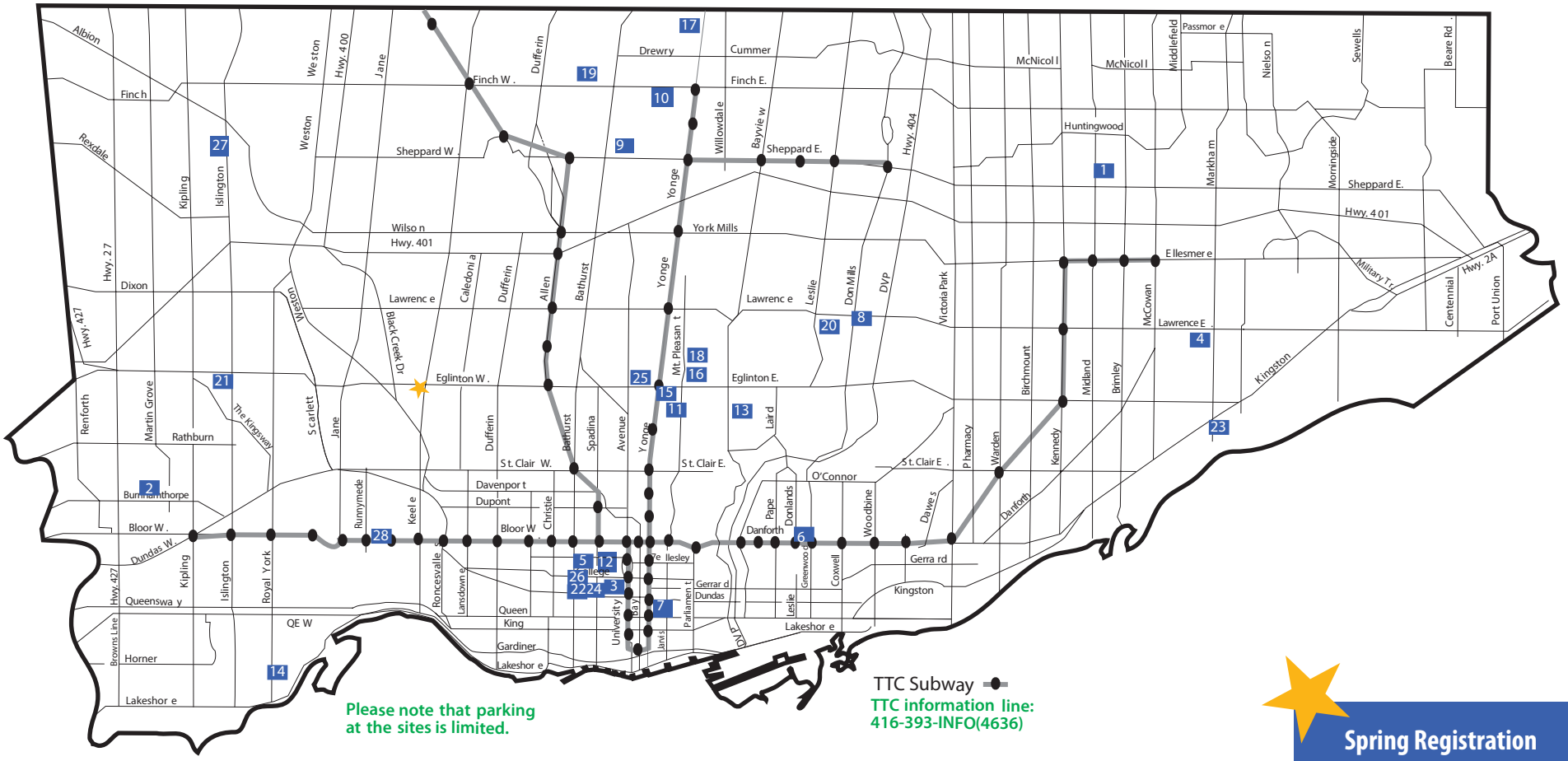
SPRING
2020
Learn4Life.ca
Toronto District School Board
Registration opens
February 12
416-338-4111 | @TDSB_ConED facebook.com/TDSBLearn4Life @learn4lifetdsb

COMMUNITY PROGRAMS SITE MAP



1 Agincourt CI
2621 Midland Avenue

2 Burnhamthorpe CALC
500 The East Mall

3 Cecil Community Centre
58 Cecil Street

4 Cedarbrae CI
550 Markham Road

5 Central Technical
725 Bathurst Street

6 Danforth CTI
800 Greenwood Avenue

7 Dixon Hall
188 Carlton Street

8 Don Mills CI
15 The Donway East

9 Earl Bales CC
4169 Bathurst Street

10 Edithvale CRC
131 Finch Avenue West

11 Janet Magee Manor
71 Merton Street

12 King Edward PS
112 Lippincott Ave

13 Leaside HS
200 Hanna Road

14 Mimico AC
255 Royal York Road

15 Montgomery Place
130 Eglinton Avenue East

16 Moore Place
801 Mt. Pleasant Road

17 Newtonbrook SS
155 Hilda Avenue

18 Northern S S
851 Mt. Pleasant Road

19 Northview HTS
550 Finch Avenue West

20 Overland LC
55 Overland Drive

21 Richview CI
1738 Islington Avenue

22 Ryerson CS
96 Denison Ave

23 Scarborough Village CC
3600 Kingston Road

24 Second Mile Club -
Kensington Gardens
25 Brunswick Avenue

25 Second Mile Club -
Orchard View Branch
174 Orchard View Blvd.

26 St. Stephen's Community
House Senior's Activities Ctr
340 College Street, Unit 360

27 Thistletown CI
20 Fordwich Crescent

28 Western Technical CI
125 Evelyn Crescent

Spring Registration

Continuing Education
Department

2 Trethewey Drive, 3rd Floor

communityprograms@tdsb.on.ca
Phone: 416.338.4111
Fax: 416.394.3494

The Learn4Life Brochure: Every effort is made to ensure accuracy at the time of printing. The Toronto District School Board reserves the right to make any necessary changes in matters related to course content and offerings, policies, and costs. Learn4Life programs are supported by Ministry of Education's Community Use of Schools Grant which allows for use of school space at a reduced rate.

Learn4Life.ca

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For registration form and information, see pages 2-3.

Registration 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. (There are limited spaces for non-seniors, please call to register.) These programs offer non-credit and non-certificate courses only.

Important dates!

Spring 2020
Registration opens Wed, Feb 12, 2020
Classes begin Sat, March 28, 2020

Summer 2020
Registration opens Wed, May 13, 2020
Classes begin Monday, Jul 6, 2020

Five easy ways to register!

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

By phone
Call **416.338.4111** and register with an agent. Have your VISA or MasterCard ready. Office hours are between 8:30AM-4PM

Visit us
Come to the Continuing Education Office at **2 Trethewey Drive,3rd Floor, Toronto, M6M 4A8**. Payment can be made by credit card, cash, cheque or money order.

By fax
Fax completed registration form (on page 3) to **416.394.3494**. Remember to include your VISA or MasterCard, name of the card holder, CVV number, and the expiry date.

By mail
Mail your registration form (on page 3), along with full payment using VISA, MasterCard, cheque, or money order to:
Continuing Education
2 Trethewey Drive, 3rd Floor
Toronto, ON M6M 4A8

We hope you'll join us!

Payment
Fees paid by cheque (certified or personal) or money order should be made payable to "Toronto District School Board" and dated at the time of registration. **Post-dated cheques will not be accepted. There is an NSF cheque charge of $15.** Fees paid by credit card (VISA or MasterCard) must include the name of card holder, CVV number and expiry date. Cash payment is only accepted at the Continuing Education Office.

A GAINS certificate or Social Assistance document is required to qualify for the subsidy rate of $11.50 plus material fees. A current copy must be submitted with the application form to support this request. Some documents may be required to be submitted every term. This reduced rate applies to course fees only and is limited to one course per term. Seniors (65 and over) receive a 40% discount on course fees. All fees include HST. Recent changes may affect how dependents of Ontario Works recipients, confirm their eligibility for the subsidized rate. Dependents over the age of 18 who would like to register for a course must be listed on your Drug Benefit Eligibility Card. If you do not have this card, a letter from the Social Assistance office confirming the dependent will be required in order to register.

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

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 enrollment 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.

Withdrawals, Refunds and Credits
All requests for refunds or credits must be made in writing and sent by email, mail or fax. See map for contact information.

A $15 administrative fee per course will be applied to all refund requests unless otherwise stated. This administrative fee will be waived if registrants accept a credit on their TDSB Community Programs account.

Fees paid by cheque or cash will be refunded by cheque after Continuing Education staff acknowledges clearance of the cheque. Allow 4-6 weeks. Fees paid by credit card will be refunded to that credit card.

For all courses:
The TDSB will provide a full refund if the TDSB cancels a course or if the TDSB receives the written request for withdrawal before the first class.

For courses under five weeks in duration:
A full refund will be issued if the TDSB receives the refund request in writing before the first class. **No refunds or credits will be considered after the first class.**

For courses five weeks or longer:
A refund (minus the $15 administrative fee) will be issued if the TDSB receives the refund request in writing before the second class. A pro-rated refund will be issued if the TDSB receives the request for refund in writing after the second class, but before the third class of the course. **No refunds, credits or transfers will be considered after the third class of a course.**

For subsidized $11.50 courses:
There are no refunds. A credit is issued if the TDSB cancels the course.
Summer Refund Policy:
There are no withdrawals, refunds, credits or transfers after the first class.

Program Accommodation
We strive 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 Continuing Education Office at 416.338.4111.

Toronto District School Board

Registration Form

Learn4Life.ca

For faxed applications, payment must be made by VISA or MasterCard

Mail or drop off Registration Form to:

Continuing Education
2 Trethewey Drive, 3rd Floor Toronto, Ontario M6M 4A8

Date: _____

Last Name _____ First Name _____ M/F _____ Date of Birth _____/_____/_____ Day / Month / Year * (*required)

Client Number _____ PIN Number _____ Apt. No _____ Street No. _____ Street Name _____ City _____

Postal Code _____ Home Telephone No. _____ Mobile Telephone No. _____ Email Address _____

I (Registrant) hereby release the Toronto District School Board (the "TDSB"), its employees, volunteers and agents from any and all liability for any injury or property loss sustained by me, regardless of how caused, resulting from my participation in the course(s) below. I further agree to hold harmless and indemnify the TDSB from all claims, demands, causes of actions, loss, costs, or damages whatsoever, including but not limited to claims, demands, causes of actions related to loss, damage, and/or bodily injury to myself arising out of my participation.

☐ **I Accept**

I acknowledge that I am fully aware of the course description(s) and level of activity involved, am physically fit for participation, and have not been advised to refrain from the activity by a qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation. Should I require medical treatment, I agree to give permission to have the TDSB arrange for any emergency medical care including hospitalization and transportation, to the administration of such emergency medical treatment as may be deemed necessary in the circumstances and agree to pay all costs associated with medical care and transportation.

☐ **I Accept**

Selection No. 1

Course Code _____ Course Title _____ Course Location _____

Day of the Week _____ Time _____ Start Date _____ Final Price $_____

Selection No. 2

Course Code _____ Course Title _____ Course Location _____

Day of the Week _____ Time _____ Start Date _____ Final Price $_____

Payment Information

☐ VISA ☐ MasterCard ☐ Cheque ☐ Money Order ☐ Cash* ***Cash is ONLY accepted at the Continuing Education office**

Name on Card _____ Total Amount Received $ _____

Card Number _____ C V V(*required) _____ Expiry _____

If appropriate, material costs are included. Please note that H.S.T. is included where applicable. Make cheque or money order payable to Toronto District School Board.

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.

Notice of Collection: *The information you have provided is collected in compliance with the Municipal Freedom of Information and Protection of Privacy Act,* R.S.O., 1990, c. M. 56 *and is used for registration purposes only. If you have any questions, please contact: Program Manager of Community Programs, Continuing Education, TDSB at 416.338.4111. Revised January 2020.*

Course Cancellation: A minimum number of registrants are required to open a class. The TDSB has the right to make the final decision to open or close a class or to revise the fee structure.

Refund Policy: A $15 administrative fee per course will be applied to all refund requests unless otherwise stated. This administrative fee will be waived if registrants accept a credit on their TDSB Community Programs account. The TDSB will provide a full refund (charging no administrative fee) if the TDSB cancels a course or if the TDSB receives the written request for withdrawal before the first (1st) class. For courses:
***Under five weeks in duration*:** A full refund will be issued if the TDSB receives the refund request in writing before the first (1st) class. **No refunds or credits will be considered after the first (1st) class**. ***Five weeks or longer*:** A refund (minus the $15 administrative fee) will be issued if the TDSB receives the refund request in writing before the second (2nd) class. A pro-rated refund will be issued if the TDSB receives the request for refund in writing after the second (2nd) class, but before the third (3rd) class of the course. **No refunds, credits or transfers will be considered after the third (3rd) class of a course. For subsidized courses:** TDSB issues no refunds. A credit is issued if the TDSB cancels the course.
All requests for withdrawals, refunds, credits, and transfers must be made in writing. There are four ways to submit requests: Email - communityprograms@tdsb.on.ca, On-line - www.learn4life.ca, Mail - 2 Trethewey Drive, 3rd Floor, Toronto, ON M6M 4A8, Fax - 416-394-3494.
Summer Refund Policy: There are no withdrawals, refunds, credits, or transfers after the first (1st) class.

I acknowledge that I have read and understood the information provided.

NAME (PLEASE PRINT): _____ SIGNATURE: _____ DATE: _____

Art

Abstract Painting

Learn to create abstract paintings. What if you could express your inner vision? How do you convey the feeling of something, rather than what it looks like? It's all about play and experimentation. There are no rules. Abstraction is open to interpretation and can be mysterious and evocative. Surprising things come out of when you free up and stop needing everything to look realistic. This is not a technical course; it's about finding your artistic vision. All levels and painting mediums are welcome. This course is designed to be taken repeatedly so you can develop your work over time. Learners must provide own materials.

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 98771

Mimico Adult Centre 255 Royal York Road
Fri 10am-1pm Apr 03 9wks $221 ($132sr) 98801

Acrylic Painting-All Levels

Explore the full range of what you can achieve with these durable, inexpensive, easy-to-use, water-based and fast-drying paints. Compose, glaze and mix colour. Experiment with the use of collage. You will be required to purchase your own materials.

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 98772

Acrylic Painting-Beginner

Explore your individual creative expression through an understanding of basic techniques used in acrylic painting. 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 to purchase their own materials, a list will be provided in the first class.

Leaside HS 200 Hanna Road
Wed 6:30-9:30pm Apr 01 9wks $221 ($132sr) 98421

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.

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98455
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 98472

Art Metal Shop

This is a course for an art metal worker who has completed at least two terms of Art Metal Work. You decide and work on your own projects with instructor assistance. Final price includes material fee of $55.00

Danforth C & TI 800 Greenwood Avenue
Wed 6-9:30pm Apr 01 9wks $313 ($209sr) 99056

Art Metal Work

Explore the theory and practice in both oxy-acetylene and electric welding. Projects will include plant stands, candlesticks and small sculptures. Final price includes material fee of $55.00

Danforth C & TI 800 Greenwood Avenue
Thu 6-9:30pm Apr 02 9wks $313 ($209sr) 99072

Calligraphy for ★

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. List will be provided by instructor at Mimico AC only .

Dixon Hall/188 Carlton Site 188 Carlton Street
Tue 10am-12pm Mar 31 9wks $147 ($88sr) 99158

Mimico Adult Centre 255 Royal York Road
Thu 9:30am-12pm Apr 02 9wks $184 ($110sr) 99159

Calligraphy-Beginner

Design your own cards, bookmarks, invitations, and certificates. You are required to provide your own supplies. List will be provided by instructor at the first class.

Mimico Adult Centre 255 Royal York Road
Thu 1-4pm Apr 02 9wks $221 ($132sr) 98806

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98551

Ceramic Art: Ideas & 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 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $281 ($192sr) 98775

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/Kensington Gdn 25 Brunswick Avenue
Fri 10am-12:30pm Apr 03 9wks $184 ($110sr) 99160

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, hands-on instruction and demonstrations provided. Prerequisite: Beginner Level

Second Mile/Kensington Gdn 25 Brunswick Avenue
Fri 1-3:30pm Apr 03 9wks $184 ($110sr) 99161

Chinese Calligraphy & Poetry ★

Chinese Poetry & Literature is conventionally divided into four classes: Poetry (lu shi), Ci, Song (ge), Fu. This course covers the history of Chinese Poetry & Literature. Students will learn different forms of poetry, parallel couplets, rhyming schemes and patterns through poetry appreciation. Also, learn to write poetry by actively participating in group composition of parallel couplets. This course is taught in Cantonese.

Cecil CC 58 Cecil Street
Fri 1-3:30pm Apr 03 9wks $184 ($110sr) 99162

Drawing & Painting ★

Studies form, composition and introduces drawing while learning and experimenting with materials used in drawing and painting. We will explore proportion, depth and colour. Learners are required to provide own supplies.

Montgomery Place 130 Eglinton Ave East
Tue 1-3:30pm Mar 31 9wks $184 ($110sr) 99172

Moore Place 801 Mt. Pleasant Road
Tue 9:30am-12pm Mar 31 9wks $184 ($110sr) 99169

Drawing & Painting-Beginner

Using a variety of drawing materials, you will explore form and composition and learn about proportion, depth and colour. Learners will be required to purchase their own materials.

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Apr 01 9wks $147 ($88sr) 99096

Burnhamthorpe CALC 500 The East Mall
Sat 9:30am-12:30pm Mar 28 9wks $221 ($132sr) 98525

Overland Learning Centre 55 Overland Drive
Mon 6-9pm Mar 30 9wks $221 ($132sr) 98588

Richview CI 1738 Islington Avenue
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98692

Drawing & Painting: Landscape Study

Let nature inspire you as you learn the fundamentals of painting a landscape. Media: Acrylic.

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $221 ($132sr) 98763

Drawing & Painting: Portraits-Advanced

In addition to working with the fundamental structures, practises and techniques of portraiture, this course covers psychological aspects, mood, environment, atmosphere and costume. A wide range of approaches and media will be demonstrated backed with individual instruction. Live models and interesting lighting will be used each class. Sustained poses provide time to develop in depth artistic results. Students supply their own materials. Final price includes model fee of $55.00.

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $276 ($187sr) 98754

Drawing & Painting: Portraits-All Levels

Through the use of various approaches and media, learn the methods and techniques of creating a physical likeness from a variety of live models. Class demonstrations and individual instruction includes applications of proportions, anatomy, form, value, colour, texture and composition. Live models and interesting lighting used every class, inspiring artistic growth and human expression. Students supply their own materials. Final price includes model fee of $55.00.

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $276 ($187sr) 98776

Drawing & 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 CC 4169 Bathurst Steet
Wed 10am-12:30pm Apr 01 9wks $184 ($110sr) 98646

Drawing & 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
Tue 9am-12pm Mar 31 9wks $221 ($132sr) 98809

Drawing For People Who Can't Draw

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.

Leaside HS 200 Hanna Road
Mon 6:30-9pm Mar 30 9wks $184 ($110sr) 98407

Figure Drawing & Painting Advanced

This course is for those who wish to study the human figure in depth and learn more about anatomy, form, composition, colour and expression. Numerous demonstrations revealing various approaches and media backed with close individual instruction that encourages personal creative directions. Dynamic poses from gestural to sustained, inspired by a variety of nude live models at all times. Students supply their own materials. Final price includes model fee of $55.00.

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $276 ($187sr) 98765

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 model fee of $55.00.

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $276 ($187sr) 98757

Let's Paint Mandalas & Meditate

Mandala is a Sanskrit word that means sacred circle art. Circle drawings have been used since past times. They help to enhance the inner and outer journey in life. Assist in focusing and meditation. Composed of basic geometric shapes: circles, triangles, and squares, these primordial forms bring us into the present-moment awareness, calming our mental turbulence. Visual symbols offer great healing and strength. In a calm relaxing environment, paint and learn how to make your own. Some materials will be provided.

Mimico Adult Centre 255 Royal York Road
Wed 6-7:30pm Apr 08 7wks $86 ($51sr) 98990

Middle Eastern Geometric Art and Patterns-Beginners

Learn 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 7 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

Danforth C & TI 800 Greenwood Avenue
Thu 6-9pm Apr 02 9wks $221 ($132sr) 99086

Mixed Media: Egg Tempera

Egg tempera is one of the oldest painting techniques used by Egyptians, Greeks and Romans. Learn techniques and icon painting (traditional and new), and explore colours, composition, shapes and form. Individual attention is given to each student working from still life and portrait landscape. No previous experience is necessary. Bring a pencil to the first night of class. Learners are required to purchase own supplies.

Burnhamthorpe CALC 500 The East Mall
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 99045

Oil & Acrylics-All Levels

Explore the fundamental techniques of oil and acrylic painting. You will be given individual attention and also work as a group to develop or refine 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 CALC 500 The East Mall
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 99008

Mimico Adult Centre 255 Royal York Road
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98787

Oil & 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 CC 4169 Bathurst Steet
Wed 1-3:30pm Apr 01 9wks $184 ($110sr) 98647

Northern SS 851 Mount Pleasant Road
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98466

Oil & Acrylics-Intermediate

Step-by-step demonstrations will trace the painting process from sketch to underpaintingwashes through to building up layers of impasto. Live models and other references will be used. Prerequisite: Beginner course.
Mimico Adult Centre 255 Royal York Road
Mon 1-4pm Mar 30 9wks $221 ($132sr) 98822

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.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 98798

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/Orchard View 174 Orchard View Blvd
Wed 1-3:30pm Apr 01 9wks $184 ($110sr) 99190
Wed 10am-12:30pm Apr 01 9wks $184 ($110sr) 99191

Painting: Botanical Watercolour

Learn to draw and paint plants and flowers meticulously using graphite pencil and/or watercolours. No previous experience is necessary. Learners supply their own materials.
Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 98484

Pottery - Slab Work

Create a range of functional and decorative objects using various building methods. The course will be divided so that students experience both hand building and wheel throwing techniques. Students will be encouraged to explore surface decoration with the use of various tools and treatments to make unique handmade objects. The course is open to beginners as well as advanced students. Final price includes material fee of $60.00
Northern SS 851 Mount Pleasant Road
Mon 6-9pm Mar 30 9wks $281 ($192sr) 98467

Pottery Beginner: Intro to Hand Building

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 material fee of $50.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $271 ($182sr) 98778
Tue 6:30-9:30pm Mar 31 9wks $271 ($182sr) 98799

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 material fee of $60.00.
Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $281 ($192sr) 98767

Mimico Adult Centre 255 Royal York Road
Tue 6:15-9:15pm Mar 31 9wks $281 ($192sr) 98929

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 $40.00
Mimico Adult Centre 255 Royal York Road
Mon 6:15-9:15pm Mar 30 9wks $261 ($172sr) 98788
Wed 6:15-9:15pm Apr 01 9wks $261 ($172sr) 98980

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 material fee of $60.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $281 ($192sr) 98759

Printmaking-All Levels

Join the complete printmaking atelier. Beginners are immersed in etching, relief, and lithography. Experienced students are taught advanced intaglio processes and encouraged to work independently in experimental and optional multimedia techniques. All skill levels are welcome. Final price includes a material fee of $40.00.
Danforth C & TI 800 Greenwood Avenue
Wed 6-9pm Apr 01 9wks $261 ($172sr) 99063

Printmaking-Etching Specialty

Channel your inner Durer or Goya and dive into the world of Intaglio. Using different surfaces such as: plexiglass, zinc and copper, create images using ancient and modern techniques on presses. Learn drypoint, acid etch, chine colle, Aquatint, hard and soft grounds with an explasis on layering processes to achieve the effect you want. Curriculum changes slightly each term to accommodate repeat learners. Final price includes material fee of $60.00.
Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $281 ($192sr) 98768

Printmaking-Intermediate

Building on skills learned in the intro course, explore the world of etching using Zinc plate, Chine Colle and various grounds. Learn how to set up a screenprinting studio in your own apartment. Expand your lino skills using the press. Use free print time to finish printing your editions. Curriculum changes slightly each term to accommodate repeat learners. Prerequisite: Printmaking - Introduction or Printmaking- All Levels. Final price includes material fee of $60.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $281 ($192sr) 98779

Printmaking-Introduction

Get the complete printmaking atelier (artist studio or workshop) experience! Students will undertake exercises in relief

techniques (cutting and printing lino block), intaglio (drypoint), screenprinting (creating images through screen for paper and fabric). Come and experience the magical world of printing. Final price includes material fee of $60.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $281 ($192sr) 98760

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 material fee of $65.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $286 ($197sr) 98761
Wed 6:30-9:30pm Apr 01 9wks $286 ($197sr) 98769

Sculpture: Medallic Art
Explore the creative, ancient, and exciting world of medallic art, by making your own double sided, hand held sculptural medal cast in bronze. Execute the fundamental stages of the classic 'lost wax' metal process while learning about the history of classical to contemporary medals.. This is a very hands on intensive technical course, and is the only general interest bronze foundry program operating in Toronto. Final price includes material fee of $50.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $271 ($182sr) 98781

Tao Calligraphy
Chinese calligraphy is highly regarded as one of the most relaxed yet powerful practices for one's physical, mental, emotional, and spiritual well-being. Tao Calligraphy combines the artistic beauty of a unique style of one-stroke Chinese calligraphy with Tao light transmissions to create a high frequency light field that when we write, trace, or meditate with Tao Calligraphy, deep healing and transformation occurs. Learning this beautiful meditative art will provide you an experience of balance and harmony. Knowledge of Chinese language and previous experience with Chinese calligraphy are not required. Final price includes material fee of $15.00 for calligraphy practice kit.
Mimico Adult Centre 255 Royal York Road
Wed 7-9pm May 06 3wks $64 ($44sr) 98982

Watercolour Painting ★
Enjoy the magic of watercolour. Learn or further develop painting skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form.
Second Mile/Orchard View 174 Orchard View Blvd
Thu 1-3:30pm Apr 02 9wks $184 ($110sr) 99197

Watercolour-All Levels
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. Bring whatever you may already have with you to the first class. Instructor will provide you with a list of materials needed for the course on the first night of class.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 98800

Mimico Adult Centre 255 Royal York Road
Wed 7-9:30pm Apr 01 9wks $184 ($110sr) 98985

Overland Learning Centre 55 Overland Drive
Tue 6-9pm Mar 31 9wks $221 ($132sr) 98682

Watercolour-Beginner/Intermediate
Enjoy the magic of watercolour. Learn or further develop the basic skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form.
Danforth C & TI 800 Greenwood Avenue
Wed 6-9pm Apr 01 9wks $221 ($132sr) 99070

Watercolour-Intermediate
If you are familiar with the fundamentals of technique and design, you are ready for new challenges and insights. We will work with a blend of landscape, floral and still-life subjects and work from both photos and studio set-ups. Learners recommended to register for Watercolour-Beginner first before registering for Intermediate. Learners must provide own materials.
Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Mar 31 9wks $221 ($132sr) 98491

Watercolour-Intermediate ★
Learn and develop techniques and skills based on your existing level. Explore drawing techniques, colour values, structural balance, style and final adjustment. Enhance your aesthetic knowledge and create your own artwork. Learners recommended to register for Watercolour-Beginner first before registering for Intermediate.
Overland Learning Centre 55 Overland Drive
Tue 2:15-4:45pm Mar 31 9wks $184 ($110sr) 99199
Second Mile/Orchard View 174 Orchard View Blvd
Thu 10am-12:30pm Apr 02 9wks $184 ($110sr) 99198

Business and Finance

Accounting & Bookkeeping-Beginner
This 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, closing entries and more.
Northview Heights SS 550 Finch Avenue West
Wed 6-8pm Apr 01 9wks $147 ($88sr) 98508

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98545
Tue 5:30-7:30pm Mar 31 9wks $147 ($88sr) 98628

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 99108

Accounting: Payroll-Beginner
You will learn how to enter new employees, process payments, remit deductions, report journal entries, complete payroll deductions and Records of Employment (ROE). You will use Simply Accounting computer software as your processing system.
Overland Learning Centre 55 Overland Drive
Tue 7:30-9:30pm Mar 31 9wks $147 ($88sr) 98629

Accounting: Small Business & Tax Issues
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 rule and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.
Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98546

Administrative Office Assistant
Gain the knowledge you need to be an Administrative Office Assistant. Skills taught include telephone business conversations, scheduling, time management, record management and business correspondence. Projects and

case studies will also be covered. This is not a certificate granting course.
Burnhamthorpe CALC 500 The East Mall
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98997

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.
Overland Learning Centre 55 Overland Drive
Sat 8am-12pm Apr 04 1wks $25 ($15sr) 98683

Condominium Buying & 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.
Northern SS 851 Mount Pleasant Road
Mon 5:30-7:30pm Mar 30 9wks $147 ($88sr) 98460

Emerging Market Investing

Canada represents less than 3% of global market capitalization, leaving 97% available for investors to explore and investigate. Emerging markets represent a unique opportunity for investors to capitalize on the growth of many of these international economies while potentially increasing the value of their portfolios. We'll discuss the advantages/disadvantages, tax implications, the countries to watch out for, and those that present growth opportunities. Ignore them at your portfolio's peril.
Overland Learning Centre 55 Overland Drive
Wed 1:15-3:15pm Apr 15 2wks $33 ($20sr) 98994

Entrepreneurship and Innovation

This course aims to introduce the concepts and interrelationships between; Entrepreneurship, Innovation and Governance. It will provide learners with the foundation in key ideas and concepts surrounding business operation and examine different relationships to promote, manage and finance both short and long term business objectives. Furthermore, this course will provide the tools for individuals from various backgrounds who are seeking to become an entrepreneur or to enhance the knowledge of those who are already entrepreneurs. Participants do not require any previous knowledge or experience in business or innovation to be successful in this course.
Northview Heights SS 550 Finch Avenue West
Wed 8-10pm Apr 01 9wks $147 ($88sr) 98510

Overland Learning Centre 55 Overland Drive
Thu 6-8pm Apr 02 9wks $147 ($88sr) 98621

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
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 99097

Burnhamthorpe CALC 500 The East Mall
Sat 9-11am Mar 28 9wks $147 ($88sr) 98526

Exchange Traded Funds Investing

Today, there are over 730 Exchange Traded Funds (ETFs) offered by 37 providers in Canada trading on Canadian Stock Exchanges. As ETF investors, we will look at how to distribute your investments between registered/non-registered accounts considering investment time horizon, contributions and appetite for risk. As investors, it is important to understand the investment strategy employed by the ETF manager. Strategy includes, pros/cons, comparing MERs, risk factors and tax treatment.
Overland Learning Centre 55 Overland Drive
Wed 1:15-3:15pm Apr 29 2wks $33 ($20sr) 99253

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 725 Bathurst Street
Tue 6:30-8:30pm Mar 31 9wks $147 ($88sr) 98864

Overland Learning Centre 55 Overland Drive
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98632

Income Tax Preparation

Tax shelters and tax loopholes can save you thousands of dollars every year! 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 CALC 500 The East Mall
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98533

Investing 101 Millenials Workshop

Millennials, come learn the basics to help you invest. In this one-day workshop, you will learn about stocks and how to find important investing information online. You will learn the value of dividends and capital appreciation. The workshop is designed for the novice investor who wants to learn more about investing basics.
Overland Learning Centre 55 Overland Drive
Fri 9am-1pm Apr 03 1wks $33 ($20sr) 98951

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.
Central Technical 725 Bathurst Street
Thu 6:30-9pm Apr 02 9wks $184 ($110sr) 98910

Investment Planning

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 HS 200 Hanna Road
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98416

Overland Learning Centre 55 Overland Drive
Tue 11am-1pm Mar 31 8wks $131 ($78sr) 98952
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 98612

Investor Boot Camp: Intermediate

In this interactive program we will study how to analyze the financial markets and manage a portfolio like a business. Find out how to pick stocks and E.T.F.s and time the market with 90% or better accuracy. Students are required to have previously taken an Investor Boot Camp course.
Mimico Adult Centre 255 Royal York Road
Mon 6:45-9:15pm May 04 3wks $61 ($37sr) 98784

Investor Boot Camp: Introduction

The purpose of Investor Boot Camp: Introduction is to develop a deeper understanding of how the markets work especially the stock market. Investor psychology, how to buy stocks, key investment themes along with flawed assumptions and methodologies are also explored in this interactive course. The course is for all investors not just beginners and is a prerequisite for the Intermediate program.
Mimico Adult Centre 255 Royal York Road
Mon 6:45-9:15pm Apr 20 2wks $41 ($24sr) 98785

Online Investing for Seniors

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 mature investor.
Central Technical 725 Bathurst Street
Mon 7-9:30pm Mar 30 8wks $164 ($98sr) 98852

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.
Overland Learning Centre 55 Overland Drive
Wed 7:30-9:30pm Apr 01 9wks $147 ($88sr) 98600

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.
Overland Learning Centre 55 Overland Drive
Wed 5:30-7:30pm Apr 01 9wks $147 ($88sr) 98601

Real Estate: Home Buying and Property Investing

Thinking of buying or selling your home? Or have dreams of investing in real estate? Learn the critical elements of buying and selling real estate that will make the transaction a success and keep you out of trouble. Determine where and what property to buy, how to finance and negotiate the transaction, and who are the critical people you need to hire as part of your team in helping you throughout the process. The topics and detail covered will appeal whether you are a first-time buyer or an experienced investor.
Richview CI 1738 Islington Avenue
Mon 7-8:30pm Mar 30 9wks $111 ($66sr) 98702

Real Estate: Investment Property

Real estate is a great way to create wealth. Learn the math that will keep you out of the red! 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!
Northern SS 851 Mount Pleasant Road
Mon 7:30-9:30pm Mar 30 9wks $147 ($88sr) 98468

Richview CI 1738 Islington Avenue
Mon 8:30-10pm Mar 30 9wks $111 ($66sr) 98703

Retirement and Estate Planning

Have you ever wondered how much income you will need during retirement? Will your government pension be enough? Have you thought about planning ahead for eventual situations when you may need to authorize another person to make decisions about your finances and health or to distribute your property according to your wishes? In this course, you will 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 725 Bathurst Street
Wed 6-8pm Apr 01 9wks $147 ($88sr) 98900

Sage Accounting Software (also known as Simply Accounting)

In this introductory course, you will learn and understand Sage Accounting Software. This course covers the basic functions Sage has to offer, such as, General Ledger, Inventory, Accounts Payable and Receivable module. Learn how to create the chart of accounts, enter journal entries, process vendor bills and payments, as well as how to create, manage and maintain inventory. Sage Accounting is used by small to medium sized businesses.
Overland Learning Centre 55 Overland Drive
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98571

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 may include computer time at some locations and instruction on how to find and evaluate stock and bonds to help you improve your finances. Computers not used in this course at Leaside HS.
Overland Learning Centre 55 Overland Drive
Thu 5:30-7:30pm Apr 02 9wks $147 ($88sr) 98617

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? Create a personal retirement plan, consider common issues, and hear advice from

those who've already retired.
Burnhamthorpe CALC 500 The East Mall
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99051

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 Learning Centre 55 Overland Drive
Sat 9am-1pm Apr 25 1wks $33 ($20sr) 98580
Sat 9am-1pm May 02 1wks $33 ($20sr) 98581
Sat 9am-1pm May 30 1wks $33 ($20sr) 98582
Sat 9am-1pm Jun 06 1wks $33 ($20sr) 98583

Communications

Creative Therapeutic Journaling

I would like to take you on a journey of self-discovery, unpacking the important areas of your life, from relationships and identity, to money, career and health. Explore your life on all kind of levels and discover your deepest hopes, dreams, develop your creativity, improve your memory, acquire problem solving abilities and account future adventures. Regular journaling as a habit is a powerful one.
Mimico Adult Centre 255 Royal York Road
Mon 7-9pm May 04 4wks $66 ($39sr) 98797

Creative Writing

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.
Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99077

Creative Writing: Fiction

Participants will be encouraged to write brief weekly assignments in order to learn how to craft a story using character development, dialogue, setting, pacing, and plotting. Whether you're attempting picture books, short stories, or novels, teacher editorials and controlled workshopping will illustrate ways in which your story can be strengthened.
Mimico Adult Centre 255 Royal York Road
Wed 10am-12pm Apr 01 9wks $147 ($88sr) 98808

Creative Writing: Memoirs I

Learn about the craft of memoir and write your personal life story. This is a workshop designed to get your memoirs started or back on track. During the course, each participant will have the opportunity to submit several pieces of work for class discussion and critique. Throughout the course, discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.
Danforth C & TI 800 Greenwood Avenue
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99137

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
Wed 1-3pm Apr 01 9wks $147 ($88sr) 99168

Overland Learning Centre 55 Overland Drive
Tue 2:15-4:15pm Mar 31 9wks $147 ($88sr) 99166

Scarborough Village CC 3600 Kingston Road
Fri 1:15-3:15pm Apr 03 9wks $147 ($88sr) 99167

Creative Writing: Memoirs II

A continuation of Creative Writing: Memoirs I. Participants in this course present work weekly for class discussion and critique. Developing each participant's memoir into a unified work is the focus. Learners must have previously completed a creative writing course.
Overland Learning Centre 55 Overland Drive
Mon 2-5pm Mar 30 9wks $221 ($132sr) 98945

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 communciate with confidence and get the response you want.
Leaside HS 200 Hanna Road
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98423

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98554

English Grammar & Academic Writing

Improve your grammar as you learn the basics of academic writing. Simple and compound sentences, active and passive voice, punctuation and peer editing. Summary writing and the academic narrative/descriptive paragraph will be practiced.
Thistletown CI 20 Fordwich Crescent
Sat 9-11am Mar 28 9wks $147 ($88sr) 98445

Psychology of Behaviour

Psychology is the scientific study of human behaviour and thought processes. In this course you will 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
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98513

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98568

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.
Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98506

Overland Learning Centre 55 Overland Drive
Sat 9-11am Mar 28 9wks $147 ($88sr) 98569

Computers

Adobe Creative Suite: All-in-One

This intense course introduces you Adobe Creative Suite as a package. Six programs are covered: Photoshop (photo editing and painting), Bridge (photos/videos organizing), Illustrator (drawing and design), Dreamweaver (Web

Pages creating), Flash (Animations) and InDesign.
Northern SS 851 Mount Pleasant Road
Tue 7:30-9:30pm Mar 31 9wks $147 ($88sr) 98473

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98547

Adobe Illustrator/PhotoShop

Now using the latest version of Adobe CC, you can learn to use the computer applications employed in the arts and graphics industry to create digital art. Macintosh computers are used. Final price includes material fee of $10.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $231 ($142sr) 98773

Building Blogs and Websites with WordPress

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.
Agincourt CI 2621 Midland Avenue
Wed 5:45-7:45pm Apr 01 9wks $147 ($88sr) 99093

Burnhamthorpe CALC 500 The East Mall
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98519

Building Blogs and Websites with WordPress Advanced

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.
Agincourt CI 2621 Midland Avenue
Wed 7:45-9:45pm Apr 01 9wks $147 ($88sr) 99094

C, C++, C# and Visual Basic

This comprehensive course would be valuable not only for college and university students but also for anybody interested in modern software development. We start with 'classic' or 'procedural' programming, covering variables, arrays, control statements, loops and functions. The next step is 'OOP' - Object Oriented Programming (classes, encapsulation, inheritance and polymorphism). A special part of course is devoted to essential Windows programming concepts: events, messages, graphics, and resources. Visual Studio 2017 is used at Overland LC.
Overland Learning Centre 55 Overland Drive
Thu 6-8pm Apr 02 9wks $147 ($88sr) 98606

Computer Applications For Everyday Life

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., booking movie tickets, 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.
Mimico Adult Centre 255 Royal York Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98927

Newtonbrook SS 155 Hilda Avenue
Thu 8-9:30pm Apr 02 9wks $111 ($66sr) 99019

Computer Applications For Everyday Life ★

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., booking movie tickets, 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.
Overland Learning Centre 55 Overland Drive
Fri 1:30-3:30pm Apr 03 9wks $147 ($88sr) 99165

Computer Skills - Intermediate

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.
Overland Learning Centre 55 Overland Drive
Wed 9-11am Apr 01 9wks $147 ($88sr) 98941

Computer Skills for Workplace Proficiency

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. Taught on a PC, basic computer skills an asset.
Newtonbrook SS 155 Hilda Avenue
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99020

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98552

Computer Skills for Workplace Proficiency - Int/Adv

This course will further advance your computer skills for the workplace or your small business. We will cover Word (advanced); Publisher (leaflets and newsletters); Power Point (presentations); Excel at the intermediate level (charts and spreadsheets) and Access (advanced queries). Experience in Microsoft Office is recommended.
Burnhamthorpe CALC 500 The East Mall
Thu 7:30-9pm Apr 02 9wks $111 ($66sr) 99037

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98553

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 Learning Centre 55 Overland Drive
Thu 11am-1pm Apr 02 9wks $147 ($88sr) 98942

Cool Apps for Smartphones and Tablets

Join this course to find your favorite app that fits your life style. This course is designed for both iOS & android devices.

Bring your Smart Phone or Tablet and learn how to use some useful free apps on the market. Start using your favorite apps and add new features & tools to your android or iOS devices. This course will cover a wide range of free apps including but not limited to communication, organization, picture optimization, social media and much more. Participants are required to bring in their own personal devices and use their own data plan. Basic knowledge of how to use smartphone and or tablet is helpful but not required.
Overland Learning Centre 55 Overland Drive
Tue 9-11am Mar 31 9wks $147 ($88sr) 98944

Google's Free Tools and Applications

Discover what you can get for free from google. 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 free web applications from Goggle including Gmail, Google Maps, Google Drive, Google News, Google Photo , Google Hangouts, Google Calendar, and Google Docs.
Overland Learning Centre 55 Overland Drive
Mon 9-11am Mar 30 9wks $147 ($88sr) 98950

HTML, CSS & HTML 5

HTML & CSS are used to form the building blocks and foundation for displaying elements on a web page. Students will be introduced to HTML, (Hyper Text Markup Language), which uses many tags to build structure to a web page. CSS, (Cascading Style Sheet), will present the HTML with the use of various properties such as colour, text formatting, division containers and multiple layout items. You will learn how to add Images, text and make hyper-links to various items. This course introduces skills required to develop web pages and maintain sites which use CMS tools, (Content Management Systems).
Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98558

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 Learning Centre 55 Overland Drive
Tue 5:30-7:30pm Mar 31 9wks $147 ($88sr) 98635

Keyboarding-Beginner

Learn to touch-type by computer method and increase your speed.
Agincourt CI 2621 Midland Avenue
Wed 6-8pm Apr 01 9wks $147 ($88sr) 99101

Microsoft Excel Visual Basic for Application (VBA)

Learn to automate Excel by writing VBA (Visual Basic for Applications) macros. You will learn to automate routine tasks, customize your user interface and manage large quantities of data. Designed for the novice or non-programmer, students will start by recording VBA macros and then use the Visual Basic Editor (VBE) window to write and edit code for sub procedures in modules.
Burnhamthorpe CALC 500 The East Mall
Thu 5:30-7:30pm Apr 02 9wks $147 ($88sr) 99139

Microsoft Excel-Advanced

This course will review Excel Intermediate subjects (conditional formatting, charts, formulas and functions) and then take you to the next level and teach you how to create outlines and subtotals, Pivot Tables and Reports. Advanced topics include: consolidating data in multiple worksheets templates, dealing with error messages. Overland LC will cover Windows 10 Operating System.
Burnhamthorpe CALC 500 The East Mall
Tue 5:30-7:30pm Mar 31 9wks $147 ($88sr) 99006

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98563

Microsoft Excel-Beginner

Learn how to use Excel's functions to manipulate and print electronic spreadsheets. Learn to create, enter and save data; create and input formulas; copy and move data. Learn the differences between relative and absolute addressing and be introduced to graph and chart preparation.
Burnhamthorpe CALC 500 The East Mall
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 99043

Cedarbrae CI 550 Markham Road
Mon 6-7:45pm Mar 30 9wks $129 ($77sr) 98657

Microsoft Excel-Intermediate

Expand your knowledge of the popular MS Excel program by developing a 'what-if' analysis using conditional logic; consolidating and analyzing sets of data; creating charts and pivot tables; repeating tasks with macros; formatting data; using advanced filter and database statistics.
Burnhamthorpe CALC 500 The East Mall
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98535

Overland Learning Centre 55 Overland Drive
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98590

Microsoft Office-Intermediate

This instructor-led course presents advanced concepts of Microsoft Office. Master Word to create styles, mail merge documents, envelopes & labels; use macros; insert headers & footers; create tables. In Excel, use advanced functions, conditional logic & lookup formulas; learn how to create, sort & filter databases; create & modify pivot tables. Use PowerPoint's advanced features, including slide outlines, templates, photo slideshows, and multimedia. Learn to create tables, charts and organizational charts. Basic knowledge of Microsoft Office recommended.
Agincourt CI 2621 Midland Avenue
Wed 8-9:45pm Apr 01 9wks $129 ($77sr) 99134

Microsoft Publisher/PowerPoint Artistic Design

This course is where creativity and computers come together. Publisher and PowerPoint will give you the tools to showcase the artist in you. Learn to create one-of-a-kind invitations, greeting cards, exciting newsletters & flyers. Take those beautiful pictures and create presentations into personalized CD/DVD. Choose a theme and make any event memorable and unique. Bring your imagination and let's have fun! Basic knowledge of Microsoft Office is recommended.
Danforth C & TI 800 Greenwood Avenue
Thu 6-9pm Apr 02 9wks $221 ($132sr) 99085

Office Tools to Succeed in the Workplace

This course will further advance your computer skills for the workplace. It covers Word (reports, mail merges), Excel (pivot tables, data analysis), Access (reports, queries), PowerPoint (presentations, photo slideshows), Publisher (brochures, newsletters); as well as, combining the components . You will also strengthen your Windows knowdedge, gain useful shortcuts, and keybord typing tips. It's perfect for improving workplace skills for your current job and the job you really want. Basic knowledge of Microsoft Office is recommended.

Danforth C & TI 800 Greenwood Avenue
Wed 6-9pm Apr 01 9wks $221 ($132sr) 99062

PC Security, Trojans, Virus

Designed for individuals who care about computer security and personal data privacy while online. Students will learn to take computer security measures including understanding viruses, spam, spyware, firewalls, trojans, rootkit and worms; security tips essential for online banking; password protection and links to free detection and protection tools.

Overland Learning Centre 55 Overland Drive
Tue 11:30am-1:30pm Mar 31 9wks $147 ($88sr) 98956

PhotoShop-Beginner

This is an ideal course 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. No prerequisites. Adobe CS6 at Overland only.

Overland Learning Centre 55 Overland Drive
Tue 5:30-7:30pm Mar 31 9wks $147 ($88sr) 98637

PhotoShop-Intermediate

Now that you have the essentials under your belt, it's time to make your Photoshop skills blossom and shine. Improve your photos by utilizing various retouching techniques, adjustment tools and automated features. Use your tools to the max by taking advantage of their advance options and features. Create stunning collages by using masking techniques, filters, layer styles, blending mode, gradient fill, effects, etc. Prerequisite: Photoshop Beginner.

Overland Learning Centre 55 Overland Drive
Thu 11am-1pm Apr 02 9wks $147 ($88sr) 98958

Python

Python is the hot new computer language that is easy-to-learn, elegant, and popular. 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.

Northern SS 851 Mount Pleasant Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98485

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98570

Social Media Marketing for Small Businesses

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 us 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.

Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 98614

Travelling the Internet Super Highway

This is an interactive beginner course exploring Social Media, Online safety, Digital Media. Like to explore the superhighway in a friendly group environment this course is for you. Will look at staying safe, recognizing which sites to avoid, communicating more effectively, and sharing moments with family and friends. Research tips on a wide variety of topics from: cleaning to vacation tips, comparison online shopping. You will gain confidence by better understanding the internet and how it impacts our daily lives.

Cedarbrae CI 550 Markham Road
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98661

Understanding Facebook Security

Do you have anyone you care about on Facebook? Would you like to stay in touch with family & friends? Are you worried about your privacy on Facebook? Are you confused about Facebook privacy setting? Would you like to be anonymous on Facebook until you are ready to connect with your contacts? If you answered yes to one or all these question then this course is for you. This course will introduce you to a safe and convenient way to stay connected with your loved ones without putting your personal information at risk, teaches you important privacy setting, creates accounts and shows how to enjoy Facebook to the max.

Overland Learning Centre 55 Overland Drive
Wed 11am-1pm Apr 01 9wks $147 ($88sr) 99252

Web Design-Beginner

For those new to web design, this 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 courses, students will have developed a simple site including images, navigation, text and links. Adobe Dreamweaver will be used to develop our pages.

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98579
Fri 11am-1pm Apr 03 9wks $147 ($88sr) 98970

Web Design-Intermediate

This course will provide an intermediate level of techniques and tools used to create professional web pages or sites. We'll look at embedded widgets, YouTube videos and Google maps, plus discuss popular web frameworks that add functionality to your pages. Various layout concepts will be introduced to illustrate how your pages can adapt to various screen sizes and devices. Web browser tools will be used to assist in the development and testing stages. Design programs like Dreamweaver and Photoshop will be used for developing in class projects. Basic HTML and CSS knowledge recommended.

Overland Learning Centre 55 Overland Drive
Tue 7:30-9:30pm Mar 31 9wks $147 ($88sr) 98639

Windows 10 ★
Learn how to: manage your desktop, organize personal data in files, folders and libraries, enjoy your photo, music and video collections, and use the Internet. Windows 10 users, please bring your laptop to class.
Overland Learning Centre 55 Overland Drive
Fri 9-11am Apr 03 9wks $147 ($88sr) 99201

Crafts

Bead Crazy-Advanced
Expanding on the skills acquired in the first two courses, we'll tackle more elaborate and challenging projects. During each class you will create a stunning piece that you keep. Students must supply their own tools and materials.
Northern SS 851 Mount Pleasant Road
Tue 8-9:30pm Mar 31 9wks $111 ($66sr) 98492

Bead Crazy-Beginner
The original jewelry-making techniques class takes learners on a sparkly, creative adventure. Learn about tools, techniques, construction and design elements, and reading patterns. Projects include seed beading, wire loops and twisting, pearl knotting, using silk, wire, stretchy cord, chain, nylon, and memory wire. Evolve from a beginner to competent maker. You'll take home nine chic pieces made by your own hand. Learners supply their own tools and materials; a list of project materials is provided the first class.
Northern SS 851 Mount Pleasant Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98476

Bunka Shishu I & II ★
Learn the basic techniques used in this ancient form of Japanese embroidery. A punch needle and a very versatile rayon thread are used to create beautiful works of art. A sampler will be stitched in class. Returning students please bring your tools. New participants must purchase a kit. Instructor will advise at first class.
Earl Bales CC 4169 Bathurst Steet
Fri 12:30-2:30pm Apr 03 9wks $147 ($88sr) 99157

Crochet & Knitting, Design Your Own Style
Learn basics of crocheting and knitting. Build on skills acquired, for beginners and refreshers, to design in beautiful yarns. You will be taught how to read patterns, learn new techniques, and how to make simple items such as: a scarf, hat, afghan, crochet bracelet and more. You will need to purchase yarn, hooks, and needles. Make new friends. Learn new skills each class in a relaxed learning atmosphere.
Overland Learning Centre 55 Overland Drive
Wed 5-7pm Apr 01 9wks $147 ($88sr) 98597

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 material fee of $25.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $246 ($157sr) 98758

Hands-on Floral Design
This is an exciting hands-on course that will teach you the basics of floral design. Learn how to make floral arrangements, centrepieces and wearable flowers. Learn the technical aspects of floral design and arrangement including proper floral composition and decorative elements. Ribbon making, wiring, taping and basic floral care will be covered. Learners provide own flowers - fresh or dry.
Leaside HS 200 Hanna Road
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98426

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.
Mimico Adult Centre 255 Royal York Road
Wed 7:30-9:30pm May 06 2wks $63 ($50sr) 98978
Mon 7:30-9:30pm Apr 20 2wks $63 ($50sr) 98786

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. Silver is available at a cost from the instructor. Beginners welcome. Final price includes material fee of $22.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $243 ($154sr) 98935

Jewellery C
Learn how to bezel-set a gemstone, create handmade chains and chainmail, knit tubes from wire, drill and cut out intricate metal shapes, dome metal discs, design jewellery projects, silver solder metal parts together, and polish them to a high shine. Beginners welcome. Final price includes material fee of $22.00.
Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $243 ($154sr) 99091

Jewellery E- Hammerforming II
By hammering a folded piece of metal for a few minutes, then opening up the fold, you can create surprisingly beautiful, three-dimensional pieces of jewellery or small sculptures. Along with this foldforming technique, sawing, doming, and tapered tube making will be taught. Beginners welcome. Must be able to hammer. Materials fee covers copper, polishing supplies, etc. Final price includes material fee of $28.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $249 ($160sr) 98926

Knitting: Working from Basic to Advanced Skills
This knitting course will teach you the basic skills to find, start, troubleshoot and complete a project. We will be learning how to understand key terminology and commonly used diagrams to help students better understand any pattern. Students will also have a chance to continue onto advanced knitting skills such as: lace, cables, stranded colorwork and other advanced stitches. By the end of the course, students will feel confident approaching patterns independently. Learners must provide own materials.
Cedarbrae CI 550 Markham Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98655

Weaving: Advanced
This class is for participants that have completed a minimum of two projects on the loom. Participants may have the opportunity to work on a larger scale, or explore new patterns and techniques with the assistance of the Instructor. Projects must be completed within the term. Equipment available in class, materials to be purchased by participants.
Mimico Adult Centre 255 Royal York Road
Mon 10am-1pm Mar 30 9wks $221 ($132sr) 98835

Weaving: Fabric & 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
Wed 10am-1pm Apr 01 9wks $221 ($132sr) 98836

Weaving: Fabric & 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
Wed 1:30-4:30pm Apr 01 9wks $221 ($132sr) 99200

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
Mon 1:30-4:30pm Mar 30 9wks $221 ($132sr) 98837
Wed 6-9pm Apr 01 9wks $221 ($132sr) 98986

Wood Carving & 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
Mon 6-9pm Mar 30 9wks $226 ($137sr) 98793

Wood Carving & 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
Mon 9am-12pm Mar 30 9wks $226 ($137sr) 99202
Mon 1-4pm Mar 30 9wks $226 ($137sr) 99203
Tue 9am-12pm Mar 31 9wks $226 ($137sr) 99204
Tue 1-4pm Mar 31 9wks $226 ($137sr) 99205

Dance

Argentine Tango-Beginner
Learn to dance the steps and experience the feelings of the world's most exciting and mysterious dance - the Argentine Tango. Join us and learn how to move your body to passionate music. Become the dance partner you've always wanted to be!
Northern SS 851 Mount Pleasant Road
Mon 8-9:30pm Mar 30 9wks $111 ($66sr) 98456

Ballroom & Latin Dancing-Beg/Int
This continuation of the beginner course will add new steps and body movements to your repertoire. Prerequisite: Ballroom and Latin Dancing-Beginner. Singles are welcome at Mimico and Overland.
Mimico Adult Centre 255 Royal York Road
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 98974

Northview Heights SS 550 Finch Avenue West
Mon 6:30-8pm Mar 30 9wks $111 ($66sr) 98498

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98548

Ballroom & 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. Partner required at Leaside.
Agincourt CI 2621 Midland Avenue
Wed 7-9pm Apr 01 9wks $147 ($88sr) 99092

Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99074

Leaside HS 200 Hanna Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98403

Mimico Adult Centre 255 Royal York Road
Wed 6:30-8pm Apr 01 9wks $111 ($66sr) 98975

Northern SS 851 Mount Pleasant Road
Tue 7-8:30pm Mar 31 9wks $111 ($66sr) 98475

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98549
Thu 1-3pm Apr 02 9wks $147 ($88sr) 98937

Richview CI 1738 Islington Avenue
Mon 7-8:30pm Mar 30 9wks $111 ($66sr) 98687

Ballroom Dancing ★
Learn the basics of ballroom dancing. Dances will include the Waltz, Foxtrot, Swing, Cha-Cha, Rumba and more.
Cecil CC 58 Cecil Street
Thu 3:45-5:45pm Apr 02 9wks $147 ($88sr) 99156

Ballroom Dancing-Beginner
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. After just nine weeks you'll have the basic steps you need to have a good time on the dance floor! (Partner required)
Burnhamthorpe CALC 500 The East Mall
Tue 6-7:30pm Mar 31 9wks $111 ($66sr) 98998

Newtonbrook SS 155 Hilda Avenue
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 99018

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.
Burnhamthorpe CALC 500 The East Mall
Thu 7-8pm Apr 02 9wks $74 ($44sr) 99040

Leaside HS 200 Hanna Road
Mon 6:30-7:45pm Mar 30 9wks $92 ($55sr) 98408

Northview Heights SS 550 Finch Avenue West
Mon 7:30-9:30pm Mar 30 9wks $147 ($88sr) 98501

Egyptian Belly Dancing-Intermediate

This course will further develop your movement variations, steps and dance routines.
Leaside HS 200 Hanna Road
Mon 7:45-9pm Mar 30 9wks $92 ($55sr) 98409

Forro Dance Class Beginner

This course is designed for those dancers with no previous dancing experience. Learn technique, partnership, footwork and position for both smooth and rhythm dancing. Forro is performed in pairs, offers excellent health benefits such as development of multi-tasking, improving balance, coordination, timing and memory. It brings the community together, helps with social interaction, motivates social/cultural skills, and people can improve their English and/or Portuguese. Don't be shy, put on some comfortable clothes, your dance shoes, and let's get dancing.
Northview Heights SS 550 Finch Avenue West
Wed 6-7:30pm Apr 01 9wks $111 ($66sr) 98518

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 SS 851 Mount Pleasant Road
Mon 6:30-8pm Mar 30 9wks $111 ($66sr) 98463

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.
Second Mile/Orchard View 174 Orchard View Blvd
Fri 10am-12pm Apr 03 9wks $147 ($88sr) 99184

Line Dancing ★

Learn the art of line dancing. It is a fun and healthy way to stay in shape.
Cecil CC 58 Cecil Street
Wed 2:30-4pm Apr 01 9wks $111 ($66sr) 99186

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 CALC 500 The East Mall
Tue 6-7:30pm Mar 31 9wks $111 ($66sr) 99003

Mimico Adult Centre 255 Royal York Road
Fri 10am-12pm Apr 03 9wks $147 ($88sr) 98818

Newtonbrook SS 155 Hilda Avenue
Thu 6-7:30pm Apr 02 9wks $111 ($66sr) 99027

Northview Heights SS 550 Finch Avenue West
Wed 7:40-9:10pm Apr 01 9wks $111 ($66sr) 98512

Overland Learning Centre 55 Overland Drive
Mon 1-2:30pm Mar 30 9wks $111 ($66sr) 98953
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98562

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
Fri 12-2pm Apr 03 9wks $147 ($88sr) 98819

Overland Learning Centre 55 Overland Drive
Mon 2:30-4pm Mar 30 9wks $111 ($66sr) 98954

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 preferred.
Burnhamthorpe CALC 500 The East Mall
Tue 7:30-9pm Mar 31 9wks $111 ($66sr) 99007

Richview CI 1738 Islington Avenue
Mon 8:30-10pm Mar 30 9wks $111 ($66sr) 98700

Salsa: Beginner

This program is designed to teach students the exciting Latin dance 'Salsa'. Students learn how to move to the music by incorporating 'Cuban Acting', how to connect to partner, leading and following techniques and gaining comfort with poise and balance, share passion with like-minded students in a friendly and relaxed dance environment. At the end of this program, students should feel confident dancing beginner steps. It's also a great way to stay fit and healthy. A partner is not required.
Danforth C & TI 800 Greenwood Avenue
Wed 6-9pm Apr 01 9wks $221 ($132sr) 99064

Swing Dance

Learn how to get the beat to your feet and your body moving to the most exciting swing music of yesterday and today. It's easy to learn and a lot of fun.
Northern SS 851 Mount Pleasant Road
Mon 7-8pm Mar 30 9wks $74 ($44sr) 98470

Discover the Outdoors

Birdwatching, Flora and Fauna

Learn to identify common and not so common bird species by their appearance, song and habitat. We will visit various Toronto area sites to find and observe birds in the wild. We will also explore interesting facts about various shrubs, plants and trees we encounter along the way. Binoculars, bottled water and good walking shoes are a good idea.
Off-Site Location
Thu 10am-1pm Apr 02 9wks $221 ($132sr) 98643
Tue 10am-1pm Mar 31 9wks $221 ($132sr) 98644
Wed 10am-1pm Apr 01 9wks $221 ($132sr) 98645
Mon 10am-1pm Mar 30 9wks $221 ($132sr) 99209
Tue 1-4pm Mar 31 9wks $221 ($132sr) 99210
Fri 10am-1pm Apr 03 9wks $221 ($132sr) 99211
Sat 8-11am Mar 28 9wks $221 ($132sr) 99212

Fitness and Wellness

4 Step Gut Healing Program

Do you experience diarrhea, constipation, bloating, abdominal pain, or flatulence? You're not alone. A quarter of the world's population suffers from gastrointestinal symptoms. Learn how to heal your gut in this 4-part science-backed program. From trigger foods, to medications, to supplements, learn how to combat IBS once and for all.
Burnhamthorpe CALC 500 The East Mall
Tue 6-8pm Mar 31 6wks $98 ($59sr) 98996

Mimico Adult Centre 255 Royal York Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98933

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 bring a mat and light weights 1 or 2 lbs.

Richview CI 1738 Islington Avenue
Mon 7:30-8:30pm Mar 30 9wks $74 ($44sr) 98686

Thistletown CI 20 Fordwich Crescent
Sat 11:30am-12:30pm Mar 28 9wks $74 ($44sr) 98443

Aches & 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 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.

Mimico Adult Centre 255 Royal York Road
Thu 10:45-11:45am Apr 02 9wks $74 ($44sr) 98802

Overland Learning Centre 55 Overland Drive
Wed 5-6pm Apr 01 9wks $74 ($44sr) 98596

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 C & TI 800 Greenwood Avenue
Thu 6-9pm Apr 02 4wks $98 ($59sr) 99071

Overland Learning Centre 55 Overland Drive
Mon 6:15-9:15pm Mar 30 4wks $98 ($59sr) 98584

Axiatonal Alignment

Originating with the Kabbalah and Sacred Geometry, it is more than a healing modality; it opens and aligns your meridians, balances your chakras and both sides of your brain. Centers & focuses your mind. Facilitates relaxation, improves physical mobility and mental alertness. Powerfully boots the effects of other therapies. It releases physical, emotional and spiritual limitations.

Mimico Adult Centre 255 Royal York Road
Mon 6-8pm Mar 30 4wks $66 ($39sr) 98796

Bone Fitness

Improve bone and muscle strength in a fitness class filled with variety. Exercises include weight bearing, balance, strength training and proper posture. This class follows the new guidelines of Osteoporosis Canada for exercising to improve bone density and prevent bone loss.

Leaside HS 200 Hanna Road
Mon 6-7pm Mar 30 9wks $74 ($44sr) 98404

Mimico Adult Centre 255 Royal York Road
Thu 9:30-10:30am Apr 02 9wks $74 ($44sr) 98803

Overland Learning Centre 55 Overland Drive
Wed 4-5pm Apr 01 9wks $74 ($44sr) 98940

Conquering Insomnia

40% of adults report suffering from insomnia on a regular basis. However, despite its prevalence, there is almost no funding for insomnia research and little is taught in medical schools about how to treat it. As a result, 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 Learning Centre 55 Overland Drive
Mon 6:15-9:15pm May 04 2wks $49 ($29sr) 98585

Core Interval Training

This exercise program which targets your abdominal core muscles 'mixes up' repeated bouts of intense exercises with short rests. Core Interval Training is great for any age group and has been proven to increase muscle oxidation and endurance capacity. It is a great cardiovascular exercise tool that will build lean muscle and give you that 'toned' shape. Participants are requested to bring a yoga mat (or beach towel) and a set of 1 or 2 lbs. weights.

Burnhamthorpe CALC 500 The East Mall
Thu 6-7pm Apr 02 9wks $74 ($44sr) 99038

Core Yoga

Core yoga is a dynamic flow that is designed to strengthen our core and challenge our body through movement and breath. In each class 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 us an opportunity to strengthen and lengthen our core muscles; in turn, developing greater stability and balance. All levels are welcome!

Leaside HS 200 Hanna Road
Mon 7-8pm Mar 30 9wks $74 ($44sr) 98406

Fitness

Can't get motivated on your own? Come to our fitness class and increase your energy and well-being in a relaxed and social atmosphere! Exercises are designed to improve flexibility, joint mobility, cardiovascular endurance and muscular strength.

Mimico Adult Centre 255 Royal York Road
Mon 11am-12pm Mar 30 9wks $74 ($44sr) 98810

Fitness ★

Can't get motivated on your own? Come to our fitness class and increase your energy and well-being in a relaxed and social atmosphere! Exercises are designed to improve flexibility, joint mobility, cardiovascular endurance and muscular strength.

Dixon Hall/188 Carlton Site 188 Carlton Street
Fri 1:30-2:30pm Apr 03 9wks $74 ($44sr) 99173

Janet Magee Manor 71 Merton Street
Wed 9-10am Apr 01 9wks $74 ($44sr) 99174
Fri 9-10am Apr 03 9wks $74 ($44sr) 99175

Fitness and Strength Training

Achieve your physical fitness potential in a group setting with a personal trainer. Reach your fitness goals by creating your own individualized workout program. We will work on resistance training using machines, free weights, and other various gym equipment. We will focus on cardiorespiratory fitness, core conditioning and stretching.

Leaside HS 200 Hanna Road
Mon 6-7pm Mar 30 9wks $74 ($44sr) 98410
Mon 7-8pm Mar 30 9wks $74 ($44sr) 98411
Wed 6-7pm Apr 01 9wks $74 ($44sr) 98424
Wed 7-8pm Apr 01 9wks $74 ($44sr) 98425

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. At Overland and Don Mills, please bring a set of 2 to 5 pound dumbbells to every class along with a yoga mat and towel; a skipping rope is optional.

Burnhamthorpe CALC 500 The East Mall
Sat 9:45-10:45am Mar 28 9wks $74 ($44sr) 98529
Tue 7-8pm Mar 31 9wks $74 ($44sr) 99001

Central Technical 725 Bathurst Street
Thu 8:30-9:30pm Apr 02 9wks $74 ($44sr) 98907

Don Mills MS 17 The Donway East
Mon 6-7pm Mar 30 9wks $74 ($44sr) 98679
Richview CI 1738 Islington Avenue
Mon 6:30-7:30pm Mar 30 9wks $74 ($44sr) 98696

Thistletown CI 20 Fordwich Crescent
Sat 10:30-11:30am Mar 28 9wks $74 ($44sr) 98446

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 MS 17 The Donway East
Mon 7-8:15pm Mar 30 9wks $92 ($55sr) 98680

Gentle Fitness ★

Enjoy a workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Bring your own towel and weights. Exercise tubes and mats are provided.
Overland Learning Centre 55 Overland Drive
Mon 9:15-10:45am Mar 30 9wks $111 ($66sr) 99181
Wed 9:15-10:45am Apr 01 9wks $111 ($66sr) 99182

Golden Age Yoga ★

This holistic course incorporates an exercise routine which helps alleviate muscular and skeletal disorder, hypertension, vision and cardiac complications. You will learn new skills in managing depression, loneliness and memory loss. Please bring your own yoga mat.
Cecil CC 58 Cecil Street
Tue 2:40-4:10pm Mar 31 9wks $111 ($66sr) 99183

Healing Meditation

Healing occurs on the physical, emotional, mental and spiritual levels. 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.
Burnhamthorpe CALC 500 The East Mall
Sat 11:45am-12:45pm Mar 28 9wks $74 ($44sr) 98532

Leaside HS 200 Hanna Road
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98438

Healing Runes

Tired of paying $20 to $40 for an inaccurate psychic reading. Empower yourself; learn to do your own readings and get answers to questions that have eluded you. Learn the basics of how to do a reading using healing runes. A tool that can help kick start your healing and show you the next step or direction you need to head in. Sometimes it is as simple as getting validation that we have taken the right path.
Overland Learning Centre 55 Overland Drive
Sat 9am-3pm Apr 18 1wks $45 ($27sr) 98559

Holistic Nutrition

Eating is a universal language, like a smile. Yet, we want to leave the table satisfied, not stuffed. Learn how we eat is as much a part of health as what we eat. Learn how to sift through nutrition information to find what suits your uniqueness, how stress affects cravings, and how to address these. Understand hunger and fullness, and how the body may override these signals. Bring a sense of balance back to your eating and change the way you see your plate, with the E.A.T. program.
Burnhamthorpe CALC 500 The East Mall
Sat 10am-12pm Mar 28 9wks $147 ($88sr) 98625

How Intuition Works

Learn how intuition works, how you can cultivate it, and what handy applications it can have to everyday life and surprise yourself with an in-class intuitive experience! Q&A and future learning resources to follow.
Overland Learning Centre 55 Overland Drive
Sat 9am-3pm May 09 1wks $45 ($27sr) 98560

How to Remove Unwanted Energy

Do you spring clean your house? Have you ever cleaned the energy in your house? Is there negative, chaotic energy in your home? Learn to protect your home, work, cottage, and body from unwanted energy. You will be taught how to smudge your home to remove unwanted energy and to create an energetic barrier to protect you and your family.
Overland Learning Centre 55 Overland Drive
Sat 9am-3pm Jun 06 1wks $45 ($27sr) 98561

Kickboxing Boot Camp Beginner

Experience a modern sport mixed with ancient martial art that provides a fantastic way to improve your cardio vascular fitness and strength while relieving stress, building confidence and challenging yourself physically. Please bring a personal yoga mat and skipping rope to class.
Cedarbrae CI 550 Markham Road
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98654

Looking Fit and Feeling Strong

What happens to our bodies as we age and how do we take control of the aging process? This course will cover what we need to do to improve our posture, body composition, muscle strength, bone density and state of mind. Mini-seminars with specific health strategies followed by a weight training workout using machines and dumb bells.
Western Tech 125 Evelyn Crescent
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 99113

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 CC 131 Finch Avenue W
Wed 9-10am Apr 01 9wks $74 ($44sr) 99187
Fri 9-10am Apr 03 9wks $74 ($44sr) 99188

Meditation for Beginners

This class 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.
Mimico Adult Centre 255 Royal York Road
Thu 9:30-10:30am Apr 02 9wks $74 ($44sr) 98820

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.
Burnhamthorpe CALC 500 The East Mall
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99044

Central Technical 725 Bathurst Street
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98851

Thistletown CI 20 Fordwich Crescent
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 99154

Nordic Pole Walking

Turn walking into a whole-body fitness activity. Learn basic Nordic Walking techniques or improve existing skills in a social atmosphere. Improve your posture and fitness endurance. Bring good walking shoes, comfortable closthing, and nordic-type poles.
Mimico Adult Centre 255 Royal York Road
Tue 12-1pm Mar 31 9wks $74 ($44sr) 98821

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 gentle yet challenging exercise can help sculpt the body through proper breathing and concentration techniques. Please bring your own exercise mat to class.
Burnhamthorpe CALC 500 The East Mall
Tue 8-9pm Mar 31 9wks $74 ($44sr) 99009
Sat 11am-12pm Mar 28 9wks $74 ($44sr) 98536

Central Technical 725 Bathurst Street
Wed 8:15-9:15pm Apr 01 9wks $74 ($44sr) 98898

Mimico Adult Centre 255 Royal York Road
Mon 9-10:30am Mar 30 9wks $111 ($66sr) 98824
Wed 8-9pm Apr 01 9wks $74 ($44sr) 98979

Overland Learning Centre 55 Overland Drive
Fri 9:15-10:45am Apr 03 9wks $111 ($66sr) 98964

Richview CI 1738 Islington Avenue
Mon 7:30-8:30pm Mar 30 9wks $74 ($44sr) 98701

Reiki Level I

Reiki is a holistic self-help technique for directing natural life energy for on-the-spot stress release, pain relief and quick energy. The first level is a permanent attunement to the Reiki light and the foundation of all three levels. By following steps taught by a trained Reiki Master/Teacher, anyone is able to direct the 'light energy' to meet individual needs.
Central Technical 725 Bathurst Street
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98936

Reiki Level II

Learn Reiki sacred Symbols and how to use them: focus, preserve and strengthen your energy, break bad habits, increase your memory, emotionally heal yourself and others. Learn to send distant healing to a person who is not physically present and how to harmonize rooms. Second level initiation amplifiers your energy and activates the technique. Reiki Level I is strongly recommended.
Central Technical 725 Bathurst Street
Thu 7-9pm Apr 02 9wks $147 ($88sr) 98932

Mimico Adult Centre 255 Royal York Road
Wed 7:30-9:30pm Apr 01 9wks $147 ($88sr) 98992

Resistance Training Workout

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.
Mimico Adult Centre 255 Royal York Road
Tue 7:30-9pm Mar 31 9wks $111 ($66sr) 98930

Save your Body with YBR

Yamuna Body Rolling (YBR) is a form of restorative body work that teaches you to stretch, tone and massage your body using specially designed Yamuna Balls. Learn how to heal, maintain and sustain your legs, hips, shoulders, neck and back. With these simple routines, you can begin to correct problems and feel as though you just received a therapeutic massage!
Mimico Adult Centre 255 Royal York Road
Wed 6:30-8:30pm May 13 3wks $49 ($29sr) 98981

Self Care for Caregivers

How to reach out without burn out. Practical tools that help keep you balanced, energized and emotionally grounded while providing support to a family member with mental, physical or age-related health issues. How positive practices such as: Reiki, meditation, breathing techniques, mindfulness, visualization, energy work and holistic healing allow you to survive and thrive and be a better care-giver. Learn how to help a loved one, without losing yourself.
Mimico Adult Centre 255 Royal York Road
Mon 7-9pm Apr 06 1wks $16 ($10sr) 98843
Wed 7-9pm Apr 29 1wks $16 ($10sr) 98993

Socasize

Socasize is a creative blend of high & low impact aerobics, African and indigenous Caribbean dance movements performed to Calypso, Soca, Zouk, Reggae music.
Leaside HS 200 Hanna Road
Wed 8-9pm Apr 01 9wks $74 ($44sr) 98430

Spine Health - Movement for a Healthy Back

Leveraging Yoga, Pilates, and Plyometrics, this 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.
Mimico Adult Centre 255 Royal York Road
Thu 12-1pm Apr 02 9wks $74 ($44sr) 98830

Overland Learning Centre 55 Overland Drive
Wed 6-7pm Apr 01 9wks $74 ($44sr) 98603

Strong by Zumba

Strong by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goal faster. Work every muscle: Using your own body weight, you will improve muscular endurance, tone and definition; Feel the afterburn: The high intensity intervals will get your body burning calories long after your workout; Get stronger faster: By working harder than you thought you could, you will see results faster and accomplish more ambitious fitness goals
Overland Learning Centre 55 Overland Drive
Thu 7:30-8:30pm Apr 02 9wks $74 ($44sr) 98618

Tai Chi Advanced Level 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 Learning Centre 55 Overland Drive
Tue 9:15-10:45am Mar 31 9wks $111 ($66sr) 99195

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.
Central Technical 725 Bathurst Street
Thu 7-9pm Apr 02 9wks $147 ($88sr) 98921
Overland Learning Centre 55 Overland Drive
Tue 11am-12:30pm Mar 31 9wks $111 ($66sr) 98967

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. You will learn warm-up techniques and practice various forms within a routine. (Yang style).

Burnhamthorpe CALC 500 The East Mall
Sat 9-10:30am Mar 28 9wks $111 ($66sr) 98540

Central Technical 725 Bathurst Street
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98903

Danforth C & TI 800 Greenwood Avenue
Wed 6-7:30pm Apr 01 9wks $111 ($66sr) 99069

Mimico Adult Centre 255 Royal York Road
Mon 6-7:30pm Mar 30 9wks $111 ($66sr) 98791
Mon 9:30-11am Mar 30 9wks $111 ($66sr) 98831

Northern SS 851 Mount Pleasant Road
Tue 6-7:30pm Mar 31 9wks $111 ($66sr) 98489

Northview Heights SS 550 Finch Avenue West
Wed 6-7:30pm Apr 01 9wks $111 ($66sr) 98515

Overland Learning Centre 55 Overland Drive
Tue 2:30-4pm Mar 31 9wks $111 ($66sr) 98968

Richview CI 1738 Islington Avenue
Mon 6-7:30pm Mar 30 9wks $111 ($66sr) 98705

Western Tech 125 Evelyn Crescent
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 99117

Tai Chi-Intermediate

This course is a follow-up to the beginner course. You will learn new techniques and further your practice. All schools instruct Yang style. Learners at Burnhamthorpe CALC will focus on completion of Part 2 of the long form.

Burnhamthorpe CALC 500 The East Mall
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 99050

Central Technical 725 Bathurst Street
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98857

Mimico Adult Centre 255 Royal York Road
Mon 11am-12pm Mar 30 9wks $74 ($44sr) 98832

Northern SS 851 Mount Pleasant Road
Tue 7:30-9pm Mar 31 9wks $111 ($66sr) 98490

Richview CI 1738 Islington Avenue
Mon 7:30-9pm Mar 30 9wks $111 ($66sr) 98706

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 Learning Centre 55 Overland Drive
Tue 12:45-2:15pm Mar 31 9wks $111 ($66sr) 99196

Wellness Workshop-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 HS 200 Hanna Road
Mon 6-8pm Mar 30 6wks $98 ($59sr) 98442

YBR - Foot Fitness

Are your feet stiff and sore from standing all day or from wearing high-heeled shoes? Do you suffer with Plantar Fasciitis, hammertoes or bunions? Learn about the foot in detail and common foot problems. Using Yamuna Foot Savers and Foot Wakers you will increase foot flexibility and range of motion, improve gait and alignment, strengthen arches, and increase circulation.

Mimico Adult Centre 255 Royal York Road
Wed 6:30-8:30pm Apr 22 1wks $16 ($10sr) 98987
Wed 6:30-8:30pm Apr 29 1wks $16 ($10sr) 98995

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. Students are required to bring their own yoga mat. A yoga block is encouraged.

Danforth C & TI 800 Greenwood Avenue
Thu 6-7:15pm Apr 02 9wks $92 ($55sr) 99088

Leaside HS 200 Hanna Road
Mon 8:15-9:15pm Mar 30 9wks $74 ($44sr) 98418

Mimico Adult Centre 255 Royal York Road
Fri 3:30-4:45pm Apr 03 9wks $92 ($55sr) 98838

Overland Learning Centre 55 Overland Drive
Mon 5:30-6:30pm Mar 30 9wks $74 ($44sr) 98593

Yoga for Arthritis ★

Arthritis can make everyday tasks from putting a shirt on to gardening to walking with friends difficult. It can even affect sleep. This class is designed specifically for those dealing with arthritis. It will focus on the gentle movement of all major joints to help relieve stiffness and preserve range of motion and includes breathing practices that focus on reducing stress in the body and mind. The class includes chair and standing sequences but does not involve floor work. You do not need a yoga mat. Modifications for those who wish to stay seated are available. No experience with yoga is required. Those with limited mobility are welcomed and encouraged to participate.

Overland Learning Centre 55 Overland Drive
Wed 1:30-2:30pm Apr 01 9wks $74 ($44sr) 99206

Yoga for a Healthier, Slimmer You

Learn to use Hatha and Kundalini exercises to aid in digestion, reboot your metabolism, release tension, de-stress and deal with cravings. Get in tune with your body as you tone it! Open and accessible to all fitness levels.

Burnhamthorpe CALC 500 The East Mall
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 99052

Yoga-Deep Relaxation & Meditation All Levels

Join us in yoga exercises followed by deep relaxation and thought-free meditation. Reap the benefits of a youthful, restful and balanced lifestyle.

Cedarbrae CI 550 Markham Road
Mon 8-9pm Mar 30 9wks $74 ($44sr) 98664

Overland Learning Centre 55 Overland Drive
Wed 7-8:30pm Apr 01 9wks $111 ($66sr) 98604

Yoga: Chair

Chair yoga is designed for people who may have limited mobility. The warm-up consists of breathing, stretching, and twisting while seated in a chair. The class then progresses to standing and balancing positions and may include floor exercises according to the ability of the participants. A guided relaxation concludes our practice. The benefits of yoga include improved circulation, range of motion, and an increased overall sense of well-being.

Overland Learning Centre 55 Overland Drive
Wed 12:15-1:15pm Apr 01 9wks $74 ($44sr) 98971

Yoga: Hatha-All Levels

Yoga 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 bring a yoga mat to class.
Danforth C & TI 800 Greenwood Avenue
Thu 7:30-8:30pm Apr 02 9wks $74 ($44sr) 99089

Mimico Adult Centre 255 Royal York Road
Mon 7:05-8:05pm Mar 30 9wks $74 ($44sr) 98794
Mon 6-7pm Mar 30 9wks $74 ($44sr) 98795
Wed 6-7pm Apr 01 9wks $74 ($44sr) 98988
Wed 10:10-11:10am Apr 01 9wks $74 ($44sr) 98839
Tue 9:30-10:30am Mar 31 9wks $74 ($44sr) 98840

Overland Learning Centre 55 Overland Drive
Thu 4-5pm Apr 02 9wks $74 ($44sr) 98972

Yoga: Hatha-All Levels ★

Yoga 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 bring a yoga mat to class.
Mimico Adult Centre 255 Royal York Road
Thu 9-10am Apr 02 9wks $74 ($44sr) 99208

Yoga: Kundalini-All Levels

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Achieve your personal best by way of active yoga sets that combine postures, breath work, meditation, and deep relaxation. Includes exercises that promote breast health for prevention and recovery.
Western Tech 125 Evelyn Crescent
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 99119
Thu 8-9:30pm Apr 02 9wks $111 ($66sr) 99120

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 bring a towel and a yoga mat to class.
Burnhamthorpe CALC 500 The East Mall
Tue 6-7:30pm Mar 31 9wks $111 ($66sr) 99013

Leaside HS 200 Hanna Road
Mon 8-9:30pm Mar 30 9wks $111 ($66sr) 98419
Wed 6:30-8pm Apr 01 9wks $111 ($66sr) 98433
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 98434
Mon 6:30-8pm Mar 30 9wks $111 ($66sr) 98420

Richview CI 1738 Islington Avenue
Mon 6:45-8:15pm Mar 30 9wks $111 ($66sr) 98707

Yoga: Kundalini/Hatha-Beginner/Intermediate

This course is a fusion of the Hatha and Kundalini styles of yoga. We will explore breathing and relaxation techniques as well as the mental, physical and spiritual aspects of the yoga tradition. This course is designed for beginner to intermediate level students. Please bring an exercise mat or towel to class.
Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Apr 02 9wks $147 ($88sr) 98923

Yoga: Therapeutic Movement and Meditation

Insomnia? Chronic pain? Hypertension? Stress or anxiety? Limited mobility? Constant back pain? If any of these conditions sound familiar, this class is for you. This yoga class focuses on using yoga techniques, including gentle and accessible movement, conscious breathing, mediation and sound to help alleviate some common and persistent health conditions and restore balance to the system. No experience is necessary. All bodies and abilities welcome.
Overland Learning Centre 55 Overland Drive
Wed 2:45-3:45pm Apr 01 9wks $74 ($44sr) 98973

Yoga: Vinyasa Flow

Vinyasa links breath, movement and mental focus through a heat building sequence of postures. Flow through a creative and unique sequence of postures as you release tension and distress. Classes maximize strength and flexibility and help with weight loss, arthritic and hypertensive problems. Women who are prenatal and postnatal are welcome. No previous experience is required. Please bring a yoga mat and towel to class.
Mimico Adult Centre 255 Royal York Road
Wed 7:15-8:30pm Apr 01 9wks $92 ($55sr) 98989

Yogalates

Yogalates is the fusion of Yoga and Pilates. Practice both in harmony. Be inspired...Be fit...Be balanced. Please bring a towel and a yoga mat to class.
Don Mills MS 17 The Donway East
Mon 8:15-9:15pm Mar 30 9wks $74 ($44sr) 98681

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 CALC 500 The East Mall
Thu 7:15-8:15pm Apr 02 9wks $74 ($44sr) 99053
Sat 8:30-9:30am Mar 28 9wks $74 ($44sr) 98541
Tue 6-7pm Mar 31 9wks $74 ($44sr) 99015

Cedarbrae CI 550 Markham Road
Mon 7-8pm Mar 30 9wks $74 ($44sr) 98665

Central Technical 725 Bathurst Street
Wed 6-7pm Apr 01 9wks $74 ($44sr) 98905

Leaside HS 200 Hanna Road
Wed 7-8pm Apr 01 9wks $74 ($44sr) 98435

Overland Learning Centre 55 Overland Drive
Tue 5:30-6:30pm Mar 31 9wks $74 ($44sr) 98641
Mon 7:30-8:30pm Mar 30 9wks $74 ($44sr) 98594

Richview CI 1738 Islington Avenue
Mon 6:30-7:30pm Mar 30 9wks $74 ($44sr) 98708

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 CALC 500 The East Mall
Sat 11am-12pm Mar 28 9wks $74 ($44sr) 98542
Thu 6-7pm Apr 02 9wks $74 ($44sr) 99054

Danforth C & TI 800 Greenwood Avenue
Thu 6-7pm Apr 02 9wks $74 ($44sr) 99090

Mimico Adult Centre 255 Royal York Road
Thu 12-1pm Apr 02 9wks $74 ($44sr) 98841

Newtonbrook SS 155 Hilda Avenue
Thu 7-8pm Apr 02 9wks $74 ($44sr) 99032

Overland Learning Centre 55 Overland Drive
Mon 6:30-7:30pm Mar 30 9wks $74 ($44sr) 98595

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
Thu 1-2pm Apr 02 9wks $74 ($44sr) 98842

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. Participants are requested to bring 1lb. weights to class.

Burnhamthorpe CALC 500 The East Mall
Sat 9:45-10:45am Mar 28 9wks $74 ($44sr) 98543
Thu 8:30-9:30pm Apr 02 9wks $74 ($44sr) 99055

Overland Learning Centre 55 Overland Drive
Tue 6:30-7:30pm Mar 31 9wks $74 ($44sr) 98642

Food

***ALERT: We cannot guarantee a nut free facility. Nuts may be used in any of our classes.**

A Tour through the Wine Regions of the World

Do you know how wine is made? Confused about wine and food matching? Sugar code, what do those numbers mean? Does glassware make a difference? We'll have lively discussions about the wine regions of the world, their major grape varieties, discover who makes what, how and why. Wine tasting as homework and discussions follow in the next class. Although no wines are consumed or sampled, participants must be 19 years of age to register for this course.

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98454

Afro-Caribbean Cuisine

Join us for a culinary journey from Mother Africa to the Americas, and the shores of the West Indies and Caribbean. Through demonstrations followed by hands on, create popular flavourful dishes from the aforementioned regions: jaloff rice, berbere meat, West Indian curry and more. This course includes both cooking and baking. Final price includes material fee of $70.00.

Burnhamthorpe CALC 500 The East Mall
Thu 6-9:30pm Apr 02 5wks $213 ($156sr) 99135

Central Technical 725 Bathurst Street
Tue 6-9:30pm Apr 21 4wks $185 ($138sr) 99133

Thistletown CI 20 Fordwich Crescent
Sat 9am-12:30pm Apr 04 5wks $213 ($156sr) 98668

Asian Cuisine ★

Discover new ingredients and exciting flavour combinations from some of the most savoury and authentic dishes of East Asia. This course will cover a variety of Asian cuisines like Japanese, Korean, Thai, Vietnamese and Filipino. Immerse yourself in this fresh, fun and exciting food experience that will upgrade your cooking skills and leave your taste buds on a trip around the world. Final price includes material fee of $40.00.

St Stephen's Community House 340 College Street, Unit 360
Wed 10am-12pm Apr 01 9wks $187 ($128sr) 99155

Cake Decorating

Decorate beautiful party cakes for all those special occasions; 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.

Burnhamthorpe CALC 500 The East Mall
Sat 9-11am Mar 28 9wks $147 ($88sr) 98520

Cedarbrae CI 550 Markham Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98649

Danforth C & TI 800 Greenwood Avenue
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99075

Cake Decorating-Advanced

Learn more intricate decorating techniques for creating beautiful party cakes for all those special occasions. Cake decorating and icing becomes a breeze with step-by-step instruction and demonstrations. Learners are responsible for providing their own materials.

Agincourt CI 2621 Midland Avenue
Wed 7-9pm Apr 01 9wks $147 ($88sr) 99131

Burnhamthorpe CALC 500 The East Mall
Sat 11am-1pm Mar 28 9wks $147 ($88sr) 98620

Chef on the Run

Pressed for time? This hands-on 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 material fee of $70.00.

Burnhamthorpe CALC 500 The East Mall
Sat 11am-1pm Mar 28 9wks $217 ($158sr) 98521

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 demo and hands on workshop and take home your creations to enjoy with family and friends. Learners are asked to bring: a digital scale, measuring cups and spoons, chef's knife, spatula, baking tray, dishtowel, apron, and container for your creations. Final price includes material fee of $15.00.

Thistletown CI 20 Fordwich Crescent
Sat 9am-12:30pm Mar 28 1wks $44 ($32sr) 98495

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 hands on 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 material fee of $70.00

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Apr 02 9wks $291 ($202sr) 99110

Culinary Skills

This class incorporates cooking and baking skills. Whether you are a novice or intermediate cook/baker, through demonstrations and hands-on practice, learn how to make a variety of dishes and baked goods including breakfast/quick breads, cake, and pastries. Create dishes that reflect the cultural diversity of Canada. Pasta, stir-fry, curries, Mediterranean, Caribbean, and North American flavours that are easy, tasty, and suitable for the family and for entertaining. Final price includes material fee of $70.00

Agincourt CI 2621 Midland Avenue
Wed 6:30-9:30pm Apr 01 8wks $267 ($187sr) 99132

Go Veggie: The Earth & Body

Learn the benefits of a whole plant based diet. The health and environmental benefits of eating a plant based diet is huge and science is confirming that we

can save the planet - and our health - by going vegetarian. Learn the science behind the benefits of a vegetarian diet in preventing and reversing heart disease, diabetes, and cancer. In this workshop you will receive nutritional advice on the best ways of becoming a healthy vegetarian/vegan and tips for adopting a meat-free lifestyle. You will receive vegetarian, vegan and gluten-free friendly recipes, a custom made vegetarian starter kit, and a meal planning food guide. This is not a cooking class.
Overland Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 98610

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 $70.00.
Burnhamthorpe CALC 500 The East Mall
Sat 8:45-10:45am Mar 28 9wks $217 ($158sr) 98530

Indian Vegetarian Cooking

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 material fee of $75.00.
Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $296 ($207sr) 98891
Tue 6:30-9:30pm Mar 31 9wks $296 ($207sr) 98868

Introduction to Traditional Italian Cooking

From Tuscany to Florence, Italy is synonymous with delicious and flavourful dishes. In this hands on introductory course, learn to prepare classic Italian meals that Nonna would approve of. From pizza to pasta, you'll learn traditional techniques and recipes that will have your dinner guests saying, MOLTO BENE! Final price includes material fee of $70.00.
Burnhamthorpe CALC 500 The East Mall
Tue 6:30-9:30pm Mar 31 9wks $291 ($202sr) 99002

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 material fee of $70.00.
Central Technical 725 Bathurst Street
Mon 6:30-9:30pm Mar 30 9wks $291 ($202sr) 98850

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. You will leave each class pleasantly full and extremely entertained. Final price includes material fee of $60.00.
Newtonbrook SS 155 Hilda Avenue
Thu 6:30-9:30pm Apr 02 9wks $281 ($192sr) 99029

Richview CI 1738 Islington Avenue
Mon 6:30-9:30pm Mar 30 9wks $281 ($192sr) 98699

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Apr 02 9wks $281 ($192sr) 99114

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, digestion, healthy meal planning, traveling and eating out, shopping and supplements. Learners will engage in practical exercises designed to help with meal planning.
Overland Learning Centre 55 Overland Drive
Mon 6-7:30pm Mar 30 5wks $61 ($37sr) 98667

Pizza Workshop

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Working in pairs to recreate recipes take home your pizza to show off to friends and family. Final price includes material fee of $10.00.
Central Technical 725 Bathurst Street
Tue 6-9:30pm Mar 31 1wks $39 ($27sr) 98874

Northview Heights SS 550 Finch Avenue West
Mon 6-9:30pm Apr 06 1wks $39 ($27sr) 98505

Quick and Easy Lunch Ideas

Tired of the same soup and sandwich combo for lunch every day? Want to make something more exciting and healthy you and your family will enjoy? Let's bring meal-prepping back to what it's all about: effortless, tasty, and nutritious meals that won't break the bank. Materials and containers will be provided for you to take home your delicious lunch ideas prepared in the class. Final price includes material fee of $40.00.

Cedarbrae CI 550 Markham Road
Mon 6:30-9:30pm Mar 30 2wks $89 ($69sr) 98666

Northview Heights SS 550 Finch Avenue West
Mon 6:30-9:30pm Apr 20 2wks $89 ($69sr) 98624

Signature Salads Workshop

As spring and summer arrives, add some delicious salads to your dietary menus. A variety of recipes will be made which include protein, nuts and/or seeds, and vegetables. You will also create dressings from scratch. Final price includes material fee of $25.00
Burnhamthorpe CALC 500 The East Mall
Thu 6-8:30pm May 07 2wks $66 ($49sr) 99136

Northview Heights SS 550 Finch Avenue West
Mon 6-9:30pm May 04 2wks $82 ($59sr) 98623

Games and Hobbies

Better Travel Photography

This class will provide you with a few easy steps to improve your travel photos, whatever camera you have. No special cameras required - bring your smarphones, compact cameras, mirrorless or DSLR and get ready to pack some new tricks in your luggage for your next big adventure. Make the right equipment choices so you can travel light but still be able to capture those special memories.
Don Mills CI 15 The Donway East
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98669

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 & a few sessions reserved for revision. Ideal for students who have never played bridge before or have played very little. Audrey Grant's Bridge Basics 1 is highly recommended.
Mimico Adult Centre 255 Royal York Road
Mon 10am-12pm Mar 30 9wks $147 ($88sr) 98805

Western Tech 125 Evelyn Crescent
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99109

Bridge-Beginner Plus

This course introduces students to competitive bidding, basic carding methods and scoring. The course focuses on real world bidding methods and practice deals where all players take part in the bidding process to find the best spot. Audrey Grant's Bridge Basics 2 is highly recommended. Learnes are recommended to have taken Bridge Beginner first.
Northern SS 851 Mount Pleasant Road
Mon 6-8:30pm Mar 30 9wks $184 ($110sr) 98457

Bridge-Convention 101

You've learned basic bidding, now the fun begins. Go to the next level with conventions such as Drury, Unusual 2NT, Michael's Cuebid, Slam bidding and Cappelletti. Learn to play them and learn to defend against them.
Leaside HS 200 Hanna Road
Wed 6:30-9pm Apr 01 9wks $184 ($110sr) 98436

Bridge-Intermediate

The 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. With this course students who have covered Bridge Beginner and Bridge Beginner Plus will be able to cover most random deals they may encounter. Audrey Grant's Bridge Basics 3 is highly recommended. Learners are recommended to have taken Bridge Beginner and Bridge Beginner Plus.
Leaside HS 200 Hanna Road
Mon 6:30-9pm Mar 30 9wks $184 ($110sr) 98440

Northern SS 851 Mount Pleasant Road
Tue 6-8:30pm Mar 31 9wks $184 ($110sr) 98477

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 HS 200 Hanna Road
Wed 6-9pm Apr 01 9wks $221 ($132sr) 98429
Overland Learning Centre 55 Overland Drive
Mon 6-9pm Mar 30 9wks $221 ($132sr) 98591

Photography-Beginner

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.
Leaside HS 200 Hanna Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98417
Overland Learning Centre 55 Overland Drive
Tue 7:30-9:30pm Mar 31 9wks $147 ($88sr) 98638

Photography: Advanced Workshop

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. Note: First class is held in a classroom, subsequent classes are on location across the city. You must be familiar with your camera and understand basic exposure controls.
Overland Learning Centre 55 Overland Drive
Sat 9am-1pm Apr 04 8wks $262 ($156sr) 98566

Photography: Portraits

Working with live models, you will learn how best to use your 35mm or digital camera when photographing portraits. We will explore the collaboration of photographer and subject. You will learn about posing, camera techniques, exposure and various lighting techniques. Time will be allotted for student critiques.
Western Tech 125 Evelyn Crescent
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99153

Revealing Secrets of Gem Stones

Ever wonder what is the difference between precious and semi-precious stones? Why some stones cost 100 times more than others? In this course you will learn about the most popular coloured gems, and phenomenal stones such as colour change alexandrite, cat's eye, and star sapphire. Learn about 'organics' - pearls, corals, ivory and how to distinguish diamonds from other colourless stones. We will discuss the pitfalls of shopping for gems in stores, online, and cruise lines. You will have opportunity to bring your own gems for identification, and more.
Don Mills CI 15 The Donway East
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98676

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 shop fee of $10.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $231 ($142sr) 98906

Danforth C & TI 800 Greenwood Avenue
Thu 6-9pm Apr 02 9wks $231 ($142sr) 99073

Northview Heights SS 550 Finch Avenue West
Mon 6:30-9:30pm Mar 30 9wks $231 ($142sr) 98497

Auto Mechanics-Beginner

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations.
Central Technical 725 Bathurst Street
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98844

Danforth C & TI 800 Greenwood Avenue
Wed 6-9pm Apr 01 9wks $221 ($132sr) 99057

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 material fee of $5.00.
Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $226 ($137sr) 98860
Wed 6:30-9:30pm Apr 01 9wks $226 ($137sr) 98882

Leaside HS 200 Hanna Road
Mon 6:30-9:30pm Mar 30 9wks $226 ($137sr) 98439

Furniture Refinishing

Don't know what to do with that old chair, desk or table? Don't throw it out, join our class and refinish it! You will learn refinishing techniques and how to use tools and materials for stripping old finishes and making minor repairs. Please bring your project to the first class, along with mineral spirits, paint remover, rubber gloves, safety glasses, natural bristle brush and scraper, medium steel wool and rags. Wear old, comfortable clothing. Final price includes shop fee of $5.00

Mimico Adult Centre 255 Royal York Road
Wed 9am-12pm Apr 01 9wks $226 ($137sr) 98813
Thu 9am-12pm Apr 02 9wks $226 ($137sr) 98814
Thu 1-4pm Apr 02 9wks $226 ($137sr) 98815

Furniture Refinishing ★

Don't know what to do with that old chair, desk or table? Don't throw it out, join our class and refinish it! You will learn refinishing techniques and how to use tools and materials for stripping old finishes and making minor repairs. Please bring your project to the first class, along with paint remover, rubber gloves, safety glasses, paint brush and scraper. Wear old, comfortable clothing. Final price includes shop fee of $5.00

Mimico Adult Centre 255 Royal York Road
Tue 9am-12pm Mar 31 9wks $226 ($137sr) 99178
Tue 1-4pm Mar 31 9wks $226 ($137sr) 99179
Wed 1-4pm Apr 01 9wks $226 ($137sr) 99180

Home & Cottage: Construction

Learn how to build a home, cottage or addition. Understand blueprints, building permits and methods of constructing footings, foundations, flooring, walls, and roofs. Final price includes material fee of $25.00.

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $246 ($157sr) 98866
Wed 6:30-9:30pm Apr 01 9wks $246 ($157sr) 98890

Home & Cottage: Wiring

You will learn to safely wire receptacles, lights, three-way switches and more. Practical work will be provided to complement the theory. Final price includes a material fee of $30.00.

Cedarbrae CI 550 Markham Road
Mon 6-9pm Mar 30 9wks $251 ($162sr) 98653

Home Maintenance & 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 $30.00.

Western Tech 125 Evelyn Crescent
Thu 6:30-9pm Apr 02 9wks $214 ($140sr) 99111

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
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98790

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
Mon 6-9pm Mar 30 9wks $231 ($142sr) 98792
Wed 6-9pm Apr 01 9wks $231 ($142sr) 98984
Mon 1-4pm Mar 30 9wks $231 ($142sr) 98833
Wed 1-4pm Apr 01 9wks $231 ($142sr) 98834

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. Final price includes material fee of $30.00.

Cedarbrae CI 550 Markham Road
Mon 6:30-9:30pm Mar 30 9wks $251 ($162sr) 98663

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $251 ($162sr) 98881

Newtonbrook SS 155 Hilda Avenue
Thu 6:30-9:30pm Apr 02 9wks $251 ($162sr) 99031

Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Apr 02 9wks $251 ($162sr) 99118

Woodworking-Beginner/Intermediate

This course is designed for beginners and those with some previous instruction in basic woodworking. Projects will vary from school to school. Work on a small project in consultation with the instructor. Final price includes material fee of $30.00.

Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $251 ($162sr) 98904

Woodworking-Intermediate

This course is designed for those with previous instruction 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 725 Bathurst Street
Mon 6:30-9:30pm Mar 30 9wks $221 ($132sr) 98859

Interior Design

Home Staging...Accelerate Your Sale

The process of preparing your home for sale should start long before the 'For Sale' sign goes on the lawn. This class will lead you through the steps to take to present your property at it's very best and to sell faster for top dollar. You will learn simple staging techniques, how to highlight the home's best features, updates that will add equity immediately, importance of curb appeal and much more.

Leaside HS 200 Hanna Road
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98415

Mimico Adult Centre 255 Royal York Road
Wed 7-9:30pm Apr 08 6wks $123 ($73sr) 98976

Interior Design: Home Decor

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! 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
Wed 6-8:30pm Apr 01 9wks $184 ($110sr) 99099

Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 98777

Mimico Adult Centre 255 Royal York Road
Wed 6:30-9:30pm Apr 08 6wks $147 ($88sr) 98977

Newtonbrook SS 155 Hilda Avenue
Thu 6:30-9pm Apr 02 9wks $184 ($110sr) 99024

Overland Learning Centre 55 Overland Drive
Tue 5:30-7:30pm Mar 31 9wks $147 ($88sr) 98634

Western Tech 125 Evelyn Crescent
Thu 6:30-9pm Apr 02 9wks $184 ($110sr) 99112

Languages

Arabic-Beginner

Learn Arabic for basic conversation in 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.
Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98496

Cantonese-Intermediate

Further develop your skills in speaking, listening, and reading Cantonese. Students must have a basic knowledge of spoken Cantonese. This is a continuation of the beginner course. A Cantonese/English dictionary is required. Emphasis will be placed on reading and conversation.
Northern SS 851 Mount Pleasant Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98493

French-Beginner

Learn the basics of French for use in everyday situations. This course covers the basics using a combination of grammar, vocabulary, reading and conversation. The purchase of a textbook may be required at some schools. A French/English dictionary may be required.
Cedarbrae CI 550 Markham Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98651

Central Technical 725 Bathurst Street
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98846
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98884

Danforth C & TI 800 Greenwood Avenue
Wed 7-9pm Apr 01 9wks $147 ($88sr) 99059

Don Mills CI 15 The Donway East
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98671

Mimico Adult Centre 255 Royal York Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98928

Northern SS 851 Mount Pleasant Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98461

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98555

Richview CI 1738 Islington Avenue
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98694

French-Beginner Level II

This 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.
Burnhamthorpe CALC 500 The East Mall
Sat 11am-1pm Mar 28 9wks $147 ($88sr) 98528

Cedarbrae CI 550 Markham Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98652

Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98885

Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99082

Northern SS 851 Mount Pleasant Road
Mon 5:30-7:30pm Mar 30 9wks $147 ($88sr) 98462

Northview Heights SS 550 Finch Avenue West
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98517

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98556

French-Beginner Level III

This is a continuation of the Level II course for those who would like more of the basics before moving on to the Intermediate level. Additional emphasis will be placed on speaking, listening and reading. French/English dictionary may be required. Learners are recommended to have taken French-Beginner Level II.
Northern SS 851 Mount Pleasant Road
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98481

French-Intermediate

You must have a basic knowledge of French vocabulary and grammar. This is a continuation of the beginner course and focuses on reading and conversation. The purchase of a textbook may be required at some schools. A French/English dictionary may be required.
Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98886

Leaside HS 200 Hanna Road
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98412

Overland Learning Centre 55 Overland Drive
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98684
Wed 10:20am-12:20pm Apr 01 9wks $147 ($88sr) 98949

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 Learning Centre 55 Overland Drive
Wed 2-4pm Apr 01 9wks $147 ($88sr) 99177

French-Intermediate/Advanced

This course is designed for those with some knowledge of French. More emphasis will be placed on reading and conversation. This is the perfect course for those who want to improve or maintain their knowledge of French. French/English Dictionary may be required.
Richview CI 1738 Islington Avenue
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98695

German-Beginner

Learn the basics of conversational German for use in everyday situations. Interactive methods are used to develop language skills. This course teaches the basics using a combination of grammar, vocabulary, reading, writing and conversation. The purchase of a textbook may be required at some schools. German/English dictionary may be required.
Central Technical 725 Bathurst Street
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98847

German-Intermediate

Further develop your skills in speaking, listening and reading German. You must have a basic knowledge of spoken and written German. This is a continuation of the beginner course. German/English dictionary may be required.
Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98887

Greek, Modern-Beginner

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. The purchase of a textbook may be required.
Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99083

Hindi-Intermediate

Further develop your skills in speaking, listening, and reading Hindi. Students must have a basic knowledge of spoken and written Hindi. This is a continuation of

the beginner course.
Danforth C & TI 800 Greenwood Avenue
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 99061

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. The purchase of a textbook may be required at some schools. An Italian/English dictionary is required.
Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98892
Mimico Adult Centre 255 Royal York Road
Fri 9:30-11:30am Apr 03 9wks $147 ($88sr) 98817

Newtonbrook SS 155 Hilda Avenue
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99025

Richview CI 1738 Islington Avenue
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98698

Italian-Beginner ★

Emphasis is on basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. The purchase of a textbook may be required.
Overland Learning Centre 55 Overland Drive
Thu 2:15-4:15pm Apr 02 9wks $147 ($88sr) 99185

Italian-Intermediate

Further develop your skills in speaking, listening, and reading Italian. More emphasis will be placed on reading and conversation. You must have a basic knowledge of spoken and written Italian. Continuation of the beginner course. An Italian/English dictionary may be required.
Newtonbrook SS 155 Hilda Avenue
Thu 8-10pm Apr 02 9wks $147 ($88sr) 99026

Japanese-Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught.
Central Technical 725 Bathurst Street
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98893

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.
Central Technical 725 Bathurst Street
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98869

Japanese-Level III

This course is for those who have knowledge of Katakana. It will further develop your listening and speaking skills and will focus on using appropriate vocabulary in social situations when making requests, when describing experiences, etc. Kanji will be taught. Learners are recommended to have taken Level II or equivalent.

Central Technical 725 Bathurst Street
Thu 7-9pm Apr 02 9wks $147 ($88sr) 98911

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. 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.
Agincourt CI 2621 Midland Avenue
Wed 7-9pm Apr 01 9wks $147 ($88sr) 99102

Korean-Intermediate

In this intermediate course, students will apply the alphabet by reading and writing more complicated sentences. Grammar will be introduced and helpful expressions will also be taught. You will also speak and practice the words you learn through interactive activities. This environment will be fun and easy-going, but we will try to cover the basics you need to grasp a further understanding of Korean.
Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98619

Mandarin Chinese-Beginner

The basic structure of the Chinese language and culture will be taught focusing on phonetics and basic conversation. At some schools a refundable deposit may be required for the textbook. Pin Yin system will be taught.
Agincourt CI 2621 Midland Avenue
Wed 6-8pm Apr 01 9wks $147 ($88sr) 99105

Central Technical 725 Bathurst Street
Tue 6:30-9pm Mar 31 9wks $184 ($110sr) 98871

Newtonbrook SS 155 Hilda Avenue
Thu 6:30-8:30pm Apr 02 9wks $147 ($88sr) 99028

Mandarin Chinese-Intermediate

Improve conversational skills and develop an appreciation of Chinese culture. Pin Yin is a must for the Central Tech course.
Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Apr 02 9wks $147 ($88sr) 98914

Portuguese-Beginner

This course begins with the basics using a combination of grammar, vocabulary, reading and conversation. Participants will learn and practice Portugal's official language through various activities in a fun and relaxing environment. Short sentences and dialogue will build vocabulary and teach pronunciation. Purchase of a textbook may be required. A Portuguese/English dictionary may be required. This course teaches European Portuguese.
Central Technical 725 Bathurst Street
Tue 6:30-8:30pm Mar 31 9wks $147 ($88sr) 98875

Overland Learning Centre 55 Overland Drive
Thu 5:30-7:30pm Apr 02 9wks $147 ($88sr) 98613

Portuguese-Intermediate

Further develop your skills in speaking, listening and reading Portuguese. More emphasis will be placed on reading and conversation. You must have a basic knowledge of spoken and written Portuguese. Improve conversational skills and develop an appreciation of Portuguese culture. Continuation of the beginner course. A Portuguese/English dictionary may be required. This course teaches European Portuguese.
Central Technical 725 Bathurst Street
Wed 6:30-8:30pm Apr 01 9wks $147 ($88sr) 98899

Sign Language Beginner Level II

This course is a continuation of Sign Language Beginner and prepares students for Sign Language Intermediate. There is further exploration of the deaf community and culture.
Northern SS 851 Mount Pleasant Road
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98469

Sign Language-Beginner

This is a basic course in American Sign Language. It includes vocabulary and the grammatical structure of the language. You will also be provided with valuable information to help you understand the deaf community and culture. This is not a certificate granting course. Learners are required to purchase their own text book approximately $30.00.

Northern SS 851 Mount Pleasant Road
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98486

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. Students will communicate in Spanish through class activities.

Overland Learning Centre 55 Overland Drive
Wed 7:30-9:30pm Apr 01 9wks $147 ($88sr) 98602

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 Learning Centre 55 Overland Drive
Thu 7:30-9:30pm Apr 02 9wks $147 ($88sr) 98615

Spanish Conversation III

Develops conversational skills at a good level of proficiency with attention to accuracy vocabulary and some idiomatic use. Students will discuss cultural topics and situations drawn from written and audiovisual sources. Learners are recommended to have taken Spanish-Intermediate II or equivalent skills.

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Apr 02 9wks $147 ($88sr) 98918

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.

Burnhamthorpe CALC 500 The East Mall
Sat 9:30-11:30am Mar 28 9wks $147 ($88sr) 98539

Danforth C & TI 800 Greenwood Avenue
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 99065

Spanish-Advanced

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

Central Technical 725 Bathurst Street
Tue 6:30-8:30pm Mar 31 9wks $147 ($88sr) 98877

Northern SS 851 Mount Pleasant Road
Tue 7:30-9:30pm Mar 31 9wks $147 ($88sr) 98487

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $147 ($88sr) 98575
Thu 2:15-4:15pm Apr 02 9wks $147 ($88sr) 98965

Spanish-Beginner

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 environment. The purchase of a textbook may be required at some schools.

Burnhamthorpe CALC 500 The East Mall
Tue 6:30-8pm Mar 31 9wks $111 ($66sr) 99011

Cedarbrae CI 550 Markham Road
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98660

Central Technical 725 Bathurst Street
Tue 6:45-8:45pm Mar 31 9wks $147 ($88sr) 98878
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98901
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98855

Danforth C & TI 800 Greenwood Avenue
Thu 7-9pm Apr 02 9wks $147 ($88sr) 99087

Don Mills CI 15 The Donway East
Mon 7:30-9:30pm Mar 30 9wks $147 ($88sr) 98677

Leaside HS 200 Hanna Road
Wed 6-8pm Apr 01 9wks $147 ($88sr) 98431

Mimico Adult Centre 255 Royal York Road
Thu 9-11am Apr 02 9wks $147 ($88sr) 98827
Tue 6-8pm Mar 31 9wks $147 ($88sr) 98931

Newtonbrook SS 155 Hilda Avenue
Thu 6-8pm Apr 02 9wks $147 ($88sr) 99030

Northview Heights SS 550 Finch Avenue West
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98514

Overland Learning Centre 55 Overland Drive
Mon 2:15-4:15pm Mar 30 9wks $147 ($88sr) 98966
Sat 1-3pm Mar 28 9wks $147 ($88sr) 98577
Wed 5:30-7:30pm Apr 01 9wks $147 ($88sr) 98627

Richview CI 1738 Islington Avenue
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98704

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.

Central Technical 725 Bathurst Street
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98879

Danforth C & TI 800 Greenwood Avenue
Wed 6-8pm Apr 01 9wks $147 ($88sr) 99067

Leaside HS 200 Hanna Road
Mon 6-8pm Mar 30 9wks $147 ($88sr) 98441
Northview Heights SS 550 Finch Avenue West
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98622

Overland Learning Centre 55 Overland Drive
Tue 2:15-4:15pm Mar 31 9wks $147 ($88sr) 99152

Spanish-Beginner/Intermediate

Beginner students do not need any knowledge of Spanish. For intermediate students, some previous knowledge of Spanish is required. Purchase of a textbook or tape may be required.

Mimico Adult Centre 255 Royal York Road
Thu 1:30-3:30pm Apr 02 9wks $147 ($88sr) 98828

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 is a continuation of the beginner course. Spanish/English dictionary may be required.

Central Technical 725 Bathurst Street
Mon 6:30-8pm Mar 30 9wks $111 ($66sr) 98856

Danforth C & TI 800 Greenwood Avenue
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 99068

Don Mills CI 15 The Donway East
Mon 5:30-7:30pm Mar 30 9wks $147 ($88sr) 98685

Mimico Adult Centre 255 Royal York Road
Thu 11am-1pm Apr 02 9wks $147 ($88sr) 98829

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98578

Spanish-Intermediate Level II

A continuation of intermediate. Students 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.

Central Technical 725 Bathurst Street
Wed 6:30-8pm Apr 01 9wks $111 ($66sr) 98902

Spanish-Intermediate/Advanced

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

Burnhamthorpe CALC 500 The East Mall
Thu 7-9:30pm Apr 02 9wks $184 ($110sr) 99049

Music

Basic Blues Piano

This course will help you to develop a good foundation in playing basic Blues styles on the piano. Learn the Blues scale and the 12-Bar Blues Progression, shuffle rhythms, Triplets, and Grace notes. Transpose and play in different keys, develop hand independence as well as basic improvising skills. Learners should have previous experience in playing hands together (i.e. Beginner Level III or equivalent) At Central Technical, some keyboards are available, but learners may bring their own.

Central Technical 725 Bathurst Street
Thu 6:30-8pm Apr 02 9wks $111 ($66sr) 98925

Basic Chord Piano II

This is a continuation of Basic Chord Piano I. Learn how advanced chords are formed, 5 to 7-part harmony chord types, i.e. 9ths, 11ths, 13ths, suspended chords and polychords. Application of chords to well-known tunes will also be covered. At Overland, some keyboards are available, but students may bring their own. There are limited keyboards available at Central Tech, learners must bring their own. Please also bring your own headsets to class.

Overland Learning Centre 55 Overland Drive
Wed 3-4:30pm Apr 01 9wks $111 ($66sr) 98991

Chinese Singing ★

Through patient guidance and practice you will find ease and pleasure in singing. Mandarin/Cantonese popular and folk songs are taught.

Second Mile/Kensington Gdn 25 Brunswick Avenue
Wed 1-2:30pm Apr 01 9wks $111 ($66sr) 99164

St Stephen's Community House 340 College Street, Unit 360
Fri 1:30-3:30pm Apr 03 9wks $147 ($88sr) 99163

Guitar-Beginner

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

Burnhamthorpe CALC 500 The East Mall
Sat 11am-1pm Mar 28 9wks $147 ($88sr) 98531

Central Technical 725 Bathurst Street
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98888

Leaside HS 200 Hanna Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98413

Mimico Adult Centre 255 Royal York Road
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98783

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 no 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.

Central Technical 725 Bathurst Street
Mon 6:30-8:30pm Mar 30 9wks $147 ($88sr) 98848

Leaside HS 200 Hanna Road
Wed 7-9pm Apr 01 9wks $147 ($88sr) 98437

Newtonbrook SS 155 Hilda Avenue
Thu 8-9:30pm Apr 02 9wks $111 ($66sr) 99023

Guitar-Intermediate

You should be able to play basic open chords and have some experience playing notation. The course will introduce you to more advanced open chords and bar chords as well as more difficult melody lines and rhythms. A wide range of music will be explored reflecting learner interest. Learners are required to bring their own guitar.

Central Technical 725 Bathurst Street
Thu 6:30-8:30pm Apr 02 9wks $147 ($88sr) 98908

Mimico Adult Centre 255 Royal York Road
Wed 1-3pm Apr 01 9wks $147 ($88sr) 98816

Let's Sing

Music is fun and soothing to the soul. It's an emotional outlet, a stress reliever and an energy booster. Come and find your singing voice and learn the fundamentals of singing. Learn about exercises, breathing, placement, support, production, vowels, consonants, some notation, theory and phrasing, and warm ups. Practice vocal health and maintenance. Come join the fun and make music with us.

Northern SS 851 Mount Pleasant Road
Tue 6:30-9:30pm Mar 31 6wks $147 ($88sr) 98483

Music Theory, Rudiments ★

This course is designed to teach you the basics of music theory. Basic knowledge of key signatures, major and minor scales and intervals. Learners must bring their own keyboard.

Mimico Adult Centre 255 Royal York Road
Tue 11am-12:30pm Mar 31 9wks $111 ($66sr) 99189

Piano Keyboarding-Advanced

Designed for students with previous playing experience and would now like to take their playing up to the next level. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as 32nd notes are explored. Special musical ornaments such as trills and tremolos will be explored. Keys of E, A, and A flat major plus B, C, C# and F# minor will be explored. Well known classics and additional popular selections will also be covered.

Overland Learning Centre 55 Overland Drive
Wed 1:30-3pm Apr 01 9wks $111 ($66sr) 98959

Piano Keyboarding-Beginner Level I

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Please bring your own Keyboard to class but some keyboards are available at Central Tech. At Central Tech, students must bring their own headphones to class.

Central Technical 725 Bathurst Street
Wed 6:30-8pm Apr 01 9wks $111 ($66sr) 98872

Overland Learning Centre 55 Overland Drive
Thu 1:30-3pm Apr 02 9wks $111 ($66sr) 98960

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, dynamics and rhythmic concepts with more focus on learning new notes and hand positions as well as changing hand positions and learning new fingering techniques. Additional popular selections will also be covered. Please bring your own keyboard to Mimico. Please bring your own Keyboard to class but some keyboards are available at Central Tech. At Central Tech, students must bring their own headphones to class.

Central Technical 725 Bathurst Street
Tue 6:30-8pm Mar 31 9wks $111 ($66sr) 98853

Mimico Adult Centre 255 Royal York Road
Tue 9:30-11am Mar 31 9wks $111 ($66sr) 98823

Overland Learning Centre 55 Overland Drive
Thu 3-4:30pm Apr 02 9wks $111 ($66sr) 98961

Piano Keyboarding-Beginner Level III

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff with an introduction to ledger lines. Playing in the keys of C, G and F major will be explored. Additional popular selections will also be covered. Please bring your own Keyboard to class but some keyboards are available at Central Tech. At Central Tech, students must bring their own headphones to class.

Central Technical 725 Bathurst Street
Thu 8-9:30pm Apr 02 9wks $111 ($66sr) 98873

Overland Learning Centre 55 Overland Drive
Tue 1:30-3pm Mar 31 9wks $111 ($66sr) 99129

Piano Keyboarding-Beginner Level IV

This is a continuation of Piano Keyboarding Beginner Level III. Minor keys will be explored. New rhythmic concepts such as triplet notes are explored. Additional popular selections will also be covered. Some keyboards are available, but students may bring their own. At Central Tech, students must bring their own headphones to class.

Central Technical 725 Bathurst Street
Tue 8-9:30pm Mar 31 9wks $111 ($66sr) 98896

Overland Learning Centre 55 Overland Drive
Fri 1:30-3pm Apr 03 9wks $111 ($66sr) 98962

Piano Keyboarding-Intermediate

Designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts are explored. Please bring your own Keyboard to class but some keyboards are available at Central Tech. At Central Tech, students must bring their own headphones to class.

Central Technical 725 Bathurst Street
Wed 8-9:30pm Apr 01 9wks $111 ($66sr) 98897

Overland Learning Centre 55 Overland Drive
Tue 3-4:30pm Mar 31 9wks $111 ($66sr) 98963

Piano Keyboarding-Intermediate ★

Designed for students who have previous playing experience. Further development of playing hands together, phrasing, dynamics and rhythmic concepts are explored. Please bring your own keyboard.

Mimico Adult Centre 255 Royal York Road
Tue 12:30-2:30pm Mar 31 9wks $147 ($88sr) 99192

Singing for Good Health and Wellness

Music is food for the soul and the brain too! Music is a joy to listen to and is even more of a pleasure to create. Singing is becoming a widely accepted health tool. You can improve your lung capacity and posture, increase energy levels and relaxation, reduce blood pressure and stress levels. You will learn vocal exercises including breathing, placement, diction and phrasing. We will discuss important topics such as how to warm up and practice vocal health and maintenance. Come join the fun, relax and enjoy while singing yourself to health. Participants are requested to bring water with them.

Burnhamthorpe CALC 500 The East Mall
Sat 9am-12pm Mar 28 6wks $147 ($88sr) 98538

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.

Mimico Adult Centre 255 Royal York Road
Tue 7-9pm Mar 31 9wks $147 ($88sr) 98934

Self Development

Building and Maintaining Solid Relationships

Good Relationships are number one on the list for business success, lasting home and love life and precious life long friendships. Learn the tools you need to build and keep healthy relationships with those in your life circle.

Overland Learning Centre 55 Overland Drive
Sat 8:30-10:30am Mar 28 9wks $147 ($88sr) 98550

Cosmetic Acupressure: Look, feel & be your best

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.

Danforth C & TI 800 Greenwood Avenue
Thu 6-9pm Apr 30 3wks $74 ($44sr) 99076

Overland Learning Centre 55 Overland Drive
Mon 6:15-9:15pm May 25 3wks $74 ($44sr) 98586

Hairdressing & Styling-Beginner

Acquire skills in haircutting, blow drying, colouring and styling. This is not a certificate granting course. Final price includes material fee of $100.00

Overland Learning Centre 55 Overland Drive
Mon 6:15-9:15pm Mar 30 9wks $321 ($232sr) 98589

How to Feel Better About Yourself

In order feel better about ourselves we need to better understand ourselves. This highly interactive workshop will introduce you to four important steps, 'The 4 A's', that can bring you a greater sense of satisfaction and meaning in your life. By understanding these four elements of self-development you will walk away from this workshop with a sense of knowing that you can move past the obstacles you face.

Overland Learning Centre 55 Overland Drive
Tue 6-8pm Apr 28 2wks $33 ($20sr) 98633

Make-Up Artistry

Learn the basics of make-up application, current make-up trends, and the proper usage of tools. Techniques to enhance face shapes and facial features are taught through demonstration. Through personalized instruction, go from casual day make-up to a glamorous night look with the swipe of a brush. Students are required to bring make-up products and tools they own to the first class. Students buy own supplies.

Agincourt CI 2621 Midland Avenue
Wed 6-9pm Apr 01 4wks $98 ($59sr) 99103

Burnhamthorpe CALC 500 The East Mall
Tue 6-8pm Mar 31 9wks $147 ($88sr) 99004

Thistletown CI 20 Fordwich Crescent
Sat 9am-12pm Mar 28 4wks $98 ($59sr) 98447

Make-Up Artistry-Advanced

Gain further knowledge and experience of advanced makeup techniques, tools, and trends. Learn the skills and strategies needed to emphasize the common facial structure points. Instruction is both through in class demonstrations and hands-on experience. Students buy own supplies (approx $80.00).
Agincourt CI 2621 Midland Avenue
Wed 6-9pm Apr 29 4wks $98 ($59sr) 99104

Burnhamthorpe CALC 500 The East Mall
Tue 8-9:30pm Mar 31 9wks $111 ($66sr) 99005
Thistletown CI 20 Fordwich Crescent
Sat 9am-12pm May 02 4wks $98 ($59sr) 98448

Mental and Spiritual Health Resilience

This course will teach you 14 key steps that are crucial for improving your mental and spiritual health. This course will give you a road map to guide you through the important steps towards greater well-being by guiding you to develop greater awareness and gain empowerment. You will have an opportunity to measure your well-being at the beginning and end of the course and will use tools to discover your strengths.
Overland Learning Centre 55 Overland Drive
Tue 6-8pm Mar 31 4wks $66 ($39sr) 98636

Mindfulness for Stress Reduction

This course will help you deal with stress in everyday situations using natural and time-honored methods. Practical advice on stress-management techniques will be provided. Students will learn coping skills, visualization and the relaxation response. The course will include lectures, interactive activities, group discussions and meditation. Each class will end with a relaxation exercise. Please wear comfortable clothes and bring a yoga mat and a bottle of water to each class. Those who are unable to use a yoga mat may sit in a chair for relaxation. Suitable for all ages.The instructor is a Reiki practitioner and has completed studies in mindfulness meditation.
Leaside HS 200 Hanna Road
Wed 7-8:30pm Apr 01 9wks $111 ($66sr) 98428

Promote Yourself to Succeed in Life

Personal branding is not about building a special image for the outside world. It is about understanding and showing what is truly unique about you - your strengths, skills, values and passions. Learn to use them to differentiate yourself and guide your career, professional and private life decisions. Learn how you can positively influence the environment around you and attract what you need to achieve your goals and to be successful.
Overland Learning Centre 55 Overland Drive
Sat 1-3pm Apr 04 1wks $16 ($10sr) 98567

Sewing

Pattern Drafting & Design Part I

Create your own sewing patterns for fashion apparel through flat-pattern drafting. This course will focus on drafting a personal skirt sloper (block). The many related fashion design techniques including dart manipulation, facings, pockets and fit can be transferred to commercial patterns, pants tops and dresses. The learner will create a sloper based on their personal measurements and from this sloper, will design their skirt, draft the pattern, sew a muslin prototype for fit and proceed to use their pattern for a final skirt. Basic sewing skills are an asset. Learners to supply some tools, their own fabrics and threads. Final price includes shop fee of $5.00.
Mimico Adult Centre 255 Royal York Road
Wed 1-4pm Apr 01 9wks $226 ($137sr) 98924

Pattern Drafting & Design Part III

Create your own sewing patterns for fashion apparel through flat-pattern drafting. This course focuses on both the bodice and sleeve slopers. Learn how to draft a personal bodice sloper. Explore various design techniques including bodice dart manipulation. Draft a basic sleeve to fit your bodice and you're ready to create your own, 'Above the Waist' designs. Basic sewing skills are an asset. Students to supply their own tools. Final price includes shop fee of 5.00.
Central Technical 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $226 ($137sr) 99130

Sewing Alterations & 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 material fee of $5.00.
Western Tech 125 Evelyn Crescent
Thu 6:30-9:30pm Apr 02 9wks $226 ($137sr) 99116

Sewing for the Home

This course will focus on learning how to sew by sewing machine and by hand. Become familiar with how to use and maintain a sewing machine, learn several hand-stitches, determine appropriate fabrics, colours and designs and production-sewing techniques. Using these skills, you will design and make items for your home such as cushions, several window treatments including roman shades and different styles of curtains, wall hangings, and just about anything that can be sewn to enhance your home. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at Mimico location. Final price includes shop fee of $5.00.
Cedarbrae CI 550 Markham Road
Mon 6:30-9:30pm Mar 30 9wks $226 ($137sr) 98659

Central Technical 725 Bathurst Street
Mon 6:30-9:30pm Mar 30 9wks $226 ($137sr) 98854

Mimico Adult Centre 255 Royal York Road
Mon 12:30-3:30pm Mar 30 9wks $226 ($137sr) 98825

Sewing-Advanced

This course is for the advanced student and topics include tailoring for suits and evening dresses. You will be able to work on your own projects. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes material fee of $5.00.
Mimico Adult Centre 255 Royal York Road
Mon 9am-12pm Mar 30 9wks $226 ($137sr) 98826

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. Strongly recommended that you bring your own machine as we cannot guarantee use of one at Mimico location. Final price includes material fee of $5.00.

Agincourt CI 2621 Midland Avenue
Wed 7-9:30pm Apr 01 9wks $189 ($115sr) 99106

Central Technical 725 Bathurst Street
Tue 6:30-9:30pm Mar 31 9wks $226 ($137sr) 98876

Mimico Adult Centre 255 Royal York Road
Mon 7-9:30pm Mar 30 9wks $189 ($115sr) 98789
Overland Learning Centre 55 Overland Drive
Sat 12:45-2:45pm Mar 28 9wks $152 ($93sr) 98572

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. Strongly recommended that you bring your own machine as we cannot guarantee use of one at Mimico location. Final price includes material fee of $5.00.
Mimico Adult Centre 255 Royal York Road
Tue 9am-12pm Mar 31 9wks $226 ($137sr) 99193

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 will be proud to wear. Basic sewing skills required. Please bring sewing kit, fabric and pattern to the first class so the learning can begin right away! Final price includes shop fee of $5.00.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $226 ($137sr) 98917

Overland Learning Centre 55 Overland Drive
Sat 10:30am-12:30pm Mar 28 9wks $152 ($93sr) 98573

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. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at Mimico location. Final price includes material fee of $5.00.
Mimico Adult Centre 255 Royal York Road
Tue 12:30-3:30pm Mar 31 9wks $226 ($137sr) 99194

Tailoring-Advanced

This course covers tailoring techniques such as felt collars, welt pockets, pad stitching on lapels and mens or ladies wear. Prerequisite: Sewing-Intermediate or equivalent experience. Final price includes shop fee of $5.00.
Central Technical 725 Bathurst Street
Tue 6-9pm Mar 31 9wks $226 ($137sr) 98880

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
Newtonbrook SS 155 Hilda Avenue
Thu 8-9:30pm Apr 02 9wks $116 ($71sr) 99017

Northern SS 851 Mount Pleasant Road
Tue 7-9pm Mar 31 9wks $152 ($93sr) 98474

Northview Heights SS 550 Finch Avenue West
Wed 7:40-9:10pm Apr 01 9wks $116 ($71sr) 98509

Thistletown CI 20 Fordwich Crescent
Sat 11:45am-1:45pm Mar 28 9wks $152 ($93sr) 98494

Basketball For Women

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handing and game strategy skills in a friendly competitive atmosphere. Final price includes material fee of $5.00.
Burnhamthorpe CALC 500 The East Mall
Thu 8-9:30pm Apr 02 9wks $116 ($71sr) 99033

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 CI 15 The Donway East
Mon 6:30-8pm Mar 30 9wks $116 ($71sr) 98672

Golf-Intermediate

The fundamentals of the golf swing and putting will be reviewed. Final price includes material fee of $5.00.
Don Mills CI 15 The Donway East
Mon 8-9:30pm Mar 30 9wks $116 ($71sr) 98673

Soccer-Indoor for Men

This course is organized for soccer players with three or more years experience. It gives the seasoned player a chance to refine their skills, keep fit and have fun during the off season. Final price includes material fee of $5.00.
Burnhamthorpe CALC 500 The East Mall
Tue 7:30-9:30pm Mar 31 9wks $152 ($93sr) 99010

Tennis-Advanced

Are you a competitive tennis player that wants to refine their game? In this advanced tennis course, students will enhance their serve and stroke techniques with an emphasis on spin, power, and variety. You will be taught specific tactical awareness in competitive play through advanced strategies and competitive drills. Final price includes material fee of $5.00.
Ryerson CS Jr & Sr 96 Denison Avenue
Thu 7:45-9:15pm Apr 02 9wks $116 ($71sr) 99127

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.
King Edward Jr & Sr PS 112 Lippincott Avenue
Tue 6-7:30pm Mar 31 9wks $116 ($71sr) 99121
Wed 6-7:30pm Apr 01 9wks $116 ($71sr) 99122
Thu 6-7:30pm Apr 02 9wks $116 ($71sr) 99123
Wed 7:30-9pm Apr 01 9wks $116 ($71sr) 99124

Leaside HS 200 Hanna Road
Wed 7-8:30pm Apr 01 9wks $116 ($71sr) 98432

Thistletown CI 20 Fordwich Crescent
Sat 8:30-10am Mar 28 9wks $116 ($71sr) 98452

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.
King Edward Jr & Sr PS 112 Lippincott Avenue
Tue 7:30-9pm Mar 31 9wks $116 ($71sr) 99125
Thu 7:30-9pm Apr 02 9wks $116 ($71sr) 99126

Ryerson CS Jr & Sr 96 Denison Avenue
Thu 6-7:30pm Apr 02 9wks $116 ($71sr) 99128

Thistletown CI 20 Fordwich Crescent
Sat 10:15-11:45am Mar 28 9wks $116 ($71sr) 98453

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.
Northern SS 851 Mount Pleasant Road
Mon 7-9pm Mar 30 9wks $147 ($88sr) 98471

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 725 Bathurst Street
Wed 6:30-9:30pm Apr 01 9wks $221 ($132sr) 98762

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 725 Bathurst Street
Tue 6:30-9pm Mar 31 9wks $184 ($110sr) 98863

Drama-Intermediate

This course is for those that have taken the beginners course and have some acting experience. You will explore audition techniques, prepare a monologue, create and perform in duo scenes and one-act plays. You will interpret and present dramatic works from different sources.
Central Technical 725 Bathurst Street
Wed 6:30-9pm Apr 01 9wks $184 ($110sr) 98883

Screenplay Writing: Basic Elements

This creative writing course covers the tools of storytelling in screenplay form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Bring a writing notebook.
Central Technical 725 Bathurst Street
Thu 6:30-9:30pm Apr 02 9wks $221 ($132sr) 98780

Toronto District School Board
Community Programs, Learn4Life

CODE OF CONDUCT

Our Commitment

Learn4Life is committed to providing a healthy learning and working environment by promoting respect, civility, safety, responsible citizenship and academic excellence. A positive school climate exists when all members of the school community feel safe, included and accepted and actively promote positive behaviours and interactions. Equity, inclusion and respect are critical components embedded in the learning environment.

The **Learn4Life** Code of Conduct is developed in accordance with the Provincial Code of Conduct, the Toronto District School Board's (TDSB) Code of Conduct and all other TDSB operational procedures. The **Learn4Life** Code of Conduct also reflects the values and expectations of the **Learn4Life** community.

The standards of behaviour outlined in the **Learn4Life** Code of Conduct shall apply to all members of the school community, including learners registered in the Learn4Life program, Board staff, volunteers and visitors.

Standards of Behaviour

All members of the school community are expected to:

- Respect and comply with all applicable federal, provincial and municipal laws;
- Respect differences in people, their ideas and opinions;
- Treat one and other with dignity and respect at all times, and especially when there is a disagreement;
- Respect and treat others fairly and promote a positive school climate that is inclusive and accepting of all learners, including of any race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability;
- Respect the rights of others;
- Show proper care and regard for school property and the property of others;
- Respect persons who are in a position of authority;
- Respect the need of others to work in an environment of learning and teaching.

Under the Provincial Code of Conduct, all members of the school community must not:

- Engage in bullying behaviours;
- Be in possession of any weapon, including firearms;
- Use any object to threaten or intimidate another person;
- Cause injury to any person with an object;
- Be in possession of, or be under the influence of alcohol, cannabis, and illegal drugs;
- Provide others with alcohol, illegal drugs or cannabis;
- Commit an act of vandalism that causes extensive damage to school property or to property located on the premises of the school.

A

Toronto District School Board

General Interest Accommodation Registration Form

Continuing Education Office
2 Trethewey Drive, 3rd floor
Toronto, ON M6M 4A8
416.338.4111
Fax. 416.394.3494

Please Print

Last Name | First Name | M/F

Street No. | Street Name | Apt. No.

City | Postal Code | Home Telephone No.

Nature of the Accommodation

Proposed Remedy

Selection No.1

1 Course No. | Course Title | Course Location

Day of Week | Time | Start Date

Accommodation Registration Form

Accommodation Form

International Languages Elementary and African Heritage 2019 - 2020

ILEprograms.ca | @ILEandAH | @tdsb_ConEd | 416.338.4100

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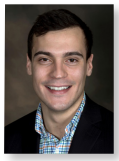

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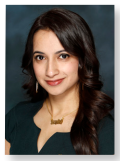

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Contact your local Trustee at **416-395-8787**

* Chair ** Vice-Chair
Accurate at time of printing.

tdsb.on.ca

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- Police Foundations
- Hairstyling
- Credit ESL Classes
- Preparation for College or University

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