

# FOR OFFICE USE ONLY

## SYME SPRING 2025 CLASS REGISTRATION FORM

Session Date: Monday, April 7<sup>th</sup>, 2025 - Monday, June 30<sup>th</sup>, 2025

(No Class Friday, April 18<sup>th</sup>; Monday, April 21<sup>st</sup> & Monday, May 19<sup>th</sup>, 2025)

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	CHECK SELECTION
<b>MONDAY</b>	<b>11 Weeks</b>					
Lisa B.	1A Mixed Media Art Class	Church Hall	9:30 AM	11:30 AM	\$ 66.00	
Diane B.	1B Pilates	Gym	9:30 AM	10:30 AM	\$ 33.00	
Games	Euchre	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Michael A.	1C Yoga	Gym	10:40 AM	11:40 AM	\$ 33.00	
Luba I.	1D Osteo Keep Fit	Gym	11:50 AM	12:50 PM	\$ 33.00	
Luba I.	1E Co-Ed Fitness	Gym	1:00 PM	2:00 PM	\$ 33.00	
<b>TUESDAY</b>	<b>12 Weeks</b>					
Halyna I.	2A Cardio Boost	Gym	9:00 AM	10:00 AM	\$ 36.00	
Club	Timely Topics	Gp Room	9:30 AM	11:00 AM	\$ 15.00	
Games	Mah Jong	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Karen F.	2B Level 1 Line Dancing	Gym	10:15 AM	11:15 AM	\$ 36.00	
Karen F.	2C Level 2 Line Dancing	Gym	11:30 AM	12:30 PM	\$ 36.00	
Club	Hand Dance	Gp Room	12:45 PM	1:15 PM	\$ 15.00	
Karen F.	2D Standing Drum Fitness	Gym	1:30 PM	2:30 PM	\$ 36.00	
<b>WEDNESDAY</b>	<b>12 Weeks</b>					
Rebel K.	3A Functional Fitness	Gym	9:45 AM	10:45 AM	\$ 36.00	
Club	Woodcarving	Gp Room	9:30 AM	11:00 AM	\$ 15.00	
Karen F.	3B Chair Dance	Church Hall	10:00 AM	11:00 AM	\$ 36.00	
Rebel K.	3C Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 36.00	
Elaine F.	3D Tai Chi Intro	Gym	12:15 PM	1:15 PM	\$ 36.00	
Michael A.	3E Chair Yoga	Church Hall	1:30 PM	2:30 PM	\$ 36.00	
<b>THURSDAY</b>	<b>12 Weeks</b>					
Club	Choir	Church Hall	9:30 AM	11:00 AM	\$ 15.00	
Halyna I.	4A Aerobics	Gym	9:30 AM	10:30 AM	\$ 36.00	
Games	Bridge	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Games	Cribbage	Conference Room	10:00 AM	12:00 PM	P.A.Y.P	
Sheldon G.	4B Technology Class	Church Hall	11:30 AM	12:30 PM	\$ 36.00	
Sheldon G.	4C Ask Sheldon	Confernece Room	12:30 PM	1:30 PM	\$ 15.00	
Yushan C.	4D Stretch & Strength	Gym	12:30 PM	1:30 PM	\$ 36.00	
Games	Canasta	Gp Room	1:00 PM	3:00 PM	P.A.Y.P	
<b>FRIDAY</b>	<b>11 Weeks</b>					
Michael A.	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	
Rebel K.	5B Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 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/ no glass allowed in the Gym.

**Class & Club Total**

**2025 Membership**

**Donation**

**GRAND TOTAL**

CASH  CHEQUE  DEBIT/CREDIT



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**P.A.Y.P = Pay As You Play ( \$2.50 fee per game)**

<b>Classes</b>	<b>Description</b>
<b>Low Intensity</b>	
<b>Mixed Media Arts Class</b>	Mixed media art class designed to provide a supportive and inclusive environment for seniors to engage in all levels of artistic expression.
<b>Tai Chi Intro</b>	Slow orchestrated movements connecting body and mind to improve health & energy, and reduce stress.
<b>Technology Class</b>	Technology help for you to be more comfortable with your devices and internet browsing.
<b>Aerobics</b>	Lower intensity rhythmic movements that engage full body activity.
<b>Chair Yoga</b>	Accessible version of yoga which includes moderate movement and stretching, while sitting on a chair
<b>Chair Dance</b>	Try this fun low impact exercise, that engages and integrates rhythm and movement all while seated. For all levels of fitness.
<b>Yoga</b>	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
<b>Medium Intensity</b>	
<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 to get your body moving.
<b>Osteo Keep Fit</b>	A varied workout featuring weight bearing exercises to maintain strong bone health. This class will be done standing but can also accommodate seated exercise.
<b>Line Dancing</b>	Learn great choreographed dance moves to popular music.
<b>High Intensity</b>	
<b>Cardio Boost</b>	High energy aerobics class. Power walking, aerobic dance and interval training.
<b>Stretch &amp; Strength</b>	Standing and sitting exercises to help improve your bone and muscle strength. Will help you to improve your range of motion as well as improved wellness.
<b>Standing Drum Fitness</b>	A high intensity standing 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>Clubs</b>	<b>Description</b>
<b>Wood Carving</b>	Create works of art with wood and sharp tools.
<b>Hand Dance</b>	A class great for mind and body coordination, while following instructed hand movements.
<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>Ask Sheldon</b>	Bring your questions, concerns and or need for help with your phones, tablets or laptops for personal 15 min duration help with Sheldon our tech advisor.
<b>Timely Topics</b>	Weekly speakers and lively discussion.
<b>Games</b>	<b>Pay as you Play = P.A.Y.P. \$2.50/game</b>
<b>Bridge</b>	Enjoy a game of Bridge.
<b>Cribbage</b>	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.
<b>Canasta</b>	Card game where players attempt to make melds of seven cards of the same rank and "go out" by playing all cards in their hands.
<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.