

**GENERAL INFORMATION:**

- Full payment can be made using cash, cheque (payable to 105 Gibson Centre), or credit card. Class materials may incur additional charges.
- If the program is cancelled due to insufficient enrollment or other unforeseen circumstances, the registered participants will receive a full refund.
- Program fee is not transferable and is only applicable to the activity listed on the receipt.
- 105 Gibson Centre reserves the right to cancel or postpone any program/event.
- NO CLASSES on public holidays. Please pay attention to the announcement in class.
- Activities and programs are subject to change.
- Full refund will be issued only if withdraw two weeks before the first lesson or class cancelled.
- NO refund will be allowed after second lesson.
- \$5 Administration Fee will be charged for any class withdrawal.
- The courses are offered in English (E), Cantonese (C), Mandarin (M) and Korean (K)
- Participants must consult their family doctor before enrolling in any class of physical activities.
- We are dedicated to serve all members of the community. Individuals and / or families experiencing financial difficulty may be eligible for assistance. Please call to inquire.

**105 GIBSON CENTRE - HOURS OF OPERATIONS**

Monday - Friday : 10 am - 10 pm  
 Saturday : 9 am - 10 pm  
 Closed on Sundays and Statutory Holidays



105 Gibson Drive,  
 Markham, ON L3R 3K7  
 Tel: 905.946.8787  
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 www.105gibson.com



**SPORTS & EXERCISE**

Code	Course Name	Fee	Start Date	EndDate	Weekday	Time	# Classes	Age	Lang.	Remarks
EL101	Line Dance Level 1	[Term 1] \$35	Sep 9	Oct 28	Monday	10:30 am - 11:45 am	7	18+	E/C	Taught by a certified line dance instructor and is designed for those with some line dance experience.
EL102	Line Dance Level 1	[Term 2] \$45	Nov 4	Dec 30	Monday	10:30 am - 11:45 am	9	18+	E/C	
SPB01	Pickleball Class Beginner	\$20	Sep 9	Sep 30	Monday	1:30 pm - 2:30 pm	4	18+	E/C	Pickle Ball is the mixture of tennis, badminton and ping-pong with medium exercise to raise the coordination of four limbs
SPB02	Pickleball Class Intermediate	\$20	Sep 9	Sep 30	Monday	2:30 pm - 3:30 pm	4	18+	E/C	
SPB03	Pickleball Class Beginner	\$20	Oct 7	Nov 4	Monday	1:30 pm - 2:30 pm	4	18+	E/C	
SPB04	Pickleball Class Intermediate	\$20	Oct 7	Nov 4	Monday	2:30 pm - 3:30 pm	4	18+	E/C	
SPB05	Pickleball Class Beginner	\$20	Nov 11	Dec 2	Monday	1:30 pm - 2:30 pm	4	18+	E/C	
SPB06	Pickleball Class Intermediate	\$20	Nov 11	Dec 2	Monday	2:30 pm - 3:30 pm	4	18+	E/C	
ETK	Taekwondo	\$285 / 25 classes (Valid 6 months)	Sep 9	Dec 16	Monday	4:30 pm - 5:30 pm	5 - 9	E/K/C/M	Learn techniques, patterns, sparring, self-defense and theories. This program is affiliated with the International Taekwondo Federation. Students can obtain international recognition level and qualifications. Visit choongmootkd.com for more details. (All training fee are not allowed Exchange or Refund)"	
		\$505 / 50 classes (Valid 8 months)	Sep 9	Dec 16	Monday	5:30 pm - 6:30 pm				
		\$880 / 100 classes (Valid 14 months)								
ETS01	Tai Chi Sword	[Term 1] \$63	Sep 3	Oct 29	Tuesday	1:00 pm - 2:30 pm	9	14+	E/C	Exercise to increase body flexibility and improve balance. This form of Tai Chi is gentle, and also can maintain strength and power. Taichi Sword is easy to learn and carry.
ETS02	Tai Chi Sword	[Term 2] \$49	Nov 5	Dec 17	Tuesday	1:00 pm - 2:30 pm	7	14+	E/C	
SPHS	Hoop and Shoot	\$42	Sep 17	Dec 3	Tuesday	4:00 pm - 5:30 pm	12	6-14	E	Basketball skills such as physical training, passing, dribbling, shooting, defense, rules, match basics, sportsmanship, and team spirit.
ETK	Taekwondo	\$285 / 25 classes (Valid 6 months)	Sep 10	Dec 17	Tuesday	4:30 pm - 5:30 pm	5 - 9	E/K/C/M	Learn techniques, patterns, sparring, self-defense and theories. This program is affiliated with the International Taekwondo Federation. Students can obtain international recognition level and qualifications. Visit choongmootkd.com for more details. (All training fee are not allowed Exchange or Refund)"	
		\$505 / 50 classes (Valid 8 months)	Sep 10	Dec 17	Tuesday	5:30 pm - 6:30 pm				
		\$880 / 100 classes (Valid 14 months)								
EDF	Dance Fitness	\$40	Oct 15	Dec 3	Tuesday	7:15 pm - 8:30 pm	8	18+	E/C/M	Improve overall physical health through stretching, cardio-dance and strength training while moving your body to praise and uplifting songs. Meet the instructor and learn a balanced workout that uses dance as a fun way to get fit!
	FREE introductory class	Oct 1	-	Tuesday	7:15 pm - 8:15 pm					
ED01	Zumba	[Term 1] \$45	Sep 4	Oct 30	Wednesday	1:30 pm - 2:30 pm	9	18+	E/C	Strengthening the muscle coordination through exercising all over the body under the instruction of a certified trainer
ED02	Zumba	[Term 2] \$35	Nov 6	Dec 18	Wednesday	1:30 pm - 2:30 pm	7	18+	E/C	
ET01	Tai Chi	[Term 1] \$40	Sep 5	Oct 24	Thursday	2:00 pm - 3:00 pm	8	18+	E/C	The gentle movements reduce stress and restore calmness. Improving balance, flexibility, circulation, and well-being.
ET02	Tai Chi	[Term 2] \$35	Nov 7	Dec 19	Thursday	2:00 pm - 3:00 pm	7	18+	E/C	
EV01	VIP Tai Chi Class	[Term 1] \$24	Sep 5	Oct 24	Thursday	3:00 pm - 4:00 pm	8	18+	E/C	The class is designed for the visually impaired people and their family members. It will cover Yang style Tai Chi and information on healthy living. The Tai Chi movements will be adjusted in accordance with the needs and capability of the VIP.
EV02	VIP Tai Chi Class	[Term 2] \$21	Nov 7	Dec 19	Thursday	3:00 pm - 4:00 pm	7	18+	E/C	
EZ01	Zumba Fitness	[Term 1] \$40	Sep 6	Oct 25	Friday	1:00 pm - 2:15 pm	8	18+	E/C	Taught by a certified Zumba instructor to exercise different body parts and strengthen muscles.
EZ02	Zumba Fitness	[Term 2] \$40	Nov 1	Dec 20	Friday	1:00 pm - 2:15 pm	8	18+	E/C	
EL201	Line Dance Level 2	[Term 1] \$40	Sep 6	Oct 25	Friday	2:30 pm - 4:00 pm	8	18+	E/C	Taught by a certified line dance instructor and is designed for those with some line dance experience.
EL202	Line Dance Level 2	[Term 2] \$40	Nov 1	Dec 20	Friday	2:30 pm - 4:00 pm	8	18+	E/C	
EK00	Karate	\$30 /Month \$25 per additional Family Member	Sep 6	Dec 20	Friday	7:30 pm - 9:00 pm	16	All Ages	E	Encourage young people to adopt a healthy living style. Exam and other karate membership fee are not included.
EFT01	Yang Traditional Tai Chi 85 Styles	[Term 1] \$56	Sep 7	Oct 26	Saturday	1:00 pm - 3:00 pm	8	18+	E/C	Strengthen muscle, balance, physical control and regulate breathing. Improving heart function and physical flexibility.
EFT02	Yang Traditional Tai Chi 85 Styles	[Term 2] \$49	Nov 2	Dec 14	Saturday	1:00 pm - 3:00 pm	7	18+	E/C	

Sep to Dec, 2019



**Activities & Programs**



105 Gibson Centre is a Christian faith-based community centre devoted to bringing positive changes to the surrounding neighborhood through a wide range of social services which include: Youth Services, Abundant Life Institute, Community Classroom, Community Needs (Food Bank, Thrift Store, Free Tax Clinic and Out of the Cold), Sports Program and other recreational activities.

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.	Remarks
MS01 MS02	Singing Class Singing Class	[Term 1] \$42 [Term 2] \$54	Sep 9 Nov 4	Oct 28 Dec 30	Monday Monday	7:30 pm - 9:00 pm 7:30 pm - 9:00 pm	7 9	18+	C	Learn how to sing pop songs better, explore your singing potential and improve your singing techniques through the practice of breath control, resonance, vocalization and intonation.
MGA01 MGA02	Good Voice Singing Class A Good Voice Singing Class A	[Term 1] \$90 [Term 2] \$40	Sep 5 Nov 7	Oct 31 Dec 12	Thursday Thursday	6:30 pm - 8:30 pm 6:30 pm - 8:30 pm	9 4	18 - 65	E/C/M	Using "The Royal Conservatory of Music" voice syllabus material and karaoke music, students learn to sing, understand and improve singing techniques.
MGB01 MGB02	Good Voice Singing Class B Good Voice Singing Class B	[Term 1] \$90 [Term 2] \$40	Sep 5 Nov 7	Oct 31 Dec 12	Thursday Thursday	7:30 pm - 9:30 pm 7:30 pm - 9:30 pm	9 4			
MVF01 MVF02	Adult Vocal Training Adult Vocal Training	[Term 1] \$87.5 [Term 2] \$100	Sep 6 Nov 1	Oct 25 Dec 20	Friday Friday	7:00 pm - 8:30 pm 7:00 pm - 8:30 pm	7 8	18+	C	Learn, practice, and improve singing techniques and build self-confidence through singing Chinese pop songs. Taught by an award winning singer.
MVI01 MVI02	Fun with the Violin Intermediate Fun with the Violin Intermediate	[Term 1] \$40 [Term 2] \$32	Sep 7 Oct 19	Oct 5 Nov 9	Saturday Saturday	9:30 am - 10:30 am 9:30 am - 10:30 am	5 4	All Ages	E/C/M	Learn basic techniques in playing the violin, reading music, and understanding musical theory. Must bring your own violin and music stand.
MVB01 MVB02	Fun with the Violin Basic Fun with the Violin Basic	[Term 1] \$40 [Term 2] \$32	Sep 7 Oct 19	Oct 5 Nov 9	Saturday Saturday	10:30 am - 11:30 am 10:30 am - 11:30 am	5 4	All Ages	E/C/M	
MVJ01 MVJ02	Fun with the Violin Junior Fun with the Violin Junior	[Term 1] \$25 [Term 2] \$20	Sep 7 Oct 19	Oct 5 Nov 9	Saturday Saturday	11:30 am - 12:00 pm 11:30 am - 12:00 pm	5 4	5 - 10	E/C/M	Learn basic techniques in playing the violin, reading music, and understanding musical theory. Must bring your own violin and music stand. Parent may join for an additional \$3 per class.
MES01 MES02	Fun with the Erhu Basic Fun with the Erhu Basic	[Term 1] \$40 [Term 2] \$32	Sep 7 Oct 19	Oct 5 Nov 9	Saturday Saturday	12:00 pm - 1:00 pm 12:00 pm - 1:00 pm	5 4	All Ages	E/C/M	Learn basic techniques in playing erhu, reading simplified and traditional music and understanding musical theory. Must bring your own erhu and music stand.

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.	Remarks
AMT	A Meal Together	Free	Sep 5	Dec 19	Thursday	3:30 pm - 7:30 pm	-	14 - 22	E	Build friendship through sharing a free meal with youth in the community. Sports activity available. Limited seating. 24 hours advance booking required.
PTC	Parenting Teenagers Course	\$20	Oct 11	Dec 13	Friday	7:30 pm - 9:30 pm	10	Parents of teenagers aged 11 - 18	C / M	To nurture a healthy relationship with your teenage child and help him/her grow into a mature and responsible person with character and positive values.
SWYA	The Strengths Workshop for Young Adults	\$20	Oct 26	Nov 9	Saturday	9:30 am - 12:00 am	2	17 - 25	E	This workshop's objective is to help you name, claim and use your strengths in different aspects of your life. Online Strengths Assessment: US\$20
YSI	Youth Success Initiatives	Free	Sep 28	Dec 14	Saturday	10:00 am - 11:30 am	-	Grades 9 - 12	E	Free tutoring services in math, science or ESL in the Ontario curriculum. Offered for high school students in need.

Code	Course Name	Fee	Start Date	End Date	Weekday	Time	# Classes	Age	Lang.	Remarks
VIGA01 VIGA02	Indoor Organic/Natural Growing Indoor Organic/Natural Growing	[Term 1] \$70 [Term 2] \$70	Oct 1 Nov 5	Oct 22 Nov 26	Tuesday Tuesday	2:00 pm - 3:30 pm 2:00 pm - 3:30 pm	4 4	14+ 14+	E E	Learn organic and natural microgreens and vegetable growing in an indoor ecosystem farm. Practice organic growing on one VIGA organic system for 4 weeks. Harvest at least once during the course.
CAP	Financial Literacy Course	\$10	Oct 5	Oct 12	Saturday	9:00 am - 12:00 pm	2	All Ages	E	Learn how to manage your finance with a cash-based system. Learn about budgeting, saving, giving and preventing debt. Course is designed by award winning debt counselling charity Christians Against Poverty.
FIL	Investing For A Lifetime	\$10	Dec 10	Dec 12	Tuesday Thursday	7:00 pm - 8:30 pm	2	20+	E	Understand the investing principles and change the way your money work for you. Learn how structuring your financial and investment plan properly can change your life. FREE introductory session to meet the instructor on Saturday December 7, 10 - 11 am.

Lang. \* E - English C - Cantonese M - Mandarin K - Korean

## OTHER SERVICES

**THRIFT STORE**

Selling high quality items at lower cost and encouraging green environmental initiatives. All proceeds support programs and services at the Centre. Please visit [www.105gibson.com](http://www.105gibson.com) for store opening hours.

**FOOD BANK**

Open year-round. If you are in need of food, please call 905.946.8787 ext.107 or email [fooddrive@105gibson.com](mailto:fooddrive@105gibson.com) to make an appointment.

**SPORTS PROGRAM****Basketball**

\$7/person or \$60 Pass for 11 sessions  
Wednesday 4 pm - 6:30 pm  
Saturday 7 pm - 9:30 pm

**Badminton**

\$5/person or \$45 Pass for 11 sessions  
Wednesday 7 pm - 10 pm  
Saturday 4 pm - 7 pm

**Table Tennis**

\$5/person or \$45 Pass for 11 sessions  
Wednesday 7 pm - 10 pm  
Saturday 4 pm - 7 pm

**Pickleball**

\$4/person or \$30 Pass for 11 sessions  
Monday 1:30 pm - 3:30 pm  
Thursday 1:30 pm - 3:30 pm

**CULTURAL CAFÉ**

Serves drinks, refreshments and light lunches. The renowned HK style milk tea is a must-try! The 105 Gibson Cultural Cafe is operated by Joy Beyond Vision Community and its visually impaired staff.

**RENTALS**

We offer short- or long-term rental solutions with catering options. Our rooms range from 280 ft<sup>2</sup> to 6,800 ft<sup>2</sup> in size, providing you with plenty of options to host your event. For more info, please visit [www.105gibson.com](http://www.105gibson.com) or call 905.946.8787.