

**PLEASE PRINT INFORMATION- THANK YOU**

<b>FIRST NAME:</b> _____	<b>LAST NAME:</b> _____
<b>PHONE NUMBER:</b> _____	<b>TAG #:</b> X _____ (ALL NUMBERS)

**SYME FALL 2023 CLASS REGISTRATION FORM**

**Session Date: Monday, September 25<sup>th</sup>, 2023 - Friday December 15<sup>th</sup>, 2023**  
**(No Classes Monday, October 9<sup>th</sup>, 2023)**

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
<b>MONDAY</b>	<small>Centre Closed: Monday, October 9<sup>th</sup>, 2023 There Will Be No Classes</small>					
Diane B.	1A Pilates	Gym	9:30 AM	10:30 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.	1B Posture, Balance & Strength	Gym	10:45 AM	11:45 AM	\$ 33.00	
Julie T.	1C Osteo Keep Fit	Church Hall	12:15 PM	1:15 PM	\$ 33.00	
Games	Ping Pong	Gym	1:30 PM	2:30 PM	P.A.Y.P	
Julie T.	1D Chair Boxing	Church Hall	1:30 PM	2:30 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	
Karen F.	2B Line Dancing	Gym	12:15 PM	1:15 PM	\$ 33.00	
Karen F.	2C Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 33.00	
<b>WEDNESDAY</b>						
Connie H.	3A Line Dancing	Gym	9:15 AM	10:15 AM	\$33.00	
Club	Woodcarving	Gp Room	10:00 AM	12:00 PM	\$ 13.00	
Rebel K.	3B Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
Elaine F.	3C Tai Chi Intro/Continuing	Gym	12:15 PM	1:15 PM	\$ 33.00	
Club	Tai Chi Fan	Gym	1:20 PM	2:20 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	
Melissa M.	4B Zumba Gold	Gym	12:30 PM	1:30 PM	\$ 33.00	
Sheldon G.	4C Smartphone Class	Church Hall	11:00 AM	12:30 PM	\$ 33.00	
Sheldon G.	4D Computer Class	Church Hall	12:30 PM	2:00 PM	\$ 33.00	
<b>FRIDAY</b>						
Dylan C.	5A Yoga	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Scrabble	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Silvana S.	5B Essentrics Fitness	Gym	10:45 AM	11:45 AM	\$ 33.00	

**PLEASE READ BEFORE REGISTERING**

1. Registration is required for all programs, clubs and games.
2. Anyone presenting with symptoms of illness 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. 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>2023 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)**

<b>Classes</b>	<b>Description</b>
<b>Low Intensity</b>	
<b>Tai Chi Intro</b>	Slow orchastrated movements connecting body and mind to improve health & energy, and reduce stress.
<b>Smart Phone Class</b>	Learn how to navigate your phone with instructional help.
<b>Computer Class</b>	Instructional course on basics of computers/tablets.
<b>Zumba Gold</b>	Lower intensity version of the Latin inspired choreographed dance workout, that focuses on range of motion and balance.
<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>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>Posture, Balance &amp; Strength</b>	Standing and sitting exercises to help improve your posture, ankle, hip strength & mobility exercises for better balance, and core. Helps build upper & lower body
<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>Functional Fitness</b>	Involves improving daily movement through: mobility, core strength, flexibility .... with the use of bodyweights & bands
<b>Chair Boxing</b>	Effective alternative to conventional exercise which will help you to build strength in your upper body, lower body, and core—without using equipment. If you have limited mobility, you can build muscle without putting additional stress on the joints.
<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>Ping Pong</b>	A great game of hand eye coordination, played with 2 or 4 players.
<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.