

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

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

**Winter 2022 CLASS REGISTRATION FORM**

Tuesday January 4<sup>TH</sup>, 2022 - Friday March 25<sup>TH</sup>, 2022 (No Classes January 3<sup>RD</sup>, February 21<sup>ST</sup> 2022)

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

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	MAX # OF PARTICIPANTS	SELECTION
<b>MONDAY</b>	Centre Closed Monday January 3 <sup>rd</sup> & February 21 <sup>st</sup> (NO MAKEUP CLASSES)						
Susan M.	1A Watercolour	<b>CANCELLED</b>					
Diane B.	1B Pilates	Zoom	10:00 AM	11:00 AM	\$33.00	UNLIMITED	
Games	Euchre	<b>CANCELLED</b>					
Katrina N.	1C Fit & Fun	Zoom	11:10 AM	12:10 PM	\$33.00	UNLIMITED	
<b>TUESDAY</b>							
Halya I.	2A Cardio Boost	Zoom	10:00 AM	11:00 AM	\$33.00	UNLIMITED	
Games	Mah Jong	<b>CANCELLED</b>					
Sylvia B.	2B Co-Ed Fitness	Zoom	11:10 AM	12:10 PM	\$33.00	UNLIMITED	
Karen F.	2C Line Dancing	<b>CANCELLED</b>					
<b>WEDNESDAY</b>							
Club	Woodcarving	<b>CANCELLED</b>					
Julie T.	3A Osteo Keep Fit	Zoom	11:00 AM	12:00 PM	\$33.00	UNLIMITED	
Community Event	Food Bank (Registration Required)	Parking Lot	2:00 PM	4:00 PM	FREE	UNLIMITED	
<b>THURSDAY</b>							
Gabriela C.	4A Flex N Stretch	Zoom	10:00 AM	11:00 AM	\$33.00	UNLIMITED	
Games	Bridge	<b>CANCELLED</b>					
Luba I.	4B Co-Ed Fitness	Zoom	11:10 AM	12:10 PM	\$33.00	UNLIMITED	
<b>FRIDAY</b>							
Sandra S.	5A Yoga	Zoom	10:00 AM	11:00 AM	\$33.00	UNLIMITED	
Games	Scrabble	<b>CANCELLED</b>					
Connie H.	5B Sit & Fit	Zoom	11:10 AM	12:10 PM	\$33.00	UNLIMITED	

**PLEASE READ BEFORE REGISTERING**

1. Registration is required for all programs.
2. Mask/face coverings are required at all times when entering, exiting the building and in common areas. They can be removed for fitness classes only.
3. You are required to show **FULL PROOF OF VACCINATION** upon entering the building.
4. 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.
5. You are permitted to enter the building 15 minutes before the start of your program and must exit no later than 15 minutes after your program has ended.
6. The kitchen will be **CLOSED**. Please bring a water bottle and take it with you when you leave.
7. You must maintain 6 feet distance at all times, follow the posted signage and the instructions of staff.
8. A waitlist for programs will be available for in person classes once capacity is reached.
9. Upon Provincial/City guidelines, in person programming may be cancelled.
10. There will be **NO REIMBURSEMENT** if there is a cancellation due to Provincial/City guidelines.

Class & Club Total		
2022 Membership		\$30.00
Donation		
<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)**

<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>Sit &amp; Fit</b>	A seated dance class with incorporated music for full body workout.
<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>Line Dance</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>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>	Great for all skill levels.
<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.