

PLEASE PRINT INFORMATION- THANK YOU (IN PERSON ONLY)

FIRST NAME: _____	LAST NAME: _____
PHONE NUMBER: _____	TAG #: X _____ (All Digits)

SYME SUMMER 2023 CLASS REGISTRATION FORM

**Session Date: Monday, July 10th - Friday, September 8th, 2023
(No Classes Monday, August 7th & Monday, September 4th, 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, August 7th & Monday September 4th, 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	1:00 PM	2:00 PM	P.A.Y.P	
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	
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	
WEDNESDAY						
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						
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	Church Hall	11:00 AM	12:30 PM	\$ 33.00	
Sheldon G.	4C Computer Class	Church Hall	12:30 PM	2:00 PM	\$ 33.00	
FRIDAY						
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	

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 reusable water bottles. **NO GLASS ALLOWED IN THE GYM.**
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.

Class & Club Total	
2023 Membership	
Donations	
GRAND TOTAL	

CASH CHEQUE DEBIT/CREDIT



33 Pritchard Ave, Toronto, ON M6N 1T4
Tel: (416) 766-0388
www.syme55.com

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.
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.
Line Dancing	Learn great choreographed dance moves to popular music.
Yoga	Medium intensity stretch, breathe, strength and balance to facilitate an integration of body, mind and spirit.
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.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
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.
Ping Pong	A great game of hand eye coordination, played with 2 or 4 players.
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.