

PLEASE PRINT INFORMATION- THANK YOU

FIRST NAME: _____

LAST NAME: _____

PHONE NUMBER: _____

TAG #: X102 _____ (add last 4 digits)

Winter 2019 CLASS REGISTRATION FORM

Monday January 7th, 2019-Friday March 29th, 2019 (No Classes Monday February 18th, 2019)

	CLASS	LOCATION	START TIME	END TIME	PRICE	Selection	Enter Amount
MONDAY	Centre Closed Monday February 18th, 2019 Family Day						
Club	Tai Chi Open Practice (Mondays & Fridays)	Gym	8:30 AM	9:30 AM	\$12.00		
Wendy B.	1A Watercolour Beginner	Church Hall	8:30 AM	9:55 AM	\$45.00		
Wendy B.	1B Watercolour Advanced	Church Hall	10:00 AM	12:00 PM	\$60.00		
Sandra S.	1C Yoga	Gym	9:45 AM	10:45 AM	\$30.00		
Club	Knitters Club	GP Room	10:00 AM	12:00 PM	FREE		
Club	Euchre	Conf Room	10:00 AM	12:00 PM	FREE		
Diane B.	1D Pilates	Gym	11:00 AM	12:00 PM	\$30.00		
Katrina N.	1E Fit and Fun	Gym	12:15 PM	1:15 PM	\$30.00		
Katrina N.	1F Stretch & Strengthen Chair	Church Hall	1:25 PM	2:25 PM	\$30.00		
TUESDAY							
Ilona R.	2A Decorative Art	GP Room	9:00 AM	11:00 AM	\$60.00		
Gabriela C.	2B Flex-N-Stretch	Gym	9:05 AM	9:55 AM	\$30.00		
Karen F.	2C Continuing Line Dancing	Gym	10:00 AM	11:00 AM	\$30.00		
Sylvia B.	2D Co-ed Fitness	Gym	11:05 AM	12:05 PM	\$30.00		
Sandra S.	2E Yoga	Gym	12:15 PM	1:15 PM	\$30.00		
Games	Bingo	GP Room	1:00 PM	2:30 PM	P.A.Y.P.		
WEDNESDAY							
Club	Woodcarving	GP Room	8:45 AM	10:45 AM	\$12.00		
Club	Timely Topics	Conf Room	9:30 AM	11:00 AM	\$12.00		
Games	Mah Jong	GP Room	11:00 AM	1:00 PM	FREE		
Halyna I.	3A Cardio Boost	Gym	9:45 AM	10:45 AM	\$30.00		
Julie T.	3B Osteo Keep Fit	Church Hall	11:00 AM	11:55 AM	\$30.00		
Julie T.	3C Gentle Exercise	Church Hall	12:00 PM	12:55 PM	\$30.00		
Frank C.	3D Tai Chi Intro/Continuing	Gym	12:05 PM	1:00 PM	\$30.00		
Club	Tai Chi Fan	Gym	1:00 PM	2:00 PM	\$12.00		
THURSDAY							
Gabriela C.	4A Flex N Stretch	Gym	8:30 AM	9:30 AM	\$30.00		
Club	Choir	Church Hall	9:15 AM	10:45 AM	\$12.00		
Club	Bridge	Conf Room	10:00 AM	12:00 PM	FREE		
Diane B.	4B Pilates	Gym	9:30 AM	10:30 AM	\$30.00		
Luba I.	4C Co-ed Fitness	Gym	10:45 AM	11:45 AM	\$30.00		
Karen R.	4D Salsa Cardio Fitness (All Levels)	Gym	12:00 PM	1:00 PM	\$30.00		
Club	Ballroom Dancing Practice	Gym	1:00 PM	2:00 PM	\$12.00		
Karen F.	4E Drum Fit	Gym	2:15 PM	3:15 PM	\$30.00		
FRIDAY							
Club	Tai Chi Open Practice	Church Hall	8:30 AM	9:30 AM	M/F		
Games	Scrabble	Conf Room	9:00 AM	11:00 AM	FREE		
Sandra S.	5AYoga with Sandra	Gym	9:00 AM	10:00 AM	\$30.00		
Connie	5B Line Dance Continuing	Gym	10:10 AM	11:10 AM	\$30.00		

PROGRAM POLICIES:

1. Membership is required for all classes, clubs and activities listed above
2. WE REGRET THAT WE CANNOT COMPENSATE FOR MISSED CLASSES
3. In Classes that have previously proven to have less than the minimum of participants (10) a surcharge will be added to program cost at registration. If the class reaches more than the minimum then participants will receive a refund.
4. Classes are subject to being cancelled if the class does not reach 5 participants.

Class & Club Total		
2019 Membership		\$20.00
Donation		
GRAND TOTAL		

Cash Cheque



NEXT REGISTRATION MARCH 14TH, 2019

33 Pritchard Ave, Toronto, ON M6N 1T4
Tel: (416) 766-0388 www.syme55.com

Classes	Description
Cardio Boost	High energy aerobics class. Power walking, aerobic dance and interval training.
Co Ed Fitness	Moderate level seated, standing and walking exercises with weight options.
Gentle Exercise	A seated but lively aerobic class with Zumba dance moves and various conditioning.
Stretch & Strengthen Chair	Sitting and standing, stretching and strengthening to the music. Improve joint mobility and flexibility, while also strengthening and improving circulation.
Pilates	A series of core, back, leg, and arm exercises at moderate to advanced intensity.
Tai Chi (Int. & Cont.)	Slow orchestrated movements connecting body and mind to improve health and energy, and reduces stress.
Drum Fitness	A fun chair workout drumming along to a variety of popular songs past and present. Builds upper body strength while sharpening mental focus and improving coordination. Great stress relief!
Line Dance	Learn great choreographed dance moves to popular music.
Watercolour Painting (Beg. & Cont.)	Beginning and Intermediate classes, learn to paint or brush up on your skills!
Decorative Art Painting	Painting on wood, using strokes, highlighting and shadowing for home décor. Step-by-step technique, no experience necessary.
Yoga	Stretch, breathe, strengthen and balance to facilitate an integration of body, mind and spirit.
Osteo Keep Fit	A varied workout featuring weight bearing exercises to maintain strong bone health.
Fit and Fun	Move and groove to the music of the 50's, 60's & 70's. Sanding and sitting, mindful movement, meant to improve balance, stability and flexibility, as well as circulation and heart health.
Flex-N-Stretch	Class consists of a routine that increases flexibility and joint mobility through stretching exercises.
Clubs	Description
Tai Chi Fan Club	Form of Tai Chi using fans. Fans take focus, balance, poise and awareness to be an effective tool in self defence. Instruction provided.
Tai Chi Open Practice	Early birds - start your morning right by practicing your Tai Chi in the company of other members. No instructions given.
Ballroom Dance	Open practice class to help improve ballroom dancing abilities. Singles and couples welcome.
Knitters Club	Love to knit? Not sure what to do with your creations? Group meets weekly and finished projects can be donated to charities that help children.
Men's Club	Get together and outings with other men.
Syme Choir	Singing together has proven physical and mental health benefits, but most of all, it's fun! Strengthen your singing ability and share in group performances.
Timely Topics	Weekly speakers and lively discussion.
Wood Carving	Great for all skill levels.
Games	Pay as you Play = P.A.Y.P.
Bingo	Come and play a friendly game of Bingo and meet new people.
Bridge	Enjoy a game of Bridge.
Scrabble	Come hang out and play a friendly game of Scrabble.
Euchre	Join us in a relaxed atmosphere where you can have fun and meet others while playing a great game of Euchre.
Mah Jong	A game of skill, strategy, and calculation, is played with a set of 144 tiles.