

Learn 4 Life.ca

General Interest Programs
Adults 18+ and Seniors



WINTER 2025

Registration opens

November 13 at 8:30 am



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 to view the Learn4Life - Frequently Asked Questions.

Important Dates

Registration Opens: Wednesday, November 13, 2024 at 8:30am

Classes Begin: Saturday, January 11, 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 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 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
2. On-Line: www.learn4life.ca

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Learn4Life.ca - Adult General Interest Courses

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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 Jan 15, 2025 9wks \$279 (\$195sr) PR-6362

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Jan 13, 2025 9wks \$279 (\$195sr) PR-6228

Acrylic Painting Beginner/Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6310

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 Jan 11, 2025 9wks \$186 (\$130sr) PR-6244

Ceramic Art: Ideas and Techniques

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$339 (\$255sr) PR-6319

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 Brunswick, Toronto

Fri 10am-12:30pm Jan 17, 2025 9wks \$232 (\$162sr) PR-6183

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 Jan 13, 2025 9wks \$232 (\$162sr) PR-6356

Drawing Step-by-Step

Using a variety of drawing materials, in this 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 Jan 14, 2025 9wks \$232 (\$162sr) PR-6206

Drawing and Painting in Mixed Media

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$279 (\$195sr) PR-6301

Drawing and Watercolour

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9pm Jan 16, 2025 9wks \$232 (\$162sr) PR-6323

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 Jan 14, 2025 9wks \$279 (\$195sr) PR-6201

Exploring Acrylic Painting: Bring to Life Your Artistic Vision

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6317

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 Jan 13, 2025 9wks \$279 (\$195sr) PR-6204

Figure Drawing Beginner

Explore traditional and new techniques through a broad choice of media while drawing from live

models. Students supply their own materials. Final price includes a model fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$339 (\$255sr) PR-6306

Floral Abstract Painting

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 1:30pm-4:30pm Jan 17, 2025 9wks \$279 (\$195sr) PR-6229

Floral Arts Class - Meditation and Making Art with Flowers

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$363 (\$279sr) PR-6308

Introduction to Watercolour

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

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6404

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.

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 Jan 16, 2025 9wks \$279 (\$195sr) PR-6396
Mimico Adult Centre 255 Royal York Road, Etobicoke
Mon 6:30pm-9:30pm Jan 13, 2025 9wks \$279 (\$195sr) PR-6375

Oil and Acrylics Beginner

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

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$279 (\$195sr) PR-6302

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 Jan 15, 2025 9wks \$232 (\$162sr) PR-6199

Painting Intermediate ★

Developing various painting techniques in acrylic or oil, using wide subjects of interest. Critical reviews will be strengthened to improve your skills. We will explore various ways to unblock your creativity and lead to successful paintings. Emphasis is placed on working from nature and developing a better understanding of professional art practice. Learners are required to have their own materials.

Second Mile Club – Orchard View Branch Orchard View Branch, 174 Orcha, Toronto
Wed 10am-12:30pm Jan 15, 2025 9wks \$232 (\$162sr) PR-6187

Pen and Ink Drawings

Pen and Ink drawings is a traditional art form that uses ink as a medium applies with various type of pen or brushes. This course allows learners to explore different techniques like free mark making, hatching and stripping to achieve values ,contrast, add volume and create depth. For this reason learners need to get start working with Bamboo sticks, Dip pen,nibs and appropriate ink ,also they can use technical pen such as Pigma micron pen to create their work.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-1pm Jan 17, 2025 9wks \$279 (\$195sr) PR-6295

Pen and Ink Sketching

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$279 (\$195sr) PR-6321

Portraiture: All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$349 (\$265sr) PR-6315

Pottery All Levels

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$339 (\$255sr) PR-6313

Pottery Beginner: Intro to Handbuilding

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$329 (\$245sr) PR-6303

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$329 (\$245sr) PR-6320

Pottery-Beginner/Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Jan 13, 2025 9wks \$329 (\$245sr) PR-6376

Wed 6:15pm-9:15pm Jan 15, 2025 9wks \$329 (\$245sr) PR-6384

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$339 (\$255sr) PR-6475

Pottery: Mindfulness and Self Expression

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$339 (\$255sr) PR-6316

Printmaking Intermediate: Lino Print and Etching

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

includes a material fee of \$60.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$339 (\$255sr) PR-6322

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$339 (\$255sr) PR-6307

Sculpture: Clay

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$349 (\$265sr) PR-6314

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 Jan 16, 2025 9wks \$319 (\$235sr) PR-6437

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 Jan 13, 2025 9wks \$179 (\$137sr) PR-6349

Urban Landscape: Sketching and Painting

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

*Remote Course Offering

Tue 11am-1pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6219

Watercolour Intermediate ★

In this 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 Jan 16, 2025 9wks \$232 (\$162sr) PR-6195

Watercolour Painting ★

Enjoy the magic of this 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 Jan 16, 2025 9wks \$232 (\$162sr) PR-6194

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 Jan 15, 2025 9wks \$232 (\$162sr) PR-6381

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 Jan 15, 2025 9wks \$232 (\$162sr) PR-6420

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 Jan 11, 2025 9wks \$186 (\$130sr) PR-6243

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 Jan 25, 2025 1wks \$31 (\$22sr) PR-6247

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 Jan 30, 2025 3wks \$62 (\$43sr) PR-6413

Financial Planning and Investments

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

personal, secure financial future.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6264

How to Minimize Cost of Living and Maximize your Purchasing Power

In this course, you will learn various ways to reduce the cost of goods and services that you buy everyday such as groceries, take-out food, gas/transit, telecommunications, banking etc. For an hour each week, there will be discussions on different loyalty programs and how they can work to your advantage so that you can acquire more for less or the same price.

*Remote Course Offering

Fri 1pm-2pm Jan 17, 2025 4wks \$41 (\$29sr) PR-6298

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 Jan 17, 2025 1wks \$41 (\$29sr) PR-6299

Investor Boot Camp: How the Stock Market Works - Advanced

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Feb 24, 2025 2wks \$41 (\$29sr) PR-6379

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 Jan 13, 2025 9wks \$232 (\$162sr) PR-6255

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 Jan 15, 2025 9wks \$186 (\$130sr) PR-6407

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 6:30pm-8:30pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6405

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 Jan 25, 2025 1wks \$41 (\$29sr) PR-6246

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 Jan 11, 2025 9wks \$186 (\$130sr) PR-6238

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

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 Jan 16, 2025 9wks \$186 (\$130sr) PR-6200

Data Analysis - with Excel

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

*Remote Course Offering

Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6278

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 Jan 16, 2025 9wks \$186 (\$130sr) PR-6411

Crafts

Bead Allure

The Bead Allure course is designed for jewelry enthusiasts who want to explore the art of beadwork. Participants learn various techniques for creating beautiful bead designs, including stringing, weaving, and knotting. Create your own unique pieces of jewelry, such as necklaces, bracelets, and earrings.

Whether you're a beginner or looking to refine your skills, the course aims to inspire creativity and enhance your beadwork techniques in a supportive environment. Learners are required to provide their own materials.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6446

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 Jan 15, 2025 9wks \$186 (\$130sr) PR-6403

Floral Styling and Design Techniques

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

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9:30pm Jan 20, 2025 4wks \$209 (\$172sr) PR-6260
Overland PS 55 Overland Drive, North York
Sat 9am-12pm Jan 18, 2025 4wks \$209 (\$172sr) PR-6441

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

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.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$304 (\$220sr) PR-6293

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.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 13, 2025 9wks \$307 (\$223sr) PR-6263

Jewellery D - Hammerforming

Watch metal change its shape under your hammer as you explore the jewellery hammerforming techniques of forging, doming, anticlastic raising, and foldforming. Make samples of each technique as well as pieces of jewellery using these techniques. Must be physically able to hammer. Beginners welcome. Final price includes a material fee of \$25.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$304 (\$220sr) PR-6285

Jewellery G - Handmade Chains

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$304 (\$220sr) PR-6274

Jewellery Making Fundamentals

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

***Remote Course Offering**

Sat 9:30am-11:30am Jan 11, 2025 9wks \$186 (\$130sr) PR-6240

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 Feb 3, 2025 2wks \$77 (\$58sr) PR-6339

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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Jan 13, 2025 9wks \$279 (\$195sr) PR-6220

Wed 10am-1pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6473

Weaving: Introduction

Discover the art of weaving in this beginner-friendly class! Participants will learn the fundamentals of using a loom, covering essential skills such as project planning, loom setup, and finishing techniques. Throughout the course, each student will create a sampler featuring a variety of weaving techniques, which must be completed by the end of the term. 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 Jan 13, 2025 9wks \$279 (\$195sr) PR-6221

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 Jan 15, 2025 9wks \$139 (\$97sr) PR-6380
Northview Heights SS 550 Finch Avenue West, North York
Mon 7:30pm-9pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6344

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 Jan 16, 2025 9wks \$186 (\$130sr) PR-6425
Leaside High School 200 Hanna Road, East York
Mon 7pm-9pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6354
Mimico Adult Centre 255 Royal York Road, Etobicoke
Tue 10am-12pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6202
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-7:30pm Jan 14, 2025 9wks \$139 (\$97sr) PR-6464
Overland PS 55 Overland Drive, North York
Sat 8:30am-10:30am Jan 11, 2025 9wks \$186 (\$130sr) PR-6241
Wed 7:30pm-9pm Jan 15, 2025 9wks \$139 (\$97sr) PR-6408
Thu 11am-1pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6296
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Dance the Argentine Tango

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

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9:15pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6360

Egyptian Belly Dancing Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6390

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Jan 13, 2025 9wks \$116 (\$81sr) PR-6357

Egyptian Belly Dancing Intermediate

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6387

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Jan 13, 2025 9wks \$116 (\$81sr) PR-6358

International Folk Dancing ★

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

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

Fri 10am-12pm Jan 17, 2025 9wks \$186 (\$130sr) PR-6186

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 Jan 13, 2025 9wks \$139 (\$97sr) PR-6458

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 Jan 15, 2025 9wks \$139 (\$97sr) PR-6198

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 Jan 16, 2025 9wks \$139 (\$97sr) PR-6394
Mimico Adult Centre 255 Royal York Road, Etobicoke
Fri 10am-12pm Jan 17, 2025 9wks \$186 (\$130sr) PR-6207
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6346
Overland PS 55 Overland Drive, North York
Mon 1pm-2:30pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6209

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 Jan 17, 2025 9wks \$186 (\$130sr) PR-6208

Overland PS 55 Overland Drive, North York

Mon 2:30pm-4pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6211

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.

Leaside High School 200 Hanna Road, East York

Mon 6pm-7:30pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6353

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6330

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 Jan 13, 2025 9wks \$93 (\$65sr) PR-6324

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6203

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 Jan 15, 2025 9wks \$93 (\$65sr) PR-6401

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 Jan 15, 2025 9wks \$116 (\$81sr) PR-6402

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-7:15pm Jan 13, 2025 9wks \$116 (\$81sr) PR-6374

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6440

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 Jan 15, 2025 9wks \$116 (\$81sr) PR-6409

Core Conditioning

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

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 Jan 11, 2025 9wks \$93 (\$65sr) PR-6234

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 Jan 13, 2025 9wks \$139 (\$97sr) PR-6355

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 Jan 16, 2025 9wks \$139 (\$97sr) PR-6450

Flexibility and Muscle Toning

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

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 8:30pm-9:30pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6447

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.

Central Technical School 725 Bathurst Street, Toronto
Thu 7:30pm-8:30pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6287

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 gentle, calm your mind, and relax in order to obtain a better night sleep.

*Remote Course Offering

Thu 8pm-9pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6412

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 Jan 15, 2025 9wks \$93 (\$65sr) PR-6185
Fri 9am-10am Jan 17, 2025 9wks \$93 (\$65sr) PR-6184

Mixed Martial Arts (MMA) Self Defence

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

Central Technical School 725 Bathurst Street, Toronto
Mon 6pm-8pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6252

Pilates

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

*Remote Course Offering

Sat 11am-12pm Jan 11, 2025 9wks \$93 (\$65sr) PR-6237

Wed 8pm-9pm Jan 15, 2025 9wks \$93 (\$65sr) PR-6382

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6391

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Jan 16, 2025 9wks \$93 (\$65sr) PR-6433

Leaside High School 200 Hanna Road, East York

Wed 6pm-7pm Jan 15, 2025 9wks \$93 (\$65sr) PR-6369

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6453

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 Jan 14, 2025 9wks \$139 (\$97sr) PR-6470

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.

Central Technical School 725 Bathurst Street, Toronto

Thu 6pm-7:15pm Jan 16, 2025 9wks \$116 (\$81sr) PR-6445

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 Jan 13, 2025 9wks \$116 (\$81sr) PR-6443

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 Jan 13, 2025 9wks \$139 (\$97sr) PR-6214
Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 6pm-7:30pm Jan 14, 2025 9wks \$139 (\$97sr) PR-6468
Overland PS 55 Overland Drive, North York
Tue 2:30pm-4pm Jan 14, 2025 9wks \$139 (\$97sr) PR-6215
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke
Mon 6pm-7:30pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6336
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 6:30pm-8pm Jan 16, 2025 9wks \$139 (\$97sr) PR-6449

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

Northern Secondary School 851 Mount Pleasant Road, Toronto
Tue 7:30pm-9pm Jan 14, 2025 9wks \$139 (\$97sr) PR-6469

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 Jan 14, 2025 9wks \$139 (\$97sr) PR-6191

Tai Chi Intermediate II

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Jan 13, 2025 9wks \$93 (\$65sr) PR-6250

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 Jan 15, 2025 9wks \$139 (\$97sr) PR-6217

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 Jan 14, 2025 9wks \$139 (\$97sr) PR-6216

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

Mon 7:30pm-8:30pm Jan 13, 2025 9wks \$93 (\$65sr) PR-6372

Wed 11am-12pm Jan 15, 2025 9wks \$93 (\$65sr) PR-6218

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 Jan 13, 2025 9wks \$139 (\$97sr) PR-6338

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8pm Jan 16, 2025 9wks \$139 (\$97sr) PR-6395

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6393

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Jan 15, 2025 9wks \$93 (\$65sr) PR-6364

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Jan 13, 2025 9wks \$93 (\$65sr) PR-6337

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6392

Overland PS 55 Overland Drive, North York

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 Jan 16, 2025 9wks \$93 (\$65sr) PR-6227

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 Jan 16, 2025 3wks \$128 (\$100sr) PR-6424

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 Jan 16, 2025 9wks \$186 (\$130sr) PR-6430

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.

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 Jan 16, 2025 9wks \$359 (\$275sr) PR-6452

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.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Jan 23, 2025 5wks \$235 (\$109sr) PR-6292

Indian Vegetarian Cooking

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

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$359 (\$275sr) PR-6266

Mediterranean Cooking

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$359 (\$275sr) PR-6283

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

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$359 (\$275sr) PR-6451

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 Jan 15, 2025 4wks \$174 (\$137sr) PR-6418

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 8:30am-12:30pm Mar 1, 2025 1wks \$61 (\$49sr) PR-6455

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 Feb 12, 2025 4wks \$174 (\$137sr) PR-6421

What's for Dinner Tonight?

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

Games and Hobbies

Adventures in Photography

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

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6311

Bridge Beginner

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

Leaside High School 200 Hanna Road, East York
Mon 6:30pm-9pm Jan 13, 2025 9wks \$232 (\$162sr) PR-6351

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 Jan 15, 2025 9wks \$232 (\$162sr) PR-6363

Bridge Card Play and Defence Techniques

Each session teaches you how to plan methodically as declarer as well as how to defend - understanding opponent's bidding to choose lead and carding methods. Course is suitable for intermediate to advanced players. Students directly play deals and learn the techniques.

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-11:30am Jan 11, 2025 9wks \$232 (\$162sr) PR-6236

Bridge Intermediate

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-8:30pm Jan 14, 2025 9wks \$232 (\$162sr) PR-6463

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 Jan 15, 2025 9wks \$186 (\$130sr) PR-6361

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 Jan 18, 2025 8wks \$330 (\$231sr) PR-6245

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 Jan 13, 2025 9wks \$289 (\$205sr) PR-6342

Auto Mechanics Beginner

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

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$289 (\$205sr) PR-6288

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.

Central Technical School 725 Bathurst Street, Toronto
Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$284 (\$200sr) PR-6273
Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$284 (\$200sr) PR-6282
Mimico Adult Centre 255 Royal York Road, Etobicoke
Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$284 (\$200sr) PR-6385

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 Jan 15, 2025 9wks \$299 (\$215sr) PR-6386

Home and Cottage: Construction

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$319 (\$235sr) PR-6265

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$319 (\$235sr) PR-6276

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 Jan 13, 2025 9wks \$289 (\$205sr) PR-6378

Wood Carving Introduction

This hands-on course is designed for beginners and enthusiasts interested in the art of wood carving. Students will learn the basics of low relief carving by hand, and basics of composition, positive/negative space and line drawing. Three small projects will be completed during the term. Final price includes a shop and materials fee of \$35.00. Learners will be provided with materials and use of tools in the class.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 15, 2025 9wks \$314 (\$230sr) PR-6414

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 Jan 13, 2025 9wks \$284 (\$200sr) PR-6371

Wood Carving and Sculpture «

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Jan 13, 2025 9wks \$284 (\$200sr) PR-6192

Mon 1pm-4pm Jan 13, 2025 9wks \$284 (\$200sr) PR-6193

Tue 9am-12pm Jan 14, 2025 9wks \$284 (\$200sr) PR-6196

Tue 1pm-4pm Jan 14, 2025 9wks \$284 (\$200sr) PR-6197

Woodworking Beginner

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

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

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$279 (\$195sr) PR-6448

Woodworking Intermediate

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 13, 2025 9wks \$279 (\$195sr) PR-6258

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

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 Feb 6, 2025 3wks \$93 (\$65sr) PR-6438

Nutrition for Energy and Wellness

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

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Jan 13, 2025 9wks \$93 (\$65sr) PR-6359

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!

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$279 (\$195sr) PR-6304

Languages

Arabic Beginner

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

*Remote Course Offering

Mon 7:30pm-9:30pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6341

Arabic Intermediate

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

*Remote Course Offering

Wed 7pm-9pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6348

Cantonese Conversation Skills

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6pm-8pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6275

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 Jan 11, 2025 9wks \$186 (\$130sr) PR-6239

Mon 7pm-9pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6326

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-8pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6456

French Beginner Level II

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

*Remote Course Offering

Wed 7pm-9pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6350

Northern Secondary School 851 Mount Pleasant Road, Toronto

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.

Central Technical School 725 Bathurst Street, Toronto

Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6284

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6367

French Reading Club

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

Overland PS 55 Overland Drive, North York

Wed 10:30am-12:30pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6205

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.

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-8pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6261

Greek, Modern Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6427

Hindi Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6419

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 Jan 17, 2025 9wks \$186 (\$130sr) PR-6210

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6327

Italian Beginner Level II

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 9:30am-11:30am Jan 14, 2025 9wks \$186 (\$130sr) PR-6249

Japanese: Level I

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

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6277

Japanese: Level II

This course is for those who have the knowledge of Hiragana. You will develop listening, speaking and writing skills. Katakana will be taught. Learn to express yourself in Japanese. Learners are recommended

to have taken Japanese Level I or equivalent. A Japanese/English Dictionary may be required.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6262

Spanish Beginner

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

*Remote Course Offering

Sat 8:30am-10:30am Jan 11, 2025 9wks \$186 (\$130sr) PR-6242

Mon 2:15pm-4:15pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6300

Tue 5:30pm-7:30pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6467

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6272

Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6286

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6415

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6334

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 Jan 14, 2025 9wks \$186 (\$130sr) PR-6466

Thu 11:30am-1:30pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6251

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6268

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6416

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6333

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 Jan 15, 2025 9wks \$186 (\$130sr) PR-6406

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 Jan 16, 2025 9wks \$186 (\$130sr) PR-6410

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 Jan 11, 2025 9wks \$186 (\$130sr) PR-6248

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Jan 13, 2025 9wks \$139 (\$97sr) PR-6253

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6429

Spanish Intermediate Level II

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6279

Spanish for Travellers

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Jan 15, 2025 9wks \$139 (\$97sr) PR-6417

Music

Basic Chord Piano Level II

This is a 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 3pm-4:30pm Jan 17, 2025 9wks \$139 (\$97sr) PR-6297

Basic Jazz and Rock Piano Level II

This is a Remote course, a continuation of Basic Jazz and Rock Piano. Focus will be on learning Rock rhythms, Shuffle rhythms, basic Boogie bass lines, Blues riffs and develop basic improvising skills. There will also be an option to explore the various music instrumental tones, voices, drum patterns and rhythms provided by the keyboard/smartphone app as well as playing along with a groove. Focus will be on learning Blues Notes and the Blues Scale, Walking Bass Lines, effective accenting and using dynamics to create/change the mood of a song. Additional popular selections will also be covered. Learners must have their own keyboard.

*Remote Course Offering

Mon 3pm-4:30pm Jan 13, 2025 9wks \$139 (\$93sr) PR-6340

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Jan 14, 2025 9wks \$186 (\$130sr) PR-6271

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Jan 13, 2025 9wks \$186 (\$130sr) PR-6352

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.

Learn to Play The Ukulele

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

Leaside High School 200 Hanna Road, East York
Wed 7pm-9pm Jan 15, 2025 9wks \$186 (\$130sr) PR-6368

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 Jan 13, 2025 9wks \$186 (\$130sr) PR-6328

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 3pm-4:30pm Jan 15, 2025 9wks \$139 (\$97sr) PR-6225

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 1:30pm-3pm Jan 15, 2025 9wks \$139 (\$97sr) PR-6224

Piano Keyboarding Beginner: Level III

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

*Remote Course Offering

Thu 1pm-2:30pm Jan 16, 2025 9wks \$139 (\$97sr) PR-6223

Piano Keyboarding Beginner: Level IV

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

*Remote Course Offering

Tue 1pm-2:30pm Jan 14, 2025 9wks \$139 (\$97sr) PR-6231

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 Jan 13, 2025 9wks \$139 (\$97sr) PR-6226

Self Development

Hairdressing and Styling Beginner

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 16, 2025 9wks \$379 (\$295sr) PR-6428

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 Jan 23, 2025 6wks \$124 (\$87sr) PR-6388

Sewing

Pattern Drafting and Design Part I

Create your own look with creativity, style and fit. Students will be supplied with 1/4 size pattern drafting slopers and will learn many techniques including dart manipulation, pockets, yokes and finishes. This course will introduce design fundamentals and learners will take this knowledge to create their own personal skirt block and design their own skirt. Mimico location: learners must bring their own sewing machine. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$284 (\$200sr) PR-6474

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 12:30pm-3:30pm Jan 15, 2025 9wks \$284 (\$200sr) PR-6230

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 Jan 13, 2025 9wks \$284 (\$200sr) PR-6213

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 Jan 15, 2025 9wks \$237 (\$167sr) PR-6383

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.

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Jan 14, 2025 9wks \$284 (\$200sr) PR-6267

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Jan 15, 2025 9wks \$284 (\$200sr) PR-6422

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9:30pm Jan 13, 2025 9wks \$237 (\$167sr) PR-6377

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 Jan 14, 2025 9wks \$284 (\$200sr) PR-6189

Sewing Beginner Level II

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Jan 13, 2025 9wks \$284 (\$200sr) PR-6259

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Jan 16, 2025 9wks \$284 (\$200sr) PR-6439

Sewing Intermediate ★

This course is for students who have learned the basics skills of sewing and are familiar with using

commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$284 (\$200sr) PR-6289

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 Jan 14, 2025 9wks \$284 (\$200sr) PR-6190

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 Jan 13, 2025 9wks \$284 (\$200sr) PR-6212

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 Jan 14, 2025 9wks \$191 (\$135sr) PR-6465
Northview Heights SS 550 Finch Avenue West, North York
Mon 7:45pm-9:15pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6343
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto
Thu 8pm-9:30pm Jan 16, 2025 9wks \$144 (\$102sr) PR-6454

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 Jan 13, 2025 9wks \$144 (\$102sr) PR-6345

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 Jan 16, 2025 9wks \$144 (\$102sr) PR-6389

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 Jan 15, 2025 9wks \$144 (\$102sr) PR-6365

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 Jan 15, 2025 9wks \$144 (\$102sr) PR-6366

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

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 Jan 16, 2025 9wks \$144 (\$102sr) PR-6400

Central Technical School 725 Bathurst Street, Toronto

Mon 6pm-7:30pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6256

Mon 7:30pm-9pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6257

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7:30pm Jan 16, 2025 9wks \$144 (\$102sr) PR-6432

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-8:30pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6460

Northview Heights SS 550 Finch Avenue West, North York

Mon 7:45pm-9:15pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6442

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6331

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 8:30am-10am Jan 11, 2025 9wks \$144 (\$102sr) PR-6235

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 Jan 13, 2025 9wks \$144 (\$102sr) PR-6461

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 Jan 13, 2025 9wks \$98 (\$70sr) PR-6457

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 Jan 16, 2025 9wks \$144 (\$102sr) PR-6397
Central Technical School 725 Bathurst Street, Toronto
Tue 6pm-7:30pm Jan 14, 2025 9wks \$144 (\$102sr) PR-6269
Tue 7:30pm-9pm Jan 14, 2025 9wks \$144 (\$102sr) PR-6270
Wed 6pm-7:30pm Jan 15, 2025 9wks \$144 (\$102sr) PR-6280
Wed 7:30pm-9pm Jan 15, 2025 9wks \$144 (\$102sr) PR-6281
Thu 6pm-7:30pm Jan 16, 2025 9wks \$144 (\$102sr) PR-6290
Thu 7:30pm-9pm Jan 16, 2025 9wks \$144 (\$102sr) PR-6291
Northview Heights SS 550 Finch Avenue West, North York
Mon 6pm-7:30pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6347
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 8:30am-10am Jan 11, 2025 9wks \$144 (\$102sr) PR-6232

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. Learners are strongly encouraged to have taken the beginner level before advancing into intermediate. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Northern Secondary School 851 Mount Pleasant Road, Toronto
Mon 6pm-7:30pm Jan 13, 2025 9wks \$144 (\$102sr) PR-6462
Thistletown CI 20 Fordwich Crescent, Etobicoke
Sat 10:15am-11:45am Jan 11, 2025 9wks \$144 (\$102sr) PR-6233

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 Jan 14, 2025 9wks \$186 (\$130sr) PR-6471

Technology

Making Your Home Smarter

In the course, learners will explore the exciting world of smart home technology and learn how to transform their living spaces into connected, intelligent environments. From smart lighting and thermostats to security systems and voice assistants, we'll cover a wide array of devices and systems that enhance convenience, energy efficiency, and security.

Burnhamthorpe CI 500 The East Mall, Etobicoke
Thu 6pm-8pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6399

Theatre, Film & TV

Cinema Studies

Explore new ways of experiencing film! Cinema can certainly be entertaining, but it can also be instructive, thought-provoking, and illuminating. This course provides you with the basic tools to analyze and interpret film, guiding you towards a richer appreciation of the medium. Topics covered include cinematography, genre, narrative theory, critical perspectives on sound and visual editing, documentary and experimental approaches to film, and much more.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6309

Classics of Horror - NEW

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 Jan 15, 2025 9wks \$186 (\$130sr) PR-6423

Drama Beginner

Participate in the basics of stage performance through the use of theatre games, improvisation, ensemble storytelling and scene study. Vocal techniques and body movement exercises will be introduced.

Central Technical School 725 Bathurst Street, Toronto
Mon 6:30pm-9pm Jan 13, 2025 9wks \$232 (\$162sr) PR-6254

History of Films

This comprehensive course consists of the following lectures that cover various cinema periods, topics and schools: "Silent Era" (United States, 1920s-1930s), "Between Wars" (Germany and France, 1920s-1930s), "Hollywood Classics" (United States, 1940s-1950s)", "Art Among Ruins" (Italy, 1940s-1950s), "Surrealism" (Spain, 1960s-1970s), "Stagnation an Flourishing" (Soviet Union, 1970s-1980s), "Lost Illusions" (Eastern Europe, 1990s-2000s), "Films about Films". Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto
Thu 6pm-8pm Jan 16, 2025 9wks \$186 (\$130sr) PR-6431

Improv: An Introduction

Are you looking to get out of your comfort zone? This course will be an introduction to the art of improvisation. Students will learn through group activities and group exercises, games and short ensembles.

Central Technical School 725 Bathurst Street, Toronto
Wed 6:30pm-9:30pm Jan 15, 2025 9wks \$279 (\$195sr) PR-6312

Improv: Intermediate

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

Central Technical School 725 Bathurst Street, Toronto
Thu 6:30pm-9:30pm Jan 16, 2025 9wks \$279 (\$195sr) PR-6318
