



Harbourfront Community Centre

Fall Guide 2013

Join in the Fun!

Early Registration for After School,
Room 13 Studio for Children & Pre-Teen
programs begins August 6

Fall Registration begins September 3
Fall Programs start September 9

627 Queen's Quay West Toronto M5V 3G3
416.392.1509

www.harbourfrontcc.ca
hcc@harbourfrontcc.ca
harbourfront.blogspot.com
www.room13canada.ca

A Welcoming Place For All!





Kidz Kare

“We strive to be a full resource to both child and parent.”

Located inside Maple Leaf Square

- ♥ Non-profit Organization
- ♥ 18 Months to 12 Years Old
- ♥ Brand new, bright and spacious 6500 sq. ft. facility
- ♥ Healthy and fun nutritious meals
- ♥ Caring and Nurturing Staff
- ♥ Quality Educational Programming

Call to join the Kidz Kare family today: 416-900-1060
Visit our website at: www.kidzkaretoronto.ca

Harbourfront Community Centre



For booking and rental inquiries please contact:

Oriel Boothe
 Manager, Facility Operations
 416.392.1509 ext 329
oriel@harbourfrontcc.ca

100% of the revenue from rentals goes back into the community and is used to develop programs and services.

EVERY RENTAL STRENGTHENS AND BUILDS YOUR COMMUNITY!

<p>\$25 per hour – Not for Profit \$75 per hour - Commercial</p> <p>MEDIUM ASSEMBLY (26' x 21')</p> <ul style="list-style-type: none"> • Mirrored Wall • Maximum 80 people <p>DANCE STUDIO (29.2' x 53.2')</p> <ul style="list-style-type: none"> • Mirrored Walls • Audio equipment / Projection Screen • Ballet Bars • Maximum 100 people <p>GARDEN COURTYARD (38.1' x 36.6')</p> <ul style="list-style-type: none"> • Perfect for a outdoor lunch celebration • BBQ, Table and Chairs with Umbrellas • Maximum 50 people <p><small>* Rental Rates (per room/facility)</small></p>	<p>\$15 per hour - Not for Profit \$35 per hour - Commercial</p> <p>ASSEMBLY ROOM A (23.1' x 20.1')</p> <ul style="list-style-type: none"> • Scenic view of Toronto waterfront • Projection Screen • Maximum 40 people <p>ASSEMBLY ROOM B (18.6' x 20.8')</p> <ul style="list-style-type: none"> • Executive Boardroom • Scenic view of Toronto waterfront • Projection Screen • Maximum 15 people <p>ASSEMBLY ROOM C (23' x 20.5')</p> <ul style="list-style-type: none"> • Mirrored Wall • Projection Screen • Maximum 40 people <p><small>*Rental Rates (per room/facility)</small></p>
<p>\$150 per hour - Not for Profit \$300 per hour - Commercial \$65 per hour - Sport Leagues</p>	
<ul style="list-style-type: none"> • Sprung hardwood floor • Built-in sound and lighting systems • High ceilings • Portable stage and curtain backdrop • Maximum full size - 574 • Maximum half size - 287 	

Content

Hours of Operation

Membership Information	4	<ul style="list-style-type: none"> • Mondays to Fridays: 9:30 am - 9:30 pm • Note: HCC Cashier Services close at 8 pm • Saturdays & Sundays: 12:00 - 5:00 pm <p>Fall 2013 Session Dates:</p> <ul style="list-style-type: none"> • Registration for After School, Room 13 Art Studio for Children for Saturdays or Sunday & Pre-Teen Drop-In programs begins August 6, 2013 • Fall Program Registration runs week of: September 3 - 6 10:00 am - 6:00 pm & Saturday/Sunday, Sept. 7 - 8 12:00 - 5:00 pm <p>Programs and Services open this week: After School Program, Weight Room, Personal Training Services, Neo City Cafe</p> <ul style="list-style-type: none"> • Fall Programs run: Monday September 9 - Sunday December 15, 2013 (14 weeks) <p>Closures/Program Notices:</p> <ul style="list-style-type: none"> • Monday, September 2 - Labour Day • Monday, October 14 - Thanksgiving Day • Monday, November 11 - Remembrance Day • Sunday, December 15 - Last Day of Fall Programs • Thursday, December 19 - Last Day of After School • December 16 - 20 - Open 10:00 am - 6:00 pm • Saturday, December 21 - Sunday, January 5 - Holiday Closure <p>Winter 2014 Dates:</p> <ul style="list-style-type: none"> • Winter Program Registration begins Monday, January 6 • Winter Programs start Monday, January 13
Registration Information	5	
Events	6	
Family Programs	7 - 8	
Children's Programs	9	
Children's & Music Programs	10	
Youth Programs	11	
Senior Programs	12 - 13	
Community Programs	14	
Fitness, Health & Wellness	15 - 16	
Dance Programs	16	
Adult Gym Sports & Fitness Passes	17	
Personal Trainer & Weight Room Facility	18	
Advertisements	19 - 20	



Membership Information

Why become a member?

Your membership supports your community! In addition to giving you access to a wide range of HCC programs, your membership fee contributes to program costs and supporting social service needs in this community.

What are the benefits of membership?

As a member of the Harbourfront Community Centre you can:

- Avoid paying the 10% surcharge on all programs for non-members
- Join and participate in all HCC activities, in many cases free of charge
- Rent space at HCC for meetings and special events
- Have access to free space for community meetings
- Vote for and/or serve on our Board of Management and Board Committees
- Have access to WiFi services

Who can join? Everyone is welcome!

If you live in the area bounded by Strachan Avenue, Yonge Street, Front Street, and Lake Ontario you can join as a Community Member at a reduced annual rate. If you live outside our neighbourhood, you may join as an Associate Member. Please note that non-members pay 10% surcharge on programs and classes.

How Can I Join?

Purchase an HCC membership in order to participate at the discount member rate in HCC programs. To apply for a new membership or to renew an expired one, simply visit Reception with a completed membership form and the applicable membership fees. Support your community and enjoy lots of fun programs at the same time!

Membership Fees/Year

	Community	Associate
Family	\$12	\$16
Adult	\$8	\$11
Youth	\$6	\$8
Child	\$5	\$6
Senior	\$6	\$8

For User Group membership, please call our facility department at 416.392.1509 ext. 329 for user group fees. Please note membership fees will not be refunded.

Use of Personal Images

Unless the participants, parents and/or guardians indicate to the contrary in writing, Harbourfront Community Centre will assume that permission is given for photographs, videos or voices recordings to be taken during any program, activity or event. These images are to be used to promote HCC in media, television, film, internet, website, social media, presentations, radio, audio, video, in print or display form as well as in funding applications and solicitations for support.

Personal Information

Personal information is collected under the authority of the City of Toronto Act, 1997, and Art. xi of Ch. 169 of the City Toronto Municipal Code. HCC does not sell membership information. The information is used for the purpose of registration, membership, invoices, newsletters/surveys and aggregate statistical reporting. Questions about this collection can be directed to: Harbourfront Community Centre, 627 Queen's Quay West, Toronto, Ontario, M5V 3G3 Attention: Executive Director.

Accident Insurance

Harbourfront Community Centre provides all safeguards for the health and welfare of participants, and shall be released from all actions, damages, claims and demands whatsoever arising from participation in programs.

Participants are responsible for their own hospital/medical/ambulance coverage.

Registration Information

How to Register: In Person

627 Queen's Quay West
Toronto, ON, M5V 3G3

- Bring your HCC membership card if you are a member.
- New members are always welcome: just sign up at Reception.
- Payment Options: Visa, MasterCard, Interac, cheque, or cash. No post-dated cheques.



All refunds will be issued by cheque within 10 working days. The \$10 administration fee will not apply if you accept a HCC program credit. In the event a class is cancelled, every effort will be made to re-schedule. However, if the class cannot be re-scheduled an HCC class credit will be issued upon request.

Fee Information

- Program Fees include 13% HST where applicable.
- There is a 10% surcharge on all programs for non-members.
- Students ages 16-24 years and Seniors (60+ years) pay 50% of the full fee for all non-senior HCC classes and use of the weight room with appropriate identification.
- Programs in which the fees are paid directly to the instructor are rental classes.
- Program fee information is listed at the end of each program category in the Program Schedule page for each session.
- Programs are fully accessible, HCC has a wheelchair-accessible ramp.



Schedules

Our best effort will be made to provide the most accurate information available at the time of printing, however schedules are subject to change. We reserve the right to amend fees, cancel, change/postpone and/or combine classes/activities that are listed in the guide.

NSF Cheques

If a cheque is returned NSF for any reason, the client is withdrawn immediately from the program and notified of this action. The client will be asked to make payment for the program and the NSF charge fee of \$25.00 in order to participate in the desired program.

Cancellations and Refunds

Please note that all classes require a minimum of 10 participants in order to operate. Only classes that have been cancelled will be refunded. Transfers from one program to another are permitted, provided there is space and the participant has received approval from the Assistant Executive Director.

Please note that NO REFUNDS will be given once programs start. Requests for refunds prior to the start of program must be made in writing and refunds are subject to a \$10 administration fee.

Children's Fitness Tax Credit Eligibility

Please keep your receipts for income tax purposes. Income Tax letters will only be issued for HCC Camps and the After School Program. There will be a \$10 administration charge for each request to replace lost receipts. For more detailed information about the Children's Fitness Tax Credit and program eligibility, visit Canada Revenue Agency's website directly at www.cra/arc.gc.ca/fitness or the Department of Finance at www.fin.gc.ca

Photographs/Video

Unless otherwise indicated in writing, HCC assumes that permission is given for any pictures/videos taken during any program, activity or special events to be used to promote HCC's programs and services.

HCC Fee Assistance Information

* Updated Policy *

Limited fee assistance is available for all of our fee-based programs for families and individuals living in HCC's catchment area bounded by Strachan Avenue, Yonge Street, Front Street, and Lake Ontario on a **"first come, first serve basis"**. Proof of Residence (eg. Drivers license, utility bill) is required.

Families participating in After School, PA Days, and/or March Break who **live outside the community** and are currently receiving fee assistance, will receive fee assistance only until June 14, 2013.

The fee assistance requests for other HCC programs will remain a priority for families and individuals living in HCC's catchment area.

Please contact Gaby 416.392.1509 ext 328 | gaby@harbourfrontcc.ca for more information.

Program Legend:

M = HCC Membership Required

R = Rental programs pay directly to instructor.

Please Note: Non-members add 10% more to listed fees. HST included where applicable.

HCC Events

Greetings From Motherland: Landing Gear

Landing Gear is an immersive, interactive multi-media installation about who we are before and after we become mothers. Through a combination of audio, photography, writing, and collage housed in an antique wardrobe trunk, viewers are invited to explore our stories and contribute their own. The piece was developed in a series of Family Program workshops with mothers at the HCC led by artist Mindy Stricke and the Greetings From Motherland team. Funded by the Canada Council for the Arts.

Arcadia Gallery, 680 Queens Quay West

September 28-October 6, 2013

Opening Celebration, Sunday, September 29, 4-7pm

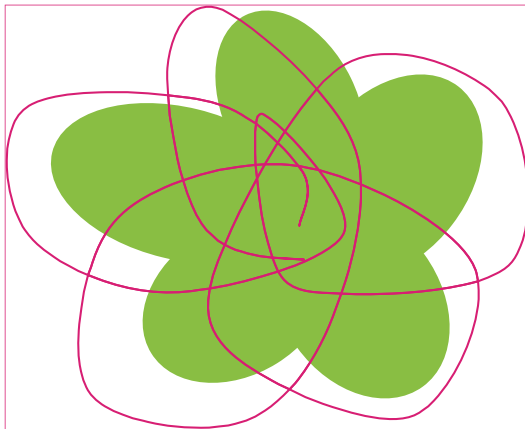
Gallery open 11am-5pm Saturdays and Sundays &
4-7pm Monday-Friday

Go to <http://www.greetingsfrommotherland.com>
for additional information



Canada Council
for the Arts

Conseil des arts
du Canada



Friday October 18, 2013
2:30 - 5:30pm
HCC Medium Assembly

Garden Harvest Party!

*Come celebrate our
Community Gardens*

• *Join us for a garden inspired menu, live music & HCC volunteer recognition*

• *Invitation by RSVP only*

*Please confirm attendance by Thursday Oct 4th
with Molly: molly@harbourfrontcc.ca |
416.392.1509 ext 327*

**Generously funded by the
Walmart-Evergreen Green Grant**

Built with the help of Volunteers from the
Community, Home Depot Bradford, RBC,
TELUS Canada, Starbucks Canada &
Architecture for Humanity



Family Programs Schedule

FAMILY PROGRAMS	AGE	Fall DATES: DAY & TIME	# OF WKS	FEE
Family Drop-in Meet other parents and participate with your children during program activities; Have fun doing group activities!	2 ½ - 6 yrs	Tuesdays: 1:00 - 3:00 pm Thursdays: 10:00 am - 12:00 pm	14	\$2.00 +M
Family Drop-in During the evenings it's difficult to find something to do. On that note, parents are encouraged to bring their children to participate in fun parent and child interactive activities, gym time and a nice snack!	0 – 6 yrs	Wednesdays: 5:00 - 8:00 pm	14	Free + M
Family Gym Enjoy recreational activities together in a family-friendly environment. Sports equipment is provided.	2 - 8 yrs	Tuesdays & Wednesdays: 6:00 - 7:15 pm	14	Free + M
Open Family Gym Enjoy recreational activities together in a family-friendly environment. Sports equipment is provided.	All Ages	Saturdays & Sundays: 12:30 - 2:30 pm	14	Free + M
Baby Programs This program offers an opportunity for parents to network with other parents, participate in group discussions, sing-a-longs, sensory and manipulative activities.	0 - 10 months	Wednesdays & Fridays: 1:00 – 2:00 pm	14	Free
	10 months – 2 ½ yrs	Wednesdays & Fridays: 2:00 – 3:00 pm	14	Free
Baby & Me Literacy Dave Page, Ontario Early Years Centre (OEYC) Literacy Specialist, has tailored his literacy workshops to babies and their parents/caregivers. Note: Both age groups from babies program will combine on these dates.	0 - 2½ yrs	Wednesdays: (Oct. 2,9,16, 23 & 30) 1:30 - 2:30 pm		Free
Kinder Gym Your child will enjoy a structured indoor recreation program designed to help him or her learn and develop while having fun!	2 - 3 yrs	Mondays: 5:00 - 6:00 pm	12	\$68
	4 – 5 yrs	Thursdays 5:00 - 6:00 pm (No gym on Oct. 14 & Nov. 11)	14	\$79
Moms and Tots Ballet Moms and toddlers will explore the foundations of ballet together building your child's independence through a balance of structured ballet and games.	2 - 3 yrs	Sunday: 2:15 - 3:00 pm	14	\$60

Family Programs Schedule

FAMILY PROGRAMS	AGE	Fall DATES: DAY & TIME	# OF WKS	FEE
Read, Rhyme and Sing Literacy Dave Page, Ontario Early Years Centre(OEYC) Literacy Specialist offers a fun & interactive parent and child program!	2½ - 6	Thurs. Sept. 19th & 26th 10:30 - 11:30 am		Free
Pre-School Experiences Enrichment Program (PEEP) This program highlights the importance of implementing various learning experiences that will enhance your child's developmental skills, including fine and gross motor skills, social emotional well-being, language and speech development and cognitive skills.	3½ - 6 yrs	Mondays & Wednesdays: 9:00 am - 12:00 pm Session 1: Sept. 9 - Oct. 18 Session 2: Oct. 28 - Dec. 13 (No program on Oct. 14, & Nov. 11)	6 7	\$412 \$487
Baby and Me Yogalates Do something good for you and your baby before going to our Baby Program. This fusion of yoga and pilates incorporates interaction with your baby (up to 12 months) while developing your core strength, reducing stress, and re-energizing you!		Fridays: 11:15 - 12:00 pm	14	\$67 or \$8/class
Children's Creative Movement Level One This progressive dance class will provide children with the foundation of dance techniques, improve participant's focus and attention to detail in a fun and welcoming environment.	2 ½ - 4 yrs	Tuesdays: 4:45 - 5:30 pm Fridays: 4:15 - 5:00 pm Sundays: 3:00 - 3:45 pm	14 14 14	\$60 \$60 \$60
Children's Creative Movement Level One- Advanced This is a continuing class for 4-5 year old dancers who have completed the Level One class. This class will continue to build children's foundation of dance technique.	4 - 5 yrs	Saturdays: 12:15 -1:00 pm	14	\$60
Ready, Set, Grow! Come play and learn! This program offers a wide variety of nursery rhymes and games that will help your child with language development and gross motor skills.	9 - 18 months	Tuesdays: 3:30 - 4:30 pm	14	\$79
Sing with Me! Parents & Children - New Program! Share the joy of singing. This new music program is for parents and their children to experience learning through the sound of music.	1 - 2 yrs	Mondays: 2:00 - 3:00 pm (No program on Oct.14 & Nov. 11)	12	\$68



We appreciate the financial support of Growing Up Healthy Downtown Project (GUHD) funded by the Public Health Agency of Canada (PHAC), College Montrose OEYC - Trinity-Spadina



Children's Programs Schedule

CHILDREN'S PROGRAMS	AGE	Fall DATES: DAY & TIME	# OF WKS	FEE
After School Program Activities focus on building skills through play and non-competitive activities including sports, drama, music, cooking, reading and homework help. New this year, after children will participate in the Room 13 art studio one day per week. Registration begins August 6, 2013. Note: This program is not offered on PA DAYS.	6 - 12	Mondays - Fridays 3:15 - 6:00 pm (No program on Oct. 11, Oct. 14, Nov. 11, Nov. 15, Nov. 20)	15	*\$61 *Fee may be subject to change
PA Day Program HCC offers a full day program on Toronto District School Board scheduled PA Days. These fun filled days include activities in the gym, games and trips to exciting places such as the movies, bowling, skating and swimming!	6 - 12	* Friday, October 11 * Friday, November 15 * Friday, December 20	1	\$23 + trip fee
Family Gym Your child will enjoy a structured indoor recreation program designed to help him or her learn and develop while having fun!	2 - 8 All Ages	Tuesdays & Wednesdays 6:00 - 7:15 pm Saturdays & Sundays 12:30 - 2:30 pm	14 14	Free + M
In Motion Children's Sports In Motion is an organized sports program that involves playing organized sports and cooperative games in the gym with other children. Note: This program is not offered on PA DAYS.	8 - 11	Mondays & Fridays: 3:15 - 4:15 pm (No program on Oct. 11, Oct. 14, Nov. 11, Nov. 15, Nov. 20)	14	Free +M
Room 13 Art Studio for Children Room 13 is an art studio where children take the lead! Explore a variety of art styles Applications will be reviewed and successful candidates will be contacted for either the Saturday or Sunday session. Registration begins August 6, 2013. <i>Special thanks to Toronto Port Authority for their generous support</i>	6 - 12	Saturdays or Sundays (Sept. 14 – Dec. 15) 1:00 – 3:00 pm (No studio on Oct. 12 & Oct.13)	14	Free +M
Children's Creative Movement (Level Two) This is a continuation class for dancers who have completed the Level One class or who are between 5 - 8 years old. This class continues to build on ballet foundations working to expand the dancer's vocabulary and technique.	5 - 8	Friday: 5:00 - 5:45 pm Sundays: 4:00 - 4:45 pm	14 14	\$60 \$60
Children's Modern/Jazz This class will teach children the basics of modern/jazz dance technique, exposing children to different types of movement and choreography while having fun!	5 - 8	Saturdays: 1:15 – 2:00 pm	14	\$60
Kid's Karate - Beginner This beginner karate class provides an intro to self-defense by 3rd degree black belt instructor, teaching children self-confidence, respect for others and discipline.	5 - 12	Mondays: 4:15 - 5:00 pm (No class on Oct. 14 & Nov. 11)	12	\$51
Kid's Karate – Beginner/Intermediate Building on the beginner class children will enhance their self-defense, self-confidence, respect for others and discipline skills.	5 - 12	Mondays: 5:00 - 5:45 pm (No class on Oct. 14 & Nov. 11)	12	\$51

Children's Programs Schedule

CHILDREN'S PROGRAMS	AGE	Fall DATES: DAY & TIME	# OF WKS	FEE
Kid's Karate - Intermediate Children who have completed the beginner karate class will learn - self-defense, self-confidence, respect for others and discipline skills.	5 -12	Mondays: 5:45 - 6:30 pm (No class on Oct. 14 & Nov. 11)	12	\$51
Indian Dance for Children with Bageshree Vaze Children are taught fun dance steps as well as 'mudras' hand gestures to tell stories. This class is a great introduction to Indian dance and culture!	4 - 8	Sundays: 12:30 - 1:30 pm	14	\$79
Girl Guides Join us for Fun, Friendship and New Adventures! If you are a girl between the ages of 9 and 11 years, interested in camping, crafts, games, sports, and songs, then Girl Guides is the club for you! For more information or to register, please contact Girl Guides of Canada at: 1.877.323.4545 or visit our website at: www.girlguides.ca . Programs run throughout the school year until June 10, 2014.	9 - 11	Tuesdays 7:30 - 9:15 pm	14	R

Music Programs

Harbourfront Guitar Lessons

For All Ages & Levels: 9 years to senior

- BEGINNER TO ADVANCED
- PRIVATE AND GROUP LESSONS

\$6.50 for 1 hour group lesson
 \$10 for 1/2 hour private lesson

Tuesday/Wednesday/Thursdays
 between 3:00 - 9:00 pm

Fall Session: March 18 - June 16

Summer Session: No Summer Program

Beginner Piano Lessons

Group or Private Lessons now offered at HCC

Wednesdays: 3:30 - 9:00 pm



Join a Junior Orchestra!

Learn to play an orchestra instrument -
 flute, clarinet, violin, cello, trumpet,
 trombone, percussion!

- No experience necessary
- Grades 2 - 8
- Must provide own instrument (rentals are available)

Thursdays: 3:30 - 5:00 pm

Cost: \$25 / month

Harbourfront Chorus

The Harbourfront Chorus is returning for another season of singing. No auditions required! Join us and let the music flow! A small fee applies to join. Subsidy is available. **For information about membership fees please contact us by email at: harbourfrontchorus@yahoo.ca.**

Tuesdays: 7:45 - 9:15 pm

Youth Programs Schedule

YOUTH PROGRAMS	AGE	Fall DATES: DAY & TIME	# OF WKS	FEE
Pre-Teen Drop-In This after school program offers something for everyone! Sports, cooking, games, art, homework help, special events, outings and more! Registration begins August 6, 2013.	12 - 15	Mondays - Fridays: 3:15 - 6:00 pm (No programs on, Oct. 14 & Nov. 11)	12	Free + M
Youth Program Come and participate in awesome activities! Discussion groups, special events & workshops, board games, art, music employment support, and fun!!	12 - 24	Mondays - Fridays: 6:00 - 9:15 pm (No programs on Oct. 14 & Nov. 11)	12	Free + M
Youth Drop-In Sports Join in a game of basketball, soccer, hockey, badminton and more!	8 - 18	Tuesdays/Wednesdays/ Fridays: 6:00 - 7:15 pm	13	Free + M
Hip Hop Dance From the Moonwalk to the Dougie and the Cat Daddy, you will learn some SICK basic steps that will be choreographed and recorded into a short dance video!	12 - 24	Fridays: 6:00 - 7:00 pm	8	Free + M
Girls Club Girl Power! This group will focus on activities for young women: workshops, trips, crafts and more!	14-24	Thursdays: 6:00 - 9:15 pm		
Youth Basketball	12 - 24	Thursdays: 6:00 - 9:15 pm	14	Free + M
Youth Cooking Join us with your friends as we prepare and share dinner together.	12 - 24	Wednesdays: 6:30 - 8:30 pm	14	Free + M
LEAP Learn how to create and mix your own music. This program is perfect for anyone who has an interest in being a producer, audio engineer, DJ or MC.	14 - 24	Tuesdays: 6:00 - 9:15 pm	14	Free + M
Room 13 Art Studio Want to express yourself? Love to make art? This studio is for you! You help to plan activities & manage the studio too! <i>Special thanks to Toronto Port Authority for their generous support</i>	14 - 24	Mondays/Wednesdays/ Fridays: 6:00 - 9:15 pm	14	Free + M

The youth programs are provided thanks to funding by the City of Toronto Community Service Partnership Grant and Major Recreation Grant

Senior Programs Schedule

SENIOR PROGRAMS	Fall DATES: DAY & TIME	# OF	FEE
Potluck Community Kitchen Come share your favourite dishes and meet new friends at our brunch! <i>Supported by the City of Toronto Community Service Partnership.</i>	Last Friday of every month 12:00 - 2:00 pm (Sept. 27, Oct. 25, Nov. 29, Dec. 13)	4	Free + M
Older Adult Games Join us for an afternoon of playing games like Scrabble, Monopoly, Puzzles, Euchre, Bridge, and Gin Rummy.	Thursdays: 1:30 - 4:30 pm	14	Free + M
Afternoon Tea and Social Meet new friends and enjoy great conversations, movie days, outings, and more!	Mondays: 2:00 - 4:15 pm (No social on Oct. 14 & Nov. 11)	12	Free + M
Easy PC Computer program for Seniors Learn basic computer skills and how to use e-mail, Facebook, Skype, and more!	By Appointment on Tuesdays, Thursdays & Fridays	14	Free + M
Studio 60 Explore your visual art abilities independently. No instructor. Bring your own art supplies, basic materials provided.	Fridays: 11:00 am - 1:00 pm	14	Free + M Snack fee
Share the Music! Join this brand new music program and discover your musical skills using vocal abilities and experimenting with different instruments. Space is limited to register early! Join us on Tuesday, October 1 for our special concert celebrating International Day For The Elderly! This project is funded in part by the Government of Canada's New Horizons for Seniors program. 	Mondays & Wednesdays: 11:00 am – 1:00 pm (No classes on Oct. 14 & Nov. 11)	12	Free + M Limited Space - Registration is needed
New! Men's Social Meet new friends & enjoy good conversations over cards, games, outings, and more!	Thursdays: 1:30 – 4:30 pm	14	Free + M
QiGong18 This program is designed to restore youthful vigor, energy, and overall well-being by moving through a routine of 18 moves.	Beginner: Tuesdays: 11:00 am - 12:00 pm (Sept. 10 - Oct. 15.) Intermediate: Tuesdays: 11:00 am - 12:00 pm (Oct. 22 – Nov. 26)	6 6	\$14 or \$3/class \$14 or \$3/class
Tai Chi for Seniors This class helps to reduce tension, improves flexibility, and increase circulation. Wear comfortable clothing.	Wednesdays: 11:00 am -12:00 pm	14	\$32 or \$3/class
Stretch Feel energized by strengthening and toning muscles using focused breathing.	Wednesdays: 5:30 - 6:30 pm Classes start Sept. 25	12	\$28 or \$3/class

Senior Programs Schedule

SENIOR PROGRAMS	Fall DATES: DAY & TIME	# OF WKS	FEE
Gentle Fitness Relax, stretch, strengthen and tone your body.	Mondays 4:15 - 5:15 pm Classes start Sept. 23 (No classes on Oct. 14 & Nov. 11) Wednesdays 4:15 - 5:15 pm Classes start Sept. 25	10 12	Seniors: \$23 or \$3/class Adults: \$64 or \$8/class Seniors: \$28 or \$3/class Adults: \$77 or \$8/class
Seniors Fitness - Intermediate Level Seniors Fitness - Intermediate Level Incorporating cardio, small weights and medicine balls this class will enhance your flexibility, strength and balance.	Thursdays: 11:00 am - 12:00 pm (No class Sept. 19)	13	\$30 or \$3/class
Elders Advisory Committee/New Horizons Grant Management Team New members welcome! This committee advocates seniors' issues, plans special events, shares skills/ideas with the community and oversees Special Senior projects funded by New Horizons for Seniors Program.	Wednesdays: 1:15 - 2:00 pm Sept. 18, Oct. 16, Nov. 20 & Dec. 11	3	Free
Gentle Yoga - Level 1 This gentle hatha yoga class will build strength and enhance your body, mind and spirit using chairs to assist with exercises.	Fridays: 10:00 - 11:00 am	14	Seniors: \$32 or \$3/class Adults: \$90 or \$8/class
Gentle Yoga - Level 2 This gentle hatha yoga class will build strength and enhance your body, mind and spirit through yoga mat work.	Tuesdays: 9:45 - 10:45 am	14	Seniors: \$32 or \$3/class Adults: \$90 or \$8/class
Line Dancing Have fun while being active, learning to line dance with a group and socializing with friends. No dance experience necessary.	Mondays: 1:00 pm - 2:00 pm (No classes on Oct. 14 & Nov. 11)	12	Seniors: \$28 or \$3/class Adults: \$77 or \$8/class

Senior programs are generously supported by Ministry of Health and Long - Term Care Elderly Persons Centre

Community Programs Schedule

COMMUNITY PROGRAMS	Fall DATES: DAY & TIME	# OF WKS	FEE
<p>HCC Community Connect Gardens Do you like to garden or want to learn how? There is a wide variety of activities for all skill sets & everyone is welcome. We will celebrate the bounty of our gardens at our annual Garden Harvest Party on October 18th (2:30 – 5:30 pm)</p> <p><i>Heartfelt thanks to our funders and many community & corporate volunteers who helped to make our gardens grow: Walmart-Evergreen Green grant, Starbucks Canada, TELUS Canada, Home Depot Bradford, Architecture for Humanity & RBC.</i></p>	<p>Mondays: 6:00 - 8:00 pm</p> <p>Gardening ends Oct. 7</p>	11	Free + M
<p>HCC Community Support & Referral Service We can help to connect you to the resources you need: Affordable Housing, Community Programs, Daycare Subsidies, Food Access, Legal Services & more. Please contact Gaby to make an appointment: 416.392.1509 ext 328 gaby@harbourfrontcc.ca</p>	Available by Appointment		
<p>Adult and Seniors Community Kitchen Come and join us this Fall and Winter for an evening of cooking and learning as we prepare and share a tasty, low cost meal together.</p>	<p>Tuesdays: 5:30 - 7:30 pm</p> <p>Sept. 10 & 24 Oct. 8 & 22 Nov. 5 & 19 Dec. 3 & 10</p>		Free + M
<p>Keys to Serenity - AA The fellowship of Alcoholics Anonymous is a group of men and women who share their experience, strength and hope to help one another recover from alcoholism. The only requirement is a desire to stop drinking. We have meetings every Tuesday and Thursday evening at Harbourfront Community Centre. All are welcome to join.</p>	<p>Tuesdays: (open topic discussion)</p> <p>Thursdays: (big book discussion meeting)</p> <p>8:00 - 9:00 pm</p>	14	Free
<p>HCC Community Computer HCC has three computers available on a first come, first serve basis. There is a 1/2 hour time limit per use: Internet, Microsoft Word, Excel, etc. Cost of paper is 10¢ per page for printing and photocopying and 50¢ per page for local faxes.</p>	<p>Mondays - Fridays: 10:00 am - 8:00 pm</p> <p>Saturdays & Sundays: 12:00 - 4:00 pm</p>	Free	
<p>Community Knitting and Crochet Group Join us for a casual evening of knitting/crocheting and yarn crafts. We share patterns, lessons, and conversation. Some supplies available, bring your own if you have them. Everyone is welcome! Contact Laurie: solocontinuity@yahoo.ca</p>	<p>Thursdays: 6:45 - 8:45 pm</p>	14	Free
<p>Liberty Village Toastmasters Looking to explore & improve your communication skills in a friendly and supportive environment? We can help! Contact: libertyvillage.TM@gmail.com www.libertyvillagetoastmasters.com</p>	<p>Wednesdays: 6:00 - 9:00 pm</p>		
<p>ESL - Life is ART! A unique and interactive way to practice English and learn about Toronto culture, through a variety of discussions, activities, field trips and interesting guest speakers. Topics include: word-of-the-day, nutrition, shopping, cooking, getting around town, things to do, etc. Requirements: basic spoken and written English required, registration required, limited subsidy available. Contact info: Laurie Stevenson, solocontinuity@yahoo.ca</p>	<p>Fridays: 7:00 - 9:00 pm</p>	12	\$72

Fitness/Health/Wellness Schedule

HEALTH, FITNESS AND WELLNESS PROGRAMS	Fall DATES: DAY & TIME	# OF WKS	FEE
<p>TIME (Together in Movement & Exercise) TIME, in partnership with Toronto Rehabilitation Institute, is a modified exercise program suitable for adults with mobility challenges who can walk at least 10 meters and may use a cane or walker. Exercises are designed to increase strength, balance, mobility and overall health. For inquires call George at 416-392-1509 ext. 411</p>	<p>Mondays & Wednesdays: 2:30 – 3:30 pm Session: Sept. 30 - Oct. 30 Session 2: Nov. 11 - Dec. 11</p>	<p>5 5</p>	<p>\$100 \$100</p>
<p>Pilates This class will help you build core strength, endurance, and balance.</p>	<p>Mondays: 5:30 - 6:30 pm (No classes on Oct. 14 & Nov. 11)</p>	<p>12</p>	<p>\$77 or \$8/class</p>
<p>Focus Fitness Targeting your abs and glutes this class tone and strengthen your overall body and increase flexibility.</p>	<p>Mondays: 6:45 - 7:45 pm (No classes on Oct. 14 & Nov. 11)</p>	<p>12</p>	<p>\$77 or \$8/class</p>
<p>Morning Bliss Yoga - New! Stretch into your day, and awaken your mind, body and spirit. This class will begin with breathing yoga and moving to poses that will help improve your flexibility, strength and posture. *Please note: No morning drop-in classes</p>	<p>*Tuesdays: 8:00 - 8:45 am *Thursdays: 8:00-8:45 am</p>	<p>14 14</p>	<p>\$67 \$67</p>
<p>Zumba - New! Join the dance party and sweat your way to a toned and sculpt body with this high energy cardio workout! *Please note: No morning drop-in classes</p>	<p>Tuesdays: 12:00-12:30 pm *Wednesdays: 8:00-8:45 am Saturdays: 12:15-1:15 pm</p>	<p>14 14 14</p>	<p>\$45 or \$4/class \$67 \$90 or \$8/class</p>
<p>Zumba Boot Camp - New! Get the high energy calorie burning of Zumba combined with the strength building and body sculpting of a boot camp!</p>	<p>Tuesdays: 12:35-1:05 pm</p>	<p>14</p>	<p>\$45 or \$4/class</p>
<p>Yoga for the Body and Mind - New! Finish your day off right by increasing your strength, balance and relaxation through a focus on breathing. Beginners – Intermediate.</p>	<p>Tuesdays: 6:00 – 7:15 pm</p>	<p>14</p>	<p>\$112 or \$9/class</p>
<p>Target Toning Using weights this class will focus on toning your abs, arms, legs, thighs and glutes. Includes an optional 15 min stretch.</p>	<p>Wednesdays: 12:15 - 1:00 pm</p>	<p>14</p>	<p>\$90 or \$8/class</p>
<p>Stretch Feel energized by strengthening and toning muscles using focused breathing.</p>	<p>Wednesdays: 5:30 - 6:30 pm Classes start Sept. 25</p>	<p>12</p>	<p>\$77 or \$8/class</p>

A 50% fee reduction applies to Adult classes for Students ages 16-24 and Seniors ages 60+. Please note that registered participants have priority in classes that are full. Photo ID maybe required. For more information on Fitness/Health and Wellness programs please contact with andrea@harbourfrontcc.ca | 416.392-1509 ext. 325

Fitness/Health/Wellness Schedule

HEALTH, FITNESS AND WELLNESS PROGRAMS	Fall DATES: DAY & TIME	# OF WKS	FEE
Cardio Dance Fusion This high energy workout to today's top 40 music will get you sweating, stretching, strengthening, and working your core!	Wednesdays & Fridays: 7:15 - 8:15 pm	14	\$90 or \$8/class
Lunch Cardio Boot Camp Burn calories and build muscle, endurance and core strength through circuit training, weights, drills, and stretching. Includes an optional 15 min stretch.	Thursdays: 12:15 - 1:00 pm (No class Sept. 19)	13	\$83 or \$8/class
Hatha Yoga Advanced Beginners – Intermediate. Learn the art of relaxation through deep breathing, stretching, and gentle movements while building your strength and flexibility.	Thursdays: 6:30 - 7:45 pm	14	\$112 or \$9/class
Baby and Me Yogalates Do something good for you and your baby before going to our Baby Program. This fusion of yoga and pilates incorporates interaction with your baby (up to 12 months) while developing your core strength, reducing stress, and re-energizing you!	Fridays: 11:15 - 12:00 pm	14	\$67 or \$8/class
Body Blast Boot Camp - New This full body workout will fuse strength and cardio exercises to increase your lean muscle mass, strength, endurance and energy levels!	Fridays: 12:15 - 1:00 pm	14	\$67 or \$8/class
Weekend Warrior Yoga This humoured and lighthearted class will push your understanding of your own limitations by increasing your strength, flexibility and endurance.	Sundays: 12:30 – 1:30 pm	14	\$90 or \$8/class

Dance Programs

HEALTH, FITNESS AND WELLNESS PROGRAMS	Fall DATES: DAY & TIME	# OF WKS	FEE
Hip Hop Dance Fitness This high energy workout to top 40 hip hop and dance music will have you having a blast dancing away those calories and working your core!	Wednesdays: 8:15 - 9:15 pm	14	\$90 or \$8/class
Latin and Salsa Moving at an easy pace this class will teach you the basics of salsa and partnering (no partner required), and will touch on Cha-Cha, Merengue and Bachata.	Saturdays: 3:30 - 4:15 pm	14	\$67 or \$8/class
Ballroom Dance Learn the basics of the Waltz, Rumba, Foxtrot and Tango along with leading and following skills (no partner required).	Saturdays: 4:15 - 4:55 pm	14	\$67 or \$8/class

Adult Sports & Fitness Passes

Recreational Adult Sports (19+ years) Come and enjoy non-competitive recreational sports at HCC! First come first serve!	DATES: DAY & TIME
Co-Ed Adult Volleyball	Mondays: 7:30 - 9:15 pm Fridays: 7:30 - 9:15 pm
Co-Ed Adult Badminton	Tuesdays: 7:30 - 9:15 pm
Indoor Co-Ed Adult Soccer	Wednesdays: 7:30 - 9:15 pm
Co-Ed Adult Basketball	Saturdays/Sundays: 2:45 - 4:30 pm

Adult Sports Fees

Payment Option	HCC Members:	HCC Non Members:
Pay-as-you-go	\$4	\$5
10 Visits Card	\$31	\$34
20 Visits Card	\$58	\$64
1 Year Pass	\$187	\$205

Adult sports activities are subject to change, please provide your email when you register if you want receive schedule updates.

Changing in the public space or washroom is not permitted. You must use the change room. HCC has a Card Reader Access system in the Change Rooms. Please sign up and get your ID card for access. There is an additional one time cost of \$6 for ID access cards for new members or for lost replacement ID access cards.

Fitness Passes

Six months Fitness Pass - \$232: Unlimited Fitness and Dance classes
One year Fitness Pass - \$435: Unlimited Fitness and Dance classes & Access to Weight Room
A 50% fee reduction applies to fitness passes for Students ages 16-24 and Seniors ages 60+

Ultimate Fitness Pass - \$575:

- 1 Year unlimited Fitness and Dance classes
- 1 year access to the Weight Room
- 1 year pass to Adult Drop-in Sports
- 1 year HCC Membership

Note: rental classes are excluded

Sports and Weight Room Pass

HCC Members: \$288 Non Members: \$298

- 1 year access to the Weight Room
- 1 year pass to Adult Drop-in Sports
- 1 year HCC Membership

Note: rental classes are excluded

Personal Trainer

Personal Training available at HCC!

The world's greatest athletes use personal trainers – so why shouldn't you? Get in the best shape you have ever been in! Feel good about yourself, reduce stress and gain confidence!

- Single session: \$42
- 5 sessions: \$177
- 10 sessions: \$349
- 10% surcharge on session fees for non-members

Please note: The first session includes a 20 - 30 minute fitness analysis and orientation along with 30 minutes of training. Weight room membership required. Sessions are on-site only. The full cost of the session will be retained for all cancellations with less than 24 hour notice. For further information and to book your session with one of our personal trainers, please call Reception: 416.392.1509.

Weight Room Facility

Weight Room Hours of Operation:

Mondays - Fridays: 8:00 am - 9:00 pm, Saturdays & Sundays: 12:00 pm - 4:30 pm

Change Rooms close at 4:30 pm on weekends

Women Only Weight Room Times: Tuesdays/Thursdays: 5:30 pm - 7:30 pm Saturdays: 12:00 pm - 1:00 pm

Adults members (24+ years):

- \$23/month
- \$113/6 months
- \$214/one year
- \$6 for ID Access Card
- 10% surcharge for non-members
- HCC membership required

Youth (16 - 24 years) & (Seniors 60+ years):

- \$8/month
- \$42/6 months
- \$81/one year
- \$6 for Access Card
- 10% surcharge for non-members
- HCC membership required

Weight Room Guidelines:

Weight room members must have a valid ID access card and membership. Gym bags and jackets are not permitted in the Weight Room. Gym attire and proper athletic footwear required. Failure to adhere to the rules of the Weight Room could lead to permanent suspension of all Weight Room privileges. We have lockers located near the Weight Room and in the change rooms for your valuables. These lockers are for daily use only. Please bring your own lock. Do not leave valuables in the lockers.

HCC is not responsible for lost or stolen items.



Neo Cafe at HCC

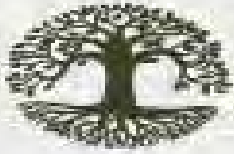
Serving Delicious Homemade Food! 8:30 am to 2:00 pm

All Day Breakfast

Healthy Lunch Menu & Student Lunch Plan Available

Inhouse Catering For Events & Outside Catering

Please Contact George: 416.418.2409 Neocitycafe@hotmail.com



**Waterfront Montessori
Children's Centre**

Waterfront Montessori Children's Centre

A green pre-school on Toronto Island offering a licensed full-year program from September to June (ages 2.5 – 5) and summer camp (ages 2.5 – 6) in July and August.

Convenient city-side drop off and pick up.

WaterfrontMontessori.net

Facebook.com/waterfrontmontessori

416.203.1017



Since 1988

*Harbourfront
Dental.com*

Dr. Stephen Flewelling & Associates

416-260-2001

10 Lower Spadina Ave., Ste 202, Toronto, ON M5V 2Z2

email: message@harbourfrontdental.com web: www.harbourfrontdental.com



Kensington-Bellwoods Community Legal Services

489 College Street, Suite 205, Toronto, Ontario, Canada M6G1A5

Free Legal Help for Low Income People

Office Hours:

*Mon/Tue/Wed 9:00 a.m. to 5:00 p.m.

Thursday 9:00 a.m. to 1:00 p.m.

*Friday 9:00 a.m. to 4:00 p.m.

*Closed 12:00 p.m. to 1:00 p.m. for lunch

☎ (416) 924-4244

📠 (416) 924-5904

www.kbcls.org



Give in to
temptation!

Experience unique shopping and dining
on the **WATERFRONT**

QUEEN'S QUAY
TERMINAL

Open **362** days a year! CLOSED CHRISTMAS, NEW YEAR'S DAY & GOOD FRIDAY

QQTerminal.com   

207 QUEEN'S QUAY WEST • 416-203-0510

