

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors



# Summer 2026

Registration opens

# May 13



[communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) | 416 - 338 - 4111



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## Program Information

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

### Important Dates

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

Classes Begin: Monday, July 6, 2026

### Registration Information

There are three easy ways to register: online, telephone, and by mail. To register by mail please visit the website for the registration form. An account and email address is required to register for a course.

In-person registration is available by appointment, please call us at 416-338-4111 to book your appointment.

The Learn4Life office is located at John Polanyi Collegiate Institute, 640 Lawrence Avenue West, North York, ON M6A 1B1, Entrance Door 11, located at the North East side of the building, accessible via Varna Drive. Parking areas are available at the back of the building. Kindly note that there is no direct access to the Learn4Life office from within the building. Visitors arriving at the front entrance, we kindly request you proceed to the North East side of the building. Registrants are encouraged to make their needs for accommodation known in advance of visiting the office by calling 416-338-4111.

### Social Assistance Document and Registration Form Upload

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

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

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

Send your email to: [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca). Use the Subject line: "Proof of Social Assistance Document and Registration Form Upload". Your documents will be reviewed, and if

eligible, we will complete the registration for you. Material fees, if applicable, are extra.

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

### Payment Information

Visit [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay.

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

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

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

\*All fees include HST

### Refund Policy

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

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

### Cancelled Courses

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

### Program Accommodation

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

416-338-4111.

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## Art

### Abstract Painting

In this course, learn to create abstract paintings that express your inner vision to convey the feeling of something, rather than what it looks like. This is not a technical course; it's about finding your artistic vision. Each session will start with a guided demonstration and explores the different techniques used to create an Abstract composition. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-12:30pm Jul 6, 2026 4wks \$150 (\$120sr) PR-7561

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### Acrylic Painting

This intensive beginner course introduces Materials and colour mixing. Learner studies with monochromic composition, complementary colours, and contrast. This course is designed for beginners.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1pm-3:30pm Jul 6, 2026 4wks \$150 (\$120sr) PR-7562

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### Drawing For People Who Can't Draw

In this online 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.

[\\*Remote Course Offering](#)

Wed 6pm-9pm Jul 8, 2026 4wks \$180 (\$144sr) PR-7570

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### Drawing and Watercolour All Levels

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

[\\*Remote Course Offering](#)

Tue 6:30pm-9pm Jul 7, 2026 4wks \$150 (\$120sr) PR-7569

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### Watercolour for Beginners

Explore the magic of watercolour in this introductory class. Participants will learn basic watercolour techniques, including washes, brush strokes and mixing colour using a variety of subject matter. No previous experience necessary, though some drawing skills are helpful.

## Business and Finance

### 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 6pm-8:30pm Jul 6, 2026 4wks \$150 (\$120sr) PR-7581

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## Communications

### Silent Signals – Understanding What People Don't Say

In this course you'll see conversations in an entirely new way; recognizing the silent signals that influence every interaction. Every conversation contains two messages: the words spoken and the silent signals beneath them. The second message is often the most revealing. These are the same skills used by experienced leaders, investigators, and negotiators to understand what people are really thinking and feeling. At the same time, you will become aware of the signals you send to others and how it shapes the way you are perceived. As your awareness grows, everyday interactions begin to look very different. Conversations become clearer, misunderstandings decrease, and your ability to read situations and people improves dramatically.

[\\*Remote Course Offering](#)

Tue 7pm-8:30pm Jul 7, 2026 4wks \$90 (\$72sr) PR-7588

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## Computers

### Getting Started with AI: Simple Tools That Make Life Easier

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

Overland PS 55 Overland Drive, North York

Mon-Thu 1pm-3pm Jul 6, 2026 4sessions \$120 (\$96sr) PR-7582

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### 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.

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

Mon 1pm-3pm Jul 13, 2026 4wks \$120 (\$96sr) PR-7589

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## Dance

### Egyptian Belly Dancing Beginner

Learn the art of Egyptian Belly Dancing! Each class will start with a warm-up, followed by various basic steps. By the end of the course, we will develop a dance routine using the steps from each week. Come and enjoy the culture and this mid-eastern dance. Please wear comfortable clothes and shoes.

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

Tue 10am-11am Jul 7, 2026 4wks \$60 (\$48sr) PR-7574

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### Line Dancing Beginner

Line dancing is a social activity that brings people together to dance, have fun, and enjoy music. This course will introduce you to basic line dance steps, as well as popular line dances that are done in social dance settings. Bring a friend and put on your dancing shoes and join in on the fun.

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

Tue 11:30am-1:30pm Jul 7, 2026 4wks \$120 (\$96sr) PR-7564

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

Mon 12:30pm-2:30pm Jul 6, 2026 4wks \$120 (\$96sr) PR-7565

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## Fitness

### Pilates

This course offers gentle yet challenging exercises that can help sculpt the body through proper breathing and concentration techniques. Starting with horizontal hip openers to prepare for the class and improve flexibility. Moving to the core and glute muscles using accessible exercises, and then enter into a series of exercises designed to strengthen the torso (abdominals, obliques, glutes, and the muscles supporting the spine, like the trapezius and QL muscles) Recommended equipment: Exercise mat.

[\\*Remote Course Offering](#)

Fri 9:15am-10:15am Jul 10, 2026 4wks \$60 (\$48sr) PR-7578

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### 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 class closes with supportive seated stretches to improve muscle flexibility, stability, and mobility. The practice develops functional strength while releasing tension through gentle flexibility work, leaving the body feeling stronger, longer, and more comfortable in everyday movement. Recommended equipment: Light weights, chair, comfortable clothing.

**\*Remote Course Offering**

Mon 9:15am-10:15am Jul 6, 2026 4wks \$60 (\$48sr) PR-7579

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## 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).

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

Wed 10am-11:30am Jul 8, 2026 4wks \$90 (\$72sr) PR-7592

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## Tai Chi Practice

This course is a continuation of the Tai Chi Intermediate course in which you will focus on movements in Parts 2 and 3 of the Yang Style Long Form.

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

Mon 9:30am-11am Jul 6, 2026 4wks \$90 (\$72sr) PR-7577

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## Yoga: Hatha All Levels

Yoga can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind. Please have a yoga mat.

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

Wed 11am-12pm Jul 8, 2026 4wks \$60 (\$48sr) PR-7580

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## Zumba Gold

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

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

Thu 11:30am-12:30pm Jul 9, 2026 4wks \$60 (\$48sr) PR-7566

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## 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

Wed 1pm-2pm Jul 8, 2026 4wks \$60 (\$48sr) PR-7583

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## Health and Wellness

### 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.

[\\*Remote Course Offering](#)

Tue 7pm-9pm Jul 7, 2026 3wks \$90 (\$72sr) PR-7412

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### Nutrition for Energy and Wellness

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

[\\*Remote Course Offering](#)

Wed 6pm-7:30pm Jul 8, 2026 4wks \$90 (\$72sr) PR-7572

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### Mindful Stretching: Mix of Meditation and Gentle Stretches

This calming practice blends accessible, seated stretching with guided mindfulness to release physical tension while settling the mind. Slow, entry level style movements paired with breath awareness and guided visualizations can help improve flexibility, reduce stress, and create a sense of relaxed presence in the body. Perfect to help you enter a restful sleep ahead

[\\*Remote Course Offering](#)

Wed 8pm-9pm Jul 8, 2026 4wks \$60 (\$48sr) PR-7587

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## Touch and Sound Meditation - Awaken Your Senses

This course guides you through the profound practice of Touch & Sound Meditation, a unique fusion of tactile awareness and vibrational healing. By integrating gentle touch with resonant sound frequencies, you will cultivate a deeper connection to the present moment, allowing your mind and body to enter a state of deep relaxation and heightened awareness. Through guided sessions, you will explore: The synergy between touch and sound in meditation. Techniques to release tension and cultivate inner stillness. The therapeutic effects of vibration on the nervous system. Methods to enhance self-awareness and emotional balance. Ideal for beginners and experienced practitioners alike, this course offers a transformative journey into mindfulness, inviting you to experience profound peace and inner harmony.

[\\*Remote Course Offering](#)

Mon 6:30pm-7:30pm Jul 6, 2026 4wks \$60 (\$48sr) PR-7576

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## Languages

### Conversational Spanish

This course is designed to help learners build confidence in speaking and understanding Spanish in everyday situations. Through interactive activities, practical vocabulary, and guided conversation practice, participants will develop essential communication skills for real-life contexts such as travel, social interactions, and daily routines. Emphasis is placed on listening comprehension, pronunciation, and spontaneous speaking, making it ideal for beginners or those looking to refresh and strengthen their conversational abilities.

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

Mon & Wed 10am-12pm Jul 6, 2026 8sessions \$240 (\$192sr) PR-7585

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### Essential French

Bonjour! Please join us online for summer sessions of fun as you set off on your French adventure. You will learn introductory key vocabulary and 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. We will enjoy a popular French song together at the end of each class. *C'est bon, n'est-ce pas?*

[\\*Remote Course Offering](#)

Tue & Thu 6pm-8pm Jul 7, 2026 8sessions \$240 (\$192sr) PR-7571

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### Essential Italian

Master the foundations of a new language this summer! This course focuses on phonetics and pronunciation to ensure you speak with confidence. You will learn the three verb conjugations past, present, and future tenses, while also mastering noun grammar—including gender and pluralization. From learning numbers and seasons to practicing everyday sentences and short story dialogues, you will gain the practical skills needed for real-world conversation.

## Essential Spanish

This course will introduce you to the basic structure of the language and will provide you with the practice of some common travelling situations through examples and dialogues. Resources (video clips, podcasts, etc.) may be used to enhance such practice. A Spanish/English dictionary may be required.

### \*Remote Course Offering

Tue & Thu 6pm-8pm Jul 7, 2026 8sessions \$240 (\$192sr) PR-7584

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## 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.

### \*Remote Course Offering

Mon & Wed 6pm-8pm Jul 6, 2026 8sessions \$240 (\$192sr) PR-7575

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## Music

### Introduction to Basic Chord Piano

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

### \*Remote Course Offering

Thu 1:30pm-3:30pm Jul 9, 2026 4wks \$120 (\$96sr) PR-7563

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### Introduction to Transposing at the Piano

This course is designed for learners previously registered in a Beginners Level 2 or higher. The focus will be on learning tunes in different keys (playing a familiar tune but starting on different notes.) This is an important skill when a song needs to be adjusted to accommodate limited vocal/instrumental ranges.

### \*Remote Course Offering

Fri 1:30pm-3:30pm Jul 10, 2026 4wks \$120 (\$96sr) PR-7586

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# Sewing

## Introductory Sewing

Sewing can be both exciting and a bit intimidating. In this introductory course, learn and practice basic sewing techniques to improve your sewing skills. At the end of the 4-week course, you will have completed a beginner-friendly project of your choice, i.e., tote bag, apron, or pillowcase.

### \*Remote Course Offering

Mon 7pm-9pm Jul 6, 2026 4wks \$120 (\$96sr) PR-7573

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## 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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jul 7, 2026 4wks \$180 (\$144sr) PR-7567

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## 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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Jul 7, 2026 4wks \$180 (\$144sr) PR-7568

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