



Learn4Life Winter 2023

Registration opens: Wednesday, November 23, 2022 at 8:30 am

A promotional poster for Learn4Life.ca Winter 2023. The background is a photograph of a person in a dark winter coat and red hat standing on a snowy shore, looking through a telescope at a city skyline across a body of water. The sky is overcast. The text "Learn4Life.ca" is at the top in a large, light blue, stylized font. Below it, in a smaller, black, sans-serif font, is "General Programs" and "Adults 18+ and Seniors". In the lower left, the word "WINTER" is in large, light blue, block letters, and "2023" is in large, white, block letters. Below "2023", in a light blue box, is the text "Registration opens". Below that, in large, white, block letters, is "November 23". At the bottom, in a light blue bar, is the text "communityprograms@tdsb.on.ca | 416-338-4000" and social media handles: "@TDSB_ConED", "facebook.com/TDSBLearn4Life", and "@learn4lifetdsb". A small circular logo for the Toronto District School Board is in the bottom right corner.

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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. (There are limited spaces for non-seniors.) For more information please visit www.learn4life.ca to view the Learn4Life - Frequently Asked Questions.

Important Dates

Registration opens: Wednesday, November 23, 2022 at 8:30 am

Classes begin: Saturday, January 14, 2023

Registration Information

Online registration is available and where special considerations must be made, in-person. There is no registration via mail, telephone, or fax. Once registration opens, please visit the website at www.learn4life.ca and use your VISA or MasterCard to pay. No VISA Debit or MasterCard Debit is available. **Note: An account and email address is required to register for a course.**

Social Assistance documents are required to qualify for the subsidy rate plus material fees. Learners requesting the subsidized must have an account. Eligible learners must submit current documentation with the application form and payment information to register for a course at the time of registration. Please email documents to communityprograms@tdsb.on.ca. This reduced rate applies to course fees only and is limited to one course per term. For more information and for a list of eligible Government Assistance Programs, please see question #7 on page 39.

Payment Information

Visit www.learn4life.ca and use your VISA or MasterCard to pay. Note, the payment system will not accept VISA Debit or MasterCard Debit at this time. *Seniors (65 and over) receive a 40% discount on course fees. All fees include HST. *Material fees are collected centrally at time of registration. No discounts apply.

In-Person Accommodation

In our efforts to accommodate learners who are not able to register using the online registration system, the Learn4Life team can make arrangements for in-person registration, by appointment only, starting Wednesday, November 23, 2022.

Note: Appointments will only be held for a short period starting Wednesday November 23, 2022. No walk-in registrations will be seen, as appointments are only for those who need an accommodation.

Appointments can be scheduled for learners who do not have a credit card and need to pay by cash or cheque by emailing us at communityprograms@tdsb.on.ca with the subject line: In-person Accommodation.

Refund Policy

All refunds are processed back to the original method of payment. The option to keep funds on the TDSB Learn4Life account is no longer available. For the full refund and transfer policy please see page 4.

Note: Although the system will accept a pre-paid credit card, to ensure a refund is returned to the user, 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.

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.

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.

For courses under five weeks in duration:

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

For courses five weeks or longer:

- A refund (minus a \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing before the second class.
- A pro-rated refund (minus a \$15.00 administrative fee per course) will be processed if the TDSB receives the request for refund in writing after the second class, but before the third class of the course.
- No refunds or transfers will be considered after the third class of a course.

For subsidized courses: A refund is issued to the learner's TDSB Learn4Life account only if the TDSB cancels the course before the course begins. No refunds or withdrawals will be considered after the class begins.

Summer Refund Policy: There are no requests for refund or transfer after the first class.

All requests for a refund or transfer must be made in writing.

There are four ways to submit requests:

- Email: communityprograms@tdsb.on.ca
- On-Line: www.learn4life.ca
- *Mail: 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8
- *Fax: 416-394-3494

*** Option only available if program staff return to office. Updates will be provided on our website.**

Art

Abstract Painting

In this course, learn to create abstract paintings. What if you could express your inner vision? How do you convey the feeling of something, rather than what it looks like? It's all about play and experimentation. There are no rules. Abstraction is open to interpretation and can be mysterious and evocative. Surprising things come out of when you free up and stop needing everything to look realistic. This is not a technical course; it's about finding your artistic vision. All levels and painting mediums are welcome. This course is designed to be taken repeatedly so you can develop your work over time. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 11am-2pm Jan 20, 2023 9wks \$221 (\$133sr) PR-3563

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 Jan 18, 2023 9wks \$221 (\$133sr) PR-3219

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1pm-4pm Jan 16, 2023 9wks \$221 (\$133sr)

PR-3536

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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3332

Calligraphy (SD)

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9:30am-12pm Jan 19, 2023 9wks \$184 (\$110sr) PR-3416

St. Luke's United Church

Tue 10am-12pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3397

Calligraphy Beginner

Design your own cards, bookmarks, invitations, and certificates. 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 Jan 14, 2023 9wks \$147 (\$88sr) PR-3305

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 Jan 19, 2023 9wks \$281 (\$193sr) PR-3380

Drawing Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$221 (\$133sr) PR-3228

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.

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-8:30pm Jan 19, 2023 9wks \$184 (\$110sr) PR-3132

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Jan 16, 2023 9wks \$184 (\$110sr) PR-3207

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 Jan 14, 2023 9wks \$221 (\$133sr) PR-3280

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3510

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3126

Drawing and Sketching:Landscape Study

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 10am-12:30pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3191

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 Jan 17, 2023 9wks \$221 (\$133sr) PR-3540

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 \$55.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$276 (\$188sr) PR-3370

Oil and Acrylics All Levels

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$221 (\$133sr) PR-3259

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3236

Oil and Acrylics Beginner/Intermediate

In this course, 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 Jan 18, 2023 9wks \$184 (\$110sr) PR-3192

Remote Chinese Brush Painting (SD)

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.

***Remote Course Offering**

Fri 10am-12:30pm Jan 20, 2023 9wks \$184 (\$110sr) PR-3398

Remote Chinese Brush Painting Intermediate (SD)

Learn and develop techniques and skills based on your existing level. Explore Chinese art including Chinese brush painting, calligraphy, seals, history and philosophy, mounting and framing, etc. Enhance your aesthetic knowledge and gain more ability to appreciate Chinese art and create your own artwork. Detailed lectures, and demonstrations provided. Completion of the Beginner level is strongly recommended.

***Remote Course Offering**

Fri 1pm-3:30pm Jan 20, 2023 9wks \$184 (\$110sr) PR-3399

Remote Middle Eastern Geometric Art and Patterns-Beginner

Learn how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then transfer the pattern to another paper to create a variety of designs and compositions, which are

either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

***Remote Course Offering**

Thu 6pm-9pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3585

Remote Painting Intermediate (SD)

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

***Remote Course Offering**

Wed 11am-1:30pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3415

Wed 1:30pm-4pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3408

Remote Watercolour Intermediate (SD)

Learn and develop techniques and skills based on your existing level. In this continuation of Watercolour Beginner, 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 11am-1:30pm Jan 19, 2023 9wks \$184 (\$110sr) PR-3409

Remote Watercolour Painting (SD)

Enjoy the magic of watercolour. 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 Jan 19, 2023 9wks \$184 (\$110sr) PR-3407

Pottery Advanced

Creating a vessel from clay is an ancient art. Since the beginning, potters have prospected raw earth and used it to create priceless vessels that have withstood the test of time. The glazing process and firing techniques affect the finished piece as much as the throwing process. Take your skills and creativity to the next level by improving your design, decorating and glazing techniques to produce a work of art you will cherish for years to come. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$281 (\$193sr) PR-3368

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 Jan 18, 2023 9wks \$281 (\$193sr) PR-3378

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-9:15pm Jan 17, 2023 9wks \$281 (\$193sr) PR-3231

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

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$271 (\$183sr) PR-3367

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$271 (\$183sr) PR-3381

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 Jan 16, 2023 9wks \$271 (\$183sr) PR-3238

Wed 6:15pm-9:15pm Jan 18, 2023 9wks \$271 (\$183sr) PR-3244

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 Jan 17, 2023 9wks \$281 (\$193sr) PR-3372

Printmaking Intermediate

Building on skills learned in the Intro course, explore the world of etching using Zinc plate, Chine Colle and various grounds. Learn how to set up a screenprinting studio in your own apartment. Expand your lino skills using the press. Use free print time to finish printing your editions. Curriculum changes slightly each term to accommodate repeat learners. Prerequisite: Printmaking-Introduction or Printmaking-All Levels. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$281 (\$193sr) PR-3382

Printmaking: Introduction

Get the complete printmaking atelier (artist studio or workshop) experience! Students will undertake exercises in relief techniques (cutting and printing lino block), intaglio (drypoint), screenprinting (creating images through screen for paper and fabric). Come and experience the magical world of printing. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$281 (\$193sr) PR-3373

Sculpture Design

Learn to create and design your own sculpture. The course will focus on those wanting to explore a more exaggerated stylized, abstract sculpting. Great emphasis will be put on sculptural design, esthetic and finishing. Drawing inspiration from your own imagination as well as inspirational sources. This course is suitable for beginners. Use of a home oven will be required for the purposes of curing pieces created by you. Learners will be required to purchase their own materials and tools. For a list of items needed, please visit the website.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3184

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 material fee of \$65.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$286 (\$198sr) PR-3375

Sculpture: Portrait

Come and model the head from various types of life models. Develop characterization and learn the essentials of upper body anatomy. Through a variety of modelling materials, work naturalistically, expressively, or stylistically. Discussions and critiques of your work will be complemented with examples from masters of past and present. Final price includes a material fee of \$65.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$286 (\$198sr) PR-3369

Tao Calligraphy

Tao Calligraphy is a unique style of Chinese one-stroke calligraphy. The graceful motion of the continuous stroke creates a flowing of Oneness, bringing peace and harmony in all aspects of life. This course is intended for you to experience the powerful field that Tao Calligraphy radiates and enjoy the potential benefits through meditating, tracing and writing Tao Calligraphy, including relieve stress, and develop more compassion, peace, and calm. Learners must purchase their own calligraphy practice kit and have them ready before class. To view list on website, click the material list pdf under Files just above the course Schedule.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9pm Feb 22, 2023 3wks \$49 (\$29sr)

PR-3246

Watercolour Beginner/Intermediate

Enjoy the magic of watercolour. Learn to further develop the basic skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3172

Watercolour Intermediate (SD)

Learn and develop techniques and skills based on your existing level. In this continuation of Watercolour Beginner, 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.

Overland PS 55 Overland Drive, North York

Tue 2:15pm-4:45pm Jan 17, 2023 9wks \$184 (\$110sr) PR-3406

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.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3293

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3245

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.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3393

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3388

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3507

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3300

Tue 5:30pm-7:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3155

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

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3426

Accounting: Payroll Beginner

You will learn how to calculate net pay, payroll legislation, tax deductions, tax remittances, process payments, report journal entries, and Records of Employment (ROE).

Overland PS 55 Overland Drive, North York

Tue 7:30pm-9:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3156

Accounting: Small Business and Tax Issues

Throughout this course, you will be provided with a variety of information to help you manage the operations of your business. Topics include setting up a simple records keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses,

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

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3301

Buying Your First Home in the GTA

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

Overland PS 55 Overland Drive, North York

Sat 9am-12pm Jan 21, 2023 1wks \$25 (\$15sr) PR-3308

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 Jan 14, 2023 9wks \$147 (\$88sr) PR-3279

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 5:30pm-7:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3331

Estate Planning

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6:30pm-8:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3098

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Jan 14, 2023 9wks \$147 (\$88sr) PR-3281

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-8:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3504

Estate Planning Workshop

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

Overland PS 55 Overland Drive, North York

Thu 5:30pm-7:30pm Jan 26, 2023 3wks \$49 (\$29sr) PR-3166

Thu 5:30pm-7:30pm Feb 23, 2023 3wks \$49 (\$29sr) PR-3167

Event Planning

Learn to organize and successfully deliver that special event. This course will help you with smart planning, budgeting, timing and things that you need to deliver a successful event.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3439

Financial Planning and Investments

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3460

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 Jan 14, 2023 9wks \$147 (\$88sr) PR-3284

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3327

Investing 101 Millennials Workshop

Millennials, come learn the basics to help you invest. In this online 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 Jan 20, 2023 1wks \$33 (\$20sr) PR-3520

Investing 101 for Millennials

Millennials, come learn the basics to help you invest online! We will start at the beginning in order to understand stocks and bonds. Then, we will journey through the worlds of ETF's and mutual funds. Find out about roboadvisors and discount brokerage accounts. This course is designed for the beginner investor who would like to find out what online investing can offer.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9pm Jan 19, 2023 9wks \$184 (\$110sr) PR-3495

Investment Planning

Learn how to take control of your money and build your personal wealth in this introduction to personal finance and investing. The course delivers valuable, practical information in plain language

that everyone can understand. Topics discussed include: create your own personal wealth-building plan, choose the right financial advisor, pick the best stocks, bonds, mutual funds and exchange-traded funds, RRSP's and retirement planning, Tax Free Savings Accounts, reduce the tax you pay and much more.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 8pm-9:45pm Jan 25, 2023 8wks \$115 (\$69sr) PR-3431

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3211

Overland PS 55 Overland Drive, North York

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3169

Remote Find Your Perfect Career Match at Any Age

People of all ages struggle to make a career choice. Young adults are often confused about what career to choose, many experienced workers are not happy in their profession but do not know how to make a transition, and some people are looking for more meaning and purpose in their life. This career exploration program will answer all your questions and assist in identifying the perfect career match through validated assessments to identify your personality type, skills inventory, aptitude, interest, working style, and work preferences. You will also learn to develop a personal brand and ways to upgrade and enhance your skills without going back to school. Learn what is stopping you from pursuing your dreams, how to overcome your fears, and reprogram your mind.

***Remote Course Offering**

Wed 6pm-8pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3584

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.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9pm Jan 16, 2023 9wks \$184 (\$110sr) PR-3451

QuickBooks - Level II Remote

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

***Remote Course Offering**

Wed 5:30pm-7:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3323

QuickBooks Remote

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

***Remote Course Offering**

Wed 7:30pm-9:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3322

Real Estate: Home Buying and Property Investing

Thinking of buying or selling your home? Or have dreams of investing in real estate? In this course, learn the critical elements of buying and selling real estate that will make the transaction a success and keep you out of trouble. Determine where and what property to buy, how to finance and negotiate the transaction, and who are the critical people you need to hire as part of your team in helping you throughout the process. The topics and detail covered will appeal whether you are a first-time buyer or an experienced investor.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3124

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!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3288

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3334

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3123

Retirement and Estate Planning

Have you ever wondered how much income you will need during retirement? Will your government pension be enough? Have you thought about planning ahead for eventual situations when you may need to authorize another person to make decisions about your finances and health or to distribute your property according to your wishes? In this course, you will 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

Mon 6:30pm-8:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3454

Overland PS 55 Overland Drive, North York

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3324

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 Jan 25, 2023 8wks \$131 (\$79sr) PR-3102

Will and Power of Attorney Workshop

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

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Jan 21, 2023 1wks \$33 (\$20sr) PR-3561

Sat 9am-1pm Feb 25, 2023 1wks \$33 (\$20sr) PR-3562

Communications

Creative Therapeutic Journaling

Take a journey of self-discovery. Unpack the important areas of your life, from relationships and identity, to money, career and health. Explore your life on all kind of levels and discover your deepest hopes, dreams, develop your creativity, improve your memory, acquire problem solving abilities and account future adventures. Regular journaling as a habit is a powerful one.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm Jan 19, 2023 4wks \$66 (\$40sr)PR-3489

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.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3182

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-9:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3345

Creative Writing: Fiction

Participants will be encouraged to write brief weekly assignments in order to learn how to craft a story using character development, dialogue, setting, pacing, and plotting. Whether you're attempting picture books, short stories, or novels, teacher editorials and controlled work-shopping will illustrate ways in which your story can be strengthened.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-12pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3547

Creative Writing: Memoirs I (SD)

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-4pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3395

Overland PS 55 Overland Drive, North York

Tue 2:15pm-4:15pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3412

Effective Communication

Are you interested in improving the way you handle some of life's most difficult and important conversations? Do you want to learn to be a more effective communicator, both at home and work? Have you ever felt that even though you're talking to someone they are not hearing you? Learn how to be heard and how to get the response you are looking for. Put tools in your kit and learn how to format your language, use neurolinguistics to read people, and communicate with confidence and get the response you want.

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-9pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3221

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3304

English Grammar and Academic Writing

Improve your grammar as you learn the basics of academic writing. Simple and compound sentences, active and passive voice, punctuation and peer editing. Summary writing and the academic narrative/descriptive paragraph will be practiced.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-8:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3131

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-11am Jan 14, 2023 9wks \$147 (\$88sr) PR-3142

Remote 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**

Tue 7pm-9:30pm Jan 17, 2023 9wks \$184 (\$110sr) PR-3337

Remote Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. Learn basic principles and develop your critical thinking skills. It will help you understand feelings, skills, and personalities. We will review established principles and combine them with the latest research. Learn to evaluate information, apply theories to everyday facts, question assumptions and ask challenging questions.

***Remote Course Offering**

Sat 1pm-3pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3315

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3358

Remote 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.

***Remote Course Offering**

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3348

Computers

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.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3379

Adobe for Social Media

Want to be a well-rounded designer? But don't know how? In this course, through hands on instruction, you will learn how to use Adobe InDesign, PhotoShop and Illustrator, to improve your online media presence.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3365

Business Presentations - Excel/PowerPoint

Learn to take Excel data, clean it up and turn into dashboards, pivot tables that can be easily interpreted. Learn to incorporate Excel into beautiful PowerPoint presentations. You can take your Excel and PowerPoint knowledge to the next level. Financial reports and Budgets can have that Wow factor.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3551

Computer Applications for Everyday Life

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3278

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 5:45pm-7:45pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3226

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 8pm-9:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3503

Computer Skills for Workplace Proficiency

Through this course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3443

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3509

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3346

Computer Skills for Workplace Proficiency-Int/Adv

This course will further advance your computer skills for the workplace or your small business. We will cover Word (advanced); Publisher (leaflets and newsletters); Power Point (presentations); Excel at the intermediate level (charts and spreadsheets) and Access (advanced queries). Experience in Microsoft Office is recommended.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3333

Computer Upgrading/Servicing/Repairing

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

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3518

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.

Central Technical School 725 Bathurst Street, Toronto

Wed 6pm-8pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3485

JavaScript & JQuery

JavaScript knowledge is essential for any Web developer nowadays. Any Web browser has built-in JavaScript engine. Using JavaScript you can embed into the Web pages small pieces of software the Web browser can interpret on the fly. This way you make dynamic Web pages that handle user's interactions and change in front of the user's eyes. jQuery is free and the most popular library of prewritten JavaScript functions. jQuery lets you create amazing visual effects and animations in the Web page.

Overland PS 55 Overland Drive, North York

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3151

Microsoft Excel Advanced

This course will review Excel Intermediate topics (conditional formatting, charts, formulas and functions, sort and filter) and then take you to the next level and teach you important Excel functions like VLOOKUP, and Pivot Tables. You'll also learn crucial text-related features like splitting and joining text and removing duplicates.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3253

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 7:30pm-9:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3273

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-7:45pm Jan 16, 2023 9wks \$129 (\$77sr) PR-3107

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:45pm-9:45pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3230

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3344

Microsoft Excel Intermediate

This course will review the fundamentals of Excel and then take you to the next level and teach you how to use formulas and functions, create and format tables, sort and filter, and add charts.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3286

Microsoft Excel Visual Basic for Application (VBA)

Learn to automate Excel by writing VBA (Visual Basic for Applications) macros. Designed for the novice or non-programmer, students will start by recording VBA macros and then use the Visual Basic Editor (VBE) window to write and edit code for sub procedures in modules.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 5:30pm-7:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3264

Microsoft Office Beginner

This is a course for those who would like to learn the most popular integrated software package, Microsoft Office. This package includes Word (word processing), Excel (spreadsheets), and Powerpoint (presentations).

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3136

Office Tools to Succeed in the Workplace

This course will further advance your computer skills for the workplace. It covers Word (reports, mail merges), Excel (pivot tables, data analysis), Access (reports, queries), PowerPoint (presentations,

photo slideshows), Publisher (brochures, newsletters); as well as, combining the components. You will also strengthen your Windows knowledge, gain useful shortcuts, and keyboard typing tips. It's perfect for improving workplace skills for your current job and the job you really want. Basic knowledge of Microsoft Office is recommended.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3177

Remote Building Blogs and Websites with Word Press

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

***Remote Course Offering**

Wed 5:45pm-7:45pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3570

Remote Building Blogs and Websites with Word Press Advanced

In this online course, you will learn how to build an E-Commerce, Membership and Multilingual sites, conquer theme problems, understand theme mechanics, monetize a website, site management, exporting and importing your data, Search Engine Optimisation, experiment with live CSS plugin, create child themes, understand how templates work, solve plugin problems, introduction to HTML, work with Page Builders and Google Analytics. This is not a beginner course, you will need basic WordPress knowledge.

***Remote Course Offering**

Wed 8pm-10pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3569

Remote Computer Applications for Everyday Life (SD)

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

***Remote Course Offering**

Fri 2pm-4pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3553

Remote Computer Skills Intermediate

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

***Remote Course Offering**

Wed 9am-11am Jan 18, 2023 9wks \$147 (\$88sr) PR-3559

Remote Computer Skills for Workplace Proficiency

Through this course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset.

***Remote Course Offering**

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3306

Thu 6pm-7:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3262

Remote Computer Skills for Workplace Proficiency-Int/Adv

This course will further advance your computer skills for the workplace or your small business. We will cover Word (advanced); Publisher (leaflets and newsletters); Power Point (presentations); Excel at the intermediate level (charts and spreadsheets) and Access (advanced queries). Experience in Microsoft Office is recommended.

***Remote Course Offering**

Sat 1pm-3pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3307

Thu 7:30pm-9pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3263

Remote Digital Photo Album

Join us and learn how to turn your pictures into a digital album or a musical slide show everyone will admire! Find out how to copy pictures from your camera to your computer, search through them, organize them using folders and subfolders, optimize and improve your photos before sharing them with family and friends all over the world. Please have your digital camera with photos ready to go! Please note this course is for WindowsThis course is not for users of Mac computers.

***Remote Course Offering**

Tue 11:30am-1:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3557

Remote Google's Free Tools and Applications

Discover what you can get for free from google. In this course, learn about professional Email, safe and free Cloud Storage for all your photos and documents, create and share your documents for free. Stay connected with family, friends and even clients through free audio and video calls and much more. This course covers free web applications from Goggle including Gmail, Google Maps, Google Drive, Google News, Google Photo, Google Hangouts, Google Calendar, and Google Docs. This course is suitable for Windows, Mac and even Chromebook users.

***Remote Course Offering**

Mon 9am-11am Jan 16, 2023 9wks \$147 (\$88sr) PR-3556

Remote Microsoft Excel Advanced

This course will review Excel Intermediate topics (conditional formatting, charts, formulas and functions, sort and filter) and then take you to the next level and teach you important Excel functions like VLOOKUP, and Pivot Tables. You'll also learn crucial text-related features like splitting and joining text and removing duplicates.

***Remote Course Offering**

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3313

Remote PhotoShop Beginner

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

***Remote Course Offering**

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3314

Remote Social Media Marketing for Small Business

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

***Remote Course Offering**

Sat 1pm-3pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3555

Thu 7:30pm-9:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3560

Remote Web Design Beginner

For those new to web design, this course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links.

***Remote Course Offering**

Fri 11:30am-1:30pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3558

Remote Windows 10 (SD)

Learn how to: manage your desktop, organize personal data in files, folders and libraries, enjoy your photo, music and video collections, and use the Internet. We will also look at the different apps, features and settings of Windows 10.

***Remote Course Offering**

Fri 9am-11am Jan 20, 2023 9wks \$147 (\$88sr) PR-3554

PhotoShop Beginner

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3587

Power BI (Business Intelligence)

You've completed Data-Analysis course. Now challenge yourself with the next logical step and learn how to use the new Microsoft Power BI to transform dull business data into dazzling dashboards, reports, and visualizations. This course is aimed at learners who are looking to get started with the Power BI Desktop software.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3287

Web Design Beginner

For those new to web design, this course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3316

Crafts

Crochet and Knitting, Design Your Own Style

Learn the basics of crocheting and knitting. Build on skills acquired, for beginners and refreshers, to design in beautiful yarns. You will be taught how to read patterns, learn new techniques, and how to make simple items such as: a scarf, hat, afghan, crochet bracelet and more. Make new friends. Learn new skills each class in a relaxed learning atmosphere.

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3165

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch, the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference sampler and notes. Personal projects are encouraged. A kit of tools and materials for lessons will be provided. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$246 (\$158sr) PR-3371

Hand Embroidery for the Intermediate

This course is ideal for the novice embroiderer who wants to further develop their skills in embroidery. You will explore more complex stitches; develop your skills in colour and design and learn methods of finishing and mounting work. Students will finish the class with several finished projects, a small sampler and reference material of stitches. Final price includes a material fee of \$20.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$241 (\$153sr) PR-3366

Hands-on Floral Design

This is an exciting online course that will teach you the basics of floral design. Learn how to make floral arrangements, centrepieces and wearable flowers. Learn the technical aspects of floral design and arrangement including proper floral composition and decorative elements. Ribbon making, wiring, taping and basic floral care will be covered. Learners provide own flowers - fresh or dry. Final price includes material fee of \$10.00 for materials that will be used by instructor.

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Jan 18, 2023 9wks \$157 (\$98sr) PR-3326

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 \$20.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7:30pm-9:30pm Jan 25, 2023 2wks \$53 (\$40sr) PR-3243

Mon 7:30pm-9:30pm Jan 30, 2023 2wks \$53 (\$40sr) PR-3237

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

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$243 (\$155sr) PR-3496

Jewellery C

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$243 (\$155sr) PR-3472

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. Price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$243 (\$155sr) PR-3486

Jewellery Making Fundamentals

This course is designed for a beginner or novice jeweller with some previous instruction in jewellery making. It will provide you with some practical experience in jewellery making, particularly with wire work, bead stringing, bead weaving and pearl knotting techniques. Participants will learn about jewellery design and experiment with construction techniques using various tools, jewellery findings and materials, symmetry and texture. Students must have their own tools and materials. To view list of materials/tools that may be used, please visit the website, click the material list pdf under Files just above the Course Schedule.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:30am-11:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3285

Knitting: Working from Basic to Advanced Skills

This knitting course will teach you the basic skills to find, start, troubleshoot and complete a project. We will be learning how to understand key terminology and commonly used diagrams to help students better understand any pattern. Students will also have a chance to continue onto advanced knitting skills such as: lace, cables, stranded colorwork and other advanced stitches. By the end of the course, students will feel confident approaching patterns independently. Learners must provide own materials.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3294

Weaving Advanced

This class is for participants that have completed a minimum of two projects on the loom. Participants have the opportunity explore new patterns and techniques. Learners must have their own equipment and purchase their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3533

Weaving: Fabric and Tapestry-All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3545

Weaving: Introduction

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3535

Dance

Argentine Tango Beginner

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8pm-9:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3432

Ballroom Dancing (SD)

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

Cecil Community Centre 58 Cecil Street, Toronto

Thu 3:45pm-5:15pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3417

Ballroom Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3251

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 7:30pm-9:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3508

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 Jan 18, 2023 9wks \$111 (\$67sr) PR-3248

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:15pm-7:45pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3352

Ballroom and Latin Dancing Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3097

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3181

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3202

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3247

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-8:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3434

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3299

Thu 1pm-3pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3513

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3128

Ballroom and Latin Dancing Beginner Level II

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

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3302

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 Jan 19, 2023 9wks \$74 (\$44sr) PR-3272

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Jan 16, 2023 9wks \$92 (\$55sr) PR-3209

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 7pm-8pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3438

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3349

Egyptian Belly Dancing Intermediate

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

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Jan 16, 2023 9wks \$92 (\$55sr) PR-3210

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 6:30pm-8pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3330

International Folk Dancing (SD)

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

Fri 10am-12pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3420

Latin Dance Beg/Int

Dance Rumba, Cha Cha, Swing, Merengue and many others. Taught simply and easily to get you dancing to the rhythm of Latin music. Great exercise and a lot of fun. Singles and couples welcome.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3106

Line Dancing (SD)

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 Jan 18, 2023 9wks \$111 (\$67sr) PR-3414

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3566

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-7:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3505

Northview Heights SS 550 Finch Avenue West, North York

Wed 7:40pm-9:10pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3360

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3522

Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3565

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3523

Night Club Dancing-Salsa and More

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3254

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3125

Swing Dance

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3433

Discover the Outdoors

Birdwatching, Flora & Fauna - Discover the Outdoors

Learn to identify common and not so common bird species by their appearance, song and habitat. We will visit various Toronto area sites to find and observe birds in the wild. We will also explore interesting facts about various shrubs, plants and trees we encounter along the way. Binoculars, bottled water and good walking shoes are a good idea.

Off-Site Location

Sat 8am-11am Jan 14, 2023 9wks \$221 (\$133sr) PR-3193

Mon 10am-1pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3194

Tue 10am-1pm Jan 17, 2023 9wks \$221 (\$133sr) PR-3195

Wed 10am-1pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3196

Thu 10am-1pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3197

Fri 10am-1pm Jan 20, 2023 9wks \$221 (\$133sr) PR-3198

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.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3127

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:30am-12:30pm Jan 14, 2023 9wks \$74 (\$44sr) PR-3137

Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga and incorporates some of the "Essentrics" techniques, founded by Canadian expert Miranda Esmonde. This class is

designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Jan 16, 2023 9wks \$92 (\$55sr) PR-3385

Overland PS 55 Overland Drive, North York

Thu 6pm-7:15pm Jan 19, 2023 9wks \$92 (\$55sr) PR-3170

Bone Fitness

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

Leaside High School 200 Hanna Road, East York

Wed 8pm-9pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3325

Overland PS 55 Overland Drive, North York

Mon 5:30pm-6:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3201

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 Jan 14, 2023 9wks \$74 (\$44sr) PR-3138

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. Learners are encouraged to bring a stability ball and dumbbells for the class.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3205

Wed 6pm-7pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3217

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.

Don Mills Middle School 17 The Donway East, North York

Mon 6pm-7pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3111

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3120

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:30am-11:30am Jan 14, 2023 9wks \$74 (\$44sr) PR-3143

Full Body Sculpt Plus Power Abs Burn

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

Don Mills Middle School 17 The Donway East, North York

Mon 7pm-8:15pm Jan 16, 2023 9wks \$92 (\$55sr) PR-3112

Gentle Fitness

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

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

Thu 8pm-9:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3429

Looking Fit and Feeling Strong

What happens to our bodies as we age and how do we take control of the aging process? This course will cover what we need to do improve our posture, body composition, muscle strength, bone density and state of mind. A series of exercises will be presented in each class with instruction for each workout, using warm-ups, cardio, and fitness equipment.

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

Thu 6:30pm-8pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3422

Low Impact Aerobics (SD)

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 CRC, 131 Finch Avenue W

Wed 9am-10am Jan 18, 2023 9wks \$74 (\$44sr) PR-3419

Fri 9am-10am Jan 20, 2023 9wks \$74 (\$44sr) PR-3418

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr)

PR-3274

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3453

Nordic Pole Walking

Turn walking into a whole-body fitness activity. Learn basic Nordic Walking techniques or improve existing skills in a social atmosphere. Improve your posture and fitness endurance. Bring good walking shoes, comfortable clothing, and nordic-type poles.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12pm-1pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3542

Remote 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 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 Jan 19, 2023 9wks \$74 (\$44sr) PR-3578

Remote 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 Jan 14, 2023 9wks \$74 (\$44sr) PR-3568

Remote Gentle Fitness (SD)

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

***Remote Course Offering**

Mon 9:15am-10:45am Jan 16, 2023 9wks \$111 (\$67sr) PR-3575

Wed 9:15am-10:45am Jan 18, 2023 9wks \$111 (\$67sr) PR-3574

Remote 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 Jan 14, 2023 9wks \$74 (\$44sr) PR-3567

Fri 9:15am-10:45am Jan 20, 2023 9wks \$111 (\$67sr) PR-3576

Remote Spine Health - Movement for a Healthy Back

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

***Remote Course Offering**

Mon 4pm-5pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3582

Remote Yin Restorative Yoga

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

***Remote Course Offering**

Mon 8pm-9pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3583

Thu 8pm-9:15pm Jan 19, 2023 9wks \$92 (\$55sr) PR-3580

Fri 3:30pm-4:45pm Jan 20, 2023 9wks \$92 (\$55sr) PR-3577

Remote Yoga Deep Relaxation & Meditation All Levels

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

***Remote Course Offering**

Wed 8pm-9:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3320

Remote 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.

***Remote Course Offering**

Thu 4pm-5pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3579

Remote 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 Jan 16, 2023 9wks \$111 (\$67sr) PR-3571

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3270

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3249

Resistance Training Workout

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-9pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3224

Super Strong Abs and Stretch

Work your abdominals like never before! This class offers the perfect combination of amazing ab exercises to challenge and strengthen your core, followed by a relaxing stretch session at the end. Recommended equipment: mat, dumbbells and or weights

Don Mills Middle School 17 The Donway East, North York

Mon 8:15pm-9:15pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3115

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 Jan 17, 2023 9wks \$111 (\$67sr) PR-3530

Tai Chi Advanced II (SD)

This course is a follow-up to the Advance Level I course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn advance warm-up exercise and new postures from the third section (Yang Style). In this class you will also learn the Tai Chi Sword (A plastic retractable sword will be used) (Level two).

Overland PS 55 Overland Drive, North York

Tue 9:15am-10:45am Jan 17, 2023 9wks \$111 (\$67sr) PR-3404

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 Jan 14, 2023 9wks \$111 (\$67sr) PR-3289

Tue 6pm-7:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3255

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-7:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3135

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jan 16, 2023 9wks \$111 (\$67sr) PR-3538

Mon 6pm-7:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3234

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3341

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-7:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3359

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3528

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3118

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

Thu 6:30pm-8pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3425

Tai Chi Intermediate

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12pm Jan 14, 2023 9wks \$111 (\$67sr) PR-3298

Thu 6:30pm-8pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3265

Georges Vanier SS 3000 Don Mills Road, North York

Thu 7:30pm-9pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3392

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Jan 16, 2023 9wks \$74 (\$44sr)

PR-3537

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3342

Northview Heights SS 550 Finch Avenue West, North York

Wed 7:45pm-9:15pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3364

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-9pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3119

Tai Chi Intermediate (SD)

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

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3405

Tai Chi Qigong

In this course learn the core foundation of Tai Chi with simple to remember Silk Reeling exercises to discover, and increase Chi flow to all vital organs. Coordinate breath, with movement and intention, to empower your days. Use torque to increase bone density. Improve balance and prevent falls. Become more pliable and grounded under duress. Plus, learn self shiatsu techniques.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7:45pm-9:15pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3233

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

Thu 8pm-9:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3428

Yin Restorative Yoga

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

Leaside High School 200 Hanna Road, East York

Wed 8:15pm-9:15pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3329

Yoga Deep Relaxation & Meditation All Levels

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

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7:30pm-8:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3109

Overland PS 55 Overland Drive, North York

Wed 6:30pm-8pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3581

Yoga for a Healthier You

In this course, learn how to use Hatha and Kundalini exercises to aid in digestion, reboot your metabolism, release tension, de-stress and deal with cravings. Get in tune with your body as you tone it! Open and accessible to all fitness levels.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3266

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 Jan 16, 2023 9wks \$74 (\$44sr) PR-3384

Wed 10am-11am Jan 18, 2023 9wks \$74 (\$44sr) PR-3544

Wed 6pm-7pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3386

Overland PS 55 Overland Drive, North York

Wed 8:15pm-9:15pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3387

Yoga: Kundalini All Levels

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

Overland PS 55 Overland Drive, North York

Thu 7:30pm-9pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3171

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

Thu 6:30pm-8pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3427

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 bring a towel and a yoga mat.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3256

Tue 7:30pm-9pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3257

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3203

Wed 6:30pm-8pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3218

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 Jan 14, 2023 9wks \$74 (\$44sr) PR-3291

Tue 6pm-7pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3258

Thu 7:15pm-8:15pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3267

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-8pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3110

Central Technical School 725 Bathurst Street, Toronto

Wed 6pm-7pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3482

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3222

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-7pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3499

Overland PS 55 Overland Drive, North York

Mon 7:30pm-8:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3144

Tue 5:30pm-7:30pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3154

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3130

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 Jan 19, 2023 9wks \$74 (\$44sr) PR-3268

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 12pm-1pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3550

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 7pm-8pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3096

Overland PS 55 Overland Drive, North York

Mon 6:30pm-7:30pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3145

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.

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Jan 18, 2023 9wks \$74 (\$44sr) PR-3223

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3549

Zumba Sentao

Zumba Sentao combines strength and resistance exercises with cool dance moves using a chair. This program strengthens your core, burns major calories, and sculpts muscle. This class is for the more advanced Zumba enthusiast ready for a high intensity workout.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Jan 14, 2023 9wks \$74 (\$44sr) PR-3290

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: 1lb weight.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-12pm Jan 14, 2023 9wks \$74 (\$44sr) PR-3292

Thu 8:30pm-9:30pm Jan 19, 2023 9wks \$74 (\$44sr) PR-3269

Overland PS 55 Overland Drive, North York

Tue 6:30pm-7:30pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3149

Tue 7:30pm-8:30pm Jan 17, 2023 9wks \$74 (\$44sr) PR-3150

Food (We cannot guarantee a nut free environment)

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 Jan 14, 2023 9wks \$147 (\$88sr) PR-3276

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3104

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3187

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6:30pm-8:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3133

Overland PS 55 Overland Drive, North York

Tue 5:30pm-7:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3157

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 Jan 14, 2023 9wks \$227 (\$168sr)

PR-3277

Chinese Cuisine

Enjoy the fine cuisine of China. Using a combination of cooking techniques from different regions of China, enrich your culinary knowledge to create delicious dishes. You will explore the delightful flavours, texture, colours and aromas that have infused Chinese cooking for centuries. Also learn some modern recipes that employ the fascinating flavours of the Orient. We will examine the different ingredients used for the right cooking methods. Final price includes material fee of \$80.00.

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-9pm Jan 19, 2023 9wks \$301 (\$213sr)

PR-3134

Cinnamon Buns Workshop

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Jan 16, 2023 1wks \$49 (\$37sr)

PR-3353

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Feb 4, 2023 1wks \$49 (\$37sr)

PR-3199

Cookie Workshop

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Mar 1, 2023 1wks \$49 (\$37sr) PR-3390

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 Jan 19, 2023 9wks \$301 (\$213sr) PR-3421

Culinary Skills

This class incorporates cooking and baking skills. Whether you are a novice or intermediate cook/baker, through demonstrations, learn how to make a variety of dishes and baked goods including breakfast/quick breads, cake, and pastries. Create dishes that reflect the cultural diversity of Canada. Pasta, stir-fry, curries, Mediterranean, Caribbean, and North American flavours that are easy, tasty, and suitable for the family and for entertaining. Final price includes material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$301 (\$213sr) PR-3275

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 Jan 14, 2023 9wks \$227 (\$168sr) PR-3283

Indian Cooking

Indian cooking conjures up the idea of aromatic curries, warm fresh bread, and fluffy grains of rice. There are many selections that are authentic to Indian and Pakistani food with tantalizing snacks, vegetables, bread, rice dishes, as well as many delicious meat, chicken and fish curries. Indian cuisine with heavy reliance on herbs, chillies and spices may look dauntingly exotic to the uninitiated but once you acquaint yourself with the different ingredients and understand how they work together to create the right balance of harmony and flavour you will find Indian dishes simple to put together. Final price includes material fee of \$80.00

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 8pm-10pm Jan 17, 2023 9wks \$227 (\$168sr) PR-3445

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 \$60.00 for the cost of materials used by the instructor during the class.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$281 (\$193sr) PR-3463

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$281 (\$193sr) PR-3477

International Cuisine

Join us for a trip around the world by experiencing a variety of international cuisine! In this course, you will prepare appetizers, main courses, and desserts from a different country each week. Final price includes material fee of \$80.00.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$227 (\$168sr)

PR-3437

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 material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$301 (\$213sr) PR-3450

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. Final price includes a material fee of \$80.00.

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$301 (\$213sr) PR-3512

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$301 (\$213sr) PR-3122

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

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$301 (\$213sr) PR-3424

Pizza Making Workshop

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

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-9:30pm Jan 18, 2023 1wks \$49 (\$37sr) PR-3362

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Mar 4, 2023 1wks \$49 (\$37sr) PR-3200

Quickbreads

Come join our class and bake along with the instructor. Make delicious scones and muffins. These yummy treats are perfect with coffee/tea. Spruce up your breakfast plate by adding any one of these breads along any style egg dish! Final price includes a material fee of \$15.00.

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-9:30pm Feb 15, 2023 1wks \$44 (\$32sr)

PR-3363

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. To view recipe and ingredients needed for the first class, click the material list pdf under Files just below the course Schedule.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Jan 25, 2023 2wks \$82 (\$59sr)

PR-3389

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Jan 30, 2023 2wks \$82 (\$59sr)

PR-3355

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.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Jan 16, 2023 9wks \$184 (\$110sr) PR-3206

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 Jan 18, 2023 9wks \$184 (\$110sr) PR-3220

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 Jan 17, 2023 9wks \$184 (\$110sr) PR-3336

Gardening - Indoor and Outdoor

In this course, learn how to plan, prepare, and maintain your outdoor garden. We will look at soil types, amending soil, fertilizers, pruning, dividing plants and seed starting. We will cover maintenance of indoor flowering plants and pest control. We will also study different herbs, their propagation and uses.

Overland PS 55 Overland Drive, North York

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3152

Macro Photography

Through this course, get up-close and personal with your subjects in this class about macro and close-up photography. You will learn about equipment choices, available for many different cameras, as well as the specialized techniques you will need to capture all the small details of very small subjects. Topics include: how to light small subjects; macro lenses versus extension tubes; how to use focal length and apertures to deal with depth-of-field creatively. Students must have their own cameras. DSLR or mirrorless models preferred.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 5:30pm-7:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3296

Remote 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 Jan 19, 2023 9wks \$147 (\$88sr)

PR-3586

Remote Photography: Advanced Workshop Series

In a series of eight half-day workshops you will learn advanced techniques to take your photography to the next level. We will cover portraits and landscapes in natural lighting, special effects using filters, lenses and lighting tricks. You must be familiar with your camera and understand basic exposure controls. Note: First class is held remotely, subsequent classes may be a combination of remote and in-person at locations across the city.

***Remote Course Offering**

Sat 9am-1pm Jan 21, 2023 8wks \$262 (\$157sr)

Photography - Learn from the Masters

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7:30pm-9:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3295

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.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr)

PR-3552

Overland PS 55 Overland Drive, North York

Tue 7:30pm-9:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3153

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 6pm-9pm Jan 18, 2023 9wks \$221 (\$133sr)

PR-3328

Handiwork

Auto Mechanics Advanced

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 19, 2023 9wks \$231 (\$143sr)

PR-3186

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$231 (\$143sr) PR-3351

Auto Mechanics Beginner

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3449

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3179

Bicycle Repair

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3458

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$226 (\$138sr) PR-3474

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$226 (\$138sr) PR-3208

Home Maintenance and Renovating Beginner

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

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

Thu 6:30pm-9pm Jan 19, 2023 9wks \$224 (\$150sr) PR-3430

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 Jan 17, 2023 9wks \$261 (\$173sr) PR-3462

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$261 (\$173sr) PR-3476

Small Engines

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr)

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 Jan 16, 2023 9wks \$226 (\$138sr) PR-3240

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 9am-12pm Jan 16, 2023 9wks \$226 (\$138sr) PR-3396

Mon 1pm-4pm Jan 16, 2023 9wks \$226 (\$138sr) PR-3410

Tue 9am-12pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3411

Tue 1pm-4pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3413

Woodworking Beginner

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

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Jan 16, 2023 9wks \$221 (\$133sr) PR-3108

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3506

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

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3423

Woodworking Beginner/ Intermediate

This course is designed for beginners and those with some previous instruction 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

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3481

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 Jan 16, 2023 9wks \$221 (\$133sr) PR-3452

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.

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Jan 16, 2023 4wks \$98 (\$59sr) PR-3146

Art Therapy Practice, an Introduction

In this course we will explore art therapy, including different forms and practices. Share your thoughts and feelings while creating your art and discover the health benefits art therapy can bring. Each class will end with a group discussion that will help learners feel enlightened and leave each class feeling better than whence they arrived.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7:45pm-9:45pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3297

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 8pm-10pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3440

Conquering Insomnia

Despite its prevalence, there is almost no funding for insomnia research and little is taught in medical schools about how to treat it. Western medicine typically sees only two ways to deal with the issue - sleeping pills or living with it. But there is more that can be done. This class explores behavioural modification techniques and alternatives such as acupressure, ear seeds, and breathing techniques to conquer insomnia and change your life.

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Feb 13, 2023 3wks \$49 (\$29sr) PR-3147

Coping With Loss

In this course, learn how to cope with loss; loss of job, a divorce, loss of a loved one or loss of safety in your life. There is a path to move forward and thrive at the same time.

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3303

Cosmetic Acupressure: Look, feel & be your best

In this course, learn a facial regime based on the principles of Traditional Chinese Medicine (TCM) and aromatherapy. The regime will consist of a quick-and-easy acupressure massage to be performed daily with the aim of reducing the signs of stress and aging. There will be a detailed discussion on how to blend your own problem-specific facial oils for the massage. Additional recipes allow for the creation of a complete skin-care program. As well, learn about TCM, nutrition, stress reduction and other lifestyle choices to help you achieve total health.

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Mar 6, 2023 3wks \$74 (\$44sr) PR-3148

Foundations of Mental Health Resilience

It is possible to improve our mental health and wellbeing, but it can be challenging without the right tools or direction. This course will teach you the key steps to improving your mental health resilience. Using the three principles to mental well-being, Acceptance Commitment Therapy, lived experience, and variety of tools and practices, you will learn to explore your strengths and discover your own roadmap to better mental health. Other topics covered include neuroplasticity, mindfulness, and spirituality.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-8pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3354

Introduction to Detoxification

Learn about foods that have medicinal values and help to cleanse the body. Learn how nutritious foods and natural dietary approaches can help manage and ease ailments.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8:30pm Jan 16, 2023 3wks \$49 (\$29sr) PR-3215

Nutrition For Energy and Wellness

This course will provide an overview of sound nutrition practices which enhance health and wellness. The following topics will be covered: nutrient-dense foods, what to avoid, antioxidants, how to detox, digestion, healthy meal planning, traveling and eating out, shopping and supplements. Learners will engage in practical exercises designed to help with meal planning.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Jan 16, 2023 9wks \$74 (\$44sr) PR-3212

Remote Healing Meditation

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

***Remote Course Offering**

Sat 10:30am-12pm Jan 14, 2023 9wks \$111 (\$67sr) PR-3573

Mon 8:15pm-9:45pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3572

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 strengthened, learn how to break bad habits, emotionally heal yourself and others. Learn to send distant healing to a person who is not physically present.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3465

Interior Design

Home Staging...Accelerate Your Sale

The process of preparing your home for sale should start long before the 'For Sale' sign goes on the lawn. This class will lead you through the steps to take to present your property at it's very best and to sell faster for top dollar. You will learn simple staging techniques, how to highlight the home's best features, updates that will add equity immediately, importance of curb appeal and much more.

Leaside High School 200 Hanna Road, East York

Mon 6pm-8pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3214

Interior Design: Home Decor

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

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 8pm-10pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3446

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-8:30pm Jan 18, 2023 9wks \$184 (\$110sr) PR-3099

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.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 7pm-8:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3441

Northview Heights SS 550 Finch Avenue West, North York

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3350

Arabic Intermediate

This course is the continuation of Arabic-Beginner for those who want to maintain and expand their understanding of the language. It will provide students with Arabic language skills that will enable them to communicate with native Arabic speakers. Emphasis will be placed on reading and conversation. An English-Arabic Dictionary may be required.

Northview Heights SS 550 Finch Avenue West, North York

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3356

French Advanced

In this course, students will determine topics of interest in Francophone culture and improve self-expression through active participation in discussions, spontaneous conversations, and reflection of new concepts learned. The instructor will facilitate small group discussions. Possible topics to be explored may include work and careers, health, traditional celebrations, environmental concerns, and literature. Students' understanding of French culture will be enhanced by examining newspapers and other print media, television, cinema, and music. Advanced vocabulary and grammar structures will be applied to communicate successfully.

Overland PS 55 Overland Drive, North York

Wed 8:30am-10am Jan 18, 2023 9wks \$111 (\$67sr) PR-3519

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.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88.20sr) PR-3394

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3105

Georges Vanier SS 3000 Don Mills Road, North York

Thu 5:30pm-7:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3391

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3444

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-11am Jan 17, 2023 9wks \$147 (\$88sr) PR-3541

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Jan 16, 2023 9wks \$147 (\$88sr)

PR-3343

Overland PS 55 Overland Drive, North York

Mon 6pm-8pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3159

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3261

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3475

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 5:45pm-7:45pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3229

French Intermediate

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3213

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11:30am-1:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3539

Overland PS 55 Overland Drive, North York

Wed 10:20am-12:20pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3517

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 2pm-4pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3543

French Intermediate Level II (SD)

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 2pm-4pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3400

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 Jan 19, 2023 9wks \$147 (\$88sr) PR-3183

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 Jan 18, 2023 9wks \$147 (\$88sr) PR-3178

Hindi Intermediate

Further develop your skills in speaking, listening, and reading Hindi. Students must have a basic knowledge of spoken and written Hindi. This is a continuation of the beginner course. A Hindi/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3180

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.

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3216

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6:30pm-8:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3447

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 20, 2023 9wks \$147 (\$88sr) PR-3564

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3498

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3121

Italian Beginner (SD)

Emphasis is on basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. An Italian/English Dictionary may be required.

Overland PS 55 Overland Drive, North York

Thu 2:15pm-4:15pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3401

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 Jan 18, 2023 9wks \$147 (\$88sr) PR-3478

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 Jan 18, 2023 9wks \$147 (\$88sr) PR-3100

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 Jan 18, 2023 9wks \$147 (\$88sr) PR-3103

Cecil Community Centre 58 Cecil Street, Toronto

Mon 1pm-3pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3190

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Jan 17, 2023 9wks \$184 (\$110sr) PR-3464

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-8:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3511

Overland PS 55 Overland Drive, North York

Wed 7:30pm-9:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3163

Mandarin Chinese Beginner Level II

This is a continuation of the Mandarin beginner level for those who would like more of the basics before moving to the intermediate level. You must have knowledge of the basic structure of the Chinese language. You will learn phonetics and practice basic pronunciation and conversation. An English/Mandarin Chinese Dictionary may be required.

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3164

Remote 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 Jan 14, 2023 9wks \$147 (\$88sr) PR-3282

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3129

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3357

Portuguese Beginner

This course begins with the basics using a combination of grammar, vocabulary, reading and conversation. Participants will learn and practice through various activities in a fun and relaxing environment. Short sentences and dialogue will build vocabulary and teach pronunciation. A Portuguese/English dictionary may be required.

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3160

Spanish Advanced

This course is for those with considerable background in Spanish who want to maintain their knowledge of the language. A Spanish/English dictionary may be required. Learners are recommended to have taken Spanish-Intermediate.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3340

Spanish Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3466

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3480

Thu 6:30pm-8:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3491

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3175

Thu 7pm-9pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3185

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7:30pm-9:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3116

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3321

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:45pm-9:45pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3232

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3500

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 5:30pm-7:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3339

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Jan 14, 2023 9wks \$147 (\$88sr) PR-3317

Mon 2:15pm-4:15pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3529

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3347

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3467

Thu 6:45pm-8:45pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3492

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 5:30pm-7:30pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3117

Spanish Conversation I

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

Overland PS 55 Overland Drive, North York

Wed 7:30pm-9:30pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3161

Spanish Conversation II

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

Overland PS 55 Overland Drive, North York

Thu 7:30pm-9:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3168

Spanish Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3448

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3176

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 14, 2023 9wks \$147 (\$88sr) PR-3318

Wed 2:15pm-4:15pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3527

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 Jan 18, 2023 9wks \$111 (\$67sr) PR-3174

Music

Guitar Beginner

This class is for people with little or no background in playing the guitar. The following areas will be covered: 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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3461

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr) PR-3204

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3436

Guitar Intermediate

You should be able to play basic open chords and have some experience playing notation. This course will introduce you to more advanced open chords and bar chords as well as more difficult melody lines and rhythms. A wide range of music will be explored reflecting learner interest. Learners are required to have a guitar.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Jan 19, 2023 9wks \$147 (\$88sr) PR-3490

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-3pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3548

Learn to Play The Ukulele

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3227

Remote Let's Play the Electronic Keyboard

This course is designed for students with some previous playing experience. Focus will be on learning how to use the keyboard's "built in" features to automatically provide instant accompaniment when playing a song. Students will be working with the various music instrument tones, voices, drum patterns and rhythms provided by the keyboard. Application of chords to well-known tunes will also be covered. Students should have previous experience in playing hands together (ie. Beginner Level 4 or equivalent). Learners must have own keyboard.

***Remote Course Offering**

Tue 3pm-4:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3521

Remote Basic Blues Piano I

This course will help you to develop a good foundation in playing basic Blues styles on the piano. Learn the Blues Scale and the 12-Bar Blues Progression, Shuffle rhythms, Triplets, and create Blues riffs. Students should have previous experience in playing hands together (ie. Beginner Level IV or equivalent). Learners must have own keyboard.

***Remote Course Offering**

Thu 8pm-9:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3488

Remote Basic Blues Piano II

This is a continuation of Basic Blues Piano I. Participant will learn Chord Inversions, Grace notes, Turnarounds, Broken chords, basic Transposition and further develop hand independence. Learners must have own keyboard.

***Remote Course Offering**

Mon 6pm-7:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3455

Remote Basic Chord Piano I

Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how basic chords are formed, 3-part harmony chord types, ie, Triads as well as Dominant 7th chords. Application of chords to well-known tunes will also be covered. Students should have previous experience in playing hands together (ie, Beginner Level III or equivalent). Learners must have own keyboard.

***Remote Course Offering**

Wed 3pm-4:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3515

Wed 8pm-9:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3473

Remote Basic Chord Piano II

This is a continuation of Basic Chord Piano 1. Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how 4-part harmony chord types are formed ie. Triads with added tones as well as Diatonic and Altered 7th chords. Application of chords to well-known tunes will also be covered. Learners must have own keyboard.

***Remote Course Offering**

Tue 1pm-2:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3516

Remote Guitar Beginner

This class is for people with little or no background in playing the guitar. The following areas will be covered through the online supportive class instruction: basic open chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to have your own acoustic guitar.

***Remote Course Offering**

Wed 10am-12pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3546

Remote 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. Learners must have own keyboard.

***Remote Course Offering**

Mon 3pm-4:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3524

Mon 8pm-9:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3456

Wed 6pm-7:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3487

Remote Piano Keyboarding Beginner: Level II

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

***Remote Course Offering**

Tue 8pm-9:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3471

Thu 1pm-2:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3525

Thu 6pm-7:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3497

Remote Piano Keyboarding Beginner: Level III

This 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.

***Remote Course Offering**

Mon 1pm-2:30pm Jan 16, 2023 9wks \$111 (\$67sr) PR-3514

Tue 6pm-7:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3457

Remote Piano Keyboarding Intermediate

Designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts are explored. Extended ledger lines will also be covered. Learners must have own keyboard.

***Remote Course Offering**

Thu 3pm-4:30pm Jan 19, 2023 9wks \$111 (\$67sr) PR-3526

Remote Theory Musicianship

This course is designed to teach you the basics of music theory. Students will learn, practice and review the music alphabet, staff notation, rhythm and note values, time/key signatures, major keys and scales. Learners must have own keyboard..

***Remote Course Offering**

Wed 1pm-2:30pm Jan 18, 2023 9wks \$111 (\$67sr) PR-3531

Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while learning to hone your performance skills. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$20.00 to cover the cost of the musicians.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Jan 17, 2023 9wks \$167 (\$108sr) PR-3225

Vocal Jazz Music, Level II

This course is a continuation of Vocal Jazz Music, and for singers who already have some experience singing jazz. Each week, we will revisit the concepts addressed in Vocal Jazz Music, expand our knowledge of vocal techniques, percussive singing and song interpretation, and work on extending our vocal range. This course is also for experienced vocalists or instrumentalists looking to explore the jazz genre. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$20.00 to cover the cost of the musicians.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Jan 16, 2023 9wks \$167 (\$108sr) PR-3235

Self Development

Animal Communication and Animal Reiki

A class for animal lovers, those sensitive and intuitive. Have access to deep connections with the animal kingdom for healing, guidance, and wisdom. This is for the feelers and compassionate people, and those who wish to co-create with the intelligence of nature. Learn how to approach an animal for healing by using Reiki. Allow animals to take you into their frequencies, share insights and enter communication with kindred spirits who support you and our planet.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9pm Jan 18, 2023 9wks \$147 (\$88sr)

Building and Maintaining Solid Relationships

Good Relationships are number one on the list for business success, lasting home and love life and precious life long friendships. In this course, learn the tools you need to build and keep healthy relationships with those in your life circle.

Overland PS 55 Overland Drive, North York

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3158

Emotional Intelligence

Emotional Intelligence (or EQ (Emotional Quotient) is the ability to understand, use, and manage your own emotions in positive ways. In this course, acquire EQ to relieve stress, communicate effectively, empathize with others and overcome challenges.

Overland PS 55 Overland Drive, North York

Wed 5pm-7pm Jan 18, 2023 9wks \$147 (\$88sr) PR-3162

Hairdressing and Styling Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 19, 2023 9wks \$370 (\$262sr) PR-3188

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Jan 16, 2023 9wks \$321 (\$233sr) PR-3319

Honouring your Sacred Feminine and Sacred Masculine

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

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Jan 28, 2023 1wks \$25 (\$15sr) PR-3309

How to Make Your Own Oracle Cards

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

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Jan 14, 2023 1wks \$25 (\$15sr) PR-3310

How to Read Photos

Did you know that photographs of people, places and things hold a subtle energy and once you develop the skill of photo reading you can receive amazing psychic impressions of them? Discover your clairvoyant, clairsentient, or clairaudient powers by working with photographs. Join likeminded people, have fun while learning how to become more psychically receptive no matter who or what you are reading.

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Jan 21, 2023 1wks \$25 (\$15sr) PR-3311

Make-Up Artistry

In this course you will learn the basics of make-up application, current make-up trends, and the proper usage of tools. Techniques to enhance face shapes and facial features are taught through demonstration. Through personalized instruction, go from casual day make-up to a glamorous night look with the swipe of a brush. Students are required to have make-up products and tools for the first class, for a list of items required, please visit the website, click the material list pdf under Files just above the Course Schedule.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3252

Sewing

Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Learners will be supplied with ½ size pattern drafting slopers and learn many techniques including dart manipulation, pockets and finishes. We will take this knowledge to create your own skirt block and adapt commercial patterns to personal measurements and designs. Learners will need a clear plastic drafting ruler, drafting paper, masking tape and pencils for the first class. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$226 (\$138sr) PR-3479

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 Jan 16, 2023 9wks \$226 (\$138sr) PR-3534

Sewing Alterations and Repairs

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

class. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes material fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Jan 18, 2023 9wks \$189 (\$115sr) PR-3250

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. Mimico 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 Jan 18, 2023 9wks \$189 (\$115sr) PR-3101

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3094

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Jan 16, 2023 9wks \$189 (\$115sr) PR-3241

Sewing Beginner (SD)

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3402

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 Jan 19, 2023 9wks \$226 (\$138sr) PR-3093

Sewing Intermediate (SD)

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 Jan 17, 2023 9wks \$226 (\$138sr) PR-3403

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 basic knowledge of sewing, bring 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 learners must have their own sewing machine.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 16, 2023 9wks \$226 (\$138sr) PR-3095

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Jan 16, 2023 9wks \$226 (\$138sr) PR-3532

Tailoring Advanced

This course covers tailoring techniques such as felt collars, welt pockets, pad stitching on lapels and mens or ladies wear. Prerequisite: Sewing-Intermediate or equivalent experience. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-9pm Jan 17, 2023 9wks \$226 (\$138sr) PR-3468

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

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Jan 17, 2023 9wks \$147 (\$88sr) PR-3442

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 8pm-9:30pm Jan 19, 2023 9wks \$116 (\$72sr) PR-3501

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Jan 17, 2023 9wks \$152 (\$93sr) PR-3338

Northview Heights SS 550 Finch Avenue West, North York

Wed 7pm-8:30pm Jan 18, 2023 9wks \$116 (\$72sr) PR-3361

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:45am-1:45pm Jan 14, 2023 9wks \$152 (\$93sr) PR-3139

Badminton for Intermediate Players

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

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-7:30pm Jan 19, 2023 9wks \$116 (\$72sr) PR-3502

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 Jan 19, 2023 9wks \$116 (\$72sr) PR-3271

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.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 7pm-8:30pm Jan 17, 2023 9wks \$111 (\$67sr) PR-3435

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 Jan 16, 2023 9wks \$116 (\$72sr) PR-3113

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 Jan 16, 2023 9wks \$116 (\$72sr) PR-3114

Soccer-Indoor for Men

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9:30pm Jan 17, 2023 9wks \$152 (\$93sr) PR-3260

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-7:30pm Jan 17, 2023 9wks \$116 (\$72sr) PR-3469

Tue 7:30pm-9pm Jan 17, 2023 9wks \$116 (\$72sr) PR-3470

Wed 6pm-7:30pm Jan 18, 2023 9wks \$116 (\$72sr) PR-3483

Wed 7:30pm-9pm Jan 18, 2023 9wks \$116 (\$72sr) PR-3484

Thu 6pm-7:30pm Jan 19, 2023 9wks \$116 (\$72sr) PR-3493

Thu 7:30pm-9pm Jan 19, 2023 9wks \$116 (\$72sr) PR-3494

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Jan 14, 2023 9wks \$116 (\$72sr) PR-3140

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.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:45am Jan 14, 2023 9wks \$116 (\$72sr) PR-3141

Volleyball

Come and play the sport that is becoming more and more popular and get a great workout at the same time. This recreational co-ed course will develop your interest in physical activity and promote your well-being.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Jan 16, 2023 9wks \$147 (\$88sr)

PR-3335

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 Jan 18, 2023 9wks \$221 (\$133sr) PR-3376

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

Tue 6:30pm-9pm Jan 17, 2023 9wks \$184 (\$110sr) PR-3459

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 Jan 19, 2023 9wks \$147 (\$88sr) PR-3189

Improv: An Introduction

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3377

Producing a Short Film

This introductory lecture course will cover the fundamentals of filmmaking from beginning to end. From the original idea to film distribution, you will learn the step-by-step procedures of making an independent film or documentary. Topics will include story writing, elements of shooting a film, pre and post production, distribution and equipment, production planning, copyright and other legal considerations, cinematography, post production and distribution.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 18, 2023 9wks \$221 (\$133sr) PR-3173

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

Thu 6:30pm-9:30pm Jan 19, 2023 9wks \$221 (\$133sr) PR-3383

Video Storytelling

This course is for those who want to create their own videos for business 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. Learners will need to know the basics of how to use a desktop computer. The use of a smartphone and an iPad will also be discussed in this course.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 17, 2023 9wks \$221 (\$133sr) PR-3374

Behind the Scenes at Mimico Adult Centre



Learn to play the Ukulele



Resistance Training Workout



2021 Jack Henshaw Award Winner

The award goes to **Tanya Payne**, an experienced Learn4Life Piano Keyboarding instructor!

From the many submissions that were received, here are just a few of the sentiments sent by learners:

“She stays active and positive in meeting program challenges. She has moved from face-to-face to online learning with skill, creativity, enthusiasm, and technological affinity.”

“She has developed an effective teaching format of first going over homework extensively, teaching new theory, aerobic exercises, and new songs, then interactively as a group practicing finger aerobics, sight reading and hearing – wow!”

CONGRATULATIONS TANYA!

Are you interested in being a Learn4Life instructor?



We are always looking for additional talent and creative new classes. Have an idea? Send us a proposal!

Be sure your proposal includes:

- (1) Information about you
- (2) Information about the proposed course

Send us your idea!

Email: **communityprograms@tdsb.on.ca**

Subject Line: **Instructor Proposal**

Learn4Life - Remote Class FAQ's

1. I am registered for a remote course, when am I supposed to get the link for the class?

Classroom links are now available on the Learn4Life registration site. Once registration and payment has been processed, the link will be available in the program information window under the Virtual Meeting section. To access the link for the class you are registered in, log into your TDSB Learn4Life account, the My Programs section lists all classes you are currently registered in. Click the program you want to launch; the program information window will appear. Simply click the link which will redirect you to the online

2. What online platform will be used for remote classes? And will I need to download any software to access links?

There are two online platforms that may be used, ZOOM and Google Meet. Please visit the Learn4life website for links to instructions how to join an online meeting using one of these platforms. If you are using a desktop, no software is required to be downloaded when accessing Google Meet or Zoom. If a smartphone or Android will be used, you must download the Google Meet or Zoom app in order to access the class.

3. What browser should I use?

Although you may be able to access the class using other browsers, the recommended browser to use for both Google Meet and Zoom is Google Chrome.

4. Do I need a passcode to join a class?

If the online platform used is Google Meet, a passcode will not be needed. If the online platform used is Zoom, a passcode may be required. Every attempt will be made to ensure a passcode is not required, however, please email us at communityprograms@tdsb.on.ca if you are not able to access the link without a passcode.

5. Are classes going to be recorded?

The online delivery model is a synchronist (in-real time) learning model. Sessions will not be recorded or made available if a learner is unable to attend a scheduled class.

6. Do I need a camera to participate in the class?

It is not mandatory to have a camera, but it is recommended so the instructor is able to see you and interact. This makes for a much more engaging experience during the class.

Learn4Life - FAQ's Continued

1. Now that you have moved to a new registration system, is there a new website address?

Although we have moved to a new registration system, our registration website remains the same and can be accessed by visiting www.learn4life.ca.

2. Now that you have moved to a new system, when can I create a new client account? And is an email address required to create an account?

Learn4Life moved to a new registration system effective November 2020. Previous PIN and CLIENT Numbers will not work in the new system. A new account is required to register, and an email address is needed to create an account. The email address used, will be your User ID. All learners must create an account before attempting to register, including learners accessing the subsidized rate. NOTE: If you created a new account after November 2020, there is no need to create another one.

3. How can I register for a Learn4Life course?

Online registration is available, and where special considerations are needed; an in-person appointment can be arranged by contacting us via email. There is no registration via mail, telephone, or fax. Once registration opens, please visit the website at www.learn4life.ca and use your VISA or MasterCard to pay. Note, the payment system will not accept VISA Debit or MasterCard Debit at this time. Notice to users of pre-paid credit cards: although the system will accept a pre-paid credit card, if there is a need to process a full refund, to ensure the refund is returned to the user, it is not recommended to use a pre-paid VISA or MasterCard when registering for a course.

4. I registered for a course using the online registration system; will I receive confirmation and/or a receipt?

If you have successfully registered for a course, you will receive an email from "no-reply@ebasefm.com" with your registration receipt. Please check your junk mail folder if you have not received the email. Also, you may want to check the spelling of the email address used to create your account and that it is correct.

5. The class I want to register in is full, and I have added myself to the waitlist. Am I registered for the course and will I be charged?

Payment is processed only when there is a successful registration. Adding your name to the waitlist does not mean you are registered in the course and will therefore not be charged. We will make every attempt to contact learners who are on a waitlist when space becomes available.

6. I am not a senior but I would like to register for a Seniors' Daytime course. How do I register?

Seniors' Daytime courses are for seniors 65+, however, some courses allow a limited number of non-seniors to register in the class. Please complete the registration form available on our

website, include payment information, and email it to communityprograms@tdsb.on.ca. An email confirmation of the registration will be sent to you if space is available in the class.

7. What type of Government Assistance is eligible to access the subsidized rate? And what type of documents do I need to provide?

The following Government Assistance Programs are eligible: Ontario Works (OW), Ontario Disability Support Program (ODSP), Canada Pension Plan Disability Benefits (CPP Disability), Old Age Security (OAS), Guaranteed Income Supplement (GIS), and Guaranteed Annual Income System (GAINS).

- Documentation required (All documents must include your name, address, and statement date):
 - Current monthly statement or letter from the Social Assistance Office: OW and ODSP recipients
 - Annual statements: CPP Disability, OAS, GIS, and GAINS recipients.

8. If I am registering as a subsidy learner, do I need to provide my eligible documents each time I register?

Eligible social assistance documents are required to qualify for the subsidy rate. A current copy must be submitted with the application form to support this request. Some documents may be required to be submitted every term. The reduced rate applies to course fees only and is limited to one course per term. Material fees, if applicable, are extra.

9. I am eligible to register using the subsidized rate, how come I cannot register using the online registration system?

Learners accessing the subsidized rate are required to provide supporting documentation. Your eligibility to register for a subsidized course must first be verified before we are able to register you. Please email a current copy of your eligible social assistance document, along with the completed registration form and payment information to communityprograms@tdsb.on.ca, and one of our agents will be happy to register you into the course of your choice once your documents have been verified. Material fees, if applicable, are extra. Note: Learners accessing the subsidized rate are required to have and/or create an account if they have not already done so.

10. As a subsidized learner can I register using the online registration system and then get a refund for the difference after I provide my documents?

No, supporting documentation must be received at the time of registration to be eligible for the subsidized rate. Refunds for the difference in cost will not be processed.

11. If a dependent of Ontario Works recipients would like to register and access the subsidy rate, how do they register?

Recent changes may affect how dependents of Ontario Works recipients confirm their eligibility for the subsidized rate. Dependents over the age of 18 who would like to register for a course

must be listed on your Drug Benefit Eligibility Card. If you do not have this card, a letter from the Social Assistance Office confirming the dependent will be required to register for a subsidy course plus material fees.

12. How much is the subsidized rate?

The current subsidized rate is \$11.50. The reduced rate applies to course fees only and is limited to one course per term. Material fees are extra and will be added to the registration fee of \$11.50. All fees are due at the time of registration.

13. How many courses am I eligible to register for?

Eligible learners can register for one course per term.

14. I am a dependent on an account, how do I receive direct email communication from the program?

Dependents must add an email address on their profile to receive all email communication from Learn4Life. Note: If there are multiple users on an account, the system automatically picks the main account holder's email address on the account. To avoid this, each dependent must add their email address on their profile.

15. I am registering for a class that requires materials, where can I find the list of items needed?

To view materials needed for that class, on the course page, click the material list pdf under Files just above the course Schedule.