:15pm-9:15pm Sep 17, 2025 11wks \$545 (\$446sr) PR-6888

Pottery: Beginner Throwing

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$555 (\$456sr) PR-7130

Pottery: Mindfulness and Self Expression

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$555 (\$456sr) PR-7141

Printmaking Intermediate: Lino Print

Elevate your printmaking skills to new heights. Dive deeper into the intricate art of lino printing and etching, exploring intermediate techniques to add depth, texture, and complexity to your prints. This course offers a dynamic and enriching exploration of two timeless printmaking methods. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$555 (\$456sr) PR-7149

Printmaking: Silkscreen

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$555 (\$456sr) PR-7133

Sculpture: Clay

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$565 (\$466sr) PR-7139

Urban Landscape: Sketching and Painting

In this remote course students will learn the fundamentals of drawing and sketching landscapes and painting with any medium. We will focus on drawing, compositions, color mixing and painting from photos in an abstract loose style.

*Remote Course Offering

Wed 11am-1pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6994

Watercolour Intermediate ★

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

*Remote Course Offering

Thu 10am-12:30pm Sep 18, 2025 11wks \$413 (\$330sr) PR-6808

Watercolour Painting ★

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

*Remote Course Offering

Thu 1:30pm-4pm Sep 18, 2025 11wks \$413 (\$330sr) PR-6807

Watercolours All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-6885

Yes, You Can Draw!

Have you ever looked at a scene, flowers, or an interesting building and thought, I wish I could draw that? It may be easier than you think once you understand the basics of shapes, how light falls and how to use simple tools. This course starts at the

beginner level and guides students through seeing the forms and shapes of objects, how to render them in 2D and 3D, using various mediums including graphite pencil, charcoal, and watercolour pencils. Learner must provide own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-7000

Business and Finance

Accounting and Bookkeeping Beginner

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

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 13, 2025 11wks \$330 (\$264sr) PR-6835

Accounting: Small Business and Tax Issues

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6837

Buying Your First Home in the GTA

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

*Remote Course Offering

Sat 9am-12pm Sep 27, 2025 1wks \$45 (\$36sr) PR-6840

Condominium Buying and Investing

Open any newspaper and there are advertisements for all sorts of condominium projects, and people are lining up to buy them. What's the deal? Toronto has been in a real estate boom since 1995 and condominium sales have been a strong part of that. 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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6826

Downsizing for Boomers

If you were born between 1946 and 1964, you are part of the Boomer generation that is now entering their 60's to 70's and who, are possibly looking to downsize. Whether it's wanting to retire with a more active lifestyle in mind, helping your kids get into home ownership, or creating a new home environment that will address your health challenges and allow you to stay in your home as long as possible, Boomers like you are taking an active role in designing the next phase of their lives.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6921

Estate Planning

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Sep 13, 2025 11wks \$330 (\$264sr) PR-6828

Estate Planning Workshop

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

*Remote Course Offering

Thu 6pm-8pm Sep 25, 2025 3wks \$90 (\$72sr) PR-7058

Financial Planning and Investments

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8:30pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6858

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6922

How to Minimize Cost of Living and Maximize your Purchasing Power

In this Remote course, you will learn various ways to reduce the cost of goods and services that you buy everyday such as groceries, take-out food, gas/transit, telecommunications, banking etc. For an hour each week, there will be discussions on different loyalty programs and how they can work to your advantage so that you can acquire more for less or the same price.

*Remote Course Offering

Income Tax Preparation

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6818

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Sep 17, 2025 11wks \$413 (\$330sr) PR-6859

Investing 101 Millennials Workshop

Millennials, come learn the basics to help you invest. In this one-day workshop, you will learn about stocks and how to find important investing information. You will learn the value of dividends and capital appreciation. The workshop is designed for the novice investor who wants to learn more about investing basics.

Overland PS 55 Overland Drive, North York

Fri 9am-1pm Sep 19, 2025 1wks \$60 (\$48sr) PR-6991

Investor Boot Camp: How the Stock Market Works

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Sep 15, 2025 3wks \$90 (\$72sr) PR-7162

Online Investing

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

*Remote Course Offering

Mon 6:30pm-9pm Sep 15, 2025 11wks \$413 (\$330sr) PR-7076

Personal Finance and Investment Basics for Women

In this Remote course you will learn all the basics of your personal finances to help you feel more confident with your money. Set goals and create a budget. Discover all the different types of regular and registered bank accounts and how to use them all effectively. Learn about how investments like mutual funds, stocks, and ETFs work. Lastly, you will learn about credit; how to read and understand your credit report, how credit approval decisions are made by institutions, how loans and interest work, and how to calculate if you can afford to take out credit for a large purchase. Men are welcome to join the class.

*Remote Course Offering

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7029

QuickBooks

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

*Remote Course Offering

Wed 5:30pm-7:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7027

QuickBooks - Level II

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

*Remote Course Offering

Wed 7:45pm-9:45pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7030

Real Estate Development

Have you ever dreamed of investing in Toronto real estate but felt discouraged by the hefty down payment and financing hurdles? You're not alone—and there's exciting news! Toronto is experiencing a major housing transformation. While big developers have traditionally built high-rise condos, recent government initiatives are opening the door for everyday investors like you. The focus is now on creating the "Missing Middle"—multi-unit homes that bridge the gap between single-family houses and towering condos. Join us to learn every step of the development process from a seasoned Toronto expert. Whether you're new to real estate development or have some experience under your belt, you'll gain practical insights that can help you make the most of this unique opportunity.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Sep 13, 2025 11wks \$330 (\$264sr) PR-5569

Real Estate: Investment Property

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Retirement and Estate Planning

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7113

Stock Market

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6977

Understanding Landlord Rights and Responsibilities

This course provides an overview of the rights and responsibilities of landlords, with a focus on legal and ethical considerations. Students will gain a deep understanding of the legal framework governing landlord-tenant relationships and will learn how to navigate common challenges and disputes. Topics covered include lease agreements, property maintenance, eviction procedures, navigating the Landlord and Tenant Board website to find the required forms and how to complete for filing.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Sep 20, 2025 3wks \$135 (\$108sr) PR-6794

Will and Power of Attorney Workshop

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Oct 8, 2025 2wks \$60 (\$48sr) PR-7166

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Sep 27, 2025 1wks \$60 (\$48sr) PR-6832

Communications

Creative Writing

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

*Remote Course Offering

Sat 11am-1pm Sep 13, 2025 11wks \$330 (\$264sr) PR-6819

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7007

Learn to Read Body Language

Learn how to read body language used by leaders, immigration officers and police and unlock its power. See your communication and understanding skills soar and increase in leaps and bounds. Learn to decode and experience amazing revelations about the silent language of face, voice and body. Discover how your own body language projects your emotions, intentions, and gain insights into how you are perceived by others.

Leaside High School 200 Hanna Road, East York

Wed 7pm-8:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-7181

Psychology of Behaviour

Manage emotions in times of uncertainty and stress. Change How You See People and Transform Your Understanding of Human Behaviour. This Psychology course will change how you see people and offer invaluable insights into human behaviour and social dynamics. By engaging with topics like social psychology and cognitive development, you can dramatically shift your understanding of interpersonal interactions and personal growth.

Northview Heights SS 550 Finch Avenue West, North York

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6949

Public Speaking

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

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-9:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7174

Computers

3D Graphics and Animation with Blender *NEW*

Blender is a free, powerful and fascinating 3D graphics editor and animator. This course will teach you the most essential Blender skills and techniques. Bring your laptop to the classroom. Learners must have access to a data plan.

Overland PS 55 Overland Drive, North York

Sat 10:45am-12:45pm Sep 13, 2025 11wks \$330 (\$264sr) PR-7176

Adobe Illustrator/PhotoShop

You will gain the knowledge with this introduction with a primary focus on Photoshop (photo editing and painting), and Illustrator (drawing and design), part of the Adobe Creative Cloud. You will learn about how one can apply computer applications employed in the arts and graphics industry to create digital art. Final price includes a material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$502 (\$403sr) PR-7126

Animation

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7143

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), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Sep 16, 2025 11wks \$330 (\$264sr) PR-6938

Computer Upgrading/Service/Repairing

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

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Sep 18, 2025 11wks \$330 (\$264sr) PR-6986

Data Analysis - with Excel

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

*Remote Course Offering

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7103

Keyboarding Beginner

This course begins with basic computer concepts: ergonomics and proper sitting position. The home row keys of the keyboard are introduced in week one, with new keys introduced each week thereafter. Drill exercises are used to practice and cement both skill and concept. Timed writings are used to assess progress. No previous experience is necessary, although unlearning bad habits and practicing proper techniques should improve accuracy and lesson fatigue.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7:30pm-9:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6973

Let's Make an App!

This course is for those who are interested in programming. Topics include - Android Studio (the most popular mobile apps Integrated Development Environment), Java language essentials, the most popular widgets, events handling, processing graphics and multimedia. Students should bring their own laptops to the classroom.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-7157

Microsoft Excel Beginner

In this course, learn the basics of creating spreadsheets in Excel. Enter data, formulas, basic functions, format, and print workbooks.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7052

PhotoShop Beginner

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

*Remote Course Offering

Mon 11am-1pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6841

Python

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

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

Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7070

Social Media Marketing for Small Business

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

*Remote Course Offering

Thu 7:30pm-9:30pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7056

Crafts

Crochet and Knitting, Design Your Own Style

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

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7026

Floral Design for Beginners

Unlock your creativity and explore the art of floral arrangement in this hands-on introductory course designed for beginners. Whether you're looking to brighten your home, plan your own events, or start a new hobby, Floral Design for Beginners will teach you the fundamental techniques and principles of floral design. Final price includes a material fee of \$85.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8:30pm Sep 15, 2025 6wks \$265 (\$229sr) PR-7081

Overland PS 55 Overland Drive, North York

Sat 9am-11am Sep 13, 2025 6wks \$265 (\$229sr) PR-7177

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch, the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference sampler and notes. Personal projects are encouraged. A kit of tools and materials for lessons will be provided. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$500 (\$401sr) PR-7132

Homemade Holiday Gifts *NEW*

Learn to make lotion, bath salts, and lip balm in this hands-on workshop. Simple techniques to create personalized skincare products perfect as homemade holiday gifts or for self-care. All materials are provided, and you'll leave with your handmade items and recipes to use at home. Final price includes a material fee of \$25.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Dec 1, 2025 1wks \$70 (\$61sr) PR-6967

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

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Sep 29, 2025 2wks \$105 (\$90sr) PR-6872

Jewellery A

Have fun learning how to sculpt wax for lost-wax casting of jewellery items, uniquely designed by you! Waxes may be cast commercially off site. Also learn polishing steps, to give your cast jewellery pieces a high shine. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$517 (\$418sr) PR-7098

Jewellery B

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$517 (\$418sr) PR-7111

Jewellery D - Hammerforming

Watch metal change its shape under your hammer as you explore the jewellery hammerforming techniques of forging, doming, anticlastic raising, and foldforming. Make samples of each technique as well as pieces of jewellery using these techniques. Must be physically able to hammer. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$517 (\$418sr) PR-7084

Jewellery FUNdamentals

Discover how to make jewellery you'll love! You will learn all about tools, findings, wire, and elements of design. Along the way, you'll make earrings, bracelets, pearl knotted necklaces, and wire-wrapped pendants. You'll learn how to recycle and re-design thrift jewellery to make it your own. This class is perfect for the complete novice and for people who need a refresher in the basics. Always have the perfect piece of jewellery to go with your outfits! Learners must provide their own materials and tools required for the class. Learners should anticipate an estimated cost of approximately \$125.00, which may vary based on the supplies and tools they already own. A detailed overview will be provided by the instructor during the first class.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6983

Jewellery G - Handmade Chains

Create your own handmade chain bracelets and necklaces, after making samples of different soldered and unsoldered chain styles such as King's Chain (Byzantine), European and Japanese chainmail, forged links, Etruscan loop-in-loop and crocheted wire tubular forms. Complementary techniques taught include simple clasp making, wire twisting, chasing, rolling mill texturing and doming of sheet metal, tumble-polishing and flexible shaft polishing. Beginners welcome. Final price includes a material fee of \$25.00, covers copper, brass, polishing compounds, and other supplies.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$520 (\$421sr) PR-7082

Learn to Make Soap from Scratch!

Two sessions of bubbly fun! Learn to make soap from scratch. From the safe handling of lye to final packaging you will be the queen (or king) of clean. Things you will learn; how to manage lye and calculate the correct quantity, creating a recipe, mixing, colouring, fragrancings, molding, unmolding, sourcing ingredients and packaging. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$15.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Nov 17, 2025 2wks \$105 (\$87sr) PR-6966

Weaving: Fabric and Tapestry-All Levels

Join us for an engaging weaving course designed for students with some prior experience. Weavers will explore new patterns, experiment with techniques, and undertake various projects at their own pace, while completing their project by the end of the term. The instructor will provide personalized guidance for each participant, fostering a collaborative environment where students can share insights and receive constructive feedback from others on their work. All necessary equipment will be available in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Sep 15, 2025 11wks \$495 (\$396sr) PR-6909

Wed 10am-1pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6913

Weaving: Introduction

This course will explore weaving as an expressive art. Beginners can explore alternative materials (such as foraged botanicals) and techniques. Beginners can expect to make a table runner, wall hanging or a set of placemats. Interested participants can also learn to make simple small looms and tools. More experienced learners will set their own goals, with input and sharing from other students. A list of suppliers in Ontario will be provided to students. All necessary equipment will be provided in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1:30pm-4:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6910

Dance

Ballroom Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7:30pm-9pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7049

Ballroom and Latin Dancing Beg/Int

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6884

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6942

Ballroom and Latin Dancing Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7:30pm-9pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6969

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7004

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6854

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6882

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6930

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6831

Thu 11am-1pm Sep 18, 2025 11wks \$330 (\$264sr) PR-6900

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6954

Egyptian Belly Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7050

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Sep 15, 2025 11wks \$206 (\$165sr) PR-6857

Hip Hop Dance

This beginner/intermediate class is a fun way of learning creative and 'funky' dance moves. We 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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6923

International Folk Dancing ★

Exciting rhythms add to the fun of learning dances from around the world. The stylings and customs of our global neighbours will be explored. Please note: The Second Mile Club of Toronto, Kensington Gardens, and Orchard View Branch Healthcare Centres requires learners who are attending a course at these locations do a COVID-19 rapid test on-site every other week. Please note this is not a TDSB policy but one mandated by the operators of these facilities.

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

Fri 10am-12pm Sep 19, 2025 11wks \$330 (\$264sr) PR-6799

Latin Rhythms: Salsa and

Merengue for All

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11am-12:30pm Sep 16, 2025 11wks \$248 (\$198sr) PR-7155

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6917

Learn to Dance - Salsa, Merengue and Bachata for Beginners

Get ready to move, groove, and gain confidence on the dance floor. This fun and energetic course introduces you to the fundamentals of three popular Latin dances: Salsa, Merengue, and Bachata. Perfect for absolute beginners, you'll learn basic steps, partner work, musicality, and simple turns in a friendly and supportive environment. No partner or experience needed - just bring your enthusiasm and comfortable shoes. Whether you're looking to dance socially, stay active, or try something new, this course is a great way to get started.

Overland PS 55 Overland Drive, North York

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7034

Line Dancing ★

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

Cecil Community Centre 58 Cecil Street, Toronto

Wed 2:30pm-4pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6811

Line Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7043

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Sep 19, 2025 11wks \$330 (\$264sr) PR-6891

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6904

Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 19, 2025 11wks \$330 (\$264sr) PR-6892

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6988

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.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6853

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6958

Salsa for Beginners and

Intermediate Dancers

Whether you're stepping onto the dance floor for the first time or looking to refine your technique, this course offers a fun and dynamic introduction to salsa dancing. Designed for both beginners and intermediate dancers, the class will focus on foundational steps, rhythm, and body movement, with an emphasis on building confidence and musicality.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-7159

Step Into the Groove: Learn to Hustle *NEW*

Having roots in the 70's, Hustle lives! Learn a fun partner dance with a unique rhythm that will let you dance to Disco, Pop, Latin, or Funk music. This class will teach you the basic steps to be able to dance Hustle socially. No partner necessary, we will rotate partners throughout the class. Please wear shoes that aren't too slippery or too grippy.

Leaside High School 200 Hanna Road, East York

Wed 6pm-7:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-7175

Discover the Outdoors

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

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Wed 8:30am-11:30am Sep 17, 2025 7wks \$315 (\$252sr) PR-7151

Fitness

Absolute Abs: Lower Body Blast

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7pm Sep 15, 2025 11wks \$165 (\$132sr) PR-7170

Aches and Pain - Proactive Self-care

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

*Remote Course Offering

Thu 10:45am-11:45am Sep 18, 2025 11wks \$165 (\$132sr) PR-6902

Aerobics to the 80's! Let's Get Physical!

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

*Remote Course Offering

Wed 6pm-7pm Sep 17, 2025 11wks \$165 (\$132sr) PR-7024

Afrobeat Aerobics

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

*Remote Course Offering

Wed 6pm-7:15pm Sep 17, 2025 11wks \$206 (\$165sr) PR-7032

Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga. This Remote course is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block are encouraged to have.

*Remote Course Offering

Wed 6pm-7:15pm Sep 17, 2025 11wks \$206 (\$165sr) PR-7025

Mimico Adult Centre 255 Royal York Road, Etobicoke

Bone Fitness

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7018

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 12pm-1pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7152

Overland PS 55 Overland Drive, North York

Mon 11:45am-12:45pm Sep 15, 2025 11wks \$165 (\$132sr) PR-7156

Boxing Basics and Conditioning

Learn the art of boxing. This class is designed for those with little to no experience in the sport of boxing. This age-old combative sport shall be taught as a non-contact course. You will learn how to correctly throw fundamental punches, develop footwork, timing, accuracy, and technique. The class will also include a warm-up, a cool down, and exercises specific to the sport. The program will build progressively throughout the term. Through cooperative reactive drills with your fellow students, you will be able to develop and execute basic boxing combinations. A basic fitness level is a recommended pre-requisite. Learners will be required to have fitness gloves, skipping rope and an exercise mat for the second class and onward.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-7:15pm Sep 17, 2025 11wks \$206 (\$165sr) PR-6979

Breath - Exhale, Mindful Meditation *NEW*

This class combines transformative guided meditation, breathwork techniques, and gentle warm-ups to help your mind and body enter a relaxed state, balance your energy system, and empower you to uncover, heal, and reconnect with the wholeness of who you truly are—so you can live from a place of clarity, love, and harmony. All levels are welcome.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6pm-7pm Sep 17, 2025 11wks \$165 (\$132sr) PR-7160

Core Conditioning

This class is dedicated to building core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles, including lower back, glutes and shoulders. Strong core muscles equate with a trimmer appearance, less back injuries and they will keep us in shape. Learners are encouraged to bring: yoga mat, two dumbbells (1LB to 3LB depending on the preference) and one kettlebell (5LBs) if possible.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Sep 15, 2025 11wks \$165 (\$132sr) PR-6957

Core Without the Floor

Want to improve balance and posture and work on your mid-section and pelvic floor, but don't like lying on the floor? No problem! In this class, the floor is brought to you. Participants will do all of this and more, with seated exercises (80%) and standing exercises (20%). With a strong emphasis on the muscles responsible for balance and proper alignment, participants will also restore their range of motion so they can move about with ease, pain-free. It is strongly recommended participants wear anti-slip grip socks, as part of this class is done without shoes. Light hand weights and a band is also recommended.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:15am Sep 13, 2025 11wks \$165 (\$132sr) PR-6789

Core Yoga

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6855

Fitness and Strength Training

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

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

Thu 6:30pm-8pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7062

Flexibility and Muscle Toning

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Sep 13, 2025 11wks \$165 (\$132sr) PR-6824

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Sep 17, 2025 11wks \$165 (\$132sr) PR-6868

Full Body Boot Camp

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

*Remote Course Offering

Sat 9:45am-10:45am Sep 13, 2025 11wks \$165 (\$132sr) PR-6821

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7115

Full Body Sculpt Plus Power Abs Burn

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

Overland PS 55 Overland Drive, North York

Wed 8:30pm-9:30pm Sep 17, 2025 11wks \$165 (\$132sr) PR-7033

Gentle Fitness

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-12:30pm Sep 13, 2025 11wks \$248 (\$198sr) PR-6825

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:15pm-8:15pm Sep 15, 2025 11wks \$165 (\$132sr) PR-7171

Overland PS 55 Overland Drive, North York

Sat 12:30pm-1:30pm Sep 13, 2025 11wks \$165 (\$132sr) PR-6842

Gentle Stretches for a Great Night Sleep

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

*Remote Course Offering

Thu 8pm-9pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7057

Low Impact Aerobics ★

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

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Sep 17, 2025 11wks \$165 (\$132sr) PR-6798

Mixed Martial Arts (MMA) Self Defence

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Sep 15, 2025 11wks \$330 (\$264sr) PR-7073

Pilates

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

*Remote Course Offering

Sat 11am-12pm Sep 13, 2025 11wks \$165 (\$132sr) PR-6815

Wed 8pm-9pm Sep 17, 2025 11wks \$165 (\$132sr) PR-6886

Fri 9:15am-10:15am Sep 19, 2025 11wks \$165 (\$132sr) PR-7021

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7040

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7013

Leaside High School 200 Hanna Road, East York

Wed 8:30pm-9:30pm Sep 17, 2025 11wks \$165 (\$132sr) PR-6867

Pilates and Movement: Strength and Mobility

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

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

Thu 6:15pm-7:15pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7067

Resistance Training Workout

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

Central Technical School 725 Bathurst Street, Toronto
Wed 7pm-8:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-7109
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 7:30pm-9pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6933
Overland PS 55 Overland Drive, North York
Sat 10:45am-12:15pm Sep 13, 2025 11wks \$248 (\$198sr) PR-6836

Strength Training and Seated Stretching

This Remote class includes a weight training segment where foundational movements, such as squats, shoulder presses, biceps curls, and wall push-ups, are integrated into a cohesive series to strengthen the entire body. Variations of the movements will be shown to accommodate different capacity and mobility levels. To end, we will do horizontal stretching in a seated position to cool down. This class is an efficient and gentle home workout. Recommended equipment: Light weights, chair, comfortable clothing.

*Remote Course Offering

Mon 9:15am-10:15am Sep 15, 2025 11wks \$165 (\$132sr) PR-7022

Strength and Weight Training

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

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-7:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6975
Central Technical School 725 Bathurst Street, Toronto
Thu 6pm-7:15pm Sep 18, 2025 11wks \$206 (\$165sr) PR-7123
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-7:15pm Sep 15, 2025 11wks \$206 (\$165sr) PR-6961

Strength for Life - Full Body Fitness

This full-body fitness program uses light weights, resistance bands, dumbbells, and bodyweight exercises for low-impact, effective workouts. Whether you want to build strength, improve mobility, or enhance your overall fitness, you'll find a supportive and engaging atmosphere in this class. Stay active, strong, and vibrant with Strength for Life. This full-body fitness program uses light weights, resistance bands, dumbbells, and bodyweight exercises for low-impact, effective workouts. Whether you want to build strength, improve mobility, or enhance your overall fitness, you'll find a supportive and engaging atmosphere in this class. Stay active, strong, and vibrant with Strength for Life. Learners must bring: dumbbells, mat, towel, and water to class.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7:30pm-8:45pm Sep 15, 2025 11wks \$206 (\$165sr) PR-6965

Tai Chi Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-10:30am Sep 13, 2025 11wks \$248 (\$198sr) PR-6829

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Sep 15, 2025 11wks \$248 (\$198sr) PR-6897

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6936

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6907

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6962

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

Thu 6:30pm-8pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7061

Tai Chi Intermediate

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine. No class on Monday, October 13, 2025, for Thanksgiving.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Sep 15, 2025 11wks \$165 (\$132sr) PR-6912

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6939

Tai Chi Intermediate ★

This course is a follow-up to the beginner course, introducing more complex forms and techniques. Deepen your understanding of posture, balance, and movement while exploring more advanced sequences. This class is suitable for those who have a basic understanding of Tai Chi and are ready to progress in their practice. You will learn warm-up techniques and practice various forms within a routine.

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6804

Tai Chi Sword

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

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6899

Tai Chi-Advanced

Study the Yang style which consists of a sequence of slow continuous movement. In this class you will use a plastic retractable sword.

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Sep 16, 2025 11wks \$248 (\$198sr) PR-6898

Walk Your Way to a Healthy Weight - Outdoors

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

Overland PS 55 Overland Drive, North York

Wed 5:45pm-8:15pm Sep 17, 2025 7wks \$263 (\$210sr) PR-7036

Yoga: Chair

Chair Yoga is viable for Seniors and persons with limited mobility. It can support one's body and protect against falls and injury while getting stronger. The poses are modified, and it is low-impact movements with breathing exercises. Chair yoga has shown to help with better balance, lower levels of depression and agitation, and overall improvement in quality of life in persons even in people with dementia. Gentle chair yoga also has health benefits, loosening and stretching painful muscles, reducing stress, and improving circulation. Wear comfortable shoes and clothing.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9:45am-10:45am Sep 16, 2025 11wks \$165 (\$132sr) PR-7153

Overland PS 55 Overland Drive, North York

Wed 10:15am-11:15am Sep 17, 2025 11wks \$165 (\$132sr) PR-6894

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 have a yoga mat.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7:30pm-8:30pm Sep 15, 2025 11wks \$165 (\$132sr) PR-6871

Wed 11am-12pm Sep 17, 2025 11wks \$165 (\$132sr) PR-6908

Yoga: Kundalini Beginner/Intermediate

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

*Remote Course Offering

Mon 6:30pm-8pm Sep 15, 2025 11wks \$248 (\$198sr) PR-6964

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7044

Yoga: Mind-Body, Movement and Strength

Beginning with grounding and breathwork to help students connect, centre and focus on the postures and movement, then move to a warmup stage which will invite mobility-based stretching. A variety of yoga asanas or postures movement exercises, including standing and mat work, will challenge and engage participants at all levels. Further progress to some hip and pelvis area strengthening, with final rest and breathing, and closing period of reflection, again grounding and relaxation.

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

Thu 7:30pm-8:30pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7071

Zumba

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-9:30am Sep 13, 2025 11wks \$165 (\$132sr) PR-6823

Thu 7:15pm-8:15pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7042

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-8:30pm Sep 17, 2025 11wks \$165 (\$132sr) PR-6863

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Sep 15, 2025 11wks \$165 (\$132sr) PR-6963

Zumba Chair

Enjoy the fun rhythms of Zumba, while staying off your feet. This class is perfect for anyone with balance or mobility issues. Seated exercise lets you raise your heart rate without worrying about becoming dizzy or losing your step. Build your strength, and move to the music in a safe way!

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:45pm-1:45pm Sep 16, 2025 11wks \$165 (\$132sr) PR-7154

Zumba Gold

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7041

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 8:15pm-9:15pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7016
Overland PS 55 Overland Drive, North York
Mon 10:30am-11:30am Sep 15, 2025 11wks \$165 (\$132sr) PR-6893

Zumba Gold Toning

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Thu 1pm-2pm Sep 18, 2025 11wks \$165 (\$132sr) PR-6914

Zumba Toning

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

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 8:30pm-9:30pm Sep 18, 2025 11wks \$165 (\$132sr) PR-7054

Food (We cannot guarantee a nut free environment)

Beyond Bliss: The Ultimate Chocolate Chip Cookie Workshop

Who doesn't love a delicious chocolate chip cookie? Join us for a fun workshop where we'll dive into the art of making the perfect soft, rich, and gooey chocolate chip cookies! Instead of splurging on store-bought cookies, why not whip up your own at home? Participants will take home a dozen homemade cookies to enjoy at home. Just remember to bring an apron and a container for your sweet treats! If you want to get creative, feel free to bring your favorite chocolate bar for a special twist. And don't worry, we'll have milk ready for you to enjoy! Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Oct 23, 2025 1wks \$70 (\$61sr) PR-7121

Cake Decorating

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

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9am-11am Sep 13, 2025 11wks \$330 (\$264sr) PR-6814

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7010

Chef On The Run

Pressed for time? This course is organized for the time-crunched cook who believes that fresh home cooked food beats take-out food any day of the week. Have a wholesome delicious meal on your plate in 30 minutes. Quick-to-fix breakfast ideas, lunch treats, healthy dinners which will satisfy the family, yet are fancy enough for company. Create delicious menus, which incorporate fresh and wholesome seasonal ingredients. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 11am-1pm Sep 13, 2025 11wks \$410 (\$344sr) PR-6816

Cooking 101 and Beyond

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

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$575 (\$476sr) PR-7066

Dubai's Kunafa Chocolate Making Class *NEW*

Dubai Kunafa Chocolate has gone viral, with its creamy yet crunchy pistachio filling it is a treat for any chocolate lover. In this one evening workshop participants will learn how to temper their chocolate, make their very own Kunafa filling, and mold and make their own chocolate bars to bring home. Final price includes a material fee of \$45.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Nov 20, 2025 1wks \$90 (\$81sr) PR-7182

Essential Portuguese Cuisine

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

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 18, 2025 5wks \$305 (\$260sr) PR-7120

Gourmet Cooking on a Budget

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:45am-10:45am Sep 13, 2025 11wks \$410 (\$344sr) PR-6817

Holiday Baking Workshop

No matter your culinary experience, bring your best attitude and produce some delicious holiday treats. Over the course of the two-day workshop, recipes will include cookies, cakes, and more. Final price includes a material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Oct 30, 2025 2wks \$135 (\$114sr) PR-7051

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Nov 17, 2025 2wks \$135 (\$114sr) PR-6948

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Nov 8, 2025 2wks \$135 (\$114sr) PR-6793

Indian Vegetarian Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$575 (\$476sr) PR-7087

Jamaican Patties

Explore the world-renowned Jamaican patty, beloved globally as a convenient snack or quick lunch option. Traditionally filled with beef, today's patties feature a variety of fillings, including vegetarian and seafood options. Using authentic Jamaican herbs and spices, you'll craft your own fillings and dough from scratch in this hands-on class. Participants will create both a meat-based and a vegetable-based filling. Come ready to cook and don't forget your apron! Final price includes a material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Sep 18, 2025 2wks \$135 (\$114sr) PR-7055

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Oct 6, 2025 2wks \$135 (\$114sr) PR-6951

Korean Cuisine

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

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$575 (\$476sr) PR-7072

Mediterranean Cooking

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$575 (\$476sr) PR-7108
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$575 (\$476sr) PR-7063

Pastry Arts for Everyone

Each week we will learn theory and methodology for different types of pastry. Format: pastry skills and recipe demonstration followed by small group, hands-on activity making a variety of pastry and baked goods to taste and take home. Topics covered: All about gluten and flours, biscuits and scones, working with filo and flaky dough, choux, and quickbread methods. Final price includes a material fee of \$50.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-9pm Sep 17, 2025 5wks \$275 (\$230sr) PR-7003

Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$20.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-9:30pm Oct 16, 2025 1wks \$73 (\$62sr)
PR-7037
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-9:30pm Sep 29, 2025 1wks \$73 (\$62sr) PR-6946

Portugal's Iconic Pastel de Nata Workshop

In this one day workshop learn how to make Portugal's iconic Pastel de Nata. These treats, defined by their sweet rich egg custard nestled in crisp pastry, are the perfect dessert for any occasion. Participants will receive a dozen Natas to bring home and a set of tins for their own home baking. Don't forget to bring an apron and a container to bring your natas home. Final price includes a material fee of \$20.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Nov 6, 2025 2wks \$110 (\$92sr) PR-7167

Soup It Up

In this two-day workshop, you will learn how to make stock then use it to make soup, sauce, and gravy. Learn other techniques for making soup that does not require liquid stock and cook a variety of delicious, hearty, and cultural soup. A stockpot/medium saucepan will be required. Final price includes a material fee of \$25.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Oct 2, 2025 2wks \$130 (\$109sr) PR-7053

Sweet, Savoury, Flaky and Fun!

Learn baking and dough methods and make a variety of pies, tarts, galettes using shortcrust, pie dough, puff pastry, etc., with an assortment of fillings and toppings. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes a material fee of \$50.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Oct 22, 2025 5wks \$275 (\$230sr) PR-7001

Taste of the World - Global Cooking *NEW*

Explore the world through food! In this hands-on course, you'll learn basic cooking techniques while preparing iconic dishes from Italy, Spain, South America, Asia, India, and Mexico. Each week features a different cuisine, simple ingredients, and approachable methods. Note: Dishes may vary slightly depending on ingredient availability. Vegetarian options provided. Final price includes a material fee of \$80.00. No class Monday, October 13, 2025 for Thanksgiving.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Sep 15, 2025 8wks \$440 (\$368sr) PR-6953

Tastes of Thailand

Introducing exotic Thai cuisine. Prepare a range of authentic, delicious, simple and healthy Thai dishes. Final price includes material fee of \$80.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9pm Sep 17, 2025 11wks \$575 (\$476sr) PR-6980

Games and Hobbies

Bridge Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11:30am Sep 13, 2025 11wks \$413 (\$330sr) PR-6813

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Sep 15, 2025 11wks \$413 (\$330sr) PR-6851
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7064

Bridge Beginner Plus

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

Leaside High School 200 Hanna Road, East York
Wed 6:30pm-9pm Sep 17, 2025 11wks \$413 (\$330sr) PR-6862

Bridge Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-8:30pm Sep 16, 2025 11wks \$413 (\$330sr) PR-6929

Creating Interesting Photographs *NEW*

Get away from taking snapshots and learn ways to make creative photos. Take advantage of your DSLR or mirrorless cameras different features to create interesting and different images. Learn about manual control, depth of field control, bokeh, panning, long exposures, B&W and many other techniques. Class discussions and exercises will open up ideas for your exploration. An understanding of basic photography and exposure is required. Not suitable for Point and Shoot cameras.

Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-7172

Gardening - Indoor and Outdoor

Learn how to plan, prepare, and care for a thriving outdoor garden by exploring soil types, amendments, fertilizers, pruning, and plant division. Gain hands-on knowledge in seed starting and extending plant longevity. The course also covers care for indoor flowering plants to keep them healthy year-round. Explore safe pest control methods and delve into herb gardening—learning propagation techniques and culinary, medicinal, and aromatic uses. By the end, you'll have the skills and confidence to grow and maintain both indoor and outdoor gardens successfully.

Overland PS 55 Overland Drive, North York
Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7031

Photography Beginner

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

*Remote Course Offering

Thu 7pm-9pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7060

Photography Beginner Digital SLR

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6860

Handiwork

Auto Mechanics Advanced

This instructor-led program offers hands-on training in automotive troubleshooting using students' own vehicles for demonstrations. Held in a high school garage equipped with a hoist and limited tools, the course focuses on diagnosing and resolving real car issues presented by learners. The instructor explains each step in detail, encouraging questions and discussion throughout. Note: this is an instructional program, not a self-directed shop. Equipment use is limited to what is available during class time, and project completion is not guaranteed. Learners are encouraged to bring vehicles with issues for educational purposes. Final price includes a shop fee of \$10.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$505 (\$406sr) PR-6940

Auto Mechanics Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$505 (\$406sr) PR-7116

Bicycle Repair

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$500 (\$401sr) PR-7095
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$500 (\$401sr) PR-7107
Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$500 (\$401sr) PR-6889

Furniture Refinishing

Do you have an old chair, side table or small desk you just can't part with but really needs some love? Refinish it to its former glory. Bring the following on the first night: your project, safety glasses, paint remover, rubber gloves, paint brush, and scraper. Wear comfortable old clothing. Note: Projects should not take longer than nine weeks to complete, and there is limited space for storage, pieces should be small enough that learners can transport their pieces back and forth each week if needed. Final price includes a material fee of \$20.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:15pm-9:15pm Sep 17, 2025 11wks \$515 (\$416sr) PR-6890

Home Maintenance and Renovating Beginner

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

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-11:30am Sep 13, 2025 11wks \$535 (\$436sr) PR-6792
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6pm-9pm Sep 18, 2025 11wks \$535 (\$436sr) PR-7065

Home and Cottage: Construction

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

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$535 (\$436sr) PR-7086
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$535 (\$436sr) PR-7101

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.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-9pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6981

Upholstery

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 15, 2025 11wks \$505 (\$406sr) PR-6877

Wed 6pm-9pm Sep 17, 2025 11wks \$505 (\$406sr) PR-6883

Wood Carving Introduction

This hands-on course is designed for beginners and enthusiasts interested in the art of wood carving. Students will learn the basics of low relief carving by hand, and basics of composition, positive/negative space and line drawing. Three small projects will be completed during the term. Final price includes a shop and material fee of \$35.00. Learners will be provided with materials and use of tools in the class.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 17, 2025 11wks \$530 (\$431sr) PR-7006

Wood Carving and Sculpture

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 15, 2025 11wks \$500 (\$401sr) PR-6870

Wood Carving and Sculpture ★

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00. No class on Monday, October 13, 2025, for Thanksgiving.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Sep 15, 2025 11wks \$500 (\$401sr) PR-6805

Mon 1pm-4pm Sep 15, 2025 11wks \$500 (\$401sr) PR-6806

Tue 9am-12pm Sep 16, 2025 11wks \$500 (\$401sr) PR-6809

Tue 1pm-4pm Sep 16, 2025 11wks \$500 (\$401sr) PR-6810

Woodworking Beginner

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-9pm Sep 16, 2025 11wks \$495 (\$396sr) PR-7158

Woodworking Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$495 (\$396sr) PR-7079

Health and Wellness

Acupressure

Treat Acute Pain, Back Pain, Neck Pain, Headaches and Stress with simple and practical techniques that have been used for thousands of years in China. Learn basic Theory of Chinese Medicine and how acupressure can improve your daily life.

Acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease without Needles. Learn Basic Theory of Tongue reading to identify where is the Energy blockage in the human body.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Oct 16, 2025 3wks \$135 (\$108sr) PR-7014

Reiki - Level I and II

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8:30pm Sep 17, 2025 9wks \$270 (\$216sr) PR-7161

Unlock the Healing Power of Reflexology - A Hands-On Introductory Course

Discover the art of foot reflexology in this hands-on, interactive course designed for beginners. See the feet in a new way and learn how specific pressure points on the feet connect to various systems of the body, helping to improve overall health and well-being. With guided instructions, you will practice simple techniques to promote relaxation, reduce stress, restore balance and gain the confidence to perform a full reflexology session. This course is ideal for individuals interested in holistic wellness, self-care, or learning a new therapeutic skill for use with family and friends. No prior experience necessary.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-9pm Sep 17, 2025 6wks \$270 (\$216sr) PR-6982

Women's Health Essentials *NEW*

This course aims to provide an understanding into the holistic measures of maintaining a healthy female body from the physical to the spiritual, with detailed discussion of nutritional, supplemental, and herbal recommendations for women through all ages and life stages. Topics addressed include issues related to menstruation, post partum, perimenopause, menopause, and the many factors between. An insight into wise woman traditions and energy work will also be incorporated.

Leaside High School 200 Hanna Road, East York
Wed 7pm-8:30pm Sep 17, 2025 7wks \$248 (\$198sr) PR-7173

Interior Design

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! In this course, 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!

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-9pm Sep 17, 2025 11wks \$495 (\$396sr) PR-6978
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$495 (\$396sr) PR-7129
Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6:30pm-9pm Sep 15, 2025 11wks \$413 (\$330sr) PR-6924

Languages

Arabic Beginner

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

*Remote Course Offering
Mon 7:30pm-9:30pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6947

Cantonese Conversation Skills

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

Central Technical School 725 Bathurst Street, Toronto

French Beginner

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

*Remote Course Offering

Sat 9am-11am Sep 13, 2025 11wks \$330 (\$264sr) PR-6820

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6955

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6952

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6915

French Beginner Level II

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

*Remote Course Offering

Wed 6:30pm-8:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7100

Thu 7pm-9pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7059

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-8pm Sep 16, 2025 11wks \$330 (\$264sr) PR-6935

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.

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6869

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.

Overland PS 55 Overland Drive, North York

Wed 12:30pm-2:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6812

French Reading Club

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

Overland PS 55 Overland Drive, North York

Wed 10am-12pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6987

German Beginner

Learn the basics of conversational German for use in everyday situations. Interactive methods are used to develop language skills. This course teaches the basics using a combination of grammar, vocabulary, reading, writing and conversation. German/English dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Sep 15, 2025 11wks \$330 (\$264sr) PR-7083

Greek, Modern Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7008

Hindi Beginner

In this course, beginner level instruction is offered in reading, understanding, and speaking Hindi. A Hindi/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6999

Italian Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 19, 2025 11wks \$330 (\$264sr) PR-6984

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6956

Japanese for Travellers

In this course, learn basic conversational Japanese for everyday situations. This course teaches the basics using a combination of grammar, vocabulary, and conversation.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Sep 16, 2025 11wks \$330 (\$264sr) PR-7165

Japanese: Level I

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

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7102

Korean Beginner

When you want to learn about another culture, it's very important to learn the language. In the Korean language there is a 24-letter alphabet. In this course, you will learn all the consonants and vowels and begin to recognize them in simple words. Elementary words will also be taught so learners can construct simple sentences. An English/Korean Dictionary may be required.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6972

Mandarin Chinese Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6970

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$413 (\$330sr) PR-7088

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6847

Overland PS 55 Overland Drive, North York

Wed 7:30pm-9:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7035

Spanish Beginner

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

*Remote Course Offering

Sat 8:30am-10:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6834

Mon 7:30pm-9:30pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6844

Tue 5:30pm-7:30pm Sep 16, 2025 11wks \$330 (\$264sr) PR-6932

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Sep 16, 2025 11wks \$330 (\$264sr) PR-7094

Thu 6:30pm-8:30pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7112

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6995
Northview Heights SS 550 Finch Avenue West, North York
Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6950
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-8pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6960

Spanish Beginner Level II

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

*Remote Course Offering

Tue 7:30pm-9:30pm Sep 16, 2025 11wks \$330 (\$264sr) PR-6931
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-8:30pm Sep 16, 2025 11wks \$330 (\$264sr) PR-7090
Thu 6:45pm-8:45pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7114
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6996

Spanish Conversation I

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

*Remote Course Offering

Wed 7:30pm-9:30pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7028

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 Remote course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.

*Remote Course Offering

Sat 10:45am-12:45pm Sep 13, 2025 11wks \$330 (\$264sr) PR-6833
Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-8:30pm Sep 15, 2025 11wks \$330 (\$264sr) PR-7074

Spanish Intermediate Level II

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

Spanish for Travellers

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 8pm-9:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6997

Music

Fiddle and Bow

Open to students interested in learning and playing the violin, viola, or cello. It is especially tailored for beginners who are enthusiastic and committed to developing their musical skills. Participants will not only learn to play their chosen instrument but will also experience the friendship and collaboration of performing as part of an orchestra.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-7169

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

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6976
Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9:30am-11:30am Sep 13, 2025 11wks \$330 (\$264sr) PR-6822
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-8:30pm Sep 16, 2025 11wks \$330 (\$264sr) PR-7093
Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Sep 15, 2025 11wks \$330 (\$264sr) PR-6852

Guitar Beginner Level II

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

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7047

Learn to Play The Ukulele

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-6866

Piano Keyboarding Beginner Level II

This course is designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Sep 17, 2025 11wks \$248 (\$198sr) PR-6896

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 Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3pm Sep 18, 2025 11wks \$248 (\$198sr) PR-6989

Piano Keyboarding Beginner: Level III

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

Overland PS 55 Overland Drive, North York

Thu 3pm-4:30pm Sep 18, 2025 11wks \$248 (\$198sr) PR-6993

Uniting Voices: An Inspiring Adult Choir *NEW*

Designed to create a welcoming space where adults come together to pursue their passion for singing, forge meaningful connections, and experience personal enrichment through music, regardless of prior singing experience. A passion for music and a willingness to learn are the only requisites for joining this musical journey. This program aims to empower participants of all skill levels, offering a supportive environment that celebrates individuality while embracing the power of collective creativity.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7168

Self Development

Blissful Beginnings: Empowering New Moms *NEW*

This course is designed to help new moms navigate the early stages of motherhood with confidence and joy. Through supportive guidance and practical strategies, you'll discover how to be your best self while balancing the demands of being a new mom. We'll explore ways to embrace your new role, cultivate self-care practices, and create a personalized plan to foster a positive and fulfilling experience during this transformative time. Whether you're looking to boost your confidence, manage the challenges of motherhood, or simply create a joyful balance, this course will provide the tools and support you need to thrive as a new mom.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-7:30pm Sep 17, 2025 6wks \$135 (\$108sr) PR-6741

Hairdressing and Styling Beginner

Acquire skills in haircutting, blow drying, colouring and styling. This is not a certificate granting course. Final price includes a material fee of \$100.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 18, 2025 11wks \$595 (\$496sr) PR-7009

Transition to Retirement

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

*Remote Course Offering

Thu 6pm-8pm Oct 2, 2025 6wks \$180 (\$144sr) PR-7038

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-8pm Sep 23, 2025 6wks \$180 (\$144sr) PR-7096

Sewing

Introductory Sewing

Sewing can be both exciting and a bit intimidating. In this introductory course, learn and practice basic sewing techniques to improve your sewing skills. At the end of the course, you will have completed four beginner-friendly projects, i.e., tote bag, apron, pillowcases for home decor, and one other item of your choice. Learners are required to bring their own sewing machines. Final price includes a shop fee of \$5.00.

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Sep 17, 2025 11wks \$500 (\$401sr) PR-7019

Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Students will be supplied with 1/4 size pattern drafting slopers and will learn many techniques including dart manipulation, pockets, yokes and finishes. This course will introduce design fundamentals and learners will take this knowledge to create their own personal skirt block and design their own skirt. Final price includes a shop fee of \$5.00.

Sewing Advanced

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Sep 15, 2025 11wks \$500 (\$401sr) PR-6906

Sewing Alterations and Repairs

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets, etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Learners must bring their own sewing machine. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 17, 2025 11wks \$418 (\$335sr) PR-6887

Sewing Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9:30pm Sep 17, 2025 11wks \$418 (\$335sr) PR-6974

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$500 (\$401sr) PR-7089

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 17, 2025 11wks \$500 (\$401sr) PR-7002

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Sep 15, 2025 11wks \$418 (\$335sr) PR-6876

Sewing Beginner ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Sewing Beginner Level II

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 15, 2025 11wks \$500 (\$401sr) PR-7080

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 18, 2025 11wks \$500 (\$401sr) PR-7017

Sewing Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$500 (\$401sr) PR-7117

Sewing Intermediate ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Sep 16, 2025 11wks \$500 (\$401sr) PR-6803

Sewing for the Home

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Sep 15, 2025 11wks \$500 (\$401sr) PR-6905

Sports

Badminton

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 8pm-10pm Sep 16, 2025 11wks \$335 (\$269sr) PR-6937

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6941

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

Thu 8pm-9:30pm Sep 18, 2025 11wks \$248 (\$198sr) PR-7068

Badminton for Intermediate Players

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6943

Basketball for Women

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Sep 18, 2025 11wks \$253 (\$203sr) PR-7039

Golf Beginner

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6:30pm-8pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6845

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Sep 17, 2025 11wks \$253 (\$203sr) PR-6864

Golf Intermediate

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 8pm-9:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6846

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Sep 17, 2025 11wks \$253 (\$203sr) PR-6865

Mastering Tennis Drills: Boost Your Skills and Performance

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7pm Sep 15, 2025 11wks \$170 (\$137sr) PR-6878

Pickleball Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Sep 18, 2025 11wks \$253 (\$203sr) PR-7048

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-7077

Mon 7:30pm-9pm Sep 15, 2025 11wks \$253 (\$203sr) PR-7078

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Sep 18, 2025 11wks \$253 (\$203sr) PR-7012

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6918

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6945

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6959

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Sep 13, 2025 11wks \$253 (\$203sr) PR-6790

Sat 11:30am-1pm Sep 13, 2025 11wks \$253 (\$203sr) PR-6791

Pickleball Low Intermediate

This course is designed for players with some basic pickleball experience, aiming to bridge the gap between beginner and intermediate skill levels. Some drills might require adjustments to accommodate everyone within the time limit. Final price includes a material fee of 5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8:30pm-10pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6919

Pickleball Power Hour: Smash and Drive Mastery

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7pm Sep 15, 2025 11wks \$170 (\$137sr) PR-6916

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:30pm Sep 15, 2025 11wks \$170 (\$137sr) PR-6968

Tennis Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Sep 18, 2025 11wks \$253 (\$203sr) PR-7046

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-7:30pm Sep 30, 2025 9wks \$208 (\$167sr) PR-7091

Tue 7:30pm-9pm Sep 30, 2025 9wks \$208 (\$167sr) PR-7092

Wed 6pm-7:30pm Oct 1, 2025 9wks \$208 (\$167sr) PR-7105

Wed 7:30pm-9pm Oct 1, 2025 9wks \$208 (\$167sr) PR-7106

Thu 6pm-7:30pm Oct 2, 2025 9wks \$208 (\$167sr) PR-7118

Thu 7:30pm-9pm Oct 2, 2025 9wks \$208 (\$167sr) PR-7119

Don Mills Middle School 17 The Donway East, North York

Mon 7:45pm-9:15pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6849

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-8:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6881

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6925

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6944

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Sep 13, 2025 11wks \$253 (\$203sr) PR-6787

Tennis Intermediate

Individual instruction and practice are provided for students with some tennis experience. Large classes will be divided into groups. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 8:30pm-10pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6879

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6920

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:45am Sep 13, 2025 11wks \$253 (\$203sr) PR-6788

Tennis for True Beginners

Ever dream of playing on the Wimbledon court but have never picked up a racket? This exciting course will introduce students to the tennis basics which will include proper grip, swing, and stance! Get on the court and discover how fun and exhilarating the game truly is! Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Don Mills Middle School 17 The Donway East, North York
Mon 6pm-7:30pm Sep 15, 2025 11wks \$253 (\$203sr) PR-6850
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 12pm-1:30pm Sep 13, 2025 11wks \$253 (\$203sr) PR-6795

Volleyball

Get ready to serve, spike, and dig your way into our co-ed recreational volleyball class. Whether you're a beginner looking to learn the basics or an experienced player aiming to sharpen your skills, this course provides a dynamic and supportive learning environment that encourages both skill development and a love for the game. Players of all levels are welcome.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-8pm Sep 16, 2025 11wks \$330 (\$264sr) PR-6934

Technology

Making Your Home Smarter

In the course, learners will explore the exciting world of smart home technology and learn how to transform their living spaces into connected, intelligent environments. From smart lighting and thermostats to security systems and voice assistants, we'll cover a wide array of devices and systems that enhance convenience, energy efficiency, and security.

*Remote Course Offering
Sat 9am-11am Sep 13, 2025 11wks \$330 (\$264sr) PR-6830

Theatre, Film & TV

Cinema Studies

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-7134

Classics of Horror

That's life - joy coexists with sadness, laughter with tears, happiness with fears. Many great writers (Dostoevsky, Kafka, Poe) and cinematographers (Murnau, Hitchcock, Polansky, Kubrick, Spielberg) explore in their works unconscious, dark side of human nature. This course will discuss and analyze cult horror movies from the silent era to present.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 17, 2025 11wks \$330 (\$264sr) PR-7005

Drama Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9pm Sep 15, 2025 11wks \$413 (\$330sr) PR-7075

History of Films

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 18, 2025 11wks \$330 (\$264sr) PR-7011

Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will gain confidence, and learn spontaneous thinking through fun group activities, exercises, and performance games in an encouraging environment.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 17, 2025 11wks \$495 (\$396sr) PR-7110

Improv: Intermediate

Acting enhances improv skills, and improv skills enhance acting. This course is for anyone with past experience who wants to refresh their skills, or for anyone who has taken improv or drama classes in the past elsewhere and wish to expand on them. The course focuses on character work, emotion, cooperation, timing, spontaneous thinking, focus and scene work, all while further building confidence in a safe and supportive environment.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7122

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. Have a writing notebook ready.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 16, 2025 11wks \$495 (\$396sr) PR-7164

Video Storytelling

This course is for those who want to create their own videos for business, artistic purposes or their portfolio. Combining storytelling and video making, come with your ideas and be ready to learn how to create and engage an audience with your video content. The usage of some video or computer devices such as a smartphone and an iPad will be discussed in this course, but learners will not need video equipment knowledge or computer skills in order to become proficient in creating their story.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 18, 2025 11wks \$495 (\$396sr) PR-7163
