

**PLEASE PRINT INFORMATION - THANK YOU**

<b>FIRST NAME:</b> _____	<b>LAST NAME:</b> _____
<b>PHONE NUMBER:</b> _____	<b>TAG #: X</b> _____ <span style="float:right">(ALL NUMBERS)</span>

**SYME FALL 2024 CLASS REGISTRATION FORM**

**Session Date: Monday, September 30<sup>th</sup> 2024 - Friday, December 20<sup>th</sup>, 2024**  
**(No Classes Monday, October 14<sup>th</sup>, 2024)**

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

	CLASS	LOCATION	START TIME	END TIME	PRICE	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	
Yushan C.	1E Stretch & Strength	Gym	1:00 PM	2:00 PM	\$ 33.00	
Yushan C.	1F Gentle Chair	Church Hall	2:15 PM	3:15 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	10:00 AM	12:00 PM	\$ 15.00	
Rebel K.	3B Functional Fitness	Gym	11:00 AM	12:00 PM	\$ 36.00	
Elaine F.	3C Tai Chi Intro	Gym	12:15 PM	1:15 PM	\$ 36.00	
Michael A.	3D 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	Gp Room	10:00 AM	12:00 PM	P.A.Y.P	
Sheldon G.	4B Technology 101 Beginners	Church Hall	11:30 AM	12:30 PM	\$ 36.00	
Sheldon G.	4C Technology 101 Advanced	Church Hall	12:40 PM	1:40 PM	\$ 36.00	
<b>FRIDAY</b>	<b>12 Weeks</b>					
Michael A.	5A Yoga	Gym	9:30 AM	10:30 AM	\$ 36.00	
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	\$ 36.00	

**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.

<b>Class &amp; Club Total</b>	
<b>2024 Membership</b>	
<b>Donation</b>	
<b>GRAND TOTAL</b>	
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 ( \$2.50 fee per day)**

Classes	Description
<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 101 Beginners</b>	Beginner level technology help for you to be more comfortable with your devices and internet browsing.
<b>Technology 101 Advanced</b>	Intermediate & advanced level 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>Gentle Chair</b>	Low intensity seated cardio class
<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>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>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 accomodate seated exercise.
<b>Essentrics Fitness</b>	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.
<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>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>Timely Topics</b>	Weekly speakers and lively discussion.
<b>Games</b>	<b>Pay as you Play = P.A.Y.P. \$2.50</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>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.