


FIRST NAME: \_\_\_\_\_

LAST NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

TAG #: X102 \_\_\_\_\_ (add last 4 digits)

Winter Session 2017: Monday January 3 <sup>rd</sup> - Friday March 31 <sup>st</sup> 2017 (13 Weeks)							
CENTRE CLOSED: Monday February 20 <sup>th</sup> , 2017 Family Day							
	CLASS	LOCATION	START TIME	END TIME	PRICE	Selection	Enter Amount
<b>MONDAY</b>	No classes Monday February 20th, 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	1:20 PM	2:20 PM	\$30.00		
<b>TUESDAY</b>							
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	12:05 PM	1:05 PM	\$40.00		
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		
<b>WEDNESDAY</b>							
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		
<b>THURSDAY</b>							
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	2:00 PM	3:00 PM	\$12.00		
<b>FRIDAY</b>							
Club	Tai Chi Open Practice	Church Hall	8:30 AM	9:30 AM			
Games	Scrabble	GP Room	9:00 AM	11:00 AM	P.A.Y.P.		
Connie	5A Line Dance Beginner	Gym	9:00 AM	10:00 AM	\$30.00		
Connie	5B 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 \$25.00	
Donation	
<b>GRAND TOTAL</b>	

Cash     Cheque

**NEXT REGISTRATION: March 2017**



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

<b>Classes</b>	<b>Description</b>
<b>Cardio Boost</b>	High energy aerobics class tailored to people 55 and over. Power walking, aerobic dance and interval training.
<b>Co Ed Fitness</b>	Moderate level seated, standing and walking exercises with weight options.
<b>Gentle Exercise</b>	In chair strengthening exercises with use of weights and bands.
<b>Combo Chair</b>	A chair class to build your bones using stretch, breathing & balance exercise. Weights are also used.
<b>Pilates</b>	A series of core, back, leg, and arm exercises at moderate to advanced intensity.
<b>Tai Chi (Int. &amp; Cont.)</b>	Slow orchestrated movements connecting body and mind that improves health and energy and reduces stress.
<b>Belly Cardio</b>	A cardio workout using belly dance movements to build muscles and improve core strength. We work muscles not worked in other exercises.
<b>Line Dance</b>	Learn great choreographed dance moves to popular music.
<b>Watercolour Painting (Beg. &amp; Cont.)</b>	Beginning and Intermediate classes, learn to paint or brush up on your skills!
<b>Decorative Art Painting</b>	Painting on wood, strokes, highlighting and shadow décor for home. Step by step technique, no experience necessary.
<b>Yoga</b>	Stretch, Breath, Strengthen and Balance to facilitate an intergration of body, mind and soul.
<b>Osteo Keep Fit</b>	A varied workout featuring weight bearing exercises to maintain strong bone health.
<b>Flex-N-Stretch</b>	Start your day off right. Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
<b>Clubs</b>	<b>Description</b>
<b>Tai Chi Open Practice</b>	Early birds - start your morning right by practicing your Tai Chi set in the company of other members. No instructions given.
<b>Ballroom Dance</b>	Open practice class to help improve ballroom dancing abilities. Singles and couples welcome.
<b>Knitters Club</b>	Love to knit, not sure what to do with your creations? Group meet weekly and finished projects can be donated to charities that help children.
<b>Men's Club</b>	Get together and outings with other men.
<b>Syme Choir</b>	Increase your singing ability and range and then put it into practice with regular performances.
<b>Timely Topics</b>	Weekly speakers and lively discussion.
<b>Photography/Computer</b>	Learn about your digital camera and how it interfaces with computers. Also learn about other computer usage.
<b>Wood Carving</b>	Great for all skill levels.
<b>Congregate Dining</b>	Hot meal, speakers on variety of relevant topics for adults 55+. Special events.
<b>Games</b>	<b>Pay as you Play = P.A.Y.P.</b>
<b>Bingo</b>	Come and play a friendly game of Bingo and meet new people.
<b>Bridge</b>	Enjoy a game of Bridge.
<b>Scrabble</b>	Come, hang out and play a friendly game of Scrabble.