

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

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

SYME SPRING 2023 CLASS REGISTRATION FORM

Session Date: Tuesday, April 10th, 2023 - Friday June 30th, 2023
(No Classes Monday April 10th, Friday April 14th, Monday May 22nd, & Monday June 26th, 2023)

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
MONDAY	<small>Centre Closed: Monday, April 10th, Monday May 22nd, & Monday June 26th, 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	
TUESDAY						
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	12:15 PM	1:15 PM	\$ 33.00	
Karen F.	2D Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 33.00	
WEDNESDAY						
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	
THURSDAY						
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	
Sheldon G.	4B Smart Phone Class	Gp Room	11:00 AM	12:00 PM	\$ 33.00	
Chris P.	4C Caribbean Dance	Gym	12:30 PM	1:30 PM	\$ 33.00	
Sheldon G.	4D Computer Class	Church Hall	12:00 PM	1:00 PM	\$ 33.00	
Sheldon G.	4E Tech Support (By Appointment Only)	Conference Room	1:00 PM	2:00 PM	FREE	
FRIDAY	<small>There Will Be No Classes Friday, April 14th, 2023</small>					
Dylan C.	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

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

Class & Club Total	
2023 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)

Classes	Description
Low Intensity	
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.
Computer Class	Instructional course on basics of computers/tablets.
Smartphone Class	Learn how to navigate your phone with instruction help.
Tech Support	One on one Support with instructor for help with personal devices such as phones, computers and or tablets.
Yoga	Stretch, breathe, strength 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. This class will be done standing but can also accommodate seated exercise.
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.
Essentrics Fitness	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.
Line Dancing	Learn great choreographed dance moves to popular music.
Posture, Balance & Strength	Standing and sitting exercises to help improve your posture, ankle, hip strength & mobility for better balance, and core. Helps build upper & lower body strength with light weights. Includes low impact aerobic exercises to improve cardiovascular 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.
Caribbean Dance	Instructional upbeat, energetic dance exercise to caribbean music.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Wood Carving	Create works of art with wood and sharp tools.
Choir	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.
Timely Topics	Weekly speakers and lively discussion.
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.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.