

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

FIRST NAME: _____	LAST NAME: _____	
PHONE NUMBER: _____	TAG #: X 102 _____	(LAST 4 DIGITS ONLY)

Spring 2022 CLASS REGISTRATION FORM

Monday, April 4TH, 2022 - Friday June 24TH, 2022 (No Classes Friday, April 15TH & Monday, April 18TH & Friday, April 29th 2022)

*****PLEASE BE MINDFUL OF THE START & ENDING TIMES OF THE CLASSES YOU ARE CHOOSING AS WELL AS IF YOUR CLASSES ARE IN PERSON, ONLINE VIA ZOOM OR HYBRID *****

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
MONDAY	Centre Closed: No Classes April 18 TH 2022 (NO MAKEUP CLASSES)					
Susan M.	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	Knitters 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	11:00 AM	12:00 PM	\$ 33.00	
Games	Ping Pong	Gym	1:00 PM	2:00 PM	P.A.Y.P	
TUESDAY						
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 33.00	
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.	Line Dancing	Gym	12:10 PM	1:10 PM	\$ 33.00	
Karen F.	Drum Fitness	Gym	1:15 PM	2:30 PM	\$ 33.00	
WEDNESDAY						
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Julie T.	3A Osteo Keep Fit	Gym/Hybrid	11:00 AM	12:00 PM	\$ 33.00	
Frank C.	3B Tai Chi Intro/Continuing	Gym	12:10 PM	1:10 PM	\$ 33.00	
Club	3C Tai Chi Fan	Gym	1:15 PM	2:15 PM	\$ 13.00	
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	
THURSDAY						
Gabriela C.	4A Flex N Stretch	Zoom	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	
FRIDAY	Centre Closed: No Classes April 15 TH & April 29 th 2022 (NO MAKEUP CLASSES)					
Ula M.	5A Yoga	Zoom	10:00 AM	11:00 AM	\$ 33.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Connie H.	5B Sit & Fit	Zoom	11:10 AM	12:10 PM	\$ 33.00	

PLEASE READ BEFORE REGISTERING

1. Registration is required for all programs.
2. Anyone presenting with symptoms of Covid 19 will be denied entry. You are required to stay home if you are sick, unwell or have travelled within 14 days of your program.
3. The kitchen will be **CLOSED**. Please bring a water bottle and take it with you when you leave.
4. Upon Provincial/City guidelines, in person programming may be cancelled.
5. There will be **NO REIMBURSEMENT** if there is a cancellation due to Provincial/City guidelines.

Class & Club Total	
2022 Membership	
Donation	
GRAND TOTAL	
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 = Both virtually & In Person**

Classes	Description
Low Intensity	
Watercolour	Beginning classes, learn to paint or brush up on your skills!
Sit & Fit	A seated dance class with incorporated music for full body workout.
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Medium Intensity	
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
Co-Ed Fitness	Moderate level seated, standing and walking exercises with weight options.
Line Dancing	Learn great choreographed dance moves to popular music.
Fit and Fun	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.
High Intensity	
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Drum Fitness	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.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Wood Carving	Great for all skill levels.
Tai Chi Fan	Form of Tai Chi using fans. Takes focus balance, poise and awareness to be an effective tool in self defense. Instruction provided.
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.
Games	Pay as you Play = P.A.Y.P. \$2.00
Bridge	Enjoy a game of Bridge.
Scrabble	Come hang out and play a friendly game of Scrabble.
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Ping Pong	A great game of hand eye coordination, played with 2 or 4 players.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.