

Spring Session 2020

APRIL 6 2020 - JUNE 22 2020

Registration Opens: March 16th 2020 at 10 a.m.





You can now use MyCommunityHub to SEARCH, REGISTER and PAY for your favorite Community Junction classes, ONLINE!

If you don't have access to a computer, or do not have a credit or debit card, you can still register and pay in person.

To get started please visit:

www.mycommunityhub.ca and enter your class code, class title or Community Junction in the search bar Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or Facebook page to watch our step-by-step instructional video

Website:

http://cltoronto.ca/hubs/community-junction/

2934 Dundas Street West Toronto, ON, M6P 1Y8 communityjunction@cltoronto.ca 647-729-3508

Special Events



WHEN: MAY 6TH 2020 10 A.M - 4 P.M.

COST: TBD*

*WILL INCLUDE LUNCH AND TRANSPORTATION

11843
PUBS AND PATIOS

WHEN: APRIL 24TH
MAY 29TH
JUNE 12TH
6 P.M. - 8 P.M.

COST: PAY FOR FOOD AND DRINKS

11781

RIPLEY'S AQUARIUM SLEEPOVER

WHEN: JUNE 13TH 2020 6 P.M. -JUNE 14TH 2020 9 A.M.

COST: \$160



11776 AMERICAN SIGN LANGUAGE 10 A.M. - 11:30 A.M.

In this ASL class we will explore different materials used to teach sign language! Each week we will work on a new theme from names to time and days of the week. Our class will work on learning and reading signs as well as new songs. The class will end with a short acting scene using sign!



Instructor: Nora Benson

\$277

11777 SPRINGTIME ART CLASS 11:30 A.M. - 12:30 P.M.

Welcome to our spring art class! As we enjoy the changing weather, we are so excited to be inspired by nature to complete unique art pieces to bring home. The pieces will vary from painting to structors each week!



Instructor: Emily Gillies

\$303



11780 MUSIC JAM 1 P.M. - 2 P.M.

Express yourself through singing, percussion and social dancing! We will be singing popular songs, old favorites and standards. Weekly class will include an open discussion on music and song suggestions. Join us as we sing, dance and drum to the joy that is Music Jam.

Instructor: Andre Tellier

\$235



11788 SWEETS IN SPRING

2 P.M. - 3:30 P.M.

Do you have a sweet tooth? Is baking, decorating and devouring something you would be into? Join us in our Sweets in Spring class where we will bake, design and decorate new treats to take home each week! Our class will work on new creations each week with a reciepe book to take home!

Instructor: CJ Staff



11783 STRETCH AND TONE LVL 1 10 A.M. - 11 A.M.

It is important to learn the proper ways to stretch out your body and feel good all over. In this class we will do standing stretches along with chair and mat work! This class moves at slower pace and will involve working and strengthening your core. Our hope is that you will leave the class feeling rejuvenated and strong!

Instructor: Tammy Gunn

\$290

11792 ZUMBA 11 A.M. - 12 P.M.

Zumba is a Latin based dance fitness program, involving both dance and aerobic elements. This class provides stress relief and exercise to the participants. Classes are designed to create an energetic community that is fun and playful. During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body.

Instructor: Tammy Gunn

\$287

11791 YOGA WITH MURALI 12 P.M. - 1 P.M.

Yoga is a practice that connects the mind and body with the pure self. These gentle classes will introduce exercise that the student can learn and add to their everyday life.

Classes will include: Guided relaxation and meditation exercises alongside a gentle warm up movement.

Instructor: Paul Murali

\$286

11790 CRAFTING WITH NATURE 1:30 P.M. - 3 P.M.

In this crafting class students will take on multi-medium projects that reflect the season! We will work on nature inspired structures and everyone will be allowed to take home their individual pieces.

There will be a special group project for the Community Junction!

Instructor: Emily Gillies





11787 SPRINGTIME MEALS

10 A.M. - 1:30 P.M.

A class where students can create seasonally inspired meals. From breakfast foods, snacks, lunch, dinner and dessert, we'll make healthy and delicious dishes from all around the world. This class will give students the opportunity to practice their food preperation skills!

Instructor: Monique Melanson

\$491

11778 SPRING SCIENCE 101 1:30 P.M. - 2:30 P.M.

Something new and wacky has come to the Community Junction! We are so excited to be offering a one of a kind wacky science experiments class! Each week our group of scientists will be taking on the unknown. From making our own lava lamps to clouds we will be experimenting with exciting elements!

Instructor: Sima Shamsi

\$303

11785 THEATRE - ACT IT OUT! 2:30 P.M. - 3:30 P.M.

ACTION! In this fun entry into the theater world you will learn how to create yourself as a character, project your voice while building confidence. Team building skills will take you on a journey to completing a dramatic theater debut to share with your friends & family at the end of this 11 week session!

Instructor: Tammy Gunn



11784 STRETCH AND TONE LVL 2 10 A.M. - 11 A.M.

It is important to learn the proper ways to stretch out your body and feel good all over. In this class we will do standing stretches along with chair and mat work! This class moves at slower pace and will involve working and strengthening your core. Our hope is that you will leave the class feeling rejuvenated and strong!

Instructor: Tammy Gunn

\$284

11793 ZUMBA CHOREOGRPAHY 11 A.M. - 12 P.M.

Zumba is a Latin based dance fitness program, involving both dance and aerobic elements. This class provids stress relief and exercise to the participants. Classes are designed to create an energetic community that is fun and playful. During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body.

Instructor: Tammy Gunn

\$284

11782 STRENGTHENING MUSCLES 12 P.M. - 1 P.M.

Do you want to take your fitness to the next level? Are you ready to give yourself a workout like no other? In our strength and conditioning classes Tammy will take the students through an aerobic conditioning while incorporating how to build muscle strength using simple you have at home.

Instructor: Tammy Gunn

\$298

11779 JUNCTION DRUMMING 2 P.M. - 3 P.M.

Express yourself through a shared love of drumming! Join the class as we create awesome rhythms, make our own drums and dance to our own beat! We will be drumming along to classics, creating our own beats and just enjoying ourselves! No musical experience is required!

Instructor: Andre Tellier



11789 SPRINGTIME ADVENTURES 10 A.M. - 3 P.M.

Join us as we explore everything our city has to offer! Our group will be checking out some of Toronto's famous landmarks! Experience the museums, festivals, attractions, neighborhoods and cultural landmarks that make our city so diverse and exciting!.

*Please plan to arrive at Community Junction for 10 A.M. so that we can leave at 10:15 sharp!

*TTC Fare Provided.

*Please dress appropriatly for the weather!

Instructor: CJ Staff

\$629

11786 SPRING SMOOTHIES, SHAKES & SALADS 1 P.M. - 4 P.M.

Start your weekend off right with a healthy and delicious, light meal inspired by spring! From soup and salads to smoothie bowls and shakes, students will create classic dishes as well as foods they may never have tried before.

Instructor: Monique Melanson

\$442



11775 5 CLASS PASS / 11776 10 CLASS PASS
Want to participate with the flexibility to try
out a few classes within the session?
New to Fee for Service and would like to
sample a few classes before you register for a full
session?

*Please note that class passes expire in a year from purchase
They are NOT eligible for Friday's excursion group or sole class
use. *Please contact Jennifer Nicolucci

to confirm the classes in which you would like to attend 24 hours PRIOR.

\$150



CONTACT: JENNIFER NICOLUCCI
JENNIFER.NICOLUCCI@CLTORONTO.CA OR
PARIS GRAY PARIS.GRAY@CLTORONTO.CA
647-729-3508
2934 DUNDAS STREET WEST
TORONTO, ONTARIO

M6P1Y8



