

# SIGNATURE EVENTS

Toronto & Vancouver | September 14<sup>th</sup> to September 18<sup>th</sup>

## REGGAETON DANCE CLASS

15<sup>th</sup>  
TUE



• Toronto 7pm | Vancouver 4pm

Dance it out with your ILAC friends!  
Come join a 30-minute reggaeton dance class from home with @bailamer

Connect: Instagram Live @ilac\_canada

## STAY ACTIVE WITH ILAC: CORE SWEAT CLASS

16<sup>th</sup>  
WED



• Toronto 5pm | Vancouver 2pm

@Joafitness is an elite personal trainer and fitness instructor teaching cardio conditioning, core strength training, Yoga, Pilates, & Thai chi. Build cardiovascular health, while improving muscular and endurance strength.

<https://us04web.zoom.us/j/75001843003?pwd=anNnOS9BL3RkQjg2eEdjUzI3TElHZz09> or Meeting ID: 750 0184 3003 Password: CORE

## PRESENTATION SKILLS WITH ILAC IC

17<sup>th</sup>  
THU



• Toronto 1pm | Vancouver 10am

Say Goodbye to nerve-wracking presentations!  
Gain skills that will allow you to develop and deliver a presentation to your peers and colleagues

Special Session for ILAC Pathway, Business and IELTS students  
Zoom link will be sent by invitation only

## MOVIE & BOOK TRIVIA SPECIAL

17<sup>th</sup>  
THU



• Toronto 7pm | Vancouver 4pm

Join author @Alishasevigny for this trivia special and fun social night! win a signed book by the author

<https://ilac.zoom.us/j/92529020541?pwd=TVNvN2tFOVBseXNuSHVNdjVBoT1FnUT09> or Meeting ID: 925 2902 0541 Password: 310217

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## ILAC IC INFO LIVE SESSION

18<sup>th</sup>  
FRI



SPECIAL  
SESSION

### • Toronto 10am

Join us for this informative live with one of our favorite ILAC IC team members Charlotte to catch up with our weekly updates!

Connect: Instagram Live @ilac.ic

## Quarantine housing video!



### New video out on our Youtube!

Choose from several different housing options for your 14-day self-quarantine. Contact [info@ilac.com](mailto:info@ilac.com) to learn more about staying in a homestay, residence or hotel during your first two weeks in Canada.

[www.youtube.com/watch?v=Y0oRT5pMjVw](https://www.youtube.com/watch?v=Y0oRT5pMjVw)

[www.youtube.com/iloveilac](https://www.youtube.com/iloveilac)

## OUTDOOR ACTIVITY SUGGESTIONS

### TORONTO

- **\*New\*** Ripley's Aquarium of Canada - (anytime tickets) - Get it from ILAC Dream Building **\$32**
- Immersive Van Gogh Exhibit - Get it from their website **starting at \$35**
- CN Tower - get it from their website **\$35**
- Toronto Island (Ferry to the Island **\$8**)
- Casa Loma - get it from their website **\$32**
- ROM - get it from their website **\$23**
- Parks, Gardens and Beaches - Information here <https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/>

### VANCOUVER

- Check Discover Canada Tours Calendar @ <https://www.discovercanadatours.com/>
- Don't miss out their most popular tours to Whistler, Victoria Island, Rockies Explore and Classic!
- Also get your tickets for:
- Capilano Suspension Bridge **\$42**
  - Fly Over Canada **\$23**
  - VanCity Bikes **\$15**
  - Grouse Mountain **\$55**
  - Whistler Tour every Sunday **\$69**

\*ILAC is not the creator, organizer or owner of the events advertised and provided by third parties companies or outdoor activities suggestions. ILAC disclaims all liability arising from the acts or omissions of any third party service providers. Some events may carry inherent risk, and by participating in those events, students choose to assume those risks voluntarily.