

AT A GLANCE – REGISTERED COURSES

Registration begins on March 8, 2017 at 9 pm online or March 9 in person.

Program	Description	Day(s)/ Time	Age Group	Spring Dates/Cost/Barcode	Summer Dates/Cost/Barcode
Chair Exercise	Exercises are performed while sitting in the chair, or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Excellent alternative to low impact aerobics, when combined with walking. Chair-exercise is ideal for those with arthritis, osteoporosis or those starting an exercise program.	Mondays 10:30 – 11:30 a.m. (spring) 9:30 – 10:30 (summer)	50 +	March 20 – June 19, 2017 (no classes on April 17 or May 22) \$83.25 for Members \$89.25 for Non-Members Barcode: 1089229	July 10 – August 28, 2017 \$48.75 for Members \$54.75 for Non-Members Barcode: 1089535
Chair Exercise	See description above.	Wednesdays 9 – 10 a.m.	50 +	March 22 – June 21, 2017 \$97.25 for Members \$103.25 for Non-Members Barcode: 1089237	July 5 – August 30, 2017 \$62.50 for Members \$68.50 for Non-Members Barcode: 1089540
Chair Exercise	See description above.	Fridays 9 – 10 a.m.	50 +	March 24 – June 23, 2017 (no class on April 14) \$90.25 for Members \$96.25 for Non-Members Barcode: 1089254	July 7 – September 1, 2017 \$62.50 for Members \$68.50 for Non-Members Barcode: 1089544

Nordic Walking	Low-impact, high-energy ultimate workout that enhances your walking with 20 – 40 % more caloric expenditure. Excellent for cardio, posture and upper body strength because of the use of Nordic poles. Must be able to walk for 45 minutes. Poles provided.	Fridays 10 – 11 am	50+	May 19 – June 30, 2017 \$68.75 for Members \$74.75 for Non-Members Barcode: 1089334	No class in the summer session.
Tai Chi	A gentle peaceful way to tone and strengthen your body as well as improve concentration, coordination and balance. The slow, graceful movements calm the mind and energize the body.	Tuesdays 11 a.m. – 12 p.m. Level 1 Beginner	50 +	March 28 – May 30, 2017 \$98.00 \$88.25 (65+) Barcode: 1089360	See Tai Chi Studio
Tai Chi	See description above.	Tuesdays 10 – 11 a.m. Level 2 Intermediate	50 +	March 28 – May 30, 2017 \$98.00 \$88.25 (65+) Barcode: 1089427	See Tai Chi Studio
Tai Chi	See description above.	Tuesdays 9 – 10 a.m. Level 3 Advanced	50 +	March 28 – May 30, 2017 \$98.00 \$88.25 (65+) Barcode: 1089436	See Tai Chi Studio
Tai Chi Studio	Practice time for students who have a good knowledge of Tai Chi. No instruction provided.	Tuesdays 9 – 10 a.m.	50 +	Only offered in the summer session.	June 6 – August 29, 2017 \$2.25 drop-in fee each week

Line Dancing	A variety of line dances will be taught during this session. No experience necessary, just come out and have fun.	Fridays 10:30 – 11:30 a.m. Level 1	50 +	March 31 – May 26, 2017 \$61.00 for Members \$67.00 for Non-Members Barcode: 1089475	No class in the summer session.
Line Dancing	A variety of line dances will be taught during this session. No experience necessary, just come out and have fun.	Mondays 10:30 – 11:30 a.m. Level 2	50 +	March 27 – May 29, 2017 (No classes on April 17 and May 22) \$61.00 for Members \$67.00 for Non-Members Barcode: 1089499	No class in the summer session.
Facebook®	See how to use Facebook® safely to share what you have been up to with family and friends. Share pictures, videos, articles. Find old friends. Presentation – no computer required.	Saturday 10:00 am - noon	50+	March 11 \$20.50 for members \$25.50 for non-members Barcode: 1070238	
iPad® 1 – Using the iPad® to Keep in Touch	Learn iPad® basics. Keep in touch using email, messaging, and video calls. Gain experience browsing the internet and saving web pages. Share iPad® content with others. Control the iPad® using your voice. Bring your own iPad® (iPad® 2 or later).	Saturday 9:30 am – 2:30 pm	50+	March 25 \$52.50 for members \$57.50 for non-members Barcode: 1089603 You need to bring your own working iPad® (iPad® 2 or later), power cable, Apple ID and password and your mail user and password (just in case). Bring a lunch as well.	

<p>iPad® 3 – Using the iPad® for Pictures</p>	<p>Move to the next steps. Learn about amazing photo and video capabilities of the iPad®. Share photo albums in the cloud. Experience entertainment capabilities such as home movies, streaming TV, and collecting music. Bring your own iPad® (iPad® 2 or later).</p>	<p>Saturday 9:30 am – 2:30 pm</p>	<p>50+</p>	<p>April 8 \$52.50 for members \$57.50 for non-members Barcode: 1090777 You need to bring your own working iPad® (iPad® 2 or later), power cable, Apple ID and password and your mail user and password (just in case). Bring a lunch as well.</p>	
<p>iPad® 4 – Using the iPad® to get Organized</p>	<p>Use the iPad® to get yourself organized. Create notes, to-do lists, reminders, and appointments. Use the iPad® as an e-reader. See how the iPad® can remind you of important tasks and events. Bring your own iPad® (iPad® 2 or later).</p>	<p>Saturday 9:30 am – 2:30 pm</p>	<p>50+</p>	<p>May 13 \$52.50 for members \$57.50 for non-members Barcode: 1090845 You need to bring your own working iPad® (iPad® 2 or later), power cable, Apple ID and password and your mail user and password (just in case). Bring a lunch as well.</p>	
<p>iPad® Lesson 1</p>	<p>Designed for new users or those undecided about purchasing an iPad®. See how to keep in touch with family and friends using e-mail and messaging. Learn how to find stuff on the internet. Learn about the different options available on the iPad® before you buy one. Presentation – No iPad® required.</p>	<p>Saturday 10:00 am – 1:00 pm</p>	<p>50+</p>	<p>April 29 \$31.50 for members \$36.50 for non-members Barcode: 1090834</p>	

iPhone® 1	Learn iPhone® basics: create contacts, make calls, send messages, find locations. If you are uncomfortable with your iPhone®, or want to know if you should buy an iPhone®, this is for you! Presentation - No iPhone® required.	Saturday 10:00 am – 1:00 pm	50+	June 3 \$31.50 for members \$36.50 for non-members Barcode: 1090858	
iPad®/ iPhone® Special Event	Learn how to copy songs and pictures to your iPad® or iPhone®. See how to use the iPad® with an iPhone®, computer, speakers and TV. Learn about iTunes, iCloud and Dropbox. Presentation – No iPad® or iPhone® required.	Saturday 10:00 am – 1:00 pm	50+	May 27 \$31.50 for members \$36.50 for non-members Barcode: 1090871	
Tap Dancing – Level 1 *	Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine.	Thursdays 2 – 3 p.m.	50 +	March 23 – June 15, 2017 \$108.25 for Members \$114.25 for Non-Members Barcode: 1056895	No class in the summer session.
Tap Dancing – Level 2 *	Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course.	Tuesdays 2 – 3 p.m.	50 +	March 21 – June 13, 2017 \$108.25 for Members \$114.25 for Non-Members Barcode: 1056961	No class in the summer session.

Tap Dancing – Level 2 *	Intermediate tap for fun and exercise. Previous tap experience or completion of a beginner class is a prerequisite for this course.	Thursdays (must be registered in Tuesdays class in order to register in Thursdays) 1 – 2 p.m.	50+	March 23 – June 15, 2017 \$108.25 for Members \$114.25 for Non-Members Barcode: 1056966	No class in the summer session.
Tap Dancing – Performance Group *	Work towards a polished routine in order to perform for other seniors around the City.	Tuesdays 1 – 2 pm	50+	March 21 – June 13, 2017 \$108.25 for Members \$114.25 for Non-Members Barcode: 1056984	No class in the summer session.
Stage Performance Class *	Singing and dancing (simple jazz). Work on large production singing and dance numbers as well as smaller ones – from solos to quartets and comedic numbers. The goal is to perform at retirement homes plus one larger show.	Tuesdays 12 – 1 p.m.	50+	March 21 – June 13, 2017 \$108.25 for Members \$114.25 for Non-Members Barcode: 1057018	No class in the summer session.

***These classes take place at the Creative Arts Centre, 35 Stafford Rd. in Bells Corners – Registration has already started so you can register anytime.**