

## Brampton Connections Course Descriptions:

November/December 2013

**Yoga:** This is a group fitness class that is designed to lengthen and tone the muscles. You will also do different poses, which will help flexibility. Please bring your own yoga mat, appropriate gym attire and a water bottle to each class.

**Crafts:** Join us each week to capture your creative skills through exciting and funky arts and crafts

**Men's Swim:** This is an open swim done at a local community centre. Please bring a bathing suit, towel and a lock when you are attending this program.

**Group Social:** Come have fun each week, as we will be doing a wide variety of activities including: bowling, arcade, movies, billiards, mini golf, driving range etc...

**Voice Lessons:** If you like to sing then this is for you. Come and work on training your vocal chords, learn new songs and how to perform using a microphone. Please come prepared each week with songs you would like to practice.

**BINGO:** Try to win some money while learning how to play the game of BINGO. Please bring your BINGO dabber to each class. *Please note that you must be at Connections By NOON on Bingo days*

**Developing the Connector:** Take part in creating the Connections Newsletter "The Connector" work on your typing skills and increase your knowledge of Word.

**Volunteer (Maintenance/Animal Rescue/ East Side Marios):** An opportunity to gain and enhance your individual knowledge and skills in working as a Volunteer within the Community of Brampton.

**Ladies Social:** Come out and hang out with other ladies, and talk freely about being a woman. Activities will be based on the individual preferences of the group and will be discussed in week one.

**Ladies Lane Swim:** Participants access a pool within the community of Brampton and build upon their lane swimming in the deep end of the pool.

**Men's Social:** This program is designed for an opportunity for the men to come together and have some fun. We will discuss issues on sports, relationships and engage in a wide variety of activities including: bowling, arcades, movies, billiards, mini golf, driving range etc...

**Jam Session:** During this program, you will have the opportunity to learn to write record and produce your own music. This program takes place in a professional music studio.

**Cooking:** Come and learn to cook easy and delicious meals. Kitchen safety will also be discussed.

\*Please note: the drop off and pick up for this course is at Fortinos located at 35 Worthington Avenue.

**Woodworking:** This class will teach you the basics of woodworking in a safe environment. Emphasis will be on the proper method of measuring and marking. You will bring home a small project at the end of each season. *\* Please note that the drop off and pick up for this course is at Central Public School located at 24 Alexander St.*

**Ceramics:** Choose from a variety of different ceramic items that you would like to paint. Each item will be fired and taken home at the end of the two-month schedule.

**Ice Hockey:** We will access shinny hockey at a local recreation center. *People in this program must wear full hockey equipment.*

**Skating:** Recreational Skating at a local skating rink. Please note for this program you must bring skates and a CSA approved helmet.

**Reading and Writing Skills:** get back to the basics to improve your reading and writing skills. We will practice proper formation of letters in printing and cursive as well as practicing reading skills through the use of sight words, books, magazines and newspapers.

**Zumba:** A fusion of international music, this class tones and sculpts without you even knowing it. This class is based on the principle that a workout should be fun and easy to do. If you like to dance you'll love Zumba

**10 Pin Bowling:** Come learn/practice bowling skills and enjoy a fun round of 10 pin Bowling.

**Science Experiments:** Come and explore the world around you through easy science experiments.

**Mixed Fitness:** This class is designed for people who would like to get fit and be more active while using different equipment at various Brampton Fitness facilities.

**Library skills:** Learn how to find and checkout books, movies and Cd's. If you do not have your own library card this is a perfect opportunity for you to obtain one. Also learn to research your favorite topics.

**Aqua fit:** is an aerobic workout that takes place at a community pool. Please remember your bathing suit, and towel for this program.

**Core Fitness:** is a community based fitness program that helps to develop core muscles and is a fantastic workout.

**Khan Academy Math:** Learn at your own pace using this wonderful software on the computer or iPad. Topics will be based on individual learning needs.

**IPad:** Learn to use the iPad and also learn how we can use the iPad in learning new skills and develop math and reading skills.

**Ladies Fitness:** In this program ladies will explore different ways to work up a sweat. Activities will include a various exercise classes as well as learning how to use specific gym equipment.

**Creative Expressions:** in this program you will explore your creative side. Program will include shopping and budgeting for each craft.

**Heading into Rewarding Employment (HIRE):** Come and learn all about writing a personalized resume and develop interviewing skills. Learn the do's and don'ts of the job interview, fill out job applications, as well as, understand what employer expectations are. This a fun course that will involve role play and group work activities.

**G1 Prep:** We will be studying the G1 drivers manual throughout the 8 weeks of program with the end result of taking the ministry exam and hopefully achieving their G1 License (the ministry test cost will have to be paid separately) .

**Basic Cooking:** Discover how to make quick and easy snacks that you can make by yourself. Is there something specific you want to learn to make? Come and learn how.

**Cake Decorating:** Learn how to bake and decorate a beautiful cake. Techniques include using different decorating tips and icing types.

**Book Club:** We will be choosing a book to read as a group and will read it together as well as individually. We will come together and discuss the book.

**Winter Hike:** During this program people will be exploring all the beautiful trails the GTA has to offer.

**Recreational Hobbies:** exploring different hobbies that be conducted by people on their own. Some of these hobbies can be: car models, knitting, puzzles, science experiments etc...

**Dance:** In this dance class, different forms of dance will be offered! From Tap and Ballet to Jazz and Hip Hop, come get your groove on with your friends at a recognized dance studio.

**Around the World Bowling:** Come learn/practice bowling skills and enjoy a fun round of 5 or 10 pin Bowling.

**Winter Sports:** Exploring the different sports that the winter season has to offer. Some of these sports can be, sliding, hiking, horseshoeing, skating etc...

**Self Defense:** In a positive environment in preventative self-defense as well as simple yet effective techniques in response to a physical confrontation will be taught.

**Art Appreciation:** Come experience the wonderful world of Art by visiting various art exhibits. Indulge in self-expression with abstract painting, clay sculpting, photography etc...

**Math and Money:** The comprehension of the skills to manage and handle money appropriately in order to make everyday purchases.