

## AT A GLANCE – REGISTERED COURSES

**Registration begins on March 7, 2018 at 9 pm online or March 8 in person.**

<b>Program</b>	<b>Description</b>	<b>Day(s)/ Time</b>	<b>Age Group</b>	<b>Spring Dates/Cost/Barcode</b>	<b>Summer Dates/Cost/Barcode</b>
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 19 – June 18, 2018 (no classes on April 2 or May 21)  \$103.25 for Members \$109.25 for Non-Members  Barcode: 1144013	July 2 – August 27, 2018  \$69.00 for Members \$75.00 for Non-Members  Barcode: 1142352
Chair Exercise	See description above.	Wednesdays  9 – 10 a.m.	50 +	March 21 – June 20, 2018  \$120.50 for Members \$126.50 for Non-Members  Barcode: 1144014	July 4 – August 22, 2018  \$69.00 for Members \$75.00 for Non-Members  Barcode: 1142356
Chair Exercise	See description above.	Fridays  9 – 10 a.m.	50 +	March 23 – June 22, 2018 (no class on March 30)  \$112.00 for Members \$118.00 for Non-Members  Barcode: 1144015	July 6 – August 24, 2018  \$69.00 for Members \$75.00 for Non-Members  Barcode: 1142359

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 4 – June 22, 2018 (no class on May 25)  \$70.00 for Members \$76.00 for Non-Members  Barcode: 1144061	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 27 – May 29, 2018  \$100.00 \$90.00 (65+)  Barcode: 1144078	See Tai Chi Studio
Tai Chi	See description above.	Tuesdays 10 – 11 a.m.  Level 2 Intermediate	50 +	March 27 – May 29, 2018  \$100.00 \$90.00 (65+)  Barcode: 1144066	See Tai Chi Studio
Tai Chi	See description above.	Tuesdays 9 – 10 a.m.  Level 3 Advanced	50 +	March 27 – May 29, 2018  \$100.00 \$90.00 (65+)  Barcode: 1144073	See Tai Chi Studio
Tai Chi Studio	Practice time for students who have a good knowledge of Tai Chi. No instruction	Tuesdays 9 – 10 a.m.	50 +	Only offered in the summer session.	June 5 – August 28, 2018  \$2.25 drop-in fee each week

	provided.				
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 23 – May 18, 2018 (no class on March 30)  \$77.25 for Members \$83.25 for Non-Members  Barcode: 1145113	No class in the summer session.
Line Dancing *	Prerequisite is level 1 or previous Line Dancing experience.	Mondays 10:30 – 11:30 a.m.  Level 2	50 +	March 19 – June 4, 2018 (no classes on April 2 and May 21)  \$101.00 for Members \$107.00 for Non-Members  Barcode: 1145121	No class in the summer session.
Tap Dancing – Level 1 *	Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine. <b>For true beginners.</b>	Thursdays 12 – 1 p.m.	50 +	March 22 – June 21, 2018  \$138.50 for Members \$144.50 for Non-Members  Barcode: 1144101	No class in the summer session.
Tap Dancing – Level 1 *	Basic tap for fun and exercise. Learn the steps and then put them together for a snappy routine. <b>For those who have previously taken a level 1 class.</b>	Thursdays 2 – 3 p.m.	50 +	March 22 – June 21, 2018  \$138.50 for Members \$144.50 for Non-Members  Barcode: 1144112	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 20 – June 19, 2018 (no class on April 17)  \$128.75 for Members \$134.75 for Non-Members	No class in the summer session.

				Barcode: 1144125	
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 22 – June 21, 2018  \$138.50 for Members \$144.50 for Non-Members  Barcode: 1144127	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 20 – June 19, 2018 (no class on April 17)  \$128.50 for Members \$134.50 for Non-Members  Barcode: 1144134	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 20 – June 19, 2018 (no class on April 17)  \$128.50 for Members \$134.50 for Non-Members  Barcode: 1144140	No class in the summer session.
Dropbox®	Learn to use Dropbox® to share your pictures, videos and files between all your	Saturday  10 am – 1 pm	50+	April 14, 2018  \$36.50 for members	

	devices and with your friends. If you have a computer and an iPad® (or tablet) then you need Dropbox®! No computer or iPad® required.			\$42.50 for non-members Barcode 1161329	
Facebook®	See how you can use Facebook® to share pictures, websites and news with your family and friends, and to connect with old friends. Learn how to use Facebook® safely and effectively. No computer or iPad® required.	Saturday 10 am – 1 pm	50+	April 28, 2018 \$36.50 for members \$42.50 for non-members Barcode: 1161341	
Social Media	Learn about popular social media apps. What is the difference between Instagram®, Pinterest®, Facebook®, and WhatsApp®? When should you use them? No computer or iPad® required.	Saturday 10 am – 1 pm	50+	May 12, 2018 \$36.50 for members \$42.50 for non-members Barcode: 1161357	
iPad® Security	Learn about your iPad® security features and how to use it safely. Learn to change your passwords, understand privacy settings, use Touch ID and passcodes, and backup your iPad®. No iPad® required.	Saturday 10 am – 1 pm	50+	May 26, 2018 \$36.50 for members \$42.50 for non-members Barcode: 1161484	

**\*These classes take place at the Creative Arts Centre, 35 Stafford Rd. in Bells Corners**