

**PLEASE PRINT INFORMATION - THANK YOU**

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

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

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

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

**FALL 2019 CLASS REGISTRATION FORM**

**Monday September 23rd - Friday December 20th, 2019 (No Classes September 27th & October 14th, 2019)**

**PLEASE REGISTER FOR ALL GAMES, PROGRAMS & CLUBS THAT YOU WILL BE ATTENDING**

|                  | CLASS   | LOCATION    | START TIME | END TIME | PRICE   | Selection | Enter Amount |
|------------------|---|-------------|------------|----------|---------|-----------|--------------|
| <b>MONDAY</b>    | Center Closed Monday October 14 <sup>th</sup> , 2019 (No Make Up Classes) |             |            |          |         |           |              |
| Wendy B.         | 1A Watercolour Beginner   | Church Hall | 8:30 AM    | 9:55 AM  | \$45.00 |           |              |
| Wendy B.         | 1B Watercolour 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 Club   | GP Room     | 10:00 AM   | 12:00 PM | FREE    |           |              |
| Games            | Euchre  | Conf Room   | 10:00 AM   | 12:00 PM | P.A.Y.P |           |              |
| Diane B.         | 1D Pilates  | Gym         | 11:00 AM   | 12:00 PM | \$30.00 |           |              |
| Katrina N.       | 1E Fit and Fun  | Gym         | 12:15 PM   | 1:15 PM  | \$30.00 |           |              |
| Katrina N.       | 1F Stretch & Strengthen Chair   | Church Hall | 1:25 PM    | 2:25 PM  | \$30.00 |           |              |
| Games            | Ping Pong   | Church Hall | 2:30 PM    | 3:30 PM  | P.A.Y.P |           |              |
| <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         | 12:10 PM   | 1:10 PM  | \$30.00 |           |              |
| Games            | Bingo   | GP Room     | 1:15 PM    | 2:30 PM  | P.A.Y.P |           |              |
| <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 |           |              |
| Games            | Mah Jong  | GP Room     | 11:00 AM   | 1:00 PM  | P.A.Y.P |           |              |
| Halyna I.        | 3A Cardio Boost   | Gym         | 9:45 AM    | 10:45 AM | \$30.00 |           |              |
| Julie T.         | 3B Osteo Keep Fit   | Gym         | 11:00 AM   | 11:55 AM | \$30.00 |           |              |
| Julie T.         | 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 |           |              |
| Sandra S.        | 3E Men's Yoga <b>*NEW*</b>  | Gym         | 1:05 AM    | 2:05 AM  | \$30.00 |           |              |
| Club             | 3F Tai Chi Fan  | Church Hall | 1:00 PM    | 2:00 PM  | \$12.00 |           |              |
| Games            | Poker   | GP Room     | 1:30 PM    | 3:30 PM  | P.A.Y.P |           |              |
| <b>THURSDAY</b>  |   |             |            |          |         |           |              |
| Gabriela C.      | 4A Flex-N-Stretch   | Gym         | 8:30 AM    | 9:30 AM  | \$30.00 |           |              |
| Club             | Choir   | Church Hall | 9:15 AM    | 10:45 AM | \$12.00 |           |              |
| Games            | Bridge  | Conf Room   | 10:00 AM   | 12:00 PM | P.A.Y.P |           |              |
| Diane B.         | 4B Pilates  | Gym         | 9:30 AM    | 10:30 AM | \$30.00 |           |              |
| Luba I.          | 4C Co-ed Fitness Beginner   | Gym         | 10:45 AM   | 11:45 AM | \$30.00 |           |              |
| Luba I.          | 4D Co-ed Fitness Advanced <b>*NEW*</b>                                    | Gym         | 11:55 AM   | 12:55 PM | \$30.00 |           |              |
| Karen F.         | 4E Drum Fit   | Gym         | 1:45 PM    | 3:00 PM  | \$40.00 |           |              |
| <b>FRIDAY</b>    | No Classes Friday September 27, 2019 (No Make Up Classes)                 |             |            |          |         |           |              |
| Games            | Scrabble  | Conf Room   | 9:00 AM    | 11:00 AM | P.A.Y.P |           |              |
| Sandra S.        | 5A Yoga with Sandra   | Gym         | 9:00 AM    | 10:00 AM | \$30.00 |           |              |
| Connie           | 5B Line Dance Continuing  | Gym         | 10:10 AM   | 11:10 AM | \$30.00 |           |              |

\* P.A.Y.P = Pay as You Play \$2.00 per person per play

**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         |  |
| Donation           |  |
| <b>GRAND TOTAL</b> |  |

Cash     Cheque



**NEXT REGISTRATION AND MEMBERSHIP RENEWAL FOR 2020 : December 12th, 2019**

33 Pritchard Ave, Toronto, ON M6N 1T4

Tel: (416) 766-0388 www.syme55.com

| <b><i>Fitness Classes</i></b>         | <b><i>Description</i></b>   |
|---------------------------------------|---|
| <b>Low Intensity Classes</b>          |   |
| <b>Stretch &amp; Strengthen Chair</b> | Sitting and standing, stretching and strengthening to music. Improve joint mobility and flexibility, while also strengthening and improving circulation.                                      |
| <b>Gentle Exercise</b>                | In chair workout using a variety of equipment to maintain muscle mass and promote coordination and flexibility. Includes short health segment.  |
| <b>Co-ed Fitness Beginner</b>         | Low level seated, standing and walking exercises with weight options.   |
| <b>Medium Intensity Classes</b>       |   |
| <b>Yoga</b>                           | Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.   |
| <b>Pilates</b>                        | A series of core, back, leg, and arm exercises at moderate to advanced intensity.   |
| <b>Fit and Fun</b>                    | Move and groove to the music of the 50's, 60's & 70's. Standing and sitting, mindful movements. Meant to improve balance, stability and flexibility, as well as circulation and heart health. |
| <b>Flex-N-Stretch</b>                 | Class consists of a routine that increases flexibility and joint mobility through stretching exercises.   |
| <b>Line Dance</b>                     | Learn great choreographed dance moves to popular music.   |
| <b>Co Ed Fitness</b>                  | Moderate level standing and walking exercises with weight options.  |
| <b>Osteo Keep Fit</b>                 | A varied workout featuring weight bearing exercises to maintain strong bone health.   |
| <b>Tai Chi</b>                        | Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.   |
| <b>Tai Chi Fan</b>                    | Form of Tai Chi using fans. Fans take focus, balance, poise and awareness to be an effective tool in self defence. Instruction provided.  |
| <b>Men's Yoga</b>                     | Join the men of Syme to stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.   |
| <b>High Intensity Classes</b>         |   |
| <b>Co Ed Fitness Advanced</b>         | High level exercises that incorporate standing and walking with weights.  |
| <b>Drum Fit</b>                       | A fun chair workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress relief!  |
| <b>Cardio Boost</b>                   | High energy aerobics class. Power walking, aerobic dance and interval training.   |
| <b>Arts &amp; Clubs</b>               | <b><i>Description</i></b>   |
| <b>Watercolour Beginner</b>           | Beginner classes, learn to paint or brush up on your skills!  |
| <b>Watercolour Advance</b>            | Intermediate classes, learn to paint or brush up on your skills!  |
| <b>Decorative Art</b>                 | Painting on wood, using strokes, highlighting and shadowing for home décor. Step-by-step technique, no experience necessary.  |
| <b>Knitters Club</b>                  | 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.   |
| <b>Timely Topics</b>                  | Weekly speakers and lively discussion.  |
| <b>Men's Club</b>                     | Get together and outings with other men.  |
| <b>Choir</b>                          | 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.                                  |
| <b>Woodcarving</b>                    | Great for all skill levels.   |
| <b>Games</b>                          | <b><i>Pay as you Play = P.A.Y.P. \$2.00 Fee</i></b>   |
| <b>Bingo</b>                          | Come and play a friendly game of Bingo and meet new people.   |
| <b>Euchre</b>                         | Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.  |
| <b>Bridge</b>                         | Enjoy a game of Bridge.   |
| <b>Poker</b>                          | A game of strategy and skill.   |
| <b>Ping Pong</b>                      | A great game of hand and eye coordination, played with 2 or 4 players.  |
| <b>Mah Jong</b>                       | A game of skill, strategy, and calculation, is played with a set of 144 tiles based on Chinese characters and symbols.  |
| <b>Scrabble</b>                       | Come, hang out and play a friendly game of Scrabble.  |