



Scarborough Village Seniors

Spring Instructional Programs (60yrs+)

Classes Begin April 3rd 2017

<i>Day</i>	<i>Class</i>	<i>Code</i>	<i>Time</i>	<i>Cost</i>	<i>Start Date</i>
Mon	Learn to Play Bridge	2969064	9:00 – 11:00am	Free/9 wks	Apr 3rd
	Cardio High/Low	2944043	9:15 – 10:15am	Free/10 wks	
	Stretch and Strength	2944098	10:30 – 11:30am	Free/10 wks	
	Yoga	2944149	9:30 – 10:30am	Free/9 wks	
	Dance - Clogging Beginner	2969057	10:40 – 11:40am	Free/9 wks	
	Dance - Clogging Intermediate	2969165	11:45 – 12:45pm	Free/9 wks	
	Cooking with Seniors	2969069	1:00 – 3:00pm	Free/9 wks	
Memoir Writing	2969070	1:30 – 3:30pm	Free/9 wks		
Tues	Taoist Tai Chi Intermediate	2944115	9:00 – 10:00am	Free/10 wks	Apr 4th
	Taoist Tai Chi Advanced	2944116	10:15– 11:15am	Free/10 wks	
	Taoist Tai Chi Beginner	2944114	11:30 – 12:30pm	Free/10 wks	
	Stretch and Strength	2944097	9:15 – 10:15am	Free/10 wks	
	Cardio High/Low	2944044	10:30 – 11:30am	Free/10 wks	
	Chair Yoga	2944148	9:30 – 10:30am	Free/10 wks	
NEW!! Chair Yoga	2973395	10:45 – 11:45am	Free/10 wks		
Wed	Yoga	2944150	9:30 – 10:30am	Free/10 wks	Apr 5th
	Art Studio	2969015	9:30 – 11:30am	Free/9 wks	
	Dance - Line Dancing	2969058	10:45 – 12:15pm	Free/9 wks	
	Crafts - Woodburning	2969017	10:00 – 12noon	Free/9 wks	
	Crafts - Woodcarving	2969018	12:30 – 2:30pm	Free/9 wks	
	Crafts - Paper Tole	2969016	1:15 – 3:15pm	Free/9 wks	
	Zumba Gold	2944064	12:30 – 1:30pm	Free/ 9 wks	
Thur	Cardio High/Low	2944045	9:15 – 10:15am	Free/10 wks	Apr 6th
	Cardio High/Low	2944046	10:30 – 11:30am	Free/10 wks	
	Osteo Fitness	2944047	11:45 – 12:45pm	Free/10 wks	
Fri	Crafts – Stained Glass	2969019	9:00 – 11:00am	Free/9 wks	Apr 7th
	Crafts – Stained Glass	2969020	11:15 – 1:15pm	Free/9 wks	
	Crafts – Stained Glass	2969021	1:30 – 3:30pm	Free/9 wks	
	Dance – Tap Advanced	2969059	9:30 – 10:30am	Free/9 wks	
	Dance – Tap Intermediate	2969061	10:30 – 11:30am	Free/9 wks	
	Dance – Tap Beginner	2969060	11:30 – 12:30pm	Free/9 wks	
Gentle Fit	2944099	1:30 – 2:30pm	Free/10 wks		

