

# Learn 4 Life.ca

General Interest Programs  
Adults 18+ and Seniors

# FALL 2023

Registration opens

# August 16



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



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★ This symbol indicates Seniors' Daytime classes. Click on the category link to go to that section.

## Art

### Abstract Painting

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Fri 10:30am-1pm Sep 15, 2023 11wks \$270 (\$175sr) PR-4025

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### Abstract Painting - Intermediate

This course is designed for intermediate learners who want to further develop their skills in Abstract Painting. This course will explore different techniques, using various tools and mediums, and encourage self-reflection of artwork. Learners will create a series of pieces to showcase the artist's inner world. Learners can choose the medium and technique that aligns with their own expression. Learners must provide their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Fri 1:30pm-4pm Sep 15, 2023 11wks \$270 (\$175sr) PR-4024

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### Acrylic Painting Beginner

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

Leaside High School 200 Hanna Road, East York  
Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4307  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 1:30pm-4pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4030

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### Acrylic Painting Beginner/Intermediate

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

Central Technical School 725 Bathurst Street, Toronto  
Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4633

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## Art Appreciation

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

\*Remote Course Offering

Tue 10am-12:30pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4668

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## Art Meditation

Art is Meditative. This online course will guide you to learn how to unblock your creativity through easy watercolours or Chinese watercolours. The practice is based on natural flow of your hands-on experiment, enjoy the expression of inside out, mind-opening and better focus on yourself to reach the deep balance in art form. The subject covers from non-objective, abstract to objective result. Detailed step-by-step demos and intensive instructions on synthesis of art, theory and philosophy will be provided. No experience required. Learners are required to supply their own materials. Course Material: Watercolour supplies or Chinese painting supplies or Japanese painting supplies.

\*Remote Course Offering

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$324 (\$211sr) PR-4650

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## Art Metal Work

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9:30pm Sep 14, 2023 11wks \$433 (\$301sr) PR-4467

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## Calligraphy ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 9:30am-12pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4373

St. Luke's United Church

Tue 10am-12pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4365

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## Calligraphy Beginner

Design your own cards, bookmarks, invitations, and certificates. 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

## **Ceramic Art: Ideas and Techniques**

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$384 (\$271sr) PR-4646

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## **Chinese Brush Painting ★**

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

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

Fri 10am-12:30pm Sep 15, 2023 11wks \$270 (\$175sr) PR-4382

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## **Chinese Brush Painting Intermediate ★**

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

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

Fri 1pm-3:30pm Sep 15, 2023 11wks \$270 (\$175sr) PR-4383

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## **Contemporary Portraiture**

This is an introductory painting course combining both traditional and contemporary portraiture techniques and approaches. You will work in various mediums: from acrylic to oil paint, from graphite, photography to a variety of mixed-media, and explore modern ways of painting faces (both in black and white and full colour). Whether you are a novice or you have intermediate painting skills, come learn dynamic new techniques to bring your portraits to life. Learners will be required to provide their own supplies.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4653

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## **Drawing Beginner**

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4651  
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4474  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$324 (\$211sr) PR-4437

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

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-8:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4455  
Georges Vanier SS 3000 Don Mills Road, North York  
Thu 6pm-8:30pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4128  
Leaside High School 200 Hanna Road, East York  
Mon 6:30pm-9pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4292

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

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

\*Remote Course Offering

Tue 1pm-3:30pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4669

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## **Drawing and Painting Beginner**

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

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4112  
Burnhamthorpe CI 500 The East Mall, Etobicoke  
Sat 9:30am-12:30pm Sep 9, 2023 11wks \$324 (\$211sr) PR-4248  
Newtonbrook Secondary School 155 Hilda Avenue, North York  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4493  
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4159

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## **Drawing and Sketching: Landscape Study**

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto  
Wed 10am-12:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4028

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

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 9am-12pm Sep 12, 2023 11wks \$324 (\$211sr) PR-4027

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## **Expressive Abstract Landscape Painting**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 10:30am-1pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4062

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## **Figure Drawing Beginner**

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

Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$384 (\$271sr) PR-4636

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## **How to Make a Fantasy Map**

Become a Cartographer and a Topographer, a king, a queen, or a feudal landowner, and let's make a Fantasy Map. Claim your foreign unknown kingdom and its flat prairies, mountains, sown fields, cattle, herd, rivers, islands, build settlements... Your castle! It's an invitation to develop your creativity, connect with your inner child, embracing curiosity and adventure. Students must bring: sketch paper, markers, water-colors, color pencils to class.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 6:15pm-9:15pm Oct 16, 2023 1wks \$29 (\$19sr) PR-4657

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## **Introduction to Watercolour**

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

be purchased by learners.

Overland PS 55 Overland Drive, North York

Wed 6pm-9pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4556

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## **Landscape Painting**

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4645

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## **Middle Eastern Geometric Art and Patterns-Beginner**

Learn how to construct geometric patterns of profound beauty that are seen around Middle East. Using a compass and straight edge, we create an underlying grid from which a pattern emerges. We then transfer the pattern to another paper to create a variety of designs and compositions, which are either decorated with mosaic or colored with a medium of choice. You will learn 10 beautiful patterns and colouring/painting of patterns. You will create a final piece of each pattern.

\*Remote Course Offering

Thu 6pm-9pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4479

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## **Neurographic Art - Mindfulness Drawing**

Neurographic art is a creative method, an easy concept to grasp and extremely fun and relaxing to create. This art form, considered as mindful drawing, is a way to capture how the inner being reacts to the outer world.

Neurographical art is a way to transform the chaos of our world into something more calming and peaceful. Learners must bring color markers and sketch paper to class.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm Oct 26, 2023 2wks \$39 (\$25sr) PR-4624

Thu 7pm-9pm Nov 16, 2023 2wks \$39 (\$25sr) PR-4626

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## **Oil and Acrylics All Levels**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$324 (\$211sr) PR-4180

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4415

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## **Oil and Acrylics Beginner**

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$324 (\$211sr) PR-4639

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6pm-9pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4539

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## **Oil and Acrylics Beginner/ Intermediate**

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

Earl Bales Community Centre 4169 Bathurst Street, Toronto

Wed 1pm-3:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4041

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## **Painting Intermediate ★**

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

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

Wed 10am-12:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4387

Wed 1pm-3:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4385

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## **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

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$394 (\$281sr) PR-4640

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## **Pottery Advanced**

Creating a vessel from clay is an ancient art. Since the beginning, potters have prospected raw earth and used it to create priceless vessels that have withstood the test of time. The glazing process and firing techniques affect the finished piece as much as the throwing process. Take your skills and creativity to the next level by improving your design, decorating and glazing techniques to produce a work of art you will cherish for years to come. Final price includes a material fee of

\$60.00.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$384 (\$271sr) PR-4631

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## **Pottery All Levels**

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$384 (\$271sr) PR-4642

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-9:15pm Sep 12, 2023 11wks \$384 (\$271sr) PR-4435

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## **Pottery Beginner: Intro to Handbuilding**

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$374 (\$261sr) PR-4632

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$374 (\$261sr) PR-4647

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## **Pottery-Beginner/Intermediate**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:15pm-9:15pm Sep 11, 2023 11wks \$374 (\$261sr) PR-4416

Wed 6:15pm-9:15pm Sep 13, 2023 11wks \$374 (\$261sr) PR-4430

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## **Pottery: Beginner Throwing**

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$384 (\$271sr) PR-4635

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## **Printmaking All Levels**

Join the complete printmaking atelier. Beginners are immersed in etching, relief, and lithography. Experienced students are taught advanced intaglio processes and encouraged to work

independently in experimental and optional multimedia techniques. All skill levels are welcome. Final price includes a material fee of \$60.00.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Sep 13, 2023 11wks \$384 (\$271sr) PR-4459

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## **Sculpture Design**

Learn to create and design your own sculpture. The course will focus on those wanting to explore a more exaggerated stylized, abstract sculpting. Great emphasizes will be put on sculptural design esthetic and finishing.

Drawing inspiration from your own imagination as well as inspirational sources. This course is suitable for beginners. Use of a home oven will be required for the purposes of curing pieces created by you. Learners will be required to purchase their own materials and tools. For a list of items needed, please visit the website.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-9pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4482

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## **Sculpture: Clay**

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

Central Technical School 725 Bathurst Street, Toronto  
Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$394 (\$281sr) PR-4643

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## **Tao Calligraphy**

Tao Calligraphy is a unique style of Chinese one-stroke calligraphy. The graceful motion of the continuous stroke creates a flowing of Oneness, bringing peace and harmony in all aspects of life. This course is intended for you to experience the powerful field that Tao Calligraphy radiates and enjoy the potential benefits through meditating, tracing and writing Tao Calligraphy, including relieve stress, and develop more compassion, peace, and calm.

Learners must purchase their own calligraphy practice kit and have them ready before class. To view list on website, click the material list pdf under Files just above the course Schedule.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 7pm-9pm Oct 11, 2023 3wks \$59 (\$38sr) PR-4427

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## **The Art of Pyrography**

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

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-8pm Sep 11, 2023 11wks \$256 (\$180sr) PR-4660

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## **Water colour Beginner/ Intermediate**

Enjoy the magic of watercolour. Learn to further develop the basic skills at your own pace and allow your creativity to blossom. Explore colour, shape and the illusion of form.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4462

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## **Watercolour Intermediate ★**

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

\*Remote Course Offering

Thu 10am-12:30pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4386

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## **Watercolour Painting**

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

Lester B. Pearson CI 150 Tapscott Road, Scarborough  
Tue 7pm-9:30pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4440

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## **Watercolour Painting ★**

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

\*Remote Course Offering

Thu 1:30pm-4pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4384

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## **Watercolours All Levels**

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

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4234

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 7pm-9:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4426

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## **Business and Finance**

### **Accounting and Bookkeeping Beginner**

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

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4269

Tue 5:30pm-7:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4345

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

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4502

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### **Accounting: Payroll Beginner**

You will learn how to calculate net pay, payroll legislation, tax deductions, tax remittances, process payments, report journal entries, and Records of Employment (ROE).

Overland PS 55 Overland Drive, North York

Tue 7:30pm-9:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4346

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### **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 record keeping system, understanding and using of financial statements, Canadian payroll and statutory deductions. Capital cost and capital cost allowance as well as types of vehicle and allowable motor vehicle expenses, attribution rules and income splitting techniques will be covered along with much more! Ideal for new and existing businesses.

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4270

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### **Buying Your First Home in the GTA**

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

Overland PS 55 Overland Drive, North York

Sat 9am-12pm Sep 16, 2023 1wks \$29 (\$19sr) PR-4516

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## Buying or Renting a Home for Newcomers to Canada

Renting or buying a home can be challenging enough on its own but poses additional challenges to new immigrants. Despite this, they manage to find suitable rental accommodation and two thirds then buy within the first 5 years of being in Canada. How do they do this? Join in this informative, interactive, and practical course to help you learn what you need to know directly from an expert in the field.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:30pm-8:30pm Sep 14, 2023 4wks \$79 (\$51sr) PR-4197

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## Condominium Buying and Investing

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4247

Central Technical School 725 Bathurst Street, Toronto

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4572

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4126

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 5:30pm-7:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4529

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## Estate Planning

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6:30pm-8:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4113

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Sep 9, 2023 11wks \$216 (\$140sr) PR-4250

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4491

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## Estate Planning Workshop

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

an overview and structuring of Will and Power of Attorney.

Overland PS 55 Overland Drive, North York

Thu 6pm-8pm Sep 14, 2023 3wks \$59 (\$38sr) PR-4139

Thu 6pm-8pm Oct 19, 2023 3wks \$59 (\$38sr) PR-4140

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## **Event Planning**

Learn to organize and successfully deliver that special event. This course will help you with smart planning, budgeting, timing and things that you need to deliver a successful event.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4442

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## **Financial Planning and Investments**

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

Overland PS 55 Overland Drive, North York

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4555

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## **Find Your Perfect Career Match at Any Age**

Young adults are often confused about what career to choose, many experienced workers are not happy in their profession but do not know how to make a transition, and some are looking for more meaning and purpose in their life. This career exploration program will answer your questions and assist in identifying the perfect career match through validated assessments. Develop a personal brand and ways to upgrade and enhance your skills without going back to school. Learn what is stopping you from pursuing your dreams, how to overcome your fears, and reprogram your mind.

\*Remote Course Offering

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4457

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## **Income Tax Preparation**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4256

Leaside High School 200 Hanna Road, East York

Wed 7pm-9:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4316

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## **Investing 101 Millennials Workshop**

Millennials, come learn the basics to help you invest. In this one-day workshop, you will learn about stocks and how to find important investing information. You will learn the value of dividends and capital appreciation. The workshop is designed for the novice investor who wants to learn more about investing basics.

Overland PS 55 Overland Drive, North York  
Fri 9am-1pm Sep 15, 2023 1wks \$39 (\$25sr) PR-4033

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## **Investing 101 for Millennials**

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

\*Remote Course Offering  
Thu 6:30pm-9pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4622

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## **Investment Planning**

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

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 8pm-9:45pm Sep 20, 2023 10wks \$172 (\$112sr) PR-4117  
Leaside High School 200 Hanna Road, East York  
Mon 6:30pm-8:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4301

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## **Online Investing**

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

\*Remote Course Offering  
Mon 6:30pm-9pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4576

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## **QuickBooks**

QuickBooks has everything you need to manage your business more effectively. It's as simple as filling in familiar cheques, invoices and forms onscreen. QuickBooks gives you instant access to



your business' financial information with over 100 reports. Registrants are recommended to have some basic accounting knowledge.

\*Remote Course Offering

Wed 7:30pm-9:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4558

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## **QuickBooks - Level II**

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

\*Remote Course Offering

Wed 5:30pm-7:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4559

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## **Real Estate: Home Buying and Property Investing**

Thinking of buying or selling your home? Or have dreams of investing in real estate? In this course, learn the critical elements of buying and selling real estate that will make the transaction a success and keep you out of trouble.

Determine where and what property to buy, how to finance and negotiate the transaction, and who are the critical people you need to hire as part of your team in helping you throughout the process. The topics and detail covered will appeal whether you are a first-time buyer or an experienced investor.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4150

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## **Real Estate: Investment Property**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4262

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7:30pm-9:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4533

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4149

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## **Retirement and Estate Planning**

Have you ever wondered how much income you will need during retirement? Will your government pension be enough? Thought about planning ahead for eventual situations, i.e.,

authorize another person to make decisions about your finances and health or to distribute your property according to your wishes? Learn to estimate your monthly income at retirement, including your employer pension plan, and your Canada Pension Plan and Old Age Security benefits, if eligible. The course will also teach you the step by step process for preparation of a valid will and power of attorney.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4623

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## **Sage Accounting Software (also known as Simply Accounting)**

In this introductory course, you will learn and understand Sage Accounting Software. This course covers the basic functions Sage has to offer, such as, General Ledger, Inventory, Accounts Payable and Receivable module. Learn how to create the chart of accounts, enter journal entries, process vendor bills and payments, as well as how to create, manage and maintain inventory. Sage Accounting is used by small to medium sized businesses.

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4662

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## **Stock Market**

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 20, 2023 10wks \$197 (\$128sr) PR-4116

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4328

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## **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 Sep 14, 2023 6wks \$118 (\$77sr) PR-4200

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## **Will and Power of Attorney Workshop**

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

Overland PS 55 Overland Drive, North York

Sat 9am-1pm Sep 9, 2023 1wks \$39 (\$25sr) PR-4288 Sat 9am-1pm Sep 16, 2023 1wks \$39 (\$25sr) PR-4289

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## **Communications**

### **Creative Therapeutic Journaling**

Take a journey of self-discovery. Unpack the important areas of your life, from relationships and identity, to money, career and health. Explore your life on all kind of levels and discover your deepest hopes, dreams, develop your creativity, improve your memory, acquire problem solving abilities and account future adventures. Regular journaling as a habit is a powerful one.

Central Technical School 725 Bathurst Street, Toronto

Thu 7pm-9pm Sep 21, 2023 4wks \$79 (\$51sr) PR-4616

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### **Creative Writing**

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

\*Remote Course Offering

Sat 11am-1pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4249

Mon 7:30pm-9:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4158

Tue 7pm-9:30pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4540

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4473

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### **Creative Writing: Fiction**

Participants will be encouraged to write brief weekly assignments in order to learn how to craft a story using character development, dialogue, setting, pacing, and plotting. Whether you're attempting picture books, short stories, or novels, teacher editorials and controlled work-shopping will illustrate ways in which your story can be strengthened.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-12pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4029

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### **Creative Writing: Memoirs I ★**

Learn the craft of memoir writing and write your personal life story that your peers, children or grandchildren have been asking for. You will have the opportunity to submit several pieces of

work for class discussion and critique.

Discussions about contemporary memoirs will illustrate a variety of approaches to memoir writing.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-4pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4364

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## **Effective Communication**

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-8:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4314

Overland PS 55 Overland Drive, North York

Sat 11am-1pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4277

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## **English Grammar and Academic Writing**

Improve your grammar as you learn the basics of academic writing. Simple and compound sentences, active and passive voice, punctuation and peer editing. Summary writing and the academic narrative/descriptive paragraph will be practiced.

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-8:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4160

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-11am Sep 9, 2023 11wks \$216 (\$140sr) PR-4239

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## **Psychology of Behaviour**

Know thyself - the value and limits of self knowledge. This course will examine some of the most influential ideas about the conscious and unconscious mind starting with the work of Sigmund Freud, Erik Erickson, and other theories all the way to present research in experimental psychology. But be warned: some of the things you may learn will result in changes for a better life. When you know better, You do better.

\*Remote Course Offering

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4283

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4402

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## **Public Speaking**

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

\*Remote Course Offering

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4392

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## **Writing A Children's Book**

If you've ever wanted to write a book for kids, this is the class. We'll learn about the different types of books - picture books, middle-grade novels, young adults - and how to find the appropriate age range for your idea. Consideration will be given to choosing your characters (animals, fairy-tale people, or real kids). We'll discuss all the elements of writers' craft: showing scenes, using dialogue, beginnings that 'hook', and satisfying endings. The business side of publishing will also be a focus.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 10am-12pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4064

Overland PS 55 Overland Drive, North York

Mon 2pm-4pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4363

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## **Computers**

### **Adobe Creative Suite: All-In-One**

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

\*Remote Course Offering

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4515

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### **Adobe Illustrator/PhotoShop**

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$331 (\$218sr) PR-4654

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### **Adobe for Social Media**

Want to be a well-rounded designer? But don't know how? In this course, through hands on instruction, you will learn how to use Adobe InDesign, PhotoShop and Illustrator, to improve your online media presence.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4630

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### **Building Blogs and Websites with Word Press**

In this online course, you will learn how to build blogs and websites with the free, web-based WordPress software. Build attractive, professional looking sites that incorporate text, graphics and

video. Learn to quickly and easily add new blog posts or webpages as well as how to use themes to change the look of your site and plug-ins to add functionality to your site.

\*Remote Course Offering

Wed 5:45pm-7:45pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4108

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## **Building Blogs and Websites with Word Press Advanced**

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

\*Remote Course Offering

Wed 8pm-10pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4109

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## **Business Presentations - Excel/PowerPoint**

Learn to take Excel data, clean it up and turn into dashboards, pivot tables that can be easily interpreted. Learn to incorporate Excel into beautiful PowerPoint presentations. You can take your Excel and PowerPoint knowledge to the next level. Financial reports and Budgets can have that Wow factor.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:30pm-9:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4469

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## **Computer Applications for Everyday Life**

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

\*Remote Course Offering

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4206

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4246

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4223

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 5:45pm-7:45pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4432

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 8pm-9:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4490

Overland PS 55 Overland Drive, North York

## **Computer Programming for Beginners**

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

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4523

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## **Computer Skills Intermediate**

In this course, students will learn to store, organize, move, delete, rename, create shortcuts, and copy files/folders within their computer and find 'lost files/folders'. Explore the Internet and its functions, use webmail to communicate with your loved ones. Protect your computer from viruses, Malware and Spyware. We will cover popular applications such as notepad, PDF, paint, media player. This course is not geared toward MAC applications.

\*Remote Course Offering

Wed 9am-11am Sep 13, 2023 11wks \$216 (\$140sr) PR-4067

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## **Computer Skills for Workplace Proficiency**

Through this course, learn how MS Office can simplify your everyday business tasks. This course includes Word (word processing and desktop publishing), Power Point (slide presentations), Excel (spreadsheets), Access (database) and Publisher, as well as combining the components. Perfect for starting a (small) business or improving your workplace skills. Basic computer skills an asset.

\*Remote Course Offering

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4275

Thu 6pm-7:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4187

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4444

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4492

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-9pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4541

Overland PS 55 Overland Drive, North York

Tue 9am-11am Sep 12, 2023 11wks \$216 (\$140sr) PR-4066

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4165

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## **Computer Skills for Workplace Proficiency-Int/Adv**

This course will further advance your computer skills for the workplace or your small business. We

will cover Word (advanced); Publisher (leaflets and newsletters); Power Point (presentations); Excel at the intermediate level (charts and spreadsheets) and Access (advanced queries). Experience in Microsoft Office is recommended.

\*Remote Course Offering

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4274

Thu 7:30pm-9pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4188

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4531

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## **Computer Technical Skills Fundamentals**

In this course, you will learn the fundamentals of IT Technical Support. You will learn about Operating Systems, how a network works, troubleshooting software and hardware problems, and Cloud computing. This course is a great start to prepare for a role as an entry-level IT Support Specialist.

Overland PS 55 Overland Drive, North York

Mon 12:15pm-2:15pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4050

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## **Computer Training and Social Media for Beginners**

Unlock the digital world with our beginner-friendly course! Master basic computer skills and navigate popular social media platforms like Facebook, Instagram, TikTok, and more. Explore GoFundMe and Facebook Marketplace for fundraising and shopping. Learn to create accounts, communicate safely, and stay connected. Empower your online presence today!

\*Remote Course Offering

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4173

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## **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

Mon 2:30pm-4:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4026

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## **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



## **Digital Photo Album**

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

\*Remote Course Offering

Tue 11:30am-1:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4053

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## **Google's Free Tools and Applications**

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

\*Remote Course Offering

Mon 9am-11am Sep 11, 2023 11wks \$216 (\$140sr) PR-4052

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## **Google's Free Tools and Applications Level II**

This course is a continuation of Google's Free Tools & Application. Whether you are using google for your work or your personal needs, this course will help you to be even more connected and productive on the go. It will build on your google skills learned in the previous course and introduces you to more settings and free applications from Google including: Google Docs, Google Sheets, Google Slides, Google Keep, Google Jamboard and Google workspace. This course is suitable for Windows, Mac and even Chromebook users.

\*Remote Course Offering

Mon 11:30am-1:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4063

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## **Graphic Design for Beginners**

Learn the elements of graphic design, a much needed foundation for your creations. Use free design tools such as Canva, Adobe Express, and Krita, to create designs that stand out. The skills you will learn are able to be used for any graphic design project. This course is for beginners who want to learn about design or for those that want to refresh their basic knowledge. Get hands-on experience by completing and sharing your own graphic design projects. Final price includes material fee of \$7.00.

Central Technical School 725 Bathurst Street, Toronto

## **HTML, CSS, & HTML5**

HTML & CSS are used to form the building blocks and foundation for displaying elements on a web page. Students will be introduced to HTML, (Hyper Text Markup Language), which uses many tags to build structure to a web page. CSS, (Cascading Style Sheet), will present the HTML with the use of various properties such as colour, text formatting, division containers and multiple layout items. You will learn how to add Images, text and make hyper- links to various items. This course introduces skills required to develop web pages and maintain sites which use CMS tools, (Content Management Systems).

\*Remote Course Offering

Mon 7:30pm-9:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4333

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## **JavaScript & JQuery**

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

Overland PS 55 Overland Drive, North York

Tue 7pm-9pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4341

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## **Keyboarding Beginner**

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

\*Remote Course Offering

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4122

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## **Microsoft Excel Advanced**

This course will review Excel Intermediate topics (conditional formatting, charts, formulas and functions, sort and filter) and then take you to the next level and teach you important Excel functions like VLOOKUP, and Pivot Tables. You'll also learn crucial text-related features like splitting and joining text and removing duplicates.

\*Remote Course Offering

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4280 Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4174

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## Microsoft Excel Beginner

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

\*Remote Course Offering

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4225

Wed 8pm-10pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4123

Thu 7:30pm-9:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4195

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:45pm-9:45pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4434

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4163

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## Microsoft Excel Intermediate

This course will review the fundamentals of Excel and then take you to the next level and teach you how to use formulas and functions, create and format tables, sort and filter, and add charts.

\*Remote Course Offering

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4261

Mon 8pm-10pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4229

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## Microsoft Excel Visual Basic for Application (VBA)

Learn to automate Excel by writing VBA (Visual Basic for Applications) macros. Designed for the novice or non-programmer, students will start by recording VBA macros and then use the Visual Basic Editor (VBE) window to write and edit code for sub procedures in modules.

\*Remote Course Offering

Thu 5:30pm-7:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4196

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## Microsoft Office Beginner

This is a course for those who would like to learn the most popular integrated software package, Microsoft Office. This package includes Word (word processing), Excel (spreadsheets), and Powerpoint (presentations). Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4130

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## Microsoft Publisher/PowerPoint Artistic Design

This course is where creativity and computers come together. Publisher and PowerPoint will give you the tools to showcase the artist in you. Learn to create one-of-a-kind invitations, greeting cards, exciting newsletters & flyers. Take those beautiful pictures and create presentations into personalized CD/DVD. Choose a theme and make any event memorable and unique. Bring your imagination and let's have fun! Basic knowledge of Microsoft Office is recommended.

Overland PS 55 Overland Drive, North York

## Office Tools to Succeed in the Workplace

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4456

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## PhotoShop Beginner

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

\*Remote Course Offering

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4517

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4340

Thu 9am-11am Sep 14, 2023 11wks \$216 (\$140sr) PR-4057

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4496

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4282

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## Power BI (Business Intelligence)

You've completed Data-Analysis course. Now challenge yourself with the next logical step and learn how to use the new Microsoft Power BI to transform dull business data into dazzling dashboards, reports, and visualizations. This course is aimed at learners who are looking to get started with the Power BI Desktop software.

\*Remote Course Offering

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4258

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## Python

Python, computer language that is easy-to-learn, elegant, and popular. We will help you to quickly get Python under your belt. It is the first language of choice in high schools, colleges, and universities and is taking over in the Programming world.

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 6:30pm-8:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4121  
Don Mills Collegiate Institute 15 The Donway East, North York  
Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4102  
Overland PS 55 Overland Drive, North York  
Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4284

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## **Social Media Marketing for Small Business**

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

\*Remote Course Offering

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4285  
Thu 7:30pm-9:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4142

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## **Web Design Beginner**

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

\*Remote Course Offering

Fri 11:30am-1:30pm Sep 15, 2023 11wks \$216 (\$140sr) PR-4054  
Overland PS 55 Overland Drive, North York  
Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4287

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## **Windows 11**

Learn how to use Windows 11, the latest operating system from Microsoft. We will cover everything from the basics of navigating the desktop to more advanced topics such as customizing settings, organizing files, managing apps and programs, multimedia, security and privacy, and much more. Whether you are new to computers or have some experience, this course will provide you with the knowledge and skills to get the most out of your Windows 11 device.

\*Remote Course Offering

Fri 9am-11am Sep 15, 2023 11wks \$216 (\$140sr) PR-4665

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## Crafts

### **Crochet and Knitting, Design Your Own Style**

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

Overland PS 55 Overland Drive, North York

Wed 5:30pm-7:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4551

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### **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 boutonnières. 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 \$45.00 for fresh flowers.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 13, 2023 4wks \$163 (\$122sr) PR-4608

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### **Hand Embroidery for the Beginner**

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$349 (\$236sr) PR-4637

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### **Hands-on Floral Design**

This is an exciting course that will teach you the basics of floral design. Learn how to make floral arrangements, centrepieces and wearable flowers. Learn the technical aspects of floral design and arrangement including proper floral composition and decorative elements. Ribbon making, wiring, taping and basic floral care will be covered. Learners provide own flowers - fresh or dry. Final price includes material fee of \$10.00 for materials that will be used by instructor.

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

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Tue 7pm-9:30pm Oct 3, 2023 2wks \$79 (\$62sr) PR-4169  
Tue 7pm-9:30pm Oct 31, 2023 2wks \$79 (\$62sr) PR-4170

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 7pm-9:30pm Oct 4, 2023 2wks \$79 (\$62sr) PR-4421  
Mon 7pm-9:30pm Oct 16, 2023 2wks \$79 (\$62sr) PR-4412  
Wed 7pm-9:30pm Nov 1, 2023 2wks \$79 (\$62sr) PR-4424

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## **Jewellery A**

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

Central Technical School 725 Bathurst Street, Toronto  
Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$346 (\$233sr) PR-4596

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## **Jewellery B**

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

Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$346 (\$233sr) PR-4612

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## **Jewellery D - Hammerforming**

Watch metal change its shape under your hammer as you explore the jewellery hammerforming techniques of forging, doming, anticlastic raising, and foldforming. Make samples of each technique as well as pieces of jewellery using these techniques. Must be physically able to hammer. Beginners welcome. Final price includes a material fee of \$22.00.

Central Technical School 725 Bathurst Street, Toronto

## **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.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9:30am-11:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4257

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## **Knitting: Working from Basic to Advanced Skills**

This knitting course will teach you the basic skills to find, start, troubleshoot and complete a project. We will be learning how to understand key terminology and commonly used diagrams to help students better understand any pattern. Students will also have a chance to continue onto advanced knitting skills such as: lace, cables, stranded colorwork and other advanced stitches. By the end of the course, students will feel confident approaching patterns independently. Learners must provide their own materials.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4227

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## **Weaving Advanced**

This class is for participants that have completed a minimum of two projects on the loom. Participants have the opportunity explore new patterns and techniques. Learners must have their own equipment and purchase their own materials.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-1pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4217

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## **Weaving: Fabric and Tapestry-All Levels**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 10am-1pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4218

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## **Weaving: Introduction**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 1:30pm-4:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4219

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## **Dance**

### **Argentine Tango Beginner**

Learn to dance the steps and experience the feelings of the world's most exciting and mysterious dance - the Argentine Tango. Join us and learn how to move your body to passionate music. Become the dance partner you've always wanted to be!

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 8pm-9:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4537

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### **Ballroom Dancing ★**

Learn the basics of ballroom dancing. Dances will include the Waltz, Foxtrot, Swing, Cha-Cha, Rumba and more.

Cecil Community Centre 58 Cecil Street, Toronto

Thu 3:45pm-5:15pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4374

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### **Ballroom Dancing Beginner**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4167

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 7:30pm-9:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4478

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### **Ballroom and Latin Dancing Beg/Int**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 8pm-9:30pm Sep 13, 2023 9wks \$133 (\$86sr) PR-4423

Northview Heights SS 550 Finch Avenue West, North York

Mon 6:15pm-7:45pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4396

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## **Ballroom and Latin Dancing Beginner**

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4107

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4470

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4290

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 6:30pm-8pm Sep 13, 2023 9wks \$133 (\$86sr) PR-4422

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7pm-8:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4544

Overland PS 55 Overland Drive, North York

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4271

Thu 11am-1pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4032

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-8:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4153

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## **Ballroom and Latin Dancing Beginner Level II**

This program is designed for those learners who have had at least 1 year of dancing experience and are looking to improve their existing dance foundation. This class will emphasize the critical components of ballroom dancing namely, partnership connection, posture, foot position and footwork, floor etiquette and musicality. The addition of new figures will not only help developing individual dance styling, but allow learners the enjoyment and challenge of incorporating these steps as they navigate their way along the dance floor creating patterns with confidence and competence. Dust off those dance shoes and let's get dancing!

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4221

Overland PS 55 Overland Drive, North York

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4272

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## **Bollywood Dance Fitness**

Join a fun dance workout, based on Bollywood moves and dance steps, that combines high intensity sequences and several components of fitness including warm-up and cardio. All levels

are welcome, beginner, intermediate, and advanced. Prior knowledge of dance is not essential.

Overland PS 55 Overland Drive, North York

Thu 7:15pm-8:15pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4138

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## **Egyptian Belly Dancing Beginner**

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

\*Remote Course Offering

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4393

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 7pm-8pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4189

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-7:45pm Sep 11, 2023 11wks \$135 (\$88sr) PR-4294

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 7pm-8pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4656

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## **Egyptian Belly Dancing Intermediate**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4191

Leaside High School 200 Hanna Road, East York

Mon 7:45pm-9pm Sep 11, 2023 11wks \$135 (\$88sr) PR-4295

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## **Hip Hop Dance**

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Mon 6:30pm-8pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4532

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## **International Folk Dancing ★**

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

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

Fri 10am-12pm Sep 15, 2023 11wks \$216 (\$140sr) PR-4377

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## Line Dancing ★

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

Cecil Community Centre 58 Cecil Street, Toronto

Wed 2:30pm-4pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4372

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## Line Dancing Beginner

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 15, 2023 11wks \$216 (\$140sr) PR-4035

Northview Heights SS 550 Finch Avenue West, North York

Wed 7:30pm-9:15pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4403

Overland PS 55 Overland Drive, North York

Mon 1pm-2:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4037

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## Line Dancing Intermediate

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 12pm-2pm Sep 15, 2023 11wks \$216 (\$140sr) PR-4036

O&#39;Connor Public School 1665 O&#39;Connor Drive, North York

Mon 2:30pm-4pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4042

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## Night Club Dancing-Salsa and More

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7:30pm-9pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4175

Leaside High School 200 Hanna Road, East York

Mon 8pm-9pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4303

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8:30pm-10pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4151

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## Salsa Beginner

Known for its vibrant music, infectious rhythm, and lively movements, Salsa is a partner dance which involves keeping your upper body engaged and connecting with your partner. Move your body to the music while mastering the basic steps to form the foundation of salsa dancing.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 6pm-9pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4461

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## Swing Dance

Learn how to get the beat to your feet and your body moving to the most exciting swing music of yesterday and today. It's easy to learn and a lot of fun.

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 7pm-8pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4536

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## Fitness

### Absolute Abs: Lower Body Blast

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

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 7:30pm-8:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4152  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 11:15am-12:15pm Sep 9, 2023 11wks \$108 (\$70sr) PR-4525

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### Aches and Pain - Proactive Self-care

Lengthening and strengthening some of our fine tuned, supporting muscle can address a significant portion of our physical ailments. For so many, the hips, low back, and shoulders can be a consistent issue. With a focus on the most common concern areas, this 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

Wed 5:30pm-6:30pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4552  
Thu 10:45am-11:45am Sep 14, 2023 11wks \$108 (\$70sr) PR-4051

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### Aging Backwards with Yoga

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 6pm-7:15pm Sep 11, 2023 11wks \$135 (\$88sr) PR-4413  
Overland PS 55 Overland Drive, North York  
Wed 6pm-7:15pm Sep 13, 2023 11wks \$135 (\$88sr) PR-4554

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## **Bone Fitness**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4471

Leaside High School 200 Hanna Road, East York

Wed 8pm-9pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4309

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## **Boxing Basics and Conditioning**

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

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 7pm-8:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4447

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## **Cardio Mix - HIIT Training**

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

Northview Heights SS 550 Finch Avenue West, North York

Wed 7pm-8pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4408

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## **Core Without the Floor**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 6:15pm-7:15pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4439

Thistletown CI 20 Fordwich Crescent, Etobicoke

## **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

Wed 7pm-8pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4310

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## **Dance Cardio and Sculpting**

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

Northview Heights SS 550 Finch Avenue West, North York

Wed 8:15pm-9:15pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4409

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## **Fitness and Strength Training**

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

Leaside High School 200 Hanna Road, East York

Mon 6pm-7pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4291

Mon 7pm-8pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4296

Wed 6pm-7pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4311

Wed 7pm-8pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4313

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## **Full Body Boot Camp**

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

\*Remote Course Offering

Sat 9:45am-10:45am Sep 9, 2023 11wks \$108 (\$70sr) PR-4254

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Central Technical School 725 Bathurst Street, Toronto  
Thu 7:30pm-8:30pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4625  
Don Mills Middle School 17 The Donway East, North York  
Mon 6pm-7pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4091  
Leaside High School 200 Hanna Road, East York  
Mon 7pm-8pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4300  
Lester B. Pearson CI 150 Tapscott Road, Scarborough  
Tue 8pm-9pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4451  
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 6:30pm-7:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4147

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## **Full Body Sculpt Plus Power Abs Burn**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 6:45pm-7:45pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4190  
Don Mills Middle School 17 The Donway East, North York  
Mon 7pm-8:15pm Sep 11, 2023 11wks \$135 (\$88sr) PR-4092

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## **Gentle Fitness**

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

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 8pm-9:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4511

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## **Gentle Fitness ★**

Enjoy a workout that includes stretching, muscle toning exercises and a variety of low impact aerobic exercises. Bring your own towel and weights.

\*Remote Course Offering  
Mon 9:15am-10:45am Sep 11, 2023 11wks \$162 (\$105sr) PR-4389  
Wed 9:15am-10:45am Sep 13, 2023 11wks \$162 (\$105sr) PR-4388

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## **Gentle Stretches for a Great Night Sleep**

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

\*Remote Course Offering  
Thu 8pm-9pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4664

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## Looking Fit and Feeling Strong

What happens to our bodies as we age and how do we take control of the aging process? This course will cover what we need to do to improve our posture, body composition, muscle strength, bone density and state of mind. A series of exercises will be presented in each class with instruction for each workout, using warm-ups, cardio, and fitness equipment.

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 6:30pm-8pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4509

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## Low Impact Aerobics ★

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

Edithvale Community Centre 131 Finch Avenue West, Toronto  
Wed 9am-10am Sep 13, 2023 11wks \$108 (\$70sr) PR-4376  
Fri 9am-10am Sep 15, 2023 11wks \$108 (\$70sr) PR-4375

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## Mixed Martial Arts (MMA) Self Defence

Participants in this program will learn defensive striking, kicking and grappling techniques needed to defend themselves from combative situations. Topics to be covered in this course include close quarters combat, striking critical areas of your attacker and defensive take down techniques. Learners will also partake in special 'combat fitness' sessions in which martial art drills and games will be used to help develop personal fitness of participants. Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6:45pm-8:45pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4194  
Central Technical School 725 Bathurst Street, Toronto  
Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4571  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 8:15am-10:15am Sep 9, 2023 11wks \$216 (\$140sr) PR-4527

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## Nordic Pole Walking

Turn walking into a whole-body fitness activity. Learn basic Nordic Walking techniques or improve existing skills in a social atmosphere. Improve your posture and fitness endurance. Bring good walking shoes, comfortable clothing, and nordic-type poles.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 12pm-1pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4043

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## Pilates

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

through proper breathing and concentration techniques. Recommended equipment: Exercise mat.

\*Remote Course Offering

Sat 11am-12pm Sep 9, 2023 11wks \$108 (\$70sr) PR-4259

Wed 8pm-9pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4428

Fri 9:15am-10:45am Sep 15, 2023 11wks \$162 (\$105sr) PR-4055

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 8pm-9pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4193

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7:15pm-8:15pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4481

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## **Pilates and Movement: Strength and Mobility**

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

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

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4513

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## **Resistance Training Workout**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:30pm-9pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4436

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## **Socasize**

Socasize is a creative blend of high and low impact aerobics, African and Indigenous Caribbean dance movements performed to Calypso, Soca, and Reggae music.

Overland PS 55 Overland Drive, North York

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4143

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## **Spine Health - Movement for a Healthy Back**

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

\*Remote Course Offering

Mon 4pm-5pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4056

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## Super Strong Abs and Stretch

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

Don Mills Middle School 17 The Donway East, North York

Mon 8:15pm-9:15pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4097

Overland PS 55 Overland Drive, North York

Thu 8:15pm-9:15pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4208

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## Tai Chi Advanced II ★

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

Overland PS 55 Overland Drive, North York

Tue 9:15am-10:45am Sep 12, 2023 11wks \$162 (\$105sr) PR-4370

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## Tai Chi Beginner

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-10:30am Sep 9, 2023 11wks \$162 (\$105sr) PR-4263

Tue 6pm-7:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4176

Georges Vanier SS 3000 Don Mills Road, North York

Thu 6pm-7:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4129

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9:30am-11am Sep 11, 2023 11wks \$162 (\$105sr) PR-4049

Mon 6pm-7:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4414

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-7:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4546

Northview Heights SS 550 Finch Avenue West, North York

Wed 6pm-7:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4406

Overland PS 55 Overland Drive, North York

Tue 2:30pm-4pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4045

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-7:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4145

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

Thu 6:30pm-8pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4627

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## Tai Chi Intermediate

This course is a follow-up to the beginner course. You will learn new techniques and further your practice.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 10:30am-12pm Sep 9, 2023 11wks \$162 (\$105sr) PR-4267

Georges Vanier SS 3000 Don Mills Road, North York

Thu 7:30pm-9pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4131

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 11am-12pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4048

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 7:30pm-9pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4547

Northview Heights SS 550 Finch Avenue West, North York

Wed 7:45pm-9:15pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4404

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7:30pm-9pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4146

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## Tai Chi Intermediate ★

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

Overland PS 55 Overland Drive, North York

Tue 12:45pm-2:15pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4371

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## Tai Chi Sword

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

Overland PS 55 Overland Drive, North York

Thu 1:30pm-3pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4061

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## Tai Chi-Advanced

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

Overland PS 55 Overland Drive, North York

Tue 11am-12:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4060

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## Walk Your Way to a Healthy Weight - Outdoors

Walk your way to a healthy weight. Exercise does not need to be intense or exhausting in order to

promote a healthy weight. Hit your goal of 10,000 steps for the day. Walking fitness classes are a great way to motivate you to commit to a weekly walking schedule and meet new people. Class is suitable for beginners. We will also discuss topics related to healthy living. This class is held outdoors and the meeting location is Overland Learning Centre, 55 Overland Drive, North York, ON.

Overland PS 55 Overland Drive, North York

Thu 5:45pm-8:15pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4144

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## **Yin Restorative Yoga**

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

\*Remote Course Offering

Mon 8pm-9pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4329

Thu 8pm-9:15pm Sep 14, 2023 11wks \$135 (\$88sr) PR-4484

Fri 3:30pm-4:45pm Sep 15, 2023 11wks \$135 (\$88sr) PR-4058

Leaside High School 200 Hanna Road, East York

Wed 8:15pm-9:15pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4320

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## **Yoga Deep Relaxation and Meditation All Levels**

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

\*Remote Course Offering

Wed 8pm-9:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4565

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7:30pm-9pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4232

Overland PS 55 Overland Drive, North York

Wed 7:15pm-8:45pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4562

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## **Yoga and Meditation**

Cultivating balance in the body with mild asanas, pranayama, and meditation to feel alive and well.

\*Remote Course Offering

Thu 10am-11am Sep 14, 2023 11wks \$108 (\$70sr) PR-4220

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## **Yoga: Kriya and Meditation**

In this class you will practice techniques for relaxation and meditation. Learn exercises to enable subtle and direct changes in the body and mind, and achieve an outcome through asanas physical poses, breath technique and meditation.

Leaside High School 200 Hanna Road, East York

Wed 8pm-9:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4323

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## **Yoga: Hatha All Levels**

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

\*Remote Course Offering

Thu 4pm-5pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4059

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7:30pm-8:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4411

Wed 11am-12pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4044

Overland PS 55 Overland Drive, North York

Wed 8:45pm-9:45pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4564

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## **Yoga: Kundalini All Levels**

Kundalini yoga is based on one of the three original schools of yoga. It includes mental, physical and spiritual aspects of the yoga tradition. Achieve your personal best by way of active yoga sets that combine postures, breath work, meditation, and deep relaxation. Includes exercises that promote breast health for prevention and recovery.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-7:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4236

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## **Yoga: Kundalini Beginner/Intermediate**

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

\*Remote Course Offering

Mon 6:30pm-8pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4157

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 6pm-7:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4177

Tue 7:30pm-9pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4178

Thu 6:30pm-8pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4205

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-8pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4317

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## Zumba

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 8:30am-9:30am Sep 9, 2023 11wks \$108 (\$70sr) PR-4265

Tue 6pm-7pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4179

Thu 7:15pm-8:15pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4204

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 7pm-8pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4233

Leaside High School 200 Hanna Road, East York

Wed 7pm-8pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4318

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4499

Overland PS 55 Overland Drive, North York

Mon 7:30pm-8:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4334

Tue 5:30pm-6:30pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4344

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6:30pm-7:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4154

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## Zumba Gold

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-7pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4203

Mimico Adult Centre 255 Royal York Road, Etobicoke

Thu 12pm-1pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4047

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 7pm-8pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4498

Overland PS 55 Overland Drive, North York

Mon 6:30pm-7:30pm Sep 11, 2023 11wks \$108 (\$70sr) PR-4335

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## Zumba Gold Toning

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

coordination.

Leaside High School 200 Hanna Road, East York  
Wed 6pm-7pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4319  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Thu 1pm-2pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4046

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## **Zumba Sentao**

Zumba Sentao combines strength and resistance exercises with cool dance moves using a chair. This program strengthens your core, burns major calories, and sculpts muscle. This class is for the more advanced Zumba enthusiast ready for a high intensity workout.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Sat 9:45am-10:45am Sep 9, 2023 11wks \$108 (\$70sr) PR-4264

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## **Zumba Toning**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Sat 11am-12pm Sep 9, 2023 11wks \$108 (\$70sr) PR-4266  
Thu 8:30pm-9:30pm Sep 14, 2023 11wks \$108 (\$70sr) PR-4202  
Overland PS 55 Overland Drive, North York  
Tue 6:30pm-7:30pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4338 Tue 7:30pm-8:30pm Sep 12, 2023 11wks \$108 (\$70sr) PR-4339

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## **Food**

(We cannot guarantee a nut free environment)

## **Afro-Caribbean Cuisine**

Join us for a culinary journey from Mother Africa to the Americas, and the shores of the West Indies and Caribbean. Through demonstrations, create popular flavourful dishes from the aforementioned regions: jallof rice, berbere meat, West Indian curry and more. This course includes both cooking and baking. Final price includes a material fee of \$40.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 6pm-9:30pm Sep 14, 2023 4wks \$178 (\$130sr) PR-4185

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## **Apicuisine**

Apicuisine is cooking with products of the beehive. Benefits of using the products of the hive will be explained in terms of nutrition, symbolism, esthetics, and the economical side. Three sessions will involve preparation and tasting of an apicuisine meal: class one – Sun theme, class two – Venusian theme, class three - will be held off site at the actual apiary (location to be disclosed by



instructor). Drinks will be herbal teas sweetened with various honeys, and honey lemonade. In keeping with the theme of the honeybees as the honeybees are vegetarian, only vegetarian meals will be presented and prepared for this course. Final price includes material fee of \$60.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Tue 7pm-9:30pm Sep 12, 2023 3wks \$134 (\$108sr) PR-4168

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## **Baking Skills**

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

Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-9:30pm Sep 11, 2023 9wks \$390 (\$281sr) PR-4397

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## **Cake Decorating**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Sat 9am-11am Sep 9, 2023 11wks \$216 (\$140sr) PR-4244  
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4468  
Georges Vanier SS 3000 Don Mills Road, North York  
Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4124

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## **Chef On The Run**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Sat 11am-1pm Sep 9, 2023 11wks \$296 (\$220sr) PR-4245

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## **Chinese Cuisine**

Enjoy the fine cuisine of China. Using a combination of cooking techniques from different regions of China, enrich your culinary knowledge to create delicious dishes. You will explore the delightful flavours, texture, colours and aromas that have infused Chinese cooking for centuries. Also learn some modern recipes that employ the fascinating flavours of the Orient. We will examine the

different ingredients used for the right cooking methods. Final price includes material fee of \$80.00.

Georges Vanier SS 3000 Don Mills Road, North York  
Thu 6pm-9pm Sep 14, 2023 11wks \$404 (\$291sr) PR-4125

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## **Cooking 101 and Beyond**

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

Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$404 (\$291sr) PR-4505

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## **Culinary Skills**

This class incorporates cooking and baking skills. Whether you are a novice or intermediate cook/baker, through demonstrations, learn how to make a variety of dishes and baked goods including breakfast/quick breads, cake, and pastries. Create dishes that reflect the cultural diversity of Canada. Pasta, stir-fry, curries, Mediterranean, Caribbean, and North American flavours that are easy, tasty, and suitable for the family and for entertaining. Final price includes material fee of \$80.00.

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 6:30pm-9:30pm Sep 20, 2023 10wks \$375 (\$272sr) PR-4111

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## **Essential Portuguese Cuisine**

Experience the tastes and smells of Lisbon, Porto, and Braga through this essential Portuguese cuisine course where students will learn recipes that combine the spirit and practices of a melting pot of Mediterranean cultures. Explore the influences on Portuguese cooking and embrace the ingredients, spices and seasonings typical of Mediterranean including onions, olive oil, garlic, coriander, bay leaves, paprika, chili peppers, and red sweet peppers. Final price includes a material fee of \$80.00.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough  
Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$404 (\$291sr) PR-4226

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## **Gourmet Cooking on a Budget**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

## **Holiday Baking Workshop**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Nov 2, 2023 2wks \$99 (\$75sr) PR-4207

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Nov 20, 2023 2wks \$99 (\$75sr) PR-4399

Thistletown CI 20 Fordwich Crescent, Etobicoke

Sat 9am-12:30pm Nov 18, 2023 2wks \$99 (\$75sr) PR-4243

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## **Indian Vegetarian Cooking**

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$404 (\$291sr) PR-4575

Tue 6:30pm-9pm Sep 12, 2023 11wks \$404 (\$291sr) PR-4585

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$404 (\$291sr) PR-4604

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## **International Cuisine**

Join us for a trip around the world by experiencing a variety of international cuisine! In this course, you will prepare appetizers, main courses, and desserts from a different country each week. Final price includes material fee of \$80.00.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Sep 12, 2023 11wks \$296 (\$220sr) PR-4448

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## **Korean Cuisine**

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$404 (\$291sr) PR-4570

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## **Mediterranean Cooking**

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

Newtonbrook Secondary School 155 Hilda Avenue, North York  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$404 (\$291sr) PR-4494  
Richview Collegiate Institute 1738 Islington Avenue, Etobicoke  
Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$404 (\$291sr) PR-4162  
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$404 (\$291sr) PR-4510

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## **Pizza Making Workshop**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Tue 6pm-9:30pm Oct 24, 2023 1wks \$54 (\$42sr) PR-4183  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 9am-12:30pm Sep 30, 2023 1wks \$54 (\$42sr) PR-4237

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## **Quick and Easy Lunch Ideas**

Tired of the same soup and sandwich combo for lunch every day? Want to make something more exciting and healthy you and your family will enjoy? Let's bring meal-prepping back to what it's all about: effortless, tasty, and nutritious meals that won't break the bank. Final price includes material fee of \$25.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 6pm-9:30pm Oct 12, 2023 2wks \$94 (\$70sr) PR-4198

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## **Quickbreads**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Tue 6pm-9:30pm Sep 26, 2023 1wks \$49 (\$37sr) PR-4184  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 9am-12:30pm Sep 16, 2023 1wks \$49 (\$37sr) PR-4242

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## **Soup It Up**

In this two-day workshop, you will learn how to make stock then use it to make soup, sauce, and gravy. Learn other techniques for making soup that does not require liquid stock and cook a

variety of delicious, hearty, and cultural soup. A stockpot/medium saucepan will be required. Final price includes a material fee of \$25.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Thu 6pm-9:30pm Nov 16, 2023 2wks \$94 (\$70sr) PR-4199

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## **Sugar Cookie Decorating Workshop**

In this course, participants will learn how to conceptualize cookie designs and decorate sugar cookies for special events and holidays. Sugar Cookie decorating will become an easy and fun activity with step by step instructions. All levels are welcome. Final price includes a material fee of \$5.00.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 11, 2023 4wks \$123 (\$82sr) PR-4231

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## **Tastes of Thailand**

Introducing exotic Thai cuisine. Prepare a range of authentic, delicious, simple and healthy Thai dishes. Final price includes material fee of \$80.00.

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 8pm-10pm Sep 12, 2023 11wks \$296 (\$220sr) PR-4446

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## **Games and Hobbies**

### **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 Sep 11, 2023 11wks \$270 (\$175sr) PR-4298

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 10am-12pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4031

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

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4503

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### **Bridge Beginner Plus**

This course introduces students to competitive bidding, carding methods & scoring. The course focuses on real- world bidding methods and practice deals where all players may compete to find the best spot for their side. Ideal for students who have taken Bridge Beginner course or those who are quite experienced but want to learn more about competitive bidding. Students will be required to purchase a book and at least 1 bidding box, instructor will advise at the first class. Book

and bidding box not required for the first class.

Leaside High School 200 Hanna Road, East York

Wed 6:30pm-9pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4308

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

Thu 8pm-9:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4504

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## **Bridge Intermediate**

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

Northern Secondary School 851 Mount Pleasant Road, Toronto

Tue 6pm-8:30pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4543

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## **Eating and Using Edible Flowers**

In this three week workshop, learn to identify, how to harvest safely, and talk about the taste of different edible flowers. We'll explore the benefits of consuming and using edible flowers in salads, jams, jellies, cake decoration, and drinks. We will also cover various beautiful flowers that should definitely be avoided due to their toxic nature to humans.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-12pm Sep 9, 2023 3wks \$88 (\$57sr) PR-4252

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6:30pm-9:30pm Sep 11, 2023 3wks \$88 (\$57sr) PR-4228

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## **Gardening - Indoor and Outdoor**

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

Overland PS 55 Overland Drive, North York

Tue 7pm-9pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4342

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## **Macro Photography**

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

their own cameras. DSLR or mirrorless models preferred.

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 5:30pm-7:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4098

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## **Photography - Learn from the Masters**

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

Don Mills Collegiate Institute 15 The Donway East, North York

Mon 7:30pm-9:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4101

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## **Photography Beginner**

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

\*Remote Course Offering

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4508

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4304

Overland PS 55 Overland Drive, North York

Tue 7:30pm-9:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4343

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## **Photography Beginner Digital SLR**

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

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4322

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## **Photography: Advanced Workshop Series**

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

\*Remote Course Offering

Sat 9am-1pm Sep 30, 2023 8wks \$315 (\$205sr) PR-4281

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## Handiwork

### **Auto Mechanics Advanced**

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

\$10.00.

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-9:30pm Sep 11, 2023 11wks \$334 (\$221sr) PR-4395

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### **Auto Mechanics Beginner**

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$334 (\$221sr) PR-4610

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### **Bicycle Repair**

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 19, 2023 10wks \$300 (\$197sr) PR-4594

Wed 6:30pm-9:30pm Sep 20, 2023 10wks \$300 (\$197sr) PR-4606

Leaside High School 200 Hanna Road, East York

Mon 6:30pm-9:30pm Sep 18, 2023 10wks \$300 (\$197sr) PR-4293

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### **Home Maintenance and Renovating Beginner**

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

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

Thu 6:30pm-9pm Sep 14, 2023 11wks \$310 (\$216sr) PR-4506

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## Home and Cottage: Construction

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

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$364 (\$251sr) PR-4584

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$364 (\$251sr) PR-4603

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## Small Engines

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Sep 11, 2023 9wks \$177 (\$115sr) PR-4417

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## Upholstery

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

Learners should bring pliers, scissors, eye protection and staple remover to class on the first day. Final price includes Shop Fee of \$10.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 11, 2023 11wks \$334 (\$221sr) PR-4420

Wed 6pm-9pm Sep 13, 2023 11wks \$334 (\$221sr) PR-4425

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## Wood Carving and Sculpture

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6pm-9pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4410

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## Wood Carving and Sculpture ★

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 9am-12pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4378

Mon 1pm-4pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4379

Tue 9am-12pm Sep 12, 2023 11wks \$329 (\$216sr) PR-4380

Tue 1pm-4pm Sep 12, 2023 11wks \$329 (\$216sr) PR-4381

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## Woodworking Beginner

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

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6pm-9pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4235

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4497

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## Health and Wellness

### Acupressure

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

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Sep 11, 2023 3wks \$88 (\$57sr) PR-4330

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### Apitherapy

Apitherapy is the ancient branch of beekeeping to do with the health benefits of the products of the hive. How propolis, bee pollen, royal jelly honey, beeswax and bee venom are all extremely beneficial for one's health. Studies have shown that beekeepers live an average of 3+ years longer than the rest of the population because they eat their products of the hive. Health benefits will be discussed as well as how the honeybees make them and use them. Final price includes material fee of \$25.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

Tue 7pm-9:30pm Oct 17, 2023 2wks \$74 (\$57sr) PR-4172

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## Conquering Insomnia

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

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Oct 2, 2023 2wks \$59 (\$38sr) PR-4331

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## Cosmetic Acupressure: Look, feel & be your best

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

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Oct 23, 2023 3wks \$88 (\$57sr) PR-4332

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## Exploring Healing Energies

Disruptions or blockages in the flow of the body's energy field occur during illness. Restoring that flow activates the body's natural ability to heal itself. Learn how to sense, access, channel, and balance the energy, restore, and remove blockages to promote emotional and physical wellbeing.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Oct 4, 2023 7wks \$138 (\$90sr) PR-4453

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## Foundations of Mental Health Resilience

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

Northview Heights SS 550 Finch Avenue West, North York

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4394

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## Healing Meditation

Healing occurs on the physical, emotional, mental and spiritual levels. In this course you will learn how meditation aimed at balancing energy systems can aid in the healing process and increase self-awareness and self-worth.

Explore the Seven Spiritual Laws which bring peace, harmony and success to your life.

\*Remote Course Offering

Sat 10:30am-12pm Sep 9, 2023 11wks \$162 (\$105sr) PR-4260

Mon 8:15pm-9:45pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4161

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## **Healing Runes**

Tired of paying \$20 to \$40 for an inaccurate psychic reading. Empower yourself; learn to do your own readings and get answers to questions that have eluded you. Through this course, learn the basics of how to do a reading using healing runes. A tool that can help kick start your healing and show you the next step or direction you need to head in. Sometimes it is as simple as getting validation that we have taken the right path.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 6:30pm-9pm Oct 2, 2023 1wks \$25 (\$16sr) PR-4419

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## **Healing into The Munay Ki Practices**

Learn how to heal the past through the wisdom of the Munay Ki practices. Become a keeper and pass their wisdom and knowledge bringing positive change and transformation. Let's discover a toolbox of exercises to take control of your life and begin living with more purpose and intentionality. They will transform your life in many levels, from coping stress, increasing motivation, to happiness. The Pi stones, a powerful tool for you to use should you wish.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Oct 23, 2023 5wks \$98 (\$64sr) PR-4659

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## **Managing Menopause Naturally**

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

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Nov 13, 2023 3wks \$88 (\$57sr) PR-4336

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## **Meditation for Beginners**

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

\*Remote Course Offering

Thu 9:30am-10:30am Sep 14, 2023 11wks \$108 (\$70sr) PR-4065

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## **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

Wed 6pm-7pm Sep 13, 2023 11wks \$108 (\$70sr) PR-4327

Overland PS 55 Overland Drive, North York

Sat 9:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4522

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## **Reiki - Level I and II**

Reiki is a holistic technique for balance and relaxation. The first level is a permanent initiation to the energy and the foundation of all levels. When learning and receiving the Second level symbols and initiation your energy will be amplified, focused, and strengthened, learn how to break bad habits, emotionally heal yourself and others. Learn to send distant healing to a person who is not physically present.

Central Technical School 725 Bathurst Street, Toronto

Tue 7pm-9pm Sep 19, 2023 9wks \$177 (\$115sr) PR-4586

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## **Reiki for Self-Care**

Reiki is a Japanese hands-on healing technique. Learn to practice it on yourself for self-care and well-being! No energy healing experience necessary. This loving energy is needed more than ever to help us deal and navigate the reality in which we are living. Reiki can assist us in ways that we cannot even fathom. Let Reiki support our wellness and live the stress-free life that we all deserve.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 7pm-9pm Sep 18, 2023 2wks \$39 (\$25sr) PR-4658

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## **Spring Cleaning Our Bodies and How to Boost the Immune System**

In today's fast paced health challenged world, it is vital to take charge of one's own health. This online course takes aim at understanding the basics of blockages in energy flow through-out our bodies and how to re-store wellness. We focus on the how and why we need to improve and rebuild wellness and what that all entails. Areas of discussion: where on the shelf can we find what we need? What are the toxins blocking the body's ability to heal? Understanding the deficiencies and immune specific challenges needed to move forward.

\*Remote Course Offering

Sat 9am-11am Sep 9, 2023 6wks \$118 (\$77sr) PR-4268

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## **Staying Well Using Self-Care**

Keep well using self-care based in Chinese Medicine to help you stay healthy! Nutrition, acupressure, self-massage, and movement techniques will be explored during this remote class. Boost immunity, improve sleep, and learn ways to be healthy and active.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 14, 2023 4wks \$79 (\$51sr) PR-4466

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## Tapping - EFT

Tapping, also known as EFT (Emotional Freedom Technique), is a holistic self-healing therapy that can assist in a range of issues. The practice consists of tapping with your fingertips on specific meridian points while focusing on negative emotions or physical sensations. Doing this helps calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Wed 7pm-9pm Sep 20, 2023 2wks \$39 (\$25sr) PR-4454

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## The Mind Unleashed

Physical manifestation is nothing more than an end result of focused thought. Increase your success rate of manifesting your desires, reduce distraction as much as possible, discipline your mind, increase your emotional desire towards your goals, think about them on a regular basis, and take action that supports your desires. Learn how to strengthen your thoughts then manifestation will happen.

Overland PS 55 Overland Drive, North York  
Sat 9am-12pm Sep 30, 2023 1wks \$29 (\$19sr) PR-4286

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## Wellness Workshop - Dealing with Stress

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

Leaside High School 200 Hanna Road, East York  
Mon 7pm-9pm Sep 11, 2023 8wks \$157 (\$102sr) PR-4306

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## Interior Design

### Interior Design: Home Décor

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

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 6pm-8:30pm Sep 13, 2023 11wks \$270 (\$175sr) PR-4115  
Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4652  
Lester B. Pearson CI 150 Tapscott Road, Scarborough  
Tue 8pm-10pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4450

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 6:30pm-9pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4538  
Western Tech. & Comm. School 125 Evelyn Crescent, Toronto  
Thu 6:30pm-9pm Sep 14, 2023 11wks \$270 (\$175sr) PR-4507

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## 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 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4398  
Lester B. Pearson CI 150 Tapscott Road, Scarborough  
Tue 7pm-8:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4443

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### Arabic Intermediate

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

\*Remote Course Offering

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4405

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### Cantonese Beginner

The basics of the Cantonese language will be taught using a combination of grammar, vocabulary, reading and conversation. You will learn and practice the language through various activities in a fun and relaxing environment.

\*Remote Course Offering

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4530

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### 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

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4090  
Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4156  
Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4401  
Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4114

Sat 9am-11am Sep 9, 2023 11wks \$216 (\$140sr) PR-4253  
Cedarbrae Collegiate Institute 550 Markham Road, Scarborough  
Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4224  
Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4535

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## **French Beginner Level II**

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

\*Remote Course Offering

Wed 6:30pm-8:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4602  
Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4487  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 9:30am-11:30am Sep 12, 2023 11wks \$216 (\$140sr) PR-4212

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## **French Intermediate**

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

Leaside High School 200 Hanna Road, East York  
Mon 6:15pm-8:15pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4299  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 12pm-2pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4211

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## **French Intermediate Level II**

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

Leaside High School 200 Hanna Road, East York  
Wed 6:15pm-8:15pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4312

## **French Intermediate Level II ★**

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

Overland PS 55 Overland Drive, North York  
Wed 9:30am-11:30am Sep 13, 2023 11wks \$216 (\$140sr) PR-4366

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## **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 12pm-2pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4351

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## **Greek, Modern Beginner**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4475

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

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4512

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## **Hindi Beginner**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4458

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## **Italian Beginner**

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

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4302

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6:30pm-8:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4445

Mimico Adult Centre 255 Royal York Road, Etobicoke

Fri 10am-12pm Sep 15, 2023 11wks \$216 (\$140sr) PR-4040

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4483

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4148

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## **Italian Beginner ★**

Emphasis is on basic conversational Italian in everyday situations. Interactive methods are used to develop language skills. This course offers the basics using a combination of grammar, vocabulary, reading and conversation. An Italian/English Dictionary may be required.

Overland PS 55 Overland Drive, North York

Thu 2:15pm-4:15pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4367

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## **Japanese: Level I**

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

Central Technical School 725 Bathurst Street, Toronto

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4605

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## **Japanese: Level II**

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

\*Remote Course Offering

Tue 7pm-9pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4582

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## **Korean Beginner**

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

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4118

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## **Let's Speak Japanese**

Let's study practical Japanese conversation together. This course is for those who have understanding and basic skills in Japanese, hiragana and katakana. It will further develop your listening and speaking skills and will focus on using appropriate vocabulary in social situations when making requests, when describing experiences, etc. Learners are recommended to have taken Japanese Level II or equivalent. A Japanese/English Dictionary may be required.

\*Remote Course Offering

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4613

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## **Mandarin Chinese Beginner**

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

\*Remote Course Offering

Wed 7:30pm-9:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4557

Agincourt CI 2621 Midland Avenue, Agincourt

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4120

Cecil Community Centre 58 Cecil Street, Toronto

Mon 11am-1pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4034

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-9pm Sep 12, 2023 11wks \$270 (\$175sr) PR-4581

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4495

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## **Mandarin Chinese Beginner Level II**

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

\*Remote Course Offering

Wed 5:30pm-7:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4561

Cecil Community Centre 58 Cecil Street, Toronto

Mon 1:30pm-3:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4391

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## **Portuguese Beginner**

This course begins with the basics using a combination of grammar, vocabulary, reading and conversation. Participants will learn and practice through various activities in a fun and relaxing environment. Short sentences and dialogue will build vocabulary and teach pronunciation. A Portuguese/English dictionary may be required.

\*Remote Course Offering

Wed 5:30pm-7:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4560

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## **Spanish Advanced**

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

\*Remote Course Offering

Sat 10:30am-12:30pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4519

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## Spanish Beginner

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

\*Remote Course Offering

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4520

Mon 7:30pm-9:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4099

Tue 5:30pm-7:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4542

Thu 9am-11am Sep 14, 2023 11wks \$216 (\$140sr) PR-4216

Central Technical School 725 Bathurst Street, Toronto

Tue 6:45pm-8:45pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4592

Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4617

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4464

Leaside High School 200 Hanna Road, East York

Wed 6pm-8pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4321

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7:45pm-9:45pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4438

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4500

Northview Heights SS 550 Finch Avenue West, North York

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4661

Overland PS 55 Overland Drive, North York

Mon 2:15pm-4:15pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4360

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4155

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## Spanish Beginner Level II

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

\*Remote Course Offering

Mon 5:30pm-7:30pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4100

Tue 7:30pm-9:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4548

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4588

Thu 6:45pm-8:45pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4618

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4465

Leaside High School 200 Hanna Road, East York

Mon 6pm-8pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4305

Overland PS 55 Overland Drive, North York

Thu 2:15pm-4:15pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4358

Richview Collegiate Institute 1738 Islington Avenue, Etobicoke

Mon 8pm-10pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4164

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## Spanish Conversation I

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

\*Remote Course Offering

Wed 7:30pm-9:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4563

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## Spanish Conversation II

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

\*Remote Course Offering

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4141

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## Spanish Intermediate

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

\*Remote Course Offering

Sat 8:30am-10:30am Sep 9, 2023 11wks \$216 (\$140sr) PR-4521

Thu 11:30am-1:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4215

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-8pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4573

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4485

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 8pm-10pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4501

Overland PS 55 Overland Drive, North York

Wed 2:30pm-4:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4359

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## Spanish Intermediate Level II

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

\*Remote Course Offering

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4550

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-8:30pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4598

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## Spanish for Travellers

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

Central Technical School 725 Bathurst Street, Toronto

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4577

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 8pm-9:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4463

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## Music

### Basic Chord Piano III

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

\*Remote Course Offering

Tue 1pm-2:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4349

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### Basic Jazz and Rock Piano

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

\*Remote Course Offering

Thu 3pm-4:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4348

Thu 8pm-9:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4611

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### Guitar Beginner

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

\*Remote Course Offering

Wed 10am-12pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4213

Burnhamthorpe CI 500 The East Mall, Etobicoke

Sat 9am-11am Sep 9, 2023 11wks \$216 (\$140sr) PR-4255

Central Technical School 725 Bathurst Street, Toronto

Tue 6:30pm-8:30pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4591

Georges Vanier SS 3000 Don Mills Road, North York

Thu 7pm-9pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4127

Leaside High School 200 Hanna Road, East York

Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4297

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4441

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## **Guitar Beginner Level II**

This course is 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.

Leaside High School 200 Hanna Road, East York

Wed 7pm-9pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4326

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## **Guitar Intermediate**

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

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-8:30pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4621

Mimico Adult Centre 255 Royal York Road, Etobicoke

Wed 1pm-3pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4214

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## **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.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4433

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## **Piano Keyboarding Beginner: Level I**

This is a course designed for students with no previous playing experience. Focus will be on the development of playing hands together, phrasing, dynamics and rhythmic concepts. Learners

must have their own keyboard.

\*Remote Course Offering

Mon 8pm-9:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4569

Tue 3pm-4:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4355

Tue 8pm-9:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4593

Wed 3pm-4:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4357

Wed 8pm-9:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4601

Thu 6pm-7:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4614

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## **Piano Keyboarding Beginner: Level II**

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

\*Remote Course Offering

Fri 1pm-2:30pm Sep 15, 2023 11wks \$162 (\$105sr) PR-4353

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## **Piano Keyboarding Beginner: Level III**

This is a continuation of Piano Keyboarding Beginner Level II. Level III will cover further reading of notes on the entire treble and bass staff. 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

Mon 3pm-4:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4352

Wed 6pm-7:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4609

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## **Piano Keyboarding Beginner: Level IV**

This 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

Thu 1pm-2:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4354

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## **Piano Keyboarding Intermediate**

Designed for learners with some previous playing experience. Further development of playing hands together, phrasing, dynamics, and new rhythmic concepts such as triplet notes are explored. Extended ledger lines will also be covered. Learners must have their own keyboard.

\*Remote Course Offering

Mon 1pm-2:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4356

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## Theory Musicianship

This course is designed to teach you the basics of music theory. Students will learn, practice and review the music alphabet, staff notation, rhythm and note values, time/key signatures, major keys and scales. Some keyboards are available, but students may bring their own.

\*Remote Course Offering

Mon 6pm-7:30pm Sep 11, 2023 11wks \$162 (\$105sr) PR-4567

Fri 3pm-4:30pm Sep 15, 2023 11wks \$162 (\$105sr) PR-4361

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## Theory Musicianship Level II

This is a continuation of the Theory Musicianship course. Students will learn, practice and review music terms and symbols, additional rhythm and note values, intervals, key signatures, additional scales, transposition and basic chord formations/chord progressions. Focus will also be on the development of finger technique when playing the piano by applying many of the theory concepts covered in this course. Learners must have their own keyboard.

\*Remote Course Offering

Tue 6pm-7:30pm Sep 12, 2023 11wks \$162 (\$105sr) PR-4595

Wed 1pm-2:30pm Sep 13, 2023 11wks \$162 (\$105sr) PR-4362

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## Vocal Jazz Music

Do you want to unleash your inner Ella, croon like Frank, swing like Billie? Whether you're a beginner who wants to sing with more confidence, or a seasoned singer wanting to expand your skills, or someone who just has a love of music, this course will help you experience the joy of song. Come to explore the rich and varied tradition of Vocal

Jazz performance while learning to hone your performance skills. In the last class learners will have the opportunity to work with musicians. Final price includes the fee of \$20.00 to cover the cost of the musicians.

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 7pm-9pm Sep 12, 2023 11wks \$236 (\$160sr) PR-4431

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## Self-Development

### Apicosmetics

Focus on Beauty and the Honeybee, and how the honeybee is a creature of love, helping nature to make and render natural beauty products. We will learn how the natural products of the beehive can be used to improve and ameliorate the aesthetics of participants. All the products of the hive will be mentioned through an esthetic

optic. Further discussion will include, bee venom, and how it can be used to diminish scars wrinkles and warts, and the benefits of taking honey baths to moisturize the skin, and basic first aid using products of the hive. Final price includes material fee of \$35.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke

## **Conflict Management**

Conflict can arise with friends, family or business and considering the elements of conflict can take you to a rational place for discussion. Through this course, learn how to get on the right track in the heat of conflict.

Overland PS 55 Overland Drive, North York

Sat 1pm-3pm Sep 9, 2023 11wks \$216 (\$140sr) PR-4276

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## **Emotional Intelligence**

Emotional Intelligence (or EQ (Emotional Quotient) is the ability to understand, use, and manage your

own emotions in positive ways. In this course, acquire EQ to relieve stress, communicate effectively, empathize with others and overcome challenges.

Overland PS 55 Overland Drive, North York

Wed 5pm-7pm Sep 13, 2023 11wks \$216 (\$140sr) PR-4553

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## **Hairdressing and Styling Beginner**

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

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-9pm Sep 14, 2023 11wks \$424 (\$311sr) PR-4477

Overland PS 55 Overland Drive, North York

Mon 6:15pm-9:15pm Sep 11, 2023 11wks \$424 (\$311sr) PR-4549

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## **How to Make Your Own Oracle Cards**

This class is a journey through the unlimited potential of your creativity. An opportunity to connect to your intuition and inspiration, channel messages, develop and keep your creativity flowing. Open your creative channel with simple, fun, and inspiring intuitive art and a channeled writing process. Embrace art and its healing powers, tap deep into yourself, and allow expression to surface free. Bring the following materials to the first class: note book, kraft paper or sketchbook, colored pencils, markers, and watercolours.

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Sep 16, 2023 1wks \$29 (\$19sr) PR-4278

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## **How to Read Photos**

Did you know that photographs of people, places and things hold a subtle energy and once you develop the skill of photo reading you can receive amazing psychic impressions of them? Discover your clairvoyant, clairsentient, or

clairaudient powers by working with photographs. Join likeminded people, have fun while learning how to become more psychically receptive no matter who or what you are reading.

Overland PS 55 Overland Drive, North York

Sat 9:30am-12:30pm Sep 23, 2023 1wks \$29 (\$19sr) PR-4279

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## **Make-Up Artistry**

In this course you will learn the basics of make-up application, current make-up trends, and the proper usage of tools. Techniques to enhance face shapes and facial features are taught through demonstration. Through personalized instruction, go from casual day make-up to a glamorous night look with the swipe of a brush. Students are required to have make-up products and tools for the first class, for a list of items required, please visit the website, click the material list pdf under Files just above the Course Schedule.

\*Remote Course Offering

Tue 6pm-8pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4182

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## **Make-Up Artistry Advanced**

Gain further knowledge and experience of advanced makeup techniques, tools, and trends. In this course, learn the skills and strategies needed to emphasize the common facial structure points. Students are required to have make-up products and tools for the first class, for a list of items required, please visit the website, click the material list pdf under Files just above the Course Schedule.

\*Remote Course Offering

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4192

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## **Sewing**

### **Pattern Drafting and Design Part I**

Create your own look with creativity, style and fit. Learners will be supplied with ½ size pattern drafting slopers and learn many techniques including dart manipulation, pockets and finishes. We will take this knowledge to create your own skirt block and adapt commercial patterns to personal measurements and designs. Learners will need a clear plastic drafting ruler, drafting paper, masking tape and pencils for the first class. Final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$329 (\$216sr) PR-4597

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### **Sewing Advanced**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 9am-12pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4039

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## **Sewing Alterations and Repairs**

This course is designed for beginner sewers, or those without any sewing experience at all. A variety of sewing techniques; done by both machine or by hand, such as blind stitch, hemming and zipper replacement, on all types of garments (jeans, dress, jackets, etc.) When the course has been completed, learners will be able to alter their own clothing, without having to pay someone else to do the same job. Learners are required to bring a simple sewing kit and one garment to alter for the first class. Strongly recommended that you bring your own sewing machine as we cannot guarantee use of one at the site. Final price includes shop fee of \$5.00.

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Wed 7pm-9:30pm Sep 13, 2023 11wks \$275 (\$181sr) PR-4429

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## **Sewing Beginner**

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

Agincourt CI 2621 Midland Avenue, Agincourt  
Wed 7pm-9:30pm Sep 13, 2023 11wks \$275 (\$181sr) PR-4119  
Central Technical School 725 Bathurst Street, Toronto  
Tue 6:30pm-9:30pm Sep 12, 2023 11wks \$329 (\$216sr) PR-4587  
Lester B. Pearson CI 150 Tapscott Road, Scarborough  
Tue 8pm-10pm Sep 12, 2023 11wks \$216 (\$140sr) PR-4452  
Mimico Adult Centre 255 Royal York Road, Etobicoke  
Mon 7pm-9:30pm Sep 11, 2023 11wks \$275 (\$181sr) PR-4418

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## **Sewing Beginner ★**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke  
Tue 9am-12pm Sep 12, 2023 11wks \$329 (\$216sr) PR-4368

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## **Sewing Intermediate**

This course is for students who have learned the basics skills of sewing and are familiar with using commercial patterns. We will learn how to adjust commercial patterns for correct fit and learn the sewing techniques to make your garment look and fit great. Students will require a sewing kit and

supplies to complete samples and a personal project. The final price includes a shop fee of \$5.00.

Central Technical School 725 Bathurst Street, Toronto

Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$329 (\$216sr) PR-4615

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## **Sewing Intermediate ★**

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

Mimico Adult Centre 255 Royal York Road, Etobicoke

Tue 12:30pm-3:30pm Sep 12, 2023 11wks \$329 (\$216sr) PR-4369

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## **Sewing for the Home**

Want to learn how to add that personal touch to your home that you simply can't buy in a store. This course introduces a variety of projects including toss pillows, shams, reusable produce/gift bags, plus seam finishes and sewing techniques. We will create samples together as a class and you will be able to discuss and apply this knowledge to your own personal projects for the home. Students should have a basic knowledge of sewing, bring 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.

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4568

Mimico Adult Centre 255 Royal York Road, Etobicoke

Mon 12:30pm-3:30pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4038

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## **Sewing: Fashion and Home Decor**

Learners will explore the elements of design used to create clothing and home décor. Sewing techniques that can be applied to either clothing, home décor or alterations and repairs will be shown throughout the term. Learn how to use basic sewing patterns and by the end of the course, you will create a sample binder of types of seams, zipper applications, fabric terms and fabric samples for future use. Final price includes material fee of \$5.00.

Cedarbrae Collegiate Institute 550 Markham Road, Scarborough

Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$329 (\$216sr) PR-4230

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## **Sports**

### **Badminton**

Here is the perfect opportunity to develop your badminton skills through play! You will be taught individual and team techniques and basic skills through instruction and round-robin play. Students must provide own racquets. Final price includes material fee of \$5.00

Lester B. Pearson CI 150 Tapscott Road, Scarborough

Tue 6pm-8pm Sep 12, 2023 11wks \$221 (\$145sr) PR-4449

Newtonbrook Secondary School 155 Hilda Avenue, North York

Thu 8pm-9:30pm Sep 14, 2023 11wks \$167 (\$110sr) PR-4488  
Northern Secondary School 851 Mount Pleasant Road, Toronto  
Tue 7pm-9pm Sep 12, 2023 11wks \$221 (\$145sr) PR-4545  
Northview Heights SS 550 Finch Avenue West, North York  
Wed 7pm-8:30pm Sep 13, 2023 11wks \$167 (\$110sr) PR-4407  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 11:45am-1:45pm Sep 9, 2023 11wks \$221 (\$145sr) PR-4238

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## **Badminton for Intermediate Players**

Badminton is a dynamic sport enjoyed by millions around the world. To play at the highest level, athletes are not only required to have great physical capabilities, but also refined technical skills. In this intermediate badminton course, learners will build upon the foundation of basic techniques and fine tune and sharpen their skills to play a faster and more offense game. Lessons include how to block smashes, footwork, and both double and single game positioning, tactics and drilling. Final price includes material fee of \$5.00.

Newtonbrook Secondary School 155 Hilda Avenue, North York  
Thu 6pm-7:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4489

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## **Basketball for Women**

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

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Thu 8pm-9:30pm Sep 14, 2023 11wks \$167 (\$110sr) PR-4186  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 12:15pm-1:45pm Sep 9, 2023 11wks \$167 (\$110sr) PR-4528

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## **Golf Beginner**

Basic fundamentals of the golf swing will be covered, along with other topics. Final price includes a material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York  
Mon 6:30pm-8pm Sep 11, 2023 11wks \$167 (\$110sr) PR-4093  
Leaside High School 200 Hanna Road, East York  
Wed 6:30pm-8pm Sep 13, 2023 11wks \$167 (\$110sr) PR-4324

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## **Golf Intermediate**

The fundamentals of the golf swing and putting will be reviewed. Final price includes material fee of \$5.00.

Don Mills Collegiate Institute 15 The Donway East, North York  
Mon 8pm-9:30pm Sep 11, 2023 11wks \$167 (\$110sr) PR-4094

## **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 material fee of \$5.00.

Overland PS 55 Overland Drive, North York  
Sat 1pm-2:30pm Sep 9, 2023 11wks \$167 (\$110sr) PR-4524

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## **Pickleball Beginner**

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

Central Technical School 725 Bathurst Street, Toronto  
Mon 6pm-7:30pm Sep 11, 2023 11wks \$167 (\$110sr) PR-4578  
Mon 7:30pm-9pm Sep 11, 2023 11wks \$167 (\$110sr) PR-4579  
Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-7:30pm Sep 14, 2023 11wks \$167 (\$110sr) PR-4480

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## **Soccer-Indoor for Men**

This course is organized for soccer players with three or more years experience. It gives the seasoned player a chance to refine their skills, keep fit and have fun during the off season. Final price includes material fee of \$5.00.

Burnhamthorpe CI 500 The East Mall, Etobicoke  
Tue 7:30pm-9:30pm Sep 12, 2023 11wks \$221 (\$145sr) PR-4181

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## **Tennis Beginner**

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

Central Technical School 725 Bathurst Street, Toronto  
Tue 6pm-7:30pm Sep 26, 2023 9wks \$138 (\$91sr) PR-4589  
Tue 7:30pm-9pm Sep 26, 2023 9wks \$138 (\$91sr) PR-4590  
Wed 6pm-7:30pm Sep 27, 2023 9wks \$138 (\$91sr) PR-4599  
Wed 7:30pm-9pm Sep 27, 2023 9wks \$138 (\$91sr) PR-4600  
Thu 6pm-7:30pm Sep 28, 2023 9wks \$138 (\$91sr) PR-4619

Thu 7:30pm-9pm Sep 28, 2023 9wks \$138 (\$91sr) PR-4620  
Northview Heights SS 550 Finch Avenue West, North York  
Mon 6pm-7:30pm Sep 11, 2023 11wks \$167 (\$110sr) PR-4400  
Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 8:30am-10am Sep 9, 2023 11wks \$167 (\$110sr) PR-4240

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## **Tennis Intermediate**

Individual instruction and practice are provided for students with some tennis experience. Large classes will be divided into groups. This course will be taught in an indoor gymnasium. Please bring your own tennis racket to class. Final price includes a material fee of \$5.00.

Thistletown CI 20 Fordwich Crescent, Etobicoke  
Sat 10:15am-11:45am Sep 9, 2023 11wks \$167 (\$110sr) PR-4241

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## **Volleyball**

Come and play the sport that is becoming more and more popular and get a great workout at the same time. This recreational co-ed course will develop your interest in physical activity and promote your well-being.

Northern Secondary School 851 Mount Pleasant Road, Toronto  
Mon 7pm-9pm Sep 11, 2023 11wks \$216 (\$140sr) PR-4534

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## **Theatre, Film & TV**

### **Cinema Studies**

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

Central Technical School 725 Bathurst Street, Toronto  
Mon 6:30pm-9:30pm Sep 11, 2023 11wks \$324 (\$211sr) PR-4634

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### **Cinematography**

Cinematography and videography, analog and digital, are explored in-depth in this theoretical course. Starting from the basics, these classes will take you deeper in the realm of professional cinematography by teaching you techniques used all around the world by the professionals of the craft. Lenses, lights, color, recording systems, formats, standards, frame composition, indoor, outdoor and more. Learn all the tools you will need to operate any film or video camera and light your shots like a pro.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4472

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## **Drama Beginner**

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

Central Technical School 725 Bathurst Street, Toronto

Mon 6:30pm-9pm Sep 11, 2023 11wks \$270 (\$175sr) PR-4574

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## **History of Films**

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

Lectures are implemented as open for discussion multimedia presentations based on films fragments, stills, and charts.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Thu 6pm-8pm Sep 14, 2023 11wks \$216 (\$140sr) PR-4476

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## **Improv: An Introduction**

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

Central Technical School 725 Bathurst Street, Toronto

Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4641

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## **Producing a Short Film**

This introductory lecture course will cover the fundamentals of filmmaking from beginning to end. From the original idea to film distribution, you will learn the step-by-step procedures of making an independent film or documentary. Topics will include story writing, elements of shooting a film, pre and post production, distribution and equipment, production planning, copyright and other legal considerations, cinematography, post production and distribution.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto

Wed 6pm-9pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4460

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## **Screenplay Writing: Basic Elements**

This creative writing course covers the tools of storytelling in screenplay form including character and dialogue development and narrative theory and structure. These tools can be applied to various forms of screenplays - dramatic, documentary and experimental. Have a writing notebook ready.

Central Technical School 725 Bathurst Street, Toronto  
Thu 6:30pm-9:30pm Sep 14, 2023 11wks \$324 (\$211sr) PR-4649

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## **Video Storytelling**

This course is for those who want to create their own videos for business or their portfolio. Combining storytelling and video making, come with your ideas and be ready to learn how to create and engage an audience with your video content. Learners will need to know the basics of how to use a desktop computer. The use of a smartphone and an iPad will also be discussed in this course.

Central Technical School 725 Bathurst Street, Toronto  
Wed 6:30pm-9:30pm Sep 13, 2023 11wks \$324 (\$211sr) PR-4644

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## **Visual Directing**

A film is good or bad, yes, but why? In this course, learn all the techniques used by today's most famous directors to enthrall their audiences and keep them at the edge of their seats for a whole movie. Shot-by-shot detailed analysis of some scenes from the most famous films of the last 30 years will show you how the likes of Steven Spielberg prepare and transfer their stories to the big screen while maximizing the emotional stimuli for spectators.

Danforth CTI/Greenwood SS 800 Greenwood Avenue, Toronto  
Thu 8pm-9:30pm Sep 14, 2023 11wks \$162 (\$105sr) PR-4486

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