

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors



FALL 2024

Registration opens
August 14th

communityprograms@tdsb.on.ca | 416 - 338 - 4111



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Learn4Life.ca - Adult General Interest Courses

General Interest Programs Adults 18+ and Seniors

Program Information

General Interest courses are for adults, 18 years of age and older. Seniors' Daytime courses are for registrants 65 years of age and older. For more information please visit www.learn4life.ca to view the Learn4Life - Frequently Asked Questions.

Important Dates

Registration Opens: Wednesday, August 14, 2024 at 8:30am

Classes Begin: Saturday, September 14, 2024

Registration Information

There are four easy ways to register: online, telephone, mail, and where special considerations must be made, in-person. To register by mail please visit the website for the registration form. An account and email address is required to register for a course.

Social Assistance documents are required to qualify for the subsidized rate. Material fees, if applicable are extra. Learners eligible for the subsidized rate must have an account. Learners can upload their social assistance documents and registration form to their account. View the step-by-step instruction guide on 'How to upload file on student account' available on the website. Please note: Learners must email communityprograms@tdsb.on.ca with the Subject line: 'Proof of Social Assistance Document and Registration Form Upload' to inform Learn4Life staff that their documents and request for registration have been uploaded, and are ready for review before they are registered for a course.

Payment Information

Visit www.learn4life.ca and use your VISA or MasterCard to pay.

*Seniors (65 and over) receive a 30% discount on course fees.

*Subsidy Learners (if eligible) receive an 80% discount on course fees.

*Material fees are collected centrally at the time of registration. No discounts apply.

*All fees include HST

Fees for the Spring and Summer 2025 terms are under review and will be shared at the appropriate time.

In-Person Accommodation

In our efforts to accommodate learners who are not able to register using the online registration system, the Learn4Life team can make arrangements for in-person registration, by appointment only, starting Wednesday, August 14, 2024. Appointments will only be held for a short period starting Wednesday August 14. No walk-in registrations will be seen, as appointments are only for those who need an accommodation. Appointments can be scheduled for learners who do not have a credit card and need to pay by cash or cheque by emailing us at communityprograms@tdsb.on.ca with the subject line: In-person Accommodation.

Notice of office relocation: the Continuing Education, Learn4Life office has moved to John Polanyi Collegiate Institute, 640 Lawrence Avenue West, North York, ON, M6A 1B1.

Our temporary office is at the rear of the building. Kindly note that there is no direct access to the Learn4Life office from within the building. Parking areas are available at the back of the building. For visitors arriving at the front entrance, we kindly request you proceed eastward and around the building to reach the temporary office entrance.

Refund Policy

All refunds will be processed according to our new refund policy, which includes changes to timeframes and conditions. Please review the policy available on page 4. All refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

Note: Although the system will accept a pre-paid credit card, to ensure a refund is returned to the user if requested, it is not recommended to use a pre-paid VISA or MasterCard when registering for a course.

Cancelled Courses

A minimum number of registrants is required for a class to run. The Toronto District School Board (TDSB) has the right to make the final decision to open or close a class, or to revise the fee structure. If a course does not meet the enrolment minimum, and is therefore cancelled, every effort will be made to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund.

Program Accommodation

The TDSB strives to meet the accommodation needs of persons with disabilities. Registrants are

encouraged to make their needs for accommodation known in advance of commencing a Learn4Life class. If you require accommodation, including arrangements related to a fire safety plan, please contact the TDSB Continuing Education Office at 416-338-4111.

Community Programs – Learn4Life Refund and Transfer Policy

The Toronto District School Board (TDSB) will process a full refund if the TDSB receives the written request for refund before the course begins.

Refunds are processed back to the original credit card used for payment. Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4 to 6 weeks. The option to keep funds on the TDSB Learn4Life account is no longer available.

For courses under five weeks in duration:

No refunds or transfer requests will be considered after the class begins.

For courses five weeks or longer ***NEW***:

If you withdraw after the first class, a pro-rated refund (minus a \$15.00 administrative fee per course plus a portion of the material fee if applicable) will be processed if the TDSB receives the request for refund in writing.

No refunds or transfers will be considered once the second class has started.

For subsidized courses: No refunds or transfers will be considered after the class begins. If TDSB cancels the course before it begins, the refund will be issued to the TDSB Learn4Life account.

Summer Refund Policy: No refund or transfer requests will be considered after the class begins.

All requests for a refund or transfer must be made in writing. The effective date of the withdrawal is the date the withdrawal notice is received by the TDSB.

There are two ways to submit requests:

1. Email: communityprograms@tdsb.on.ca
2. On-Line: www.learn4life.ca

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Art

Abstract Painting

In this beginner course, learn to create abstract paintings that express your inner vision to convey the feeling of something, rather than what it looks like. This is not a technical course; it's about finding your artistic vision. Each session will start with a guided demonstration and explores the different techniques used to create an Abstract composition. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 10am-1pm Sep 20, 2024 11wks \$341 (\$239sr) PR-5558

Acrylic Painting Beginner

Explore your individual creative expression through an understanding of basic techniques used in acrylic painting. In this course, step by step demonstrations will outline the painting process from start to finish; including preparation of canvas, colour composition and mixing, choosing painting tools, mixing materials into the paint to achieve various effects and sealing your artwork. Learners are required have their own materials, a list will be provided in the first class.

Leaside High School 200 Hanna Road, East York
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5922
Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 1:30pm-4:30pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5562

Acrylic Painting Beginner/Intermediate

An excellent paint to learn with, acrylics are water-based and easy to use. At the first class we'll tell you what supplies you'll need, where to get them and all about the course. Learn to paint with an experienced artist and teacher. No oil paints. Learners are required to provide own materials.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5694

Acrylic or Oil Beginner

Discover the essential techniques of Painting. Learn color mixing, composition, brushworks, values, design, proportions and perspectives using still life and landscape examples. You can paint using Acrylic or Oil and develop your confidence in putting together a successful painting. Learners must provide their own materials.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-9pm Sep 17, 2024 11wks \$341 (\$239sr) PR-6055

Action Art

Creativity meets spontaneity in action art, where movement and expression intersect to create dynamic artistic freedom. Experiment with unconventional tools, unconventional canvases, and physical gestures to create visually striking masterpieces. This course is designed for those seeking an exhilarating and liberating approach to art, where the process is as fun and exciting as the finished piece. Various mediums will be used. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto
Thu 7:30pm-9:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5717

Art Appreciation

Explore visual art forms and their cultural connections. Learn a broad knowledge of the elements, principles, content and meaning of art. Understand the visual art in different forms and depth of history, explore the role and effect of major art pieces in societies, history and multi-cultures.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9pm Sep 17, 2024 11wks \$284 (\$199sr) PR-5698

Art and Nature: Crafting

Connections

Come draw through the seasons! Let's immerse ourselves in capturing the beauty of the transient nature in our sketchbooks in this course suited for all levels. Master the basics of observing nature, look and interpret the world around us. Learn to breakdown complex plant structures, grasp textures and play with compositions to create an original piece of art. Immerse yourself in guided sessions using a range of different art mediums to foster a deep meditative connection with nature and art. Learners will provide their own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-9pm Sep 18, 2024 6wks \$186 (\$130sr) PR-6099

Bringing Stories to Life Through Book Illustrations

Explore the captivating world of book illustration. Delve into the art of visual storytelling, as you learn the fundamentals of creating illustrations for books. You will learn various techniques, styles, and mediums to bring your narratives to life, making your illustrations an important component of any literary masterpiece. Final price includes a material fee of \$15.00.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$356 (\$254sr) PR-5696

Calligraphy ★

Learn the art of beautiful writing. You will begin with basic strokes and letterforms then progress to explore various alphabets. Projects include bookmarks, cards, envelopes and simple books. You are required to provide your own supplies, for a list of items required, please visit the website.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9:30am-12pm Sep 19, 2024 11wks \$284 (\$199sr) PR-5573

St. Luke's United Church

Tue 10am-12pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5575

Calligraphy Beginner

Embark on a journey of elegance and precision. This course is designed for beginners who would like to learn the foundational principles of calligraphy. Learn classic scripts and create stunning hand-lettered artwork. You will develop the skill to the art of beautiful writing. You are required to provide your own supplies, for a list of items required, please visit the website.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-5872

Ceramic Art: Ideas and

Techniques

Learn advanced techniques in both decorative and conceptual ceramic art making. You will be encouraged to create unique and original work. We will focus on concepts, creativity and craft. Learners should have intermediate level skills. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$401 (\$299sr) PR-5714

Chinese Brush Painting ★

Learn Chinese brush techniques in a 'free-hand' style on a wide range of subjects, including line-drawing, wash-and-ink, wash-and-colour and special effects. Understand Chinese painting using a synthesis of art, culture, theory and philosophy. Detailed instruction and demonstration is provided. You will be able to start creative works in your own way. No experience required.

Second Mile Club - Kensington Gardens Kensington Gardens, 25 Brunswi, Toronto

Fri 10am-12:30pm Sep 20, 2024 11wks \$284 (\$199sr) PR-5576

Chinese Brush Painting

Intermediate ★

Learn and develop techniques and skills based on your existing level. Explore Chinese art including Chinese brush painting, calligraphy, seals, history and philosophy, mounting and framing, etc. Enhance your aesthetic knowledge and gain more ability to appreciate Chinese art and create your own artwork. Detailed lectures, and demonstrations provided. Completion of the Beginner level is strongly recommended.

Second Mile Club - Kensington Gardens Kensington Gardens, 25 Brunswi, Toronto
Fri 1pm-3:30pm Sep 20, 2024 11wks \$284 (\$199sr) PR-5577

Drawing Beginner

Learn the fundamental techniques of basic perspective, depth, tone, line, and shape. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5716

Drawing For People Who Can't Draw

In this course, we will focus on looking, seeing, form, perspective, composition, line and shading techniques, and texture. We will draw a variety of subject matter using pencil, charcoal, conte, pen and ink and coloured pencils.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-8:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5937
Leaside High School 200 Hanna Road, East York
Mon 6:30pm-9pm Sep 16, 2024 11wks \$284 (\$199sr) PR-5911

Drawing Step-by-Step

Using a variety of drawing materials, in this Remote course you will learn drawing technique step by step as well as art principles displayed in master pieces. An intensive instruction, detailed hands-on demonstration and self critical review will be provided. No experience is required. Learners are required to supply their own art materials: pencils and other drawing tools, sketchbook, eraser and clip board.

*Remote Course Offering
Tue 1pm-3:30pm Sep 17, 2024 11wks \$284 (\$199sr) PR-5578

Drawing and Painting Beginner

In this course you will use a variety of drawing materials, explore form, composition and learn about

proportion, depth and colour. Learners will be required to purchase their own materials.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:30am-12:30pm Sep 14, 2024 11wks \$341 (\$239sr) PR-6028

Overland PS 55 Overland Drive, North York

Mon 6pm-9pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5552

Drawing and Painting in Mixed Media

In this creative course, participants will explore watercolours, pens, charcoal, acrylic and collage to create a series of artwork in mixed media. They will learn to use individual mediums and combine them with other materials to create textured and layered drawings and paintings. The course is suitable for all levels, guiding beginners to build skills and gain confidence in using a variety of media, and enabling more experienced participants the possibilities of further developing their art style. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 24, 2024 10wks \$310 (\$217sr) PR-5695

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9pm Sep 19, 2024 11wks \$284 (\$199sr) PR-6150

Drawing and Painting: Animals, Wildlife and Endangered Species

Learn about materials, drawing and painting techniques, 'mixed media' layering process, relative proportion, 3D fur and texture illusions, and details, and apply it to various projects to nurture confidence in creating future works. Materials to be explored: Watercolour, Coloured pencil, Ink, Charcoal. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5887

Drawing and Sketching: Landscape Study

Let nature inspire you as you improve your technique, design and composition skills, and understanding of perspective and lighting. Work with pastel, charcoal, watercolour and ink on different papers.

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 10am-12:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5561

Drawing and Watercolour

Learn and develop the skills from varied drawing tools to watercolour based on existing level, allowing participants to engage in creative activities from the comfort of their own spaces. Detailed step-by-step demonstrations are conducted, intensive instruction on art principles and critical reviews help to build

up confidence in learning process. Learners need to prepare their drawing and watercolour supplies.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9pm Sep 19, 2024 11wks \$284 (\$199sr) PR-6053

Drawing and Watercolour-All Levels

Learn about the methods and media used to create watercolour. Explore form, colour, and composition. Taught with demonstrations, group and individual instruction.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Sep 17, 2024 11wks \$341 (\$239sr) PR-5560

Exploring Acrylic Painting: Bring to Life Your Artistic Vision

Embark on a colourful journey of self-expression and skill development in our Exploring Acrylic Painting course. Delve into the world of vibrant colours and unleash your artistic vision through guided techniques and exercises. From learning brushstrokes to understanding colour theory, this course is designed for beginners and intermediate painters alike. Learn to express your unique perspective on canvas, explore various styles, and develop a deeper connection with your creative process. Learners must provide own materials.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5888

Expressive Abstract Landscape Painting

This course is designed for all levels and focuses on creating an Abstract Landscape painting. We will explore colour mixing, the use of different techniques and materials, how to find solutions to balance the Abstract composition, and to observe nature in different ways. Learners will share their stories as a group, participate in group feedback, and self-reflection of their pieces. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5565

Figure Drawing Beginner

Explore traditional and new techniques through a broad choice of media while drawing from live models. Students supply their own materials. Final price includes a model fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$401 (\$299sr) PR-5703

Floral Abstract Painting

Flowers has been popular subject in Art history for centuries. Botanical subjects typically were used as a metaphor for representing the spiritual and psychological aspects of meaning such as life and death, purity and peace. In this course you will create the floral composition with acrylic paint and explore with different techniques and methods. Learners must provide own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 1:30pm-4:30pm Sep 20, 2024 11wks \$341 (\$239sr) PR-5683

Floral Arts Class - Meditation and Making Art with Flowers

Come and learn about the world of flowers and all that can be done with them. This course explores several different art-making practices along with journaling and meditation. Use fresh flowers to make a bouquet, a piece of wearable jewelry, a botanical eco-print, a bottle of custom ink, and in papermaking. A wonderful and unique way to experience floral design, painting, sculpture, meditation, and art journaling. Final price includes a material fee of \$84.00.

Leaside High School 200 Hanna Road, East York
Mon 6pm-9pm Sep 16, 2024 6wks \$270 (\$214sr) PR-5907

Flower Sculpting with Clay

Explore the artistry of nature in Flower Sculpting. Experience floral design with air-dry clay as you learn the techniques and skills to transform ordinary flowers into exquisite sculptures. Discover the joy of creating stunning floral masterpieces in this engaging and hands-on course. Final price includes a material fee of \$50.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$391 (\$289sr) PR-5718

Introduction to Charcoal Drawing

Designed to teach students the techniques and principles of creating art using charcoal as the primary medium. Students will be introduced to the different types of charcoal (vine charcoal, compressed charcoal, and charcoal pencils), and the various papers or surfaces suitable for charcoal drawing. Fundamental techniques such as line drawing, shading, blending, and creating textures using charcoal will also be covered. Learners must provide their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$341 (\$239sr) PR-6092

Introduction to Henna Body Art and the Ancient Art of Mehndi

This course will cover the history, use, safety, and practice of henna. Hands on activities include mixing henna paste, rolling and filling cellophane applicator cones, practicing skills on paper and each other, as well as creating art pieces using henna as an embellishment. By the end of the course, you will be able to implement simple henna designs. Each attendee will also receive a small henna design by the instructor/artist. Final price includes a material fee of \$52.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 7pm-9pm Oct 2, 2024 4wks \$135 (\$110sr) PR-6101

Introduction to Watercolour

Explore and observe the wonderful world of watercolour. This class covers the elements and principles of art and design, experiment with various techniques such as wet on wet, wet on dry, salting, blending, and texturizing. Each session begins with a meditation card to help with connection, grounding, and intention, that will help set the tone for the class and enhance individual and artistic growth. Build up confidence in drawing and painting skills or learn to relax and enjoy the art making process. Materials such as pencil, palette, brush, and sketchbook are to be purchased by learners.

Overland PS 55 Overland Drive, North York
Wed 6pm-9pm Sep 18, 2024 11wks \$341 (\$239sr) PR-6125

Landscape Painting

Landscape paintings can be realistic, depicting scenes with meticulous detail, or they can be more impressionistic or abstract. Using a variety of mediums and techniques, learn to paint outdoor scenes, capturing the beauty and essence of the natural world.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5707

Lino Printing

Learn the art of printmaking by using cutting and carving tools to create your personal Lino Blocks to make your own trendy greeting cards, funky labels and unique original art for your walls. We will explore with colour variations to create original artwork for gift-giving or for personal use and displays. Final price includes a material fee of \$40.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-9:30pm Sep 16, 2024 9wks \$319 (\$235sr) PR-6033

Middle Eastern Geometric Art and Patterns-Beginner

Learn how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then

transfer the pattern to another paper to create a variety of designs and compositions, which are either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

*Remote Course Offering

Thu 6pm-9pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5954

Oil and Acrylics All Levels

Explore the fundamental techniques of oil and acrylic painting, while refining your own style of expression. Learn to choose your subject, materials, composition, construction and colours to produce stunning results. Learners must provide own materials.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$341 (\$239sr) PR-5760

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5966

Oil and Acrylics Beginner

Discover the techniques of painting. Learn about perspective, proportion, line, tone and colour theory. Step-by-step demonstrations will trace the painting process from sketch to under painting in washes through to building up layers of impasto.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$341 (\$239sr) PR-5699

Oil and Acrylics Beginner/Intermediate

Explore your individual creative expression through an understanding of basic techniques used in acrylic and oil painting. Learn about basic drawing techniques, colour strategies and material information. Familiarize yourself with technical terms and skills that will simplify your approach to painting. Learners are required to purchase own materials.

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 1pm-3:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5583

Oil and Acrylics Intermediate

Now that you have taken Oil and Acrylics Beginner, further develop your skills in underpainting. Explore other types of underpainting, Grayscale, Imprimatura, Complementary, to create your master piece. Learners must provide their own materials.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Painting Colour Theory

Colour theory is for painters who want to master colour mixing and understand paint. This course emphasizes the practical application of colour theory and how to apply it to your practice. You will learn colour principles, theories and systems, the properties of paint, how to accurately see and mix colours, and how to use colour to improve the design of your paintings. Learners must provide their own materials.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$341 (\$239sr) PR-5885

Painting Intermediate ★

Learn various painting techniques in acrylic or oil, using still life and/or subjects of interest. Examples will be presented for group critiques. We will explore what it takes to produce successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practices.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto

Wed 10am-12:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5590

Wed 1pm-3:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5589

Pen and Ink Sketching

Join this course where the simplicity of a pen and the boldness of ink meet to make captivating works of art. Learn the fundamentals of line, shading, and composition as you master the art of creating sketches. This course offers a dynamic exploration of the versatility of the medium of pen and ink.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5719

Portraiture: All Levels

Learn to create a portrait like a pro. Discover the best techniques to create portraits. Whether you are a beginner or an advanced portrait creator, spend time learning and perfecting your art creations while receiving professional guidance and critiques on how to create portraits that others would be tempted to buy. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$411 (\$309sr) PR-5711

Pottery All Levels

Learn a timeless art form, build on what you already know or refine your skills! This class is designed for all students interested in pottery. Make, decorate and glaze your own pottery. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$401 (\$299sr) PR-5709

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-9:15pm Sep 17, 2024 11wks \$401 (\$299sr) PR-5986

Pottery Beginner: Intro to Handbuilding

Learn to make and glaze your own pottery in this hand building course. Create unique pieces out of clay. Learners will explore the use of clay with various tools and treatments. Final price includes a material fee of \$50.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$391 (\$289sr) PR-5700

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$391 (\$289sr) PR-5715

Pottery-Beginner/Intermediate

This class is designed for both the beginner as well as those with some previous experience. Learn or improve your potter's wheel skills and handbuilding techniques. Those new to this art form will learn to make, decorate and glaze their own pottery. Experienced potters will refine their skills. Final price includes material fee of \$50.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Sep 16, 2024 11wks \$391 (\$289sr) PR-5967

Wed 6:15pm-9:15pm Sep 18, 2024 11wks \$391 (\$289sr) PR-5977

Pottery: Beginner Throwing

Join us and learn how to throw a cylinder, mug, bowl, decorate and glaze your thrown creations. This course is designed for the beginner thrower with no experience. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$401 (\$299sr) PR-5702

Pottery: Mindfulness and Self Expression

Experience the therapeutic power of clay as a means of self-discovery and artistic expression. You will

create using clay while focusing on mindfulness techniques to center your thoughts and emotions. Craft beautiful, one-of-a-kind pieces while fostering a deeper connection with your inner-self in a nurturing environment. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$401 (\$299sr) PR-5712

Printmaking Intermediate: Lino Print and Etching

Elevate your printmaking skills to new heights. Dive deeper into the intricate art of lino printing and etching, exploring intermediate techniques to add depth, texture, and complexity to your prints. This course offers a dynamic and enriching exploration of two timeless printmaking methods. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$401 (\$299sr) PR-5890

Printmaking: Silk Screening

Get creative in printmaking. Dive into the process of transforming your designs into prints on various surfaces using silk screens. This course provides an experience to delve into the realm of silk screen printing. Final price includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$401 (\$299sr) PR-5705

Sculpture: Clay

Learn to manipulate clay through the observation and interpretation of live nude models. Subsequent mold-making and casting are also covered. Final price includes a model fee of \$70.00.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$411 (\$309sr) PR-5710

Still Life Painting

To learn the fundamentals of drawing and sketching still-life and painting with any medium. We will focus on drawing, compositions, color mixing and painting from photos and real life.

Overland PS 55 Overland Drive, North York
Tue 1:30pm-3:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5684

The Art of Etching

Follow in Rembrandt's footsteps and create wonderful etchings. Beginners will start with dry point techniques to develop line work in their drawings, then move towards etchings on metal using wax resist, rosin and acid. The whole process will be explained and explored step by step. Beginners and experienced etchers welcome. Small editions will be printed in a fully equipped printmaking studio. Final price includes a material fee of \$40.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Sep 19, 2024 11wks \$381 (\$279sr) PR-5960

The Art of Pyrography

This course will introduce students to the art of pyrography - the process of burning designs using a heated tool. In this class, we will be burning art on wood. Topics that will be covered include burner types, various tips/nibs, types of wood and materials and creating a wooden art piece from start to finish (wood preparation, creating designs, safety gear, burning techniques and finishing the wood artwork). Final price includes a material fee of \$40.00 for wood burning tool set and wood.

Northview Heights SS 550 Finch Avenue West, North York
Wed 6pm-8pm Sep 18, 2024 11wks \$267 (\$199sr) PR-5661

Urban Landscape: Sketching and Painting

Students will learn the fundamentals of drawing and sketching landscapes and painting with any medium. We will focus on drawing, compositions, color mixing and painting from photos in an abstract loose style.

Overland PS 55 Overland Drive, North York
Tue 11am-1pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5685

Watercolour Intermediate ★

In this Remote course you will learn and develop techniques and skills based on your existing level. In this continuation of Watercolour Painting, explore drawing techniques, colour theory, structural balance, enhanced style, motion rhythm and final adjustment. Critical reviews and hands on demonstration will be provided. Enhance your aesthetic knowledge and create your own artwork.

*Remote Course Offering

Thu 10am-12:30pm Sep 19, 2024 11wks \$284 (\$199sr) PR-5613

Watercolour Painting ★

Enjoy the magic of watercolour. Explore art principles covering such as composition, shape, value, tone, contrast, texture, emphasis, balance and unity. Varied wet and dry, colour mixing and brush handling techniques and the illusion of form will be conducted step by step demonstration. You will learn

to develop painting skills at your own pace and allow your creativity to blossom in confidence.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto

Thu 1:30pm-4pm Sep 19, 2024 11wks \$284 (\$199sr) PR-5612

Watercolours All Levels

In this course, learn the basics of watercolour, how to mix and apply paint, how to choose compositions and colour values. You are responsible for purchasing your own paint, brushes, etc. You will be provided with a list of materials needed for the course at the first class.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 16, 2024 11wks \$341 (\$239sr) PR-6168

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5974

Yes, You Can Draw!

Have you ever looked at a scene, flowers, or an interesting building and thought, I wish I could draw that? It may be easier than you think once you understand the basics of shapes, how light falls and how to use simple tools. This course starts at the beginner level and guides students through seeing the forms and shapes of objects, how to render them in 2D and 3D, using various mediums including graphite pencil, charcoal, and watercolour pencils. Learner must provide own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5942

Business and Finance

Accounting and Bookkeeping Beginner

This course is an introduction to basic accounting and bookkeeping processes and procedures for entry level positions e.g. accounts receivable/payable, personal or small business needs. It includes instruction on double-entry journaling, general ledger, posting accruals, deferrals, financial statements, and more.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5677

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5751

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5921

Overland PS 55 Overland Drive, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5547

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6142

Accounting and Bookkeeping Intermediate

Building on the Accounting Process from Accounting Beginners, Learn the treatment of fixed assets, managing inventories, year end procedures and what is gross margin and gross profit, and cost of goods sold on the income statement is and more.

*Remote Course Offering

Mon 5:30pm-7:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5809

Accounting: Small Business and Tax Issues

Through this course, you will be provided with a variety of information to help you manage the operations of your business. Topics include setting up a simple records keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses, attribution rules and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5871

Buying Your First Home in the GTA

If you are new in Canada and/or are considering buying your first home in Ontario, this workshop will be a help and a tool for you. In this workshop you will learn the buying process which has been divided in 6 important steps to simplify the understanding of basic principles that lead to home ownership and make 'the most important financial decision of your life' a little clearer and a lot less stressful.

*Remote Course Offering

Sat 9am-12pm Oct 5, 2024 1wks \$31 (\$22sr) PR-5876

Condominium Buying and Investing

Open any newspaper and there are advertisements for all sorts of condominium projects, and people are lining up to buy them. What's the deal? Toronto has been in a real estate boom since 1995 and condominium sales have been a strong part of that. Learn the process and pitfalls of buying a pre-construction versus a resale condo, the financial analysis of different projects, the various projects available including insight into some of the more interesting ones.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-6027

Downsizing for Boomers

If you were born between 1946 and 1964, you are part of the Boomer generation that is now entering their 60's to 70's and who, are possibly looking to downsize. Whether it's wanting to retire with a more active lifestyle in mind, helping your kids get into home ownership, or creating a new home environment that will address your health challenges and allow you to stay in your home as long as possible, Boomers like you are taking an active role in designing the next phase of their lives.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5755

Estate Planning

The course helps you consider the unique challenges that adults 50+ face as they consider estate planning. This Estate Planning course is designed specifically to allow you to effectively plan your estate. Learn all about probate, creating a will, and estate taxes. Control your estate for your maximum benefit. Plan for your retirement, plan for your future, and improve your personal lifestyle today.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6:30pm-8:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5670

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Sep 14, 2024 11wks \$227 (\$159sr) PR-6029

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-8:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5643

Estate Planning Workshop

Estate Planning is required to ensure that your assets and properties are distributed according to your wishes in a tax efficient manner and not dictated by the law. In this workshop we will provide an overview and structuring of Will and Power of Attorney.

*Remote Course Offering

Thu 6pm-8pm Sep 26, 2024 3wks \$62 (\$43sr) PR-5857

Financial Planning and Investments

This course is for anyone wanting to understand and take control of their finances. You will get an overall financial picture of your assets vs. debt. Everyone can benefit from this course which will cover budgeting, debt management, taxation, investment income, insurance needs, RRSP, RRIF, and retirement planning. This course is a must for anyone wanting to make informed decisions about their personal, secure financial future.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5812

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6060

Overland PS 55 Overland Drive, North York

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6122

Income Tax Preparation

Tax shelters and tax loopholes can save you thousands of dollars every year! In this course, topics covered include RRSP's, tax shelters, rental income, home-based businesses, capital gains and losses, interest rates, life insurance and wills/estate planning. All facets of personal income tax preparation for single people and families will be covered.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-5788

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5917

Introduction to Dividend Investing

This course is designed for those who have little or no experience in the world of dividend investing. Areas of interest include why and how dividends are paid, how to structure a dividend mission statement, various types of investor risk, concepts of asset allocation and portfolio structure. The introduction of various metrics and ratios needed to make informed decisions on which securities to purchase. Exploring global emerging markets opportunities also included and other related topics.

Overland PS 55 Overland Drive, North York

Sat 11:30am-1:30pm Sep 14, 2024 5wks \$103 (\$72sr) PR-5878

Introduction to Payroll

Learn how to calculate employees gross pay, net pay, bonus payments. Learn the impact of Taxable benefits on income. Calculating Statutory deductions and remittance.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-5869

Investing 101 for Millennials

Millennials, come learn the basics to help you invest online! We will start at the beginning in order to understand stocks and bonds. Then, we will journey through the worlds of ETF's and mutual funds. Find out about roboadvisors and discount brokerage accounts. This course is designed for the beginner investor who would like to find out what online investing can offer.

*Remote Course Offering

Thu 6:30pm-9pm Sep 19, 2024 11wks \$284 (\$199sr) PR-5848

Investment Planning

In this course, learn how to take control of your money and build your personal wealth in this introduction to personal finance and investing. The course delivers valuable, practical information in plain language that everyone can understand. Topics discussed include: create your own personal wealth-building plan, choose the right financial advisor, pick the best stocks, bonds, mutual funds and exchange-traded funds, RRSP's and retirement planning, Tax Free Savings Accounts, reduce the tax you pay and much more.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5902

Investor Boot Camp: How the Stock Market Works - Advanced

An in-depth study on how to apply key stock market indicators and screen for the market's top performers. Understand how to time the market.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Nov 11, 2024 2wks \$41 (\$29sr) PR-6087

Online Investing

This course is an introduction to the world of online investing. We will discuss stocks, bonds, mutual funds, exchange-traded funds, segregated funds, asset allocation and portfolio selection in a relaxed setting. You will learn how to access the vast amount of investing information available online. Try your luck on a simulated stock market. This course is designed for the beginner investor.

*Remote Course Offering

Mon 6:30pm-9pm Sep 16, 2024 11wks \$284 (\$199sr) PR-5802

Payroll Fundamentals I

This course will introduce you to a full cycle of Payroll Fundamentals. Payroll is often one of the largest reoccurring expenses for most businesses. It is a complex process designed to pay full-time and/or part-time employees, commission agents and independent contractors. Payroll needs to be accurate, on time and in full compliance with the regulatory requirements. Aside from distributing the payroll, this course will also cover the process of withholding of statutory, insurance, health and other benefits related deductions and their remittances.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6103

Payroll Level II

Building on Introduction to Payroll, in this course you will learn more complex net pay calculation in areas of severance pay, termination pay and retiring allowance payments, statutory holiday pay, payment of vacation. Completing Record of Employments, completing T4's, accounting entries for payroll, Government compliance and legislation, and more.

*Remote Course Offering

Mon 7:30pm-9:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5808

Overland PS 55 Overland Drive, North York

Mon 8pm-10pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5548

Personal Finance and Investment Basics for Women

In this course you will learn all the basics of your personal finances to help you feel more confident with your money. Set goals and create a budget. Discover all the different types of regular and registered bank accounts and how to use them all effectively. Learn about how investments like mutual funds, stocks, and ETFs work. Lastly, you will learn about credit; how to read and understand your credit report, how credit approval decisions are made by institutions, how loans and interest work, and how to calculate if you can afford to take out credit for a large purchase. Men are welcome to join the class.

*Remote Course Offering

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6129

QuickBooks

QuickBooks has everything you need to manage your business more effectively. It's as simple as filling in familiar cheques, invoices and forms onscreen. QuickBooks gives you instant access to your business' financial information with over 100 reports. Registrants are recommended to have some basic accounting knowledge.

*Remote Course Offering

Wed 7:30pm-9:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6126

QuickBooks - Level II

Learn how to set up payroll, pay employees, pay payroll liabilities, process payroll forms and run payroll reports. Also learn additional QuickBooks features such as entering, opening trial balance, customer and vendor balances, sales and purchase orders and NSF cheques. Registrants are recommended to have some basic accounting knowledge.

*Remote Course Offering

Wed 5:30pm-7:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6128

Real Estate: Investment Property

Real estate is a great way to create wealth. Learn the math that will keep you out of the red! In this course, learn how to recognize under-valued properties, the many options available in financing, improvements that yield the biggest returns, property management, how CRA applies taxation to profits, HST implications, to incorporate or not? Learn how to flip homes successfully or buy and hold profitably. If you have thought to start investing or are experienced, this course is for you!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5999

Real Estate: Risks of Home Ownership

This course is for anyone thinking of purchasing a home or already a homeowner. We will explore solutions in dealing with Operating Expenses, Mortgages and re-financing, recruiting and managing Tenants and borders. Best methods in protecting your asset and how to make the best decisions for you.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-8pm Sep 16, 2024 5wks \$77 (\$54sr) PR-5748

Retirement and Estate Planning

Have you ever wondered how much income you will need during retirement? Will your government pension be enough? Thought about planning ahead for eventual situations, i.e., authorize another person to make decisions about your finances and health or to distribute your property according to your wishes? Learn to estimate your monthly income at retirement, including your employer pension plan, and your Canada Pension Plan and Old Age Security benefits, if eligible. The course will also teach you the step by step process for preparation of a valid will and power of attorney.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5841

Stock Market

Have you ever wondered how the stock market works? Would you like to make your own investments in the stock or bond markets to increase your wealth? Do you want information on ways to increase your income now and to increase your nest egg for the future? This course includes instruction on how to find and evaluate stock and bonds to help you improve your finances.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 18, 2024 10wks \$206 (\$144sr) PR-5882

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5634

Leaside High School 200 Hanna Road, East York
Wed 6:30pm-8:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5920

Understanding Landlord Rights and Responsibilities

This course provides an overview of the rights and responsibilities of landlords, with a focus on legal and ethical considerations. Students will gain a deep understanding of the legal framework governing landlord-tenant relationships and will learn how to navigate common challenges and disputes. Topics covered include lease agreements, property maintenance, eviction procedures, navigating the Landlord and Tenant Board website to find the required forms and how to complete for filing.

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 9am-12pm Sep 21, 2024 3wks \$93 (\$65sr) PR-5892

Will and Power of Attorney Workshop

Whatever your age or financial position, it is a sound idea to plan ahead for eventual situations when you may need to authorize another person to make decisions about your health or to distribute your property according to your wishes. This one day workshop will teach you the step by step process for preparation of a valid will and power of attorney in Ontario.

Overland PS 55 Overland Drive, North York
Sat 9am-1pm Oct 19, 2024 1wks \$41 (\$29sr) PR-5863

Communications

Business Writing

Concerned that your writing skills may not meet the demands of the business world? Whether you're entering or re-entering the workforce, unsure if your business writing is up to standard, don't worry! Boost your confidence and join this business writing course.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 6:15pm-8:15pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6093
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6147

Creative Writing

Through this class, learn to craft characters, create mood and structure your work while letting your language flow. Exercises focus on the creation of character through which plot is explored. You will work toward creating a strong story. Teacher editorials and controlled workshop approaches are used to develop strategies for enhancing each individual story.

*Remote Course Offering

Sat 11am-1pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5789

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5947

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6086

Creative Writing: Memoirs I ★

Learn the craft of memoir writing and write your personal life story that your peers, children or grandchildren have been asking for. You will have the opportunity to submit several pieces of work for class discussion and critique. Discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-4pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5572

Don't Be Speechless

Giving a speech doesn't have to be daunting. Overcome your fear of public speaking without fear or nerves. This course will provide you the tools and techniques to deliver memorable speeches and presentation using proven strategies, guidance, support, encouragement, and confidence.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6094

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6149

Effective Communication

Are you interested in improving the way you handle some of life's most difficult and important conversations? Do you want to learn to be a more effective communicator, both at home and work? Have you ever felt that even though you're talking to someone they are not hearing you? Learn how to be heard and how to get the response you are looking for. Put tools in your kit and learn how to format your language, use neurolinguistics to read people, and communicate with confidence and get the response you want.

Overland PS 55 Overland Drive, North York

Thu 7:15pm-9:15pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5858

Introduction to Government and Policymaking

Through this class, students will gain an understanding of government and its key functions, including

governance systems, the electoral process, and public policy making process. Students will also learn how to effectively draft a succinct policy paper on a policy topic of their choosing.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6:30pm-8pm Sep 18, 2024 9wks \$139 (\$97sr) PR-6100

Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. Learn the basic principles of psychology and develop your critical thinking skills. Learn to evaluate information, apply psychological theories to everyday facts, question commonly held assumptions and ask challenging questions. The study of psychology has many applications for everyday life.

Northview Heights SS 550 Finch Avenue West, North York
Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5646

Public Speaking

Whether speaking to a small informal group, a business meeting, or a political gathering, stage fright can be a very real and debilitating feeling. This course will help you overcome some of your fears and give you the tools to improve your public speaking.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5994
Leaside High School 200 Hanna Road, East York
Wed 7:30pm-9:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5930
Northview Heights SS 550 Finch Avenue West, North York
Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5658

Resume Writing Workshop

This course will teach you the skills you need in MS Word/Google Docs to write a resume that will get you in front of more recruiters and hiring managers. If you've been relying on templates, you may have been inadvertently hurting your chances without realizing it. Learn what a good resume in 2024 looks like and how you can create it for yourself!

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 7pm-9pm Oct 2, 2024 4wks \$83 (\$58sr) PR-6054
Overland PS 55 Overland Drive, North York
Mon 7pm-9pm Sep 16, 2024 4wks \$83 (\$58sr) PR-6114

Writing A Children's Book

If you've ever wanted to write a book for kids, this is the class. We'll learn about the different types of books - picture books, middle-grade novels, young adults - and how to find the appropriate age range

for your idea. Consideration will be given to choosing your characters (animals, fairy-tale people, or real kids). We'll discuss all the elements of writers' craft: showing scenes, using dialogue, beginnings that 'hook', and satisfying endings. The business side of publishing will also be a focus.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 10am-12pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5618

Overland PS 55 Overland Drive, North York

Mon 2pm-4pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5619

Computers

Adobe Illustrator/PhotoShop

You will gain the knowledge with this introduction with a primary focus on Photoshop (photo editing and painting), and Illustrator (drawing and design), part of the Adobe Creative Cloud. You will learn about how one can apply computer applications employed in the arts and graphics industry to create digital art. Final price includes a material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$348 (\$246sr) PR-5697

Animation

Dive into the enchanting world of animation, where creativity knows no bounds. You will explore the art of storytelling through motion as you learn the basics of animation techniques, from traditional hand-drawn to digital animation. Bring your imagination to life in this hands-on course.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5693

Building Blogs and Websites with Word Press

In this online course, you will learn how to build blogs and websites with the free, web-based WordPress software. Build attractive, professional looking sites that incorporate text, graphics and video. Learn to quickly and easily add new blog posts or webpages as well as how to use themes to change the look of your site and plug-ins to add functionality to your site.

*Remote Course Offering

Wed 5:45pm-7:45pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5664

Building Blogs and Websites with Word Press Advanced

In this online course, you will learn how to build an E-Commerce, Membership and Multilingual sites,

conquer theme problems, understand theme mechanics, monetize a website, site management, exporting and importing your data, Search Engine Optimisation, experiment with live CSS plugin, create child themes, understand how templates work, solve plugin problems, introduction to HTML, work with Page Builders and Google Analytics. This is not a beginner course, you will need basic WordPress knowledge.

*Remote Course Offering

Wed 8pm-10pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5663

Computer Applications for Everyday Life

Through this course, learn computer skills that can be used in everyday life, e.g. Internet banking, searching information online and the basics of using e-mail. Start with the basics of some Microsoft Office applications (Word and Excel). Explore Internet usage, e.g., e-mailing or shopping online. Higher level use of the Microsoft Office programs (Word, Excel and Power Point) will be introduced according to the students' level.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5786

Tue 6pm-8pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5998

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6159

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-8:15pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5982

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5641

Computer Programming for Beginners

This course is designed for absolute beginners. It explains in simple terms the most important programming concepts and techniques: variables and data containers, math operations and expressions, selection and iteration, functions (procedural approach) and classes (object-oriented approach). Generic concepts are illustrated with short demo programs written in different modern languages: Assembly, C, C++, C#, Visual Basic, Java, Kotlin, PHP, JavaScript, and Swift.

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5868

Computer Skills Intermediate

In this Remote course, students will learn to store, organize, move, delete, rename, create shortcuts, and copy files/folders within their computer and find 'lost files/folders'. Explore the Internet and its functions, use webmail to communicate with your loved ones. Protect your computer from viruses,

Malware and Spyware. We will cover popular applications such as notepad, PDF, paint, media player. This course is not geared toward MAC applications.

*Remote Course Offering

Wed 9am-11am Sep 18, 2024 11wks \$227 (\$159sr) PR-5567

Computer Skills for Workplace Proficiency

Through this Remote course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset. It is recommended that learners have the complete Microsoft Office Suite installed on thier home computer or laptop.

*Remote Course Offering

Tue 9am-11am Sep 17, 2024 11wks \$227 (\$159sr) PR-5566

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6068

Computer Upgrading/Servicing/Repairing

Learn how to build, upgrade and repair personal computers. This course is valuable for both novices and experienced computer users. Topics include: troubleshooting hardware and software problems; installing and replacing processors, memory modules, hard drives, CD ROM/DVD and expansion cards; formatting Hard Disks, Windows installation tips and tricks, small network setup; Internet connectivity and security. Students please bring a screwdriver to class.

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5559

Data Analysis - with Excel

You've completed Excel-Advanced course. Now challenge yourself with the next logical step. This course will help you to visualize, analyze and gain insights from your data using very powerful tools such as Dashboard, Power Query, Power BI (Business intelligence), Get Data from Web/Files/Database, and Combine Queries.

*Remote Course Offering

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5831

Digital Art Made Easy

Express your creativity digitally. In this beginner-friendly course, we will learn the basic techniques for

creating art digitally. We will also be covering topics such as sketching, animation, poster design, and more! Learners must bring an iPad and have access to a data plan, and requires the purchase of an app.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6148

Digital Photo Album

Join us and learn how to turn your pictures into a digital album or a musical slide show everyone will admire! Find out how to copy pictures from your camera to your computer, search through them, organize them using folders and subfolders, optimize and improve your photos before sharing them with family and friends all over the world. Please have your digital camera with photos ready to go! Please note this remote course is for Windows. This course is not for users of Mac computers.

*Remote Course Offering

Tue 11:30am-1:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6178

Google's Free Tools and Applications

Discover what you can get for free from google. In this course, learn about professional Email, safe and free Cloud Storage for all your photos and documents, create and share your documents for free. Stay connected with family, friends and even clients through free audio and video calls and much more. This course covers free web applications from Google including Gmail, Google Maps, Google Drive, Google News, Google Photo, Google Hangouts, Google Calendar, and Google Docs. Remote learners: This course is suitable for Windows, Mac and even Chromebook users.

*Remote Course Offering

Mon 9am-11am Sep 16, 2024 11wks \$227 (\$159sr) PR-6175

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5723

JavaScript & JQuery

JavaScript knowledge is essential for any Web developer nowadays. Any Web browser has built-in JavaScript engine. Using JavaScript you can embed into the Web pages small pieces of software the Web browser can interpret on the fly. This way you make dynamic Web pages that handle user's interactions and change in front of the user's eyes. JQuery is free and the most popular library of prewritten JavaScript functions. JQuery lets you create amazing visual effects and animations in the Web page.

Overland PS 55 Overland Drive, North York

Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5856

Keyboarding Beginner

This course begins with basic computer concepts: ergonomics and proper sitting position. The home row keys of the keyboard are introduced in week one, with new keys introduced each week thereafter. Drill exercises are used to practice and cement both skill and concept. Timed writings are used to assess progress. No previous experience is necessary, although unlearning bad habits and practicing proper techniques should improve accuracy and lesson fatigue.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5672

Microsoft Excel Beginner

In this course, learn the basics of creating spreadsheets in Excel. Enter data, formulas, basic functions, format, and print workbooks.

*Remote Course Offering

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6165
Agincourt CI 2621 Midland Avenue, Agincourt
Wed 8pm-10pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5674
Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5769

Microsoft Office 365 - Beginner

This online course will introduce you to the latest version of the most important office applications. Microsoft Office 365 comes with lots of amazing new features. Whether you are new to the Office application or thinking of upgrading to the 365 version this course is the right choice for you. Learn the essential and new features of the applications through hands-on projects. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 8pm-10pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6034

PhotoShop Beginner

This online course is for beginners who want to learn the concepts and techniques of photo editing, using the industry standard Adobe Photoshop. Using step-by-step, project-based lessons, this course covers the principles and concepts of Photoshop's environment, resolution issues, sizing and cropping images, selecting image areas, use of the layers to combine different images, image colour modes, colour & painting tools, adding text, cloning, layer effects and filters, adjusting image colour, and saving completed images.

*Remote Course Offering

Sat 11am-1pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5877

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6176

Python

Python is the hot new computer language that is easy-to-learn, elegant, and popular. Through this course, we will help you to quickly get Python under your belt. Nowadays, it is the first language of choice in high schools, colleges, and universities and is taking over in the Programming world.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5874

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5732

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6154

Social Media Marketing for Small Business

In this course, learn effective strategies of Social Media Marketing. This class is designed as a basic introduction on how to use Social Media to increase consumer reach. We will explore successful past Social Media campaigns and examine the factors leading to their success. Topics covered will include Search Engine Optimization, Meta Tags, effective use of hashtags and how to set up your business page. Forms of Social Media covered include the following: Facebook, Twitter, Pinterest, Instagram, Youtube, LinkedIn, Blogs & Forums.

*Remote Course Offering

Sat 1pm-3pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5875

Thu 7:30pm-9:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5853

Web Designer Beginner

For those new to web design, this remote course teaches planning and development techniques required to develop a web site. Learners are introduced to HTML for navigation and page structure and CSS for presenting type/text, and colour. Basic Photoshop features are introduced to create graphics and images for your site. At the end of this course, students will have developed a simple site including images, navigation, text and links.

*Remote Course Offering

Fri 11:30am-1:30pm Sep 20, 2024 11wks \$227 (\$159sr) PR-6177

Crafts

Craft Ideas to DIY That Won't Break The Bank

Unlock your creativity and discover the joy of crafting without straining your wallet in the engaging class. This course is designed for craft enthusiasts of all skill levels who are eager to explore budget-friendly projects using easily accessible materials. Learners will be required to purchase their own materials for any projects that will be done in the class.

Overland PS 55 Overland Drive, North York

Wed 7pm-9pm Sep 25, 2024 5wks \$103 (\$72sr) PR-6133

Creating Paper Dahlias

Put your creative hands to good use in this 2-week workshop. You will learn hands on how to create beautiful paper Dahlias of assorted sizes. You will take home your finished product at the end. Final price includes a material fee of \$15.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-9:30pm Sep 17, 2024 2wks \$77 (\$58sr) PR-5754

Crochet and Knitting, Design Your Own Style

Learn basics of crocheting/knitting in a step-by-step weekly course, for Beginners and Refreshers only. Build on skills required by completing projects in beautiful yarns. Learn to read patterns, new stitches, and more. Personal Projects not allowed in class. Materials for 1st class—5mm straight needles, 5 mm crochet hook, ball worsted weight yarn, notebook & pen. Further materials purchased as projects for: i.e. scarf, hat, mitts, handbag and more. Projects change each term. Learn in relaxed learning atmosphere.

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6121

Floral Styling and Design Techniques

If you're a flower lover who is looking for a dynamic and creative floral design tutorial, then this one is for you! We're ready to teach you the basic fundamentals of floral styling from design technique/concepts, product knowledge, floral care, and floral composition. Learn to design hand tied bouquets, arrangements, corsage, and boutonnieres. Learn business do's and don'ts, photography techniques to help you boost your social media awareness, and so much more. Get your aprons ready and sharpen your snips, we're about to embark on an adventure together. Final price includes a material fee of \$85.00 for fresh flowers.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 16, 2024 4wks \$209 (\$172sr) PR-5807

Hand Embroidery for the Beginner

Learn the basics of hand embroidery. Learners will learn how to choose the right threads, needles and fabrics for their fabrics and projects. Basic stitches such as the running stitch, the cross stitch, and flat stitches and their variations will be taught. Different pattern transfer techniques will also be taught. Learners will complete the class with a reference sampler and notes. Personal projects are encouraged. A kit of tools and materials for lessons will be provided. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$366 (\$264sr) PR-5704

It's All About the Bees - A Candle Making Workshop

This 2 night workshop involves the creation of 3 different types of beeswax candles: rolled, dipped and poured mould. As well, learn about the kiss of the bees when we make a beeswax based lip balm. Learn about the life of the honeybee how she makes beeswax and the importance of the amazing healing and therapeutic qualities of beeswax and the symbolic importance of beeswax candles and light. You get to make and keep 4 beeswax candles and 1 beeswax lip balm. Final price includes material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Sep 17, 2024 2wks \$82 (\$66sr) PR-5996

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Nov 18, 2024 2wks \$82 (\$66sr) PR-5964

Wed 7pm-9:30pm Nov 20, 2024 2wks \$82 (\$66sr) PR-5972

Jewellery A

Have fun learning how to sculpt wax for lost-wax casting of jewellery items, uniquely designed by you! Waxes may be cast commercially off site. Also learn polishing steps, to give your cast jewellery pieces a high shine. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$363 (\$261sr) PR-5826

Jewellery B

Create a silver ring while learning jewellery skills in saw-piercing, bending, silver soldering and polishing. Design your second project after watching demonstrations of riveting, fusing, chasing, rolling mill texturing and patination. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$363 (\$261sr) PR-5839

Jewellery D - Hammerforming

Watch metal change its shape under your hammer as you explore the jewellery hammerforming

techniques of forging, doming, anticlastic raising, and foldforming. Make samples of each technique as well as pieces of jewellery using these techniques. Must be physically able to hammer. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$363 (\$261sr) PR-5811

Jewellery G - Handmade Chains

Create your own handmade chain bracelets and necklaces, after making samples of different soldered and unsoldered chain styles such as King's Chain (Byzantine), European and Japanese chainmail, forged links, Etruscan loop-in-loop and crocheted wire tubular forms. Complementary techniques taught include simple clasp making, wire twisting, chasing, rolling mill texturing and doming of sheet metal, tumble-polishing and flexible shaft polishing. Beginners welcome. Final price includes a material fee of \$25.00, covers copper, brass, polishing compounds, and other supplies.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$366 (\$264sr) PR-6109

Jewellery Making Fundamentals

This course is designed for a beginner or novice jeweller with some previous instruction in jewellery making. It will provide you with some practical experience in jewellery making, particularly with wire work, bead stringing, bead weaving and pearl knotting techniques. Participants will learn about jewellery design and experiment with construction techniques using various tools, jewellery findings and materials, symmetry and texture. Students must have their own tools and materials. To view list of materials/tools that may be used, please visit the website, click the material list pdf under Files just above the Course Schedule.

*Remote Course Offering

Sat 9:30am-11:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-6031

Learn to Make Soap from Scratch!

Two sessions of bubbly fun! Learn to make soap from scratch. From the safe handling of lye to final packaging you will be the queen (or king) of clean. Things you will learn; how to manage lye and calculate the correct quantity, creating a recipe, mixing, colouring, fragancing, molding, unmolding, sourcing ingredients and packaging. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-9:30pm Oct 1, 2024 2wks \$72 (\$53sr) PR-5990

Tue 6:30pm-9:30pm Nov 5, 2024 2wks \$72 (\$53sr) PR-6097

Learning the Art of Slow Stitching

Are you ready to start your creative journey? Hand sewing is a great way to keep your hands and brain engaged while exploring your creative side. This beginner quilting class focuses on hand appliqué and stitching. Each student will learn how to appliqué which will result in a finished small wall hanging. Come and learn what endless possibilities there are with hand quilting. Final price includes a material fee of \$15.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$242 (\$174sr) PR-6098
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$242 (\$174sr) PR-6153

Weaving: Fabric and Tapestry-All Levels

Create a sampling of patterns to use for projects such as place mats, scarves, and rugs. Once the sampler is completed, in consultation with the Instructor, and based on the participants' level, a project will be picked that can be completed within the term. Equipment is available in class. Instructor will provide a list of required materials. Materials to be purchased by participants.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 10am-1pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5602
Wed 10am-1pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5691

Weaving: Introduction

Throughout the course participants will learn the basics of weaving using a loom. This includes: project planning, loom set up, weaving a project, as well as finishing techniques. Each participant will weave their own project (such as a scarf, table runner, wall hanging, or sampler) that must be completed within the term. Equipment is available in class, materials are to be purchased by participants.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 1:30pm-4:30pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5603

Dance

Ballroom Dancing Beginner

In this course, learn the basics of ballroom dancing, dances like the Rumba, Foxtrot, Tango, Swing and more. Build on a good foundation in movement, poise and balance. At the end of the class, you'll have the basic steps you need to have a good time on the dance floor!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5752

Ballroom and Latin Dancing Beg/Int

This continuation of the beginner course will add new steps and body movements to your repertoire. It is strongly suggested that you have taken Ballroom and Latin Dancing Beginner. Wear comfortable shoes.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9:30pm Sep 18, 2024 9wks \$139 (\$97sr) PR-5973

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:30pm-9pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5639

Ballroom and Latin Dancing Beginner

Learn the basics of ballroom dancing, including many of the Latin dances. A variety of dances are covered including: Waltz, Foxtrot, Tango, Swing, Cha-Cha, Rumba and more. Build on a good foundation of movement, poise and balance. Wear comfortable shoes. Singles are welcome. A partner is recommended for this class.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7:30pm-9pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5665

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5946

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5909

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8pm Sep 18, 2024 9wks \$139 (\$97sr) PR-5970

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-6070

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-5862

Thu 11am-1pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5563

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5721

Dance the Argentine Tango

Learn the modern way to dance this classic dance. Tango is a unique and expressive form of dance involving intricate footwork, leg flicks, and a combination of smooth, gliding movements. A highly adaptable Argentine Tango style that allows you to dance this traditional dance to modern music. No experience or partner needed. Let's dance the Argentine Tango.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7:30pm-9pm Sep 19, 2024 11wks \$170 (\$119sr) PR-5771

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5944

East Coast Swing Dance for Beginners

Step into the exciting world of East Coast Swing Dance with our fun and energetic beginner's course! Whether you're a complete novice or looking to refresh your skills, this course is designed to get you moving and grooving in no time.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-8:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-6157

Ecstatic Dance - Move to the Rhythm

In this class, participants learn to deepen their connection with their body, and let go of their emotional blockage by expressing themselves through freeform and spontaneous movement to the rhythm and flow of the music. This is a fun, and nonjudgmental space to connect with your inner child, improve your mood, eliminate anxiety and strengthen your physical and mental health.

*Remote Course Offering

Wed 6:45pm-7:45pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5979

Egyptian Belly Dancing Beginner

Tone muscles, improve posture and increase your body awareness while developing grace and body movement. Wear leotard, body suit or exercise clothes.

*Remote Course Offering

Mon 7pm-9pm Sep 16, 2024 7wks \$144 (\$101sr) PR-5642

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5773

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Sep 16, 2024 11wks \$142 (\$99sr) PR-5912

Egyptian Belly Dancing Intermediate

This course will further develop your movement variations, steps and dance routines.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5767

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Sep 16, 2024 11wks \$142 (\$99sr) PR-5913

Hip Hop Dance

This beginner/intermediate class is a fun way of learning creative and ‘funky’ dance moves. We will focus on basic and advanced level body movements with emphasis placed on choreographed music video dance. Running shoes and comfortable clothing should be worn.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 7:30pm-9pm Sep 16, 2024 11wks \$170 (\$119sr) PR-6057

International Folk Dancing ★

Exciting rhythms add to the fun of learning dances from around the world. The stylings and customs of our global neighbours will be explored. Please note: The Second Mile Club of Toronto, Kensington Gardens, and Orchard View Branch Healthcare Centres requires learners who are attending a course at these locations do a COVID-19 rapid test on-site every other week. Please note this is not a TDSB policy but one mandated by the operators of these facilities.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto
Fri 10am-12pm Sep 20, 2024 11wks \$227 (\$159sr) PR-5588

Latin Rhythms: Salsa and Merengue for All

Join us for a dance adventure that blends the passion of salsa with the high-energy vibes of merengue. From basic steps to intricate turns, this course is designed for dancers of all levels. Discover the joy of Latin rhythms, connect with fellow enthusiasts, and let the music ignite your excitement for dance.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-6063

Line Dancing ★

Learn the art of line dancing. It is a fun and healthy way to stay in shape.

Cecil Community Centre 59 Cecil Street, Toronto
Wed 2:30pm-4pm Sep 18, 2024 11wks \$170 (\$119sr) PR-6171

Line Dancing Beginner

This course will introduce you to basic line dance steps and commonly used cues, as well as to popular line dances that are done in social dance settings.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-7:30pm Sep 19, 2024 11wks \$170 (\$119sr) PR-5779

Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 10am-12pm Sep 20, 2024 11wks \$227 (\$159sr) PR-5579
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5645
Overland PS 55 Overland Drive, North York
Mon 1pm-2:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5581

Line Dancing Intermediate

Learn new steps and more complex patterns to those learned in Line Dance Beginner. Participants must be able to follow cues from the beginner (Level 1) steps. Dances will vary in difficulty from Level 1+ to Level 2+.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 12pm-2pm Sep 20, 2024 11wks \$227 (\$159sr) PR-5580
Overland PS 55 Overland Drive, North York
Mon 2:30pm-4pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5584

Night Club Dancing-Salsa and More

Learn hot Latin dances, 'nightclub style' (non-ballroom) such as Salsa, Merengue, Bachata (or Cha-Cha.) Dancing is an activity that will help you stay in shape and make you feel and look great! Wear comfortable shoes. Partners are recommended but not required.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Tue 7:30pm-9pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5757
Leaside High School 200 Hanna Road, East York
Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5906
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 8:30pm-10pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5728

Fitness

Absolute Abs: Lower Body Blast

Work your abs, buttocks and thighs like never before! Not only will you work towards building that six pack, but more importantly, you will strengthen your lower abs, to give you strength and stability in your pelvis, hips and lower back. Please have a mat, towel, and light weights 1 or 2 lbs.

Leaside High School 200 Hanna Road, East York
Wed 7:15pm-8:15pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5928
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7:30pm-8:30pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5720
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Aches and Pain - Proactive Self-care

Lengthening and strengthening some of our fine tuned, supporting muscle can address a significant portion of our physical ailments. For so many, the hips, low back, and shoulders can be a consistent issue. With a focus on the most common concern areas, this Remote course will provide tools and stretches to integrate into a daily routine students can execute at home. This course guides the student to an ache free life.

*Remote Course Offering

Thu 10:45am-11:45am Sep 19, 2024 11wks \$114 (\$80sr) PR-5564

Aerobics to the 80's! Let's Get Physical!

Get fit listening and exercising to your favorite 80s music!! A workout that makes you want to move and groove while getting your heart beat going. Creative, quick, fun, and effective workouts. We will be using small hand and ankle weights along with resistance bands. Workout in your space to focus on burning calories, sculpting and strengthening our bodies all to the sounds of the nostalgic 80s!

*Remote Course Offering

Wed 6pm-7pm Sep 18, 2024 11wks \$114 (\$80sr) PR-6118

Afrobeat Aerobics

Afrobeat aerobics is a high-energy dance fitness class that combines traditional African dance moves with aerobic exercise. Participants will be lead through a series of choreographed dance routines that incorporate aerobic exercises to improve overall fitness, increase endurance, enhance coordination, balance, and agility. Join the fun and engaging way to get fit and burn some calories.

*Remote Course Offering

Wed 6pm-7:15pm Sep 18, 2024 11wks \$142 (\$99sr) PR-6119

Aging Backwards with Yoga

If you want to stretch and reboot your muscles and ligaments, and slow down the aging process, this is the class for you. It is a slower paced yoga, based on Hatha and Yin yoga and incorporates some of the "Essentrics" techniques, founded by Canadian expert Miranda Esmonde. This class is designed for all levels, and for people who want a stretching and strengthening workout. A yoga mat and a yoga block is encouraged to have.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Sep 16, 2024 11wks \$142 (\$99sr) PR-5965

Overland PS 55 Overland Drive, North York

Bone Fitness

Improve bone and muscle strength in this fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Sep 19, 2024 11wks \$114 (\$80sr) PR-6108

Boxing Basics and Conditioning

Learn the art of boxing. This class is designed for those with little to no experience in the sport of boxing. This age-old combative sport shall be taught as a non-contact course. You will learn how to correctly throw fundamental punches, develop footwork, timing, accuracy, and technique. The class will also include a warm-up, a cool down, and exercises specific to the sport. The program will build progressively throughout the term. Through cooperative reactive drills with your fellow students, you will be able to develop and execute basic boxing combinations. A basic fitness level is a recommended pre-requisite. Learners will be required to have fitness gloves, skipping rope and an exercise mat for the second class and onward.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-7:15pm Sep 18, 2024 11wks \$142 (\$99sr) PR-5900

Calming Techniques to Unwind

This 1-hour course will spend the first 30-40 mins in seated and horizontal stretches, using a variety of sequences, evolving in difficulty level over time. The final 20 mins or the rest of time will include breath techniques, guided visualizations, and calming techniques to assist the learner in winding down their day.

*Remote Course Offering

Thu 8pm-9pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5951

Cardio Mix - HIIT Training

High-Intensity Interval training is a form of interval training that alternates between short bursts of intense energy or activity followed by minimal rest. Learners will start with a cardio warm up to boost the metabolism and avoid injury to get into the main hard work. HIIT Training can be performed by doing all power total body exercises or choosing a target area on the body. Come join the fun.

Northview Heights SS 550 Finch Avenue West, North York

Wed 7pm-8pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5653

Chair Yoga

Chair Yoga, a practice that brings movement to the upper and lower body without requiring

the participant to come down to the floor. Through seated poses, participants use the support of the chair to move around, promote stretching and strengthening of the body, and with thoughtful breathwork bring about a sense of calm and wellness. We open with meditation bringing focus and relaxation and finish with a reflective meditation to close the practice. Modifications can be made to include even the most limited participants.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-7pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5678

Core Conditioning

This class is dedicated to building core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles, including lower back, glutes and shoulders. Strong core muscles equate with a trimmer appearance, less back injuries and they will keep us in shape. Learners are encouraged to bring: yoga mat, two dumb-bells (1LB to 3LB depending on the preference) and one kettlebell (5LBs) if possible.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-7:30pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5727

Core Without the Floor

Want to improve balance and posture and work on your mid-section and pelvic floor, but don't like lying on the floor? No problem! In this class, the floor is brought to you. Participants will do all of this and more, with seated exercises (80%) and standing exercises (20%). With a strong emphasis on the muscles responsible for balance and proper alignment, participants will also restore their range of motion so they can move about with ease, pain-free. It is strongly recommended participants wear anti-slip grip socks, as part of this class is done without shoes. Light hand weights and a band is also recommended.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 6:30pm-7:30pm Sep 17, 2024 11wks \$114 (\$80sr) PR-5985
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:15am Sep 14, 2024 11wks \$114 (\$80sr) PR-5896

Core Yoga

Core yoga is a dynamic flow that is designed to strengthen our core and challenge our body through movement and breath. We will focus on exercises for the front, back and sides of our torso. We will start with some of the basic yoga movements with the intention of working our way up to postures that require more of our core strength for support. This class offers an opportunity to strengthen and lengthen your core muscles; in turn, developing greater stability and balance. All levels are welcome!

Leaside High School 200 Hanna Road, East York
Mon 6:30pm-8pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5910

Dance Cardio and Sculpting

Improve stamina and dopamine levels and get in a very happy mood while getting toned and dancing to different Latin rhythms. During the 15-minute-high intensity resistance exercises, work certain parts of the body by using elastics, dumbbells, stability balls or your body weight, ending with a cooldown and meditation period to bring back your heartbeat to the same level when we started. Learners are expected to bring their own equipment, i.e., elastics, dumbbells, or stability balls.

Northview Heights SS 550 Finch Avenue West, North York

Wed 8:15pm-9:15pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5654

Fitness and Strength Training

Achieve your physical fitness potential and reach your fitness goals by creating your own individualized workout program. Work on resistance training using free weights, dumbbells, stability ball, and a bench and bar. Focus will be placed on cardiorespiratory fitness, core conditioning and stretching.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7:30pm-9pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5680

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 8pm-9:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5766

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5924

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8pm Sep 19, 2024 11wks \$170 (\$119sr) PR-6138

Flexibility and Muscle Toning

Tone your body and improve your range of motion through dynamic stretches and light weight lifting. Target specific muscle groups for toning and definition. Learners are encouraged to bring 2 lb weights to class.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:45am-10:45am Sep 14, 2024 11wks \$114 (\$80sr) PR-5794

Full Body Boot Camp

Full Body boot camp is a challenging and effective full body work out designed to sculpt and tone your body and push you to your limits. Come prepared to do high impact cardio which includes running, jumping, burpees, skipping, plyometric drills, strength training, abs and mat/floor work. Recommended equipment: set of 2 to 5 pound dumbbells, yoga mat or towel.

*Remote Course Offering

Sat 9:45am-10:45am Sep 14, 2024 11wks \$114 (\$80sr) PR-5791

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5843

Don Mills Middle School 17 The Donway East, North York

Mon 6pm-7pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5623

Full Body Sculpt Plus Power Abs Burn

Tone and sculpt the entire body by using exercises which work the upper body and lower body, and core. Participants are required to bring a mat, and light hand weights - 2-5 lbs dumbbells.

Don Mills Middle School 17 The Donway East, North York

Mon 7pm-8:15pm Sep 16, 2024 11wks \$142 (\$99sr) PR-5627

Gentle Fitness

Enjoy a workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Learners are encouraged to bring your own towel and mats.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-12:30pm Sep 14, 2024 11wks \$170 (\$119sr) PR-5795

Overland PS 55 Overland Drive, North York

Sat 12:30pm-1:30pm Sep 14, 2024 11wks \$114 (\$80sr) PR-5879

Gentle Fitness ★

Enjoy a workout of this Remote course that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Learners must have their own towel and weights at home.

*Remote Course Offering

Mon 9:15am-10:15am Sep 16, 2024 11wks \$114 (\$80sr) PR-5591

Gentle Flow Yoga for Beginners

Begin and end with guided meditation led by calming music. It will target the joints and muscles to encourage increased range of motion, flexibility, and strength. The class will begin seated on a chair and gradually move to standing poses and then lying down on a mat towards the end to provide a relaxed and restful experience. Best for beginners or anyone looking for a gentler flow. A mat and a block are required for this class.

Overland PS 55 Overland Drive, North York

Wed 9am-10am Sep 18, 2024 11wks \$114 (\$80sr) PR-5734

Gentle Stretches for a Great Night Sleep

Many people have trouble falling asleep and wake up feeling tired. Through meditation and exercise, learn how to stretch the body gently, calm your mind, and relax in order to obtain a better night sleep.

*Remote Course Offering

Thu 8pm-9pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5855

Gentle Yoga

Gentle yoga is a great practice for beginners, and anyone wanting to slow down and reconnect with their body while calming the mind. The class is focused on gentle movements and modifications to help build strength, balance and flexibility while focusing on breath. Gentle yoga is accessible to all types of students, and is great for self-care practice.

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-8:45pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5915

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9pm Sep 18, 2024 9wks \$93 (\$65sr) PR-5981

Low Impact Aerobics ★

Slim your body and tone your muscles with safe stretch and strength exercises. These easy aerobic movements will improve your flexibility and cardiovascular endurance. Please note, learners to bring a set of light weights and the pace of the class is at an intermediate level.

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Sep 18, 2024 11wks \$114 (\$80sr) PR-5587

Fri 9am-10am Sep 20, 2024 11wks \$114 (\$80sr) PR-5586

Mixed Martial Arts (MMA) Self Defence

Participants in this program will learn defensive striking, kicking and grappling techniques needed to defend themselves from combative situations. Topics to be covered in this course include close quarters combat, striking critical areas of your attacker and defensive take down techniques. Learners will also partake in special 'combat fitness' sessions in which martial art drills and games will be used to help develop personal fitness of participants.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5799

POUND

Using Ripstix, lightly weighted drumsticks, POUND transforms drumming into an incredibly effective way of working out. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to all abilities. It's a full body, calorie burning class of fun! Learners are encouraged to have their own ripstix.

*Remote Course Offering

Wed 7:15pm-8:15pm Sep 18, 2024 11wks \$114 (\$80sr) PR-6130

Pilates

Strengthen and tone your body with pilates. Developed by Joseph Pilates in the early 1920's and utilized by fitness and dance instructors worldwide, pilates focuses on strength, control, flexibility, fluidity and balance. This course offers gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Recommended equipment: Exercise mat.

*Remote Course Offering

Sat 11am-12pm Sep 14, 2024 11wks \$114 (\$80sr) PR-5784

Wed 8pm-9pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5975

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5774

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5956

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5934

Pilates and Movement: Strength and Mobility

This mat-based Pilates course will focus on developing strength, flexibility, and mobility. The class will consist of a variety of Pilates and movement exercises, including standing and mat work, that will challenge and engage participants at all levels. The class will also incorporate elements of yoga and other movement practices to enhance the overall experience. Learners must bring a yoga mat.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:15pm-7:15pm Sep 19, 2024 11wks \$114 (\$80sr) PR-6144

Power and Balance for Hip and Knee

Building power and balance for the hips and knees is crucial for overall lower body strength, stability, and injury prevention. Participants can expect to do hip strengthening exercises, practice balance and stability training, along with some flexibility and mobility movements for strengthen their lower

body. Modifications to workout can be done as needed to ensure safe and effective training for your hips and knees.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-7:15pm Sep 17, 2024 11wks \$114 (\$80sr) PR-6090

Resistance Training Workout

In this course, learn to improve muscular strength and endurance during this resistance training workout. Move your limbs against resistance provided by your body weight, gravity, and bands. All levels welcome. Please have a mat, towel, light weights 1-2 pounds, and elastic bands.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-8:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5838

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-9pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5987

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Sep 17, 2024 11wks \$170 (\$119sr) PR-6077

Overland PS 55 Overland Drive, North York

Sat 10:45am-12:15pm Sep 14, 2024 11wks \$170 (\$119sr) PR-5870

Spine Health - Movement for a Healthy Back

Leveraging Yoga, Pilates, and Plyometrics, this Remote informative course will teach techniques and exercises that strengthen the posture supporting muscles. Learners will find a deeper awareness of their own source of back discomfort and learn techniques to address these ailments. This class integrates active and passive movement with low impact.

*Remote Course Offering

Mon 4pm-5pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5597

Strength Training for Independence

This program is built around balance and agility. Focus will be on proprioception and strength training to increase and/or maintain balance and agility to prevent falls. Learn how to look after joints and muscles to retain mobility. This program will also include seasonal goals.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:45pm-8:45pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5749

Strength and Weight Training

There are so many benefits to strength and weight training. Improve the metabolism, achieve a sculpted physique, and reduce stress. Get ready to hit the gym, sculpt your body, and stay fit while building strength, muscle mass, and endurance.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-7:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5679

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5744

Super Strong Abs and Stretch

Work your abdominals like never before! This class offers the perfect combination of amazing ab exercises to challenge and strengthen your core, followed by a relaxing stretch session at the end.

Recommended equipment: mat, dumbbells and or weights

Don Mills Middle School 17 The Donway East, North York

Mon 8:15pm-9:15pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5624

Tai Chi Advanced II ★

This course is a follow-up to the Advance Level I course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn advance warm-up exercise and new postures from the third section (Yang Style). In this class you will also learn the Tai Chi Sword (A plastic retractable sword will be used) (Level two).

Overland PS 55 Overland Drive, North York

Wed 11:30am-1pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5608

Tai Chi Beginner

Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. In this course, you will learn warm-up techniques and practice various forms within a routine. (Yang style).

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-10:30am Sep 14, 2024 11wks \$170 (\$119sr) PR-6032

Tue 6pm-7:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5758

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Sep 16, 2024 11wks \$170 (\$119sr) PR-5596

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-6075

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-7:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5660

Overland PS 55 Overland Drive, North York
Tue 2:30pm-4pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5594
Thu 6pm-7:30pm Sep 19, 2024 11wks \$170 (\$119sr) PR-5860
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5745
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-8pm Sep 19, 2024 11wks \$170 (\$119sr) PR-6137

Tai Chi Intermediate

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 11am-12pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5595
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 7:30pm-9pm Sep 17, 2024 11wks \$170 (\$119sr) PR-6076
Northview Heights SS 550 Finch Avenue West, North York
Wed 7:30pm-9pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5659
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 7:30pm-9pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5741

Tai Chi Intermediate ★

This course is a follow-up to the beginner course. Tai Chi is a gentle, non-aerobic exercise designed to improve health and promote relaxation of body and mind while improving overall strength and flexibility. You will learn warm-up techniques and practice various forms within a routine.

Overland PS 55 Overland Drive, North York
Tue 12:45pm-2:15pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5609

Tai Chi Intermediate II

This course is a continuation of the Intermediate course, focusing on Part 3 of the Yang style long form. You will learn new techniques and further your practice to promote overall health, strength and flexibility.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Thu 10:30am-11:30am Sep 19, 2024 11wks \$114 (\$80sr) PR-5689

Tai Chi Sword

The Yang Tai Chi Sword Form is a way for the continuing study of Tai Chi principles and the expression of moving energy. Tai Chi Sword involves controlling the collapsible toy sword like a warrior, the movements require dexterity, perform like a dancer, with balance and precision to be flawless while appearing effortless to the observer. Based on availability, the collapsible toy sword will be provided by the instructor to use in the class.

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5599

Tai Chi-Advanced

Study the Yang style which consists of a sequence of slow continuous movement. In this class you will use a plastic retractable sword.

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5598

Walk Your Way to a Healthy Weight - Outdoors

Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to promote a healthy weight. Hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. We will also discuss topics related to healthy living. This class is held outdoors and the meeting location is Overland Learning Centre, 55 Overland Drive, North York, ON.

Overland PS 55 Overland Drive, North York

Thu 5:45pm-8:15pm Sep 19, 2024 11wks \$284 (\$199sr) PR-5851

Yin Restorative Yoga

This class is designed to help nurture all parts of you. Yin is a slower paced style of yoga that incorporates longer, more passively held poses. This style of practice allows the fascia (the connective tissue holding muscle fibres together) time to soften and adapt allowing the body to melt and release deeply held tension through the yin practice. The style is practiced lying down on a mat, or in a seated position, providing a very relaxed, restful experience. Over longer term practice, this style of yoga gently encouraged increased range of motion, while encouraging mindful awareness of the body.

Recommended equipment: yoga mat and yoga block.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5651

Yoga: Hatha All Levels

This is a Remote Yoga course that can be adapted to suit individual levels of flexibility, endurance and strength. Gain calm and confidence as you learn to harmonize the body and the mind. Please have a yoga mat.

*Remote Course Offering

Thu 4pm-5pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5617

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7:30pm-8:30pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5963

Wed 11am-12pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5614

Overland PS 55 Overland Drive, North York

Wed 8:15pm-9:15pm Sep 18, 2024 11wks \$114 (\$80sr) PR-6123

Yoga: Kundalini Beginner/Intermediate

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Join us to learn the basics needed to get you started or continue on your path to a calm and confident state, harmonizing your body and mind. Please have a towel and a yoga mat.

*Remote Course Offering

Mon 6:30pm-8pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5747

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Sep 17, 2024 10wks \$155 (\$108sr) PR-5995

Thu 6:30pm-8pm Sep 19, 2024 10wks \$155 (\$108sr) PR-6002

Yoga: Mind-Body, Movement and Strength

Beginning with grounding and breathwork to help students connect, centre and focus on the postures and movement, then move to a warmup stage which will invite mobility-based stretching. A variety of yoga asanas or postures movement exercises, including standing and mat work, will challenge and engage participants at all levels. Further progress to some hip and pelvis area strengthening, with final rest and breathing, and closing period of reflection, again grounding and relaxation.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-8:30pm Sep 17, 2024 11wks \$114 (\$80sr) PR-6091

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 7:30pm-8:30pm Sep 19, 2024 11wks \$114 (\$80sr) PR-6156

Zumba

Learn a new way to work out with easy-to-follow moves and routines. Hypnotic Latin rhythms help create a dynamic fitness program that will energize, inspire and captivate you for life! This course features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-9:30am Sep 14, 2024 11wks \$114 (\$80sr) PR-5793
Tue 6pm-7pm Sep 17, 2024 11wks \$114 (\$80sr) PR-5759
Thu 7:15pm-8:15pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5776
Cedarbrae Collegiate Institute 550 Markham Road, Scarborough
Mon 7pm-8pm Sep 16, 2024 11wks \$114 (\$80sr) PR-6167
Leaside High School 200 Hanna Road, East York
Wed 7pm-8pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5925
Overland PS 55 Overland Drive, North York
Mon 11:45am-12:45pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5781
Mon 7pm-8pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5554
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-7:30pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5746

Zumba Gold

Zumba Gold is Zumba for baby boomers. It uses traditional Zumba modified to suit the needs of the active older generation. It's also great for those just starting on their journey to a fit and healthy lifestyle. There is no skimping on the traditional party atmosphere and the latin rhythms will move you and groove you to a new tune.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-7pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5775
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 8:15pm-9:15pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5961
Mimico Adult Centre 255 Royal York Road, Etobicoke
Thu 12pm-1pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5616
Northview Heights SS 550 Finch Avenue West, North York
Wed 6pm-7pm Sep 18, 2024 11wks \$114 (\$80sr) PR-5662
Overland PS 55 Overland Drive, North York
Mon 10:30am-11:30am Sep 16, 2024 11wks \$114 (\$80sr) PR-5731
Mon 6pm-7pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5555

Zumba Gold Toning

The Zumba Gold-Toning program offers the best of both worlds - the exhilarating experience of a Zumba fitness party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting dance-fitness program for baby boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold-Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Thu 1pm-2pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5615

Zumba Toning

It's Zumba taken to the next level. Now that you've worked the lower body rhythm, it's time to perfect the upper body. Zumba Toning is an innovative muscle training program with the addition of light weight toning sticks. In a relatively short period of time, this challenging workout helps to build coordination and muscle endurance. This class is open to everyone, no previous dance or Zumba class experience necessary. Recommended equipment to bring: 1lb weight.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-8pm Sep 17, 2024 11wks \$114 (\$80sr) PR-5763

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-7pm Sep 16, 2024 11wks \$114 (\$80sr) PR-6170

Overland PS 55 Overland Drive, North York

Mon 8pm-9pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5557

Food (We cannot guarantee a nut free environment)

Apicuisine

Apicuisine is cooking with products of the beehive. Benefits of using the products of the hive will be explained in terms of nutrition, symbolism, esthetics, and the economical side. Three sessions will involve preparation and tasting of an apicuisine meal: class one – Sun theme, class two – Venusian theme, class three - will be held off site at the actual apiary (location to be disclosed by instructor). Drinks will be herbal teas sweetened with various honeys, and honey lemonade. In keeping with the theme of the honeybees as the honeybees are vegetarian, only vegetarian meals will be presented and prepared for this course. Final price includes material fee of \$30.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Oct 1, 2024 3wks \$107 (\$84sr) PR-5753

Bakery Favourites Workshop

Learn baking methods and make a variety of bars, ice box, drop and sandwich style cookies. Make and decorate creative cupcakes and learn the secrets of superior scones and quickbread. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes a material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 19, 2024 3wks \$128 (\$100sr) PR-5945

Baking Skills

Learn how to bake a variety of baked goods through demonstrations. Products include quick breads, bread, coffeecakes, cookies, cakes, pastries and more. Students will also learn basic piping and masking skills to help them finish a cake. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Sep 19, 2024 11wks \$477 (\$358sr) PR-5770

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Sep 16, 2024 9wks \$405 (\$307sr) PR-5635

Cake Decorating

Decorate beautiful party cakes for all those special occasions; In this course, you will learn how to prepare and complete a cake, make royal and butter cream icing, colour flow and borders, and so much more. Cake decorating and icing become a breeze with step-by-step instruction and demonstrations!. Learners are responsible for providing their own materials, Instructor will provide a list at the first class.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Sep 14, 2024 11wks \$227 (\$159sr) PR-5783

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6158

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5952

Chef On The Run

Pressed for time? This course is organized for the time-crunched cook who believes that fresh home cooked food beats take-out food any day of the week. Have a wholesome delicious meal on your plate in 30 minutes. Quick-to-fix breakfast ideas, lunch treats, healthy dinners which will satisfy the family, yet are fancy enough for company. Create delicious menus, which incorporate fresh and wholesome seasonal ingredients. Final price includes a material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-1pm Sep 14, 2024 11wks \$307 (\$239sr) PR-5785

Chopped! Knife Skills and Kitchen Essentials Workshop

Explore kitchen essential knowledge and try a variety of knife cuts, learn knife handling and safety. We will address sauteing, roasting, emulsification, flavour creation and more. Learn about different knives and their uses. Make cooking fun again! Create meals based on the skill learned each week. This three-week workshop is suitable for vegetarians. Format: skill demonstration followed by hands-on, small group activity. Final price includes a material fee of \$35.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Oct 10, 2024 3wks \$128 (\$100sr) PR-5957

Cinnamon Buns Workshop

Who doesn't love the smell of cinnamon buns baking in the oven. Ever wonder how to make cinnamon buns? Learn how in this one day workshop and enjoy with family and friends. Learners must have: a digital scale, measuring cups and spoons, chef's knife, spatula, baking tray, and dishtowels. Final price includes a material fee of \$20.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Oct 2, 2024 1wks \$56 (\$45sr) PR-5666

Cooking 101 and Beyond

Want to build your own menu, but don't know where to start? Want to make delicious food and save money on take out? In this course, you will learn proper cooking techniques, knife skills, and menu planning, while making fresh pasta, breads, sauté and roast meats. We will also dive into the world of sushi and seafood. So bring your apron and get ready to join us on an adventure of Cooking 101 and Beyond. Final price includes a material fee of \$80.00.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 16, 2024 11wks \$421 (\$319sr) PR-6163

Western Tech. & Comm. School 125 Evelyn

Crescent, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$421 (\$319sr) PR-6143

Essential Portuguese Cuisine

Discover the tastes of Portugal and its islands through this introductory culinary course where participants will learn recipes that combine the essence of Mediterranean cuisine with flavors and aromas of the Age of Discovery. Embrace iconic seasonings and spices such as onion, garlic, piri-piri, olive oil, chouriço citrus fruits, paprika on this gastronomic journey. Students will learn how to prepare a complete meal from soup to dessert in this 5 class series. Final price includes a material fee of \$80.00 and a guaranteed full tummy.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 5wks \$235 (\$188sr) PR-5849

Exploring the Culinary Treasures of Colombia

Join us on a culinary journey through the vibrant flavors of Colombian cuisine in our Colombian Cooking Course. Discover the art of creating traditional Colombian dishes such as Arepas and Empanadas, and

indulging in delicious Postres (desserts). Delve into the diverse techniques behind these iconic dishes, exploring different regional varieties and traditional fillings. This course will tantalize your taste buds, whether you are a culinary enthusiast or simply eager to experience new flavours. Final price includes a material fee of \$45.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12pm Sep 21, 2024 3wks \$138 (\$110sr) PR-5883

Gourmet Cooking on a Budget

What makes a meal 'gourmet?' Is it the exotic spices, pricey cheeses, a special cooking technique, or just the fact that it tastes sooooo good! You don't always need such extravagant ingredients to cook delicious and price conscience meals. Learn how to make gourmet food on a budget. Your family and wallet will thank you for it! Final price includes material fee of \$80.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:45am-10:45am Sep 14, 2024 11wks \$307 (\$239sr) PR-5787

Holiday Baking Workshop

No matter your culinary experience, bring your best attitude and produce some delicious holiday treats. Over the course of the two-day workshop, recipes will include cookies, cakes, and more. Final price includes a material fee of \$30.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Nov 6, 2024 2wks \$102 (\$80sr) PR-5667

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Nov 25, 2024 2wks \$102 (\$80sr) PR-6113

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Nov 9, 2024 2wks \$102 (\$80sr) PR-6083

Indian Vegetarian Cooking

Learners taking this course will learn how to make rice, breads, dhals, vegetables and pakora. Discover the many spices used in this delicious and healthy way of cooking. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$421 (\$319sr) PR-5814

International Cuisine

Join us for a trip around the world by experiencing a variety of international cuisine! In this course, you

will prepare appetizers, main courses, and desserts from a different country each week. Final price includes material fee of \$80.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$421 (\$319sr) PR-6035

Korean Cuisine

Join our unique hands-on cooking classes and discover the secrets of Korean's traditional cuisine. In this class, you will learn how to prepare some of the most popular Korean dishes in a fun and easy way while exploring the ingredients and cooking techniques that make Korean food so invigorating and delicious. You will also learn professional tips on how to brighten up your plates with authentic sweet, sour, salty, and hot spicy flavours that you can confidently recreate at home. Vegetarian friendly class. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$421 (\$319sr) PR-5798

Mediterranean Cooking

Studies consistently rate the Mediterranean diet among the healthiest in the world. Learn about the flavours and ingredients of this delicious and nutritious cuisine. We will prepare classic dishes, appetizers and desserts. Simple modifications can make many dishes vegetarian and/or gluten free. This class is a mix of demonstration and hands-on format. Final price includes a material fee of \$80.00.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$421 (\$319sr) PR-5836
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$421 (\$319sr) PR-6139

Pastry Arts for Everyone

Each week we will learn theory and methodology for different types of pastry. Format: pastry skills and recipe demonstration followed by small group, hands-on activity making a variety of pastry and baked goods to taste and take home. Topics covered: All about gluten and flours, biscuits and scones, working with filo and flaky dough, choux, and quickbread methods. Final price includes a material fee of \$50.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-9pm Sep 18, 2024 5wks \$205 (\$158sr) PR-5939

Pizza Making Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$20.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-9:30pm Sep 24, 2024 1wks \$56 (\$45sr) PR-5761

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Oct 26, 2024 1wks \$56 (\$45sr) PR-6082

Quickbreads

Come join our class and bake along with the instructor. Make delicious scones and muffins. These yummy treats are perfect with coffee/tea. Spruce up your breakfast plate by adding any one of these breads along any style egg dish! Final price includes a material fee of \$15.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9:30pm Sep 25, 2024 1wks \$51 (\$40sr) PR-5668

Sugar Cookie Decorating Workshop

In this course, participants will learn how to conceptualize cookie designs and decorate sugar cookies for special events and holidays. Sugar Cookie decorating will become an easy and fun activity with step by step instructions. All levels are welcome. Final price includes a material fee of \$10.00.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-9pm Oct 9, 2024 4wks \$134 (\$97sr) PR-5673

Sweet, Savoury, Flaky and Fun!

Learn baking and dough methods and make a variety of pies, tarts, galettes using shortcrust, pie dough, puff pastry, etc., with an assortment of fillings and toppings. Format: baking demonstration and working in small groups on a variety of recipes. Take home an assortment of bakery favorites from the class each week. Final price includes a material fee of \$50.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Oct 23, 2024 5wks \$205 (\$158sr) PR-5943

What's for Dinner Tonight?

It is the question we ask everyday! Learn and make a variety of delicious, approachable recipes that can be used to create weeknight meals such as: fresh pasta, scratch soups, stocks and sauces, scrumptious salads and sides! Nourish your curiosity! Suitable for vegetarians. Format: cooking demonstration followed by hands-on, small group activity making a dish to enjoy or take home. Final price includes a material fee of \$35.00.

Games and Hobbies

Adventures in Photography

This course is a dynamic exploration of the multifaceted world of photography, offering a blend of hands-on experiences and theoretical knowledge to empower photographers at all levels, with all cameras: film, DSLR, mirrorless, or smartphone. Whether you are a beginner eager to unlock the full potential of your camera or an experienced enthusiast looking to refine your skills, this course will provide a supportive and engaging environment to help you achieve your photographic goals. Final price includes a material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$348 (\$246sr) PR-5706

Bridge Beginner

This course introduces students to the fundamentals of the game of bridge. Learn 1 No-Trump, Major suit & Minor suit opening bids & responses. Leads & basic card play. Lots of practice deals based on the above openings and a few sessions reserved for revision. Ideal for students who have never played bridge before or have played very little. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class. Book not required for the first class.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Sat 9:30am-11am Sep 14, 2024 11wks \$170 (\$119sr) PR-5782
Leaside High School 200 Hanna Road, East York
Mon 6:30pm-9pm Sep 16, 2024 11wks \$284 (\$199sr) PR-5901
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6140

Bridge Beginner Plus

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real-world bidding methods and practice deals where all players may compete to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book and bidding box not required for the first class.

Leaside High School 200 Hanna Road, East York
Wed 6:30pm-9pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5923

Bridge Intermediate

This course covers popular conventions such as Stayman, Jacoby transfer, strong opening bids and slam bidding. Sessions also cover practice deals, tips in bidding and carding methods. Students who have covered Bridge Beginner will be able to cover most random deals they may encounter. Learners are recommended to have taken Bridge Beginner. Learners will also be encouraged to purchase a book that is available through most major book stores, instructor will provide this information at the first class.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-8:30pm Sep 17, 2024 11wks \$284 (\$199sr) PR-6069

Creative Photography

Bored of using your advanced dslr or mirrorless camera in auto and taking snapshots? Take advantage of its different features and learn how to create interesting and different photographs with it. Class discussions, exercises, and field trip will open up ideas for your exploration. An understanding of basic photography and exposure is required. Not suitable for Point and Shoot cameras.

Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6085

Dig into the Art of Growing - Horticulture 101

Learn about growing and maintaining flowering bulbs from amaryllises to Zantedeschias. Discover the magic of ferns and probe into all poisonous plants. Learn about the care and propagation of carnivorous plants. Different methods of plant propagation will be covered with practical demonstrations. The uses of herbs from tisanes to decoctions to tinctures will be presented. Succulent plants will be discussed in detail.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough
Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6160

Fall Gardening Prep

Preparing a fall garden can be an enjoyable and rewarding experience. The basic principles of gardening, from an environmentally friendly perspective, will be discussed. It will include care and maintenance of Turf, composting and bed preparation, popular herbaceous and woody plants, pruning, pest control, winter protection, as well as basic design concepts, including bulb design.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 7pm-9pm Sep 19, 2024 8wks \$165 (\$115sr) PR-5997

Fun Card Games

This course introduces students to interesting card games played at social gatherings. The main purpose is to have a lot of fun and, at the same time, be competitive. Ideal for people who may not have played many card games before. Examples of card games that will be played are: Laddice, Challenge, Not at Home, Zabbu, and many more.

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5908

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10am-11:30am Sep 14, 2024 11wks \$170 (\$119sr) PR-5897

Gardening for Beginners

This course is designed to introduce people to the basics of Home Gardening. Learn basic gardening tools, basic turf care, proper bed preparation, creating a compost pile, bulb display design and planting, as well as in introduction to popular low maintenance perennial and woody plants, seasonal pruning techniques, and pest control. The final class will discuss some popular indoor tropical plants and their proper care.

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 18, 2024 10wks \$206 (\$144sr) PR-6084

Macro Photography

Through this course, get up-close and personal with your subjects in this class about macro and close-up photography. You will learn about equipment choices, available for many different cameras, as well as the specialized techniques you will need to capture all the small details of very small subjects. Topics include: how to light small subjects; macro lenses versus extension tubes; how to use focal length and apertures to deal with depth-of-field creatively. Students must have their own cameras. DSLR or mirrorless models preferred.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 5:30pm-7:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5622

Organic Year Round Gardening

This course will introduce students to the basic principles of organic gardening, through viewing the garden as a natural environment, where the gardener is a participant assisting the garden's natural processes. It will include organic lawn maintenance, creating and utilizing compost and bed preparation, popular herbaceous and woody plants, pruning techniques, organic pest control, winter protection, basic design concepts to maintain natural ecological processes.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5750

Photography - Learn from the Masters

The earliest known surviving camera photograph dates back to 1826/7, created by Nicéphore Niépce, likely one of maybe 100 or less photos taken in that year. Over 1.4 trillion photos will be taken in 2021, so how does one create anything new? In this class we will study the styles of 16 selected 'masters' of photography, working from the mid-1800s up to the 1970s, to see if we can find new ways of expressing ourselves by learning about old ways of photography. Students can use any style of camera - DSLR, mirrorless, point-n-shoot or smartphone, film or digital.

Don Mills Collegiate Institute 15 The Donway East, North York
Mon 7:30pm-9:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5633

Photography Beginner

Through this course, learn practical skills and techniques to improve your photography. You will gain an understanding of your camera, exposure, lighting, composition and design. Discussion and review help develop your creative eye.

*Remote Course Offering
Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6135

Photography Beginner Digital SLR

Develop an expertise in the use of a digital SLR camera and its accessories. Topics include: camera and the lens operation; depth of field, exposure, lens and camera types, the use of flash and the history of photography. We will explore the creative compositional side of picture-taking. This course is taught through lectures, discussions, field trips and assignments. Not suitable for point and shoot cameras.

Leaside High School 200 Hanna Road, East York
Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5919

Photography: Advanced Workshop Series

In a series of eight half-day workshops you will learn advanced techniques to take your photography to the next level. We will cover portraits and landscapes in natural lighting, special effects using filters, lenses and lighting tricks. You must be familiar with your camera and understand basic exposure controls. Note: First class is held remotely, subsequent classes may be a combination of remote and in-person at locations across the city.

*Remote Course Offering
Sat 9am-1pm Sep 14, 2024 8wks \$330 (\$231sr) PR-5873

Handiwork

Auto Mechanics Advanced

Learn about all aspects of the automobile. You will receive advanced instruction on brakes, tune-ups, transmissions and auto-electrical systems and will learn to trouble-shoot all parts of the automobile. Please note that this is an instructional course and not a self-directed use of a shop. There is no guarantee of project completion. Continuing Education is limited to use of equipment that is available at the time of instruction. Final price includes a shop fee of \$10.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$351 (\$249sr) PR-5637

Auto Mechanics Beginner

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations. Final price includes a material fee of \$10.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$351 (\$249sr) PR-5844

Bicycle Repair

This course covers all aspects of bicycle repair and maintenance. Work on your own bike or a demonstration bike. Tools needed for course are provided in class. Students who have repair kits are encouraged to bring them. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5823

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$346 (\$244sr) PR-5835

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-9:30pm Sep 18, 2024 9wks \$284 (\$199sr) PR-5978

Furniture Refinishing

Do you have an old chair, side table or small desk you just can't part with but really needs some love? Refinish it to its former glory. Bring the following on the first night: your project, safety glasses, paint remover, rubber gloves, paint brush, and scraper. Wear comfortable old clothing. Note: Projects should not take longer than nine weeks to complete, and there is limited space for storage, pieces should be small enough that learners can transport their pieces back and forth each week if needed. Final price includes a material fee of \$20.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Sep 18, 2024 9wks \$299 (\$215sr) PR-5980

Home Maintenance and Renovating Beginner

This course is designed to teach you the basics of maintaining and improving your home. Learn to do a variety of common repairs. Topics include: essential tools and how to use and maintain them; fix a leaky tap; repair your driveway; install flooring or suspended ceilings; fundamentals of dry-walling; upgrade indoor and outdoor lighting; concrete work and much more. Learn about building codes and which renovations give you the best return for your money. Final price includes material fee of \$40.00.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-9pm Sep 19, 2024 11wks \$324 (\$239sr) PR-6141

Home and Cottage: Construction

This course will focus on the principles of construction, including building codes and permits. Learn how to build different types of foundations and waterproofing, framing: floors, walls, roof rafters and trusses. If you have a project, we'll talk about it. Final price includes a material fee of \$40.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$381 (\$279sr) PR-5813

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$381 (\$279sr) PR-5829

Small Engines

This course provides you with practical hands-on experience working with small engines. You will learn how to repair and maintain two and four cycle engines such as lawn mowers and chainsaws. Instruction is done mostly through demonstration. However, students are encouraged to bring their small engines to class for repair.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Sep 16, 2024 9wks \$186 (\$130sr) PR-6173

Upholstery

Do you have a chair that needs new life or a footstool that needs uplifting? Bring them to the upholstery class. A Master Upholsterer will teach you the basics that will enable you to complete a project in class or in your own home. Topics include stripping furniture, reinforcing frame work, cutting, sewing, laying fabric and foam. Also, bring tools such as nail/staple remover, hammer, pliers, scissors and protective eye goggles. Wear comfortable work clothes and closed shoes. Learners will buy own supplies, bring small project to class (maximum size - small armchair). Learners should bring pliers, scissors, eye protection and staple remover to class on the first day. Final price includes Shop Fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 16, 2024 11wks \$351 (\$249sr) PR-5969

Wood Carving and Sculpture

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 16, 2024 11wks \$346 (\$244sr) PR-5962

Wood Carving and Sculpture ★

Classes focus on selection, care and safe use of tools, and carving techniques based on European traditions. Projects are developed based on the desires and skill level of the learners from beginner to advanced. Wildlife, numerous decorative styles, portrait carving, carving in relief or in the round are all offered in a friendly learning environment with a master carver. Some tools are provided. Learners supply some of their own materials. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Sep 16, 2024 11wks \$346 (\$244sr) PR-5611

Mon 1pm-4pm Sep 16, 2024 11wks \$346 (\$244sr) PR-5610

Tue 9am-12pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5620

Tue 1pm-4pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5621

Woodworking Beginner

In this beginner course you will learn about wood technology and the setup and safe use of tools and machines. In order to use knowledge and skills acquired in the course, you will have an opportunity to work on a small project in consultation with the course instructor. Learners must bring own materials.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 16, 2024 11wks \$341 (\$239sr) PR-6169

Woodworking Intermediate

This course is designed for those with experience in basic woodworking. Projects will vary from school to school. Work on a small project in consultation with the instructor. Learners must bring own materials.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$341 (\$239sr) PR-5805

Health and Wellness

Acupressure

Treat Acute Pain, Back Pain, Neck Pain, Headaches and Stress with simple and practical techniques that have been used for thousands of years in China. Learn basic Theory of Chinese Medicine and how acupressure can improve your daily life. Acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease without Needles. Learn Basic Theory of Tongue reading to identify where is the Energy blockage in the human body.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Sep 19, 2024 3wks \$93 (\$65sr) PR-5959

Acupressure Level II

Deepen your Acupressure practice to help with self care and self healing. You learned some protocols for pain and immunity. Go deeper and learn more in Level II.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Oct 10, 2024 3wks \$93 (\$65sr) PR-6105

Conquering Insomnia

Despite its prevalence, there is almost no funding for insomnia research and little is taught in medical schools about how to treat it. Western medicine typically sees only two ways to deal with the issue - sleeping pills or living with it. But there is more that can be done. This class explores behavioural modification techniques and alternatives such as acupressure, ear seeds, and breathing techniques to conquer insomnia and change your life.

Overland PS 55 Overland Drive, North York
Mon 6:15pm-9:15pm Sep 16, 2024 2wks \$62 (\$43sr) PR-5549

Cosmetic Acupressure: Look, feel & be your best

In this course, learn a facial regime based on the principles of Traditional Chinese Medicine (TCM) and aromatherapy. The regime will consist of a quick-and-easy acupressure massage to be performed daily with the aim of reducing the signs of stress and aging. There will be a detailed discussion on how to blend your own problem-specific facial oils for the massage. Additional recipes allow for the creation of a complete skin-care program. As well, learn about TCM, nutrition, stress reduction and other lifestyle choices to help you achieve total health.

Overland PS 55 Overland Drive, North York
Mon 6:15pm-9:15pm Sep 30, 2024 3wks \$93 (\$65sr) PR-5551

Foundations of Mental Health Resilience

It is possible to improve our mental health and wellbeing, but it can be challenging without the right tools or direction. This course will teach you the key steps to improving your mental health resilience. Using the three principles to mental well-being, Acceptance Commitment Therapy, lived experience, and a variety of tools and practices, you will learn to explore your strengths and discover your own roadmap to better mental health. Other topics covered include neuroplasticity, mindfulness, and spirituality.

*Remote Course Offering

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5644

Healing Meditation

Healing occurs on the physical, emotional, mental and spiritual levels. In this course you will learn how meditation aimed at balancing energy systems can aid in the healing process and increase self-awareness and self-worth. Explore the Seven Spiritual Laws which bring peace, harmony and success to your life.

*Remote Course Offering

Sat 10:30am-12pm Sep 14, 2024 11wks \$170 (\$119sr) PR-6030

Mon 8:15pm-9:45pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5725

How to Age with Grace

We all get older but let's not get old before we need to. Learn how to stay well and healthy through the pillars of Chinese Medicine: diet, movement, meditation, and other self care methods.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Oct 31, 2024 3wks \$93 (\$65sr) PR-6106

Introduction to Detoxification

Learn about foods that have medicinal values and help to cleanse the body. Learn how nutritious foods and natural dietary approaches can help manage and ease ailments.

Leaside High School 200 Hanna Road, East York

Wed 7:30pm-8:30pm Sep 18, 2024 6wks \$62 (\$43sr) PR-5932

Introduction to Meditation

This remote course is open to anyone who is interested in calming their mind, developing stronger focus, and better control over the monkey mind. This discussion and practice based class will showcase techniques and styles, allowing students the space to experience and then inquire as a group.

Visualizations, mindful meditations, and zen meditation practices explored.

*Remote Course Offering

Thu 9:30am-10:30am Sep 19, 2024 11wks \$114 (\$80sr) PR-5682

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8:30pm-9:30pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5780

Managing Menopause Naturally

What happens during this time? Information will be shared how to naturally manage the signs and symptoms of peri-menopause and menopause. Using acupuncture, nutrition, and lifestyle approaches, learners will develop strategies and comprehension about this time in their lives.

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Oct 28, 2024 3wks \$93 (\$65sr) PR-5553

Mindful Meditation

In this course participants will learn how to direct their attention inward and connect to their breath, senses and feelings to reduce stress, anxiety and negative thoughts. This course involves gentle stretches, breath works and guided meditation to help participants relax their body and mind.

*Remote Course Offering

Wed 8:15pm-9:30pm Sep 18, 2024 11wks \$142 (\$99sr) PR-6088

Navigating a Cancer Diagnoses

Canada's population is aging and there are a greater number of people being diagnosed with various types of cancer. Join us in a supportive classroom setting and learn of the health system, being your own advocate, resources available, and more importantly how to navigate it all the while maintaining your own mental health and positive frame of mind so you can remain strong for yourself and for your loved ones around you.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Sep 19, 2024 9wks \$139 (\$97sr) PR-6115

Nutrition for Energy and

Wellness

This course will provide an overview of sound nutrition practices which enhance health and wellness. The following topics will be covered: nutrient-dense foods, what to avoid, antioxidants, how to detox, and healthy meal planning.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5916
Overland PS 55 Overland Drive, North York
Sat 11:30am-12:30pm Sep 14, 2024 11wks \$114 (\$80sr) PR-5866
Thu 6pm-7pm Sep 19, 2024 11wks \$114 (\$80sr) PR-5859

Wellness Workshop - Dealing with Stress

Join an experienced instructor certified in nutrition, energy work and multiple therapeutic techniques for this highly informative course, in which we address a holistic approach to dealing with stress. Concepts discussed include the physical effects of stress, dietary support for the nervous system, mental and emotional wellness, self-care, spirituality and energetic awareness, and stress relief and relaxation through various holistic modalities.

Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Sep 16, 2024 6wks \$124 (\$87sr) PR-5904

Yoga of Awareness

Classes incorporate routines emphasizing flexibility, targeted breathing, and relaxation techniques. Simultaneously, they work on muscle strengthening and toning through a series of postures.

Leaside High School 200 Hanna Road, East York
Mon 8:15pm-9:15pm Sep 16, 2024 11wks \$114 (\$80sr) PR-5914
Overland PS 55 Overland Drive, North York
Wed 7:15pm-8:15pm Sep 18, 2024 11wks \$114 (\$80sr) PR-6131

Interior Design

Interior Design: Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! In this course, you will learn all you need to know including principles of design, choosing colour schemes, lighting and textures, fabrics, furnishings, floor covering, space planning and decorating ideas. Get ideas, inspiration and guidance and then let your imagination guide you in creating the home of your dreams!

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-8:30pm Sep 18, 2024 11wks \$284 (\$199sr) PR-5884
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$341 (\$239sr) PR-5701
Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6:30pm-9pm Sep 16, 2024 11wks \$284 (\$199sr) PR-6058

Languages

Arabic Beginner

Learn Arabic for basic conversation for everyday situations. You will be introduced to the Arabic alphabet and the basic structure of the language using a combination of grammar, vocabulary, reading and conversation. Short sentences and dialogue will build vocabulary and pronunciation. An English-Arabic Dictionary may be required.

*Remote Course Offering

Mon 7:30pm-9:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5636

Arabic Intermediate

This course is the continuation of Arabic-Beginner for those who want to maintain and expand their understanding of the language. It will provide students with Arabic language skills that will enable them to communicate with native Arabic speakers. Emphasis will be placed on reading and conversation. An English-Arabic Dictionary may be required.

*Remote Course Offering

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5655

Cantonese Conversation Skills

Effective Cantonese conversation skills go beyond language proficiency and include an understanding of cultural nuances. This involves recognizing cultural cues, using appropriate gestures, and adapting communication styles based on cultural norms. Active listening and being familiar with everyday phrases and expressions is crucial. Form the building blocks of everyday communication, casual chats with friends, formal discussions in a professional setting, or making small talk at social events.

Overland PS 55 Overland Drive, North York

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5850

Essential French Conversational Skills

Bonjour! Join us on an adventure. You will learn introductory key vocabulary and structures that will allow you to have authentic conversations in everyday situations. You will read and understand basic text by applying simple strategies and your new knowledge. A French/English dictionary may be required.

Overland PS 55 Overland Drive, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5550

French Beginner

Through this course, learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. A French/English dictionary may be required.

*Remote Course Offering

Sat 9am-11am Sep 14, 2024 11wks \$227 (\$159sr) PR-5790

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5722

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5652

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6164

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5626

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-6059

French Beginner Level II

This course is a continuation of the beginner course for those who would like more of the basics before moving on to the Intermediate level. Further develop your skills in speaking, listening and reading French. You must have a basic knowledge of French vocabulary and grammar. Emphasis will be placed on reading and conversation. A French/English dictionary may be required.

*Remote Course Offering

Wed 6:30pm-8:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5828

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5854

French Intermediate

You must have a basic knowledge of French vocabulary and grammar. This course is a continuation of the Beginner Level II course and focuses on reading and conversation. A French/English dictionary may be required.

Leaside High School 200 Hanna Road, East York

Wed 6:15pm-8:15pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5931

French Intermediate Level II ★

This is the perfect course for those who want to improve or maintain their knowledge of French. More emphasis will be placed on reading and conversation. A French/English dictionary may be required.

Overland PS 55 Overland Drive, North York

Wed 1pm-3pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5574

French Reading Club

CLUB DE LECTURE EN FRANÇAIS. The goal of this book club will be to further strengthen the students' skills in reading, listening, speaking, and comprehension of text through group conversations. Many opportunities to practice and expand vocabulary will be offered to engage students in different discussion questions relating to a pre-selected book in French. Students must have a good command of the French language and be able to converse freely to share opinions and participate in group discussions.

Overland PS 55 Overland Drive, North York

Wed 10:30am-12:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5571

Greek, Modern Beginner

This course is designed for those who wish to carry on basic conversations in Greek. This course will teach you to communicate for the purposes of travel or for speaking with family members and friends. A Greek/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5948

Hallyu 101: Conversational

Korean and Culture via K-Dramas and K-Pop

South Korea has been leveraging entertainment as “Soft Power” for decades, building to the worldwide “moment” that Korea is enjoying today. Collectively, this phenomenon has been dubbed Hallyu, aka “Korean Wave” - in fact a series of successive waves that began in the 1990s and which continues today. The unique aspect of this course is that we will use real, contemporary examples from the wild world of Korean pop music, TV dramas and feature films as the entry point and focus of meaningful instruction in Korean language and background Korean culture.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6095

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6151

Hindi Beginner

In this course, beginner level instruction is offered in reading, understanding, and speaking Hindi. A Hindi/English Dictionary may be required.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5941

Italian Beginner

Learn basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course covers grammar, vocabulary, reading and conversation. An Italian/English dictionary may be required.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5676

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6001

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 20, 2024 11wks \$227 (\$159sr) PR-5582

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5724

Italian Beginner Level II

In this continuation of the Beginner course, develop more conversational skills with a better level of proficiency, a stronger accuracy of the vocabulary, and increasing the pronouncing level. Some classes will cover writing short letters or stories while enhancing the creativity of broadening the stronger understanding of the vocabulary and everyday conversations. Focus will be placed on grammar and verb tenses, and on phonetics.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9:30am-11:30am Sep 17, 2024 11wks \$227 (\$159sr) PR-5687

Japanese: Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. A Japanese English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5830

Japanese: Level II

This course is for those who have the knowledge of Hiragana. You will develop listening, speaking and writing skills. Katakana will be taught. Learn to express yourself in Japanese. Learners are recommended to have taken Japanese Level I or equivalent. A Japanese/English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5810

Korean Beginner

When you want to learn about another culture, it's very important to learn the language. In the Korean language there is a 24-letter alphabet. In this course, you will learn all the consonants and vowels and begin to recognize them in simple words. Elementary words will also be taught so learners can construct simple sentences. An English/Korean Dictionary may be required.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5671

Mandarin Chinese Beginner

In this course, you will learn the basic structure of the Chinese language focusing on phonetics and basic conversation. Pin Yin system will be taught. An English/Mandarin Chinese Dictionary may be required.

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5669

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Sep 17, 2024 11wks \$284 (\$199sr) PR-5816

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5632

Overland PS 55 Overland Drive, North York

Wed 7:30pm-9:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6124

Mandarin Chinese Beginner Level II

This is a continuation of the Mandarin beginner level for those who would like more of the basics before moving to the intermediate level. You must have knowledge of the basic structure of the Chinese language. You will learn phonetics and practice basic pronunciation and conversation. An English/Mandarin Chinese Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5837

Spanish Advanced

This course is for those with considerable background in Spanish who want to maintain their knowledge of the language. A Spanish/English dictionary may be required. Learners are recommended to have taken Spanish-Intermediate Level II.

*Remote Course Offering

Sat 10:30am-12:30pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5864

Wed 5:30pm-7:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6132

Spanish Beginner

In this course, learn basic conversational Spanish for everyday situations. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. Learn and practice the language through various activities in a fun and relaxing online environment.

*Remote Course Offering

Sat 1pm-3pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5867

Mon 7:30pm-9:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5625

Tue 5:30pm-7:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6073

Thu 9am-11am Sep 19, 2024 11wks \$227 (\$159sr) PR-5601

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5822

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5840

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5935

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5918

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5989

Northview Heights SS 550 Finch Avenue West, North York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5647

Overland PS 55 Overland Drive, North York

Mon 2:15pm-4:15pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5604

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5743

Spanish Beginner Level II

This course reviews and expands your previous knowledge of the Spanish language. Your listening comprehension, oral expression, reading and writing skills will be further developed.

*Remote Course Offering

Mon 5:30pm-7:30pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5630

Tue 7:30pm-9:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6072

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5818

Thu 6:45pm-8:45pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5842

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5936

Leaside High School 200 Hanna Road, East York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5903

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-8pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5648

Spanish Conversation I

This course is for those who have an understanding and basic skills in Spanish. You will further develop your language skills and increase your vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources.

*Remote Course Offering

Wed 7:30pm-9:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-6127

Spanish Conversation II

Develops conversational skills with attention to accuracy, vocabulary and pronunciation. Discussion of cultural topics and situations drawn from written and audiovisual sources. Learners are recommended to have taken Spanish-Intermediate or equivalent skills.

Overland PS 55 Overland Drive, North York

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5852

Spanish Intermediate

Further develop your skills in speaking, listening and reading Spanish. More emphasis will be placed on reading and conversation. Students must have a basic knowledge of spoken and written Spanish. This course is a continuation of the Beginner Level II course. Spanish/English dictionary may be required.

*Remote Course Offering

Sat 8:30am-10:30am Sep 14, 2024 11wks \$227 (\$159sr) PR-5865

Thu 11:30am-1:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5600

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5764

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5800

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5950

Spanish Intermediate Level II

This course is a continuation of Intermediate level. Learners will continue to develop and apply their speaking skills in a variety of contexts and will participate in activities that will improve their reading comprehension and writing skills. Spanish/English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5832

Overland PS 55 Overland Drive, North York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5556

Spanish for Travellers

This beginner level course is perfect if you are planning a trip to a Spanish-speaking destination! Learn about the culture and develop the rudiments of Spanish to enhance your vacation experience. We will cover language to help you when at the airport, hotel, shopping or ordering food.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5938

Music

Basic Chord Piano I

In this Remote course you will learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how basic chords are formed, 3-part harmony chord types ie. Diatonic triads as well as Dominant 7th chords. Application of chords to well-known tunes will also be covered. Students should have previous experience in playing hands together (ie. Intermediate level or equivalent). Learners must have their own keyboard at home.

*Remote Course Offering

Fri 3pm-4:30pm Sep 20, 2024 11wks \$170 (\$119sr) PR-5733

Basic Jazz and Rock Piano

This Remote course will help you to develop a good foundation in playing basic Jazz and Rock styles on the piano. Focus will be on learning Rock rhythms, Shuffle rhythms, basic Boogie bass lines, Blues riffs and develop basic improvising skills. There will also be an option to explore the various music instrumental tones, voices, drum patterns and rhythms provided by the keyboard/smartphone app as well as playing along with a groove. Students should have previous experience in playing hands together (ie. Beginner Level 4 or equivalent). Online learners must have their own keyboard at home.

*Remote Course Offering

Mon 3pm-4:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5570

Guitar Beginner

This Remote class is for people with little or no background in playing the guitar. The following areas will be covered through the online supportive class instruction: basic open chords, notation, strumming and finger plucking. A wide range of music will be explored. You are required to have your own acoustic guitar.

*Remote Course Offering

Wed 10am-12pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5585

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5681

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:45am-10:45am Sep 14, 2024 11wks \$227 (\$159sr) PR-5792

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5821

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5631

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5905

Guitar Beginner Level II

Guitar Beginner Level II is a course designed for those who already know some guitar chords and songs and want to continue learning but do not yet consider themselves to be an 'intermediate' guitar player. Learn new theory, chords, repertoire, and licks. Move at your own pace and have some fun with the group too. Some basic knowledge of guitar is required.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 11am-1pm Sep 14, 2024 11wks \$227 (\$159sr) PR-5796

Learn to Play The Ukulele

In this program you will learn how to play the Ukulele, with an easy to follow step-by-step approach. Learn to tune, strum, basic chords and we will be singing and having fun in no time. Learners are required to have a Ukulele in order to participate. No experience is necessary.

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 18, 2024 11wks \$227 (\$159sr) PR-5933

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5984

Learn to Play The Ukulele Level II

Now that you know some basic chords let's take to the next level. In this course you will be working on more strumming, picking, melody and rhythmic techniques. We will be learning as a group, singing, and playing, learning new songs, and dabbling on soloing. Basic knowledge of Ukulele playing is required.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5726

Piano Keyboarding Beginner: Level I

This Remote course is designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Learners must have their own keyboard at home.

*Remote Course Offering

Thu 3pm-4:30pm Sep 19, 2024 11wks \$170 (\$119sr) PR-5740

Central Technical School 725 Bathurst Street, Toronto

Mon 7pm-9pm Sep 16, 2024 11wks \$227 (\$159sr) PR-5797

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5738

Piano Keyboarding Beginner: Level II

This Remote course is designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions. Learners must have their own keyboard.

*Remote Course Offering

Thu 1pm-2:30pm Sep 19, 2024 11wks \$170 (\$119sr) PR-5736

Piano Keyboarding Beginner: Level III

This Remote course is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. Focus will be on changing and combining different hand positions as well as learning new fingering techniques. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Tue 1pm-2:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5735

Piano Keyboarding Beginner: Level IV

This Remote course is a continuation of Piano Keyboarding Beginner Level III. Level IV will review reading of notes on the entire treble and bass staff with an introduction to ledger lines. Additional fingering and pedaling techniques as well as Major and Minor keys will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Tue 3pm-4:30pm Sep 17, 2024 11wks \$170 (\$119sr) PR-5737

Piano Keyboarding High- Intermediate

This Remote course is a continuation of Piano Keyboarding Intermediate. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as sixteenth notes and dotted

eighth notes are explored. Keys of D, B flat, E flat major and G minor will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Mon 1pm-2:30pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5739

Piano Keyboarding-Beginner: Level II

This is a course designed for students with some previous playing experience. Level II will cover further development of playing hands together, phrasing, pedaling, dynamics and rhythmic concepts with more focus on learning new notes and hand positions.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5825

Theory Musicianship

This course is designed to teach you the basics of music theory. Students will learn, practice and review the music alphabet, staff notation, ledger lines, rhythm and note values, time signatures, key signatures, musical symbols, accidentals, basic scales, formation of chords and chord progressions. Please note that this is an accelerated course. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5605

Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal Jazz performance while learning to hone your performance skills. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$30.00 to cover the cost of the musicians and equipment maintenance.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Sep 17, 2024 11wks \$257 (\$189sr) PR-5815

Self Development

Artificial Intelligence Unleashed - Is It Worth It?

AI Unleashed delves into WHAT YOU should know about how AI impacts your life today and in the future. Discussions of the dynamic world of artificial intelligence covering positives and dangers to your

life and that of the world. Find out what you need to know about AI - it's history and it's future for our planet. Listen to what the experts say about the possibilities and the dangers by understanding how it all happens. This is not an AI user course.

Leaside High School 200 Hanna Road, East York
Wed 7pm-8:30pm Sep 18, 2024 11wks \$170 (\$119sr) PR-5929

Create Your Own Cosmetics

Learn how to make natural cosmetic and personal care products and the science behind it. Students will learn how to choose ingredients and the processes for making cosmetic and personal care products. Participants will be making cleanser, moisturizing lotion, night cream, shampoo, and conditioner. Final price includes a material fee of \$45.00. Alert: As we cannot guarantee a scent free environment, those with allergies to scent should avoid registering for this class.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 7pm-9pm Oct 2, 2024 6wks \$169 (\$132sr) PR-6110

Dreams to Reality: Goal Mastery

This class offers actionable strategies to turn aspirations into reality. Learn to prioritize, overcome obstacles, and stay focused on your dreams. Gain practical skills for effective time management and productivity. Unlock your full potential and create a roadmap to success. Whether personal or professional, this course empowers you to achieve your dreams with confidence and clarity.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-8:30pm Sep 18, 2024 5wks \$103 (\$72sr) PR-5991

Everyday Wisdom: Oracle Guidance for Personal Growth

Explore the transformative power of oracle guidance. This class offers daily practices to unlock profound insights for personal growth. Through practical exercises and discussions, cultivate a deeper connect with your intuition and the wisdom of the universe. Elevate your daily routine with the wisdom of oracles, embracing a journey of continual growth and self-discovery.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-8:30pm Oct 23, 2024 6wks \$124 (\$87sr) PR-5992

Hairdressing and Styling Beginner

Acquire skills in haircutting, blow drying, colouring and styling. This is not a certificate granting course. Final price includes a material fee of \$100.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 19, 2024 11wks \$441 (\$339sr) PR-5949

How to Make Your Own Oracle Cards

This class is a journey through the unlimited potential of your creativity. An opportunity to connect to your intuition and inspiration, channel messages, develop and keep your creativity flowing. Open your creative channel with simple, fun, and inspiring intuitive art and a channeled writing process. Embrace art and its healing powers, tap deep into yourself, and allow expression to surface free. Bring the following materials to the first class: note book, kraft paper or sketchbook, colored pencils, markers, and watercolours.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 6pm-9pm Sep 16, 2024 1wks \$31 (\$22sr) PR-6089

Introduction to Mindfulness and Personal Growth

In this online course, you will cultivate foundational mindfulness skills and personal growth strategies, and empower yourself to navigate life mindfully, foster healthy relationships, enhance emotional intelligence, experience personal growth, promote well-being, and establish a foundation for ongoing learning.

*Remote Course Offering

Mon 9am-11am Sep 16, 2024 11wks \$227 (\$159sr) PR-5686

Leadership - Every Person is a Leader!

Based on the belief that 'Every Person Is A Leader', this course will significantly enhance your leadership abilities. Watch your leadership skills soar with this leadership inventory and capabilities course.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 8:15pm-9:45pm Sep 17, 2024 11wks \$170 (\$119sr) PR-6096
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 8pm-9:30pm Sep 19, 2024 11wks \$170 (\$119sr) PR-6152

Life Coaching: Wellness and Techniques

Through group discussion and experiential activities, you will learn to set priorities and achieve results, optimize your time, create a balanced lifestyle, establish healthy habits, and develop a personalized coaching plan. Self-reflective activities are designed to transform fears and doubts. You will gain clarity on your life goals and learn strategies that will energize you to achieve them. Gain new perspectives and face life challenges with poise and confidence.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-7:30pm Sep 18, 2024 6wks \$93 (\$65sr) PR-6102

Mindfulness and Social-Emotional Mastery

In this Remote course, you will deepen your understanding of mindfulness and enhance your social-emotional intelligence to foster healthier relationships, navigate challenges with resilience, cultivate empathy, contribute positively to your community, and embody mindful leadership in your personal and professional life.

*Remote Course Offering

Tue 9am-11am Sep 17, 2024 11wks \$227 (\$159sr) PR-5688

Mindfulness for Stress Reduction and Relationship Enhancement

In today's fast-paced world, stress and strained relationships have become all too common. Are you feeling overwhelmed by the pressures of daily life? Struggling to maintain harmony in your personal and professional connections? This 11-week course offers a path to greater well-being and connection, sharpen focus, and foster authentic communication. Explore the roots of stress and anxiety, uncover emotional triggers, and learn to navigate conflicts with grace and confidence. Join us on this transformative journey to unlock the power of mindfulness and cultivate a life filled with peace, purpose, and meaningful connections.

*Remote Course Offering

Tue 7pm-9pm Sep 17, 2024 11wks \$227 (\$159sr) PR-5756

Overcoming "Not Your Stuff" Syndrome

Break free from the cycle of absorbing others' emotions and responsibilities. This class offers practical tools to recognize and assert your boundaries confidently. Explore the roots of "Not Your Stuff" Syndrome, develop self-awareness, and hone effective communication skills. Learn to prioritize your self-begin without guilt, while fostering healthy relationships. Join us for an empowering journey toward reclaiming your emotional space and living authentically.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-8:30pm Sep 23, 2024 9wks \$186 (\$130sr) PR-5993

Salon Services

Take a journey and understand the opportunities for your own brand, and pursue a career within the beauty industry. Get involved within the world of the beauty industry, and search for your chance to build your professional image. Get direct experience from beauty professionals and a chance to enjoy what the industry has to offer.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6:30pm-8:30pm Sep 19, 2024 11wks \$227 (\$159sr) PR-6155

Sustainable Living

Learn how to live more sustainably by making small changes to your current lifestyle. You'll learn about the sustainable swaps that are now available to help you reduce your use of single-use items, the essentials of eating a low-waste, plant-based diet, sustainable shops in the city that will help you consume more consciously, how to properly dispose of the waste you do produce, and much more!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6:30pm-8:30pm Sep 24, 2024 5wks \$103 (\$72sr) PR-6074

Threads of Change: How your clothes can change the world

Unveil the truth behind your wardrobe. Join our immersive 3-hour workshop on fast fashion's hidden costs. Engage in eye-opening discussions, interactive activities, and real-world solutions. Understand the social and environmental impacts of your clothing choices. Empower yourself to make informed, conscious fashion decisions. Let's learn, interact, and change fashion's impact together!

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9pm Sep 26, 2024 1wks \$31 (\$22sr) PR-5778

Transition to Retirement

What are you doing for the rest of your life? Traditional retirement planning focuses on financial matters but there's more to life than money! Work provides structure, purpose, and, community; how to replace these in retirement? In this course, learn how to create a personal retirement plan, consider common issues, and hear advice from those who've already retired.

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-8pm Sep 17, 2024 6wks \$124 (\$87sr) PR-5824

*Remote Course Offering

Thu 6pm-8pm Oct 24, 2024 6wks \$124 (\$87sr) PR-5768

Sewing

Introductory Sewing

Sewing can be both exciting and a bit intimidating. In this introductory course, learn and practice basic sewing techniques to improve your sewing skills. At the end of the course, you will have completed four beginner-friendly projects, i.e., tote bag, apron, pillowcases for home decor, and one other item of your choice. Final price includes a shop fee of \$5.00.

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Sep 18, 2024 11wks \$346 (\$244sr) PR-6134

Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Students will be supplied with 1/4 size pattern drafting slopers and will learn many techniques including dart manipulation, pockets, yokes and finishes. This course will introduce design fundamentals and learners will take this knowledge to create their own personal skirt block and design their own skirt. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$346 (\$244sr) PR-5827

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 12:30pm-3:30pm Sep 18, 2024 11wks \$346 (\$244sr) PR-6112

Sewing Advanced

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12am Sep 16, 2024 11wks \$346 (\$244sr) PR-5593

Sewing Alterations and Repairs

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets, etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 18, 2024 11wks \$289 (\$204sr) PR-5976

Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes shop fee of \$5.00.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 7pm-9:30pm Sep 18, 2024 11wks \$289 (\$204sr) PR-5675
Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5817
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-9pm Sep 18, 2024 11wks \$346 (\$244sr) PR-6104
Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 7pm-9:30pm Sep 16, 2024 11wks \$289 (\$204sr) PR-5968

Sewing Beginner ★

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. Learn pattern layout, cross-stitch and more. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 9am-12pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5606

Sewing Beginner Level II

Beginner Sewing Level II is for the sewist that has some knowledge of sewing, can operate a sewing machine, and is a next step for students that have taken Beginner Sewing. Students will learn how to adjust patterns for personal fit, work with a commercial pattern to sew a full-sized shirt and learn the correct techniques for sewing collars, sleeves, facings and applying finishing techniques to create professional looking garments. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Sep 16, 2024 11wks \$346 (\$244sr) PR-5806
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-9pm Sep 19, 2024 11wks \$346 (\$244sr) PR-6107

Sewing Intermediate

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$346 (\$244sr) PR-5845

Sewing Intermediate ★

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 12:30pm-3:30pm Sep 17, 2024 11wks \$346 (\$244sr) PR-5607

Sewing for the Home

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 12:30pm-3:30pm Sep 16, 2024 11wks \$346 (\$244sr) PR-5592

Sewing: Fashion and Home Decor

Learners will explore the elements of design used to create clothing and home décor. Sewing techniques that can be applied to either clothing, home décor or alterations and repairs will be shown throughout the term. Learn how to use basic sewing patterns and by the end of the course, you will create a sample binder of types of seams, zipper applications, fabric terms and fabric samples for future use. Final price includes material fee of \$5.00.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough
Mon 6pm-9pm Sep 16, 2024 11wks \$346 (\$244sr) PR-6166

Sports

Badminton

Here is the perfect opportunity to develop your badminton skills through play! You will be taught individual and team techniques and basic skills through instruction and round-robin play. Students must provide own racquets. Final price includes material fee of \$5.00

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough
Mon 6pm-7:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-6161
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 8pm-10pm Sep 17, 2024 11wks \$232 (\$164sr) PR-6071
Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5638

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 11:45am-1:45pm Sep 14, 2024 11wks \$232 (\$164sr) PR-5893

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto

Thu 6pm-8pm Sep 19, 2024 11wks \$232 (\$164sr) PR-6146

Badminton for Intermediate Players

Badminton is a dynamic sport enjoyed by millions around the world. To play at the highest level, athletes are not only required to have great physical capabilities, but also refined technical skills. In this intermediate badminton course, learners will build upon the foundation of basic techniques and fine tune and sharpen their skills to play a faster and more offense game. Lessons include how to block smashes, footwork, and both double and single game positioning, tactics and drilling. Final price includes a material fee of \$5.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-7:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5640

Basketball for Women

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handling and game strategy skills in a friendly competitive atmosphere. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Sep 19, 2024 11wks \$175 (\$124sr) PR-5772

Golf Beginner

Basic fundamentals of the golf swing will be covered, along with other topics. Final price includes a material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 6:30pm-8pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5628

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Sep 18, 2024 11wks \$175 (\$124sr) PR-5926

Golf Intermediate

The fundamentals of the golf swing and putting will be reviewed. Final price includes material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York
Mon 8pm-9:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5629
Leaside High School 200 Hanna Road, East York
Wed 8pm-9:30pm Sep 18, 2024 11wks \$175 (\$124sr) PR-5927

Golf Training Program

This golf training program is designed to offer an even more comprehensive and in-depth learning experience for golf enthusiasts of all levels. The class is structured to provide participants with a solid foundation, advanced skill development, on-course strategies, and, most importantly, a deep love for the game of golf. Final price includes material fee of \$5.00.

Agincourt CI 2621 Midland Avenue, Agincourt
Wed 6pm-7:30pm Sep 18, 2024 11wks \$175 (\$124sr) PR-5899

Indoor Bocce

Are you ready for a friendly and recreational bocce match? Bocce, sometimes referred to as Italian lawn bowling, is a leisurely yet strategic game that has been enjoyed for centuries. Players take turn tossing their bocce balls, aiming to get them closer to the pallino than their opponents' balls. Learn basic rules, tactical skills, and practice some tossing techniques, during the warm-up. Are you ready to join and have fun with us?

Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 11:30am-12:30pm Sep 14, 2024 11wks \$114 (\$80sr) PR-5891

Let's Play Softball

Slow-Pitch Softball is one of the fastest growing sports for adults. This course will teach the basic fundamentals of Slow-Pitch Softball. Emphasis is placed on learning both offence, defence and the fundamental skills for batting, base running, catching, fielding and throwing. Students will also learning about playing different field positions and the rules of Slow-Pitch Softball. All you need is a Softball Glove. Final price includes a material fee of \$5.00.

Northview Heights SS 550 Finch Avenue West, North York
Wed 7:45pm-9:15pm Sep 18, 2024 11wks \$175 (\$124sr) PR-5656

Mastering Tennis Drills: Boost Your Skills and Performance

Are you looking to take your tennis game to the next level? This course is designed for tennis players of all levels who want to learn and practice effective drills to enhance their performance on the court. Final price includes a material fee of \$5.00

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-8:30pm Sep 17, 2024 11wks \$119 (\$85sr) PR-5983

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9pm Sep 16, 2024 11wks \$175 (\$124sr) PR-6064

Pickleball Beginner

In this introductory pickleball course, students will learn the fundamentals of the game including rules, proper stroke and grip technique, and basic strategies. This class is suitable for individuals of all skill levels who are looking to learn or improve their pickleball skills. Whether you are a complete beginner or have some experience, you will be guided through the basics to develop your game. Participants should bring their own pickleball racket and comfortable athletic clothing and footwear. Final price includes a material fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5803

Mon 7:30pm-9pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5804

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Sep 19, 2024 11wks \$175 (\$124sr) PR-5955

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-6065

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-7:30pm Sep 18, 2024 11wks \$175 (\$124sr) PR-5657

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5729

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Sep 14, 2024 11wks \$175 (\$124sr) PR-5898

Pickleball Low Intermediate

This course is designed for players with some basic pickleball experience, aiming to bridge the gap between beginner and intermediate skill levels. Some drills might require adjustments to accommodate everyone within the time limit. Final price includes a material fee of 5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8:30pm-10pm Sep 16, 2024 11wks \$175 (\$124sr) PR-6066

Overland PS 55 Overland Drive, North York

Thu 7:45pm-9:15pm Sep 19, 2024 11wks \$175 (\$124sr) PR-5861

Pickleball Power Hour: Smash and Drive Mastery

Dive into a fun and skillful one-hour session focused on refining your pickleball precision. This course caters to players across all levels, providing a lively environment to enhance your control and accuracy of serves, swings, and footwork. Engage in spirited drills to refine your finesse and elevate your game to

new heights. Final price includes material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7pm Sep 16, 2024 11wks \$119 (\$85sr) PR-6062

Tennis Beginner

This program is for those with little or no previous tennis experience. Instruction will include grips, backhand, footwork and more. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Tue 6:30pm-8pm Sep 17, 2024 11wks \$175 (\$124sr) PR-5762
Central Technical School 725 Bathurst Street, Toronto
Tue 6pm-7:30pm Sep 17, 2024 9wks \$144 (\$102sr) PR-5819
Tue 7:30pm-9pm Sep 17, 2024 9wks \$144 (\$102sr) PR-5820
Wed 6pm-7:30pm Sep 18, 2024 9wks \$144 (\$102sr) PR-5833
Wed 7:30pm-9pm Sep 18, 2024 9wks \$144 (\$102sr) PR-5834
Thu 6pm-7:30pm Sep 19, 2024 9wks \$144 (\$102sr) PR-5846
Thu 7:30pm-9pm Sep 19, 2024 9wks \$144 (\$102sr) PR-5847
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-5649
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-10am Sep 14, 2024 11wks \$175 (\$124sr) PR-5894

Tennis Intermediate

Individual instruction and practice are provided for students with some tennis experience. Large classes will be divided into groups. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Tue 8pm-9:30pm Sep 17, 2024 11wks \$175 (\$124sr) PR-6000
Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 8:30pm-10pm Sep 17, 2024 11wks \$175 (\$124sr) PR-5988
Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Sep 16, 2024 11wks \$175 (\$124sr) PR-6067
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:30am Sep 14, 2024 11wks \$175 (\$124sr) PR-5895

Volleyball

Come and play the sport that is becoming more and more popular and get a great workout at the same time. This recreational co-ed course will develop your interest in physical activity and promote your well-being.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough
Mon 7:45pm-9:15pm Sep 16, 2024 11wks \$170 (\$119sr) PR-6162
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-8pm Sep 17, 2024 11wks \$227 (\$159sr) PR-6078
Northview Heights SS 550 Finch Avenue West, North York
Mon 7:45pm-9:15pm Sep 16, 2024 11wks \$170 (\$119sr) PR-5650

Theatre, Film & TV

Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium. Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5692

Drama Beginner

Participate in the basics of stage performance through the use of theatre games, improvisation, ensemble storytelling and scene study. Vocal techniques and body movement exercises will be introduced.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9pm Sep 16, 2024 11wks \$284 (\$199sr) PR-5801

History of Films

This comprehensive course consists of the following lectures that cover various cinema periods, topics and schools: "Silent Era" (United States, 1920s-1930s), "Between Wars" (Germany and France, 1920s-1930s), "Hollywood Classics" (United States, 1940s-1950s)", "Art Among Ruins" (Italy, 1940s-1950s), "Surrealism" (Spain, 1960s-1970s), "Stagnation an Flourishing" (Soviet Union, 1970s-1980s), "Lost Illusions" (Eastern Europe, 1990s-2000s), "Films about Films". Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-8pm Sep 19, 2024 11wks \$227 (\$159sr) PR-5953

Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will learn through group activities and group exercises, games and short ensembles.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Sep 18, 2024 11wks \$341 (\$239sr) PR-5708

Improv: Intermediate

Elevate your improvisational skills and take your comedic talents to the next level in our Improv Intermediate course. This course is for people with prior improv experience. You will refine your quick thinking skills, enhance character development, and sharpen your wit through a variety of engaging exercises and scene work, while fostering a supportive and a dynamic creative community.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5713

Introduction to Documentary Filmmaking

Take a journey into the world of real stories. Learn the techniques of storytelling, cinematography, and editing to craft narratives. This course provides hands-on experience and valuable insights into the art of documentary filmmaking.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5886

Video Storytelling

This course is for those who want to create their own videos for business, artistic purposes or their portfolio. Combining storytelling and video making, come with your ideas and be ready to learn how to create and engage an audience with your video content. The usage of some video or computer devices such as a smartphone and an iPad will be discussed in this course, but learners will not need video equipment knowledge or computer skills in order to become proficient in creating their story.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Sep 19, 2024 11wks \$341 (\$239sr) PR-5889
