

PLEASE PRINT INFORMATION - THANK YOU

FIRST NAME: _____ **LAST NAME:** _____

PHONE NUMBER: _____ **TAG #: X** _____ (ALL NUMBERS)

SYME SPRING 2024 CLASS REGISTRATION FORM


Session Date: Monday, April 8th, 2024 - Friday, June 28th, 2024
(No Classes Friday, April 26th, Monday, May 20th, 2024)

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	SELECTION
MONDAY	No Classes: Monday, May 20th, 2024.					
Lisa B.	1A Watercolour Class	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	1B 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	
Susi H.	1C African Dance	Gym	10:45 AM	11:45 AM	\$ 33.00	
Melissa M.	1D Barr Fitness	Gym	12:10 PM	1:10 PM	\$ 33.00	
Games	Ping Pong	Gym	1:30 PM	2:30 PM	P.A.Y.P	
Julie T.	1E Chair Boxing	Church Hall	1:30 PM	2:30 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	
Julie T.	2B Osteo Keep Fit	Gym	10:10 AM	11:10 AM	\$ 33.00	
Karen F.	2C Line Dancing	Gym	11:30 AM	12:30 PM	\$ 33.00	
Club	Hand Dance	Conference Room	12:45 PM	1:15 PM	\$ 13.00	
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	
Rebel K.	3A Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 33.00	
Elaine F.	3B Tai Chi Intro/Continuing	Gym	12:15 PM	1:15 PM	\$ 13.00	
Silvana S.	3C Chair Yoga	Gym	1:30 PM	2:30 PM	\$ 33.00	
THURSDAY						
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 13.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Melissa M.	4A Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 33.00	
Sheldon G.	4B Technology Basics	Church Hall	12:30 PM	2:00 PM	\$ 33.00	
FRIDAY	No Classes: Friday, April 26th, 2024.					
Silvana S.	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.

Class & Club Total	
2024 Membership	
Donation	
GRAND TOTAL	
CASH <input type="checkbox"/> CHEQUE <input type="checkbox"/> DEBIT/CREDIT <input type="checkbox"/>	
  	
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	
Watercolour Class	Watercolour class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
Tai Chi Intro	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
Technology Basics	Basics technology help for you to be more comfortable with your devices and internet browsing.
Barr Fitness	Elements of dance, pilates and yoga into a light workout that will help with your posture and flexibility while strengthening your entire body.
Chair Yoga	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair
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. This class will be done standing up but can also accomodate seated exercise.
Co-Ed Fitness	Moderate level seated, standing and walking exercises. A side step and great mind to generate a healthy body. Come and have fun.
African Dance	Class focuses on cultural movements combined with upbeat music.
Pilates	A series of core, back, leg and arm exercises at moderate to advanced intensity.
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.
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.
Functional Fitness	Involves improving daily movement through: mobility, core strength, flexibility with the use of bodyweights & bands.
Chair Boxing	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.
Clubs	Description
Wood Carving	Create works of art with wood and sharp tools.
Hand Dance	A class great for mind and body coordination, while following instructed hand movements.
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.
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.
Ping Pong	A great game of hand eye coordination, played with 2 or 4 players.
Cribbage	The objective is to be the first player to get 121 points. The gameplay is divided into three distinct parts; The Deal, The Play and The Show.
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.