

LAST NAME:

FIRST NAME:

PHONE # - -

SPRING CLASSES 2010

MONDAY March 29—June 21 No class April 5 & May 24	TUESDAY March 30th—June 22 No class April 6 & June 8	WEDNESDAY March 31—June 23 No class April 7	THURSDAY April 1—June 24 No class April 8	FRIDAY April 2—June 25 No class April 2 & April 9
<p>☺ T'ai Chi Open Practice (Gym) 8:30 am - 9:30 am</p> <p>◆ Women Under Stress (Conference Room) 9:30 am - 12 noon</p> <p>* Yoga with Sandra (Gym) 9:45 am - 10:45 am</p> <p>* Painting (Watercolour) (Church) 10:00 am - 12 noon</p> <p>☺ 3 C's Craft Group (G.P. Room) 10:00 am - 12 noon</p> <p>* Pilates (Gym) 11:00 am - 12 noon</p> <p>☺ Cribbage (G.P. Room) 11:00 am - 12 noon 50¢ Pay as you play</p> <p>* Yoga With Sally (Gym) 12:15 pm - 1:15 pm</p> <p>* Healthy Bones (Gym) 1:20 pm - 2:20 pm</p> <p>New * Healing Meditation (Gym) 2:30 pm - 3:30 pm</p> <p>☺ Euchre (G.P. Room) 1:00 pm - 3:00 pm 50¢ pay as you play</p> <p>☺ Walking and Bird Watching Clubs (Monthly/Seasonal) Schedule available in office</p>	<p>* Folk Art Painting 9:00 am - 11:00 am (G.P. Room) +material fee (payable at 1st class)</p> <p>* Hawaiian Dancing (Gym) 10:00 am - 11:00 am</p> <p>* Co-ed Fitness (Gym) 11:15 am - 12:15 pm OR</p> <p>* Stretch & Strength (Gym) 12:30 pm - 1:30 pm</p> <p>☺ Bingo (G.P. Room) 1:00 pm - 3:00 pm 50¢ Pay as you play</p> <p>* Yoga with Sandra (Gym) 1:45 pm - 2:45 pm</p> <p>☺ Men's Club Mt. Dennis United Church 71 Guestville Ave. LAST TUES/ MONTH 9:30 am - 11:00 am</p>	<p>* Wood, Soapstone & Leather Carving (Church) 8:00 am - 11:00 am</p> <p>☺ Timely Topics (Conference Room) 9:30 am - 11:00 am</p> <p>* Latin Line Dancing (Gym) 9:40 am - 10:40 am</p> <p>New * Osteo-Training (Church) 11:10 am - 12:10 pm</p> <p>* Tai Chi (Introductory) (Gym) 10:45 am - 11:45 am OR</p> <p>* Tai Chi (Continuing) (Gym) 11:50 am - 12:50 pm</p> <p>* Gentle Exercise (Church) 12:20 pm - 1:20 pm OR</p> <p>* Osteo-Exercise (Gym) 1:30 pm - 2:30 pm</p> <p>Conversational Spanish (Gym) 2:40 pm - 3:40 pm</p>	<p>☺ Choir (Gym) 9:00 am - 10:30 am</p> <p>New * Yoga Eglinton Hill Centre (2562 Eglinton Ave. W. Ground Floor) 9:00 am - 10:00 am</p> <p>☺ Social Bridge & Bridge Lessons (Conference Room) 10:00 am - 12 noon 50¢ Pay as you play</p> <p>☺ Cribbage (G. P. Room) 10:00 am - 12:00 noon</p> <p>* Co-ed Fitness (Gym) 10:30 am - 11:30 am OR</p> <p>* Mat Conditioning (Gym) 11:35 am - 12:35 pm</p> <p>☺ Euchre (G.P. Room) 1:00 pm - 3:00 pm 50¢ Pay as you play</p> <p>* Belly Dancing (Gym) 1:30 pm - 2:30 pm</p> <p>☺ Ballroom Dancing Open Practice (Gym) 2:35 pm - 3:30 pm</p>	<p>☺ T'ai Chi Open Practice (Church) 8:30 am - 9:30 am</p> <p>New Pottery (Church) 9:45 am - 11:45 am</p> <p>☺ Scrabble Club (G.P. Room) 9:00 am - 11:00 am 50¢ pay as you play</p> <p>* Beginner Line Dancing (Gym) 9:00 am - 10:00 am OR</p> <p>* Intermediate Line Dancing (Gym) 10:05 am - 11:05 am</p> <p>* Advanced Line Dancing (Gym) Experience Required 11:20 am - 12:20 pm</p> <p>Lunch Connection (G. P. Room) 12 noon - 2:00 pm \$5.00</p> <p>* Osteo-Fit (Gym) 2:00 pm - 3:00 pm</p>

SPRING 2010 Class Registration and Membership Renewal
Tuesday, June 8th 2010
10:00 am – 1:00 pm

Session Fee:	Member	Non-Member
One, 1 hour class	\$30.00	\$48.00
2 classes/hours	\$45.00	\$65.00
Additional classes (to a maximum of \$75.00)	\$5.00	\$8.00

- * Classes offered as part of session fee
- ☺ Membership required
- ◆ No age restriction

ONE REGISTRATION PER PERSON

- First Class - \$30 _____
 - 2nd Class or 2 Hour Class - \$45 _____
 - _____ Additional Classes - \$5 each _____
 - 2010 Membership (\$25.00) _____
 - Newsletter (\$8.00) _____
 - Travel Club Membership (\$6.00) _____
 - Donation _____
- TOTAL:** _____
- Amount Received _____
Balance Owing _____
- Cash Cheque

Membership # _____

I recognize that a risk of injury may be involved in the participation in these programs/activities. I hereby willingly assume such risk of injury or health risk and assume full responsibility during and after my participation in the program. The Syme 55+ Centre cannot be responsible for risk willingly assumed, and I therefore hereby release and forever discharge the Syme 55+ Centre for all actions, damages, claims and demands whatsoever arising by reason of participation in the program or any of its associated activities. Signature: _____ Date: _____