




**PLEASE PRINT INFORMATION- THANK YOU (IN-PERSON/ONLINE)**

<b>FIRST NAME:</b> _____	<b>LAST NAME:</b> _____
<b>PHONE NUMBER:</b> _____	<b>TAG #: X 102</b> _____ <span style="float:right; font-size: small;">(LAST 4 DIGITS ONLY)</span>

**FALL 2022 SYME CLASS REGISTRATION FORM**


**Session Date: Monday, October 3<sup>RD</sup>, 2022 - Friday December 16<sup>TH</sup>, 2022**  
**(No Classes Monday, October 10<sup>TH</sup> & October 24<sup>TH</sup> 2022)**

**PLEASE REGISTER FOR ALL PROGRAMS YOU MAY BE ATTENDING INCLUDING GAMES AND CLUBS**

	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
<b>MONDAY</b>	Centre Closed: Monday, October 10TH & October 24TH 2022 There Will Be No Classes (NO MAKEUP CLASSES)					
Elizabeth J.	1A Watercolour	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	1B Pilates	Gym	10:00 AM	11:00 AM	\$ 33.00	
Club	Knitter's Club	Gp Room	10:00 AM	12:00 PM	FREE	
Games	Euchre	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Katrina N.	1C Fit & Fun	Zoom	11:10 AM	12:10 PM	\$ 33.00	
Julie T.	1D Osteo Keep Fit	Hybrid/Gym	12:30 PM	1:30 PM	\$ 33.00	
<b>TUESDAY</b>						
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 33.00	
Club	Timely Topics	Conference Room	9:30 AM	11:00 AM	\$ 13.00	
Games	Mah Jong	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Sylvia B.	2B Co-Ed Fitness	Zoom	11:00 AM	12:00 PM	\$ 33.00	
Karen F.	2C Line Dancing	Gym	12:10 PM	1:10 PM	\$ 33.00	
Karen F.	2D Drum Fitness	Gym	1:15 PM	2:30 PM	\$ 33.00	
<b>WEDNESDAY</b>						
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Frank C.	3A Tai Chi Intro/Continuing	Gym	12:00 PM	1:00 PM	\$ 33.00	
Club	Tai Chi Fan	Gym	1:10 PM	2:10 PM	\$ 13.00	
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	
<b>THURSDAY</b>						
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 13.00	
Gabriela C.	4A Flex N Stretch	Gym	10:00 AM	11:00 AM	\$ 33.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Luba I.	4B Co-Ed Fitness	Zoom	11:10 AM	12:10 PM	\$ 33.00	
Chris P.	4C Caribbean Dance 	Gym	12:30 PM	1:30 PM	\$ 33.00	
Sheldon G.	4D Computer Class 	Church Hall	1:00 PM	2:30 PM	\$ 33.00	
<b>FRIDAY</b>						
Martin I.	5A Yoga	Gym	10:00 AM	11:00 AM	\$ 33.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Silvana S.	5B Essentrics Fitness 	Gym	11:10 AM	12:10 PM	\$ 33.00	

**PLEASE READ BEFORE REGISTERING**

1. Registration is required for all programs, clubs and games.
2. Anyone presenting with symptoms of Covid 19 will be denied entry. You are required to stay home if you are unwell.
3. We regret that **we cannot compensate for any missed classes.**
4. The kitchen will be **CLOSED**. Please bring a water bottle and take it with you when you leave.
5. Upon Provincial/City guidelines, in person programming may be subject to cancellation.
6. There will be **NO REIMBURSEMENT** if there is a cancellation due to Provincial/City guidelines.

<b>Class &amp; Club Total</b>	
<b>2022 Membership</b>	
<b>Donation</b>	
<b>GRAND TOTAL</b>	
CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/> DEBIT/CREDIT <input type="checkbox"/>	
	
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**P.A.Y.P = Pay As You Play ( \$2.00 fee per day)**  
**Hybrid = In person & Virtual at the same time**

<b>Classes</b>	<b>Description</b>
<b>Low Intensity</b>	
<b>Watercolour</b>	Beginning classes, learn to paint or brush up on your skills!
<b>Tai Chi Intro</b>	Slow orchastrated movements connecting body and mind to improve health and energy, and reduce stress.
<b>Computer Class</b>	Instructional course on basics of computers/tablets.
<b>Yoga</b>	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
<b>Medium Intensity</b>	
<b>Osteo Keep Fit</b>	A varied workout featuring weight bearing exercises to maintain strong bone health.
<b>Pilates</b>	A series of core, back, leg and arm exercises at moderate to advanced intensity.
<b>Co-Ed Fitness</b>	Moderate level seated, standing and walking exercises with weight options.
<b>Essentrics Fitness</b>	Focuses on healthy aging with gentle workouts for all fitness levels and improves ability to move freely without pain. Strength and stretching movements to music to increase flexibility, improves the range of motion in our joints and prevents injuries.
<b>Line Dancing</b>	Learn great choreographed dance moves to popular music.
<b>Fit and Fun</b>	Standing and sitting, mindful movements to music of the 50's, 60's & 70's, meant to improve balance, stability and flexibility, as well as circulation and heart health.
<b>High Intensity</b>	
<b>Cardio Boost</b>	High energy aerobics class. Power walking, aerobic dance and interval training.
<b>Drum Fitness</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 reliever.
<b>Caribbean Dance</b>	Instructional upbeat, energetic dance exercise to caribbean music.
<b>Flex-N-Stretch</b>	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
<b>Clubs</b>	<b>Description</b>
<b>Wood Carving</b>	Create works of art with wood and sharp tools.
<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>Timely Topics</b>	Weekly speakers and lively discussion.
<b>Tai Chi Fan</b>	Form of Tai Chi using fans. Takes focus, balance, poise and awareness to be an effective tool in self defense. Instruction provided.
<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>Games</b>	<b>Pay as you Play = P.A.Y.P. \$2.00</b>
<b>Bridge</b>	Enjoy a game of Bridge.
<b>Scrabble</b>	Come hang out and play a friendly game of Scrabble.
<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>Mah Jong</b>	A game of skill, strategy, and calculation, is played with a set of 144 tiles.