

Adult Programs

Appetizers and Hors D'oeuvres

Appetizers are meant to be very special. Come and learn how to tempt your guests and make them long for more. Everything from egg rolls, mini spanikopita, skewers and more! Additional food cost of \$20.00 payable to the instructor.

Archery - Adult (16 yrs+)

This program is designed to teach adults basic archery skills and techniques. Qualified Instructors will introduce the fundamental skills of archery in a fun and safe environment. All equipment is supplied.

ART - Advanced Acrylics Studio

This challenging course is designed to increase your knowledge and ability in creating your own colourful and expressive abstract paintings. Artists will learn to find your creative voice and to express yourself through the abstract language of colour, shape, form, and line. Other essential elements of art will also be discussed and demonstrated. Lectures, healthy discussions and demonstrations will be used. No materials included. Supply list will be available at www.varleygallery.ca 2 weeks prior. (8 weeks, 20 hours)

ART - Acrylics - Intermediate

This course is designed for those who have some previous experience with acrylic painting. Participants will be encouraged to work in larger formats, using traditional painting materials and fluid acrylics as well as heavy body paints. While technique will remain an important aspect of this course, emphasis will be placed on experimentation and on building a personal style and colour sense, choosing subject matter and open in-class discussions about the work produced. Materials not included. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Acrylics - The Basics and Beyond

Judith Livingston will introduce registrants to unique approaches using acrylic paints, mediums and varnishes. Beginner to experienced painters will enjoy exploring and experimenting with this versatile medium. Whether on paper, canvas or wood, two or three dimensional, realistic or abstract, participants will discover new approaches to self expression. Materials not included. Supply lists are available at www.varleygallery.ca (8 weeks, 20 hrs)

ART - Draw and Paint - Beginner

A course in drawing and painting for the absolute beginner with artist Andrew Hamilton. The emphasis is on learning the fundamentals in drawing such as composition, contour, proportion, form and perspective, painting through focus on colour theory, mixing colour, brush work and composition. Materials not provided. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Drawing for Absolute Beginners

The perfect class for ones who have always wanted to learn to draw but were afraid to take the plunge! This class could be the springboard to further art studies in painting, design. Even if you have little to no instruction, you will learn to turn a blank page into your personal artistic statement as professional artist Glenn Bernabe teaches you the fundamentals of form, perspective, proportion, contour and composition. Students will use conte, charcoal and ink and be introduced to specific exercises designed to develop drawing skills. No materials provided. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)



Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Appetizers and Hors D'oeuvres	18yrs+	Armadale C.C.	Sat	1:30 pm- 3:30 pm	Apr. 3	4	170095	\$54
Archery - Adult (16 yrs+)	16yrs+	Camp Chirno	Wed	7:00 pm- 8:00 pm	May 26	5	170348	\$49
ART - Advanced Acrylics Studio	18yrs+	McKay Art Centre	Wed	1:00 pm- 3:30 pm	Apr. 7	8	170319	\$161
ART - Acrylics - Intermediate	18yrs+	McKay Art Centre	Tue	1:00 pm- 3:30 pm	Apr. 6	8	170320	\$161
ART - Acrylics - The Basics and Beyond	18yrs+	Varley Art Gallery	Tue	7:00 pm- 9:30 pm	Apr. 6	8	170321	\$161
ART - Draw and Paint - Beginner	18yrs+	McKay Art Centre	Wed	10:00 am-12:30 pm	Apr. 7	8	170322	\$161
ART - Drawing for Absolute Beginners	16yrs+	McKay Art Centre	Tue	7:00 pm- 9:30 pm	Apr. 6	8	170323	\$161
ART - Drawing for Absolute Beginners S2	16yrs+	McKay Art Centre	Thu	10:00 am-12:30 pm	Apr. 8	8	170539	\$161

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ART - Hand-built Pottery

Explore one of the oldest forms of artistic expression in this class in hand-built pottery for the beginner to intermediate potter. Students will be introduced to different materials and equipment involved in sculpting, as well as basic techniques in coil, pinch and modeling. Learn how to create one-of-a-kind art that is a combination of function and aesthetics. Students will have the opportunity to create two complete sculptural pieces which will be glazed and kiln-fired (\$45 materials and ceramic firing fee payable at time of registration). Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Landscapes for the Avid Painter

Ideal for the beginner to intermediate artist, our professional artist will assist students with the development of techniques that capture the rhythms, colours and moods of landscape painting. Students will also learn how to use line, shape, colour, and texture and explore the principles of composition, balance and perspective. Artists will work in both acrylic, oil and watercolour, while comparing the contrasting styles and techniques of working with two very different media. Materials not included. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Life Drawing - Beginner

Life drawing for the absolute beginner or the intermediate student, designed to help understand and apply the fundamental principles of drawing the human figure. Participants will explore gestural drawings moving from short to long and more sustained and expressive poses. An additional fee of \$45 is payable to the instructor on the first day of class to cover the expense of a live model for the course. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Mixed Media & Collage

An exciting course which introduces and explores various materials and media, from drawing to collage. This course takes participants through a natural progression from one medium to the next. Materials not provided. (8 weeks, 20 hrs)

ART - Oil Painting - Beginner

In this introductory course you will learn how to use oil paints in a variety of ways experimenting with different art tools and media. Students will also learn how to use line, shape, colour and texture and explore the principles of composition, balance and perspective. Classes are based at the Gallery, allowing participants to study oil painting from the Gallery's permanent collection. Materials not provided. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Photography for Beginners

This introductory course by our professional photographer explores photographic techniques, and how one can express themselves through the camera, to share ideas and inner feelings. Participants will investigate how light affects form, colour and composition; how to choose the right shooting angle and create focal lengths and perspective; light readings in adverse lighting conditions (direct sunlight to street illumination) and how to best utilize light and shadow. Get to know the inner workings of your camera to best utilize this unique instrument so you can capture that moment in time! Cameras not included. Visit www.varleygallery.ca for more details about equipment and supplies required.

ART - The Art of the Portrait

As an homage to Fred Varley, one of Canada's greatest portraitists, participants will learn the foundations of portraiture and experiment with a variety of drawing and painting materials including soft pastels and acrylics (no oil paints). With the emphasis on colour, perspective and design, students will work on different methods from still life and photographs, to mirrors (for self-portraits) and a live model to sharpen their ability to capture likeness. This class is suitable for absolute beginners, and is open to a limited number of students. Students will have a chance to study from the current exhibition, Inner Landscapes: the Portraits of James MacDougall. A nominal fee of \$25 (cash) covering the expense for a live model for selected session(s) must be paid to the instructor on the first day of classes. Materials not included. (8 weeks, 20 hours)

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
ART - Hand-built Pottery	18yrs+	McKay Art Centre	Thu	7:00 pm - 9:30 pm	Apr. 8	8	170324	\$161
ART - Landscapes for the Avid Painter	18yrs+	McKay Art Centre	Thu	1:00 pm - 3:30 pm	Apr. 8	8	170325	\$161
ART - Life Drawing - Beginner	18yrs+	Varley Art Gallery	Thu	7:00 pm - 9:30 pm	Apr. 8	8	170326	\$161
ART - Mixed Media & Collage	18yrs+	McKay Art Centre	Mon	10:00 am - 12:30 pm	Apr. 5	8	170327	\$161
ART - Oil Painting - Beginner	18yrs+	Varley Art Gallery	Wed	7:00 pm - 9:30 pm	Apr. 7	8	170347	\$161
ART - Photography for Beginners	18yrs+	McKay Art Centre	Tue	10:00 am - 12:30 pm	Apr. 6	8	170328	\$161
ART - The Art of the Portrait	18yrs+	McKay Art Centre	Wed	7:00 pm - 9:30 pm	Apr. 7	8	170329	\$161

Adult Programs

ART - The Psychic Artist

Come and explore the Automatiste Revolution personalized for you with instructor Lila Lewis Irving. Discover, document and be delighted with painting processes which herald 'free and uncensored movement of thought'. During this two-day workshop, students will complete a studio work documenting their own personal mythology, marshalling the dynamic and expressive language of automatism. Some materials included. Full supply list available on-line at www.varleygallery.ca

ART - Watercolour - Beginner

Learn the basics of watercolour painting - colour, brush techniques, and other methods of applying the paint. Emphasis will be placed on solid drawing, composition, and colour theory. No experience required. Materials not included. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

ART - Watercolour Progression

Continue the journey of watercolour exploration! Come and learn how this oldest of mediums can be both exciting and rewarding! Develop your knowledge and skills in colour, value and design theories by painting flowers, still lifes, and by using photographs. It is recommended that participants have completed an introductory level course or have some experience with watercolours. Materials not provided. Supply lists can be found online at www.varleygallery.ca (8 weeks, 20 hours)

Badminton - Adult

An opportunity to play recreational badminton with players of varying skill levels. Participants may come at any time during the designated time. This program does not include instruction. Birds supplied, racquet required.

Badminton - Adult - Competitive

Our trained instructor will lead you through a dynamic instructional program with focus on shot techniques, court positioning and strategy of play. Intermediate skills are a prerequisite. Maximum of 12 players ensures quality playing and instructional time.

Badminton - Adult - Intermediate

This program has been designed for the more skilled player. This co-ed setting offers a friendly competitive atmosphere. Birds supplied, racquet required.

Badminton - Family

What better way to enjoy quality time with your family than on the badminton court. Join us for this recreational based program. Racquets required, birdies are provided. Cost is per person.

Badminton - Instructional (16 yrs+)

Here is your opportunity to learn or just refresh your memory on the basics of badminton. This class will include a warm-up and instruction as well as non-competitive play. Participants require a racquet, birds are supplied.

Ballet - Adult - Intro

Many adults wish they had the opportunity to learn ballet, now is your chance! This course will cover the basic technical aspects of ballet. Not only will you have fun learning but you will develop strength, and muscle control.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
ART-The Psychic Artist	18yrs	Varley Art Gallery	Sun	1:00 pm-4:00pm	Feb. 20	2	166227	\$65
ART - Watercolour - Beginner	18yrs+	McKay Art Centre	Mon	7:00 pm-9:30 pm	Apr. 5	8	170330	\$161
		Varley Art Gallery	Tue	7:00 pm-9:30 pm	Apr. 6	8	170331	\$161
ART - Watercolour Progression	18yrs+	Varley Art Gallery	Wed	1:00 pm- 3:30 pm	Apr. 7	8	170332	\$161
Badminton - Adult	16yrs+	Angus Glen C.C.	Mon	7:00 pm- 8:30 pm	Mar. 29	10	168808	\$69.50
			Thu	8:30 pm-10:00 pm	Apr. 1	10	168809	\$69.50
		Centennial C.C.	Wed	8:00 pm- 9:30 pm	Mar. 31	10	168945	\$69.50
		Fr. McGivney C.H.S.	Tue	7:00 pm- 8:30 pm	Mar. 30	8	167909	\$56
			Thu	7:00 pm- 8:30 pm	Apr. 1	8	167911	\$56
Badminton - Adult - Competitive	16yrs+	Fr. McGivney C.H.S.	Thu	8:30 pm-10:00 pm	Apr. 1	8	167913	\$56
Badminton - Adult - Intermediate	16yrs+	Angus Glen C.C.	Mon	8:30 pm-10:00 pm	Mar. 29	10	168824	\$69.50
			Thu	7:00 pm- 8:30 pm	Apr. 1	10	168825	\$69.50
		Armada C.C.	Tue	8:15 pm- 9:45 pm	Mar. 30	10	169527	\$69.50
		Wed	8:15 pm- 9:45 pm	Mar. 31	10	169528	\$69.50	
		Fr. McGivney C.H.S.	Tue	8:30 pm-10:00 pm	Mar. 30	8	167912	\$56
Badminton - Family	6yrs+	Armada C.C.	Sun	1:45 pm- 3:15 pm	Apr. 4	10	169541	\$69.50
		Ellen FairClough PS.	Tue	6:30 pm- 8:00 pm	Mar. 30	10	167928	\$69.50
Badminton - Instructional (16 yrs+)	16yrs+	Middlefield C.I.	Wed	6:30 pm- 8:00 pm	Mar. 31	10	167937	\$69.50
		Thornhill C.C.	Wed	8:30 pm-10:00 pm	Mar. 31	10	170091	\$69.50
Ballet - Adult - Intro	16yrs+	Armada C.C.	Thu	8:45 pm - 9:45 pm	Apr. 1	10	169944	\$63.50
		Thornhill C.C.	Mon	7:30 pm - 8:30 pm	Mar. 29	10	168004	\$63.50

Adult Programs

Ballroom & Latin Dance - Beginners

Learn modern ballroom and Latin American dancing. Our instructors will teach the fox trot, swing, waltz, cha-cha and merengue and many more as you advance. *Fee is per couple.

Ballroom & Latin Dance - Intermediate

Learn modern ballroom and Latin American dancing. This course is for couples who have learned the basic steps. *Fee is per couple.

Ballroom & Latin Dance - Advanced

Learn modern ballroom and Latin American dancing. This course is for couples who have learned the intermediate steps. *Fee is per couple.

Ballroom & Latin Dance - Single

Don't let not having a partner stop you from learning how to dance! Join us for an evening of fun while mastering the basics to merengue, mambo, swing, cha-cha, samba, rumba and waltz. No partner required.

Basketball - Recreational

The program provides an opportunity for men and women to play recreational basketball. A 10-minute warm-up will be followed by a non-competitive game for the remainder of the class.

Belly Dancing for Beginners

Improve your grace and posture! Reconnect with your feminine side! Deeply relax to the beautiful music! This course is designed for all those interested in learning the basics of the ancient art of belly dancing. A great way to get fit and have fun!

Belly Dancing - Intermediate

This course is for the student who has completed the beginner course and is ready for MORE! It will include some variations of steps and technique that you learned in the beginners. Prerequisite: must have taken Beginners Belly Dancing

Bollywood / Hip Hop Dancing - Adult

This program is ideal for those who wish to learn combination of Bollywood and Hip Hop Dancing. Our instructor will lead you through a variety of dance steps each week with the goal of performing full routines by the end of the season.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee	
Ballroom & Latin Dance - Beginners	18yrs+	Armadale C.C.	Tue	8:30 pm-10:00 pm	Apr. 6	8	169543	\$77	
		Milliken Mills C.C.	Mon	7:00 pm- 8:30 pm	Mar. 29	8	167955	\$77	
			Thu	7:00 pm- 8:30 pm	Apr. 1	8	167959	\$77	
		Thornhill C.C.	Mon	7:00 pm- 8:30 pm	Mar. 29	8	168155	\$77	
Ballroom & Latin Dance - Intermediate	18yrs+	Armadale C.C.	Tue	7:00 pm- 8:30 pm	Apr. 6	8	169552	\$77	
		Milliken Mills C.C.	Mon	8:30 pm-10:00 pm	Mar. 29	8	167962	\$77	
			Wed	7:00 pm- 8:30 pm	Mar. 31	8	167963	\$77	
		Thornhill C.C.	Wed	7:00 pm- 8:30 pm	Mar. 31	8	168165	\$77	
Ballroom & Latin Dance - Advanced	18yrs+	Milliken Mills C.C.	Wed	8:30 pm-10:00 pm	Mar. 31	8	167960	\$77	
			Thu	8:30 pm-10:00 pm	Apr. 1	8	167961	\$77	
		Thornhill C.C.	Mon	8:30 pm-10:00 pm	Mar. 29	8	168154	\$77	
Ballroom & Latin Dance - Single	16yrs+	Milliken Mills C.C.	Mon	7:00 pm-10:00 pm	Apr. 12	5	167964	\$82.50	
Basketball - Recreational	16yrs+	Centennial C.C.	Thu	8:30 pm-10:00 pm	Apr. 1	10	168949	\$69.50	
		18yrs+	Angus Glen C.C.	Tue	8:00 pm- 9:30 pm	Mar. 30	10	168830	\$69.50
			Middlefield C.I.	Mon	8:30 pm-10:00 pm	Mar. 29	10	167938	\$69.50
Belly Dancing for Beginners	18yrs+	Milliken Mills C.C.	Thu	6:30 pm- 8:00 pm	Apr. 1	10	167966	\$84	
			Thu	10:30 am-12:00 pm	Apr. 1	10	167968	\$84	
		Thornhill C.C.	Wed	7:00 pm- 8:30 pm	Mar. 31	10	168168	\$67.50	
Belly Dancing - Intermediate	18yrs+	Milliken Mills C.C.	Thu	8:00 pm- 9:30 pm	Apr. 1	10	167969	\$84	
		Thornhill C.C.	Wed	8:30 pm-10:00 pm	Mar. 31	10	168166	\$67.50	
Bollywood / Hip Hop Dancing - Adult	16yrs+	Rouge River C.C.	Wed	7:30 pm- 9:00 pm	Mar. 31	8	170113	\$67.50	

Boxing

Ever wonder why boxers are in such great shape? Join us for this noncontact class and you will find out! This class will be geared towards those who have an interest in recreational boxing. Participants will take part in boxing exercises and drills designed to develop endurance, strength and proper boxing form. Class will consist of a warm-up followed by work on specific skills and a cool down at the end.

Canoeing - Beginner

Are you planning a camping trip this summer and want to include canoeing? Our staff will teach you all you need to know about basic canoe safety, paddling techniques and important maneuvering skills. All equipment is provided.

Communicate with Power

If you've ever fumbled to find the right words, this program is for you! You'll discover how to create Key Messages that aim directly at customers' needs. You'll put your Key Messages to work in realistic sales calls and use them to create a Power Message that describes your products and services in strong, customer-focused phrases. Discover how easy it can be to reach your customers quickly and effectively! Communicate With Power will help you to: open conversations, introduce yourself and your company in social situations, make the most of formal presentation opportunities and more.

Computer - Hands on Hardware

This popular course will provide its student all the knowledge they need to setup and maintain their computer system. Students will explore the operation and functionality of all the components in a computer. Students will gain the satisfaction of assembling a computer from scratch. They will also receive the benefits of saving money in the future, when they learn how to purchase and piece together a system geared towards a specific need without overspending on unnecessary system parts. At the end of the course, students will be able to build and maintain a customized computer under the Windows XP operating system.

Computers - Advanced Excel

Advance your knowledge of Microsoft Excel. Topics include: templates, ranges, absolute cell referencing, conditional formatting, validation, groups and outlines, drop down lists, sheets protection, macro and more. Some of the new functions include: array formulas, logical arguments (IF), LOOKUP, dates, SUMIF, nested functions and functions with multiple criteria and much more. Markham Village Branch uses Microsoft Office 2007.

Computers - Advanced Word

Advance your knowledge of Microsoft Word. Topics include: using and creating templates and styles, forms, objects, auto text, mail merge, fields, hyperlinks, bookmarks, macros and much more. Markham Village Branch uses Microsoft Office 2007.

Computers - Basic Excel

Participants will be able to create, format and edit some basic charts and spreadsheets in Excel after completing this course. The course will also focus on simple formulas, creating charts and changing the appearance of data in spreadsheets.

Computers - Basic Word

Learn to use the powerful features of this word-processing application to create documents, letters, reports, resumes and flyers. Learn to format text, paragraphs, lists, columns, and insert tables, shapes and graphics to improve your documents. Start to use shortcut keys to increase your speed and confidence in using Word. Markham Village Branch uses Microsoft Office 2007.

Computers - HTML Web Design

Provides a thorough guide to creating websites using HTML (Hypertext Transfer Mark-up Language). Students will follow step-by-step lessons to create their own website using HTML tags including heading, images, tables and hyperlinks. Students will learn to post their websites on the Internet.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Boxing	17yrs+	Crosby C.C.	Mon	8:15 pm- 9:45 pm	Mar. 29	8	168832	\$94
			Wed	7:00 pm- 8:30 pm	Mar. 31	8	167970	\$94
			Wed	8:30 pm-10:00 pm	Mar. 31	8	168653	\$94
Canoeing - Beginner	18yrs+	Camp Chimo	Sat	3:00 pm- 5:00 pm	Jun. 5	6	170351	\$117
Communicate with Power	18yrs+	Markham Village Library	Thu	6:30 pm- 8:30 pm	Apr. 8	3	168314	\$60
Computer - Hands on Hardware	16yrs+	Milliken Mills C.C.	Tue	8:30 pm- 9:30 pm	Mar. 30	8	168018	\$121.50
			Thu	8:30 pm- 9:30 pm	Apr. 1	8	167978	\$121.50
			Sun	9:30 am-10:30 am	Apr. 4	8	167977	\$121.50
Computers - Advanced Excel	18yrs+	Angus Glen Library	Mon, Wed	6:30 pm- 7:30 pm	May. 17	8	168079	\$125
		Markham Village Library	Tue, Thu	12:00 pm- 1:00 pm	May. 18	8	168080	\$125
Computers - Advanced Word	18yrs+	Angus Glen Library	Mon, Wed	5:30 pm- 6:30 pm	May. 17	8	168088	\$125
		Markham Village Library	Tue, Thu	11:00 am-12:00 pm	May. 18	8	168089	\$125

Adult Programs

Computers - Internet

This hands-on course is for those individuals interested in learning more about the Internet. Topics include how to navigate the Internet efficiently and safely. Using search engines, evaluating information on the web, obtaining and using an e-mail account and Internet security will also be highlighted.

Computers - PowerPoint

Learn to create multimedia slide presentations using Microsoft PowerPoint. Learn to format your slides, colours, lists, and insert graphics, media clips, tables, diagrams and charts. Learn to use animations and transitions to design and deliver an impressive presentation using PowerPoint. Markham Village Branch uses Office 2007.



Computers - Typing

Learn the correct approach to typing and increase your speed and accuracy by learning proper positioning of fingers and keystroke movements. In addition to lessons completed in class, students have access to individual online accounts including practice lessons and exercises to improve typing speed and accuracy.

Computers for the Beginner

This course is designed for individuals who have little or no experience with computers. Topics include introduction to Windows and application software packages including - Microsoft Word (word processing) and Excel (spreadsheets). Classes are instructor-led and are conducted in a hands-on format.

Computers Level 1 - Older Adult

Whether you know a little about the computer or nothing at all - we have just the course for you. You'll learn what the computer is, how to use the mouse, what Windows is all about, play computer games and type simple documents in a friendly, patient environment. Class sizes are small to ensure maximum assistance.

Cricket

This program provides you an opportunity to play cricket on Markham's newest Cricket pitch. All equipment is provided. No experience is necessary. Program includes trained staff to facilitate a great program!

Drumming

Our qualified instructor will lead you through basic drumming skills to enable you to play along with your favourite songs. Participants will learn on a seven piece portable unit. 4:1 student to instructor ratio will ensure one on one time in a small group setting. Electronic drums are provided.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Computers - Basic Excel	18yrs+	Angus Glen Library	Mon, Wed	6:30 pm- 7:30 pm	Apr. 12	8	168078	\$121.50
		Markham Village Library	Tue, Thu	12:00 pm- 1:00 pm	Apr. 13	8	168070	\$121.50
			Mon, Thu	6:30 pm- 7:30 pm	May. 17	8	168081	\$121.50
		Milliken Mills C.C.	Wed	7:00 pm- 8:30 pm	Mar. 31	6	167993	\$137
Computers - Basic Word	18yrs+	Angus Glen Library	Mon, Wed	5:30 pm- 6:30 pm	Apr. 12	8	168067	\$121.50
		Markham Village Library	Tue, Thu	11:00 am-12:00 pm	Apr. 13	8	168068	\$121.50
			Mon, Wed	5:30 pm- 6:30 pm	May. 17	8	168069	\$121.50
Computers - HTML Web Design	16yrs+	Milliken Mills C.C.	Mon	8:30 pm-10:00 pm	Mar. 29	6	168017	\$137
Computers - Internet	16yrs+	Milliken Mills C.C.	Sat	9:00 am-11:00 am	Apr. 24	3	168010	\$121.50
	18yrs+	Angus Glen Library	Mon, Wed	7:30 pm- 8:30 pm	Apr. 12	8	168083	\$121.50
		Markham Village Library	Tue, Thu	1:30 pm- 2:30 pm	Apr. 13	8	168082	\$121.50
Computers - PowerPoint	18yrs+	Angus Glen Library	Mon, Wed	7:30 pm- 8:30 pm	May. 17	9	168087	\$125
		Markham Village Library	Tue, Thu	1:30 pm- 2:30 pm	May. 18	8	168086	\$125
		Milliken Mills C.C.	Wed	8:30 pm-10:00 pm	Mar. 31	6	168012	\$137
Computers - Typing	18yrs+	Markham Village Library	Tue, Thu	2:30 pm- 3:30 pm	Apr. 13	8	168090	\$120
Computers for the Beginner	18yrs+	Milliken Mills C.C.	Mon	7:00 pm- 8:30 pm	Mar. 29	6	168006	\$137
			Tue	11:00 am-12:30 pm	Mar. 30	6	168007	\$137
			Sat	9:00 am-11:00 am	Apr. 3	3	168008	\$137
Computers Level 1 - Older Adult	55yrs+	Milliken Mills C.C.	Tue	9:30 am-11:00 am	Mar. 30	6	170369	\$137
			Tue	1:00 pm- 2:30 pm	Mar. 30	6	170370	\$137
Cricket	16yrs+	Cedarwood P.S.	Sun	10:30 am- 1:30 pm	May. 30	10	170054	\$69.50
Drumming	15yrs+	Milliken Mills C.C.	Mon	6:30 pm- 7:15 pm	Mar. 29	8	168059	\$98
			Sun	4:45 pm- 5:30 pm	Apr. 4	8	168058	\$98

Adult Programs

Fencing - Adult

This program will introduce you to the exhilarating sport of fencing. Lead by trained instructors, we will teach you a variety of skills and techniques in a fun and safe environment. All equipment is provided.

Flamenco Dancing - Adult - Beginner

Flamenco dance is an art form steadily growing in popularity. In these classes you will learn different rhythms, footwork and arm and hand movements typical to the dance form, and at the same time improve your physical fitness while having fun. A partner is not needed. Recommended footwear: hard-heeled character shoes.

Flamenco Dancing - Adult - Intermediate

In these classes you will learn different rhythms, footwork and arm and hand movements typical to the dance form, and at the same time improve your physical fitness while having fun. A partner is not needed. Recommended footwear: hard-heeled character shoes.

Golf Clinic - Chipping

Offered at the scenic Markham Green Golf Course by a CPGA pro you will learn the proper technique for saving strokes around the green. Workshop will focus on the bump and run, pitching, and chipping. We are happy to provide clubs at no cost. Includes 9 holes of golf following each lesson.

Golf Clinic - Ladies - Beginner

Learn how to strike the ball, chip, pitch and putt. Understand the differences between your clubs and etiquette on the golf course. Realize the effect the mental game has on your performance. * Indoor instruction * Once weekly for 5 weeks

Golf Clinic - Ladies - Intermediate

Learn how to strike the ball, chip, pitch and putt. Understand the differences between your clubs and etiquette on the golf course. Realize the effect the mental game has on your performance. * Indoor instruction * Once weekly for 5 weeks

Golf Clinic - Mens - Beginner

Learn how to strike the ball, chip, pitch and putt. Understand the differences between your clubs and etiquette on the golf course. Realize the effect the mental game has on your performance. * Indoor instruction * Once weekly for 5 weeks

Golf Clinic - Mens - Intermediate

Learn how to strike the ball, chip, pitch and putt. Understand the differences between your clubs and etiquette on the golf course. Realize the effect the mental game has on your performance. * Indoor instruction * Once weekly for 5 weeks

Golf Clinic - Putting

Work on your putting on an actual golf green at the Markham Green Golf Course. A CPGA professional will show you proper stroke, ball positioning, and set-up, which can save you strokes on your game. Find out why putting is more than 40% of the game. We are happy to provide clubs at no cost. Includes 9 holes of golf following each 1 hour lesson.

Guitar Lessons - Adult - Beginner

Basics taught will cover note learning on all six strings, basic chords and simple songs employing right hand fingerstyle and picking techniques for the beginner. Some basic theory will also be covered. Ear training will be introduced in this course. An acoustic guitar is required by each student at every class.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Fencing - Adult	15yrs+	Rouge River C.C.	Thu	7:30 pm- 9:00 pm	Apr. 1	6	168513	\$88.50
Flamenco Dancing - Adult - Beginner	18yrs+	Crosby C.C.	Wed	6:30 pm- 8:00 pm	Mar. 31	8	168838	\$67.50
Flamenco Dancing - Adult - Intermediate	18yrs+	Crosby C.C.	Wed	8:15 pm- 9:45 pm	Mar. 31	8	168844	\$67.50
Golf Clinic - Chipping	18yrs+	Markham Green Golf & CC	Tue	12:00 pm- 1:00 pm	May 25	2	167934	\$88.50
Golf Clinic - Ladies - Beginner	18yrs+	Markham Golf Dome	Wed	7:00 pm- 8:00 pm	Apr. 7	5	168198	\$108.50
Golf Clinic - Ladies - Intermediate	18yrs+	Markham Golf Dome	Wed	8:00 pm- 9:00 pm	Apr. 7	5	168199	\$108.50
Golf Clinic - Mens - Beginner	18yrs+	Markham Golf Dome	Mon	7:00 pm- 8:00 pm	Apr. 12	5	168200	\$108.50
Golf Clinic - Mens - Intermediate	18yrs+	Markham Golf Dome	Mon	8:00 pm- 9:00 pm	Apr. 12	5	168201	\$108.50
Golf Clinic - Putting	18yrs+	Markham Green Golf & CC	Tue	11:00 am-12:00 pm	May 25	2	167935	\$88.50
Guitar Lessons - Adult - Beginner	18yrs+	Angus Glen C.C.	Wed	8:00 pm- 9:00 pm	Mar. 31	8	168851	\$54
		Armadale C.C.	Thu	8:00 pm- 9:00 pm	Apr. 1	10	169668	\$67
			Sat	9:00 am-10:00 am	Apr. 3	10	169669	\$67
		Centennial C.C.	Mon	7:30 pm- 8:30 pm	Mar. 29	8	168777	\$54
		Thornhill C.C.	Tue	7:30 pm- 8:30 pm	Mar. 30	10	168203	\$67

Hip Hop Dance - Adult

Learn the latest dance moves. Put on your sneakers and get funky! It's not just for teens anymore!

Indoor Soccer - Adult

This program provides an opportunity for men and women to play indoor soccer in a recreational, friendly manner. A 10 minute warm-up is followed by game play.

Indoor Tennis

This recreational tennis program is designed for men and women interested in learning the game of tennis. Each session will consist of a warm-up, skill development and game play. Tennis racquets required.

Indoor Tennis Level 2

The class will focus on adjusting to technical and practical play. This includes weight distribution, proper footwork, forehand, backhand swings and stroke fundamentals. Tennis racquet required

In-Line Skating Clinic - Adult

An in-line skating clinic designed to introduce basic skating skills. The participants gain confidence in their in-line abilities. CSA approved hockey helmets are mandatory. Elbow and knee pads, as well as wrist guards are highly recommended.

Jujutsu/Self Defense For Adults

This program is designed for men and women, to effectively defend themselves against threatening attacks in many situations, while achieving the strength of mind and body, and physical endurance. It incorporates cardio, punching, kicking, throwing, and Jujutsu/Aikido techniques. Work towards Belt ranking, details in class.

Keyboarding - Adult

Students will learn placement of fingers, home keys, letter/finger relation. Students will learn all the letters of the alphabet, will also practice typing words, sentences and articles using the letters learned in each class.

Latin Club Dancing for Couples Beginner

Come and enjoy the fun of learning Latin Club Dancing for couples. If you are a couple that enjoys learning about dances from countries you may have been to, or would like to visit, then this is the class for you. Dances covered will be Salsa, Merengue, Bachata, Cha Cha, and Swing. Fee is per couple.

Latin Club Dancing - Couples Intermediate

Come and enjoy the fun of learning intermediate Latin Club Dancing for couples. If you are a couple that enjoys learning about dances from countries you may have been to, or would like to visit, then this is the class for you. Dances covered will be Salsa, Merengue, Bachata, Cha Cha, and Swing. Fee is per couple.



Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Hip Hop Dance - Adult	16yrs+	Milliken Mills C.C.	Tue	7:45 pm- 9:15 pm	Mar. 30	10	168171	\$84
			Wed	8:30 pm-10:00 pm	Mar. 31	10	168178	\$84
		Rouge River C.C.	Mon	8:30 pm- 9:30 pm	Mar. 29	10	168172	\$66.50
	18yrs+	Thornhill C.C.	Tue	7:30 pm- 8:30 pm	Mar. 30	10	168219	\$66.50
Indoor Soccer - Adult	18yrs+	Angus Glen C.C.	Fri	8:00 pm- 9:00 pm	Apr. 2	8	168854	\$56
		M.M. Soccer Dome	Thu	7:30 pm- 9:00 pm	May 6	8	169935	\$56
Indoor Tennis	16yrs+	Angus Glen C.C.	Sat	1:30 pm- 2:30 pm	Mar. 27	10	168858	\$46
			Sat	3:30 pm- 4:30 pm	Mar. 27	9	168860	\$46
			Mon	10:30 am-11:30 am	Mar. 29	10	168861	\$46
		Thornhill C.C.	Mon	8:00 pm- 9:00 pm	Mar. 29	10	170100	\$78
Indoor Tennis Level 2	16yrs+	Angus Glen C.C.	Mon	9:00 am-10:30 am	Mar. 29	10	170247	\$69.50
			Wed	7:30 pm- 9:00 pm	Mar. 31	10	170056	\$69.50
In-Line Skating Clinic - Adult	16yrs+	Milliken Mills C.C.	Sun	10:00 am-11:30 am	May 23	2	168192	\$21
Jujutsu/Self Defense For Adults	18yrs+	Armadale C.C.	Tue	8:00 pm- 9:30 pm	Mar. 30	10	169829	\$84
Keyboarding - Adult	15yrs+	Milliken Mills C.C.	Wed	6:00 pm- 7:00 pm	Mar. 31	6	168207	\$90
Latin Club Dancing for Couples Beginner	18yrs+	Armadale C.C.	Fri	8:30 pm-10:00 pm	Apr. 9	10	169833	\$96
Latin Club Dancing - Couples Intermediate	16yrs+	Armadale C.C.	Fri	7:00 pm- 8:30 pm	Apr. 9	10	169832	\$96

Adult Programs

Latin Line Dance - Adult

Come join the fun with Latin Line Dancing. Learn to move through Cuban motion, hip and body movement. It's Hot, it Sizzles and you will groove to great Latin music. You will learn cha-cha steps, Mambo; Salsa, Rumba, Swing, Samba and a great variety of other steps as we progress. It will help you with Poise, Posture and Confidence. No Partner required.

Latin Line Dance - Intermediate

Come join the fun with our Intermediate Latin Line dancing; You will progress to additional footwork, styling and learn Latin movement through advance Cuban and body motion. (You must know all your Latin dances before moving up to Intermediate Level). No Partner Required.

Line Dance - Adult - Beginner

Learn the basics of footwork, including vines and shuffles in an easy-going atmosphere. An assortment of music and dance rhythms will be taught to all levels. Wear comfortable clothing and smooth-soled shoes and get ready to have fun! No partner required.

Line Dance - Adult - Intermediate

Progressing from the beginner class, intermediate students will learn additional footwork and new routines. Prior experience is a must. No partner required.

Line Dance - Adult - Advanced

Let's kick it up a notch! The course will include new routines and fancy footwork. No partner required.

Mango Time

This program combines high energy and motivating music with unique moves and combinations that allow you to dance away your worries. Mango Time is a fusion of Latin and International music/dance themes creating a dynamic and exciting class. Come prepared to sculpt your body into shape.



Meditative Yoga

Yoga is a gentle way to exercise the body. Through this program participants will learn the art of breathing, relaxation and meditation. A large portion of this program will be dedicated to focusing and breathing.

Outdoor Golf - Adult

Here is your chance to brush up on your golf swing before you go on your vacation or just improve your overall skills. The Markham Recreation Department is providing sessions of group lessons. Please bring your own clubs.

Outdoor Tennis (16 yrs+)

An Ontario Certified Tennis Coach will conduct a series of group lessons for beginner and intermediate tennis players. The new concept Actions Method, as endorsed by Tennis Canada, will be used to teach beginners the basic fundamentals of the forehand and backhand ground strokes, the volley and the serve. For intermediate players the progression strokes of the offensive and defensive lobbs, the smash, plus game strategy will be taught. 'Fun tennis play is the name of the game!' * Bring your own racquet

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Latin Line Dance - Adult	18yrs+	Armadale C.C.	Sun	2:15 pm- 3:45 pm	Apr. 4	10	169834	\$84
		Crosby C.C.	Wed	1:00 pm- 3:00 pm	Mar. 31	10	170057	\$125.50
		Markham Seniors Centre	Thu	7:00 pm- 8:30 pm	Apr. 1	8	169987	\$67.50
		Rouge River C.C.	Mon	8:30 pm-10:00 pm	Mar. 29	10	168516	\$84
Latin Line Dance - Intermediate	16yrs+	Rouge River C.C.	Mon	7:00 pm- 8:30 pm	Mar. 29	10	168515	\$84
		Thornhill C.C.	Fri	10:00 am-11:30 am	Apr. 9	10	168239	\$84
		Armadale C.C.	Sun	3:45 pm- 5:15 pm	Apr. 4	10	169835	\$84
Line Dance - Adult - Beginner		Milliken Mills C.C.	Tue	8:30 pm-10:00 pm	Mar. 30	8	168243	\$67.50
		Thornhill C.C.	Thu	8:00 pm- 9:30 pm	Apr. 8	10	168242	\$84
Line Dance - Adult - Intermediate	18yrs+	Milliken Mills C.C.	Tue	7:00 pm- 8:30 pm	Mar. 30	8	168249	\$67.50
Line Dance - Adult - Advanced	18yrs+	Thornhill C.C.	Tue	1:00 pm- 3:00 pm	Mar. 30	10	168241	\$125.50
Mango Time	16yrs+	Markham Seniors Centre	Thu	8:30 pm-10:00 pm	Apr. 1	8	170001	\$45.50
Meditative Yoga	18yrs+	Milliken Mills Library	Sun	8:30 am- 9:30 am	Apr. 4	10	168254	\$78
		Old Unionville Lib. C.C.	Sat	9:00 am-10:00 am	Mar. 27	10	170058	\$78
Outdoor Golf - Adult	18yrs+	Markham Golf Dome	Tue	7:00 pm- 8:00 pm	May. 4	5	170249	\$108.50
			Sat	9:00 am-10:00 am	May. 8	5	170250	\$108.50
Outdoor Tennis (16 yrs+)	16yrs+	Bayview Fairways PS.	Thu	6:30 pm- 7:30 pm	May. 6	6	170355	\$46.50
			Thu	7:30 pm- 8:30 pm	May. 6	6	170356	\$46.50
		Morgan Park	Sat	10:30 am-11:30 am	Jun. 5	6	170048	\$46.50
			Sat	9:30 am-10:30 am	Jun. 5	6	170049	\$46.50

Rock Climbing - Adult

Join us at Armadale Community Centre for adventure on the wall! With three challenging overhangs, over 190 holds and 30 feet of vertical climbing, we can offer an exhilarating evening of climbing. The course includes instruction, techniques and equipment. No experience is required.

Rock Climbing for Couples

What better way to get a super workout and spend a quality evening together. Communication, trust and bonding are all benefits associated with the sport of rock climbing. The program includes full instruction, climbing techniques and equipment. No experience is required. * Fee is per couple.

Spanish Conversation Intermediate

In this next level of Spanish, students will gain confidence and the tools to converse and write in Spanish. Participants will be introduced to Latin American authors, intercultural subjects and multiculturalism in the Spanish speaking world. Prerequisite: Spanish Conversation for Beginners or some prior knowledge of Spanish. Participants will be required to provide their own Spanish - English dictionary.

Tai Chi - Beginner

The Chinese exercise art form that gently mobilizes every muscle and joint in the body. Improves circulation, co-ordination, muscle tone, flexibility, concentration and promotes relaxation. Tai chi style at Centennial, Markham Village and Milliken and Armadale location is Yang's Style Tai Chi.

Tai Chi - Intermediate

For individuals who have attended the beginner course or desire a more advanced program. It will include a review of section 1 students will learn the kicking technique of Tai Chi Chuan.

Traditional Line Dancing - Level 1

Join the fun and learn the basic steps to fox trot, waltz, mambo, and polka. This music will appeal to all ages. No previous experience required.

Traditional Line Dancing - Level 2

Designed for people who have learned the basic steps of line dance. We will learn new steps to fox trot, waltz, tango, rumba, mambo, and the polka.

Traditional Line Dancing - Level 3

Learn the advanced steps in the Level 3 class. New dances and steps will be taught. Participants must be confident in the Level 2 class to enter Level 3.

Volleyball - Competitive Co-Ed League

Join us for action on the court as we host the always popular COMPETITIVE CO-ED (minimum 2 females per team) Volleyball League. The format includes a minimum of 2 games per night (2-3 sets), rally point scoring, let serve rule and a ladder format that allows for a more competitive atmosphere. The league runs for 10 weeks with playoffs and awards at the end of the season. Individual registrants should be at a competitive level and will be placed on individual teams rather than teams that register together. Note. ON-SITE registration will not be accepted. A team of 8 players is recommended.



Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Rock Climbing - Adult	18yrs+	Armadale C.C.	Wed	8:25 pm- 9:45 pm	Mar. 31	5	169899	\$90.50
Rock Climbing for Couples	18yrs+	Armadale C.C.	Wed	8:25 pm- 9:45 pm	May. 5	5	169906	\$144
Spanish Conversation Intermediate	16yrs+	Unionville Library	Tue	6:30 pm- 8:30 pm	Apr. 6	8	168280	\$95
Tai Chi - Beginner	16yrs+	Buttonville Women's Institute	Tue	7:30 pm- 8:30 pm	Mar. 30	8	170059	\$45.50
		Centennial C.C.	Tue	7:30 am- 8:30 am	Mar. 30	8	170026	\$45.50
		Markham Village C.C.	Thu	7:00 pm- 8:00 pm	Apr. 1	8	170025	\$45.50
	18yrs+	Angus Glen C.C.	Wed	1:30 pm- 2:30 pm	Mar. 31	8	170060	\$45.50
	Armadale C.C.	Sat	9:00 am-10:30 am	Apr. 3	10	169909	\$84	
	Milliken Mills C.C.	Tue	6:00 pm- 7:00 pm	Mar. 30	10	168318	\$56.50	
	Thornhill C.C.	Sun	8:00 am- 9:30 am	Apr. 4	10	168319	\$84	
Tai Chi - Intermediate	18yrs+	Markham Village C.C.	Thu, Wed	8:00 pm- 9:30 pm	Apr. 1	8	170053	\$67.50
Traditional Line Dancing - Level 1	18yrs+	Thornhill C.C.	Thu	1:00 pm- 2:30 pm	Apr. 1	10	168278	\$84
Traditional Line Dancing - Level 2	18yrs+	Thornhill C.C.	Mon	10:00 am-12:00 pm	Mar. 29	10	168279	\$125.50
Traditional Line Dancing - Level 3	16yrs+	Thornhill C.C.	Thu	10:00 am-11:30 am	Apr. 1	10	168281	\$84
Volleyball - Competitive Co-Ed League	16yrs+	Armadale C.C.	Sun	3:30 pm- 8:30 pm	Apr. 4	10	169914	\$87

Adult Programs

Volleyball - Intermediate/Competitive

An opportunity for men and women to play volleyball in a competitive atmosphere. Players will be playing on different teams each week and be split up into equal skilled teams. Players should have the ability to bump and set. Join us for the fun!

Volleyball - Recreational

An opportunity for men and women to play volleyball at a recreational level. This is a fun way to help maintain fitness. Please note that this program is not instructional.

Volunteer Orientation Workshop

The Volunteer Workshop is mandatory for anyone wishing to volunteer in the Recreation Department. This workshop does not guarantee a volunteer placement, but rather prepares the potential volunteer for a placement. Specifically, the workshop prepares the potential volunteer with knowledge about the Town, the department's program policies, roles and responsibilities of the volunteers. There is no cost for this program; however, participants must register.

Walk For Wellness

Join friends and get walking. This outdoor walking group will be lead by an energetic person who will guide the group through the paths in Unionville. Participants will walk for 55 minutes followed by a short stretch at the end of the program.

Wing Chun

An effective, compact system originated in Southern China. A well guarded, secret fighting technique practiced only by senior monks in Shaolin Temple. Women with lesser physical strength can practice. The Wing Chun system is based on 'Conservation of Energy'. Its techniques are based on 'shortens centre line approach' and its ability to effectively execute clocking and counter attack at the same time. Wing Chun can develop muscle strength, endurance, flexibility and coordination. It also promotes health, fitness and self confidence. The superior combat system is most effectively practiced by both men and women.

Yoga - Adult - Beginner

A gentle non-competitive approach to physical fitness utilizing strength, flexibility and stamina. Proper body alignment, breathing and relaxation techniques will also be taught throughout the program. Participants must bring their own yoga mat to class. The classes at Markham Village, Sr. Centre, Centennial, Rouge and Milliken offer the Hatha style.

Yoga - Adult - Intermediate

If you're ready to move onto some more challenging positions, yoga intermediate might be right for you. Participants must bring a blanket to class. Hatha Style is taught at the Markham Seniors centre, Milliken and Rouge River C.C..

Yoga - Beg/Intermediate

This class is for both beginners and intermediate participants. This combined class is good for people that are in between levels and is a great way to deepen your practice.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Volleyball - Intermediate/Competitive	16yrs+	Milliken Mills H.S. - (A2)	Wed	7:30 pm-10:00 pm	Mar. 31	10	168510	\$113
Volleyball - Recreational	15yrs+	Bill Crothers Secondary School (A3)	Mon	8:15 pm- 9:45 pm	Mar. 29	10	170047	\$69.50
		Milliken Mills H.S. - (A2)	Wed	6:00 pm- 7:30 pm	Mar. 31	10	168512	\$69.50
	16yrs+	Thornhill C.C.	Thu	8:00 pm- 9:30 pm	Apr. 1	10	170118	\$69.50
	18yrs+	Pierre Elliott Trudeau H.S.	Wed	8:30 pm-10:00 pm	Mar. 31	10	170061	\$69.50
Volunteer Orientation Workshop	14yrs+	Angus Glen C.C.	Tue	6:30 pm- 8:00 pm	May. 25	1	170258	\$0
		Milliken Mills C.C.	Mon	5:00 pm- 6:30 pm	May. 31	1	170256	\$0
		Thornhill C.C.	Wed	5:30 pm- 7:00 pm	May. 26	1	170257	\$0
Walk For Wellness	18yrs+	Crosby C.C.	Thu	6:30 pm- 7:30 pm	May. 6	6	170086	\$23
Wing Chun	16yrs+	Markham Village C.C.	Wed	7:00 pm- 8:30 pm	Mar. 31	8	170034	\$67.50
Yoga - Adult - Beginner	15yrs+	Rouge River C.C.	Wed	7:30 pm- 8:30 pm	Mar. 31	10	168494	\$78
			Wed	8:30 pm- 9:30 pm	Mar. 31	10	168495	\$78
	16yrs+	Buttonville Women's Institute	Sat	9:30 am-10:30 am	Mar. 27	10	170062	\$78
	Centennial C.C.	Sat	9:00 am-10:00 am	Apr. 10	8	170037	\$63	
	Markham Seniors Centre	Thu	7:00 pm- 8:00 pm	Apr. 1	8	170035	\$63	
	Markham Village C.C.	Fri	9:30 am-10:30 am	Apr. 9	8	170036	\$63	
	Milliken Mills C.C.	Mon	8:00 pm- 9:00 pm	Mar. 29	10	168497	\$78	
		Mon	7:00 pm- 8:00 pm	Mar. 29	10	168501	\$78	
		Wed	12:00 pm- 1:00 pm	Mar. 31	10	168651	\$78	
		Thu	6:00 pm- 7:00 pm	Apr. 1	10	168498	\$78	
	Thu	7:00 pm- 8:00 pm	Apr. 1	10	168499	\$78		

Yoga - Power

Power Yoga is a choreographed sequence of postures that flow from one to the next developing strength and coordination, while at the same time unwinding tight joints and loosening muscles. The practice will help develop coordination and reduce stress. Based on the Ashtanga Yoga series, it is demanding and considered an intense workout. Be prepared to sweat and smile.

Yoga - Pre-Natal

Spend a peaceful evening learning gentle stretches and breathing techniques appropriate for pregnancy. The ability to relax is particularly important for you in the months ahead. Participating in Yoga during pregnancy is a healthy way to help you sleep better, maintain body tone and relieve tension. NOTE: Although this is a very gentle workshop, please check with your doctor before signing up.

Yoga for MS

Improve your physical health & well being through an advance look at the program focusing on movement. Instructor works within your ability using supportive equipment. (i.e. chairs) You will learn how to take deep consistent breaths, basic poses for stability and strength of muscles and joints and relaxation techniques.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Yoga - Adult - Beginner	16yrs+	Old Unionville Lib. C.C.	Mon	10:15 am-11:15 am	Mar. 29	10	170063	\$78
			Tue	7:30 pm- 8:30 pm	Mar. 30	10	170065	\$78
		Thornhill C.C.	Tue	6:30 pm- 7:30 pm	Mar. 30	10	168283	\$78
			Tue	7:30 pm- 8:30 pm	Mar. 30	10	168284	\$78
			Tue	9:30 am-10:30 am	Mar. 30	10	168285	\$78
		Un.Train Station C.C.	Thu	9:30 am-10:30 am	Apr. 1	10	168286	\$78
			Wed	8:00 pm- 9:00 pm	Apr. 7	10	170269	\$78
Yoga - Adult - Intermediate	16yrs+	Un.Train Station C.C.	Wed	1:30 pm- 2:30 pm	Mar. 31	10	170064	\$78
		Buttonville Women's Institute	Sat	10:30 am-11:30 am	Mar. 27	10	170067	\$78
		Markham Seniors Centre	Thu	8:00 pm- 9:00 pm	Apr. 1	8	170038	\$63
		Milliken Mills C.C.	Mon	6:00 pm- 7:00 pm	Mar. 29	10	168502	\$78
		Old Unionville Lib. C.C.	Tue	8:30 pm- 9:30 pm	Mar. 30	10	170066	\$78
Thornhill C.C.	Tue		8:30 pm- 9:45 pm	Mar. 30	10	168289	\$117	
Yoga - Beg/Intermediate	14yrs+	Milliken Mills C.C.	Mon	9:30 am-10:30 am	Mar. 29	10	168506	\$78
			Mon	12:45 pm- 1:45 pm	Mar. 29	10	168657	\$78
			Thu	8:00 pm- 9:00 pm	Apr. 1	10	168656	\$78
		Milliken Mills Library	Sun	9:00 am-10:00 am	Apr. 4	10	168504	\$78
		Rouge River C.C.	Wed	6:30 pm- 7:30 pm	Mar. 31	10	168503	\$78
			Sat	10:30 am-11:30 am	Apr. 3	10	168505	\$78
Yoga - Power	16yrs+	Crosby C.C.	Thu	1:30 pm- 2:30 pm	Apr. 1	10	170068	\$78
		Thornhill C.C.	Fri	9:30 am-11:00 am	Apr. 16	10	168336	\$117
Yoga - Pre-Natal	18yrs+	Rouge River C.C.	Sat	9:00 am-10:30 am	Apr. 3	10	168519	\$117
		Thornhill C.C.	Mon	6:30 pm- 7:30 pm	Apr. 12	10	170266	\$78
Yoga for MS	18yrs+	Markham Seniors Centre	Mon	7:00 pm- 8:00 pm	Mar. 29	8	170042	\$63
			Mon	7:00 pm- 8:00 pm	Mar. 29	8	170043	\$0

Adult Cooking Programs

A Fusion Cooking Adventure

Indian, Schezuan, Thai & Indonesian. Asian food is now enjoyed all over the world and the best food is found in people's homes. Variety is the key to life, so feed your family and friends a variety of quick, easy, real, delicious recipes. This course has been put together for the changing palates of today's generation. Additional food costs \$20.00

Cake Decorating - Beginner

There's more to cake decorating than ready-made frosting. Learn the basics of decorating cakes for all occasions: level a cake, torte, fill and ice to a smooth finish. Borders, pattern transfers, figure piping, floral sprays, sweet peas, and roses will also be covered. Supply information will be given out during the first class.

Cake Decorating - Level 2

Experience the beauty of cake decorating in an advanced setting. Learn to design intricate pattern transfers, decorating techniques, borders, and flowers. Fondant and Royal icing decorating will be featured in this program. Read your confirmation for supply information.

Chinese Style Cooking

With three dishes every lesson, we will immerse you into the flavours of Chinese cooking. This program incorporates a variety of cooking methods including seafood, dim sum, vegetarian dishes and stir fry cooking. Additional \$45.00 food cost is payable to the instructor.

Everyday Baking

Hear the raves of your family and friends as you laden the table with delicious cookies, heavenly cakes, easy quick breads, savoury scones and exquisite tarts. Not only pleasing to your palate, you're learning a time-honoured skill. All natural ingredients used. \$20.00 extra food costs

Good, Fast and Cheap

No time to cook? Hungry family? This course will give you creative ideas and new recipes for placing a wholesome family-pleasing meal on your dinner table in 30 minutes or less, all without breaking your budget. This course is hands-on. \$40.00 extra food costs. Please bring to the first class.

Gourmet Cooking

Learn to make healthy and easy gourmet meals using a great blend of flavours and ingredients. This is an interactive cooking program which will lead you through the steps to create meals to be remembered. \$40.00 food costs extra, payable to the instructor.

Indian Flavours

The best of food is found not in conventional restaurants but in people's homes. Discover how anyone can put great food on the table in no time with these quick, easy and delicious recipes. Seduce and tempt your palate with everyday cooking and the exciting taste of different spices and tastes of India. Learn to make a full meal from appetizers, meats, lentils, and desserts. 'Follow the aromas and add spice to your life today'! Additional \$20.00 food costs.

International Chef

Go from London to Bombay, drop in at the Kasbah, take a trip to Paris then pop down to The Indies; a world of flavours await you in this five-week culinary tour. Satisfy your wanderlust and excite your taste buds as you discover the subtleties of world cuisines. Take home simple, easy to follow recipes that will please and impress your family and friends. Additional \$40.00 food costs.

Italian Essentials

In this course we uncover the foundations of delicious regional Italian cooking. Learn the basics of traditional sauces, home made pastas, rippling risottos and the skilful use of herbs and spices. We will use first class ingredients to create mouth watering dishes. Additional \$40.00 food costs payable the first night.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
A Fusion Cooking Adventure	16yrs+	Markham Village C.C.	Wed	7:00 pm- 9:00 pm	Mar. 31	6	168677	\$75
Cake Decorating - Beginner	18yrs+	Thornhill C.C.	Sun	11:00 am- 1:00 pm	Apr. 18	5	168180	\$75
Cake Decorating - Level 2	18yrs+	Thornhill C.C.	Sun	11:00 am- 1:00 pm	June 6	4	168183	\$54
Chinese Style Cooking	18yrs+	Milliken Mills C.C.	Wed	7:00 pm-10:00 pm	Mar. 31	5	167973	\$100.50
Everyday Baking	16yrs+	Armada C.C.	Sat	1:30 pm- 4:00 pm	May 1	4	169665	\$67
Good, Fast and Cheap	16yrs+	Armada C.C.	Tue	7:00 pm- 9:30 pm	Mar. 30	5	169667	\$100.50
Gourmet Cooking	18yrs+	Milliken Mills C.C.	Mon	7:00 pm- 9:30 pm	Mar. 29	6	168146	\$100.50
Indian Flavours	16yrs+	Markham Village C.C.	Tue	7:00 pm- 9:00 pm	Mar. 30	6	168791	\$75
International Chef	18yrs+	Armada C.C.	Tue	7:00 pm-10:00 pm	May 11	5	169688	\$100.50
Italian Essentials	18yrs+	Armada C.C.	Wed	7:00 pm-10:00 pm	Mar. 31	5	169700	\$100.50

Adult Cooking Programs

Level 2 Fusion Cooking Adventure

Learn to add a new meaning to healthy, gourmet food. Experience the taste of international cuisine from Paella to Curries and create a deliciously sensual result, combined with style, flair and presentation. Entertain with these exotic, quick easy, mouth watering dishes and restaurant quality results. Learn to Spice up your Life!

Loaf and Ladle

Spend a Saturday morning learning how to bake bread the real way, featuring whole grains and hand kneading. While we wait for the bread to rise and bake, we will prepare a hearty pot of soup. This is a hands-on class, and each participant will bake their own loaf of bread to take home. \$20.00 food costs extra, payable to the instructor.

Recipes 365 Days A Year (18 yrs+)

Our experienced Instructor will lead you through 25 basic recipes that are easily transformed into dishes suited for everyday and special occasions. There is an additional \$40 food cost.

Soups And Stews

These easy to make, one dish meals are tastier made ahead and re-heated the next day. Help your family and friends through the chilly months by incorporating some new comforting, 'stick-to-the-ribs', type dishes into your collection. Additional supply costs of \$40.00 payable to the instructor

Sushi - for the Home Cook

Join this introductory Sushi workshop and learn to make a variety of home style sushi. Participants will actively participate in making sushi and learning the art of rolling and preparing this delightfully appetizing food. No raw fish will be used in the recipes. There is a \$20.00 additional for food costs payable to the instructor on the day of the program.

World Class Vegetarian

A world of healthy, delicious, meatless meals await you. Excite your taste buds as we explore the use of exotic fruits, vegetables, grains, herbs and spices in creating simple, elegant main dishes and desserts. Additional food cost of \$40.00 payable the first night.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Level 2 Fusion Cooking Adventure	16yrs+	Markham Village C.C.	Wed	7:00 pm- 9:00 pm	May 12	6	170473	\$75
Loaf and Ladle	16yrs+	Milliken Mills C.C.	Sat	9:30 am-12:30 pm	Apr. 10	1	168257	\$46
Recipes 365 Days A Year (18 yrs+)	18yrs+	Armada C.C.	Wed	7:00 pm-10:00 pm	May 5	5	169898	\$100.50
Soups And Stews	18yrs+	Milliken Mills C.C.	Thu	7:00 pm- 9:00 pm	May 6	4	170098	\$54
Sushi - for the Home Cook	18yrs+	Milliken Mills C.C.	Wed	7:00 pm-10:00 pm	May 12	1	168655	\$46
		Warden House C.C.	Tue	12:30 pm- 3:30 pm	Apr. 20	1	170297	\$46
World Class Vegetarian	18yrs+	Armada C.C.	Thu	7:00 pm-10:00 pm	Apr. 1	5	169915	\$100.50



Adult Workshops

Avoiding Obesity

In this session we will learn about sugar in all its forms, and how to recognize it, talk about how food has become a reward and how to avoid doing this. Also understanding how we should talk about food with our kids, and finally we will evaluate the surprising health claims of popular products, and learn to be critical about food choices when it comes to our kids.

Cha Cha Workshop

Come out and join us for an evening of the saucy Cuban Cha Cha. Our instructors will walk you through basic to advanced skills so you can look good on any dance floor!! The evening concludes with a dance party to socialize and practice your newly learned skill. Fee is per couple.

Chinese Medicine - Insomnia

With a natural and holistic approach, Traditional Chinese Medicine (TCM) can help your body regulate itself to help you sleep better. Whether you have trouble falling asleep, staying asleep, waking without feeling rested and refreshed, dreaming too much, or even over-sleeping, TCM can help you.

Computers - How to sell on eBay

This workshop will explore the in's and out's of eBay. Upon completion of this program you will have the knowledge to list and sell using eBay. No experience is necessary. This program is hands on as each participant has their own computer station.

Create A Solid Business Plan

Do you have a great business idea? Would you like to turn your idea into a concrete plan? Learn the basics of developing a business plan that allows you to meet your financial and personal goals. By the end of this 2 hour session you will learn whether your business idea is feasible, if it will meet your personal expectations, and how to begin to develop your business. We will even unravel the complexity of business financials!

Diet and Nutrition for the Busy Person

Is a hectic schedule preventing you from eating right? Do you feel tired all the time or eat junk food on the go? Are you unsure if you are making the right food choices? Come and learn all about what kinds of food you are supposed to be eating and how to optimize your diet and get into summer shape!

Family Guide To Haircutting

A trained hair stylist will lead you through this six-hour workshop. You will learn the basics needed to keep your family's hair looking great! Learn how to trim hair length and bangs and how to properly use razors and scissor-like shears to thin hair. All supplies are included. Cut your family hair costs in half!

Geocaching Workshop

The sport where you are the search engine. Join us for an introductory workshop on Geocaching. Geocaching is a high-tech treasure hunting game played throughout the world by adventure seekers equipped with GPS devices. The basic idea is to locate hidden containers, called geocaches, outdoors. Geocaching is enjoyed by people from all age groups, with a strong sense of community and support for the environment. No experience or equipment is necessary.

Help Your Child Prepare for High School

Parents! Help your child prepare for high school in this informative session. An experienced guidance counselor will offer tips on how to choose the right courses, deal with stress and increased workload and how to approach the volunteer requirement. All ages welcome.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Avoiding Obesity	18yrs+	Thornhill C.C.	Sat	2:00 pm- 3:30 pm	Mar. 27	1	170291	\$23
Cha Cha Workshop	16yrs+	Rouge River C.C.	Fri	7:00 pm-10:00 pm	May 7	1	170367	\$30
Chinese Medicine - Insomnia	18yrs+	Milliken Mills Library	Mon	6:45 pm- 8:45 pm	May 31	1	168303	\$10
Computers - How to sell on eBay	16yrs+	Milliken Mills C.C.	Sat	9:30 am-11:30 am	May 15	3	167998	\$137
Create A Solid Business Plan	18yrs+	Markham Village Library	Mon	6:00 pm- 8:00 pm	Apr. 5	1	168316	\$0
			Tue	6:00 pm- 8:00 pm	Apr. 27	1	168317	\$0
			Sat	1:00 pm- 3:00 pm	May 29	1	168320	\$0
Diet and Nutrition for the Busy Person	15yrs+	Angus Glen Library	Tue	6:30 pm- 7:30 pm	Apr. 13	1	168321	\$10
Family Guide To Haircutting	18yrs+	Milliken Mills C.C.	Mon	7:00 pm-10:00 pm	Apr. 12	2	168145	\$75
Geocaching Workshop	8yrs+	Milliken C.C.	Sat	1:00 pm- 4:00 pm	May 29	1	170309	\$23
Help Your Child Prepare for High School	12yrs+	Angus Glen Library	Thu	6:30 pm- 8:00 pm	Apr. 8	1	168326	\$10

Adult Workshops

I'm Back

At some point in their life, most people (70-85% of us) will be unable to perform regular daily activities because of back pain. Join our dynamic chiropractor/physiotherapist team who will discuss causes of back pain, back care and back pain treatment options.

Insurance Planning

Accidents and illnesses do occur. What if I suffer from a disability, critical illness, or need nursing care? This informative session will give you an overview of the different kinds of insurances available and who needs them. Financial consultants will help you understand what the purpose is, how much you need, how will it affect your family, and the impact on your financial plan.

Massage for Couples - Adult

You and your partner will learn the basic steps to provide a pleasant, relaxing, therapeutic massage in a safe and effective manner. A registered massage therapist will instruct the workshop. Fee is per couple. Please bring a pillow for each participant.

Meditation Workshop - Level 1

This workshop will provide you with the tools to achieve renewed energy and reduce feelings of anxiety and stress. Different forms of meditation will be used during the workshop. Join us and start to experience a more positive attitude in your life. Please bring a cushion or towel to sit on and a blanket.

Meditation Workshop - Level 2

Further explore the meditative experience. The workshop will build on the basic principles acquired in our meditation workshop - level 1. Please bring a cushion or towel to sit on and a blanket.

Naturopathic Medicine - Weight Loss and Glycemic Control

An informative workshop on optimizing your health presented by Rachel Schwartzman of the Markham Village Naturopathic Clinic. Learn how to control your food cravings to lose weight and keep it off.

Navigating Midlife

Introducing Midlife as a time of opportunity. How do you get the most out of life whether you are making a career transition or approaching retirement?

Network for Success

Discover the tremendous power of networking with veteran networker Thomas Moss. Learn effective strategies for getting comfortable with a room full of strangers, deciding where to stand for maximum impact, where to sit for maximum value, how to approach others and much, much more. Join us to begin building a powerful network that can lead to business and personal success!

Nutrition for Real Moms or Dads

Getting the Job Done - As moms or dads sometimes it is tricky when it comes to preparing food for the kids. In this session we will learn how to make foods healthier in the home, as well as choosing healthy options while dining out. We will learn about snacking habits and their impact, and ideas for snacks for all situations. As well - feeling rushed, come learn how to build healthy habits into a busy schedule. Finally, we will teach how to encourage healthy habits for your family, and how to create healthy foods for your family.

Optimizing Women's Health

Learn ways to minimize PMS, enhance fertility and reduce menopausal complaints. Discussion will also revolve around xenoestrogens and breast cancer prevention. Lecture presented by Rachel Schwartzman, Naturopathic Doctor from the Markham Village Naturopathic Clinic. Children Welcome.

Parenting Seminar

Learn how to strengthen your child's self-esteem and create a healthy foundation for life. Parents will learn easy-to-apply tips for building character and self-esteem that can last a lifetime.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
I'm Back	16yrs+	Centennial C.C.	Sun	1:30 pm- 3:00 pm	Apr. 18	1	168648	\$42.25
Insurance Planning	18yrs+	Milliken Mills Library	Mon	6:00 pm- 8:00 pm	Apr. 12	1	168298	\$10
Massage for Couples - Adult	16yrs+	Centennial C.C.	Sun	1:30 pm- 3:00 pm	Apr. 25	1	168645	\$155
Meditation Workshop - Level 1	16yrs+	Centennial C.C.	Sun	1:30 pm- 3:00 pm	May. 2	1	168646	\$42.25
Meditation Workshop - Level 2	16yrs+	Centennial C.C.	Sun	1:30 pm- 3:00 pm	May. 16	1	168647	\$42.25
Naturopathic Medicine - Weight Loss & Glycemic Control	18yrs+	Unionville Library	Mon	7:00 pm- 8:00 pm	Apr. 5	1	168294	\$10
Navigating Midlife	18yrs+	Unionville Library	Mon	7:30 pm- 8:30 pm	May. 10	1	168287	\$5
Network for Success	18yrs+	Markham Village Library	Sat	1:30 pm- 4:30 pm	Apr. 17	1	168308	\$50
		Milliken Mills Library	Wed	9:30 am- 12:30 pm	May. 12	1	168309	\$50
Nutrition for Real Moms or Dads	18yrs+	Thornhill C.C.	Sat	1:00 pm- 2:30 pm	Jun. 12	1	170292	\$46
Optimizing Women's Health	5yrs+	Unionville Library	Mon	7:30 pm- 8:30 pm	May. 3	1	168292	\$10
Parenting Seminar	18yrs+	Unionville Library	Mon	7:30 pm- 8:30 pm	May. 17	1	168290	\$5

Parenting Seminar - You Can't Make Me!

You will gain an understanding of the three ways power can be used as well as tips on how to avoid power struggles. This program is geared toward families with children from age 3-12.

Reiki 1 Certificate Course

Reiki is a laying on of hands technique thought to be of Tibetan Buddhist origin that was discovered in Japan in the 1880's. It is a Japanese word meaning 'spiritually guided life force energy'. It is a non-invasive healing technique in which the client participates in their own healing. The Reiki practitioner is a clear channel through which universal energy flows. Reiki energy allow us to heal physically, emotionally, mentally and spiritually.

Resume Writing Workshop

Learn the skills to prepare a letter and resume that will impress your potential employer. This workshop is suitable for recent graduates, newcomers, and anyone who would like to have a career change. Please bring information about your education and previous work experience. This will help in preparing your resume at the workshop.

Skin Health

Wondering what ingredients are in your cosmetic products? Come out and learn how to treat skin conditions with natural therapies. Discussion will be focused on acne, eczema and anti-aging tips. Ages 15+ welcome.

Stress Management

Come and learn what stress is, how it manifests in the body and how to support the body during stressful episodes.

TCM Facial Rejuvenation & Body Sculpting

Do you have fine lines and wrinkles? Do you want to slow the aging process? Is your facial skin beginning to sag? Do you suffer from chronic cellulite? If you answered yes to any of these then you will be interested in this 3 hour workshop. You will learn: How acupuncture and herbals can take years off of your face; how a protocol of just 10 to 12 treatments of acupuncture and chinese herbal skin formulas can reduce signs of aging; how body sculpting can reverse hair loss and body cellulite. Taught by Janet Arthur, Certified Cosmetic Facial Acupuncturist

The Merengue - Dance Workshop

Join us for an evening of the Merengue. Our instructors will introduce to you the steps to this latin dance and ensure you leave for home with a bounce in your step. Cost is per couple. The evening includes an afterdance party to socialize and practice your newly learned skill.

Therapeutic Touch - Level 1

Learn to use your hands to facilitate healing in health care, at work, with family and friends. Anyone can learn this non-invasive holistic energy-based technique for pain, stress, anxiety, depression, burns, fractures, wounds and palliative care. Supervised practice, handouts and certificate of attendance. Instructor is a recognized teacher with The Therapeutic Touch Network Ontario.

Therapeutic Touch - Level 2

Prerequisite: Therapeutic Level One. Review the highlights of Level One, continue the study of TT, learn how to direct and modulate energy and explore the use of imagery, colour and music in healing. Supervised practice, handouts and a certificate of attendance. Instructor is a recognized teacher with the Therapeutic Touch Network Ontario.

Therapeutic Touch - Level 3

Prerequisite: Therapeutic Touch Level Two (6 months after Level One). Intro to seven major chakras, examine the emotional field, explore sensitivity, compassion, intuition, linear/non-linear TT, ethics, personal growth. Supervised practice, extensive handouts, Certificate of Attendance recognized by the TTN (O). Bring one case study.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Parenting Seminar - You Can't Make Me!	18yrs+	Unionville Library	Mon	7:30 pm- 8:30 pm	Apr. 26	1	168288	\$5
Reiki 1 Certificate Course	18yrs+	Centennial C.C.	Sat, Sun	9:30 am- 4:00 pm	Apr. 10	2	170294	\$151
Resume Writing Workshop	15yrs+	Milliken Mills Library	Wed	9:30 am-12:30 pm	Apr. 28	1	168307	\$10
Skin Health	15yrs+	Angus Glen Library	Tue	6:30 pm- 7:30 pm	Apr. 27	1	168322	\$10
Stress Management	15yrs+	Angus Glen Library	Tue	6:30 pm- 7:30 pm	May. 11	1	168323	\$10
TCM Facial Rejuvenation & Body Sculpting	18yrs+	Thornhill C.C.	Wed	6:30 pm- 9:30 pm	Apr. 28	1	170228	\$46
The Merengue - Dance Workshop	18yrs+	Rouge River C.C.	Fri	7:00 pm-10:00 pm	May. 14	1	170368	\$30
Therapeutic Touch - Level 1	18yrs+	Thornhill C.C.	Sun	8:45 am- 6:00 pm	Mar. 28	1	168421	\$98
Therapeutic Touch - Level 2	18yrs+	Thornhill C.C.	Sun	8:45 am- 6:00 pm	Apr. 25	1	168422	\$98
Therapeutic Touch - Level 3	18yrs+	Thornhill C.C.	Sun	8:45 am- 6:00 pm	May. 2	1	168424	\$98

Adult Workshops

Therapeutic Touch Grief Loss Bereavement

Prerequisite: Minimum Therapeutic Touch Level One. An advanced Therapeutic Touch interactive and experiential workshop focusing on the integration of TT as a tool to support clients and practitioners when dealing with any of life's losses. Supervised practice, handouts, TT Specific Certificate of Attendance. Instructor is a recognized TTNO Teacher and a Certified Bereavement Educator.

Volunteer Orientation Workshop

The Volunteer Workshop is mandatory for anyone wishing to volunteer in the Recreation Department. This workshop does not guarantee a volunteer placement, but rather prepares the potential volunteer for a placement. Specifically, the workshop prepares the potential volunteer with knowledge about the Town, the department's program policies, roles and responsibilities of the volunteers. There is no cost for this program; however, participants must register. To register please use

our Fast Track registration or our EZ Reg internet registration systems. Following the workshop, participants will be asked to complete a volunteer application form and submit it to the program co-ordinator in the area in which they want to volunteer prior to December 13th.

Program Name	Age	Location	Day	Time	Begins	Classes	Code	Fee
Therapeutic Touch Grief Loss Bereavement	18yrs+	Thornhill C.C.	Sun	8:45 am-6:00 pm	Mar. 14	1	168426	\$121
Volunteer Orientation Workshop	18yrs+	Milliken Mills C.C.	Tue	7:00 pm-8:30 pm	Jun. 8	1	170262	\$0