

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors

WINTER 2026

Registration opens

November 12 at 8:30 am



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



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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. Learners aged 64 and under can refer to the FAQs or call 416-338-4111 for information on registering in a Seniors' Daytime course. Please visit www.learn4life.ca to view the Learn4Life – Frequently Asked Questions.

Important Dates

Registration Opens: Wednesday, November 12 at 8:30 a.m.

Classes Begin: Saturday, January 10, 2026

Registration Information

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

Social Assistance Document and Registration Form Upload

Learners requesting the subsidized rate must submit supporting documentation. Your eligibility must be verified before we can complete your course registration.

Learners can now upload their social assistance documents and registration form directly to their Learn4Life account for review. To assist with this process, please refer to our step-by-step instruction guide on how to upload documents available on the website.

Important: *Do not register online.* Instead, after uploading your documents, you must email Learn4Life to let us know your documents and registration request are ready for review.

Send your email to: communityprograms@tdsb.on.ca. Use the Subject line: "Proof of Social Assistance Document and Registration Form Upload". Your documents will be reviewed, and if eligible, we will complete the registration for you. Material fees, if applicable, are extra.

Note: Learners requesting the subsidized rate must have a Learn4Life account. If you do not already have one, you will need to create an account.

Payment Information

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

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

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

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

***All fees include HST**

Refund Policy

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

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

Cancelled Courses

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

Program Accommodation

The TDSB strives to meet the accommodation needs of persons with disabilities. Registrants are encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, please contact the TDSB Continuing Education Office at 416-338-4111.

Community Programs – Learn4Life Refund and Transfer Policy

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

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

For courses under five weeks in duration:

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

For courses five weeks or longer:

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

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

For subsidized courses: No refunds or transfers will be considered after the class begins. If TDSB cancels the course before it begins.

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

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

There are two ways to submit requests:

Email: communityprograms@tdsb.on.ca

Online: www.learn4life.ca

This symbol ★ indicates a Seniors' Daytime course.

Art

Acrylic Painting Beginner

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

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7281

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7184

Acrylic Painting Beginner/Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7376

Calligraphy Beginner

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

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3:30pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7226

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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9pm Jan 12, 2026 9wks \$338 (\$270sr) PR-7263

Drawing and Painting in Mixed Media

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7374

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 13, 2026 9wks \$405 (\$324sr) PR-7197

Expressive Abstract Landscape Painting

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7198

Figure Drawing Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$465 (\$384sr) PR-7377

Landscape Painting

Discover the beauty of landscape painting through guided projects designed to spark creativity. Working in watercolour or acrylic, you'll explore techniques with step-by-step demonstrations in both mediums. Drawing inspiration from the work of established artists, participants will learn to develop their own unique interpretations of the landscape in the medium of their choice.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7379

Linoleum Block Printing

Discover the bold, graphic art of lino printmaking in this hands-on course designed for beginners and enthusiasts alike. Learn how to design, carve, and print your own unique linoleum block prints using traditional tools and techniques. Explore image transfer, carving methods, ink application, and printing by hand to create beautiful prints on paper. Whether you're interested in fine art, handmade cards, or textile design, this course offers a creative and rewarding experience. Final Price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 15, 2026 9wks \$445 (\$364sr) PR-7323

Oil and Acrylics All Levels

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$405 (\$324sr) PR-7315

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7291

Painting Intermediate ★

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

Second Mile Club – Orchard View Branch 174 Orcha, Toronto

Wed 10am-12:30pm Jan 14, 2026 9wks \$338 (\$270sr) PR-7187

Wed 1pm-3:30pm Jan 14, 2026 9wks \$338 (\$270sr) PR-7188

Pen and Ink Sketching

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$405 (\$324sr) PR-7384

Portraiture: All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$475 (\$394sr) PR-7382

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 14, 2026 9wks \$465 (\$384sr) PR-7381

Pottery Beginner: Intro to Handbuilding

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$455 (\$374sr) PR-7383

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$455 (\$374sr) PR-7380

Pottery-Beginner/Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Jan 14, 2026 9wks \$455 (\$374sr) PR-7293

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. Please note that due to limited number of wheels, learners will need to take turns using them throughout the term. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$465 (\$384sr) PR-7385

Printmaking Intermediate: Lino Print

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$465 (\$384sr) PR-7388

Printmaking: Silkscreen

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$465 (\$384sr) PR-7386

Sculpture: Clay

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$475 (\$394sr) PR-7387

Yes, You Can Draw!

Have you ever looked at a scene, flowers, or an interesting building and thought, I wish I could draw that? It may be easier than you think once you understand the basics of shapes, how light falls and how to use simple tools. This course starts at the beginner level and guides students through seeing the forms and shapes of objects, how to render them in 2D and 3D, using various mediums including graphite pencil, charcoal, and watercolour pencils. Learners must provide own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8:30pm Jan 15, 2026 9wks \$338 (\$270sr) PR-7320

Business and Finance

Accounting and Bookkeeping Beginner

This online 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.

**Remote Course Offering*

Sat 10:30am-12:30pm Jan 10, 2026 9wks \$270 (\$216sr) PR-7244

Accounting: Small Business and Tax Issues

Throughout this online 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 business.

**Remote Course Offering*

Sat 8:30am-10:30am Jan 10, 2026 9wks \$270 (\$216sr) PR-7245

Buying Your First Home in the GTA

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

**Remote Course Offering*

Sat 9am-12pm Jan 24, 2026 1wks \$45 (\$36sr) PR-7246

Estate Planning Workshop

In this remote workshop we will provide an overview and structuring of Will and Power of Attorney. 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.

**Remote Course Offering*

Income Tax Preparation

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Jan 10, 2026 9wks \$270 (\$216sr) PR-7236

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Jan 14, 2026 9wks \$338 (\$270sr) PR-7280

Online Investing

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

*Remote Course Offering

Mon 6:30pm-9pm Jan 12, 2026 9wks \$338 (\$270sr) PR-7337

Personal Finance and Investment Basics for Women

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

*Remote Course Offering

Wed 6pm-8pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7308

Real Estate Development

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 10, 2026 9wks \$270 (\$216sr) PR-7233

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7260

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 14, 2026 9wks \$270 (\$216sr) PR-7230

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-1pm Jan 24, 2026 1wks \$60 (\$48sr) PR-7241

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Feb 4, 2026 2wks \$60 (\$48sr) PR-7361

Communications

Creative Writing

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

*Remote Course Offering

Sat 11am-1pm Jan 10, 2026 9wks \$270 (\$216sr) PR-7237

Danforth Ctl/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7324

Public Speaking

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

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-9:30pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7286

Computers

AI Tools for Everyday Life

Learners will be able to confidently use free AI tools (such as ChatGPT, Google Translate, Gemini and others) to support everyday tasks like communication, organization, and creativity. Learn how to apply AI tools in your daily life to write emails, set reminders, explore hobbies, manage health routines, and preserve memories through photos. Learn how to use AI safely and responsibly by recognizing trustworthy information, protect your personal details, and avoid common online risks.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Jan 10, 2026 9wks \$270 (\$216sr) PR-7243

Getting Started with AI: Simple Tools That Make Life Easier

Curious about Artificial Intelligence, but not sure where to start? This friendly, hands-on beginner class will introduce you to AI in a simple and practical way. You'll explore how to use tools like ChatGPT and more to make everyday life easier; from writing and organizing to travel planning and exploring new ideas. Each session includes easy, guided activities and real-life examples to help you gain confidence using today's smartest tools. Learners can join the course with Windows laptop or PC, MacBook, or Chromebook.

*Remote Course Offering

Mon 9:30am-11:30am Jan 12, 2026 4wks \$120 (\$96sr) PR-7389

Social Media Marketing for Small Business

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

*Remote Course Offering

Thu 7:30pm-9:30pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7331

Crafts

Floral Design for Beginners

Unlock your creativity and explore the art of floral arrangement in this hands-on introductory course designed for beginners. Whether you're looking to brighten your home, plan your own events, or start a new hobby, Floral Design for Beginners will teach you the fundamental techniques and principles of floral design. Final price includes a material fee of \$90.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Jan 21, 2026 6wks \$270 (\$234sr) PR-7363

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch, the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference

sampler and notes. Personal projects are encouraged. A kit of tools and materials for lessons will be provided. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$410 (\$329sr) PR-7378

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 \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$430 (\$349sr) PR-7351

Jewellery C - Bezel Gemstone Setting

Include colourful gemstones in your jewellery. For learners with some previous basic skills in jewellers' saw cutting, silver soldering, and machine polishing, learn how to make bezel gem settings, design your own gemstone jewellery, texture metal, silver-solder small parts together, polish a setting to a high shine, and set a cabochon stone in it. Final price includes a material fee of \$28.00, which covers non-precious metals, polishing compounds and other supplies.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$433 (\$352sr) PR-7362

Jewellery D - Hammerforming

Watch metal change its shape under your hammer as you explore the fascinating variety of jewellery hammerforming techniques: forging, doming, anticlastic raising, and foldforming. Make samples and pieces of jewellery with each technique. Must be physically able to hammer. Beginners welcome! Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$430 (\$349sr) PR-7373

Learn to Make Soap from Scratch!

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Mar 2, 2026 2wks \$105 (\$87sr) PR-7274

Weaving: All Levels

Join us for an engaging weaving course designed for students with some prior experience. Weavers will explore new patterns, experiment with techniques, and undertake various projects at their own pace, while completing their project by the end of the term. The instructor will provide personalized guidance for each participant, fostering a

collaborative environment where students can share insights and receive constructive feedback from others on their work. All necessary equipment will be available in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7206

Wed 10am-1pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7203

Weaving: Introduction

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7204

Dance

Ballroom and Latin Dancing Beg/Int

Take your Ballroom and Latin dancing to the next level! Build on the skills learned in the beginner and beginner level II class with new steps, patterns, and body movements that will expand your repertoire and enhance your confidence on the dance floor. Please wear comfortable shoes suitable for movement.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7:45pm-9:15pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7295

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7300

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 6pm-7:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7228

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7279

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7196

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7267

Ballroom and Latin Dancing Beginner Level II

Designed for those who can confidently dance basic steps in these four core dances: Waltz, Foxtrot, Rumba, Cha Cha. Participants will develop skills and techniques to further their dancing while learning more complex steps. New dances may also be introduced.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7:30pm-9pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7232

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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-7:45pm Jan 12, 2026 9wks \$165 (\$132sr) PR-7264

Egyptian Belly Dancing Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:45pm-9pm Jan 12, 2026 9wks \$169 (\$135sr) PR-7265

Foundations of Motion and Rhythm

This fun and accessible course is designed for adults of all experience levels who want to unlock their natural ability to dance. We focus on the two essential elements of dance: musical timing and fluid body control. You will build a rock-solid sense of rhythm, learn practical techniques for isolating different parts of your body, and master comfortable traveling steps that improve your overall coordination and balance. This program emphasizes simple, repeatable movements and exercises that help you feel confident, relaxed, and ready to step onto any dance floor, from the kitchen to social events. Enjoy the music in a natural, expressive way!

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 11am-12:30pm Jan 13, 2026 9wks \$203 (\$162sr) PR-7219

Hip Hop Dancing for Beginners

Get moving, have fun, and feel the rhythm in this beginner-friendly hip hop dance class designed for those with little to no dance experience. Whether you're looking to stay active, boost your confidence, or just try something new, this course offers an energetic and welcoming space to explore the fundamentals of hip hop. Learn basic moves, improve coordination, and groove to upbeat tracks while connecting with others in a supportive environment. No prior dance background required—just bring your enthusiasm and a willingness to move!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8:30pm-9:30pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7318

Latin Rhythms: Salsa and Merengue for All

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

Line Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7313

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7199

Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 16, 2026 9wks \$270 (\$216sr)

PR-7209

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7192

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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7261

Discover the Outdoors

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

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

*Off Site

Wed 8:30am-11:30am Jan 14, 2026 4wks \$180 (\$144sr) PR-7222

Fitness

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

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

*Remote Course Offering

Wed 6pm-7pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7306

Aging Backwards with Yoga

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

*Remote Course Offering

Wed 6pm-7:15pm Jan 14, 2026 9wks \$169 (\$135sr) PR-7307

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6pm-7:15pm Jan 14, 2026 9wks \$169 (\$135sr) PR-7290

Bone Fitness

Based on the Osteoporosis Canada Bone Fit training program, this class combines posture, balance, walking patterns, cardio, strength training, and specialized spine exercises, to promote and support spinal health. Note that many of the exercises will be performed laying down on an exercise mat. Appropriate for students with diagnosed low bone mass, and for those who just want to learn new techniques. Students should bring an exercise mat, 1-5 pound hand weights, and several small towels to use as padding.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7329

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 12pm-1pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7212

Overland PS 55 Overland Drive, North York

Mon 11:45am-12:45pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7211

Chair Zumba: Party on Four Legs

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 8:15pm-9:15pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7330

Core Conditioning

This class is dedicated to building core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles, including lower back, glutes and shoulders. Strong core

muscles equate with a trimmer appearance, less back injuries and they will keep us in shape. Learners are encouraged to bring: yoga mat, two dumb-bells (1LB to 3LB depending on the preference) and one kettlebell (5LBs) if possible.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7269

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 10, 2026 9wks \$135 (\$108sr) PR-7249

Core Yoga

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-8pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7262

Flexibility and Muscle Toning

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

*Remote Course Offering

Sat 9:45am-10:45am Jan 10, 2026 9wks \$135 (\$108sr) PR-7239

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.

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7365

Low Impact Aerobics ★

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

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Jan 14, 2026 9wks \$135 (\$108sr) PR-7185

Fri 9am-10am Jan 16, 2026 9wks \$135 (\$108sr) PR-7186

Mixed Martial Arts (MMA) Self Defence

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7335

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 10, 2026 9wks \$135 (\$108sr) PR-7235

Wed 8pm-9pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7296

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7310

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7327

Leaside High School 200 Hanna Road, East York

Wed 8:30pm-9:30pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7285

Pilates and Movement: Strength and Mobility

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

**Remote Course Offering*

Thu 6pm-7pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7334

Strength and Weight Training

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6pm-7:15pm Jan 15, 2026 9wks \$169 (\$135sr) PR-7372
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-7:15pm Jan 12, 2026 9wks \$169 (\$135sr) PR-7271

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 10, 2026 9wks \$203 (\$162sr) PR-7240
Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 9:30am-11am Jan 12, 2026 9wks \$203 (\$162sr) PR-7202
Overland PS 55 Overland Drive, North York
Tue 2:30pm-4pm Jan 13, 2026 9wks \$203 (\$162sr) PR-7193
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7272

Tai Chi Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 11am-12pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7205

Tai Chi Intermediate ★

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

Overland PS 55 Overland Drive, North York
Wed 2:45pm-4:15pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7221

Tai Chi Sword

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

Overland PS 55 Overland Drive, North York
Wed 1pm-2:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7195

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 13, 2026 9wks \$203 (\$162sr) PR-7194

Yoga: Chair

Chair Yoga is for anyone with limited mobility. Learn to support your body and protect against falls and injury while getting stronger. The poses are modified, and it is low-impact movements with breathing exercises. Chair yoga has shown to help with better balance, lower levels of depression and agitation, and overall improvement in quality of life. Additional benefits include, loosening and stretching painful muscles, reducing stress, and improving circulation. Wear comfortable shoes and clothing.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-2pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7220

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

Wed 11am-12pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7215

Wed 7:30pm-8:30pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7289

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

Thu 6:30pm-8pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7314

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

Thu 7:15pm-8:15pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7312

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-8:30pm Jan 14, 2026 9wks \$135 (\$108sr) PR-7282

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7273

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 15, 2026 9wks \$135 (\$108sr) PR-7311

Overland PS 55 Overland Drive, North York

Mon 10:30am-11:30am Jan 12, 2026 9wks \$135 (\$108sr) PR-7214

Zumba Gold Toning

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Jan 15, 2026 9wks \$135 (\$108sr) PR-7216

Food (We cannot guarantee a nut free environment)

Beyond Bliss: The Ultimate Chocolate Chip Cookie Workshop

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Mar 12, 2026 1wks \$70 (\$61sr) PR-7371

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 10, 2026 9wks \$270 (\$216sr) PR-7234

Essential Portuguese Cuisine

Discover the tastes of Portugal and its islands through this introductory culinary course where participants will learn recipes that combine the essence of Mediterranean cuisine with flavors and aromas of the Age of Discovery. Embrace

iconic seasonings and spices such as onion, garlic, piri-iri, olive oil, chouriço citrus fruits, paprika on this gastronomic journey. Students will learn how to prepare a complete meal from soup to dessert in this 5 class series. Final price includes a material fee of \$100.00 and a guaranteed full tummy.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 15, 2026 5wks \$325 (\$280sr) PR-7370

Indian Vegetarian Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$485 (\$404sr) PR-7344

Jamaican Patties

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Mar 2, 2026 2wks \$135 (\$114sr) PR-7304

Mediterranean Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$485 (\$404sr) PR-7359

Pastry Arts for Everyone

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 15, 2026 4wks \$230 (\$194sr) PR-7322

Seasonal Cafe Pastries

The focus of this course will be on the methodology and aesthetic of baked goods one finds at a café, such as, danishes, savory scones, eclairs and more. Seasonal flavours will be used to highlight freshness and creativity. There will be an emphasis on presentation, texture, and flavour pairing - perfect for anyone wanting to elevate their baking to café quality. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sweet, Savoury, Flaky and Fun!

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Feb 19, 2026 4wks \$230 (\$194sr) PR-7321

Taste of the World - Global Cooking

Explore the world through food! In this hands-on course, you'll learn basic cooking techniques while preparing iconic dishes from Italy, Spain, South America, Asia, India, and Mexico. Each week features a different cuisine, simple ingredients, and approachable methods. Note: Dishes may vary slightly depending on ingredient availability. Vegetarian options provided. Final price includes a material fee of \$50.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jan 12, 2026 5wks \$275 (\$230sr) PR-7266

Tastes of Thailand

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9pm Jan 14, 2026 9wks \$485 (\$404sr) PR-7231

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

Wed 6:30pm-8:30pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7277

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

Handiwork

Auto Mechanics Advanced

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7299

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

Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$405 (\$324sr) PR-7366

Bicycle Repair

This course covers all aspects of bicycle repair and maintenance. Learners must bring in their own bike to work on. Tools needed for course are provided in class. Students who have repair kits and they are encouraged to bring them to class.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7358

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7297

Furniture Refinishing

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7298

Upholstery

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6pm-9pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7294

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6pm-9pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7288

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7217

Tue 1pm-4pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7213

Wed 9am-12pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7191

Wed 1pm-4pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7276

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 12, 2026 9wks \$405 (\$324sr) PR-7340

Health and Wellness

Joints and Spine: Therapeutic Pain Management

This gentle, movement-based class is designed for those experiencing chronic aches, joint stiffness, or back discomfort. Through therapeutic exercise, stretching, and mindful movement, you'll improve mobility, reduce pain, and support joint and spine health. Emphasis is placed on posture, breath, and alignment, with modifications for all levels.

*Remote Course Offering

Thu 10:45am-11:45am Jan 15, 2026 9wks \$135 (\$108sr) PR-7218

Languages

Advanced Spanish Grammar and Conversation

Designed as a continuation for students who have completed Intermediate Level II and are looking to enhance their grammar and conversation skills. The course is structured around discussion topics and activities (including reading and discussion of articles), short literature passages and aspects of daily life.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8:30pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7343

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

Mon 7pm-9pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7268

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7253

Overland PS 55 Overland Drive, North York

Wed 12pm-2pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7223

French Beginner Level II

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

*Remote Course Offering

Thu 7pm-9pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7333

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8pm-10pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7252

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

Wed 6pm-8pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7287

French Reading Club

CLUB DE LECTURE EN FRANÇAIS. The goal of this book club will be to further strengthen the students' skills in reading, listening, speaking, and comprehension of text through group conversations. Many opportunities to practice and

expand vocabulary will be offered to engage students in different discussion questions relating to a pre-selected book in French. Students must have a good command of the French language and be able to converse freely to share opinions and participate in group discussions.

Overland PS 55 Overland Drive, North York

Wed 9:30am-11:30am Jan 14, 2026 9wks \$270 (\$216sr) PR-7208

German Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7342

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 15, 2026 9wks \$270 (\$216sr) PR-7325

Italian Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 16, 2026 9wks \$270 (\$216sr) PR-7207

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 14, 2026 9wks \$270 (\$216sr) PR-7354

Spanish Beginner

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

*Remote Course Offering

Sat 8:30am-10:30am Jan 10, 2026 9wks \$270 (\$216sr) PR-7390

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Jan 13, 2026 9wks \$270 (\$216sr) PR-7350

Thu 6:30pm-8:30pm Jan 15, 2026 9wks \$270 (\$216sr) PR-7364

Overland PS 55 Overland Drive, North York
Mon 2:15pm-4:15pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7392

Spanish Beginner Level II

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

*Remote Course Offering

Mon 6pm-8pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7391

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-8:30pm Jan 13, 2026 9wks \$270 (\$216sr) PR-7346

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-8:30pm Jan 12, 2026 9wks \$270 (\$216sr) PR-7336

Spanish Intermediate Level II

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-8:30pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7355

Music

Guitar Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9:30am-11:30am Jan 10, 2026 9wks \$270 (\$216sr) PR-7238
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-8:30pm Jan 13, 2026 9wks \$270 (\$216sr) PR-7349
Leaside High School 200 Hanna Road, East York
Wed 7pm-9pm Jan 14, 2026 9wks \$270 (\$216sr) PR-7278

Let's Play the Electronic Keyboard!

This course is designed for learners who have previously taken the Piano Keyboarding Beginner Level 1 or higher. Focus will be on learning how to work with the various music instrument tones/voices and drum patterns provided by the keyboard as well as playing familiar songs along with audio/midi files. This is an alternate refresher of

Piano Keyboarding Beginner Level 1 but with additional learning enhancements. At Overland, keyboards and headsets are available, but learners may bring their own.

Overland PS 55 Overland Drive, North York

Thu 3pm-4:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7224

Piano Keyboarding Beginner: Level I

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7210

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. At Overland, some keyboards are available, but students may bring their own.

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7225

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, ledger lines, rhythm and note values, time signatures, key signatures, musical symbols, accidentals, basic scales, formation of chords and chord progressions. Please note that this is an accelerated course. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7227

Self Development

Life Reimagined: Creating Meaning and Wellbeing in Retirement

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

*Remote Course Offering

Thu 6pm-8pm Jan 15, 2026 6wks \$180 (\$144sr) PR-7319

Managing Emotions in Times of Uncertainty and Stress

Change how you see people and transform your understanding of human behaviour. This Psychology course will change how you see people and offer invaluable insights into human behaviour and social dynamics. By engaging with topics like social psychology and cognitive development, you can dramatically shift your understanding of interpersonal interactions and personal growth.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-8pm Jan 26, 2026 3wks \$90 (\$72sr) PR-7305

Navigating Aging: What to Expect and How to Prepare

Explore the journey of aging—from physical, emotional, and social changes to ageism, elder abuse, and the characteristics of age-friendly communities. Learn practical strategies for adapting environments, nurturing well-being, and building meaningful connections in later life.

*Remote Course Offering

Tue 6pm-8pm Jan 20, 2026 6wks \$180 (\$144sr) PR-7352

Sewing

Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Students will be supplied with 1/4 size pattern drafting slopers and will learn many techniques including dart manipulation, pockets, yokes and finishes. This course will introduce design fundamentals and learners will take this knowledge to create their own personal skirt block and design their own skirt. Sewing machines are available at Central Tech.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7353

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7201

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. Note, Agincourt location: learners must have their own sewing machine.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9:30pm Jan 14, 2026 9wks \$338 (\$270sr) PR-7229

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7345

Sewing Beginner ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7189

Sewing Beginner Level II

Beginner Sewing Level II is for the sewist that has some knowledge of sewing, can operate a sewing machine, and is a next step for students that have taken Beginner Sewing. Students will learn how to adjust patterns for personal fit, work with a commercial pattern to sew a full-sized shirt and learn the correct techniques for sewing collars, sleeves, facings and applying finishing techniques to create professional looking garments. Central Tech location: sewing machines available.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7341
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Jan 15, 2026 9wks \$405 (\$324sr) PR-7328

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.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Jan 15, 2026 9wks \$405 (\$324sr) PR-7367

Sewing Intermediate ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 12:30pm-3:30pm Jan 13, 2026 9wks \$405 (\$324sr) PR-7190

Sewing for the Home

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

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 12:30pm-3:30pm Jan 12, 2026 9wks \$405 (\$324sr) PR-7200

Sports

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.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7301

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7309

Golf Beginner

Basic fundamentals of the golf swing will be covered, along with other topics.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7283

Golf Intermediate

The fundamentals of the golf swing and putting will be reviewed.

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7284

Pickleball Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7317

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7338

Mon 7:30pm-9pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7339

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7326

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 7pm-8:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7256
Northview Heights SS 550 Finch Avenue West, North York
Mon 7:45pm-9:15pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7303
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 8:30pm-10pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7270
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-10am Jan 10, 2026 9wks \$203 (\$162sr) PR-7250

Pickleball Low Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 8:30pm-10pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7257

Pickleball Power Hour: Smash and Drive Mastery

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

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7254
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7:30pm-8:30pm Jan 12, 2026 9wks \$135 (\$108sr) PR-7275

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6:30pm-8pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7316
Central Technical School 725 Bathurst Street, Toronto
Tue 6pm-7:30pm Jan 13, 2026 9wks \$203 (\$162sr) PR-7347
Tue 7:30pm-9pm Jan 13, 2026 9wks \$203 (\$162sr) PR-7348
Wed 6pm-7:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7356
Wed 7:30pm-9pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7357
Thu 6pm-7:30pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7368
Thu 7:30pm-9pm Jan 15, 2026 9wks \$203 (\$162sr) PR-7369
Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6pm-7:30pm Jan 14, 2026 9wks \$203 (\$162sr) PR-7292
Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7259
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7302
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-10am Jan 10, 2026 9wks \$203 (\$162sr) PR-7247

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. Learners are strongly encouraged to have taken the beginner level before advancing into intermediate.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Jan 12, 2026 9wks \$203 (\$162sr) PR-7258
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:45am Jan 10, 2026 9wks \$203 (\$162sr) PR-7248

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 14, 2026 9wks \$405 (\$324sr) PR-7375

Improv: An Introduction

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Jan 14, 2026 9wks \$405 (\$324sr) PR-7360
