

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors



# SPRING 2025

Registration opens

February 12, at 8:30 am



[communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca) | Phone: 416-338-4111



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# Learn4Life.ca - Adult General Interest Courses

General Interest Programs Adults 18+ and Seniors

## Program Information

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

## Important Dates

Registration Opens: Wednesday, February 12, 2025 at 8:30 a.m.

Classes Begin: Tuesday, April 1, 2025

## Registration Information

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

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

## In-Person Registration

The Learn4Life office has moved to John Polanyi Collegiate Institute, 640 Lawrence Avenue West, North York, ON M6A 1B1, Entrance Door 8D located at the back of the building, accessible via Varna Drive.

Registrants are encouraged to make their needs for accommodation known in advance of visiting the office by calling 416-338-4111. Parking is available. There is no direct access to the Learn4Life office from within the building. Visitors arriving at the front entrance, we kindly request you proceed to the back of the building to reach entrance 8D.

## Payment Information

Visit [www.learn4life.ca](http://www.learn4life.ca) and use your VISA or MasterCard to pay.

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

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

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

\*All fees include HST

## Refund Policy

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

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

## Cancelled Courses

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

## Program Accommodation

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

## Community Programs – Learn4Life

### Refund and Transfer Policy

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

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

For courses under five weeks in duration:

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

For courses five weeks or longer:

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

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

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

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

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

There are two ways to submit requests:

1. Email: [communityprograms@tdsb.on.ca](mailto:communityprograms@tdsb.on.ca)
2. On-Line: [www.learn4life.ca](http://www.learn4life.ca)



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## Art

### Acrylic Painting Beginner

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

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6514

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Apr 7, 2025 9wks \$279 (\$195sr) PR-6717

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### 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. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6623

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### Calligraphy Beginner

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 5, 2025 9wks \$186 (\$130sr) PR-6489

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### Ceramic Art: Ideas and Techniques

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$339 (\$255sr) PR-6631

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### Chinese Brush Painting ★

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



Second Mile Club - Kensington Gardens Kensington Gardens, 25 Brunswi, Toronto  
Fri 10am-12:30pm Apr 4, 2025 9wks \$232 (\$162sr) PR-6669

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## **Drawing For People Who Can't Draw**

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

Leaside High School 200 Hanna Road, East York  
Mon 6:30pm-9pm Apr 7, 2025 9wks \$232 (\$162sr) PR-6510

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## **Drawing Step-by-Step**

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

Remote Course Offering  
Tue 1pm-3:30pm Apr 1, 2025 9wks \$232 (\$162sr) PR-6692

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## **Drawing and Painting in Mixed Media**

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

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$279 (\$195sr) PR-6615

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## **Drawing and Watercolour**

Learn and develop the skills from varied drawing tools to watercolour based on existing level, allowing participants to engage in creative activities from the comfort of their own spaces. Detailed step-by-step demonstrations are conducted, intensive instruction on art principles and critical reviews help to build up confidence in learning process. Learners need to prepare their drawing and watercolour supplies. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9pm Apr 3, 2025 9wks \$232 (\$162sr) PR-6635

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## **Drawing and Watercolour-All Levels**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Apr 1, 2025 9wks \$279 (\$195sr) PR-6706

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## Exploring Acrylic Painting: Bring to Life Your Artistic Vision

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6629

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## Expressive Abstract Landscape Painting

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Apr 7, 2025 9wks \$279 (\$195sr) PR-6708

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## Figure Drawing Beginner

Explore traditional and new techniques through a broad choice of media while drawing from live models. Students supply their own materials. Final price includes a model fee of \$60.00. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$339 (\$255sr) PR-6619

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## Landscape Painting

Landscape paintings can be realistic, depicting scenes with meticulous detail, or they can be more impressionistic or abstract. Using a variety of mediums and techniques, learn to paint outdoor scenes, capturing the beauty and essence of the natural world. This class is located in the Art Centre building of Central Technical School. Click [CENTRAL TECHNICAL SCHOOL - ART BUILDING MAP](#) under Files.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6630

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## Oil and Acrylics All Levels

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$279 (\$195sr) PR-6665

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Apr 7, 2025 9wks \$279 (\$195sr) PR-6524

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## Oil and Acrylics Beginner

Discover the techniques of painting. Learn about perspective, proportion, line, tone and colour theory. Step-by-step demonstrations will trace the painting process from sketch to under painting in washes through to building up layers of impasto. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$279 (\$195sr) PR-6616

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## Oil and Acrylics Beginner/Intermediate

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 1pm-3:30pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6685

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## Painting Intermediate ★

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

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

Wed 10am-12:30pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6674

Wed 1pm-3:30pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6673

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## Pen and Ink Sketching

Join this course where the simplicity of a pen and the boldness of ink meet to make captivating works of art. Learn the fundamentals of line, shading, and composition as you master the art of creating sketches. This course offers a dynamic exploration of the versatility of the medium of pen and ink. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

## Portraiture: All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$349 (\$265sr) PR-6627

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## Pottery All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$339 (\$255sr) PR-6625

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## Pottery Beginner: Intro to Handbuilding

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$329 (\$245sr) PR-6617

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$329 (\$245sr) PR-6632

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## Pottery-Beginner/Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:15pm-9:15pm Apr 2, 2025 9wks \$329 (\$245sr) PR-6532

Mon 6:15pm-9:15pm Apr 7, 2025 9wks \$329 (\$245sr) PR-6525

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## Pottery: Intermediate Throwing

Students will learn intermediate shaping techniques on the pottery wheel, build/fit components to attach to or accessorize their pieces and learn ways of finishing their pieces to make them food safe or decorative. Final price includes a material fee of \$60.00. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$339 (\$255sr) PR-6621

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## Pottery: Mindfulness and Self Expression

Experience the therapeutic power of clay as a means of self-discovery and artistic expression. You will create using clay while focusing on mindfulness techniques to center your thoughts and emotions. Craft beautiful, one-of-a-kind pieces while fostering a deeper connection with your inner-self in a nurturing environment. Final price includes a material fee of \$60.00. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$339 (\$255sr) PR-6628

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## Printmaking Intermediate: Lino Print and Etching

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$339 (\$255sr) PR-6634

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## Printmaking: Silkscreen

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$339 (\$255sr) PR-6620

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## Sculpture: Clay

Learn to manipulate clay through the observation and interpretation of live nude models. Subsequent mold-making and casting are also covered. Final price includes a model fee of \$70.00. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$349 (\$265sr) PR-6626

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## The Art of Etching

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 3, 2025 9wks \$319 (\$235sr) PR-6650

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## The Art of Pyrography

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 8pm-9:30pm Apr 7, 2025 9wks \$179 (\$137sr) PR-6556

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## Urban Landscape: Sketching and Painting

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

\*Remote Course Offering

Wed 11am-1pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6700

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## Watercolour Intermediate ★

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

\*Remote Course Offering

Thu 10am-12:30pm Apr 3, 2025 9wks \$232 (\$162sr) PR-6681

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## Watercolour Painting ★

Enjoy the magic of this Remote watercolour course. Explore art principles covering such as composition, shape, value, tone, contrast, texture, emphasis, balance and unity. Varied wet and dry, colour mixing and brush handling techniques and the illusion of form will be conducted step by step demonstration. You will learn to develop painting skills at your own pace and allow your creativity to blossom in confidence.



\*Remote Course Offering

Thu 1:30pm-4pm Apr 3, 2025 9wks \$232 (\$162sr) PR-6680

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## Watercolours All Levels

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6529

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## Yes, You Can Draw!

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8:30pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6640

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## Business and Finance

### Accounting: Small Business and Tax Issues

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 5, 2025 9wks \$186 (\$130sr) PR-6488

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## Buying Your First Home in the GTA

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

\*Remote Course Offering

Sat 9am-12pm Apr 26, 2025 1wks \$31 (\$22sr) PR-6491

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## Estate Planning Workshop

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

\*Remote Course Offering

Thu 6pm-8pm Apr 24, 2025 3wks \$62 (\$43sr) PR-6506

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## 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. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6583

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## Investing 101 Millennials 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. 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 PS 55 Overland Drive, North York

Fri 9am-1pm Apr 4, 2025 1wks \$41 (\$29sr) PR-6705

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## Investor Boot Camp: How the Stock Market Works - Advanced

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Apr 14, 2025 3wks \$62 (\$43sr) PR-6636

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## Online Investing

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

\*Remote Course Offering

Mon 6:30pm-9pm Apr 7, 2025 9wks \$232 (\$162sr) PR-6577

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## Personal Finance and Investment Basics for Women

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

\*Remote Course Offering

Wed 6pm-8pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6500

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## QuickBooks

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

\*Remote Course Offering

Wed 5:30pm-7:30pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6498

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## QuickBooks - Level II

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

\*Remote Course Offering

Wed 7:45pm-9:45pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6731

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## Will and Power of Attorney Workshop

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

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Apr 26, 2025 1wks \$41 (\$29sr) PR-6490

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## Communications

### Creative Writing

Through this class, learn to craft characters, create mood and structure your work while letting your language flow. Exercises focus on the creation of character through which plot is explored. You will work toward creating a strong story. Teacher editorials and

controlled workshop approaches are used to develop strategies for enhancing each individual story.

\*Remote Course Offering

Sat 11am-1pm Apr 5, 2025 9wks \$186 (\$130sr) PR-6485

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6645

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## Computers

### Computer Upgrading/Servicing/Repairing

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

Overland PS 55 Overland Drive, North York

Thu 11am-1pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6702

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### Google's Free Tools and Applications

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

\*Remote Course Offering

Mon 9am-11am Apr 7, 2025 9wks \$186 (\$130sr) PR-6739

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### Let's Make an App! -NEW

This course is for those who are interested in programming. Topics include - Android Studio (the most popular mobile apps Integrated Development Environment), Java language essentials, the most popular widgets, events handling, processing graphics and multimedia. Students should bring their own laptops to the classroom.

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Apr 5, 2025 9wks \$186 (\$130sr) PR-6733

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### Social Media Marketing for Small Business

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



\*Remote Course Offering

Thu 7:30pm-9:30pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6504

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## Crafts

### Crochet and Knitting, Design Your Own Style

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

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6497

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### 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, Etobicoke

Mon 7pm-9:30pm May 5, 2025 2wks \$82 (\$66sr) R-6573

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## Jewellery A

Have fun learning how to sculpt wax for lost-wax casting of jewellery items, uniquely designed by you! Waxes may be cast commercially off site. Also learn polishing steps, to give your cast jewellery pieces a high shine. Beginners welcome. Final price includes a material fee of \$25.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$304 (\$220sr) PR-6611

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## Jewellery B

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Apr 7, 2025 9wks \$304 (\$220sr) PR-6612

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## Jewellery C

Learn how to set gemstones using bezel settings and tube settings, drill, texture, and cut out intricate metal shapes, dome metal discs, silver-solder metal parts together, design jewellery projects, and polish them to a high shine. Beginners welcome. Final price includes a material fee of \$28.00, which covers copper, brass, polishing compounds and other supplies. This class is located in the main building of Central Technical School. Click [CENTRAL TECHNICAL SCHOOL - MAIN BUILDING MAP](#) under Files.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$307 (\$223sr) PR-6610

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## Jewellery E - Hammerforming II

By hammering a folded piece of thin metal for a minute, then opening up the fold, you can create surprisingly beautiful, three-dimensional pieces for jewellery or small sculptures. Along with this foldforming technique invented by Charles Lewton-Brain, the complementary techniques of doming, anticlastic raising, and tapered tube making will be taught. Beginners welcome. Must be able to hammer. Final price includes a material fee of \$30.00 which covers copper, brass, polishing compounds, and other consumables. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$309 (\$225sr) PR-6593

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## Learn to Make Soap from Scratch!

Two sessions of bubbly fun! Learn to make soap from scratch. From the safe handling of lye to final packaging you will be the queen (or king) of clean. Things you will learn; how to manage lye and calculate the correct quantity, creating a recipe, mixing, colouring, fragrancng, molding, unmolding, sourcing ingredients and packaging. You will take home a share of the loot at the end of week 2. Please bring rubber gloves. Safety goggles desired but not required. Glasses are good. Final price includes a material fee of \$15.00.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-9:30pm Apr 28, 2025 2wks \$77 (\$58sr) PR-6730

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## Weaving: Fabric and Tapestry-All Levels

Join us for an engaging weaving course designed for students with some prior experience. Weavers will explore new patterns, experiment with techniques, and undertake various projects at their own pace, while completing their project by the end of the term. The instructor will provide personalized guidance for each participant, fostering a collaborative environment where students can share insights and receive constructive feedback from others on their work. All necessary equipment will be available in class, and participants are responsible for purchasing their own materials.

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## Weaving: Introduction

This course will explore weaving as an expressive art. Beginners can explore alternative materials (such as foraged botanicals) and techniques. Beginners can expect to make a table runner, wall hanging or a set of placemats. Interested participants can also learn

to make simple small looms and tools. More experienced learners will set their own goals, with input and sharing from other students. A list of suppliers in Ontario will be provided to students. All necessary equipment will be provided in class, and participants are responsible for purchasing their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 1:30pm-4:30pm Apr 7, 2025 9wks \$279 (\$195sr) PR-6716

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## Dance

### Ballroom and Latin Dancing Beg/Int

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 8pm-9:30pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6528  
Northview Heights SS 550 Finch Avenue West, North York  
Mon 7:30pm-9pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6553

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### Ballroom and Latin Dancing Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 7pm-9pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6644  
Leaside High School 200 Hanna Road, East York  
Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6508  
Northern Secondary School 851 Mount Pleasant Road, Toronto  
Tue 6pm-7:30pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6543  
Overland PS 55 Overland Drive, North York  
Wed 7:30pm-9pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6501  
Thu 11am-1pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6701  
Sat 8:30am-10:30am Apr 5, 2025 9wks \$186 (\$130sr) PR-6486  
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 7pm-8:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6560

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### 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.

Leaside High School 200 Hanna Road, East York

## **Egyptian Belly Dancing Intermediate**

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

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Apr 7, 2025 9wks \$116 (\$81sr) PR-6512

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## **International Folk Dancing ★**

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

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

Fri 10am-12pm Apr 4, 2025 9wks \$186 (\$130sr) PR-6672

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## **Latin Rhythms: Salsa and Merengue for All**

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6537

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## **Line Dancing ★**

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

Cecil Community Centre 58 Cecil Street, Toronto

Wed 2:30pm-4pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6684

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## **Line Dancing Beginner**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7:30pm Apr 3, 2025 9wks \$139 (\$97sr) PR-6663

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Apr 4, 2025 9wks \$186 (\$130sr) PR-6709



Overland PS 55 Overland Drive, North York  
Mon 1pm-2:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6687

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## Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Fri 12pm-2pm Apr 4, 2025 9wks \$186 (\$130sr) PR-6721  
Overland PS 55 Overland Drive, North York  
Mon 2:30pm-4pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6688

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## 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.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 8:30pm-10pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6565

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## Discover the Outdoors

### Birdwatching for Beginners - Explore Feathered Gems Right in Our Backyard!

Let's get outside and dive into the wondrous world of birdwatching, right in our urban backyard! You'll have the opportunity to learn about their unique features, calls, and visit urban habitats with other enthusiasts. We'll venture to various urban Toronto sites and its surrounding areas to observe birds in their natural settings. Bring your own binoculars, water, snacks and wear comfortable walking shoes, a minimum of 3 hours of walking should be expected. Cameras of all types are encouraged. All pets are to be left at home. All levels are welcome.

Off-Site  
Wed 8:30am-11:30am May 14, 2025 6wks \$186 (\$130sr) PR-6686

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## Fitness

Absolute Abs: Lower Body Blast

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 7:30pm-8:30pm Apr 7, 2025 9wks \$93 (\$65sr) PR-6559

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## Aches and Pain - Proactive Self-care

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

\*Remote Course Offering

Thu 10:45am-11:45am Apr 3, 2025 9wks \$93 (\$65sr) PR-6707

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

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

\*Remote Course Offering

Wed 6pm-7pm Apr 2, 2025 9wks \$93 (\$65sr) PR-6495

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## Aging Backwards with Yoga

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

\*Remote Course Offering

Wed 6pm-7:15pm Apr 2, 2025 9wks \$116 (\$81sr) PR-6496

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Apr 7, 2025 9wks \$116 (\$81sr) PR-6523

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## Bone Fitness

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6652

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## Boxing Basics and Conditioning

Learn the art of boxing. This class is designed for those with little to no experience in the sport of boxing. This age-old combative sport shall be taught as a non-contact course. You will learn how to correctly throw fundamental punches, develop footwork, timing, accuracy, and technique. The class will also include a warm-up, a cool down, and exercises specific to the sport. The program will build progressively throughout the term. Through cooperative reactive drills with your fellow students, you will be

able to develop and execute basic boxing combinations. A basic fitness level is a recommended pre-requisite. Learners will be required to have fitness gloves, skipping rope and an exercise mat for the second class and onward.

Overland PS 55 Overland Drive, North York

Wed 6pm-7:15pm Apr 2, 2025 9wks \$116 (\$81sr) PR-6502

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## Core Conditioning

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Apr 7, 2025 9wks \$93 (\$65sr) PR-6564

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## Core Without the Floor

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

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 10:15am-11:15am Apr 5, 2025 9wks \$93 (\$65sr) PR-6479

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## Core Yoga

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

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-8pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6509

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## Fitness and Strength Training

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

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

Thu 6:30pm-8pm Apr 3, 2025 9wks \$139 (\$97sr) PR-6734

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## Flexibility and Muscle Toning

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

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Apr 2, 2025 9wks \$93 (\$65sr) PR-6520

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## Full Body Boot Camp

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

Central Technical School 725 Bathurst Street, Toronto

Thu 7:30pm-8:30pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6604

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## Gentle Stretches for a Great Night Sleep

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

\*Remote Course Offering

Thu 8pm-9pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6505

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## Low Impact Aerobics ★

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

Edithvale Community Centre 131 Finch Avenue West, Toronto

Wed 9am-10am Apr 2, 2025 9wks \$93 (\$65sr) PR-6671

Fri 9am-10am Apr 4, 2025 9wks \$93 (\$65sr) PR-6670

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## 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. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6574

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## Pilates

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

\*Remote Course Offering

Wed 8pm-9pm Apr 2, 2025 9wks \$93 (\$65sr) PR-6530

Sat 11am-12pm Apr 5, 2025 9wks \$93 (\$65sr) PR-6483

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6660

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6649

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## Pilates and Movement: Strength and Mobility

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

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

Thu 6:15pm-7:15pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6737

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## Resistance Training Workout

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6548

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## Strength and Weight Training

There are so many benefits to strength and weight training. Improve the metabolism, achieve a sculpted physique, and reduce stress. Get ready to hit the gym, sculpt your body, and stay fit while building strength, muscle mass, and endurance. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Thu 6pm-7:15pm Apr 3, 2025 9wks \$116 (\$81sr) PR-6609

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:15pm Apr 7, 2025 9wks \$116 (\$81sr) PR-6568

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## Strength for Life - Full Body Fitness

This full-body fitness program uses light weights, resistance bands, dumbbells, and bodyweight exercises for low-impact, effective workouts. Whether you want to build strength, improve mobility, or enhance your overall fitness, you'll find a supportive and engaging atmosphere in this class. Stay active, strong, and vibrant with Strength for Life. This full-body fitness program uses light weights, resistance bands, dumbbells, and bodyweight exercises for low-impact, effective workouts. Whether you want to build strength, improve mobility, or enhance your overall fitness, you'll find a supportive and engaging atmosphere in this class. Stay active, strong, and vibrant with Strength for Life. Learners must bring: dumbbells, mat, towel, and water to class.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-8:45pm Apr 7, 2025 9wks \$116 (\$81sr) PR-6572

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## Tai Chi Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Apr 7, 2025 9wks \$139 (\$97sr) PR-6713

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6547

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6694

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6569

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## Tai Chi Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Apr 7, 2025 9wks \$93 (\$65sr) PR-6718

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## Tai Chi Intermediate ★

This course is a follow-up to the beginner course, introducing more complex forms and techniques. Deepen your understanding of posture, balance, and movement while exploring more advanced sequences. This class is suitable for those who have a basic understanding of Tai Chi and are ready to progress in their practice. You will learn warm-up techniques and practice various forms within a routine.

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6677

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## Tai Chi Sword

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

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6699

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## Tai Chi-Advanced

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

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6695

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## 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 have a yoga mat.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 11am-12pm Apr 2, 2025 9wks \$93 (\$65sr) PR-6714

Mon 7:30pm-8:30pm Apr 7, 2025 9wks \$93 (\$65sr) PR-6522

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## Yoga: Kundalini Beginner/Intermediate

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

\*Remote Course Offering

Mon 6:30pm-8pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6571

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Apr 3, 2025 9wks \$139 (\$97sr) PR-6664

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## Zumba

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7:15pm-8:15pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6662

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Apr 2, 2025 9wks \$93 (\$65sr) PR-6516

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Apr 7, 2025 9wks \$93 (\$65sr) PR-6570

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## Zumba Gold

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6661

Overland PS 55 Overland Drive, North York

Mon 10:30am-11:30am Apr 7, 2025 9wks \$93 (\$65sr) PR-6689

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## Zumba Gold Toning

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 1pm-2pm Apr 3, 2025 9wks \$93 (\$65sr) PR-6720

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## Food (We cannot guarantee a nut free environment)

### Bakery Favourites Workshop

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 3, 2025 3wks \$128 (\$100sr) PR-6653

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### Beyond Bliss: The Ultimate Chocolate Chip Cookie Workshop

Who doesn't love a delicious chocolate chip cookie? Join us for a fun workshop where we'll dive into the art of making the perfect soft, rich, and gooey chocolate chip cookies! Instead of splurging on store-bought cookies, why not whip up your own at home? Participants will take home a dozen homemade cookies to enjoy at home. Just remember to bring an apron and a container for your sweet treats! If you want to get creative, feel free to bring your favorite chocolate bar for a special twist. And don't worry, we'll have milk ready for you to enjoy! Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9:30pm May 8, 2025 1wks \$56 (\$47sr) PR-6740

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## **Cake Decorating**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-8pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6647

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## **Chopped! Knife Skills and Kitchen Essentials Workshop**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm Apr 24, 2025 3wks \$128 (\$100sr) PR-6654

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## **Coffee Break Workshop**

This one day workshop focuses on coffee/tea time snacks. Recipes may include quick breads, cakes, and cookie style snacks. Final price includes material fee of \$20.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 9:00am-12:30pm Jun 7, 2025 1wk \$56 (\$45sr) PR-6725

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## **Cooking 101 and Beyond**

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

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$359 (\$275sr) PR-6736

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## **Essential Portuguese Cuisine**

Discover the tastes of Portugal and its islands through this introductory culinary course where participants will learn recipes that

combine the essence of Mediterranean cuisine with flavors and aromas of the Age of Discovery. This winter series will explore comfort foods hot enough to warm the coldest winter night. Students will learn how to prepare complete meals from soup to dessert. Final price includes a material fee of \$80.00 and a guaranteed full tummy. Don't forget to bring an apron and a container to bring leftovers home. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 3, 2025 5wks \$235 (\$189sr) PR-6729

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## Indian Vegetarian Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$359 (\$275sr) PR-6585

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## Jamaican Patties

Explore the world-renowned Jamaican patty, beloved globally as a convenient snack or quick lunch option. Traditionally filled with beef, today's patties feature a variety of fillings, including vegetarian and seafood options. Using authentic Jamaican herbs and spices, you'll craft your own fillings and dough from scratch in this hands-on class. Participants will create both a meat-based and a vegetable-based filling. Come ready to cook and don't forget your apron! Final price includes a material fee of \$30.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9:00am-12:30pm May 24, 2025 2wks \$102 (\$80sr) PR-6728

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## Mediterranean Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$359 (\$275sr) PR-6600

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

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$359 (\$275sr) PR-6735

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## Pastry Arts for Everyone

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Apr 2, 2025 4wks \$174 (\$137sr) PR-6639

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## **Pizza Making Workshop**

In this 3.5 hour workshop you will learn how to make a basic pizza dough and pizza sauce from scratch. Final price includes a material fee of \$20.00. To view recipe and ingredients needed for the first class, click the material list pdf under Files just above the course Schedule.

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-9:30pm Apr 28, 2025 1wks \$56 (\$45sr) PR-6724

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## **Portugal's Iconic Pastel De Nata Workshop**

In this one day workshop learn how to make Portugal's iconic Pastel de Nata. These treats, defined by their sweet rich egg custard nestled in crisp pastry, are the perfect dessert for any occasion. Participants will receive a dozen Natas to bring home and a set of tins for their own home baking. Don't forget to bring an apron and a container to bring your natas home. Final price includes a material fee of \$20.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 6:30am-12:30pm Apr 26, 2025 1wk \$61 (\$49sr) PR-6727

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## **Quickbreads**

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

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-9:30pm May 5, 2025 1wks \$51 (\$40sr) PR-6723

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## **Signature Salads**

Add some delicious salads to your dietary menus. This course offers a variety of recipes that incorporate proteins, nuts and/or seeds, and vegetables. You will also learn to create dressings from scratch. Final price includes a material fee of \$20.00.

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-9:30pm May 26, 2025 2wks \$92 (\$70sr) PR-6722

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## **Sweet, Savoury, Flaky and Fun!**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Apr 30, 2025 4wks \$174 (\$137sr) PR-6641

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## What's for Dinner Tonight?

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm May 15, 2025 3wks \$128 (\$100sr) PR-6655

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## Games and Hobbies

### Adventures in Photography

This course is a dynamic exploration of the multifaceted world of photography, offering a blend of hands-on experiences and theoretical knowledge to empower photographers at all levels, with all cameras: film, DSLR, mirrorless, or smartphone. Whether you are a beginner eager to unlock the full potential of your camera or an experienced enthusiast looking to refine your skills, this course will provide a supportive and engaging environment to help you achieve your photographic goals. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6624

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### Bridge Beginner Plus

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

Leaside High School 200 Hanna Road, East York  
Wed 6:30pm-9pm Apr 2, 2025 9wks \$232 (\$162sr) PR-6515

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### Bridge Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto



## **Gardening - Indoor and Outdoor**

Learn to plan, prepare, and maintain your outdoor garden. We will look at soil types, amending soil, fertilizers, pruning, dividing plants, and seed starting. We will cover the maintenance of indoor flowering plants and pest control. We will also study different herbs, their propagation, and their uses.

Overland PS 55 Overland Drive, North York

Wed 6pm-8pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6732

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## **Photography Beginner Digital SLR**

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6513

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## **Photography: Advanced Workshop Series**

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

\*Remote Course Offering

Sat 9am-1pm Apr 12, 2025 8wks \$330 (\$231sr) PR-6493

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## **Handiwork**

### **Auto Mechanics Advanced**

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:30pm-9:30pm Apr 7, 2025 9wks \$289 (\$205sr) PR-6551

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### **Auto Mechanics Beginner**

In this course you will learn about automobile construction, operation, maintenance and basic servicing operations. Final price includes a material fee of \$10.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$289 (\$205sr) PR-6605

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## Bicycle Repair

This course covers all aspects of bicycle repair and maintenance. Learners must bring in their own bike to work on. Tools needed for course are provided in class. Students who have repair kits are encouraged to bring them. Final price includes a material fee of \$5.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6592  
Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$284 (\$200sr) PR-6599  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$284 (\$200sr) PR-6533

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## Furniture Refinishing

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 6:15pm-9:15pm Apr 2, 2025 9wks \$299 (\$215sr) PR-6534

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## Home and Cottage: Construction

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

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$319 (\$235sr) PR-6584  
Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$319 (\$235sr) PR-6594

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## Upholstery

Do you have a chair that needs new life or a footstool that needs uplifting? Bring them to the upholstery class. A Master Upholsterer will teach you the basics that will enable you to complete a project in class or in your own home. Topics include stripping furniture, reinforcing frame work, cutting, sewing, laying fabric and foam. Also, bring tools such as nail/staple remover, hammer, pliers, scissors and protective eye goggles. Wear comfortable work clothes and closed shoes. Learners will buy own

supplies, bring small project to class (maximum size - small armchair). Learners should bring pliers, scissors, eye protection and staple remover to class on the first day. Final price includes Shop Fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Apr 7, 2025 9wks \$289 (\$205sr) PR-6527

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## Wood Carving and Sculpture

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6521

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## Wood Carving and Sculpture ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9am-12pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6682

Tue 1pm-4pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6683

Mon 9am-12pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6678

Mon 1pm-4pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6679

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## Health and Wellness

### Acupressure

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Apr 10, 2025 3wks \$93 (\$65sr) PR-6656

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### Acupressure Level II

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm May 1, 2025 3wks \$93 (\$65sr) PR-6657

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## Interior Design

### Interior Design: Home Décor

Whether you live in a house or an apartment, in the city the suburbs, a large or a very small space, make it your home! 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! This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$279 (\$195sr) PR-6618

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## Languages

### French Beginner

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

\*Remote Course Offering

Sat 9am-11am Apr 5, 2025 9wks \$186 (\$130sr) PR-6484  
Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6561  
Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 6pm-8pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6535

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### French Beginner Level II

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

\*Remote Course Offering

Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6557  
Northern Secondary School 851 Mount Pleasant Road, Toronto  
Tue 6pm-8pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6550

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### French Intermediate

You must have a basic knowledge of French vocabulary and grammar. This course is a continuation of the Beginner Level II course and focuses on reading and conversation. A French/English dictionary may be required. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Wed 6pm-8pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6601

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## 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. German/English dictionary may be required. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Mon 6pm-8pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6581

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## Italian Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Fri 10am-12pm Apr 4, 2025 9wks \$186 (\$130sr) PR-6710  
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6562

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## Japanese: Level I

Learn conversational modern Japanese. Simple grammar and essential vocabulary focusing on daily conversation will be taught. A Japanese English Dictionary may be required. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Wed 7pm-9pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6595

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## Japanese: Level II

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

Central Technical School 725 Bathurst Street, Toronto  
Tue 7pm-9pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6582

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## Spanish Advanced

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

\*Remote Course Offering

Sat 1pm-3pm Apr 5, 2025 9wks \$186 (\$130sr) PR-6494

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## Spanish Beginner

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

\*Remote Course Offering

Tue 5:30pm-7:30pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6546

Sat 8:30am-10am Apr 5, 2025 9wks \$186 (\$130sr) PR-6487

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6591

Thu 6:30pm-8:30pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6603

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6567

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## Spanish Beginner Level II

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

\*Remote Course Offering

Tue 7:30pm-9:30pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6545

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6587

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6637

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## Spanish Conversation I

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

\*Remote Course Offering

Wed 7:30pm-9:30pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6499

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## 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.

\*Remote Course Offering

Thu 7pm-9pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6503

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## Spanish Intermediate

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

\*Remote Course Offering

Sat 10:45am-12:45pm Apr 5, 2025 9wks \$186 (\$130sr) PR-6492

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6575

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6646

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## Spanish Intermediate Level II

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6596

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## 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.

\*Remote Course Offering

Wed 2pm-4pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6698

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6638

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## Music

### Basic Chord Piano Level II

This is an online course continuation of Basic Chord Piano 1. Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will: Review Dominant 7th chords and learn additional 3-part harmony chord types ie. Altered triads. Application of chords to well-known tunes will also be covered. Online learners must have their own keyboard at home with internet.



\*Remote Course Offering

Fri 1pm-2:30pm Apr 4, 2025 9wks \$139 (\$97sr) PR-6703

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## Basic Chord Piano Level III

This online course is a continuation of Basic Chord Piano Level II. Learn how to effectively read, understand and interpret chord symbols found in today's popular sheet music. Participants will learn: how 4-part harmony chord types are formed ie. Triads with added tones as well as Diatonic and Altered 7th chords. Application of chords to well-known tunes will also be covered. Online learners must have their own keyboard at home.

\*Remote Course Offering

Fri 3pm-4:30pm Apr 4, 2025 9wks \$139 (\$97sr) PR-6704

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## Guitar Beginner

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6590

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6507

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## Guitar Beginner Level II

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-8pm Apr 3, 2025 9wks \$186 (\$130sr) PR-6667

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## Learn to Play The Ukulele Level II

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Apr 7, 2025 9wks \$186 (\$130sr) PR-6563

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## Piano Keyboarding Beginner Level IV Plus - POP Edition

This is a course designed for learners previously registered in Beginner Level IV or higher. Focus will be on learning additional songs from the Alfred Adult Greatest Hits Level 1 book and the popular selections from the Alfred Adult All-in One Level 1 book. Students must have access to internet and a keyboard at home.

\*Remote Course Offering

Tue 1pm-2:30pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6519

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## 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. At Overland, keyboards are available but learners may bring their own.

Overland PS 55 Overland Drive, North York

Wed 1:30pm-3pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6697

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## Piano Keyboarding Beginner: Level II

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

Overland PS 55 Overland Drive, North York

Wed 3pm-4:30pm Apr 2, 2025 9wks \$139 (\$97sr) PR-6696

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## Piano Keyboarding Beginner: Level IV

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

\*Remote Course Offering

Mon 3pm-4:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6691

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## Piano Keyboarding High Intermediate

This Remote course is a continuation of Piano Keyboarding Intermediate. Further development of playing hands together, phrasing, dynamics, and rhythmic concepts such as sixteenth notes and dotted eighth notes are explored. Keys of D, B flat, E flat major and G minor will be explored. Additional popular selections will also be covered. Learners must have their own keyboard.

\*Remote Course Offering

Mon 1pm-2:30pm Apr 7, 2025 9wks \$139 (\$97sr) PR-6690

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## Piano Keyboarding Intermediate

This online course is designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, extended ledger lines and additional time/key signatures are explored. Additional popular selections will also be covered. Online learners must have their own keyboard at home.

\*Remote Course Offering

Tue 3pm-4:30pm Apr 1, 2025 9wks \$139 (\$97sr) PR-6693

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## Self Development

### Transition to Retirement

What are you doing for the rest of your life? Traditional retirement planning focuses on financial matters but there's more to life than money! Work provides structure, purpose, and, community; how to replace these in retirement? In this online course, learn how to create a personal retirement plan, consider common issues, and hear advice from those who've already retired.

\*Remote Course Offering

Thu 6pm-8pm Apr 10, 2025 6wks \$124 (\$87sr) PR-6658

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## Sewing

### Pattern Drafting and Design Part II

Create your own designs and sewing patterns for fashion apparel through flat-pattern drafting. This course focuses on the female bodice sloper. Learn how to draft a personal bodice sloper, explore various design techniques including dart manipulation and finishing techniques, to create your own "Above the Waist" designs. Basic sewing skills are an asset. Students to supply their own basic sewing kit, fabrics and thread. Final price includes a shop fee of \$5.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$284 (\$200sr) PR-6602

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### Sewing Advanced

This course is for the experienced sewer who wants to further their sewing expertise and give their garments that professional touch. Working with more advanced patterns we will learn how to develop prototypes for fit and sewing techniques including working with sheer fabrics and basic tailoring. Students will require a sewing machine, sewing kit and supplies to complete samples and a personal project. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6712

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### Sewing Alterations and Repairs

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets,

etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Learners must bring their own sewing machine. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 7pm-9:30pm Apr 2, 2025 9wks \$237 (\$167sr) PR-6531

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## Sewing Beginner

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Final price includes a shop fee of \$5.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6586  
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Apr 2, 2025 9wks \$284 (\$200sr) PR-6642  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 7pm-9:30pm Apr 7, 2025 9wks \$237 (\$167sr) PR-6526

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## Sewing Beginner ★

Become comfortable with the sewing machine! This course is designed for the beginner with little or no sewing experience. A variety of techniques and their applications will be covered. Learn pattern layout, cross-stitch and more. When the course is finished you should be comfortable with using the sewing machine and following basic patterns. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 9am-12pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6675

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## Sewing Beginner Level II

Beginner Sewing Level II is for the sewist that has some knowledge of sewing, can operate a sewing machine, and is a next step for students that have taken Beginner Sewing. Students will learn how to adjust patterns for personal fit, work with a commercial pattern to sew a full-sized shirt and learn the correct techniques for sewing collars, sleeves, facings and applying finishing techniques to create professional looking garments. Final price includes a shop fee of \$5.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto  
Mon 6:30pm-9:30pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6580  
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm Apr 3, 2025 9wks \$284 (\$200sr) PR-6651

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## Sewing Intermediate

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Apr 3, 2025 9wks \$284 (\$200sr) PR-6606

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## Sewing Intermediate ★

This course is for students who have learned the basic skills of sewing and who want a more detailed study of garment making. Create projects you'll be proud to wear. Learners must have their own sewing machine. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Apr 1, 2025 9wks \$284 (\$200sr) PR-6676

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## Sewing for the Home

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a sewing machine available and a basic knowledge of its operation, a simple at home sewing kit, plus your own fabric and thread for samples and projects. Final price includes a shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Apr 7, 2025 9wks \$284 (\$200sr) PR-6711

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## 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.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 8pm-10pm Apr 1, 2025 9wks \$191 (\$135sr) PR-6544

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6552

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

Thu 8pm-9:30pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6738

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### Badminton for Intermediate Players

Badminton is a dynamic sport enjoyed by millions around the world. To play at the highest level, athletes are not only required to have great physical capabilities, but also refined technical skills. In this intermediate badminton course, learners will build upon

the foundation of basic techniques and fine tune and sharpen their skills to play a faster and more offense game. Lessons include how to block smashes, footwork, and both double and single game positioning, tactics and drilling. Final price includes a material fee of \$5.00.

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-7:30pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6554

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## **Basketball for Women**

Join us for Recreational Instructional Basketball. Come out and develop or improve your passing, shooting, ball handling and game strategy skills in a friendly competitive atmosphere. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 8pm-9:30pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6659

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## **Golf Beginner**

Designed for newcomers to the sport, focusing on fundamentals of the golf swing. By the end, learners should feel comfortable playing a round of golf and have a solid foundation to build upon as they continue their journey in the game. Final price includes a material fee of \$5.00.

Leaside High School 200 Hanna Road, East York  
Wed 6:30pm-8pm Apr 2, 2025 9wks \$144 (\$102sr) PR-6517

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## **Golf Intermediate**

Designed for players who have a basic understanding of the game and are looking to enhance their skills. Focus on refining swing techniques, improving short game skills like putting, and develop a deeper understanding of strategy. Final price includes a material fee of \$5.00.

Leaside High School 200 Hanna Road, East York  
Wed 8pm-9:30pm Apr 2, 2025 9wks \$144 (\$102sr) PR-6518

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## **Mastering Tennis Drills: Boost Your Skills and Performance**

Are you looking to take your tennis game to the next level? This course is designed for tennis players of all levels who want to learn and practice effective drills to enhance their performance on the court. Final price includes a material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 7:30pm-9pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6538

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## **Pickleball Beginner**

In this introductory pickleball course, students will learn the fundamentals of the game including rules, proper stroke and grip

technique, and basic strategies. This class is suitable for individuals of all skill levels who are looking to learn or improve their pickleball skills. Whether you are a complete beginner or have some experience, you will be guided through the basics to develop your game. Participants should bring their own pickleball racket and comfortable athletic clothing and footwear. Final price includes a material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9:30pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6668

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6578

Mon 7:30pm-9pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6579

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6648

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8:30pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6539

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6558

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6566

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Apr 5, 2025 9wks \$144 (\$102sr) PR-6480

Sat 11:30am-1pm Apr 5, 2025 9wks \$144 (\$102sr) PR-6482

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## Pickleball Low Intermediate

This course is designed for players with some basic pickleball experience, aiming to bridge the gap between beginner and intermediate skill levels. Some drills might require adjustments to accommodate everyone within the time limit. Final price includes a material fee of 5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8:30pm-10pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6540

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## Pickleball Power Hour: Smash and Drive Mastery

Dive into a fun and skillful one-hour session focused on refining your pickleball precision. This course caters to players across all levels, providing a lively environment to enhance your control and accuracy of serves, swings, and footwork. Engage in spirited drills to refine your finesse and elevate your game to new heights. Final price includes material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-7pm Apr 7, 2025 9wks \$98 (\$70sr) PR-6536

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## Tennis Beginner

This program is for those with little or no previous tennis experience. Instruction will include grips, backhand, footwork and more. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.



Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 6:30pm-8pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6666  
Central Technical School 725 Bathurst Street, Toronto  
Tue 6pm-7:30pm Apr 1, 2025 9wks \$144 (\$102sr) PR-6588  
Tue 7:30pm-9pm Apr 1, 2025 9wks \$144 (\$102sr) PR-6589  
Wed 6pm-7:30pm Apr 2, 2025 9wks \$144 (\$102sr) PR-6597  
Wed 7:30pm-9pm Apr 2, 2025 9wks \$144 (\$102sr) PR-6598  
Thu 6pm-7:30pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6607  
Thu 7:30pm-9pm Apr 3, 2025 9wks \$144 (\$102sr) PR-6608  
Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-7:30pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6555  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 8:30am-10am Apr 5, 2025 9wks \$144 (\$102sr) PR-6477

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## 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. Learners are strongly encouraged to have taken the beginner level before advancing into intermediate. Final price includes a material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 6pm-7:30pm Apr 7, 2025 9wks \$144 (\$102sr) PR-6541  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 10:15am-11:45am Apr 5, 2025 9wks \$144 (\$102sr) PR-6478

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## 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.

Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 12pm-1:30pm Apr 5, 2025 9wks \$144 (\$102sr) PR-6481

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## Volleyball

Get ready to serve, spike, and dig your way into our co-ed recreational volleyball class. Whether you're a beginner looking to learn the basics or an experienced player aiming to sharpen your skills, this course provides a dynamic and supportive learning environment that encourages both skill development and a love for the game. Players of all levels are welcome.

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Tue 6pm-8pm Apr 1, 2025 9wks \$186 (\$130sr) PR-6549

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# 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. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6622

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## Classics of Horror

That's life - joy coexists with sadness, laughter with tears, happiness with fears. Many great writers (Dostoevsky, Kafka, Poe) and cinematographers (Murnau, Hitchcock, Polansky, Kubrick, Spielberg) explore in their works unconscious, dark side of human nature. This course will discuss and analyze cult horror movies from the silent era to present.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Apr 2, 2025 9wks \$186 (\$130sr) PR-6643

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## 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. This class is located in the main building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-9pm Apr 7, 2025 9wks \$232 (\$162sr) PR-6576

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## Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will learn through group activities and group exercises, games and short ensembles. This class is located in the Art Centre building of Central Technical School.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Apr 2, 2025 9wks \$279 (\$195sr) PR-6613

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## Improv: Intermediate

Elevate your improvisational skills and take your comedic talents to the next level in our Improv Intermediate course. This course is for people with prior improv experience. You will refine your quick thinking skills, enhance character development, and sharpen your wit through a variety of engaging exercises and scene work, while fostering a supportive and a dynamic creative community. This class is located in the Art Centre building of Central Technical School.

