

Brampton Connections Course Descriptions: January – February 2014

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

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

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

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.

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*

Billiards: During this program we will be trying different billiard games such as pool, table tennis, table soccer etc...

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.

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

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.

Chess Club: We will be teaching, playing and learning about the Board Game Chess.

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.*

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

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

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

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.

Developing “The Connector”: Take part in creating the Connections Newsletter, “The Connector”. Work on your typing skills and increase your knowledge of Word.

Geographic Discovery: Explore our Planet; this program will cover all 7 Continents including Geographical features, the impact of Global warming on the environment, wildlife and much more.

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...

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.

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

Internet Skills: An opportunity to enhance and build your computer skills using Internet. Topics covered will be setting up emails, Google searching, researching skills and topics of interest.

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.

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.

Knitting and Crochet: We will learn to knit or crochet using a method that is easiest for you, using tools such as knitting looms, knitting needles and/or crochet hooks you will create an easy project such as a scarf or a dishcloth.

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.

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 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.

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.

MuscleFit: MuscleFit classes are a great way for beginners to get in a full body workout. Fundamental exercises in these classes go a long way!

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

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...

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.

On The Ball: Get on the ball and develop your core strength and balance! This class focuses on improving posture, strength, stability and movement through combinations of resistance exercises. Participants are encouraged to modify the class to suit their fitness level. Get on the ball and on the road to better health!

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.

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.

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

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.

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.

Walk & Tone: An 8-week program to get fit through walking. You will need proper walking/running shoes, water bottle, and jogging pants or shorts

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

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.*

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.

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 (***Must be at Connections by 845am*)