

PLEASE PRINT INFORMATION - THANK YOU

FIRST NAME: _____

LAST NAME: _____

PHONE NUMBER: _____

TAG #: X102 _____ (add last 4 digits)

WINTER 2020 CLASS REGISTRATION FORM

Monday January 6th, 2020 - Friday March 27th, 2020 (No Classes February 17th 2020)

PLEASE REGISTER FOR ALL GAMES, PROGRAMS & CLUBS THAT YOU WILL BE ATTENDING

	CLASS	LOCATION	START TIME	END TIME	PRICE	Selection	Enter Amount
MONDAY	Center Closed Monday February 17 th , 2020 (No Make Up Classes)						
Wendy B.	1A Watercolour Beginner	Church Hall	8:30 AM	9:55 AM	\$45.00		
Wendy B.	1B Watercolour Advanced	Church Hall	10:00 AM	12:00 PM	\$60.00		
Sandra S.	1C Yoga	Gym	9:45 AM	10:45 AM	\$30.00		
Club	Knitters Club	GP Room	10:00 AM	12:00 PM	FREE		
Games	Euchre	Conf Room	10:00 AM	12:00 PM	P.A.Y.P		
Diane B.	1D Pilates	Gym	11:00 AM	12:00 PM	\$30.00		
Katrina N.	1E Co-ed Strength & Balance	Gym	12:15 PM	1:15 PM	\$30.00		
Katrina N.	1F Stretch & Strengthen Chair	Church Hall	1:25 PM	2:25 PM	\$30.00		
Games	Ping Pong	Church Hall	2:30 PM	3:30 PM	P.A.Y.P		
TUESDAY							
Ilona R.	2A Decorative Art	GP Room	9:00 AM	11:00 AM	\$60.00		
Gabriela C.	2B Flex-N-Stretch	Gym	9:05 AM	9:55 AM	\$30.00		
Karen F.	2C Continuing Line Dancing	Gym	10:00 AM	11:00 AM	\$30.00		
Sylvia B.	2D Co-ed Fitness	Gym	11:05 AM	12:05 PM	\$30.00		
Sandra S.	2E Yoga	Gym	12:10 PM	1:10 PM	\$30.00		
Games	Bingo	GP Room	1:15 PM	2:30 PM	P.A.Y.P		
WEDNESDAY							
Club	Woodcarving	GP Room	8:45 AM	10:45 AM	\$14.00		
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM	\$14.00		
Games	Mah Jong	GP Room	11:00 AM	1:00 PM	P.A.Y.P		
Halyna I.	3A Cardio Boost	Gym	9:45 AM	10:45 AM	\$30.00		
Julie T.	3B Osteo Keep Fit	Gym	11:00 AM	11:55 AM	\$30.00		
Julie T.	3C Gentle Chair Exercise	Church Hall	12:00 PM	12:55 PM	\$30.00		
Frank C.	3D Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM	\$30.00		
Club	3E Tai Chi Fan	Gym	1:00 PM	2:00 PM	\$14.00		
Games	Poker	GP Room	1:30 PM	2:30 PM	P.A.Y.P		
THURSDAY							
Gabriela C.	4A Flex-N-Stretch	Gym	8:30 AM	9:30 AM	\$30.00		
Alice. D	4B Choir	Church Hall	9:15 AM	10:45 AM	\$14.00		
Games	Bridge	Conf Room	10:00 AM	12:00 PM	P.A.Y.P		
Diane B.	4C Pilates	Gym	9:30 AM	10:30 AM	\$30.00		
Luba I.	4D Co-ed Fitness Beginner	Gym	10:45 AM	11:45 AM	\$30.00		
Luba I.	4E Co-ed Fitness Advanced	Gym	11:55 AM	12:55 PM	\$30.00		
Karen F.	4F Drum Fitness	Gym	1:45 PM	3:00 PM	\$30.00		
FRIDAY							
Games	Scrabble	Conf Room	9:00 AM	11:00 AM	P.A.Y.P		
Sandra S.	5A Yoga	Gym	9:00 AM	10:00 AM	\$30.00		
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM	\$30.00		

* P.A.Y.P = Pay as You Play \$2.00 per person per play

PROGRAM POLICIES:

- Membership is required for all classes, clubs and activities listed above
- WE REGRET THAT WE CANNOT COMPENSATE FOR MISSED CLASSES
- In Classes that have previously proven to have less than the minimum of participants (10) a surcharge will be added to program cost at registration. If the class reaches more than the minimum then participants will receive a refund.
- Classes are subject to being cancelled if the class does not reach 5 participants.

Class & Club Total	
2020 Membership	\$25.00
Donation	
GRAND TOTAL	

Cash Cheque



NEXT REGISTRATION FOR SPRING : Thursday, March 12th, 2020

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

<i>Fitness Classes</i>	<i>Description & Intensity Level</i>
Low Intensity Classes	
Stretch & Strengthen Chair	Sitting and standing, stretching and strengthening to music. Improve joint mobility and flexibility, while also strengthening and improving circulation.
Gentle Chair Exercise	In chair workout using a variety of equipment to maintain muscle mass and promote coordination and flexibility. Includes short health segment.
Co-ed Fitness Beginner	Low level seated, standing and walking exercises with weight options.
Medium Intensity Classes	
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Pilates	A series of core, back, leg, and arm exercises at moderate to advanced intensity.
Co-ed Strength & Balance	Strengthen with weights and bands. Standing low impact cardio exercises designed to strengthen core, arms, legs, and improve balance and heart health.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Line Dance	Learn great choreographed dance moves to popular music.
Co Ed Fitness	Moderate level standing and walking exercises with weight options.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Tai Chi	Slow orchestrated movements connecting body and mind to improve health and energy, and reduce stress.
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 relief!
Tai Chi Fan	Form of Tai Chi using fans. Fans take focus, balance, poise and awareness to be an effective tool in self defence. Instruction provided.
High Intensity Classes	
Co Ed Fitness Advanced	High level exercises that incorporate standing and walking with weights.
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Arts & Clubs	<i>Description</i>
Watercolour Beginner	Beginner classes, learn to paint or brush up on your skills!
Watercolour Advanced	Intermediate classes, learn to paint or brush up on your skills!
Decorative Art	Painting on wood, using strokes, highlighting and shadowing for home décor. Step-by-step technique, no experience necessary.
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.
Timely Topics	Weekly speakers and lively discussion.
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.
Woodcarving	Great for all skill levels.
Games	<i>P.A.Y.P. = Pay as you Play; \$2.00 Fee</i>
Bingo	Come and play a friendly game of Bingo and meet new people.
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Bridge	Enjoy a game of Bridge.
Poker	A game of strategy and skill. For those who know how to play and those willing to learn.
Ping Pong	A great game of hand and eye coordination, played with 2 or 4 players.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.
Scrabble	Come, hang out and play a friendly game of Scrabble.