

PLEASE PRINT INFORMATION - THANK YOU

FIRST NAME: _____

LAST NAME: _____

PHONE NUMBER: _____

TAG #: X102 _____ (add last 4 digits)

Fall Session 2017: Monday September 25 th 2017 to Friday December 15 th 2017							
CENTRE CLOSED: Monday October 9 th , 2017 (Thanksgiving). REMEMBER: Syme Health Fair on Friday September 29 th , 2017							
	CLASS	LOCATION	START TIME	END TIME	PRICE	Selection	Enter Amount
MONDAY	No Classes Monday October 9th, 2017						
Club	Tai Chi Open Practice	Gym	8:30 AM	9:30 AM	\$12.00		
Wendy B.	1A Watercolour Beginner	Church Hall	8:30 AM	9:55 AM	\$45.00		
Wendy B.	1B Water Colour Advanced	Church Hall	10:00 AM	12:00 PM	\$60.00		
Sandra S.	1C Yoga	Gym	9:45 AM	10:45 AM	\$30.00		
Club	Knitters/Craft	GP Room	10:00 AM	12:00 PM	\$12.00		
Diane B.	1D Pilates	Gym	11:00 AM	12:00 PM	\$30.00		
Sally H.	1E Yoga	Gym	12:15 PM	1:15 PM	\$30.00		
Sally H.	1F Combo Chair	Church Hall	1:25 PM	2:25 PM	\$30.00		
TUESDAY							
Ilona R.	2A Decorative Art	GP Room	9:00 AM	11:00 AM	\$60.00		
Gabriela C.	2B Flex-N-Stretch	Gym	9:05 AM	9:55 AM	\$30.00		
Karen F.	2C Continuing Line Dancing	Gym	10:00 AM	11:00 AM	\$30.00		
Sylvia B.	2D Co-ed Fitness	Gym	11:05 AM	12:05 PM	\$30.00		
Sandra S.	2E Yoga	Gym	12:15 PM	1:15 PM	\$30.00		
Games	Bingo	GP Room	1:00 PM	2:30 PM	P.A.Y.P.		
Club	Photography/Computer	Conf Room	2:00 PM	3:00 PM	\$12.00		
WEDNESDAY							
Club	Woodcarving	GP Room	8:45 AM	10:45 AM	\$12.00		
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM	\$12.00		
Halyna I.	3A Cardio Boost	Gym	9:45 AM	10:45 AM	\$40.00		
Dale M.	3B Osteo Keep Fit	Church Hall	11:00 AM	11:55 AM	\$30.00		
Dale M.	3C Gentle Exercise	Church Hall	12:00 PM	12:55 PM	\$30.00		
Frank C.	3D Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM	\$30.00		
Club	Tai Chi Fan **	Gym	1:00 PM	2:00PM	\$12.00		
THURSDAY							
Club	Choir	Church Hall	9:15 AM	10:45 AM	\$12.00		
Club	Bridge	Conf Room	10:00 AM	12:00 PM	P.A.Y.P.		
Diane B.	4A Pilates	Gym	9:30 AM	10:30 AM	\$30.00		
Dale M.	4B Co-ed Fitness	Gym	10:45 AM	11:45 AM	\$30.00		
Sue Z.	4C Belly Cardio	Gym	12:00 PM	1:00 PM	\$40.00		
Club	Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM	\$12.00		
Karen F.	4D Drum Fit** (Chair Class)	Gym	2:00 PM	3:00PM	\$30.00		
FRIDAY	No Classes September 29 th , 2017						
Club	Tai Chi Open Practice	Gym	8:00 AM	9:00 AM	M/F		
Gabriela C.	5A Stretch N Flex**	Church Hall	8:05 AM	8:55 AM	\$30.00		
Games	Scrabble	GP Room	9:00 AM	11:00 AM	P.A.Y.P.		
Connie	5B Line Dance Beginner	Gym	9:00 AM	10:00 AM	\$30.00		
Connie	5C Line Dance Continuing	Gym	10:10 AM	11:10 AM	\$30.00		
	Congregate Dining	GP Room	12:00 PM	2:00 PM	P.A.Y.P.		

PROGRAM POLICIES:

1. Membership is required for all classes, clubs and activities listed above
2. WE REGRET THAT WE CANNOT COMPENSATE FOR MISSED CLASSES
3. In Classes that have previously proven to have less than the minimum of participants (10) a surcharge will be added to program cost at registration. If the class reaches more than the minimum then participants will receive a refund.
4. Classes are subject to being cancelled if the class does not reach 5 participants.

Class & Club Total	
Membership \$10.00	
Donation	
GRAND TOTAL	

Cash Cheque



NEXT REGISTRATION: November 30th, 2017

33 Pritchard Ave, Toronto, ON M6N 1T4
Tel: (416) 766-0388 www.syme55.com

Classes	Description
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Co Ed Fitness	Moderate level seated, standing and walking exercises with weight options.
Gentle Exercise	In chair strengthening exercises with use of weights and bands.
Combo Chair	A chair class to build your bones using stretch, strength, breathing and balance exercise. Weights are also used. Meditation for body and mind.
Drum Fitness	A fun chair workout drumming along to a vareity of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress relief!
Pilates	A series of core, back, leg, and arm exercises at moderate to advanced intensity.
Tai Chi (Int. & Cont.)	Slow orchestrated movements connecting body and mind to improve health and energy, and reduces stress.
Belly Cardio	A cardio workout using belly dance movements to build muscles and improve core strength. We work muscles not worked in other exercises.
Line Dance	Learn great choreographed dance moves to popular music.
Watercolour Painting (Beg. & Cont.)	Beginning and Intermediate classes, learn to paint or brush up on your skills!
Decorative Art Painting	Painting on wood, using strokes, highlighting and shadowing for home décor. Step-by-step technique, no experience necessary.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Tai Chi Open Practice	Early birds - start your morning right by practicing your Tai Chi in the company of other members. No instructions given.
Tai Chi Fan Club	Form of Tai Chi using fans. Fans take focus, balance, poise and awareness to be an effective tool in self defence.
Ballroom Dance	Open practice class to help improve ballroom dancing abilities. Singles and couples welcome.
Knitters Club	Love to knit? Not sure what to do with your creations? Group meets weekly and finished projects can be donated to charities that help children.
Men's Club	Monthly meetings held on site and in the community.
Syme Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Timely Topics	Weekly speakers and lively discussion.
Photography/Computer	Learn about your digital camera and how it interfaces with computers. Also learn about other computer usage.
Wood Carving	Great for all skill levels.
Congregate Dining	Hot meal and speakers on many relevant topics for members and special events.
Games	Pay as you Play = P.A.Y.P.
Bingo	Come and play a friendly game of Bingo and meet new people.
Bridge	Enjoy a game of Bridge.
Scrabble	Come, hang out and play a friendly game of Scrabble.