

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors

WINTER 2024

Registration opens

November 15



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

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Learn4Life General Interest Programs Winter 2024

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★ This symbol indicates Seniors' Daytime classes. Click on the category link to go to that section.

Art

Abstract Painting

In this beginner 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.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-5084

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10:30am-1pm Jan 19, 2024 9wks \$221 (\$144sr) PR-4902

Acrylic Painting Beginner

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

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$265 (\$172sr) PR-4824

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4905

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

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4804

Art Appreciation

Explore visual art forms and their cultural connections. Learn a basic knowledge of the elements, principles, content and meaning of art. Understand the visual art in different forms and depth of history, explore the role and effect of major art pieces in societies, history and multi-cultures.

*Remote Course Offering

Tue 6:30pm-9pm Jan 16, 2024 9wks \$221 (\$144sr) PR-4806

Art Metal Work

Explore the shaping of metal using common hand tools. Introduction to joinery methods including electric welding. Projects will be structured learning and include a tool caddy, bowl, copper rose and small sculptures. Final price includes material fee of \$55.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9:30pm Jan 17, 2024 9wks \$365 (\$256sr) PR-5008

Thu 6pm-9:30pm Jan 18, 2024 9wks \$365 (\$256sr) PR-5020

Bringing Stories to Life Through Book Illustrations (New)

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$280 (\$187sr) PR-2070

Calligraphy ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9:30am-12pm Jan 18, 2024 9wks \$221 (\$144sr) PR-4960

St. Luke's United Church

Tue 10am-12pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4954

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$265 (\$172sr) PR-5051

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-5057

Ceramic Art: Ideas and Techniques

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$325 (\$232sr) PR-4817

Chinese Brush Painting ★

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

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

Fri 10am-12:30pm Jan 19, 2024 9wks \$221 (\$144sr) PR-4969

Chinese Brush Painting Intermediate ★

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

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

Fri 1pm-3:30pm Jan 19, 2024 9wks \$221 (\$144sr) PR-4970

Contemporary Portraiture

This is an introductory painting course combining both traditional and contemporary portraiture techniques and approaches. You will work in various mediums: from acrylic to oil paint, from graphite, photography to a variety of mixed-media, and explore modern ways of painting faces (both in black and white and full colour). Whether you are a novice or you have intermediate painting skills, come learn dynamic new techniques to bring your portraits to life. Learners will be required to provide their own supplies.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-4822

Drawing Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-4820

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 18, 2024 9wks \$265 (\$172sr) PR-5039

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.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-5011

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4737

Drawing Step-by-Step

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

*Remote Course Offering

Tue 1pm-3:30pm Jan 16, 2024 9wks \$221 (\$144sr) PR-4931

Drawing and Painting Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:30am-12:30pm Jan 13, 2024 9wks \$265 (\$172sr) PR-4850

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

Mon 6:30pm-9:30pm Jan 22, 2024 8wks \$236 (\$153sr) PR-5076

Drawing and Sketching: Landscape Study

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 10am-12:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4843

Drawing and Watercolour-All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 16, 2024 9wks \$265 (\$172sr) PR-4903

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 10:30am-1pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4922

Figure Drawing Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$325 (\$232sr) PR-4808

Floral Abstract Painting

Flowers has been popular subject in Art history for centuries. Botanical subjects typically were used as a metaphor for representing the spiritual and psychological aspects of meaning such as life and death, purity and peace. In this course you will create the floral composition with acrylic paint and explore with different techniques and methods. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 1:30pm-4pm Jan 19, 2024 9wks \$221 (\$144sr) PR-5041

Introduction to Watercolour

Explore and observe the wonderful world of watercolour. This class covers the elements and principles of art and design, experiment with various techniques such as wet on wet, wet on dry, salting, blending, and texturizing. Each session begins with a meditation card to help with connection, grounding, and intention, that will help set the tone for the class and enhance individual and artistic growth. Build up confidence in drawing and painting skills or learn to relax and enjoy the art making process. Materials such as pencil, palette, brush, and sketchbook are to be purchased by learners.

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Jan 17, 2024 9wks \$265 (\$172sr) PR-4748

Landscape Painting

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$265 (\$172sr) PR-4815

Learn to Paint

Unlock your creative potential and explore the world of art in our Learn to Paint class. This course is designed for both beginners and those looking to enhance their painting skills. Through a series of engaging and hands-on lessons, you will learn the fundamentals of painting, from selecting the right materials to mastering various painting techniques. By the end of this course, you'll have the knowledge and confidence to create your own beautiful paintings. Join us on this artistic journey, and let your creativity flourish on the canvas.

Thistletown Cl 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Jan 13, 2024 9wks \$265 (\$172sr) PR-5116

Logos, Letterhead and Business Card Design Level I

Elevate your design skills. Start your journey in branding. You will craft compelling logos, professional letterheads, and impactful business cards. Learn the principles of effective branding and graphic design, ensuring your creations leave a lasting impression in the business world.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 4wks \$118 (\$77sr) PR-5052

Logos, Letterhead and Business Card Design Level II

Take your branding and graphic design to the next level. This course is a continuation from the Level I course. You will use the fundamentals that you have learned, to go deeper into the art of creating memorable logos, unique letterheads, and impactful business cards. You will refine your previous skills and explore cutting-edge design techniques. Craft brand identities that will stick with both clients and customers, which will set you apart as a design enthusiast.

Central Technical School 725 Bathurst Street, Toronto

Middle Eastern Geometric Art and Patterns-Beginner

Learn how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then transfer the pattern to another paper to create a variety of designs and compositions, which are either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

*Remote Course Offering

Thu 6pm-9pm Jan 18, 2024 9wks \$265 (\$172sr) PR-5029

Neurographic Art - Mindfulness Drawing

Neurographic art is a creative method, an easy concept to grasp and extremely fun and relaxing to create. This art form, considered as mindful drawing, is a way to capture how the inner being reacts to the outer world. Neurographical art is a way to transform the chaos of our world into something more calming and peaceful. Learners must bring color markers and sketch paper to class.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm Feb 22, 2024 2wks \$39 (\$25sr) PR-4799

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

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$265 (\$172sr) PR-4696

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4988

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 Jan 16, 2024 9wks \$265 (\$172sr) PR-4810
Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-9pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4875

Oil and Acrylics Beginner/Intermediate

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto
Wed 1pm-3:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4845

Painting Intermediate ★

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

Second Mile Club – Orchard View Branch, 174 Orchard View Blvd, Toronto
Wed 10am-12:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4974
Wed 1pm-3:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4972

Portraiture: All Levels

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$335 (\$242sr) PR-4816

Pottery Advanced

Creating a vessel from clay is an ancient art. Since the beginning, potters have prospected raw earth and used it to create priceless vessels that have withstood the test of time. The glazing

process and firing techniques affect the finished piece as much as the throwing process. Take your skills and creativity to the next level by improving your design, decorating and glazing techniques to produce a work of art you will cherish for years to come. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$325 (\$232sr) PR-4802

Pottery All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$325 (\$232sr) PR-4813

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-9:15pm Jan 16, 2024 9wks \$325 (\$232sr) PR-4980

Pottery Beginner: Intro to Handbuilding

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$315 (\$222sr) PR-4803

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$315 (\$222sr) PR-4811

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$315 (\$222sr) PR-4818

Pottery-Beginner/Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Jan 15, 2024 9wks \$315 (\$222sr) PR-4989

Wed 6:15pm-9:15pm Jan 17, 2024 9wks \$315 (\$222sr) PR-5002

Pottery: Beginner Throwing

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$325 (\$232sr) PR-4807

Pottery: Mindfulness and Self Expression

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$325 (\$232sr) PR-4976

Printmaking All Levels

Join the complete printmaking atelier. Beginners are immersed in etching, relief, and lithography. Experienced students are taught advanced intaglio processes and encouraged to work independently in experimental and optional multimedia techniques. All skill levels are welcome. Final price includes a material fee of \$60.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 17, 2024 9wks \$325 (\$232sr) PR-5014

Sculpture Design

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 18, 2024 9wks \$265 (\$172sr) PR-5032

Sculpture: Clay

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$335 (\$242sr) PR-4814

Watercolour Intermediate ★

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

*Remote Course Offering

Thu 10am-12:30pm Jan 18, 2024 9wks \$221 (\$144sr) PR-4973

Watercolour Painting ★

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

*Remote Course Offering

Thu 1:30pm-4pm Jan 18, 2024 9wks \$221 (\$144sr) PR-4971

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 Jan 17, 2024 9wks \$221 (\$144sr) PR-4999

Business and Finance

Accounting and Bookkeeping Beginner

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

*Remote Course Offering

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5043

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5120

Accounting: Small Business and Tax Issues

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

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5054

Buying Your First Home in the GTA

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

*Remote Course Offering

Sat 9am-12pm Jan 27, 2024 1wks \$29 (\$19sr) PR-5067

Condominium Buying and Investing

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

pitfalls of buying a pre-construction versus a resale condo, the financial analysis of different projects, the various projects available including insight into some of the more interesting ones.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-4849

Central Technical School 725 Bathurst Street, Toronto

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4756

Estate Planning

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6:30pm-8:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4717

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Jan 13, 2024 9wks \$177 (\$115sr) PR-4852

Estate Planning Workshop

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

*Remote Course Offering

Thu 6pm-8pm Feb 1, 2024 3wks \$59 (\$38sr) PR-5111

Financial Planning and Investments

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4765

Find Your Perfect Career Match at Any Age

Young adults are often confused about what career to choose, many experienced workers are not happy in their profession but do not know how to make a transition, and some are looking for more meaning and purpose in their life. This career exploration program will answer your questions and assist in identifying the perfect career match through validated assessments. Develop a personal brand and ways to upgrade and enhance your skills without going back to school. Learn what is stopping you from pursuing your dreams, how to overcome your fears, and reprogram your mind.

*Remote Course Offering

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5012

Income Tax Preparation

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-4857

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4829

Introduction to Payroll

Learn how to calculate employees gross pay, net pay, bonus payments. Learn the impact of Taxable benefits on income. Calculating Statutory deductions and remittance.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-5109

Investing 101 for Millennials

Millennials, come learn the basics to help you invest online! We will start at the beginning in order to understand stocks and bonds. Then, we will journey through the worlds of ETF's and

mutual funds. Find out about roboadvisors and discount brokerage accounts. This course is designed for the beginner investor who would like to find out what online investing can offer.

*Remote Course Offering

Thu 6:30pm-9pm Jan 18, 2024 9wks \$221 (\$144sr) PR-4797

Investment Planning

Learn how to take control of your money and build your personal wealth in this introduction to personal finance and investing. The course delivers valuable, practical information in plain language that everyone can understand. Topics discussed include: create your own personal wealth-building plan, choose the right financial advisor, pick the best stocks, bonds, mutual funds and exchange-traded funds, RRSP's and retirement planning, Tax Free Savings Accounts, reduce the tax you pay and much more.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 8pm-9:45pm Jan 17, 2024 8wks \$138 (\$101sr) PR-4753

Investor Boot Camp: How the 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 Feb 5, 2024 2wks \$39 (\$25sr) PR-5074

Online Investing

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

*Remote Course Offering

Mon 6:30pm-9pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4759

QuickBooks

QuickBooks has everything you need to manage your business more effectively. It's as simple

as filling in familiar cheques, invoices and forms onscreen. QuickBooks gives you instant access to your business' financial information with over 100 reports. Registrants are recommended to have some basic accounting knowledge.

*Remote Course Offering

Wed 7:30pm-9:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4750

Real Estate: Home Buying and Property Investing

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4865

Real Estate: Investment Property

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-4860

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4864

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 Jan 18, 2024 9wks \$177 (\$115sr) PR-4798

Stock Market

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Jan 17, 2024 8wks \$157 (\$102sr) PR-4719

Transition to Retirement

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

*Remote Course Offering

Thu 6pm-8pm Jan 18, 2024 6wks \$118 (\$77sr) PR-4710

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-8pm Jan 16, 2024 6wks \$118 (\$77sr) PR-4787

Understanding Landlord Rights and Responsibilities

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

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Jan 20, 2024 4wks \$118 (\$77sr) PR-5117

Will and Power of Attorney Workshop

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

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Jan 27, 2024 1wks \$39 (\$25sr) PR-5065

Sat 9am-1pm Feb 10, 2024 1wks \$39 (\$25sr) PR-5066

Communications

Creative Therapeutic Journaling

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

*Remote Course Offering

Thu 7pm-9pm Jan 18, 2024 4wks \$79 (\$51sr) PR-4792

Creative Writing

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

*Remote Course Offering

Sat 11am-1pm Jan 13, 2024 9wks \$177 (\$115sr) PR-4851

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5025

Creative Writing: Memoirs I ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Effective Communication

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-8:30pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4828

Parents on Board: Reading Begins at Home

The main goal of this workshop is to help parents feel empowered to be an active partner in their child's education. Parents will learn practical strategies that can be used to help develop language skills at home, learn about the relationship between oral language and reading achievement, and how they can make a difference, even if they do not have a strong command of the English language. The information will be presented in a clear and thorough manner with opportunities for group discussions and practice of the strategies.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:30am-1:30pm Jan 13, 2024 2wks \$39 (\$25sr) PR-5005

Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. Learn the basic principles of psychology and develop your critical thinking skills. Learn to evaluate information, apply psychological theories to everyday facts, question commonly held assumptions and ask challenging questions. The study of psychology has many applications for everyday life.

*Remote Course Offering

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4893

Public Speaking and Creating Presentations

Learners in this course will use MS PowerPoint to create relevant and interesting visual aids and practice public speaking. Share experiences and learn techniques of public speaking,

explore ideas and different points of view that will help you express yourself and grow both personally and professionally.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 17, 2024 9wks \$265 (\$172sr) PR-5018

Writing A Children's Book

If you've ever wanted to write a book for kids, this is the class. We'll learn about the different types of books - picture books, middle-grade novels, young adults - and how to find the appropriate age range for your idea. Consideration will be given to choosing your characters (animals, fairy-tale people, or real kids). We'll discuss all the elements of writers' craft: showing scenes, using dialogue, beginnings that 'hook', and satisfying endings. The business side of publishing will also be a focus.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 10am-12pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4941

Overland PS 55 Overland Drive, North York

Mon 2pm-4pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4943

Computers

Animation

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-2066

Building Blogs and Websites with Word Press

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

*Remote Course Offering

Wed 5:45pm-7:45pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4716

Computer Applications for Everyday Life

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-4848

Computer Programming for Beginners

This course is designed for absolute beginners. It explains in simple terms the most important programming concepts and techniques: variables and data containers, math operations and expressions, selection and iteration, functions (procedural approach), and classes (object-oriented approach). Generic concepts are illustrated with short demo programs written in different modern languages: Assembly, C, C++, C#, Visual Basic, Java, Kotlin, PHP, JavaScript, and Swift.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5087

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5071

Computer Skills Intermediate

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

*Remote Course Offering

Wed 9am-11am Jan 17, 2024 9wks \$177 (\$115sr) PR-5105

Computer Skills for Workplace Proficiency

Through this remote course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the

components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset. It is recommended that learners have the complete Microsoft Office Suite installed on their home computer or laptop.

*Remote Course Offering

Tue 9am-11am Jan 16, 2024 9wks \$177 (\$115sr) PR-5103

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4876

Computer Skills for Workplace Proficiency-Int/Adv

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4871

Computer Technical Skills Fundamentals

In this course, you will learn the fundamentals of IT Technical Support. You will learn about Operating Systems, how a network works, troubleshooting software and hardware problems, and Cloud computing. This course is a great start to prepare for a role as an entry-level IT Support Specialist.

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3:30pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4938

Computer Training and Social Media for Beginners

This class is designed for individuals with little to no prior experience and will empower you with the essential knowledge and skills needed to confidently interact with computers, surf the web, and engage with social media platforms. You will also learn how to create Twitter, Facebook, Pinterest, and other social media accounts. Update status, pictures, and videos. Learn how to use software tools, how to run a computer faster, and how to delete or prevent viruses. Learners will also explore the latest free websites for everyday life, shopping and selling online, and using Google's features to help with life.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5088

Computer Upgrading/Servicing/Repairing

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

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4937

Data Analysis - with Excel

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

*Remote Course Offering

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4784

Digital Photo Album

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

*Remote Course Offering

Tue 11:30am-1:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-5104

Google's Free Tools and Applications

Discover what you can get for free from google. In this remote course, learn about professional Email, safe and free Cloud Storage for all your photos and documents, create and share your documents for free. Stay connected with family, friends and even clients through free audio and video calls and much more. This course covers free web applications from Google

including Gmail, Google Maps, Google Drive, Google News, Google Photo, Google Hangouts, Google Calendar, and Google Docs. This course is suitable for Windows, Mac and even Chromebook users.

*Remote Course Offering

Mon 9am-11am Jan 15, 2024 9wks \$177 (\$115sr) PR-5102

HTML, CSS, & HTML5

HTML & CSS are used to form the building blocks and foundation for displaying elements on a web page. Students will be introduced to HTML, (Hyper Text Markup Language), which uses many tags to build structure to a web page. CSS, (Cascading Style Sheet), will present the HTML with the use of various properties such as colour, text formatting, division containers and multiple layout items. You will learn how to add Images, text and make hyper-links to various items. This course introduces skills required to develop web pages and maintain sites which use CMS tools, (Content Management Systems).

*Remote Course Offering

Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-5072

Keyboarding Beginner

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

*Remote Course Offering

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4722

Microsoft Excel Beginner

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

*Remote Course Offering

Thu 7:30pm-9:30pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4708

*Remote Course Offering

Wed 8pm-10pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5100

PhotoShop Beginner

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

*Remote Course Offering

Sat 11am-1pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5068

Thu 9am-11am Jan 18, 2024 9wks \$177 (\$115sr) PR-5106

Python

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

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5061

Social Media Marketing for Small Business

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

*Remote Course Offering

Sat 1pm-3pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5062

Thu 7:30pm-9:30pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5113

Web Design Beginner

For those new to web design, this remote course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are

introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links.

*Remote Course Offering

Fri 11:30am-1:30pm Jan 19, 2024 9wks \$177 (\$115sr) PR-5108

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5064

Windows 11

Learn how to use Windows 11, the latest operating system from Microsoft. We will cover everything from the basics of navigating the desktop to more advanced topics such as customizing settings, organizing files, managing apps and programs, multimedia, security and privacy, and much more. Whether you are new to computers or have some experience, this remote course will provide you with the knowledge and skills to get the most out of your Windows 11 device.

*Remote Course Offering

Fri 9am-11am Jan 19, 2024 9wks \$177 (\$115sr) PR-5107

Crafts

Bead Weaving for Beginners

Bead weaving is a beautiful form of jewellery-making. Create stunning jewellery pieces using specialized stitches and various techniques. Learners will focus on a particular technique and will be able to finish a bracelet each week. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-8:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4977

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

Thu 6:30pm-8:30pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5042

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.

Floral Styling and Design Techniques

If you're a flower lover who is looking for a dynamic and creative floral design tutorial, then this one is for you! We're ready to teach you the basic fundamentals of floral styling from design technique/concepts, product knowledge, floral care, and floral composition. Learn to design hand tied bouquets, arrangements, corsage, and boutonnieres. Learn business do's and don'ts, photography techniques to help you boost your social media awareness, and so much more. Get your aprons ready and sharpen your snips, we're about to embark on an adventure together. Final price includes a material fee of \$85.00 for fresh flowers.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 4wks \$203 (\$162sr) PR-4785

Hand Embroidery for the Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$290 (\$197sr) PR-4809

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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Feb 13, 2024 2wks \$79 (\$62sr) PR-4689

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Jan 24, 2024 2wks \$79 (\$62sr) PR-4995

Jewellery A

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$287 (\$194sr) PR-4801

Jewellery C

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$287 (\$194sr) PR-4776

Jewellery D - Hammerforming

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$287 (\$194sr) PR-4786

Jewellery Making Fundamentals

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

*Remote Course Offering

Sat 9:30am-11:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-4858

The Happy Cri-cut

In this three-week workshop learn the basics of a Cricut machine and how to use it in a variety of different ways. The Cricut Design Space will be used to create and design vinyl decals to decorate any item and to make a cake topper using cardstock. Learners must bring their smart device and have access to a data plan to access the Cricut Design Space. Participants are encouraged to bring a plastic water bottle to the first class. Final price includes a material fee of \$25.00 for all vinyl and cardstock supplies that will be used in the class.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jan 29, 2024 3wks \$113 (\$82sr) PR-5075

Weaving Advanced

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4935

Weaving: Fabric and Tapestry-All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Jan 17, 2024 9wks \$265 (\$172sr) PR-4936

Weaving: Introduction

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

purchased by participants.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4946

Dance

Ballroom Dancing ★

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

Cecil Community Centre 58 Cecil Street, Toronto

Thu 3:45pm-5:15pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4961

Ballroom Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4688

Ballroom and Latin Dancing Beg/Int

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9:30pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4997

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4889

Ballroom and Latin Dancing Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4715
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5023
Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4732
Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-8pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4996
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 7pm-8:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4879
Overland PS 55 Overland Drive, North York
Sat 10:30am-12:30pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5055
Thu 11am-1pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4906
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7pm-8:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4682

Ballroom and Latin Dancing Beginner Level II

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6:30pm-8:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5038
Overland PS 55 Overland Drive, North York
Sat 8:30am-10:30am Jan 13, 2024 9wks \$177 (\$115sr) PR-5056

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.

*Remote Course Offering

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4887
Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4703

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Jan 15, 2024 9wks \$111 (\$72sr) PR-4738

Egyptian Belly Dancing Intermediate

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4705

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Jan 15, 2024 9wks \$111 (\$72sr) PR-4739

Hip Hop Dance

This beginner/intermediate class is a fun way of learning creative and 'funky' dance moves. We will focus on basic and advanced level body movements with emphasis placed on choreographed music video dance. Running shoes and comfortable clothing should be worn.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-8pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4872

International Folk Dancing ★

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

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

Fri 10am-12pm Jan 19, 2024 9wks \$177 (\$115sr) PR-4964

Line Dancing ★

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

Cecil Community Centre 58 Cecil Street, Toronto

Wed 2:30pm-4pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4959

Line Dancing Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 19, 2024 9wks \$177 (\$115sr) PR-4909

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4891

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4907

Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Jan 19, 2024 9wks \$177 (\$115sr) PR-4908

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4914

Night Club Dancing-Salsa and More

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4692

Leaside High School 200 Hanna Road, East York

Mon 7:30pm-8:30pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4743

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4680

Fitness

Absolute Abs: Lower Body Blast

Work your abs, buttocks and thighs like never before! Not only will you work towards building

that six pack, but more importantly, you will strengthen your lower abs, to give you strength and stability in your pelvis, hips and lower back. Please have a mat, towel, and light weights 1 or 2 lbs.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:30pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4681

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:15am-12:15pm Jan 13, 2024 9wks \$88 (\$57sr) PR-4838

Aches and Pain - Proactive Self-care

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

*Remote Course Offering

Thu 10:45am-11:45am Jan 18, 2024 9wks \$88 (\$57sr) PR-4918

Afrobeat Aerobics

Afrobeat aerobics 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 Jan 17, 2024 9wks \$111 (\$72sr) PR-4752

Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga and incorporates some of the “Essentrics” techniques, founded by Canadian expert Miranda Esmonde. This class is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Jan 15, 2024 9wks \$111 (\$72sr) PR-4987

Overland PS 55 Overland Drive, North York

Bone Fitness

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Jan 18, 2024 9wks \$88 (\$57sr) PR-5024

Leaside High School 200 Hanna Road, East York

Wed 8pm-9pm Jan 17, 2024 9wks \$88 (\$57sr) PR-4826

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.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-7:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-5086

Calming Techniques to Unwind

This 1-hour course will spend the first 30-40 mins in seated and horizontal stretches, using a variety of sequences, evolving in difficulty level over time. The final 20 mins or the rest of time will include breath techniques, guided visualizations, and calming techniques to assist the learner in winding down their day.

*Remote Course Offering

Thu 8pm-9pm Jan 18, 2024 9wks \$88 (\$57sr) PR-5034

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-7:30pm Jan 16, 2024 9wks \$88 (\$57sr) PR-4979

Thistletown Cl 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:15am Jan 13, 2024 9wks \$88 (\$57sr) PR-4839

Core Yoga

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4735

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.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4736

Wed 6pm-7pm Jan 17, 2024 9wks \$88 (\$57sr) PR-4827

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

Thu 6:30pm-8pm Jan 18, 2024 9wks \$133 (\$86sr) PR-5046

Full Body Boot Camp

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

*Remote Course Offering

Sat 9:45am-10:45am Jan 13, 2024 9wks \$88 (\$57sr) PR-4855

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4800

Don Mills Middle School 17 The Donway East, North York

Mon 6pm-7pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4723

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4678

Full Body Sculpt Plus Power Abs Burn

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:45pm-7:45pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4704

Don Mills Middle School 17 The Donway East, North York

Mon 7pm-8:15pm Jan 15, 2024 9wks \$111 (\$72sr) PR-4724

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.

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

Thu 8pm-9:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-5045

Gentle Fitness ★

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

*Remote Course Offering

Mon 9:15am-10:15am Jan 15, 2024 9wks \$88 (\$57sr) PR-4975

Gentle Flow Yoga for Beginners

Begin and end with guided meditation led by calming music. It will target the joints and muscles to encourage increased range of motion, flexibility, and strength. The class will begin

seated on a chair and gradually move to standing poses and then lying down on a mat towards the end to provide a relaxed and restful experience. Best for beginners or anyone looking for a gentler flow. A mat and a block are required for this class.

Overland PS 55 Overland Drive, North York

Wed 9:30am-10:30am Jan 17, 2024 6wks \$59 (\$38sr) PR-4952

Gentle Stretches for a Great Night Sleep

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

*Remote Course Offering

Thu 8pm-9pm Jan 18, 2024 9wks \$88 (\$57sr) PR-5114

Low Impact Aerobics ★

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

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Jan 17, 2024 9wks \$88 (\$57sr) PR-4963

Fri 9am-10am Jan 19, 2024 9wks \$88 (\$57sr) PR-4962

Mixed Martial Arts (MMA) Self Defence

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:45pm-8:45pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4707

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4755

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:15am-10:15am Jan 13, 2024 9wks \$177 (\$115sr) PR-4840

Pilates

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

*Remote Course Offering

Sat 11am-12pm Jan 13, 2024 9wks \$88 (\$57sr) PR-4859

Wed 8pm-9pm Jan 17, 2024 9wks \$88 (\$57sr) PR-5000

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4706

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Jan 18, 2024 9wks \$88 (\$57sr) PR-5031

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 Jan 18, 2024 9wks \$88 (\$57sr) PR-5049

Resistance Training Workout

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-9pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4981

Overland PS 55 Overland Drive, North York

Sat 1pm-2:30pm Jan 13, 2024 9wks \$133 (\$86sr) PR-5110

Spine Health - Movement for a Healthy Back

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

*Remote Course Offering

Mon 4pm-5pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4919

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.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-7:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-5097

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4869

Super Strong Abs and Stretch

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

Don Mills Middle School 17 The Donway East, North York

Mon 8:15pm-9:15pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4727

Tai Chi Advanced II ★

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

Overland PS 55 Overland Drive, North York

Wed 11:30am-1pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4957

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).

*Remote Course Offering

Wed 6pm-7:30pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4901

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-10:30am Jan 13, 2024 9wks \$133 (\$86sr) PR-4861

Tue 6pm-7:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4693

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Jan 15, 2024 9wks \$133 (\$86sr) PR-4917

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4881

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4915

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4676

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

Thu 6:30pm-8pm Jan 18, 2024 9wks \$133 (\$86sr) PR-5050

Tai Chi Intermediate

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

*Remote Course Offering

Wed 7:45pm-9:15pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4899

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4916

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4882

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-9pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4677

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.

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4958

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 Jan 17, 2024 9wks \$133 (\$86sr) PR-4921

Tai Chi-Advanced

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

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4920

Therapeutic Yoga: Stay Healthy Longer

Therapeutic yoga is a gentle practice using movement, stillness, breath and awareness to bring the body-mind into greater ease, suppleness and strength. This course targets a host of issues that we face as we age. We'll explore muscle and bone strengthening, core support for better balance, fascial release to increase flexibility, and ways to relieve pain in the joints and tissues. We'll tap into the vital life force energy that often diminishes as we age.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-7:30pm Jan 17, 2024 4wks \$49 (\$32sr) PR-5003

Total Body Rowing and Cycling Workout

Elevate your fitness routine and experience the perfect fusion of cardio, strength, and endurance in our Total Body Rowing and Cycling Workout class. This high-energy, full-body workout is designed to push your limits and help you achieve your fitness goals, whether

you're a seasoned athlete or just beginning your fitness journey.

David and Mary Thomson Cl 125 Brockley Dr, Scarborough

Thu 7:30pm-8:30pm Jan 18, 2024 9wks \$88 (\$57sr) PR-5098

Yoga-Deep Relaxation and Meditation All Levels

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

Overland PS 55 Overland Drive, North York

Wed 7:15pm-8:45pm Jan 17, 2024 9wks \$133 (\$86sr) PR-5082

Yoga: Hatha All Levels

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

*Remote Course Offering

Thu 10:30am-11:30am Jan 18, 2024 9wks \$88 (\$57sr) PR-4934

Thu 4pm-5pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4947

Leaside High School 200 Hanna Road, East York

Mon 8pm-9pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4744

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7:30pm-8:30pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4985

Wed 11am-12pm Jan 17, 2024 9wks \$88 (\$57sr) PR-4932

Yoga: Kundalini All Levels

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-5121

Yoga: Kundalini Beginner/Intermediate

Kundalini yoga is based on one of the three original schools of yoga. It includes mental,

physical and spiritual aspects of the yoga tradition. Join us to learn the basics needed to get you started or continue on your path to a calm and confident state, harmonizing your body and mind. Please have a towel and a yoga mat.

*Remote Course Offering

Mon 6:30pm-8pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4686

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4694

Thu 6:30pm-8pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4713

Zumba

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-9:30am Jan 13, 2024 9wks \$88 (\$57sr) PR-4863

Tue 6pm-7pm Jan 16, 2024 9wks \$88 (\$57sr) PR-4695

Thu 7:15pm-8:15pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4712

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Jan 17, 2024 9wks \$88 (\$57sr) PR-4830

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 15, 2024 9wks \$88 (\$57sr) PR-4683

Zumba Gold

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4711

Zumba Gold Toning

The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe-and-effective strength training. It's an easy-

to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Jan 18, 2024 9wks \$88 (\$57sr) PR-4933

Zumba Sentao

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Jan 13, 2024 9wks \$88 (\$57sr) PR-4862

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 \$40.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Feb 8, 2024 4wks \$178 (\$130sr) PR-4701

Bakery Favourites Workshop

Learn baking methods and make a variety of bars, ice box, drop and sandwich style cookies. Make and decorate creative cupcakes and learn the secrets of superior scones and quickbread. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 18, 2024 3wks \$123 (\$92sr) PR-5021

Cake Decorating

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Jan 13, 2024 9wks \$177 (\$115sr) PR-4846

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5022

Chef On The Run

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-1pm Jan 13, 2024 9wks \$257 (\$195sr) PR-4847

Chopped! Knife Skills and Kitchen Essentials Workshop

Explore kitchen essential knowledge and try a variety of knife cuts, learn knife handling and safety, and different knives and their uses. We will address sauteing, roasting, emulsification, flavour creation and more. Make cooking fun again! Create meals based on the skill learned each week. This three-week workshop is suitable for vegetarians. Format: skill demonstration followed by hands-on, small group activity. Enjoy the delicious results! Final price includes material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Feb 8, 2024 3wks \$123 (\$92sr) PR-5035

Cookie Workshop

This one day workshop is a great introduction to baking. Step-by-step demonstrations of recipes will take you through drop cookie recipes like chocolate chip cookies to other methods

of cookie dough. Watch and learn through instructor demonstration. Final price includes material fee of \$20.00. To view recipe and ingredients needed for the first class, click the material list pdf under Files just above the course Schedule.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Mar 2, 2024 1wks \$54 (\$42sr) PR-4842

Cooking 101 and Beyond

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

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

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$345 (\$252sr) PR-5044

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-piri, olive oil, chouriço citrus fruits, paprika on this gastronomic journey. Students will learn how to prepare a complete meal from soup to dessert in this 5 class series. Final price includes a material fee of \$80.00 and a guaranteed full tummy.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 5wks \$227 (\$176sr) PR-5004

Gourmet Cooking on a Budget

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:45am-10:45am Jan 13, 2024 9wks \$257 (\$195sr) PR-4853

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$345 (\$252sr) PR-5092

Indian Vegetarian Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$345 (\$252sr) PR-4767

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 Jan 15, 2024 9wks \$345 (\$252sr) PR-4754

Mastering the Art of French Pastry

Learn all the classical French pastry techniques required to create beautiful desserts from scratch. You will learn to make pate brisee, pastry creams, choux pastes, croque en bouche, mousse cakes, ganaches, puff pastry, and more! Final price includes material fee of \$80.00.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$345 (\$252sr) PR-5090

Mediterranean Cooking

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$345 (\$252sr) PR-4867

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

Pastry Arts for Everyone

Each week we will learn theory and methodology for a different type of pastry. Learn a wide variety of recipes and methods for making pastry. Format: Pastry skills demonstration followed by hands-on activity making pastries to taste and take home. Topics covered: pie dough, scones, working with filo, short crust, choux, puff pastry, tarts and more. Final price includes material fee of \$80.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 17, 2024 9wks \$345 (\$252sr) PR-4913

Pizza Making Workshop

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-9:30pm Jan 16, 2024 1wks \$54 (\$42sr) PR-4698

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Jan 29, 2024 1wks \$54 (\$42sr) PR-4892

Quickbreads

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-9:30pm Jan 30, 2024 1wks \$49 (\$37sr) PR-4699

Soup It Up

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Jan 25, 2024 2wks \$94 (\$70sr) PR-4709

Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-9:30pm Feb 5, 2024 2wks \$94 (\$70sr) PR-4894
Thistletown Cl 20 Fordwich Crescent, Etobicoke
Sat 9am-12:30pm Jan 27, 2024 2wks \$94 (\$70sr) PR-4841

Sugar Cookie Decorating Workshop

In this course, participants will learn how to conceptualize cookie designs and decorate sugar cookies for special events and holidays. Sugar Cookie decorating will become an easy and fun activity with step by step instructions. All levels are welcome. Final price includes a material fee of \$10.00.

Agincourt Cl 2621 Midland Avenue, Agincourt
Wed 6pm-9pm Jan 17, 2024 4wks \$128 (\$87sr) PR-4745

What's for Dinner Tonight?

It is the question we ask everyday! Learn and make a variety of delicious, approachable recipes that can be used to create weeknight meals such as: fresh pasta, scratch soups, stocks and sauces, scrumptious sides, and more. Nourish your curiosity. Suitable for vegetarians. Format: cooking demonstration followed by hands-on, small group activity making a meal to enjoy or take home. Final price includes a material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Feb 29, 2024 3wks \$123 (\$92sr) PR-5040

Games and Hobbies

Adventures in Photography

This course is a dynamic exploration of the multifaceted world of photography, offering a blend of hands-on experiences and theoretical knowledge to empower photographers at all levels, with all cameras: film, DSLR, mirrorless, or smartphone. Whether you are a beginner eager to unlock the full potential of your camera or an experienced enthusiast looking to refine your skills, this course will provide a supportive and engaging environment to help you achieve your photographic goals. Final price includes a material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$272 (\$179sr) PR-2054

Bridge Beginner

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4734

Bridge Beginner Plus

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

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4825

Bridge Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-8:30pm Jan 16, 2024 9wks \$221 (\$144sr) PR-4878

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 Feb 28, 2024 3wks \$88 (\$57sr) PR-5078

Fun Card Games

This course introduces students to interesting card games played at social gatherings. The main purpose is to have a lot of fun and, at the same time, be competitive. Ideal for people who may not have played many card games before. Examples of card games that will be played are: Laddice, Challenge, Not at Home, Zabbu, and many more.

Thistlethorn CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Jan 13, 2024 9wks \$265 (\$172sr) PR-5115

Gardening - Indoor and Outdoor

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

Overland PS 55 Overland Drive, North York

Wed 6pm-8pm Jan 17, 2024 6wks \$118 (\$77sr) PR-5079

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5091

Macro Photography

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 5:30pm-7:30pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4728

Photography - Learn from the Masters

The earliest known surviving camera photograph dates back to 1826/7, created by Nicéphore

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

Don Mills Collegiate Institute 15 The Donway East, North York
Mon 7:30pm-9:30pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4731

Photography Beginner

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

*Remote Course Offering

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5048

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 Jan 17, 2024 9wks \$177 (\$115sr) PR-4832

Photography: Advanced Workshop Series

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

*Remote Course Offering

Sat 9am-1pm Jan 13, 2024 8wks \$315 (\$205sr) PR-5060

Handiwork

Auto Mechanics Advanced

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$275 (\$182sr) PR-4884

Auto Mechanics Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$275 (\$182sr) PR-4788

Bicycle Repair

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4775

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$270 (\$177sr) PR-4783

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4733

Build Your Own Acrylic/Glass Display Case for Your Home or Business

Learn the basics of acrylic, glass, and jewelry display fabrication. Gain expertise from a professional who's had years of experience building store fixture displays. There will be 3 portions to this course: acrylic assembly, glass assembly, and jewelry display assembly. Participants will be taught the basics of each process. You will learn how to drill, bend, and assemble acrylic pieces together. You will also learn to glue glass pieces together to form a glass box that showcases your family heirloom or your prized sports collectible item, and build

your own jewelry display case that will showcase your home-made jewelry-making skills. Final price includes shop fee of \$50.00.

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

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$315 (\$223sr) PR-5118

Small Engines

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4990

Upholstery

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Jan 15, 2024 9wks \$275 (\$182sr) PR-4992

Tue 6pm-9pm Jan 16, 2024 9wks \$275 (\$182sr)PR-4982

Wed 6pm-9pm Jan 17, 2024 9wks \$275 (\$182sr) PR-4998

Wood Carving and Sculpture

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wood Carving and Sculpture ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4965

Mon 1pm-4pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4966

Tue 9am-12pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4967

Tue 1pm-4pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4968

Woodworking Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4762

Health and Wellness

Acupressure

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 18, 2024 3wks \$88 (\$57sr) PR-5019

Apitherapy

Apitherapy is the ancient branch of beekeeping to do with the health benefits of the products of the hive. How propolis, bee pollen, royal jelly honey, beeswax and bee venom are all extremely beneficial for one's health. Studies have shown that beekeepers live an average of 3+ years longer than the rest of the population because they eat their products of the hive. Health benefits will be discussed as well as how the honeybees make them and use them. Final price includes material fee of \$25.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Jan 30, 2024 2wks \$74 (\$57sr) PR-4691

De-Stress and Relax

De-Stress through fun games/activities and explore techniques to stay your best through difficult days. Top up your toolbox with additional methods of handling tough days. Vent and play games to refresh your body and mind. Relax, you are ready to handle anything that comes your way.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5037

Exploring Healing Energies

Disruptions or blockages in the flow of the body's energy field occur during illness. Restoring that flow activates the body's natural ability to heal itself. Learn how to sense, access, channel, and balance the energy, restore, and remove blockages to promote emotional and physical wellbeing.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Jan 17, 2024 7wks \$138 (\$90sr) PR-5009

Foundations of Mental Health Resilience

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

*Remote Course Offering

Healing Meditation

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

*Remote Course Offering

Mon 8:15pm-9:45pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4866

Introduction to Meditation

This remote class is open to anyone who is interested in calming their mind, developing stronger focus, and better control over the monkey mind. This discussion and practice based class will showcase techniques and styles, allowing students the space to experience and then inquire as a group. Visualizations, mindful meditations, and zen meditation practices explored.

*Remote Course Offering

Thu 9:30am-10:30am Jan 18, 2024 9wks \$88 (\$57sr) PR-4944

Nutrition for Energy and Wellness

This course will provide an overview of sound nutrition practices which enhance health and wellness. The following topics will be covered: nutrient-dense foods, what to avoid, antioxidants, how to detox, and healthy meal planning.

Overland PS 55 Overland Drive, North York

Sat 9:30am-10:30am Jan 13, 2024 9wks \$88 (\$57sr) PR-5070

Reiki - Level I and II

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

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4768

Tapping - EFT

Tapping, also known as EFT (Emotional Freedom Technique), is a holistic self-healing therapy that can assist in a range of issues. The practice consists of tapping with your fingertips on specific meridian points while focusing on negative emotions or physical sensations. Doing this helps calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Mar 6, 2024 2wks \$39 (\$25sr) PR-5010

The Mind Unleashed

Physical manifestation is nothing more than an end result of focused thought. Increase your success rate of manifesting your desires, reduce distraction as much as possible, discipline your mind, increase your emotional desire towards your goals, think about them on a regular basis, and take action that supports your desires. Learn how to strengthen your thoughts then manifestation will happen.

*Remote Course Offering

Sat 9:30am-12:30pm Mar 2, 2024 1wks \$29 (\$19sr) PR-5063

Interior Design

Interior Design: Home Décor

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8:30pm Jan 17, 2024 9wks \$221 (\$144sr) PR-4718

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-4821

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-9pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4874

Languages

Arabic Beginner

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

*Remote Course Offering

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4885

Arabic Intermediate

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

*Remote Course Offering

Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4900

Cantonese Beginner

The basics of the Cantonese language will be taught using a combination of grammar, vocabulary, reading and conversation. You will learn and practice the language through various activities in a fun and relaxing environment.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4870

French Beginner

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

*Remote Course Offering

Sat 9am-11am Jan 13, 2024 9wks \$177 (\$115sr) PR-4854

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4685

Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4898

French Beginner Level II

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

*Remote Course Offering

Wed 6:30pm-8:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4781

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr)PR-4714

Greek, Modern Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5026

Hindi Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5013

Italian Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Jan 19, 2024 9wks \$177 (\$115sr) PR-4912

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4679

Italian Beginner Level II

In this continuation of the Beginner course, develop more conversational skills with a better level of proficiency, a stronger accuracy of the vocabulary, and increasing the pronouncing level. Some classes will cover writing short letters or stories while enhancing the creativity of broadening the stronger understanding of the vocabulary and everyday conversations. Focus will be placed on grammar and verb tenses, and on phonetics.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9:30am-11:30am Jan 16, 2024 9wks \$177 (\$115sr) PR-4949

Japanese: Level I

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

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4782

Korean Beginner

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4720

Let's Speak Japanese

Let's study practical Japanese conversation together. This course is for those who have understanding and basic skills in Japanese, hiragana and katakana. It will further develop your listening and speaking skills and will focus on using appropriate vocabulary in social situations when making requests, when describing experiences, etc. Learners are recommended to have taken Japanese Level II or equivalent. A Japanese/English Dictionary may be required.

*Remote Course Offering

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4790

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.

*Remote Course Offering

Wed 7:30pm-9:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4749

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5101

Cecil Community Centre 58 Cecil Street, Toronto

Mon 11am-1pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4844

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Jan 16, 2024 9wks \$221 (\$144sr) PR-4764

Portuguese Essential Conversation

This online course is for those who have knowledge of the basic structure of the language. It will provide you with the practice of some common travelling situations such as ordering food, asking for directions, checking in a hotel, greeting family or friends or addressing acquaintances in a more formal manner, through examples and dialogues. Learners will be required to access online resources (video clips, podcasts, etc.) to enhance such practice. If time allows, comparisons between European and Brazilian Portuguese will be performed.

*Remote Course Offering

Wed 5:30pm-7:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5073

Spanish Beginner

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

*Remote Course Offering

Sat 1pm-3pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5069

Mon 7:30pm-9:30pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4729

Tue 5:30pm-7:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4877

Thu 9am-11am Jan 18, 2024 9wks \$177 (\$115sr) PR-4951

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4774

Thu 6:30pm-8:30pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4793

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5016

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4831

Northview Heights SS 550 Finch Avenue West, North York

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4896

Overland PS 55 Overland Drive, North York

Mon 2:15pm-4:15pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4929

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4684

Spanish Beginner Level II

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

*Remote Course Offering

Mon 5:30pm-7:30pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4730

Tue 7:30pm-9:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4883

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4770

Thu 6:45pm-8:45pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4794

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5017

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4823

Northview Heights SS 550 Finch Avenue West, North York

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4897

Overland PS 55 Overland Drive, North York

Thu 2:15pm-4:15pm Jan 18, 2024 9wks \$177 (\$115sr) PR-4940

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4687

Spanish Conversation I

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

*Remote Course Offering

Wed 7:30pm-9:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4751

Spanish Conversation II

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

*Remote Course Offering

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5112

Spanish Intermediate

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4700

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4757

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5033

Spanish Intermediate Level II

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4778

Spanish for Travellers

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

or ordering food.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Jan 17, 2024 9wks \$133 (\$86sr) PR-5015

Music

Basic Chord Piano I

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

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4948

Basic Jazz and Rock Piano

This course will help you to develop a good foundation in playing basic Jazz and Rock styles on the piano. Focus will be on learning Rock rhythms, Shuffle rhythms, basic Boogie bass lines, Blues riffs and develop basic improvising skills. There will also be an option to explore the various music instrumental tones, voices, drum patterns and rhythms provided by the keyboard/smartphone app as well as playing along with a groove. Students should have previous experience in playing hands together (ie. Beginner Level III or equivalent). Learners must have their own keyboard.

*Remote Course Offering

Thu 6pm-7:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4789

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Jan 17, 2024 9wks \$133 (\$86sr) PR-4939

Basic Jazz and Rock Piano Level II

This is a continuation of Basic Jazz and Rock Piano. Focus will be on learning Rock rhythms, Shuffle rhythms, basic Boogie bass lines, Blues riffs and develop basic improvising skills. There will also be an option to explore the various music instrumental tones, voices, drum patterns and rhythms provided by the keyboard/smartphone app as well as playing along with a groove. Focus will be on learning Blues Notes and the Blues Scale, Walking Bass Lines, effective accenting and using dynamics to create/change the mood of a song. Additional popular

selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Thu 8pm-9:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4923

Guitar Beginner

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

*Remote Course Offering

Wed 10am-12pm Jan 17, 2024 9wks \$177 (\$115sr) PR-4945

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Jan 13, 2024 9wks \$177 (\$115sr) PR-4856

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4773

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4740

Guitar Beginner Level II

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

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5093

Learn to Play The Ukulele

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Jan 16, 2024 9wks \$177 (\$115sr) PR-4978

Learn to Play The Ukulele Level II

Now that you know some basic chords let's take to the next level. In this course you will be working on more strumming, picking, melody and rhythmic techniques. We will be learning as a group, singing, and playing, learning new songs, and dabbling on soloing. Basic knowledge of Ukulele playing is required.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4868

Piano Keyboarding Beginner: Level I

This remote course is designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Learners must have their own keyboard.

*Remote Course Offering

Tue 1pm-2:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4927

Piano Keyboarding Beginner: Level II

This remote 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. Learners must have their own keyboard.

*Remote Course Offering

Tue 3pm-4:30pm Jan 16, 2024 9wks \$133 (\$86sr) PR-4925

Piano Keyboarding Beginner: Level III

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

*Remote Course Offering

Fri 1pm-2:30pm Jan 19, 2024 9wks \$133 (\$86sr) PR-4924

Piano Keyboarding Beginner: Level IV

This remote course is a continuation of Piano Keyboarding Beginner Level III. Level IV will

review reading of notes on the entire treble and bass staff with an introduction to ledger lines. Additional fingering and pedaling techniques as well as Major and Minor keys will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Mon 3pm-4:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4926

Piano Keyboarding High Intermediate

This remote course is a continuation of Piano Keyboarding Intermediate. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as sixteenth notes and dotted eighth notes are explored. Keys of D, B flat, E flat major and G minor will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Mon 1pm-2:30pm Jan 15, 2024 9wks \$133 (\$86sr) PR-4950

Piano Keyboarding Intermediate

This remote course is designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, and new rhythmic concepts such as triplet notes are explored. Extended ledger lines will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Thu 1pm-2:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4928

Theory Musicianship

This remote course is designed to teach you the basics of music theory. Students will learn, practice and review the music alphabet, staff notation, ledger lines, rhythm and note values, time signatures, musical symbols, accidentals, and scales. Learners must have own keyboard.

*Remote Course Offering

Thu 3pm-4:30pm Jan 18, 2024 9wks \$133 (\$86sr) PR-4930

Theory Musicianship Level II

This remote course is a continuation of the Theory Musicianship course. Students will learn,

practice and review music terms and symbols, additional rhythm and note values, intervals, key signatures, additional scales, transposition and basic chord formations/chord progressions. Focus will also be on the development of finger technique when playing the piano by applying many of the theory concepts covered in this course. Learners must have their own keyboard.

*Remote Course Offering

Fri 3pm-4:30pm Jan 19, 2024 9wks \$133 (\$86sr) PR-4942

Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while learning to hone your performance skills. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$30.00 to cover the cost of the musicians and equipment maintenance.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Jan 16, 2024 9wks \$207 (\$145sr) PR-5119

Self-Development

Apicosmetics

Focus on Beauty and the Honeybee, and how the honeybee is a creature of love, helping nature to make and render natural beauty products. We will learn how the natural products of the beehive can be used to improve and ameliorate the aesthetics of participants. All the products of the hive will be mentioned through an esthetic optic. Further discussion will include, bee venom, and how it can be used to diminish scars wrinkles and warts, and the benefits of taking honey baths to moisturize the skin, and basic first aid using products of the hive. Final price includes material fee of \$35.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Jan 16, 2024 2wks \$84 (\$67sr) PR-4690

Conflict Management

Conflict can arise with friends, family or business and considering the elements of conflict can take you to a rational place for discussion. Through this course, learn how to get on the right

track in the heat of conflict.

Overland PS 55 Overland Drive, North York

Sat 11am-1pm Jan 13, 2024 9wks \$177 (\$115sr) PR-5058

Create Your Own Natural Cosmetics

Learn how to make natural cosmetic and personal care products and the science behind it. Students will learn how to choose ingredients and the processes for making cosmetic and personal care products. Participants will be making cleanser, moisturizing lotion, night cream, shampoo, and conditioner. Final price includes a material fee of \$85.00. Alert: As we cannot guarantee a scent free environment, those with allergies to scent should avoid registering for this class.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6:30pm-8:30pm Jan 18, 2024 9wks \$262 (\$200sr) PR-5036

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 Jan 18, 2024 9wks \$365 (\$272sr) PR-5028

How to Make Your Own Oracle Cards

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

*Remote Course Offering

Mon 6pm-9pm Jan 15, 2024 1wks \$29 (\$19sr) PR-4993

How to Read Photos

Did you know that photographs of people, places and things hold a subtle energy and once you develop the skill of photo reading you can receive amazing psychic impressions of them?

Discover your clairvoyant, clairsentient, or clairaudient powers by working with photographs. Join likeminded people, have fun while learning how to become more psychically receptive no matter who or what you are reading.

*Remote Course Offering

Sat 9:30am-12:30pm Mar 9, 2024 1wks \$29 (\$19sr) PR-5059

Sustainable Living

Learn how to live more sustainably by making small changes to your current lifestyle. You'll learn about the sustainable swaps that are now available to help you reduce your use of single-use items, the essentials of eating a low-waste, plant-based diet, sustainable shops in the city that will help you consume more consciously, how to properly dispose of the waste you do produce, and much more!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6:30pm-8:30pm Jan 16, 2024 6wks \$118 (\$77sr) PR-5077

The Artist's Way

The Artist's Way is a Spiritual Path to Higher Creativity, based on Julia's Cameron book. This course is designed to help you in your artistic creative recovery, through techniques and exercises, gain self-confidence in harnessing your creative talents and skills. Human beings are born creative, and we are co-creators, together let's heal the artist within.

*Remote Course Offering

Mon 7pm-9pm Jan 22, 2024 8wks \$157 (\$102sr) PR-4994

Threads of Change: How your clothes can change the world

Unveil the truth behind your wardrobe. Join our immersive 3-hour workshop on fast fashion's hidden costs. Engage in eye-opening discussions, interactive activities, and real-world solutions. Understand the social and environmental impacts of your clothing choices. Empower yourself to make informed, conscious fashion decisions. Let's learn, interact, and change fashion's impact together!

Burnhamthorpe Cl 500 The East Mall, Etobicoke

Thu 6pm-9pm Feb 29, 2024 1wks \$29 (\$19sr) PR-5083

Thistletown Cl 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Jan 13, 2024 1wks \$29 (\$19sr) PR-5080

Sewing

Pattern Drafting and Design Part I

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$270 (\$177sr) PR-4777

Sewing Advanced

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4911

Sewing Alterations and Repairs

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets, etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Jan 17, 2024 9wks \$226 (\$149sr) PR-5001

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing

machine and following basic patterns. Learners must have their own sewing machine. Final price includes shop fee of \$5.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9:30pm Jan 17, 2024 9wks \$226 (\$149sr) PR-4721

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4769

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Jan 15, 2024 9wks \$226 (\$149sr) PR-4991

Sewing Beginner ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4955

Sewing Beginner Level II

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4763

Sewing Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Sewing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Jan 16, 2024 9wks \$270 (\$177sr) PR-4956

Sewing for the Home

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Jan 15, 2024 9wks \$270 (\$177sr) PR-4910

Sports

Badminton

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Jan 16, 2024 9wks \$182 (\$120sr) PR-4880

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4886

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:45am-1:45pm Jan 13, 2024 9wks \$182 (\$120sr) PR-4835

Badminton for Intermediate Players

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

Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4890

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. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 8pm-9:30pm Jan 18, 2024 9wks \$138 (\$91sr) PR-4702

Co-Ed Basketball

Thinking about joining other basketball enthusiasts, playing fun, friendly but competitive games? Develop basic technical and tactical skills, with dedicated time to practice skills in an inclusive and healthy competitive environment. Whether you played on a high school team and you want to brush up your skills, or you want to learn the sport, this class is for you! All levels are welcome. Final price includes a material fee of \$5.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 12:15pm-1:45pm Jan 13, 2024 9wks \$138 (\$91sr) PR-5007

Golf Beginner

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

Don Mills Collegiate Institute 15 The Donway East, North York
Mon 6:30pm-8pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4725
Leaside High School 200 Hanna Road, East York
Wed 6:30pm-8pm Jan 17, 2024 9wks \$138 (\$91sr) PR-4833

Golf Intermediate

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 8pm-9:30pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4726

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Jan 17, 2024 9wks \$138 (\$91sr) PR-4834

Golf Training Program

This golf training program is designed to offer an even more comprehensive and in-depth learning experience for golf enthusiasts of all levels. The class is structured to provide participants with a solid foundation, advanced skill development, on-course strategies, and, most importantly, a deep love for the game of golf. Final price includes material fee of \$5.00.

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 7:45pm-9:45pm Jan 18, 2024 9wks \$182 (\$120sr) PR-5085

Mastering Tennis Drills: Boost Your Skills and Performance

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-8:30pm Jan 16, 2024 9wks \$93 (\$62sr) PR-4904

Pickleball Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4760

Mon 7:30pm-9pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4761

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Jan 18, 2024 9wks \$138 (\$91sr) PR-5030

Soccer-Indoor for Men

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9:30pm Jan 16, 2024 9wks \$182 (\$120sr) PR-4697

Tennis Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-7:30pm Jan 16, 2024 9wks \$138 (\$91sr) PR-4771

Tue 7:30pm-9pm Jan 16, 2024 9wks \$138 (\$91sr) PR-4772

Wed 6pm-7:30pm Jan 17, 2024 9wks \$138 (\$91sr) PR-4779

Wed 7:30pm-9pm Jan 17, 2024 9wks \$138 (\$91sr) PR-4780

Thu 6pm-7:30pm Jan 18, 2024 9wks \$138 (\$91sr) PR-4795

Thu 7:30pm-9pm Jan 18, 2024 9wks \$138 (\$91sr) PR-4796

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Jan 15, 2024 9wks \$138 (\$91sr) PR-4895

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Jan 13, 2024 9wks \$138 (\$91sr) PR-4836

Tennis Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 8:30pm-10pm Jan 16, 2024 9wks \$138 (\$91sr) PR-4983

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:45am Jan 13, 2024 9wks \$138 (\$91sr) PR-4837

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.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Jan 17, 2024 9wks \$177 (\$115sr) PR-5099

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Jan 15, 2024 9wks \$177 (\$115sr) PR-4873

Theatre, Film & TV

Cinema Studies

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 15, 2024 9wks \$265 (\$172sr) PR-4805

Drama Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9pm Jan 15, 2024 9wks \$221 (\$144sr) PR-4758

David and Mary Thomson CI 125 Brockley Dr, Scarborough

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5089

History of Films

This comprehensive course consists of the following lectures that cover various cinema periods, topics and schools: "Silent Era" (United States, 1920s-1930s), "Between Wars"

(Germany and France, 1920s-1930s), "Hollywood Classics" (United States, 1940s-1950s), "Art Among Ruins" (Italy, 1940s-1950s), "Surrealism" (Spain, 1960s-1970s), "Stagnation and Flourishing" (Soviet Union, 1970s-1980s), "Lost Illusions" (Eastern Europe, 1990s-2000s), "Films about Films". Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Jan 18, 2024 9wks \$177 (\$115sr) PR-5027

Improv: An Introduction

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 17, 2024 9wks \$265 (\$172sr) PR-4812

Improv: Intermediate

Elevate your improvisational skills and take your comedic talents to the next level in our Improv Intermediate course. This course is for people with prior improv experience. You will refine your quick thinking skills, enhance character development, and sharpen your wit through a variety of engaging exercises and scene work, while fostering a supportive and a dynamic creative community.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-2077

Screenplay Writing: Basic Elements

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 18, 2024 9wks \$265 (\$172sr) PR-4819
