

## Archery

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 - Life Drawing Intensive

This summer, professional artist and educator Neville Clarke will lead this class for the intermediate Life Drawing student twice a week for a lengthened time period. This will give students the opportunity to work more intensively on their skills in a shorter period of time, working on more complex poses, techniques and studies. *Please note that classes are on Tuesdays and Thursdays for Weeks 1 and 2 and on Tuesdays and Wednesdays Week 3 only. No materials provided. Model fee of \$80 (cash) payable to the instructor on the first day of classes.*

## ART - Soft Pastels for Beginners

Ideal for students who would like to learn about the basics of working with soft pastels (also known as dry or chalk pastels). Students will learn about materials, equipment and types of paper related to pastels. Emphasis will be on composition and form building, light, texture, and colour theory. The class will give students the opportunity to create their own landscape and still life compositions. *Materials not provided. Classes are based at the McKay Art Centre. Supply lists can be found on-line at [www.varleygallery.ca](http://www.varleygallery.ca) (4 weeks, 10 hours)*

## ART- Introduction to Watercolours

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](http://www.varleygallery.ca) 2 weeks prior to the start of the program. (4 weeks, 10 hours)*

## ART- Recording the Moment

Ideal for the beginner to intermediate student, this class is a perfect end to a summer day. Students will be taught drawing and observational skills and the usage of watercolour crayons, pencils and paints. A collection of small pencil and ink sketches, enhanced with water colour washes, will be created. *No materials provided. Classes are based at the McKay Art Centre.*

## Badminton

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 - Intermediate

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

## 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 Summer Edition

This summer is a great time to practice and refine the skills you've learned in all levels of Ballroom and Latin Dance. Our Instructors will help you improve your dancing techniques in a fun and relaxing atmosphere. Join this five-week class packed full of great music, fabulous dancing and loads of fun.

## 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.

## Bollywood / Hip Hop Dancing

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.

## 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.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Archery	18 yrs+	Camp Chimo	Sat.	10:00 a.m.-11:00 a.m.	Jul. 2	5	186222	\$57.63
ART - Life Drawing Intensive	17 yrs+	Varley Art Gallery	Tue., Wed., Thu.	6:30 p.m.-10:00 p.m.	Jun. 7	8	186363	\$216
ART - Soft Pastels for Beginners	18 yrs+	McKay Art Centre	Thu.	7:00 p.m. - 9:30 p.m.	Aug. 4	4	186372	\$95
ART- Introduction to Watercolours	18 yrs+	McKay Art Centre	Wed.	7:00 p.m. - 9:30 p.m.	Jul. 6	4	186366	\$95
ART- Recording the Moment	18 yrs+	McKay Art Centre	Tue.	7:00 p.m. - 9:30 p.m.	Jul. 5	4	186364	\$95
Badminton	16 yrs+	Angus Glen C.C.	Thu.	8:30 p.m.-10:00 p.m.	Jun. 23	8	186834	\$64.41
		Centennial C.C.	Wed.	8:00 p.m. - 9:30 p.m.	Jul. 6	4	187056	\$32.77
		Centennial C.C.	Wed.	8:00 p.m. - 9:30 p.m.	Aug. 3	4	187057	\$32.77
Badminton - Intermediate	18 yrs+	Angus Glen C.C.	Thu.	7:00 p.m.- 8:30 p.m.	Jun. 23	8	186835	\$64.41
Ballroom & Latin Dance - Beginners	18 yrs+	Milliken Mills C.C.	Mon.	7:00 p.m.-10:00 p.m.	Jun. 20	5	185931	\$110.74
Ballroom/Latin Dance Summer Edition	18 yrs+	Milliken Mills C.C.	Wed.	7:00 p.m.-10:00 p.m.	Jun. 22	5	185936	\$110.74
Basketball - Recreational	18 yrs+	Armadale C.C.	Wed.	8:30 p.m.-10:00 p.m.	Jul. 6	8	188911	\$64.41
		Angus Glen C.C.	Tue.	8:30 p.m.-10:00 p.m.	Jun. 21	8	186836	\$64.41
		Centennial C.C.	Thu.	8:00 p.m. - 9:30 p.m.	Jul. 7	4	187067	\$32.77
		Centennial C.C.	Thu.	8:00 p.m. - 9:30 p.m.	Aug. 4	4	187068	\$32.77
Bollywood / Hip Hop Dancing	16 yrs+	Rouge River C.C.	Wed..	7:30 p.m.-9:00 p.m.	Jul. 6	8	189211	\$77.97
Boxing	17 - 69 yrs	Milliken Mills C.C.	Wed.	7:30 p.m.- 9:00 p.m.	Jun. 22	8	186199	\$107.92

## 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. Please bring a filled water bottle to every class.*

## Computer - Hands on Hardware

Hands on Hardware will teach you everything you need to know to build your own desktop PC. This popular course will provide participants all the knowledge they need to choose the right PC hardware and put them all together! Understand the functionalities of components and learn how to assemble 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.

## 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 - 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 - 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 - 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. *Note: 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.

## 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.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Canoeing - Beginner	18 yrs+	Camp Chimo	Sat.	3:00 p.m.- 5:00 p.m.	Jul. 9	6	186232	\$133.34
Computer - Hands on Hardware	16 yrs+	Milliken Mills C.C.	Tue.	8:30 p.m.- 9:30 p.m.	Jun. 21	8	186266	\$140.12
		Milliken Mills C.C.	Thu.	8:30 p.m.- 9:30 p.m.	Jun. 23	8	186265	\$140.12
		Milliken Mills C.C.	Sun.	9:30 a.m.-10:30 a.m.	Jun. 26	8	186264	\$140.12
Computers - Basic Excel	18 yrs+	Angus Glen Library	Mon., Wed.	6:30 p.m.- 7:30 p.m.	Jul. 4	8	187685	\$140.12
		Markham Village Library	Tue., Wed.	7:30 p.m.- 8:30 p.m.	Aug. 9	8	187686	\$140.12
Computers - Advanced Excel	18 yrs+	Angus Glen Library	Mon., Wed.	6:30 p.m.- 7:30 p.m.	Aug. 8	8	187761	\$140.12
Computers - Basic Word	18 yrs+	Angus Glen Library	Mon., Wed.	5:30 p.m.- 6:30 p.m.	Jul. 4	8	187677	\$140.12
		Markham Village Library	Tue., Thu.	6:30 p.m.- 7:30 p.m.	Aug. 9	8	187678	\$140.12
Computers - Advanced Word	18 yrs+	Angus Glen Library	Mon., Wed.	5:30 p.m.- 6:30 p.m.	Aug. 8	8	187763	\$140.12
Computers - HTML Web Design	16 yrs+	Milliken Mills C.C.	Mon.	8:30 p.m.-10:00 p.m.	Jun. 20	6	185941	\$157.64
		Milliken Mills C.C.	Wed.	8:30 p.m.-10:00 p.m.	Jun. 22	6	185942	\$157.64
Computers - Internet	18 yrs+	Angus Glen Library	Mon., Wed.	7:30 p.m.- 8:30 p.m.	Jul. 4	8	187768	\$140.12
Computers - PowerPoint	18 yrs+	Angus Glen Library	Mon., Wed.	7:30 p.m.- 8:30 p.m.	Aug. 8	8	187765	\$140.12
Computers - Typing	18 yrs+	Markham Village Library	Tue., Thu.	5:30 p.m.- 6:30 p.m.	Aug. 9	8	187767	\$140.12
Computers for the Beginner	18 yrs+	Milliken Mills C.C.	Mon.	7:00 p.m.- 8:30 p.m.	Jun. 20	6	185938	\$157.64
		Milliken Mills C.C.	Sat.	9:00 a.m.-10:30 a.m.	Jun. 25	6	186269	\$157.64

## Fencing

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.*

## 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 - 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 - 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.*

## Hip Hop Dance

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

## Indoor Golf

Here is your chance to brush up on your golf swing before you go on your vacation or just improve your overall skills. \* Indoor instruction \* Learn the skills of a proper golf swing \*Once weekly for 5 weeks \* Supervised practice time *\*Please bring a #7 iron to the first class.*

## Indoor Soccer

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.

## In-Line Skating Clinic

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.*

## 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.*

## Latin Line Dance - Beginner

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 high energy 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 10 Latin dances before moving up to Intermediate Level). *No Partner Required.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Fencing	15 yrs+	Rouge River C.C.	Thu.	7:30 p.m.- 9:00 p.m.	Jun. 30	6	186178	\$102.83
Golf Clinic - Chipping	18 yrs+	Markham Green Golf & Country Club	Tue.	12:00 p.m.- 1:00 p.m.	Jun. 7	2	186333	\$88.50
Golf Clinic - Putting	18 yrs+	Markham Green Golf & Country Club	Tue.	11:00 a.m.-12:00 p.m.	Jun. 7	2	186334	\$88.50
Guitar Lessons - Beginner	18 yrs+	Armadale C.C.	Thu.	8:00 p.m.- 9:00 p.m.	Jul. 7	9	188882	\$62.15
		Armadale C.C.	Sat.	9:00 a.m.-10:00 a.m.	Jul. 9	8	188883	\$62.15
		Thornhill C.C.	Tue.	7:30 p.m.- 8:30 p.m.	Jul. 5	8	186306	\$62.15
Hip Hop Dance	16 yrs+	Milliken Mills C.C.	Tue.	7:45 p.m.- 9:15 p.m.	Jun. 21	8	185950	\$51.98
		Milliken Mills C.C.	Wed.	8:30 p.m.- 9:30 p.m.	Jun. 22	8	186260	\$51.98
		Rouge River C.C.	Mon.	8:30 p.m.- 9:30 p.m.	Jun. 20	8	185951	\$51.98
Indoor Golf	18 yrs+	M.M. Soccer Dome	Wed.	7:00 p.m.- 8:00 p.m.	Jun. 22	5	185900	\$57.63
		M.M. Soccer Dome	Wed.	8:00 p.m.- 9:00 p.m.	Jun. 22	5	185899	\$57.63
Indoor Soccer	18 yrs+	M.M. Soccer Dome	Sun.	7:30 p.m.- 9:00 p.m.	Jun. 26	8	185909	\$64.41
In-Line Skating Clinic	16 yrs+	Milliken Mills C.C.	Sun.	10:00 a.m.-11:00 a.m.	Jun. 12	3	185957	\$23.14
Latin Club Dancing for Couples Beginner	18 yrs+	Armadale C.C.	Thu.	7:00 p.m.- 8:30 p.m.	Jul. 7	8	189179	\$89.27
Latin Club Dancing - Couples Intermediate	18 yrs+	Armadale C.C.	Thu.	8:30 p.m.-10:00 p.m.	Jul. 7	8	189203	\$110.74
Latin Line Dance - Beginner	18 yrs+	Rouge River C.C.	Mon.	8:30 p.m.-10:00 p.m.	Jun. 20	8	186180	\$77.97
Latin Line Dance - Intermediate	16 yrs+	Rouge River C.C.	Mon.	7:00 p.m.- 8:30 p.m.	Jun. 20	13	186181	\$116.39

## Line Dance - 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 - 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 - Advanced

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

## 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

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 Rock Climbing

Tired of rock climbing indoors? Come out to camp Chimo and experience our outdoor rock climbing wall. With two routes, over 80 hold and an overhang it is sure to challenge you. *Course includes instruction, techniques and equipment. No experience necessary.*

## Outdoor 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.*

## Outdoor Tennis

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 lobs, the smash, plus game strategy will be taught. 'Fun tennis play is the name of the game!' *\*Bring your own racquet*

## Table Tennis

A recreational program which will provide an opportunity to play table tennis with your friends. *Table tennis racquets are required.*

## Tae Kwon-Do

The most practiced martial art world-wide. The art of Tae Kwon-Do is guided by the principles of self-respect, respect for others and non-violence. The student of Tae Kwon-Do is not only trained in the physical aspects of the art, but he/she must learn to develop self-control, courtesy, integrity, perseverance and an indomitable spirit.

## 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 at Camp Chimo is held outdoors.*

## Ultimate Frisbee - Indoors

Grab your friends and join us for this new and exciting sport. Ultimate Frisbee is a fast-paced non-contact team sport played on a football shaped field. It's an incredibly fun and active sport. *This program will be held indoors at the Milliken Mills Soccer Dome.*

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Line Dance - Beginner	18 yrs+	Milliken Mills C.C.	Tue.	8:30 p.m.-10:00 p.m.	Jun. 21	8	185976	\$77.97
Line Dance - Intermediate	18 yrs+	Milliken Mills C.C.	Tue.	7:00 p.m.- 8:30 p.m.	Jun. 21	8	185977	\$77.97
Line Dance - Advanced	18 yrs+	Crosby C.C.	Tue.	7:00 p.m.- 9:00 p.m.	Jul. 5	8	186837	\$101.14
Meditative Yoga	18 yrs+	Old Unionville Lib. C.C.	Sat.	9:00 a.m.-10:00 a.m.	Jul. 2	8	186838	\$54.24
Outdoor Golf	16 yrs+	Markham Golf Dome	Sat.	9:00 a.m.-10:00 a.m.	Jun. 25	5	186840	\$127.69
	18 yrs+	Markham Golf Dome	Tue.	5:30 p.m.- 6:30 p.m.	Jun. 21	5	186839	\$127.69
Outdoor Rock Climbing	18 - 64 yrs	Camp Chimo	Thu.	6:50 p.m.- 8:10 p.m.	Jul. 21	5	186231	\$106.22
Outdoor Rock climbing for Couples	18 - 64 yrs	Camp Chimo	Thu.	6:50 p.m.- 8:10 p.m.	Jun. 16	5	186230	\$159.40
Outdoor Tennis	16 yrs+	Bayview Fairways P.S.	Thu.	6:30 p.m.- 7:30 p.m.	Jul. 7	6	186782	\$54.24
		Bayview Fairways P.S.	Thu.	7:30 p.m.- 8:30 p.m.	Jul. 7	6	186783	\$54.24
		Bur Oak Tennis Courts	Tue.	7:00 p.m.- 8:00 p.m.	Jun. 28	6	186844	\$54.24
		Morgan Park	Sat.	9:30 a.m.-10:30 a.m.	Jul. 9	6	185883	\$54.24
		Morgan Park	Sat.	10:30 a.m.-11:30 a.m.	Jul. 9	6	185882	\$54.24
		Toogood Park	Mon.	8:00 p.m.- 9:00 p.m.	Jun. 20	6	186842	\$54.24
		Toogood Park	Tue.	1:00 p.m.- 2:30 p.m.	Jun. 21	6	186841	\$81.36
		Toogood Park	Wed.	8:00 p.m.- 9:00 p.m.	Jun. 22	6	186843	\$54.24
Table Tennis	15 yrs+	Milliken Mills C.C.	Mon.	8:30 p.m.-10:00 p.m.	Jun. 20	10	186195	\$80.23
Tae Kwon-Do	16 - 64 yrs	Milliken Mills C.C.	Tue.	8:15 p.m.- 9:15 p.m.	Jun. 21	8	185997	\$51.98
Tai Chi - Beginner	16 yrs+	Buttonville Women's Institute	Tue.	7:30 p.m.- 8:30 p.m.	Jun. 21	8	186845	\$51.98
		Markham Village C.C.	Mon., Thu.	7:00 p.m.- 8:00 p.m.	Jul. 4	8	185887	\$46
	18 yrs+	Armadale C.C.	Mon.	7:00 p.m.- 8:00 p.m.	Jun. 20	8	185999	\$51.98
		Armadale C.C.	Sat.	9:00 a.m.-10:00 a.m.	Jul. 9	8	188922	\$51.98
		Milliken Mills C.C.	Sun.	8:00 a.m.- 9:30 a.m.	Jul. 3	8	185998	\$77.97
Ultimate Frisbee - Indoors	16 yrs+	M.M. Soccer Dome	Sun.	2:00 p.m.- 3:30 p.m.	Jun. 26	8	186196	\$64.41

## 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 8 or 10 weeks with playoffs and awards at the end of the season. Individual registrants should be at a competitive level and will be placed if possible on individual teams rather than teams that register together. *Note. ON-SITE registration will not be accepted. A team of 8 players is recommended.*

## Volleyball - Intermediate/Competitive

An opportunity for men and women to play volleyball in a competitive atmosphere. Players are assigned to a different team each week. It is recommended that players have several years of playing experience and be able to confidently serve, pass, set and hit the ball. Players should also know how to play in each position of a 6-person team. 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.*

## 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.

## Yoga - 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 - 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.

## 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.*



**Sat., Sept. 24, 2011**  
**9:00 a.m. – 2:00 p.m.**

\$15.00 per table. CASH ONLY.  
Book your table in person starting  
**8:30 a.m. Friday, August 26**

Contact 905-474-1007 ext. 31  
for more information.

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Volleyball - Competitive Co-Ed League	16 yrs+	Armadale C.C.	Tue.	7:00 p.m.-11:00 p.m.	Jun. 21	10	186367	\$100.57
Volleyball - Intermediate/Competitive	16 yrs+	Armadale C.C.	Wed.	8:15 p.m.- 9:45 p.m.	Jul. 6	8	188910	\$64.41
Volleyball - Recreational	16 yrs+	Thornhill C.C.	Thu.	8:00 p.m.- 9:30 p.m.	Jul. 7	8	186794	\$64.41
Walk For Wellness	18 yrs+	Crosby C.C.	Thu.	7:00 p.m.- 8:00 p.m.	Jul. 7	6	186846	\$23
Yoga - Adult - Beginner	15 yrs+	Rouge River C.C.	Wed.	7:30 p.m.- 8:30 p.m.	Jun. 29	8	186113	\$72.32
	15 yrs+	Rouge River C.C.	Wed.	8:30 p.m.- 9:30 p.m.	Jun. 29	8	186108	\$72.32
	16 yrs+	Milliken Mills C.C.	Mon.	7:00 p.m.- 8:00 p.m.	Jun. 20	8	186109	\$72.32
		Milliken Mills C.C.	Mon.	8:00 p.m.- 9:00 p.m.	Jun. 20	8	186110	\$72.32
		Milliken Mills C.C.	Thu.	6:00 p.m.- 7:00 p.m.	Jun. 23	8	186112	\$72.32
		Milliken Mills C.C.	Thu.	7:00 p.m.- 8:00 p.m.	Jun. 23	8	186111	\$72.32
		Old Unionville Lib. C.C.	Tue.	7:30 p.m.- 8:30 p.m.	Jun. 21	8	186847	\$72.32
		Thornhill C.C.	Tue.	6:30 p.m.- 7:30 p.m.	Jul. 5	8	186283	\$72.32
		Thornhill C.C.	Tue.	7:30 p.m.- 8:30 p.m.	Jul. 5	8	186284	\$72.32
		Un.Train Station C.C.	Mon.	7:30 p.m.- 8:30 p.m.	Jun. 20	8	186848	\$72.32
	18 yrs+	Centennial C.C.	Sat., Thu.	9:00 a.m.-10:00 a.m.	Jun. 25	8	185890	\$72.32
Yoga - Adult - Intermediate	16 yrs+	Milliken Mills C.C.	Mon.	6:00 p.m.- 7:00 p.m.	Jun. 20	8	186114	\$72.32
		Old Unionville Lib. C.C.	Tue.	8:30 p.m.- 9:30 p.m.	Jun. 21	8	186850	\$72.32
Yoga - Beg/Intermediate	13 yrs+	Rouge River C.C.	Wed.	6:30 p.m.- 7:30 p.m.	Jun. 29	8	186115	\$72.32
	14 yrs+	Milliken Mills C.C.	Thu.	8:00 p.m.- 9:00 p.m.	Jun. 23	8	186118	\$72.32
	14 yrs+	Milliken Mills Library	Sun.	9:30 a.m.-10:30 a.m.	Jun. 26	8	186119	\$72.32
Yoga - Pre-Natal	18 - 64 yrs	Thornhill C.C.	Mon.	6:30 p.m.- 7:30 p.m.	Jul. 4	8	186316	\$72.32

## 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. \$45.00 extra food costs payable to the instructor for the 4 week session. **\$20.00 extra food costs to the instructor for the 1 week workshop.**

## Fresh From the Market

Be sure to bring paper and pens, as there will be no recipes for this course!. Our chef will head to the local 'Farmer's Market' in the morning, and whatever she finds is what's on for dinner!. Let's reduce our carbon footprint and use all local produce and foods found right in 'our own backyard'. Dinners will be simple, delicious and easy to execute with whatever we have in the pantry and the fridge! **\$45.00 food cost payable to the instructor.**

## 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. **No supplies required at the first class.**

## Cooking for Men Only

**NEW!**

In this course for men only learn how to prepare a complete dinner each week including dessert. Recipes provided each class. This course is hands on. **\$45.00 extra food cost is payable to the instructor to the instructor on the first night.**

## 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. **\$45.00 extra food costs. Please bring to the first class.**

## Italian Essentials

In this course we uncover the foundations of delicious regional Italian cooking. Learn the basics of traditional sauces, homemade pastas, rippling risottos and the skilful use of herbs and spices. We will use first class ingredients to create mouth watering dishes. **Additional \$45.00 food costs payable the first night.**

## Just Desserts

Desserts of all kinds, baked, refrigerated, frozen. You name it! We will do pastry, cookies, muffins, cakes, and so much more. Always using the freshest ingredients with ideas galore you'll never be at a loss for a tasty treat again! **\$45.00 payable to the instructor for food costs is extra.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Everyday Baking	16 yrs+	Armadale C.C.	Sat.	2:00 p.m.- 5:00 p.m.	Jul. 9	1	188881	\$53.11
Fresh From the Market	16 yrs+	Armadale C.C.	Thu.	7:00 p.m.- 9:30 p.m.	Jun. 16	4	186384	\$90.97
Cake Decorating - Beginner	18 - 64 yrs	Thornhill C.C.	Sun.	11:00 a.m.- 1:00 p.m.	Jul. 17	4	186305	\$53.11
Cooking for Men Only	16 yrs+	Armadale C.C.	Tue.	7:30 p.m.-10:00 p.m.	Jun. 21	5	186382	\$90.97
		Armadale C.C.	Wed.	7:00 p.m.- 9:30 p.m.	Jul. 27	5	186381	\$90.97
Good, Fast and Cheap	16 yrs+	Armadale C.C.	Wed.	7:00 p.m.- 9:30 p.m.	Jun. 22	5	186380	\$90.97
Italian Essentials	18 yrs+	Armadale C.C.	Tue.	7:30 p.m.-10:00 p.m.	Jul. 26	5	186392	\$90.97
Just Desserts	16 yrs+	Armadale C.C.	Thu.	7:00 p.m.-10:00 p.m.	Jul. 28	4	186385	\$90.97

# Adult Workshops

## 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!**

## Digital Camera - Workshop

**NEW!**

Do you own a digital camera and have no idea how to use it? This workshop will take the fear out of your digital camera and give you the knowledge to take better pictures. **First class at Armadale CC the next three will be on location.**

## Rhumba Workshop

Join us for a romantic evening learning the sensuous Cuban Rhumba. A mixture of basic and challenging skills will appeal to all levels of dancers. This will give every couple an evening of fun and accomplishment!! See you there! **Fee is per couple.**

## 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. Cost is per person. Children under 14 years of age must be registered with an adult.**

Program Name	Age	Location	Day	Time	Start Date	# of Classes	Code	Fee
Family Guide To Haircutting	18 yrs+	Milliken Mills C.C.	Mon.	7:00 p.m.-10:00 p.m.	Jun. 20	2	185945	\$75
Digital Camera - workshop	18 yrs+	Armadale C.C.	Sat.	1:00 p.m.- 2:00 p.m.	Jun. 11	4	186538	\$41
Rhumba Workshop	18 yrs+	Rouge River C.C.	Fri.	7:00 p.m.-10:00 p.m.	Jul. 15	1	186197	\$44.89
Geocaching Workshop	16 yrs+	Camp Chimo	Sat.	10:00 a.m.-12:00 p.m.	Jul. 16	1	186235	\$24.19
		Camp Chimo	Sun.	10:00 a.m.-12:00 p.m.	Aug. 14	1	186236	\$24.19
		Markham Museum	Sat.	10:00 a.m.-12:00 p.m.	Jun. 18	1	189204	\$24.19
		Markham Museum	Sun.	1:00 p.m.- 3:00 p.m.	Jul. 24	1	189205	\$24.19
		Markham Museum	Sun.	1:00 p.m.- 3:00 p.m.	Aug. 21	1	189206	\$24.19