

Learn4Life.ca

General Interest Programs
Adults 18+ and Seniors

FALL
2026

Registration opens

August 12th, at 8:30 am



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



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

Important Dates

Registration opens: Wednesday August 12, 2026 at 8:30 am.

Classes begin: Saturday September 12, 2026

Registration Information

There are four easy ways to register: Online, Telephone, Mail and In-person. In-person registration is available at John Polanyi CI, 640 Lawrence Avenue West. There is no access to the Learn4life office from inside the school. If you arrive at the main entrance, please proceed to Entrance 11 on the northeast side of the building, accessible via Varna Drive. If you require accommodation when visiting the office, please contact the office in advance by calling 416-338-4111.

Learners who cannot register online must schedule an appointment for in-person registration. To do so, please call 416-338-4111 or email us at: Communityprograms@tdsb.on.ca, with the subject line: In-person accommodation.

To register by mail please visit the website at www.learn4life.ca for a copy of the registration form.

Social Assistance Document and Registration Form Upload

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

To request the subsidized rate:

1. Log in to your Learn4Life account.
If you do not have a Learn4Life account, you must create one.
2. **Upload your social assistance documentation and completed registration form** directly to your Learn4life account for review. Please refer to the step-by-step guide on the Learn4Life website for instructions on uploading documents.

3. **Do not register online.** After uploading your documents and registration form, email Learn4Life to let us know that your documents and registration request are ready for review.

Email: Communityprograms@tdsb.on.ca

Subject: Proof of Social Assistance Document and Registration Form Upload

Your documents will be reviewed, and if you are eligible for the subsidized rate, Learn4Life will complete your course registration.

Please Note: Materials fees, where applicable, are additional.

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.

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

*All fees include HST

Although the system will accept a pre-paid credit card, it is not recommended that learners use a pre-paid VISA or MasterCard when registering for a course, as refunds, if requested, may not be successfully returned to the card.

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 Toronto District School Board (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 a written refund request is received at least 48 hours before the course start date.

Requests received less than 48 hours before the course start date will incur a \$50.00 administrative fee.

Refunds are processed 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. Please allow 4-6 weeks for refund processing.

The option to keep funds on the TDSB Learn4Life account is no longer available.

Courses less than five weeks in duration:

- **NEW!** A \$50.00 administrative fee will apply to withdrawal requests received less than 48 hours before the course start date.
- No refund or transfer requests will be considered after the class begins.

Courses five weeks or longer:

- **NEW!** A \$50.00 administrative fee will apply to withdrawal requests received less than 48 hours before the course start date.
- If you withdraw after the first class, a pro-rated refund will be processed, less a \$15.00 administrative fee per course and a portion of the materials fee, if applicable, provided the TDSB receives the request in writing.
- No refunds or transfers will be considered once the second class has started.

Subsidized Courses: **NEW!** A \$50.00 administrative fee will apply to withdrawal requests received less than 48 hours before the course start date. No refund or transfer requests will be considered after the class begins.

Summer Refund Policy: NEW! A \$50.00 administrative fee will apply to withdrawal requests received less than 48 hours before the course start date. No refund or transfer requests will be considered after the class begins.

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

There are two ways to submit requests:

- Email: communityprograms@tdsb.on.ca
- On-Line: www.learn4life.ca



Acrylic Painting Beginner

Explore your creative individual 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 Sept 16, 2026 11wks \$495 (\$396sr) PR-7632

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Mon 1:30pm-4:30pm Sept 14, 2026 11wks \$495 (\$396sr) PR-7775

Acrylic Painting Beginner/Intermediate

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

[Central Technical School, 725 Bathurst Street, Toronto](#)

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7894

Acrylic Painting Bring Your Artistic Vision to Life

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

[Central Technical School, 725 Bathurst Street, Toronto](#)

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7892

Acrylic or Oil Beginner

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

[*Remote Course Offering](#)

Tue 6pm-9pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7694

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 Sep 17, 2026 11wks \$330 (\$264sr) PR-7799

Ceramic Art Ideas and Techniques

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

[Central Technical School, 725 Bathurst Street, Toronto](#)

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$555 (\$456sr) PR-7898

Drawing Beginner

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

[Central Technical School, 725 Bathurst Street, Toronto](#)

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7891

Drawing For People Who Can't Draw

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Sep 14, 2026 11wks \$413 (\$330sr) PR-7625

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 9am-12pm Sep 12, 2026 11wks \$495 (\$396sr) PR-7612

Drawing and Painting in Mixed Media

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7885

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

Thu 6:30pm-9pm Sep 17, 2026 11wks \$413 (\$330sr) PR-7831

Drawing and Watercolour-All Levels

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Tue 9am-12pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7771

Expressive Abstract Landscape Painting

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 10am-1pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7773

Figure Drawing Beginner

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$555 (\$456sr) PR-7886

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 Sep 16, 2026 11wks \$495 (\$396sr) PR-7895

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7724

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 Sep 17, 2026 11wks \$535 (\$436sr) PR-7759

Oil and Acrylics All Levels

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7602

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7648

Oil and Acrylics Beginner

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7883

Oil and Acrylics Intermediate

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

***Remote Course Offering**

Mon 6pm-9pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7682

Pen and Ink Sketching

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7900

Pottery All Levels

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

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$555 (\$456sr) PR-7896

Pottery Beginner Intro to Handbuilding

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$545 (\$446sr) PR-7888

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$545 (\$446sr) PR-7902

Pottery-Beginner/Intermediate

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Sep 14, 2026 11wks \$545 (\$446sr) PR-7650

Wed 6:15pm-9:15pm Sep 16, 2026 11wks \$545 (\$446sr) PR-7659

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 Sep 15, 2026 11wks \$555 (\$456sr) PR-7889

Printmaking Intermediate Lino Print and Etching

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$555 (\$456sr) PR-7901

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 Sep 15, 2026 11wks \$555 (\$456sr) PR-7890

Sculpture Clay

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

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$565 (\$466sr) PR-7897

Watercolours All Levels

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 16, 2026 11wks \$413 (\$330sr) PR-7661

Yes, You Can Draw!

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-8:30pm Sep 17, 2026 11wks \$413 (\$330sr) PR-7758

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.

Overland PS, 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 12, 2026 11wks \$330 (\$264sr) PR-7665

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

Thu 7pm-9pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7823

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.

Overland PS, 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 12, 2026 11wks \$330 (\$264sr) PR-7666

Buying Your First Home in the GTA

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

***Remote Course Offering**

Sat 9am-12pm Sep 26, 2026 1wks \$45 (\$36sr) PR-7668

Estate Planning

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7613

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

Thu 6pm-8pm Sep 24, 2026 3wks \$90 (\$72sr) PR-7815

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 Sep 15, 2026 11wks \$330 (\$264sr) PR-7848

Income Tax Preparation

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

[Burnhamthorpe CI, 500 The East Mall, Etobicoke](#)

Sat 8:30am-10:30am Sep 12, 2026 11wks \$330 (\$264sr) PR-7621

[Leaside High School, 200 Hanna Road, East York](#)

Mon 7pm-9:30pm Sep 14, 2026 11wks \$413 (\$330sr) PR-7629

Investing 101

Join a retired Certified Financial Planner and Lawyer to demystify stocks, bonds, and Canadian tax-sheltered accounts—including how to maximize 'free' government grants in RESPs—and build your financial future with confidence.

[Western Tech. & Comm. School, 125 Evelyn Crescent, Toronto](#)

Thu 7pm-9pm Sep 17, 2026 7wks \$210 (\$168sr) PR-7822

Investing 101 Millennials Workshop

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

[Overland PS, 55 Overland Drive, North York](#)

Fri 9am-1pm Sep 18, 2026 1wks \$60 (\$48sr) PR-7781

Investor Boot Camp How the Stock Market Works

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 7pm-9pm Sep 21, 2026 3wks \$90 (\$72sr) PR-7646

Online Investing

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

*Remote Course Offering

Mon 6:30pm-9pm Sep 14, 2026 11wks \$413 (\$330sr) PR-7846

Personal Finance Expenses Planning

In this workshop we'll explore how to determine the actual cost of any type of expenditure. On the surface, pricing out the purchase of a product seems easy, but there are numerous often unrecognized costs associated with most expenditures. Some of them are immediate while others are incurred in the future. Too often, some people fail to manage the balance between income and expenses and compromise lifestyle. Participants will learn how to price single item purchases and incorporate them with all expenditures into a personal or business budget so affordability is managed like a pro.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Oct 19, 2026 1wks \$38 (\$30sr) PR-7649

QuickBooks

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

*Remote Course Offering

Wed 5:30pm-7:30pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7810

Retirement and Estate Planning

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7872

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, Scarborough

Wed 6pm-8pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7596

Will and Power of Attorney Workshop

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

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Sep 30, 2026 2wks \$60 (\$48sr) PR-7867

Overland PS, 55 Overland Drive, North York

Sat 9am-1pm Oct 3, 2026 1wks \$60 (\$48sr) PR-7674

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 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7609

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7760

Public Speaking

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

Leaside High School, 200 Hanna Road, East York

Wed 7:30pm-9:30pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7640

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 Sep 12, 2026 4wks \$120 (\$96sr) PR-7617

Animation

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

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7725

Computer Skills for Everyday Life

New to computers? This beginner-friendly course is designed to help you feel comfortable and confident using technology in everyday life. Learn essential computer skills such as sending emails, browsing the internet safely, searching for information online, and completing practical tasks like online banking, shopping, and booking services. You will also learn basic Microsoft Word skills for creating simple documents, plus how to use your computer for personal communication and social media, including platforms like Facebook and WhatsApp. Wi-Fi is not available; learners must have their own data plan. Please note: Participants must bring their own laptop.

[Overland PS, 55 Overland Drive, North York](#)

Wed 1pm-3pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7802

Computer Upgrading/Service/Repairing

Tired of slow computers? Want to be more independent of kids, friends, or strangers for computer help? Build a computer, boot it, and install Windows 11 on it. While learning what each component does, how each affects performance, and how to improve any computer's speed and keep it running efficiently. This course is enjoyable for both beginners and experienced computer users.

Overland PS, 55 Overland Drive, North York

Thu 11am-1pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7777

Get Things Done with Google and A Touch of AI Magic

This is a Remote beginner-friendly, hands-on course exploring Google Docs, Sheets, Drive, Gmail, and more with AI-powered tools and tips to boost productivity and save time.

[*Remote Course Offering](#)

Thu 7pm-9pm Sep 17, 2026 4wks \$120 (\$96sr) PR-7817

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 need to bring a laptop with them to join the course: Windows laptop or PC, MacBook, or Chromebook. Wi-Fi is not available; learners must have their own data plan.

[*Remote Course Offering](#)

Mon 9:30am-11:30am Sep 14, 2026 4wks \$120 (\$96sr) PR-7800

Python

Python is a very popular and highly demanded programming language nowadays. This comprehensive, fast-paced course will introduce you to the Python essentials first. Then we cover Object-Oriented Programming (classes, objects, inheritance, polymorphism etc.) The last part of the course is devoted to building real life Windows apps with tkinter framework. Learners must bring their laptops to the classroom. Specific software will need to be loaded, the instructor will provide this information at the first class.

Overland PS, 55 Overland Drive, North York

Sat 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7670

Social Media Marketing for Small Business

In this remote course, learn effective strategies for Social Media Marketing. Designed as a practical introduction, this course explores how to leverage social media platforms to grow your business and expand your consumer reach. We will examine successful Social Media campaigns and the key factors behind their impact. Topics covered include Search Engine Optimization (SEO), Meta Tags, effective use of hashtags, and how to set up and optimize your business page. Platforms covered include Facebook, X (formerly Twitter), Pinterest, Instagram, YouTube, LinkedIn. Learners will leave with practical insights and strategies they can apply immediately to promote their business online.

*Remote Course Offering

Wed 7:30pm-9:30pm Sep 16, 2026 9wks \$270 (\$216sr) PR-7813

What's on Your Laptop?

Unlock the full potential of your laptop! Discover the tools, apps, and features hiding on your device, explore important settings, and learn how to organize files efficiently. This beginner-friendly course will help you get comfortable using your laptop for everyday tasks and harness the power of Bing AI to get more done, faster and easier. No previous experience required. Just bring your curiosity and your Windows 11 laptop. Wi-Fi is not available; learners must have their own data plan.

Overland PS, 55 Overland Drive, North York

Mon 2pm-4pm Sep 14, 2026 9wks \$270 (\$216sr) PR-7803

Creative Crochet Workshop

Discover the joy of crochet in this fun and relaxing 4-week workshop designed for beginners and creative minds alike. In this hands-on class, you'll learn essential crochet stitches that will set the foundation for your crafting journey. Each week, you'll apply your new skills to create a variety of small, charming projects such as cute animals, playful fruits, simple shapes, and seasonal decorations. Whether you're looking to unwind, explore a new hobby, or make handmade gifts, this class offers a welcoming and supportive environment to get started. No prior experience is needed—just bring your creativity and enthusiasm.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 7pm-9pm Nov 2, 2026 4wks \$120 (\$96sr) PR-7837

Crochet and Knitting, Design Your Own Style

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

Overland PS, 55 Overland Drive, North York

Wed 5:30pm-7:30pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7805

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 Oct 7, 2026 6wks \$270 (\$234sr) PR-7868

Overland PS, 55 Overland Drive, North York

Sat 9am-11am Oct 17, 2026 4wks \$210 (\$186sr) PR-7664

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. Learners must provide their own materials. Final price includes a fee of \$10.00 for additional supplies.

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$505 (\$406sr) PR-7887

Homemade Holiday Gifts

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

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Nov 23, 2026 1wks \$70 (\$61sr) PR-7731

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

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Oct 19, 2026 2wks \$105 (\$90sr) PR-7647

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

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$520 (\$421sr) PR-7859

Jewellery B

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$517 (\$418sr) PR-7871

Jewellery G - Handmade Chains

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$520 (\$421sr) PR-7847

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. You will learn how to: safely handle lye and calculate the correct quantity, create a recipe, mix, colour, fragrance, mold, and unmold soap, source ingredients and package your finished products. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$15.00.

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 6:30pm-9:30pm Nov 2, 2026 2wks \$105 (\$87sr) PR-7740

Weaving Fabric All Levels

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

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Mon 10am-1pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7796

Wed 10am-1pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7794

Weaving Introduction

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

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Wed 1:30pm-4:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7795

American Tango

Learn the steps of American Tango for the next social setting or big gathering. In this course we will focus on all the patterns of American Tango. Whether you are a beginner or familiar with the dance or love the sound of Tango. Great way to get your feet moving back on the dance floor.

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7680

Ballroom Dancing Beginner

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 7:30pm-9pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7834

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 8pm-9:30pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7655

Northview Heights SS, 550 Finch Avenue West, North York

Mon 7:30pm-9pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7716

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.

[Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto](#)

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7748

[Leaside High School, 200 Hanna Road, East York](#)

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7622

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Wed 6:30pm-8pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7654

[Northern Secondary School, 851 Mount Pleasant Road, Toronto](#)

Tue 6pm-7:30pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7696

[Overland PS, 55 Overland Drive, North York](#)

Sat 8:30am-10:30am Sep 12, 2026 11wks \$330 (\$264sr) PR-7667

Thu 11am-1pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7770

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 7pm-8:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7733

Egyptian Belly Dancing Beginner

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

[Burnhamthorpe CI, 500 The East Mall, Etobicoke](#)

Thu 7pm-8pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7605

[Leaside High School, 200 Hanna Road, East York](#)

Mon 6:30pm-7:45pm Sep 14, 2026 11wks \$206 (\$165sr) PR-7626

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 745pm-9pm Sep 14, 2026 11wks \$206 (\$165sr) PR-7627

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.

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7684

Line Dancing Beginner

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7835

Overland PS, 55 Overland Drive, North York

Mon 1pm-2:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7774

Line Dancing Intermediate

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 18, 2026 11wks \$330 (\$264sr) PR-7767

Overland PS, 55 Overland Drive, North York

Mon 2:30pm-4pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7779

Night Club Dancing-Salsa and More

Learn hot Latin dances, 'nightclub style' (non-ballroom) such as Salsa, Merengue, Bachata (or Cha-Cha.) Dancing is an activity that will help you stay in shape and make you feel and look great! Wear comfortable shoes.

Leaside High School, 200 Hanna Road, East York

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7630

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7727

DISCOVER THE OUTDOORS

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

Let's step outside and dive into the wondrous world of birdwatching—right in our urban backyard! Join fellow enthusiasts to learn about birds' unique features, songs, and behaviors while exploring a variety of urban habitats. We'll visit several sites across Toronto and surrounding areas to observe birds in their natural environments. Participants should bring their own binoculars, water, and snacks, and wear comfortable walking shoes. Please be prepared for a minimum of three hours of walking. Cameras of all types are welcome. Pets must be left at home. This outing is suitable for all experience levels.

Off-Site

Wed 8:30am-11:30am Sep 16, 2026 5wks \$270 (\$216sr) PR-7804

Aches and Pain - Proactive Self-care

Tired of living with constant tension? Most daily aches come from neglecting the small, supporting muscles that stabilize our bodies. Whether it's a stiff lower back or tight shoulders, you don't have to just "deal with it." This remote course provides you with a "Daily Toolkit" of targeted stretches and strengthening moves you can do right from home. We'll guide you through practical routines that fit seamlessly into your schedule, helping you move to a more mobile, ache-free life! Note Wear comfortable clothes.

*Remote Course Offering

Thu 10:45am-11:45am Sep 17, 2026 11wks \$165 (\$132sr) PR-7772

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 Sep 16, 2026 11wks \$165 (\$132sr) PR-7808

Afrobeat Aerobics

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

*Remote Course Offering

Wed 6pm-7:15pm Sep 16, 2026 11wks \$206 (\$165sr) PR-7807

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 Sep 16, 2026 11wks \$206 (\$165sr) PR-7809

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Sep 14, 2026 11wks \$206 (\$165sr) PR-7645

Bone Fitness

Based on the Osteoporosis Canada BoneFit training program, this class combines posture, balance, walking patterns, cardio, strength training, and specialized spine exercises, to promote and support spinal health. Note 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.

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 11am-12pm Sep 12, 2026 11wks \$165 (\$132sr) PR-7619

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7764

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Thu 12pm-1pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7782

Overland PS, 55 Overland Drive, North York

Mon 11:45am-12:45pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7783

Boxing Basics and Conditioning

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

[Agincourt CI, 2621 Midland Avenue, Scarborough](#)

Wed 7:45pm-9:15pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7597

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 Sep 17, 2026 11wks \$165 (\$132sr) PR-7757

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 a 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 Sep 14, 2026 11wks \$165 (\$132sr) PR-7735

Core Without the Floor

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

Thistletown CI, 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:15am Sep 12, 2026 11wks \$165 (\$132sr) PR-7677

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 Sep 14, 2026 11wks \$248 (\$198sr) PR-7690

Fascial Maneuvers

Many people stretch but still feel stiff, sore, or limited in their movement. This class explores simple movements and breath practices designed to help release tension and restore natural mobility. We'll explore how the body's connective tissue supports muscles, joints, and overall movement. This approach can be especially helpful for lingering aches, injuries that haven't fully resolved, or loss of range of motion. Participants often experience improved flexibility, less discomfort, and greater ease in everyday activities. Learners should bring a yoga mat to class.

Northview Heights SS, 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7712

Fitness and Strength Training

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

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

Thu 6:30pm-8pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7825

Flexibility and Muscle Toning

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Sep 12, 2026 11wks \$165 (\$132sr) PR-7611

Leaside High School, 200 Hanna Road, East York

Wed 6pm-7pm Sep 16, 2026 11wks \$165 (\$132sr) PR-7634

Gentle Fitness

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

Overland PS, 55 Overland Drive, North York

Wed 6pm-7:15pm Sep 16, 2026 11wks \$206 (\$165sr) PR-7812

Island Sweat Fusion

Island Sweat Fusion is a Caribbean-inspired dance fitness class that blends high-energy soca, dancehall, and reggae rhythms with light strength training. The result is a total-body cardio workout that's low-impact, joyful, and effective — perfect for participants of all levels. This class is more than a workout, it's a celebration of movement, music, and culture.

Central Technical School, 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7882

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 Community Centre, 131 Finch Avenue West, Toronto

Wed 9am-10am Sep 16, 2026 11wks \$165 (\$132sr) PR-7706

Fri 9am-10am Sep 18, 2026 11wks \$165 (\$132sr) PR-7705

Mixed Martial Arts (MMA) Self Defense

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

Central Technical School, 725 Bathurst Street, Toronto

Mon 6pm-8pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7838

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 strengthening your core, improving your posture, and enhancing your flexibility. This course offers gentle, low impact, yet challenging exercises that incorporate proper breathing techniques and joint alignment and can help sculpt the body. Recommended equipment Exercise mat.

*Remote Course Offering

Wed 8pm-9pm Sep 16, 2026 11wks \$165 (\$132sr) PR-7658

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 11am-12pm Sep 12, 2026 11wks \$165 (\$132sr) PR-7616

Thu 8pm-9pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7599

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7762

Leaside High School, 200 Hanna Road, East York

Wed 8:30pm-9:30pm Sep 16, 2026 11wks \$165 (\$132sr) PR-7633

Pilates and Movement Strength and Mobility

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

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

Thu 6pm-7pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7829

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.

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7699

Overland PS, 55 Overland Drive, North York

Sat 10:45am-12:15pm Sep 12, 2026 11wks \$248 (\$198sr) PR-7671

Strength Training and Seated Stretching

This balanced class combines standing warm up movements, followed by accessible strength-building exercises using both body weight and handheld free weights. The practice develops functional strength while releasing tension through gentle flexibility work, leaving the body feeling stronger, longer, and more comfortable in everyday movement. The class closes with supportive seated stretches to improve muscle flexibility, stability, and mobility. This class is an efficient and gentle home workout. Recommended equipment Light weights, chair, comfortable clothing.

[*Remote Course Offering](#)

Mon 9:15am-10:15am Sep 14, 2026 11wks \$165 (\$132sr) PR-7789

Strength and Weight Training

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

Agincourt CI, 2621 Midland Avenue, Scarborough

Wed 6pm-7:30pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7594

Central Technical School, 725 Bathurst Street, Toronto

Thu 6pm-7:15pm Sep 17, 2026 11wks \$206 (\$165sr) PR-7881

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6pm-7:15pm Sep 14, 2026 11wks \$206 (\$165sr) PR-7737

Strength for Life - Full Body Fitness

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

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 7:30pm-8:45pm Sep 14, 2026 11wks \$206 (\$165sr) PR-7730

Tai Chi Beginner

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

[Burnhamthorpe CI, 500 The East Mall, Etobicoke](#)

Sat 9am-10:30am Sep 12, 2026 11wks \$248 (\$198sr) PR-7614

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Mon 9:30am-11am Sep 14, 2026 11wks \$248 (\$198sr) PR-7784

[Northern Secondary School, 851 Mount Pleasant Road, Toronto](#)

Tue 6pm-7:30pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7702

[Overland PS, 55 Overland Drive, North York](#)

Tue 2:30pm-4pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7787

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7738

[Western Tech. & Comm. School, 125 Evelyn Crescent, Toronto](#)

Thu 6:30pm-8pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7824

Tai Chi Intermediate

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 11am-12pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7788

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7704

Tai Chi Sword

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

Overland PS, 55 Overland Drive, North York

Wed 1:30pm-3pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7792

Tai Chi-Advanced

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

Overland PS, 55 Overland Drive, North York

Tue 11am-12:30pm Sep 15, 2026 11wks \$248 (\$198sr) PR-7791

Yoga Chair

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Wed 9:45am-10:45am Sep 16, 2026 11wks \$165 (\$132sr) PR-7798

Yoga Hatha All Levels

Yoga is an invitation to come home to your heart, a space where you honour your body while gently growing into a healthier, stronger, more flexible version of yourself. Through mindful movement, breath work, strengthening flows, and guided meditation, you harmonize your body and mind and remember that you are already whole. All levels are welcome. Please bring a yoga mat.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 7:30pm-8:30pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7653

Wed 11am-12pm Sep 16, 2026 11wks \$165 (\$132sr) PR-7793

Yoga Kundalini Beginner/Intermediate

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

***Remote Course Offering**

Mon 6:30pm-8pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7729

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Oct 8, 2026 8wks \$180 (\$144sr) PR-7833

Yoga Mind-Body, Movement and Strength

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

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

Thu 7:30pm-8:30pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7832

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 Sep 17, 2026 11wks \$165 (\$132sr) PR-7601

Leaside High School, 200 Hanna Road, East York

Wed 7:30pm-8:30pm Sep 16, 2026 11wks \$165 (\$132sr) PR-7637

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7739

Zumba Gold

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 6pm-7pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7600

Overland PS, 55 Overland Drive, North York

Mon 10:30am-11:30am Sep 14, 2026 11wks \$165 (\$132sr) PR-7790

Zumba Gold Toning

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

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Thu 1pm-2pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7797

Zumba Toning

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 8:30pm-9:30pm Sep 17, 2026 11wks \$165 (\$132sr) PR-7606

FOOD

(We cannot guarantee a nut free environment)

Afro-Caribbean Cuisine

Join us for a culinary journey from Mother Africa to the Americas, and the shores of the West Indies and Caribbean. Through demonstrations, create popular flavourful dishes from the aforementioned regions jallof rice, berbere meat, West Indian curry and more. This course includes both cooking and baking. Final price includes a material fee of \$45.00.

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Sep 17, 2026 4wks \$255 (\$213sr) PR-7836

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 Nov 19, 2026 1wks \$70 (\$61sr) PR-7880

Cake Decorating

Create beautiful cakes for all your special occasions! In this course, you will learn how to decorate cakes and cupcakes, prepare royal icing and buttercream, work with color flow, pipe borders, and much more. With step-by-step instruction and demonstrations, cake decorating and icing will become simple and enjoyable. Learners are responsible for supplying their own materials a list will be provided at the first class. **Please note:** this is a cake decorating course only. Baking is not part of the course. Learners must bring their own baked cakes and cupcakes to decorate.

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7615

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7753

Chef On The Run

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

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 11am-1pm Sep 12, 2026 11wks \$410 (\$344sr) PR-7620

Cooking 101 and Beyond

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

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

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$575 (\$476sr) PR-7828

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 Sep 17, 2026 5wks \$325 (\$280sr) PR-7879

Holiday Baking Workshop

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

Northview Heights SS, 550 Finch Avenue West, North York

Mon 6pm-9:30pm Nov 16, 2026 2wks \$135 (\$114sr) PR-7714

Introduction to Baking Skills

This class is designed to familiarize you with baking techniques using air/various raising agents and types of flour. Through demonstrations and hands-on practice you will produce basic baked goods (quickbreads, drop cookies) and progress to intermediate and advanced style products (foam cakes, pastries and working with yeast). Bake a cake from scratch and finish it off with basic piping skills taught in class. Final price includes a material fee of \$80.00.

Northview Heights SS, 550 Finch Avenue West, North York

Mon 6pm-9:30pm Sep 14, 2026 7wks \$448 (\$374sr) PR-7721

Korean Cuisine

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

Central Technical School, 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 14, 2026 11wks \$575 (\$476sr) PR-7845

Mediterranean Cooking

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

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$575 (\$476sr) PR-7865

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

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$575 (\$476sr) PR-7826

Savor the Islands Caribbean Culinary Journey

Discover the vibrant flavors of the Caribbean. You will learn essential cooking techniques, explore traditional ingredients, and prepare authentic dishes from across the islands. Build confidence in the kitchen, expand your cultural knowledge, and create bold, flavorful meals at home. Perfect for beginners and food lovers alike. Bring your apron and come enjoy the vibes! Final price includes a \$100.00 material fee.

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 6wks \$370 (\$316sr) PR-7858

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 \$80.00.

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Sep 14, 2026 5wks \$305 (\$260sr) PR-7732

Tastes of Thailand

Discover the flavours of Thailand. Learn to prepare a variety of authentic, delicious, simple and healthy Thai dishes while exploring traditional ingredients and cooking techniques. Perfect for beginners and home cooks alike. Final price includes material fee of \$80.00.

Agincourt CI, 2621 Midland Avenue, Scarborough

Wed 6pm-9pm Sep 16, 2026 11wks \$575 (\$476sr) PR-7598

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 bookstores, 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 6pm-8pm Sep 14, 2026 9wks \$270 (\$216sr) PR-7695

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Wed 10am-12pm Sep 16, 2026 7wks \$240 (\$192sr) PR-7624

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 6pm-8pm Sep 16, 2026 9wks \$270 (\$216sr) PR-7641

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 bookstores, instructor will provide this information at the first class.

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 6pm-8pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7691

Eating and Using Edible Flowers

In this three-week workshop, learn to identify, how to harvest safely, and talk about the taste of different edible flowers. We'll explore the benefits of consuming and using edible flowers in salads, jams, jellies, cake decoration, and drinks. We will also cover various beautiful flowers that should definitely be avoided due to their toxic nature to humans.

Overland PS, 55 Overland Drive, North York

Wed 6pm-9pm Sep 16, 2026 3wks \$135 (\$108sr) PR-7811

Gardening – Indoor and Outdoor

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

Overland PS, 55 Overland Drive, North York

Sat 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7669

Photography Beginner Digital SLR

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

Leaside High School, 200 Hanna Road, East York

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7631

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 Sep 14, 2026 11wks \$495 (\$396sr) PR-7718

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 6pm-9pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7875

Bicycle Repair

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7850

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7864

Leaside High School, 200 Hanna Road, East York

Mon 6pm-9pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7623

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7656

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 so 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 Sep 16, 2026 11wks \$495 (\$396sr) PR-7657

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 6pm-9pm Sep 17, 2026 11wks \$535 (\$436sr) PR-7827

Upholstery

Bring your own small, manageable piece of furniture and transform it with your own hands. You'll learn the fundamentals of upholstery—from safely stripping down furniture and reinforcing the frame (if needed), to creating patterns, cutting fabric, stitching, and final assembly. You'll need to bring a few basic hand tools such as a staple remover, pliers, and scissors. Larger equipment, including air compressors, staple guns, staples, protective eye goggles, and sewing machines, will be provided in class. Come ready to learn, build confidence, and leave with a piece you'll be proud of.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7651

Wed 6pm-9pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7660

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

Mon 6pm-9pm Sep 21, 2026 10wks \$450 (\$360sr) PR-7652

Wood Carving and Sculpture (SD)

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

Mon 9am-12pm Sep 21, 2026 10wks \$495 (\$396sr) PR-7742

Mon 1pm-4pm Sep 21, 2026 10wks \$495 (\$396sr) PR-7709

Tue 9am-12pm Sep 22, 2026 10wks \$495 (\$396sr) PR-7710

Tue 1pm-4pm Sep 22, 2026 10wks \$495 (\$396sr) PR-7711

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 their own materials.

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7751

Acupressure

Treat Acute Pain, Back Pain, Neck Pain, Headaches and Stress with simple and practical techniques that have been used for thousands of years in China. Learn basic Theory of Chinese Medicine and how acupressure can improve your daily life. Acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease without Needles. Learn Basic Theory of Tongue reading to identify where is the Energy blockage in the human body.

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 17, 2026 3wks \$135 (\$108sr) PR-7755

Glow From Within

Discover the science and art of healthy skin in this dynamic three-part skincare course designed to empower participants with both knowledge and practical skills. You'll learn how to truly understand your skin and care for it with confidence. From identifying different skin types and conditions to building a personalized daily routine, this course breaks down skincare in a way that is clear, accessible, and results-driven. Participants will also learn how to select and use products effectively based on their individual needs. Whether you're a beginner or looking to refine your current routine, this course will equip you with the tools and insight to make informed, lasting decisions about your skin health.

Agincourt CI, 2621 Midland Avenue, Scarborough

Wed 7pm-9pm Sep 23, 2026 3wks \$90 (\$72sr) PR-7430

Reiki - Level I and II

Reiki is a spiritual practice and a hands-on healing technique by directing life energy, promoting balance and relaxation, after receiving the attunements anyone can direct the 'light energy' to meet individual needs. Learn the sacred Symbols and how to use them focus, and strengthen your energy, break bad habits, increase your memory, emotionally heal yourself and others. Learn how to send distant healing and how to harmonize rooms. Second level initiation amplifies your energy and activates the technique.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Wed 7pm-9pm Sep 16, 2026 9wks \$270 (\$216sr) PR-7663

Women's Health Essentials

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

Leaside High School, 200 Hanna Road, East York

Wed 7pm-8:30pm Sep 16, 2026 7wks \$158 (\$126sr) PR-7636

INTERIOR DESIGN

Interior Design Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! 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!

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9pm Sep 14, 2026 11wks \$413 (\$330sr) PR-7681

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 Sep 14, 2026 11wks \$330 (\$264sr) PR-7843

Arabic Beginner

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

*Remote Course Offering

Mon 7:30pm-9:30pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7713

French Beginner

Bonjour! This interactive language course is designed for beginners with no knowledge of French. It is also an option for those who wish to consolidate prior learning of the basics before moving to the next level. You will learn key vocabulary and essential structures that will allow you to have authentic conversations in everyday situations. You will read and understand basic text by applying simple strategies and your new knowledge. You will enjoy the cultural aspects associated with the study of French. C'est bon, non?

*Remote Course Offering

Sat 9am-11am Sep 12, 2026 11wks \$330 (\$264sr) PR-7618

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7734

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7722

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7683

French Beginner Level II

Bienvenue! This online interactive language course is designed for those who have completed the Learn4Life French Beginner course, and for those with a knowledge of the basics from elsewhere. You will consolidate your existing skills and expand your vocabulary and grammar with more challenging dialogues, readings, and written personal responses. Continue to enjoy the cultural aspects associated with the study of French. Votre aventure en français continue!

*Remote Course Offering

Thu 7pm-9pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7816

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 6pm-8pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7692

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 Sep 16, 2026 11wks \$330 (\$264sr) PR-7635

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. Title of the book that will be discussed is "Last call pour le bonheur" by Melanie Cousineau.

Overland PS, 55 Overland Drive, North York

Wed 10am-12pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7778

German Beginner

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

Central Technical School, 725 Bathurst Street, Toronto

Mon 6pm-8pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7842

Greek Conversational Skills

This course develops practical speaking and listening skills in Modern Greek, focusing on everyday communication. Students learn essential vocabulary, common expressions, and conversational patterns for real-life situations such as greetings, dining, and travel. Interactive activities and guided dialogues build confidence, fluency, and accurate pronunciation. By the end of the course, learners can participate in basic conversations and navigate common social interactions with ease.

Overland PS, 55 Overland Drive, North York

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7814

Greek, Modern Beginner

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7756

Hindi Beginner

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7746

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 Sep 14, 2026 11wks \$330 (\$264sr) PR-7643

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 18, 2026 11wks \$330 (\$264sr) PR-7776

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7726

Japanese for Travellers

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

Central Technical School, 725 Bathurst Street, Toronto

Tue 7pm-9pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7851

Japanese Level I

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

Central Technical School, 725 Bathurst Street, Toronto

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7860

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.

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Sep 15, 2026 11wks \$413 (\$330sr) PR-7849

Spanish Beginner

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

*Remote Course Offering

Sat 8:30am-10:30am Sep 12, 2026 11wks \$330 (\$264sr) PR-7673

Tue 5:30pm-7:30pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7698

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7857

Thu 6:30pm-8:30pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7874

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7743

Northview Heights SS, 550 Finch Avenue West, North York

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7715

Overland PS, 55 Overland Drive, North York

Mon 2:15pm-4:15pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7801

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7728

Spanish Beginner Level II

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

*Remote Course Offering

Tue 7:30pm-9:30pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7693

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7853

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7744

Spanish Conversation I

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

***Remote Course Offering**

Wed 7:30pm-9:30pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7806

Spanish Intermediate

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

***Remote Course Offering**

Sat 10:45am-12:45pm Sep 12, 2026 11wks \$330 (\$264sr) PR-7672

Central Technical School, 725 Bathurst Street, Toronto

Mon 6:30pm-8:30pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7839

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 Sep 16, 2026 11wks \$330 (\$264sr) PR-7861

Spanish for Travellers

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7745

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.

Agincourt CI, 2621 Midland Avenue, Scarborough

Wed 6pm-8pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7595

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Sat 9:30am-11:30am Sep 12, 2026 11wks \$330 (\$264sr) PR-7610

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7856

Leaside High School, 200 Hanna Road, East York

Mon 7pm-9pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7628

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.

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7870

Piano Keyboarding Beginner Level II

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

Overland PS, 55 Overland Drive, North York

Thu 3pm-4:30pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7769

Piano Keyboarding Beginner Level I

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

Overland PS, 55 Overland Drive, North York

Thu 1:30pm-3pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7780

SELF DEVELOPMENT

Hairdressing and Styling Beginner

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 17, 2026 11wks \$595 (\$496sr) PR-7752

Interpersonal Skills

Focusing on developing strong interpersonal skills to help you initiate, build, and maintain meaningful relationships. Participants will strengthen communication abilities such as professional etiquette, confidence, enthusiasm, and active listening. The course also introduces emotional intelligence, emphasizing empathy and self-awareness in managing reactions. Together, these skills support more effective, positive, and rewarding interactions with others.

Leaside High School, 200 Hanna Road, East York

Mon 6:30pm-8:30pm Sep 14, 2026 11wks \$330 (\$264sr) PR-7644

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 Sep 24, 2026 6wks \$180 (\$144sr) PR-7608

Silent Signals - Understanding What People Don't Say

In this course, you'll learn to see conversations in a new way by recognizing the silent signals that shape every interaction. Beyond spoken words, these hidden cues often reveal what people truly think and feel - skills used by experienced leaders and negotiators. You'll also become more aware of the signals you send and how they influence how others perceive you. As your awareness grows, conversations become clearer, misunderstandings decrease, and your ability to read people and situations improves significantly.

Leaside High School, 200 Hanna Road, East York

Wed 7pm-9pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7642

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

Wed 9am-12pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7786

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Central Tech location sewing machines are available.

Agincourt CI, 2621 Midland Avenue, Scarborough

Wed 7pm-9:30pm Sep 16, 2026 11wks \$413 (\$330sr) PR-7593

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7852

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7747

Thistletown CI, 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Sep 12, 2026 11wks \$495 (\$396sr) PR-7679

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.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Tue 9am-12pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7707

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 are available.

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7869

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7763

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 Tech location sewing machines are available.

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7876

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.

Mimico Adult Centre, 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7708

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

Wed 12:30pm-3:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7785

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.

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 8pm-10pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7703

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

Thu 8pm-9:30pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7830

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 7:45pm-9:15pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7719

Basketball for Women

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handling and game strategy skills in a friendly competitive atmosphere.

Burnhamthorpe CI, 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7607

Golf Beginner

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6:30pm-8pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7818

Leaside High School, 200 Hanna Road, East York

Wed 6:30pm-8pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7638

Golf Intermediate

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 8pm-9:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7819

Leaside High School, 200 Hanna Road, East York

Wed 8pm-9:30pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7639

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 Sep 17, 2026 11wks \$248 (\$198sr) PR-7604

[Central Technical School, 725 Bathurst Street, Toronto](#)

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7840

Mon 7:30pm-9pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7841

[Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto](#)

Thu 6pm-7:30pm Sep 17, 2026 11wks \$248 (\$198sr) PR-7761

[Mimico Adult Centre, 255 Royal York Road, Etobicoke](#)

Wed 6:30pm-8pm Sep 16, 2026 11wks \$248 (\$198sr) PR-7662

[Northern Secondary School, 851 Mount Pleasant Road, Toronto](#)

Mon 7pm-8:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7686

[Northview Heights SS, 550 Finch Avenue West, North York](#)

Mon 7:45pm-9:15pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7720

[Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke](#)

Mon 8:30pm-10pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7736

[Thistletown CI, 20 Fordwich Crescent, Etobicoke](#)

Sat 8:30am-10am Sep 12, 2026 11wks \$248 (\$198sr) PR-7678

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 Sep 14, 2026 11wks \$248 (\$198sr) PR-7687

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 Sep 14, 2026 11wks \$165 (\$132sr) PR-7685

Pickleball Warm-Up

Prepare your body for safe and enjoyable play with a guided pickleball-specific warm-up. This class combines light cardio, mobility, and dynamic stretching with an introduction to pickleball basics, techniques, and rules. Participants will gradually apply what they learn through guided play, building confidence and improving movement on the court.

Northview Heights SS, 550 Finch Avenue West, North York

Mon 6:30pm-7:30pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7723

Richview Collegiate Institute, 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:30pm Sep 14, 2026 11wks \$165 (\$132sr) PR-7741

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 Sep 17, 2026 11wks \$248 (\$198sr) PR-7603

Central Technical School, 725 Bathurst Street, Toronto

Tue 6pm-7:30pm Sep 29, 2026 9wks \$203 (\$162sr) PR-7854

Tue 7:30pm-9pm Sep 29, 2026 9wks \$203 (\$162sr) PR-7855

Wed 6pm-7:30pm Sep 30, 2026 9wks \$203 (\$162sr) PR-7862

Wed 7:30pm-9pm Sep 30, 2026 9wks \$203 (\$162sr) PR-7863

Thu 6pm-7:30pm Oct 1, 2026 9wks \$203 (\$162sr) PR-7877

Thu 7:30pm-9pm Oct 1, 2026 9wks \$203 (\$162sr) PR-7878

Don Mills Middle School 17 The Donway East, North York

Mon 7 :45pm-9:15pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7820

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7689

Northview Heights SS, 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7717

Thistletown CI, 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Sep 12, 2026 11wks \$248 (\$198sr) PR-7675

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 Sep 14, 2026 11wks \$248 (\$198sr) PR-7688

Thistletown CI, 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:45am Sep 12, 2026 11wks \$248 (\$198sr) PR-7676

Tennis for True Beginners

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

Don Mills Middle School 17 The Donway East, North York

Mon 6pm-7:30pm Sep 14, 2026 11wks \$248 (\$198sr) PR-7821

Volleyball

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

Northern Secondary School, 851 Mount Pleasant Road, Toronto

Tue 6pm-8pm Sep 15, 2026 11wks \$330 (\$264sr) PR-7700

THEATRE, FILM & TV

Acting for Beginners

Always wanted to try acting but felt too shy or unsure? This supportive, low-pressure class is the perfect place to step out of your shell. Through theatre games, improv, and scene work, you'll explore the basics of drama in a way that's playful, collaborative, and confidence-building. No experience needed, just curiosity, an open mind, and a willingness to have fun.

Central Technical School, 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 14, 2026 11wks \$495 (\$396sr) PR-7844

Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium.

Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

Central Technical School, 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7893

Classics of Horror

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

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 16, 2026 11wks \$330 (\$264sr) PR-7749

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 an Flourishing" (Soviet Union, 1970s-1980s), "Lost Illusions" (Eastern Europe, 1990s-2000s), "Films about Films". Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 17, 2026 11wks \$330 (\$264sr) PR-7754

Improv An Introduction

Looking to step out of your comfort zone in a fun, encouraging way? This beginner-friendly class introduces you to the art of improvisation through playful games and group activities. You'll build confidence, boost communication skills, and learn to think on your feet — all while laughing and connecting with others in a safe, supportive space. No pressure, no experience needed — just bring your curiosity and a sense of fun.

Central Technical School, 725 Bathurst Street, Toronto

Improv Intermediate

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7873

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 postproduction, distribution and equipment, production planning, copyright and other legal considerations, cinematography, postproduction and distribution.

Danforth CTI/Greenwood SS, 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 16, 2026 11wks \$495 (\$396sr) PR-7750

Screenplay Writing Basic Elements

This creative writing course covers the tools of storytelling in screenplay form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Have a writing notebook ready.

Central Technical School, 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 15, 2026 11wks \$495 (\$396sr) PR-7884

Video Storytelling

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

Central Technical School, 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 17, 2026 11wks \$495 (\$396sr) PR-7899