

A&P Community Classroom 2022 (Jan - Apr)

Community Classroom	Class Name	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age	Language	Description
Music & Arts	Golden Songs Singing Class [Term 1]	\$96	3-Jan	28-Feb	Monday	7:30 - 9:00 pm	8	Online	18+	C	Explore your singing potential with golden songs. Improve your singing techniques with breath control, resonance, vocalization and intonation. (Feb 21 no class)
Music & Arts	Golden Songs Singing Class [Term 2]	\$96	7-Mar	25-Apr	Monday	7:30 - 9:00 pm	8	Online	18+	C	
Music & Arts	Good Voice Singing Studio [Term 1]	\$104	6-Jan	24-Feb	Thursday	Class A: 6:30 - 8:30 pm Class B: 7:30 - 9:30 pm Class A: 6:30 - 8:30 pm Class B: 7:30 - 9:30 pm	8	Centre	18+	E/C/M	Learn through a variety of song genres with basic singing techniques. Lessons are based on Canada's Royal Conservatory of Music syllabus. (Each Term has class A & B)
Music & Arts	Good Voice Singing Studio [Term 2]	\$117	3-Mar	28-Apr	Thursday		9	Centre	18+	E/C/M	
Music & Arts	Fun with Violin Basic (Child) [Term 1]	\$49	8-Jan	26-Feb	Saturday		9:30 - 10:30 am	7	Online	5+	
Music & Arts	Fun with Violin Basic (Child) [Term 2]	\$56	5-Mar	30-Apr	Saturday	9:30 - 10:30 am	8	Online	5+	E/C/M	
Music & Arts	Fun with Violin Intermediate [Term 1]	\$49	8-Jan	26-Feb	Saturday	10:30 - 11:30 am	7	Online	All	E/C/M	Enrich your techniques with your violin, reading music, and music theory. Must bring your own violin and music stand. (Feb 19 & April 16 no class)
Music & Arts	Fun with Violin Intermediate [Term 2]	\$56	5-Mar	30-Apr	Saturday	10:30 - 11:30 am	8	Online	All	E/C/M	
Music & Arts	Fun with Erhu Intermediate [Term 1]	\$49	8-Jan	26-Feb	Saturday	12:00 - 1:00 pm	7	Online	All	E/C/M	Enrich your techniques with your erhu, reading simplified and traditional music and understanding musical theory. Must bring your own erhu and music stand. (Feb 19 & April 16 no class)
Music & Arts	Fun with Erhu Intermediate [Term 2]	\$56	5-Mar	30-Apr	Saturday	12:00 - 1:00 pm	8	Online	All	E/C/M	
Music & Arts	Fun with Erhu Basic [Term 1]	\$49	8-Jan	26-Feb	Saturday	1:00 - 2:00 pm	7	Online	All	E/C/M	Learn basic techniques with your erhu, reading simplified and traditional music and understanding musical theory. Must bring your own erhu and music stand. (Feb 19 & April 16 no class)
Music & Arts	Fun with Erhu Basic [Term 2]	\$56	5-Mar	30-Apr	Saturday	1:00 - 2:00 pm	8	Online	All	E/C/M	
Music & Arts	Pastel Nagomi Art New	\$100/month	8-Jan	29-Jan	Saturday	Class A: 10:00 - 11:30 am Class B: 12:00 - 1:30 pm	4	Centre	15+	C	Pastel Nagomi Art is a form of Japanese healing art, using soft pastel and fingers to create a gentle, transparent and heart-touching art with a single unique design. Anyone can do Pastel Nagomi art, from a preschooler to senior, with or without an art background. All of us can benefit in some ways through the therapeutic and fun process of creating the amazing Nagomi painting with simple yet unique techniques. Bring home a beautiful painting and rejuvenate your mind! (Feb 19 & April 16 no class)
Music & Arts	Pastel Nagomi Art New	\$75/month	5-Feb	26-Feb	Saturday	Class A: 10:00 - 11:30 am Class B: 12:00 - 1:30 pm	3	Centre	15+	C	
Music & Arts	Pastel Nagomi Art New	\$100/month	5-Mar	26-Mar	Saturday	Class A: 10:00 - 11:30 am Class B: 12:00 - 1:30 pm	4	Centre	15+	C	
Music & Arts	Pastel Nagomi Art New	\$100/month	2-Apr	30-Apr	Saturday	Class A: 10:00 - 11:30 am Class B: 12:00 - 1:30 pm	4	Centre	15+	C	
Sports & Exercise	Line Dance Level 1 [Term 1]	\$56	3-Jan	28-Feb	Monday	10:30 - 11:45 am	8	Centre/Online	All	E/C	Taught by a certified and experienced line dance instructor and is designed for those with no line dance experience. (Feb 21 no class)
Sports & Exercise	Line Dance Level 1 [Term 2]	\$56	7-Mar	25-Apr	Monday	10:30 - 11:45 am	8	Centre/Online	All	E/C	
Sports & Exercise	Line Dance Level 2 [Term 1]	\$56	3-Jan	28-Feb	Monday	12:00 - 1:15 pm	8	Centre	All	E/C	Taught by a certified and experienced line dance instructor and is designed for those with some line dance experience. (Feb 21 no class)
Sports & Exercise	Line Dance Level 2 [Term 2]	\$56	7-Mar	25-Apr	Monday	12:00 - 1:15 pm	8	Centre	All	E/C	
Sports & Exercise	Taekwondo	\$285 for 25 Classes (Valid 6 months) \$505 for 50 Classes (Valid 8 months) \$880 for 100 Classes (Valid 14 months)	03-Jan 04-Jan	25-Apr 26-Apr	Monday Tuesday	5:00 - 6:00 pm 6:00 - 7:00 pm	-	Centre Centre Centre Centre	5 - 9 10+ 5 - 9 10+	E/K/C/M E/K/C/M E/K/C/M E/K/C/M	Learn techniques, pattern, sparring, self-defence and theories. This program is affiliated with the International Taekwondo-Do Federation. Students can obtain international recognition level and qualifications. Visit choongmootkd.com for more details Training. (Feb 21 no class) (All training fee are not allowed Exchange or Refund)
Sports & Exercise	Full Body Stretching Exercise [Term 1]	\$56	4-Jan	22-Feb	Tuesday	1:00 - 2:00 pm	8	Centre/Online	All	E/C	60 minutes of warm up and stretching from head to toe, performed on and around a chair. (In collaboration with Abundant Life Institute)
Sports & Exercise	Full Body Stretching Exercise [Term 2]	\$63	1-Mar	26-Apr	Tuesday	1:00 - 2:00 pm	9	Centre/Online	All	E/C	
Sports & Exercise	Low Impact HIIT (High-Intensity Interval Training) [Term 1]	\$56	4-Jan	22-Feb	Tuesday	6:00 - 7:00 pm	8	Online	All	E/C/M	This class is an entry-level to the popular fat-burning workout, HIIT. The exercise consists of strength training including core muscles and finishes off with some stretching. Suitable for all ages, jumping is not required.
Sports & Exercise	Low Impact HIIT (High-Intensity Interval Training) [Term 2]	\$63	1-Mar	26-Apr	Tuesday	6:00 - 7:00 pm	9	Online	All	E/C/M	
Sports & Exercise	Zumba [Term 1]	\$56	5-Jan	23-Feb	Wednesday	1:30 - 2:30 pm	8	Centre/Online	All	E/C	Strengthen muscular coordination through exercising the body; Instructor is a certified trainer. (In collaboration with Abundant Life Institute)
Sports & Exercise	Zumba [Term 2]	\$63	2-Mar	27-Apr	Wednesday	1:30 - 2:30 pm	9	Centre/Online	All	E/C	

Sports & Exercise	Tai Chi (Basic Level) [Term 1] (includes practice time) New	\$104	7-Jan	25-Feb	Friday	10:00 am - 12:00 pm	8	Centre	All	E/C	Learn Tai Chi to strengthen one's body resistance. It's easy to learn Tai Chi. (In collaboration with Abundant Life Institute) (Apr 15 no class)
Sports & Exercise	Tai Chi (Basic Level) [Term 2] (includes practice time) New	\$104	4-Mar	29-Apr	Friday	10:00 am - 12:00 pm	8	Centre	All	E/C	
Sports & Exercise	Tai Chi Fan (Basic Level) [Term 1] (includes practice time)	\$104	7-Jan	25-Feb	Friday	2:00 - 4:00 pm	8	Centre	All	E/C	Moving tendons and activating blood through balancing body and stretching to increase the body resistance. (2:00-2:30 practice time), (In collaboration with Abundant Life Institute), (April 15 no class).
Sports & Exercise	Tai Chi Fan (Basic Level) [Term 2] (includes practice time)	\$104	4-Mar	29-Apr	Friday	2:00 - 4:00 pm	8	Centre	All	E/C	
Sports & Exercise	Praise Dance [Term 2]	\$30 (Admin Fee)	4-Mar	29-Apr	Friday	10:30 - 12:00 pm	8	Centre	All	C	Enhancing spiritual growth and relaxation through dancing and hymn singing. (In collaboration with Abundant Life Institute) (Apr 15 no class)
Sports & Exercise	Zumba Dancercise [Term 1]	\$56	7-Jan	25-Feb	Friday	1:00 - 2:15 pm	8	Centre/online	All	E/C	Taught by a certified Zumba instructor to exercise different body parts and to strengthen muscles. (April 15 no class)
Sports & Exercise	Zumba Dancercise [Term 2]	\$56	4-Mar	29-Apr	Friday	1:00 - 2:15 pm	8	Centre/online	All	E/C	
Sports & Exercise	Karate	\$30/month	7-Jan	22-Apr	Friday	7:30 - 9:00 pm	15	Centre	15+	E/J	Taught by a professional Japanese Karate instructor to encourage and adopt a healthy living. Exams and other karate membership fees are not included. (Apr 15 no class)
Educational	Learn Spanish for fun [Term 1]	\$56	4-Jan	22-Feb	Tuesday	4:30 - 5:30 pm	8	Online	All	E/Sp	Spanish is one of the most commonly spoken languages; Learn Spanish for fun by singing and playing games.
Educational	Learn Spanish for fun [Term 2]	\$63	1-Mar	26-Apr	Tuesday	4:30 - 5:30 pm	9	Online	All	E/Sp	
Educational	Spanish Class for Beginners [Term 1]	\$48	5-Jan	23-Feb	Wednesday	4:30 - 5:30 pm	8	Online	All	E/Sp	Spanish is commonly referred to as one of three most common world languages. Learn beginner Spanish for daily use from native speakers, and use it on your trips around the world.
Educational	Spanish Class for Beginners [Term 2]	\$54	2-Mar	27-Apr	Wednesday	4:30 - 5:30 pm	9	Online	All	E/Sp	
Educational	Spanish Class for Intermediate level [Term 1]	\$56	5-Jan	23-Feb	Wednesday	5:30 - 6:30 pm	8	Online	All	E/Sp	For those who completed "Beginner Spanish" and have the interest to enrich your Spanish for daily use.
Educational	Spanish Class for Intermediate level [Term 2]:	\$63	2-Mar	27-Apr	Wednesday	5:30 - 6:30 pm	9	Online	All	E/Sp	
Educational	Fun to learn Chinese (Children) New	\$48	5-Mar	30-Apr	Saturday	10:30 - 11:45 am	8	Centre	5 - 11	E/C	Despite being in Toronto, parents still want their children to learn the Chinese language. Noel Leung (professional Chinese teacher) will help children to read, write, listen and speak by singing and playing games. Free lesson on Feb 26 . (Apr 16 no class) Proof of vaccination is required.
Educational	Learn to bake with Lucullus (Asian Bakery) New	\$10 (demonstration ingredients included)	7-Jan	7-Jan	Friday	Class A: 5:30 - 6:45 pm Class B: 7:00 - 8:15 pm	1	Centre	All	E/C	Head Chef (Stone Yu) from Lucullus Bakery will demonstrate the technique for baking Hong Kong Egg Tarts and Pineapple Buns.
Educational	Healthy Eating and Exercise habits for your Lifestyle New	\$42	7-Jan	25-Feb	Friday	11:00 - 12:30 pm	7	Centre	15+	C	Let Yuki Cheung solve the mystery of your proper and healthy body type while helping students to achieve simple slimming and proper eating habits according to their lifestyle. (Feb 18 & April 15 no class)
Educational	Healthy Eating and Exercise habits for your Lifestyle New	\$48	4-Mar	29-Apr	Friday	11:00 - 12:30 pm	8	Centre	15+	C	
Educational	Baking healthy pastry for Chinese New Year New	\$30 (demonstration ingredients included)	15-Jan	29-Jan	Saturday	Class A: 1:00 - 2:15 pm Class B: 2:30 - 3:45 pm	2	Centre	15+	E/C	Chinese New Year is coming! Let's come and make Chinese Nian Gao (aka Mochi Cake) and yummy Almond Nougat together! Let's share your love with our family & friends.
Educational	DIY Sweets for Valentines day New	\$30 (demonstration ingredients included)	5-Feb	12-Feb	Saturday	Class A: 1:00 - 2:15pm Class B: 2:30 - 3:45 pm	2	Centre	15+	E/C	Learn to make rich and smooth chocolates with Chef Joyce Woo: French Salted Caramels (chewy candy made from heated sugar, butter and cream, with salt added as a flavoring). Japanese Nama Chocolate (70% dark chocolate and fresh cream). Both confections are perfect for your love ones for Valentines.
Educational	CAP Money Course: Budget. Save. Spend New	\$20 (refunded)	5-Mar	26-Mar	Saturday	1:00 - 2:30 pm	4	Online	All	E	Collaboration with Christian Against Poverty. Majority of Canadians are living paycheck to paycheck or struggling with debt. CAP Money Course has been helping people to manage their money since 2008. Throughout the course, you will learn some back-to-basics money management skills, tools and principles that help you budget, save, spend wisely, and live a life to the full.
Workshop	Newcomers: Welcome Orientation	Free	28-Jan	28-Jan	Friday	2:00 - 3:00 pm	1	Online	All	C	Collaboration with WoodGreen Community Services. Join a Settlement Counsellor to learn about various programs and services available to help newcomers settle in Toronto. Please provide Permanent Resident Card or landing documents for registration.
Workshop	Newcomers: Welcome Orientation	Free	25-Mar	25-Mar	Friday	2:00 - 3:00 pm	1	Online	All	E/Sp	
Workshop	Everlasting love for Marriage: Keys to Communication New	\$15 (per couple)	Class A 08-Jan Class B 05-Mar	Class A 22-Jan Class B 12-Mar	Saturday	1:00 - 2:30 pm	Class A:2 Class B 2	Centre	Couples Only	C	Marriage is a lifetime covenant. Through a series of "Everlasting Love " workshops; couples will learn effective communication skills and remaining in love . This course must be attended as a couple.

Workshop	Beauty forever : Skincare	\$6	9-Apr	9-Apr	Saturday	1:00 - 2:15 pm	1	Centre	All	C	Understand your own skin conditions, learn how to choose suitable skin care products and how to use natural materials to improve your skin.
Workshop	What is Autism New	Free	30-Apr	30-Apr	Saturday	10:00 - 12:00 pm	1	Centre	All	E	This talk seeks to provide the audience with an introduction to and a better understanding of Autism Spectrum Disorder, treatment options , and where to learn more about autism.
Workshop	Rethinking Career Engagement : Property Management	\$6	30-Apr	30-Apr	Saturday	1:00 - 2:30 pm	1	Centre	All	E/C	Introduction to Property Management with job opportunities for (Property Manager / Property Superintendent positions) and SWOT analysis (Strengths, Weaknesses , Opportunities and Threats).
Youth	Class Name	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age	Language	Description
Youth	Community Nights	Free	6-Jan	16-Jun	Thursday	3:30 - 8:00 pm		Centre	14-22	E	Drop-in program with sports, hang out space, homework room, and followed by more activities.
Youth	Tutoring: Online	Free	15-Jan	11-Jun	Saturday	10:00 - 11:30 am		Online	Grade 9 - 12	E	Free tutoring through Discord in math, science or ESL in the Ontario curriculum. Students are required to have a mic and use it for the duration of tutoring.
Youth	Tutoring: In-Person	Free	15-Jan	11-Jun	Saturday	9:30 - 10:45 am		Centre	Grade 9 - 12	E	Free in-person tutoring in math, science or ESL in the Ontario curriculum. Students must bring any textbooks and materials they are working on. Free WIFI.
Youth	Tutoring: In-Person	Free	15-Jan	11-Jun	Saturday	11:00 am - 12:15 pm		Centre	Grade 9 - 12	E	Free in-person tutoring in math, science or ESL in the Ontario curriculum. Students must bring any textbooks and materials they are working on. Free WIFI.
Youth	40 Hours & Beyond	Free	27-Jan	28-Apr	Thursday	Orientation 4:00 pm - 5:30 pm		Centre	Grade 9 - 12	E	Gain community service hours and develop your skills through in-house volunteer projects and mentorship.
Young Adults	Class Name	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age	Language	Description
Young Adults	Strengths Workshop for Young Adults	Workshop Fee: \$20 Online Assessment: \$28	22-Jan	29-Jan	Saturday	2:00 - 4:30 pm	2	Online	19-25	E	This workshop helps you name, claim and aim your strengths in different aspects of your life.
Young Adults	Npower Canada info session for free IT programs	Free	19-Jan	19-Jan	Wednesday	1:00 - 2:00 pm	1	Online	17-30	E	NPower Canada is pleased to offer youth 17-30 an opportunity to gain FREE IT training with job placement. Learn about our youth programs that offer IT and soft skills training.
Young Adults	Npower Canada info session for free IT programs	Free	13-Apr	13-Apr	Wednesday	1:00 - 2:00 pm	1	Online	17-30	E	
Career Pathway Series for Young Adults	Class Name	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age	Language	Description
Young Adults	From Graduation to a Career	Free	14-Jan	14-Jan	Friday	7:30 pm - 9:30 pm	1	Centre	19 - 29	E	Come join us in this fun evening to interact with our speakers on understanding the paths of different professions and their experience.
Young Adults	Designing Your Career Path for New Comers	Free	26-Feb	26-Feb	Saturday	10:30 am - 12:00 pm	1	Online	19 - 29	C	New-comer participants will learn different tools to assess and understand their strengths and weakness, transferable skills which they can bring to the workforce in Canada.
Young Adults	How to Build Your Network and Get Connected in the Industry	Free	26-Mar	26-Mar	Saturday	10:30 am - 12:00 pm	1	Online	19 - 29	E	"It's not what you know, it's about who you know": Let's discover the importance of making connections and the do's and don'ts when building your network.
Young Adults	Winning tips on how to integrate into the workplace	Free	23-Apr	23-Apr	Saturday	10:30 am - 12:00 pm	1	Online	19 - 29	E	Participants will interact with the speaker on the tips of how to integrate into the workplace with confidence, joy and contribution.
Young Adults	One-on-one job search clinic: Refine your Resume, Cover Letter, Interviewing skills and Career	Free	10-Jan	30-Jun	By appointment	By appointment		Online	19 - 29	E	HR specialists and seasoned professionals help you on resume and cover letter critique, mock interviews, or career guidance in an one-hour session.
Free Talks (By Older Adult Services)	Class Name	Fee	Date	Day	Time	# Talks	Location	Age	Language	Description	
	Nutrition for Older Adults	Free	22-Jan	Saturday	10:00 - 11:15 am	1	Online	18+	C	What is nutrition and why is it important for older adults? How do I eat healthy for age? What should I do if I am having trouble eating healthy?	
	Cognitive Health and Older Adults	Free	12-Feb	Saturday	10:00 - 11:15 am	1	Online	18+	C	What is Brain Health? Some factors affecting brain health cannot be changed; Lifestyle changes can make a difference. Small changes add up and changing your routine will help.	

	Medication for Depression and Anxiety	Free	26-Feb	Saturday	10:00 - 11:15 am	1	Online	18+	C	Psychiatric medication awareness discussion.	
	Constipation: Environment and Psychological factors	Free	9-Mar	Wednesday	2:00 - 3:00 pm	1	Online	18+	C	Workshop on lifestyle and psychological factors that may cause constipation.	
	Elder Abuse Series: Be a "SMART" Senior	Free	12-Mar	Saturday	10:00 - 11:15 am	1	Online	18+	C	What is Elder Abuse? Types of Elder Abuse? Pandemic-related Abuse and Prevention Tips	
	Health Facts: Cholesterol & BMI	Free	9-Apr	Saturday	10:00 - 11:15 am	1	Online	18+	C	Education on Cholesterol and Body Mass Index using the 2021 Canadian guideline.	
	Music Therapy for Anxiety and Depression	Free	23-Apr	Saturday	10:00 - 11:15 am	1	Online	18+	C	Life is full of stress and worries. If we don't handle them well, they will do harm to our physical and mental well-being. Music is one of the best ways to release stress. Listening to soothing music or involving in different musical activities can relax our body and mind. Music therapy helps!	
	Anxiety Relief with Traditional Chinese Medicine	Free	30-Apr	Saturday	10:00 - 11:15 am	1	Online	18+	C	This talk will focus on the causes, treatments and prevention of anxiety and depression with lifestyle and diet advice for patients and their family members.	
Sports	Class Name	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age	Language	Description
Pickleball	Pickleball Class Beginner Term 1 Pickleball Class Beginner Term 2 Pickleball Class Beginner Term 3	\$20	10-Jan 7-Feb 14-Mar	31-Jan 7-Mar 4-Apr	Monday	2:00 - 3:00 pm	4	Centre	18+	C	Learn to play pickleball. Gain knowledge of the game and develop fundamental skills.
Pickleball	Pickleball Class Intermediate Term 1 Pickleball Class Intermediate Term 2 Pickleball Class Intermediate Term 3	\$20	10-Jan 7-Feb 14-Mar	31-Jan 7-Mar 4-Apr	Monday	3:00 - 4:00 pm	4	Centre	18+	C	Develop more advanced pickleball skills to become a better player.
Sports (Drop Ins)	Description	Fee	Start Date	End Date	Day	Time	# Classes	Location	Age		
Pickleball	Pickleball	Multi-Pass	4-Jan	26-Apr	Tuesday	10:00 am - 12:00 pm		Centre	18+		
Pickleball	Pickleball	Multi-Pass	4-Jan	26-Apr	Tuesday	1:00 - 3:00 pm		Centre	18+		
Pickleball	Pickleball	Multi-Pass	6-Jan	28-Apr	Thursday	10:00 am - 12:00 pm		Centre	18+		
Pickleball	Pickleball	Multi-Pass	6-Jan	28-Apr	Thursday	1:00 - 3:00 pm		Centre	18+		
Badminton	Badminton	Multi-Pass	5-Jan	27-Apr	Wednesday	7:00 - 10:00 pm		Centre	All		
Badminton	Badminton	Multi-Pass	8-Jan	30-Apr	Saturday	4:00 - 7:00 pm		Centre	All		
Basketball	Basketball	Multi-Pass	5-Jan	27-Apr	Wednesday	4:00 - 5:30 pm		Centre	All		
Basketball	Basketball	Multi-Pass	8-Jan	30-Apr	Saturday	7:00 - 10:00 pm		Centre	All		
Table Tennis	Table Tennis	Multi-Pass	5-Jan	27-Apr	Wednesday	7:00 - 10:00 pm		Centre	All		
Table Tennis	Table Tennis	Multi-Pass	8-Jan	30-Apr	Saturday	4:00 - 7:00 pm		Centre	All		
Remarks: Language: English (E), Cantonese (C), Mandarin (M), Korean (K), Spanish (Sp), Japanese (J)											