



**Fall 2011 &  
Winter 2012  
Continuing  
Education**

# **C O U R S E G U I D E**

**YOUR GUIDE TO  
INTEREST & LEISURE,  
KID'S, & COMPUTER  
COURSES IN:**

- **Arthur**
- **Drayton**
- **Elora**
- **Fergus**
- **Mount Forest**
- **Minto**

## WELCOME



**MURRAY SHANNON**  
Principal

**SUSAN GRIFFITHS**  
Program Co-ordinator

**PUBLISHED BY:**  
Upper Grand District  
School Board



View this Course Guide online at:  
[www.ugdsb.on.ca](http://www.ugdsb.on.ca) and follow the  
Continuing Education link  
to N. Wellington Programs.

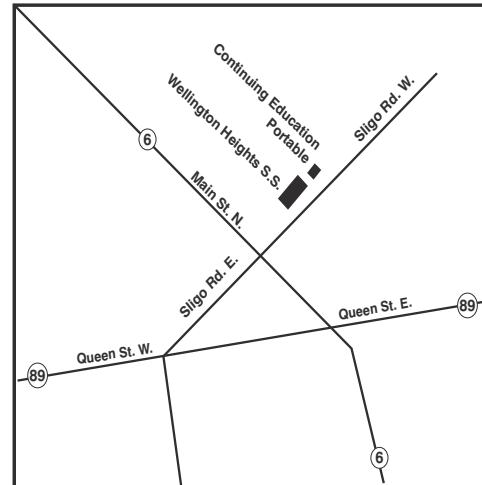
Design and layout by:  
**Ken Schickler**  
Design | Print | Web  
Waterloo, Ontario  
519-580-9654



Before you recycle - reuse!  
Please share this publication  
with a friend or neighbour.

## CONTINUING EDUCATION

405-B Sligo Road East, Mount Forest, ON N0G 2L2



## Welcome to Our Lifelong Learning Programs

Continuing Education serves all residents of Wellington and Dufferin Counties. In this guide, you will find courses for Fall 2011 offered in Mount Forest, Harriston, Palmerston, Drayton, Fergus, Elora and Arthur areas. A guide listing courses available in Guelph is also published. If you would like to receive the South Wellington guide, please contact our Guelph office at (519) 836-7280. For programs offered in Dufferin County, please call The Learning Enterprise in Orangeville at (519) 942-2851 or (519) 941-2661.

## TABLE OF CONTENTS

Registration Information .....	3
Registration Forms .....	20
School Maps .....	19
Arthur General Interest Courses .....	4
Drayton General Interest Courses .....	5
Fergus General Interest Courses .....	7
Mount Forest General Interest Courses .....	13
Minto General Interest Courses .....	17
Literacy & Numeracy .....	18

PLEASE MAKE CHEQUES PAYABLE TO: CONTINUING EDUCATION

# REGISTRATION

For your convenience, we offer a variety of ways to register for our Interest & Leisure Courses. Please call us at 519-323-4840 if you have any questions or need any other assistance.



## PHONE-IN



Have credit card and course listings handy!  
Call 519-323-4840 Monday-Friday, 9:00 a.m. - 4:00 p.m.



## MAIL-IN



Complete a registration form—one for each course you register in. You may photocopy additional forms if required. Send registration forms and payment to:

Continuing Education  
405-B Sligo Rd. E.,  
Mount Forest, ON N0G 2L2



## FAX



Continuing Education - 519-323-0430  
Include credit card information, address & phone.



## E-MAIL



cathy.rice@ugdsb.on.ca



## WALK-IN



Continuing Education Portable. 405-B Sligo Rd. E., Mount Forest between 9:00 a.m.-4:00 p.m., Monday - Friday.  
After Hours: Use the drop box in door.



## WEBSITE!



View this Course Guide online at:  
[www.ugdsb.on.ca](http://www.ugdsb.on.ca)  
and follow the Continuing Education link.

**WATCH FOR THE  
SPRING 2012 COURSE GUIDE,  
AVAILABLE MARCH 2012!**

## FEE PAYING

- Fees payable to: Continuing Education
- VISA or MASTERCARD accepted
- Full payment must accompany your registration
- DO NOT postdate cheques

## REFUND POLICY

- In the event of school closure due to inclement weather, all effort will be made to reschedule, however classes will not be refunded.
- Full refund if class cancelled
- If a student wishes to withdraw from a course, Continuing Education office must be notified before the first class. A \$10 administration fee will be charged
- No refund on one-night courses or those marked with \*\*\*
- Failure to attend is not considered a withdrawal
- Supplies fees included in course cost are non-refundable

## GENERAL POLICIES

- Attend first class, unless notified. Check start date of class
- First come, first served
- No smoking on school property
- No classes on statutory holidays or P.D. Days
- For school closing due to inclement weather, students will either be telephoned or a message will be left on the answering machine in the Continuing Education office
- Continuing Education courses are designed primarily for adults. If anyone under 16 years of age wishes to attend an adult course, permission must be granted by the instructor
- All courses include HST
- Check receipt for excluded dates

# Registration



**FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION**

## Horses

### ALL ABOUT HORSES - FROM RAISING THEM TO RIDING\*\*\*

Penn-Tawsha Stables offers a unique opportunity for horse lovers to learn the rudiments of caring for and riding horses. Anyone who is considering purchasing a horse or who wishes to find out more about this noble animal, will gain valuable knowledge and hands-on experience over 7 weeks at this beautiful, well-run facility. Topics include basic riding (walk and trot), stable management, feeding, grooming, equipment, a farrier/blacksmith visit, a vet visit, massage therapy, and MORE! Limited enrollment - for ages 16 and up. Dress warmly - indoor arena can be very cold.

**Instructor: Sandi Moseley**  
**Saturday, Oct. 8 for 7 wks, 1-3 pm**  
**Penn-Tawsha Stables, Belwood**  
**Fee: \$95.00**

## Kid's Corner

### BABYSITTING

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor: Jessica Terpstra**  
**Tuesday, Oct. 11 for 6 wks, 6:30-8:30 pm OR**  
**Tuesday, Jan. 24 for 6 wks, 6:30-8:30 pm**  
**Arthur Public School**  
**Fee: \$60.00**

### BASKETBALL - AGES 8-12

Come out and have fun learning the game of basketball or improving your skills. Special emphasis on fundamentals wherever you need it: ball handling, dribbling, shot making, run and shoot, picks and rolls, lay-ups, and passing.

**Tuesday, Oct. 11 for 8 wks, 6:15-7:15 pm OR**  
**Tuesday, Jan. 17 for 8 wks, 6:15-7:15 pm**  
**Arthur Public School**  
**Fee: \$40.00**

### INDOOR SOCCER - AGES 6-8

Join us for this fun-filled session of soccer - get some exercise and develop your skills for this year's season!

**Instructor: Julie O'Donnell**  
**Thursday, Oct. 13 for 8 wks, 7-8 pm OR**  
**Thursday, Jan. 19 for 8 wks, 7-8 pm**  
**Arthur Public School**  
**Fee: \$40.00**

### KIDDY KICKERS - AGES 3-5

Bring your little guy or girl out for some soccer fun. They will learn basic skills, team co-operation and most importantly, how to have fun!

**Instructor: Julie O'Donnell**  
**Thursday, Oct. 13 for 4 wks, 6-6:45 pm OR**  
**Thursday, Jan. 19 for 4 wks, 6-6:45 pm**  
**Arthur Public School**  
**Fee: \$20.00**

### HIP HOP - AGES 9-12

Learn the hottest new moves! Begin with a warm-up, next learn a cool routine step-by-step, and end with a cool down. Whether you're an aspiring dancer or just want to get some exercise and have FUN, Hip Hop is perfect for you.

**Instructors: Robyn-Marie Walsh and Julie O'Donnell**  
**Monday, Oct. 17 for 6 wks, 7-8 pm OR**  
**Monday, Jan. 9 for 6 wks, 7-8 pm**  
**Arthur Public School**  
**Fee: \$40.00**

### JAZZ - AGES 6-8

Come have a fun time dancing to lively music and learn basic jazz steps. No previous dance experience required. Soft slippers or dance shoes are required.

**Instructors: Robyn-Marie Walsh and Julie O'Donnell**  
**Monday, Oct. 17 for 6 wks, 6-7 pm OR**  
**Monday, Jan. 9 for 6 wks, 6-7 pm**  
**Arthur Public School**  
**Fee: \$40.00**

## Sports

### BADMINTON FOR TEENS - AGES 12 & UP

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor running shoes. Class size limited - register early!

**Instructor: Julie O'Donnell**  
**Monday, Oct. 17 for 8 wks, 7-8 pm OR**  
**Monday, Jan. 9 for 8 wks, 7-8 pm**  
**Arthur Public School**  
**Fee: \$40.00**

### BOATING CERTIFICATION & EXAM\*\*\*

It is NOW the law! Everyone must have a PCO (Pleasure Craft Operator) Card to operate any motorized watercraft (all engine sizes, including electric trolling motors), or personal watercraft (i.e. Seadoos and Jet Skis). This course includes instruction, an excellent manual and upon successful completion, a Canada Coast Guard approved certificate that is valid for life.

**Instructor: Mike Somers**  
**Tuesday & Wednesday, Oct. 4 & 5**  
**for 2 days, 7-10 pm**  
**Arthur Public School**  
**Fee: \$65.00**



## REGISTER BY PHONE

Use your VISA or MASTERCARD

Call... **519-323-4840**



## CPR & First Aid

### RED CROSS EMERGENCY FIRST AID & CPR - A/AED\*\*\*

Learn how to handle life threatening situations, what to do in the case of a heart attack or stroke, an unconscious casualty, or serious bleeding, asthma attack, and anaphylaxis including use of Epi-Pen and Twinject. Learn the latest methods for choking management and CPR for adults and children, (CPR Level A). Includes basic Automatic External Defibrillation (AED) certification, (no medical delegation). Hands on training is enhanced with one mannequin per student, and an opportunity to use a realistic AED on a life size mannequin. Meets federal and provincial requirements for the workplace. Please bring an exercise pad or blanket, and a pen.

**Instructor: Sue Hogenkamp AEMCA, of Vital Training Services**

**Saturday, Oct. 15 for 1 day, 9 am-5 pm OR**

**Saturday, Feb. 11 for 1 day, 9 am-5 pm**

**Moorefield Fire Hall**

**Fee: \$99.00**

### RED CROSS STANDARD FIRST AID & CPR-C/AED\*\*\*

Includes Emergency First Aid as described above, along with infant CPR in addition to adult and child (CPR Level C). Also covered are head and spinal injuries, fractures, dislocations, sprains, strains, cuts, injuries due to heat or cold, poisoning, diabetic emergencies, convulsions, and emergency childbirth. Students will participate in a variety of relevant scenarios to practice skills and build confidence. Certification is valid for 3 years and meets federal and provincial requirements for the workplace, WSIB, Ontario Coaches Association, Ontario Hockey Association, and others. Please bring an exercise pad or blanket, and a pen. NOTE: Health Care Professionals and first responders require HCP-level CPR, as do Health Science students in addition to Standard First Aid. This level of training can be included for an additional cost. Please notify us if you require HCP-CPR training when you register. A full HCP-CPR/AED course is also offered in Fergus.

**Instructor: Sue Hogenkamp AEMCA, of Vital Training Services**

**Saturday & Sunday, Oct. 15 & 16**

**for 2 days, 9 am-5 pm OR**

**Saturday & Sunday, Feb. 11 & 12**

**for 2 days, 9 am-5 pm**

**Moorefield Fire Hall**

**Fee: \$140.00**

### STANDARD FIRST AID AND CPR-C/AED\*\*\*

Get more training for your money with a two-day course, combining adult, child and infant CPR (Level C), along with targeted responder defibrillation (AED) training that includes medical delegation. Other topics covered include choking, heart attacks and strokes, recognition and treatment of bleeding, shock, bone and joint injuries, diabetic emergencies, seizures, and burns. Also includes recognition and treatment for head and spinal injuries, asthma and allergic reactions plus Epi Pen and Twinject, heat and cold injuries, poisons, eye injuries, emergency lifting moves, triage, and handover to EMS. Students will participate in a variety of relevant scenarios to practice skills and build confidence. This course is offered by HeartSafe EMS, meets WSIB requirements for the workplace, and will be taught by a certified paramedic. Please bring an exercise pad or blanket, and a pen. NOTE: Health Care Professionals require HCP-level CPR, as do Health Science students in addition to Standard First Aid. This level of training can be included for an additional cost. Please notify us if you require HCP-CPR training when you register.

**Instructor: Sue Hogenkamp AEMCA, of Vital Training Services**

**Saturday & Sunday, Mar. 24 & 25**

**for 2 days, 9 am-5 pm**

**Moorefield Fire Hall**

**Fee: \$140.00**



## Kid's Corner

### BABYSITTING

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care, and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor: Jessica Terpstra**

**Thursday, Oct. 20 for 6 wks, 6:30-8:30 pm OR**

**Thursday, Jan. 26 for 6 wks, 6:30-8:30 pm**

**Drayton Heights Public School**

**Fee: \$60.00**

---

## REGISTRATION FORM

See back cover to find out where to mail/fax your registrations or where to register in person.

Please make cheques payable to  
*Continuing Education*

---

## OOPS!

*We cancelled it because we didn't know you wanted it! Sometimes excellent programs with super instructors are cancelled when too many wait until the last minute to register.*

**DON'T WAIT.  
AVOID DISAPPOINTMENT  
AND REGISTER EARLY!**

# Drayton





## Pets

### DOG GROOMING

Learn gentle grooming techniques that will save time, money and benefit the health of your dog. Taught by a professional groomer. Do not bring your dog on the first night. Map supplied upon registration.

**Instructor: Barbara Shirk**  
**Tuesday, Oct. 4 for 2 wks, 7:15-8:30 pm**  
**Barbara's Dog Grooming**  
**Fee: \$25.00**

### DOG OBEDIENCE - PUPPY OBEDIENCE AND SOCIAL HOUR - UNDER 6 MONTHS\*\*\*

Start your relationship with your new puppy the right way! Taught by a certified instructor, our basic obedience class, covers all of the puppy basics to help your new family member grow into a happy, well-behaved dog. We will learn about common puppy problems like leash training, chewing, house training, and puppy nipping, and basic cues, all while having fun! A lot of this class is also focused on socializing your puppy both with new people and other dogs, with lots of playtime! As a positive reinforcement based training class, please no choke or pinch collars. This class is designed for puppies under 6 months old. Class size limited for increased individual attention. Bring to class a flat buckle collar, 6' leash, dog treats, comfortable closed-toe shoes and vaccination records. You must be at least 16 years of age to take this class.

**Instructor: Lindsay Harland**  
**Tuesday, Oct. 18 for 4 wks, 6:30-7:30 pm OR**  
**Tuesday, Jan. 24 for 4 wks, 6:30-7:30 pm**  
**Drayton Heights Public School**  
**Fee: \$40.00**

### DOG OBEDIENCE AND MANNERS - 6 MONTHS AND OLDER\*\*\*

Taught by a certified instructor, this course will cover all aspects of basic obedience and manners using positive reinforcement training methods. Focusing on the learning styles and experience levels of the individual, we will either introduce or fine-tune our obedience cues. This course will not only help your dog's obedience, but will teach you how to communicate and work with your dog to get the best results...while having fun! Since this is a positive reinforcement class, please no choke or pinch collars unless discussed with the instructor ahead of time. Class size limited to provide the most individual attention. Bring to class comfortable closed-toe shoes, 6' leash, flat buckle collar, dog treats, proof of your dog's vaccinations. You must be at least 16 years of age to take this class.

**Instructor: Lindsay Harland**  
**Tuesday, Oct. 18 for 4 wks, 7:45-8:45 pm OR**  
**Tuesday, Jan. 24 for 4 wks, 7:45-8:45 pm**  
**Drayton Heights Public School**  
**Fee: \$40.00**



## Sports

### BADMINTON

Badminton is a great workout, exercising both arms & legs. No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Monday, Oct. 17 for 8 wks, 7:30-9 pm OR**  
**Monday, Jan. 16 for 8 wks, 7:30-9 pm**  
**Maryborough Public School**  
**Fee: \$40.00**

### BOATING CERTIFICATION & EXAM\*\*\*

It is NOW the law! Everyone must have a PCO (Pleasure Craft Operator) Card to operate any motorized watercraft (all engine sizes, including electric trolling motors), or personal watercraft (i.e. Seadoos and Jet Skis). This course includes instruction, an excellent manual and upon successful completion, a Canada Coast Guard approved certificate that is valid for life.

**Instructor: Mike Somers**  
**Saturday, Mar. 10 for 1 day, 9 am-4 pm**  
**Moorefield Fire Hall**  
**Fee: \$65.00**

## Individualized In-House Correspondence Program - Fergus



- All adult classes
- Learn at your own pace
- Receive help from a tutor
- Start anytime



Evening classes - Monday & Wednesday, 6:30-9:30pm

All classes are held at Centre Wellington District High School

Call 519-836-7280 x 627 to register

## Arts & Crafts

### ACRYLICS FOR ADULTS\*\*\*

This medium is simple and tools and materials are easy to use. Acrylic is water based and dries fast. In this course the students will learn the right use of differently shaped brushes, mixing colours, creating art by learning about composition, proportion, light and shadow effects, perspective, and so on. No need to buy or bring anything, all tools and materials will be provided. Only need to bring your love for art and willingness to learn. Material fee of \$30 is payable to the instructor on the first night of classes.

**Instructor: Melitta Toth**

**Monday, Oct. 17 for 6 wks, 6:30-8 pm OR**

**Monday, Jan. 16 for 6 wks, 6:30-8 pm**

**Centre Wellington District High School**

**Fee: \$65.00**

### NO SEW FLEECE BLANKET\*\*\*

Create a unique no sew polar fleece blanket to keep you warm, or as a gift. A great first project. Easy measure, cut, and knot the fringe you make on your blanket. Go home with a finished project at the end of the class. Please bring to class - 1.5 meters of polar fleece plus 1.5 meters of co-ordinating fleece (total fleece required 3 meters), straight pins, sharp scissors and a ruler. Great Christmas present.

**Instructor: Sandi Moseley**

**Thursday, Nov. 3 for 1 night, 7-9:30 pm**

**Centre Wellington District High School**

**Fee: \$25.00**

### THREAD CATCHER & PINCUSHION\*\*\*

Sew up this handy pincushion and thread-catcher. Thread catcher is a quick spot to put cut threads from your sewing machine or serger fabric scraps while sewing. Attached pincushion gives extra convenience. Handy for quilt makers and seamstresses alike. Bring to class 1 fat quarter of 100% cotton material, 1 foot of 1/4 inch webbing, co-ordinating thread, small amount of sand for pin cushion and sewing machine.

**Instructor: Sandi Moseley**

**Thursday, Feb. 16 for 1 night, 7-9:30 pm**

**Centre Wellington District High School**

**Fee: \$25.00**

### VEGETABLE STEAMER\*\*\*

Microwavable pouch is designed to capture moisture, steam your food and cook it in less time, keeping all the natural flavors. The 100% cotton bag is ideal for cooking potatoes, corn, rolls and warming tortillas in the microwave. This quick, simple & practical project makes a great gift item. Bring to class 1/3 yard of 100 % cotton fabric (outside of bag), 1/3 yard of 100% cotton fabric (inside of bag), 1/3 yard of warm tater 100% cotton quilt batting, co-ordinating thread, sewing machine, scissors and straight pins.

**Instructor: Sandi Moseley**

**Tuesday, Nov. 8 for 1 night, 7-9:30 pm**

**Centre Wellington District High School**

**Fee: \$25.00**

### NEEDLE FELTING - INTRO\*\*\*

Needle felting is a fast, fun and enjoyable way to paint and sculpt with wool. Using only a few shreds of wool, a needle, pipe cleaners, and your imagination, you will begin a unique and adorable animal. Come and impress yourself with your talents. Bring to class scissors and a \$15.00 fee for materials.

**Instructor: Jennifer Osborn**

**Thursday, Oct. 13 for 1 night, 7-9:30 pm**

**Centre Wellington District High School**

**Fee: \$25.00**

### CREATIVE WORLD OF PAPERCRAFTING\*\*\*

Ever wondered how and wanted to create your own card, scrapbook page or perhaps even a party favor? I welcome everyone to this fun, fresh course which teaches many aspects of the papercrafting world and allows you the opportunity to find your inner creativity. Just imagine the personal warmth of giving a handmade card, the lasting memory of a scrapbook page or the unique touch of a papercrafted party favor, made by you! Please bring a \$20.00 supply fee to the first class.

**Instructor: Margaret de Witt**

**Monday, Nov. 7 for 3 wks, 7-9 pm OR**

**Monday, Jan. 30 for 3 wks, 7-9 pm**

**Centre Wellington District High School**

**Fee: \$50.00**

### FOCUS ON DRAWING

Build a strong foundation for your explorations in visual art. This course covers the fundamentals of good drawing technique. New techniques will be introduced each class, followed by the opportunity to explore using them in a full drawing. Lots of personal guidance from the instructor is available and full utilization of all learned techniques is encouraged.

**Instructor: Jane Finoro**

**Thursday, Oct. 13 for 8 wks, 7:30-9:30 pm OR**

**Thursday, Jan. 19 for 8 wks, 7:30-9:30 pm**

**Centre Wellington District High School**

**Fee: \$95.00**

### WIRE WRAPPED JEWELRY\*\*\*

Learn techniques of wire wrapping to create your own unique jewelry. Participants will complete a pendant and two styles of bracelets during this course. Material fee is included in the cost of the course. Bring round nose pliers, wire cutters and chain nose pliers to class.

**Instructor: Janice Scott**

**Wednesday, Oct. 5 for 3 wks, 7-9 pm OR**

**Wednesday, Nov. 16 for 3 wks, 7-9 pm**

**Centre Wellington District High School**

**Fee: \$46.00**

## Business

### BASIC BOOKKEEPING & ACCOUNTING

This beginner's course focuses on the accounting cycle of a service business. Learn how to analyze transactions to be entered in the general journal, how to post to ledger accounts, and how to prepare a trial balance. Payroll entries and government reporting requirements will be briefly covered. At the end of the course you will be able to calculate the adjusting entries for capital cost allowance, prepare a worksheet and financial statements, and close the appropriate ledger accounts to be ready for the next period. Supplies are included in the course fee.

**Instructor: Rosa Maria Melendez**

**Tuesday, Oct. 11 for 9 wks, 6-8 pm OR**

**Tuesday, Jan. 17 for 9 wks, 6-8 pm**

**Centre Wellington District High School**

**Fee: \$100.00**



**GRAB A FRIEND! TAKE A COURSE  
ENJOY A NIGHT OUT!**

Call...**519-323-4840** to register

# Fergus

## CPR & First Aid

### CHILDCARE FIRST AID AND CPR\*\*\*

This program focuses on specific emergency medical situations involving children and infants, and different approaches to their treatment. Adult, child and infant CPR will be covered, with emphasis on the child, along with discussions on head injuries, severe allergic reactions and use of the Epi-Pen and Twinject, asthma attacks, bleeding, choking, seizures and when to call 911. Also includes a demonstration of the Automatic External Defibrillator (AED). This course is offered through HeartSafe EMS, and is taught by a certified paramedic. Meets all provincial requirements for childcare workers, and is also useful for parents, grandparents, and babysitters. Please bring an exercise pad or blanket, and a pen.

**Instructor: Sue Hogenkamp AEMCA, of Vital Training Services**  
**Monday & Tuesday, Oct. 24 & 25**  
**for 2 nights, 7-10 pm**  
**Centre Wellington District High School**  
**Fee: \$70.00**

### EMERGENCY FIRST AID & CPR-A\*\*\*

A comprehensive 8 hour course, combining adult and child CPR, along with choking, heart attacks and strokes, recognition and treatment of bleeding, shock, bone and joint injuries, diabetic emergencies, seizures, and burns. Also includes recognition and treatment for head and spinal injuries, asthma, allergic reactions with use of Epi Pen and Twinject, along with a demonstration of the Automatic External Defibrillator (AED). This course is offered by HeartSafe EMS, meets WSIB requirements for the workplace, and will be taught by a certified paramedic. Please bring an exercise pad or blanket, and a pen.

**Instructor: Sue Hogenkamp AEMCA, of Vital Training Services**  
**Monday & Tuesday, Nov. 7 & 8**  
**for 2 nights, 6-10 pm**  
**Centre Wellington District High School**  
**Fee: \$90.00**

### STANDARD FIRST AID & CPR C - ST. JOHN AMBULANCE\*\*\*

Using the latest standards for First Aid and CPR, St. John offers a combination of Standard First Aid and Basic Rescuer CPR (Level C) is combined to create one course for convenience and economy. The Standard First Aid course is designed to provide comprehensive first aid training for general public interest or workplace requirements. Wide ranges of topics are included in the course from emergency Scene Management to choking, bleeding, AED, fractures, and medical conditions. The Basic Rescuer CPR will teach you techniques for adult (one and 2 rescuer) infant and children CPR. Mannequins are provided for individual practice. Nationally recognized certificates are valid for three years and are issued upon successful completion. This course gives participants, through hands on practice, critical knowledge and confidence to effectively manage an emergency. Textbook included in the course price. Certificates accepted by WSIB, Ontario Coaches Association and the Ontario Hockey Association. For those entering Nursing, we also offer the Health Care Professional Course module at an additional cost. All courses now include an AED module.

**Instructor: St. John Ambulance**  
**Friday (7-9:45 pm), Sat & Sun (9 am-5 pm)**  
**Choose between the following dates:**  
**Oct. 28, 29 & 30**  
**Nov. 18, 19 & 20**  
**OR**  
**Saturday & Sunday 9 am – 5 pm**  
**Choose between the following dates:**  
**Jan. 28 & 29**  
**Feb. 25 & 26**  
**St. John Ambulance Hall**  
**66 Wellington Rd. 7, Unit 3, Elora**  
**Fee: \$135.00**

## Fitness & Dance

### BEGINNER SOCIAL BALLROOM

This class is about fun! An introduction to the smooth dances of Social Ballroom: The Foxtrot, the Slow Waltz and the Ballroom Tango. For a bit of romantic Latin flare we add some Rumba and then some suave Swing - to burn up the floor! Social Ballroom is a partner dance based on leading and following ideals, in this class we will explore these fundamentals and have you looking fantastic in no time.

**Instructor: Gabreil Spiegelschrift**  
**Wednesday, Oct.12 for 4 wks, 7-8:30 pm**  
**James McQueen Public School**  
**Fee: \$75.00**

### INTERMEDIATE SOCIAL BALLROOM

Continuing where the Beginner Social Ballroom course left off, this course adds more moves and styling to our repertoire of Fox Trot, Slow Waltz, Ballroom Tango, Rock "n" Roll Swing and Rumba. Expanding floorcraft concepts for the leaders and precision techniques for the followers, we add some Ballroom Cha Cha to our dance card.

**Instructor: Gabreil Spiegelschrift**  
**Wednesday, Nov. 9 for 4 wks, 7-8:30 pm**  
**James McQueen Public School**  
**Fee: \$75.00**

### LATIN DANCE

Spicy! Inspired by Social Ballroom techniques this course quickly turns to the Latin Night Club Styles. With several flavours (NY, Cuban, and Central American) of Salsa as the main focus, we add Merengue and the refined Cha Cha to give you a comprehensive base of Latin dance techniques. This class teaches partner dance fundamentals based on leading and following ideals with an emphasis on style. There can be a lot of spinning - for both sides!

**Instructor: Gabreil Spiegelschrift**  
**Wednesday, Feb. 1 for 4 wks, 7-8:30 pm**  
**James McQueen Public School**  
**Fee: \$75.00**

### LADIES FITNESS KICKBOXING

Learn self-defence and experience authentic kickboxing training without sparring. The cardiovascular, toning, conditioning and motor skill enhancements gained make fitness kickboxing a tremendous option to sport - competitive kickboxing. The program will promote self-confidence; teach basics in self-defence and help individuals strive to attain personal fitness goals. Please wear comfortable workout attire and bring a water bottle.

**Instructor: James Watson, Certified Personal Training Specialist, Black Belt Level Instructor, Certified Fitness Kickboxing Instructor**  
**Tuesday, Oct. 4 for 8 wks, 8-9 pm OR**  
**Tuesday, Jan. 10 for 8 wks, 8-9 pm**  
**Studio at 275 Gordon St. Fergus**  
**Fee: \$55.00**

### LONG-LIFE EXERCISE

Learn exercises that can be done anywhere and anytime without the expense of a gym or equipment, and that will give you vitality and an energetic feeling. Slow stretching, proper breathing and utilizing your vital energy ("chi") will enhance the quality and length of your life. You will experience an increased agility and flexibility in all of your joints. Anyone at any age will benefit from these gentle and fun exercises. This is not aerobics or strenuous calisthenics, but various movements and breathing that you can adapt to your everyday life. The instructor has a 3rd

degree black belt in karate, and has studied many of the Eastern softer exercises related to it. Come and enjoy these exercises. Loose clothing.

**Instructor: Paul Grant**  
**Monday, Oct. 17 for 8 wks, 7-8 pm**  
**Centre Wellington District High School**  
**Fee: \$50.00**

### TOTAL BODY CONDITIONING

Do you want to work on your A.B.T.'s (abdomen, butts and thighs)? Included in this workout will be exercises to improve your flexibility, strength and balance. The upper body will also be challenged using free weights. Please bring two 2-5 lb hand weights, a towel or mat and water bottle to each class. Wear comfortable clothing and a pair of athletic shoes.

**Instructor: Steve Higgins**  
**Monday, Oct. 17 for 8 wks, 7-8 pm OR**  
**Monday, Jan. 9 for 8 wks, 7-8 pm**  
**John Black Public School**  
**Fee: \$65.00**

### FLOW YOGA FOUNDATIONS - SALEM

This class will give the new student an introduction to a wide array of yoga postures as well as a brief introduction to some basic yogic breathing techniques and some gentle meditation practice. Each class will feature an introduction to a series of related postures as well as a gentle and flowing warm-up. This class is designed for beginners to flow yoga or for those wishing to reestablish their practice. Expect to be challenged, but to leave feeling refreshed and relaxed. Bring a yoga mat and a blanket (or 2). Dress in layers.

**Instructor: Grace Rosewarne**  
**Wednesday, Oct. 5 for 8 wks, 6:30-7:45 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 6:30-7:45 pm**  
**Salem Public School**  
**Fee: \$70.00**

### GENTLE YOGA

Gentle Yoga is ideal both for those new to yoga and for the experienced yogi who enjoys a gentle, relaxing practice to melt away tension, unwinding for the evening. Please bring a yoga mat, belt (or tie) and 2 yoga blocks (optional).

**Instructor: Karen Murtagh**  
**Thursday, Oct. 13 for 8 wks, 6-7 pm OR**  
**Thursday, Jan. 19 for 8 wks, 6-7 pm**  
**Centre Wellington District High School**  
**Fee: \$70.00**

### MOSTLY YIN YOGA

Mostly Yin is a challenging, yet deeply relaxing practice for the experienced yoga practitioner beginning with Yang style movements and then settling in for a sequence of long-held Yin poses, combined with Mindfulness Meditation. Please bring a yoga mat and

cushion or blanket for meditation.

**Instructor: Karen Murtagh**  
**Thursday, Oct. 13 for 8 wks, 7:15-8:30 pm OR**  
**Thursday, Jan. 19 for 8 wks, 7:15-8:30 pm**  
**Centre Wellington District High School**  
**Fee: \$70.00**

### YOGA - SALEM

General Hatha Yoga - this is a general hatha yoga class including standing and floor gentle and moderate poses. We will explore both movement and stillness in this practice. Also included will be some pranayama (yoga breathing practices) and brief quiet meditative seated postures. Wring out tension from your body, stretch and build personal strength leaving the day behind and easing into relaxation. Please bring a yoga mat, a blanket and a yoga belt (or an old tie).

**Instructor: Karen Murtagh**  
**Monday, Oct. 24 for 8 wks, 6:30-8 pm OR**  
**Monday, Jan. 9 for 8 wks, 6:30-8 pm**  
**Salem Public School**  
**Fee: \$70.00**

### YOGA FUNDAMENTALS

This course is designed for beginners as well as more experienced students who wish to explore their mind/body dialogue, through a nurturing, playful and meditative style. You will improve your awareness, balance, strength, and flexibility. Relaxation and breathing techniques will leave you feeling relaxed and renewed. Please bring a mat and yoga block to class. Contact the instructor at [jill@rasayana.ca](mailto:jill@rasayana.ca) if you have any questions about your suitability for this class.

**Instructor: Jill Davey**  
**Tuesday, Oct. 4 for 9 wks, 6:30-8 pm OR**  
**Tuesday, Jan. 10 for 9 wks, 6:30-8 pm**  
**Centre Wellington District High School**  
**Fee: \$85.00**



### HOLIDAY-THEMED COOKIES WORKSHOP\*\*\*

Beginners learn to make holiday cookies like a pro - "so pretty" - your guests may not want to bite into them. A fun afternoon out to get into the holiday mood early and ready for entertaining. Demonstrating royal icing techniques, filling and flooding icing, detailing decorating accents and fondant, sugaring, overpiping and herringbone designs, mittens, reindeer, angels, snowflakes and much more. We will be decorating 6-7 different cookies. Please bring a large container(s) to take your cookies home in a single layer. Bring an apron if desired. Copies of recipes are provided to take home and excellent

refreshments are provided. All supplies are included in the course cost.

**Instructors: Nina Murray & Sheila Eisen**  
**Saturday, Nov. 19 for 1 day, 1-5 pm**  
**0111 Side Rd. 18, R.R. #1 Fergus**  
**Fee: \$55.00**

### CUPCAKES COUTURE - DESIGNING STYLISH CUPCAKES WORKSHOP\*\*\*

Demonstration will include making the best Italian meringue butter cream frosting, filling an icing bag, classic butter cream swirl & rosette, making cupcake toppers with fondant, covering cupcakes with fondant and stylish accents, animal print, stiletto, bow and flower decorations. We will be decorating 6-8 different cupcakes. Please bring a large container(s) to take your cupcakes home in a single layer. Bring an apron if desired. Copies of recipes are provided to take home and excellent refreshments are provided. All supplies are included in the course cost.

**Instructors: Nina Murray & Sheila Eisen**  
**Saturday, Oct. 22 for 1 day, 1-5 pm**  
**0111 Side Rd. 18, R.R. #1 Fergus**  
**Fee: \$55.00**

### HORS D'OEUVRES FOR HOLIDAY ENTERTAINING\*\*\*

Join Wendy in her well-equipped caterer's kitchen, and learn how to WOW your guests with fabulous finger foods, including phyllo pastry-based appetizers, perfect for holiday entertaining. An emphasis will be placed on presentation of these delicacies. Bring plastic containers to take home leftovers. A truly "tasteful" evening. Wendy has all new recipes for those who have attended this class in past years. Cost of course includes food.

**Instructor: Wendy Gottmers of**  
**Southern Belles Catering**  
**Thursday, Nov. 17 for 1 night, 7-10 pm**  
**Southern Belles Catering, Belwood**  
**Fee: \$70.00**

### 5-STAR COOKING AT HOME WITH CHEF STEPHEN VAUGHAN\*\*\*

Steve will be teaching restaurant techniques and presentations, using locally-sourced ingredients, so the next time you are entertaining your family, friends, and business associates, you will have prepared a 5-Star meal. (This is a "hands-on" class.) Appetizer, Entrée with Accompaniments, and Dessert. Bring wine or your choice of beverage with you.

**Instructor: Stephen Vaughan**  
**Thursday, Oct. 20 for 1 night, 7-10 pm**  
**Southern Belles Catering, Belwood**  
**Fee: \$70.00**

# Fergus

## Health & Wellness

SEE ALSO SPECIAL INTEREST PG. #12

### REIKI - LEVEL ONE\*\*\*

Reiki is a Japanese technique for stress reduction and relaxation that promotes healing. An easy to learn and effective healing method anyone can use. No previous experience is necessary. Learn the ethics and principals, how to perform a treatment and group treatment methods. Fee includes Level One certification upon successful completion.

**Instructor: Trudy Conway RP/RT,  
Reiki Master Teacher**

**Wednesday, Oct. 19 for 2 wks, 6-10 pm  
Centre Wellington District High School  
Fee: \$115.00**

### THERAPEUTIC TOUCH™ - LEVEL 1\*\*\*

The timeless and universal practice of Therapeutic Touch™ is a consciously directed process of energy exchange. The focus of energy by the practitioner facilitates health and healing. It can be used for yourself as well as others. This is the first of three levels of study. An \$80 fee is payable to the instructor on the day of class.

**Instructor: Deborah Gould RN, of Peace of Mind  
Saturday, Oct. 22 for 1 day, 8:30 am-4:30 pm  
Home of D. Gould, Elora  
Fee: \$20.00**

### THERAPEUTIC TOUCH™ - LEVEL 2\*\*\*

This day begins with a solid review of the information and skills learned in Level 1. We move on to understand and experience the use of colour, creative imagery and modulation of energy. Relaxation and centering will deepen to enhance your work. Research and feedback tell us this healing process is gentle and efficient. An \$80 fee is payable to the instructor on the day of class.

**Instructor: Deborah Gould RN, of Peace of Mind  
Saturday, Nov. 19 for 1 day, 8:30 am-4:30 pm  
Home of D. Gould, Elora  
Fee: \$20.00**

### THERAPEUTIC TOUCH™ - LEVEL 3\*\*\*

This day begins with a comprehensive review of all that has been studied so far. As the last basic level, you will have established a comfort with your assessment and work in the energy field. We will add new areas to explore, including the Chakra/Endocrine system, the emotional field, as well as working at a distance. Therapeutic Touch will enhance your understanding of the subtle field that surrounds us all. An \$80 fee is payable to the instructor on the day of class.

**Instructor: Deborah Gould RN, of Peace of Mind  
Saturday, Jan. 21 for 1 day, 8:30 am-4:30 pm  
Home of D. Gould, Elora  
Fee: \$20.00**

## Horses

### ALL ABOUT HORSES - FROM RAISING THEM TO RIDING\*\*\*

Penn-Tawsha Stables offers a unique opportunity for horse lovers to learn the rudiments of caring for and riding horses. Anyone who is considering purchasing a horse or who wishes to find out more about this noble animal, will gain valuable knowledge and hands-on experience over 7 weeks at this beautiful, well-run facility. Topics include basic riding (walk and trot), stable management, feeding, grooming, equipment, a farrier/blacksmith visit, a vet visit, massage therapy, and MORE! Limited enrollment - for ages 16 and up. Dress warmly - indoor arena can be very cold.

**Instructor: Sandi Moseley  
Saturday, Oct. 8 for 7 wks, 1-3 pm  
Penn-Tawsha Stables, Belwood  
Fee: \$95.00**

### INTRODUCTION TO HORSES - ADULTS

Nervous around horses? Have you had a bad experience? Have you always wanted to be around horses, but scared of their size? Come to this workshop to have a "re-introduction" to these magnificent animals. Get insight into how horses think so you can better read their behaviour. Get to know our safe horses at your own pace without pressure. You'll come away with less fear and more knowledge! \$15 payable to the instructor on the day of class.

**Instructor: Beth Gordon  
Saturday, Oct. 22 for 1 day, 1-2:30 pm OR  
Saturday, Nov. 5 for 1 day, 1-2:30 pm OR  
Saturday, Jan. 21 for 1 day, 1-2:30 pm  
New Hope Youth Ranch  
Fee: \$15.00**

## Kid's Corner

### BABYSITTING

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care, and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor: Jessica Terpstra  
Wednesday, Oct. 12 for 6 wks, 6:30-8:30 pm OR  
Wednesday, Jan. 25 for 6 wks, 6:30-8:30 pm  
Centre Wellington District High School  
Fee: \$60.00**

### CHILDREN'S ART CLASS - AGES 8-12\*\*\*

These classes offer a mixture of activities for children ages 8-12, and will help learning the use of different materials incorporating in beautiful art works. We will have fun with paints, pencils, construction paper, poly clay, etc. The goal here is to develop imagination, build your artist confidence, compose, create and enjoy by attacking interesting topics. All materials and tools will be provided, no need to buy and bring anything only your love for art. Material fee of \$30 is payable to the instructor on the first night of class.

**Instructor: Melitta Toth  
Tuesday, Oct. 18 for 6 wks, 6:30-8 pm OR  
Tuesday, Jan. 24 for 6 wks, 6:30-8 pm  
Centre Wellington District High School  
Fee: \$50.00**

## REGISTRATION FORM

See back cover to find out where to mail/fax your registrations or where to register in person.

Please make cheques payable to

*Continuing Education*

**DISCOVERY COURSE**

This fun course offers experiential learning with horses that will teach you a lot about yourself and how you can grow. The activities alongside horses on the ground create parallels to your life you wouldn't have thought possible! Have you ever played pool with horses? Who is holding our 'lead rope' and helping you make good choices? What does it take to be the 'herd' leader? Three week program, themes are: Week 1: Creative Problem-Solving, Week 2: Distractions and Temptations, Week 3: Communication and Leadership. No horse experience necessary! \$65.00 payable to the instructor on first evening.

**Instructor: Beth Gordon**

**AGES 10-13**

**Thursday, Oct. 6 for 3 wks, 4:30-6 pm**

**AGES 14-17**

**Monday, Oct. 3 for 3 wks, 4:30-6 pm**

**New Hope Youth Ranch**

**Fee: \$20.00**

**DRAWING FOR YOUTH - AGES 11-16\*\*\***

These lessons will be the most important art lessons for those who are really interested in learning the basics and later build upon. Acquire the freedom for drawing freehand but controlled lines, using various tools like soft pencils, chalk coal, ink markers, etc. This course will develop deep observation, eye-hand coordination, understanding creativity, character and personal differences in art works. We will deal with lines, forms, texture, proportion, perspective and light. Material fee of \$25 is payable to the instructor on the first night of classes.

**Instructor: Melitta Toth**

**Wednesday, Oct. 19 for 6 wks, 6:30-8 pm OR**

**Wednesday, Jan. 18 for 6 wks, 6:30-8 pm**

**Centre Wellington District High School**

**Fee: \$50.00**

**GIRL'S NIGHT AT THE RANCH**

**- AGES 13-17**

Unique workshop for young ladies ages 13-17. Meet some new friends (some on four legs) while participating in fun equine assisted learning activities (experiential learning). Enjoy a bonfire with girl talk (and marshmallows of course) to end the night. Themes: healthy friendships, self-care, peer pressure, teamwork and confidence. No horse experience necessary! \$30 payable to the instructor on the evening of the class.

**Instructor: Beth Gordon**

**Saturday, Oct. 8 for 1 night, 6-8:30 pm OR**

**Friday, Oct. 14 for 1 night, 6-8:30 pm**

**New Hope Youth Ranch**

**Fee: \$15.00**

**Languages****SPANISH I**

This is a basic course taught in a friendly and relaxed environment. No previous knowledge of Spanish is required

**Instructor: Rosa Maria Melendez**

**Monday, Oct. 3 for 9 wks, 6-8 pm**

**Centre Wellington District High School**

**Fee: \$105.00**

**SPANISH II**

Have you taken a basic Spanish course but would like to increase your level of competency? Learn how to interact in native Spanish. You will learn how to travel around the cities and towns, order food, and communicate with Spanish-speaking people. Areas to be covered in this course include speaking, reading and listening.

**Instructor: Rosa Maria Melendez**

**Monday, Jan. 9 for 9 wks, 6-8 pm**

**Centre Wellington District High School**

**Fee: \$105.00**

**Pets****INTRODUCTION TO ANIMAL COMMUNICATION**

Have you ever wondered how our companion animals know when we are returning home or what we are thinking? How do we really know when our animals are feeling poorly or vice versa? Come join us for this insightful exploration of animal-human communications. Yvonne Browning has completed courses on Therapeutic Touch with animals and animal communication. From the barns for horses, to homes for Irish Wolf hounds, the experience of animal communication has been new and exciting with each new client. Please bring a photograph of your animal with you to class. \$5 payable to the instructor for handout materials on first night.

**Instructor: Yvonne Browning**

**Wednesday, Oct. 12 for 2 wks, 7-9 pm**

**Centre Wellington District High School**

**Fee: \$35.00**

**Photography****BETTERPHOTOS.COM - DIGITAL/SLR PHOTOGRAPHY**

This course offers the basic skills enabling you to check and adjust camera settings and modes on your DSLR or digital camera. Learn how to apply basic compositional rules to your photography to make your images appear more dramatic. Also includes photo tips to avoid common shooting problems in a lively mix of weekly lessons, practical assignments, interesting discussions and photo critiques. Bring your digital camera, lenses, manual and a tripod.

**Instructor: Janette Gajic**

**Tuesday, Oct. 11 for 8 wks, 7-9:30 pm OR**

**Tuesday, Jan. 17 for 8 wks, 7-9:30 pm**

**Centre Wellington District High School**

**Fee: \$135.00**

**REGISTER BY PHONE**

Use your VISA or MASTERCARD

Call...**519-323-4840**

# Fergus

## Special Interest

### BEGINNER BRIDGE 1

Bridge is a great social game, it keeps the brain active, you can play all your life and you can learn to play bridge at any age. In Beginner Bridge 1 you will learn the basics of the game so that you can start to enjoy playing with your friends. No previous knowledge of bridge or any other card game is required as we start from scratch. A very hands-on approach is used and you will be playing bridge from day one.

**Instructor: Monica Skinner, ACBL Accredited Bridge Teacher**

**Wednesday, Oct. 12 for 7 wks, 7-9:45 pm  
Centre Wellington District High School  
Fee: \$70.00**

### BEGINNER BRIDGE 2

A continuation from Beginner Bridge 1 that will take you beyond the basics and bring you to a level where you can feel comfortable playing bridge with friends, acquaintances or at your local club. This course would also suit the basic bridge player who would like to improve their game.

**Instructor: Monica Skinner ACBL Accredited Bridge Teacher**

**Wednesday, Jan. 18 for 7 wks, 7-9:45 pm  
Centre Wellington District High School  
Fee: \$70.00**

### HOOFBEATS

Four week self discovery course for women ages 20 and up. Over the four weeks you will gain new insight into yourself and how you relate to others. You will learn powerful lessons from horses each week. Themes include: Assertiveness, confidence, communication, self-image, leadership, creative problem-solving, dealing with distractions and life's 'clutter'...and more. No horse experience necessary! \$60 payable to the instructor on the first night of class.

**Instructor: Beth Gordon**  
**Tuesday, Oct. 4 for 4 wks, 5:30-6:30 pm  
New Hope Youth Ranch  
Fee: \$22.00**

### UNIQUELY YOU!

Why do you do what you do, and like what you like? People sometimes struggle with wanting to be like someone else — but why, when you can be YOU? Learn more about your strengths, gifts, and personality. This course will help you discover your unique personality blueprint with the use of some key profiling tools. Understanding how we are wired, and why, is essential to finding

happiness and success in every area of life, from careers to relationships. It also helps us better understand the people around us. \$60 payable to the instructor on first night of class.

**Instructor: Jelena Ovari**  
**Thursday, Nov. 10 for 3 wks, 7-8:30 pm  
Centre Wellington District High School  
Fee: \$20.00**

### RIGHT BRAIN, LEFT BRAIN

Ancient Egyptians used to think the heart was the centre of thinking, and modern scientists used to call it the 'black box' as they labored to unlock the mental processes behind behavior. This processing powerhouse weighs less than 5lbs, and we do actually use 100% of it! This intro course offers you a sneak peak into the fascinating study of neuroscience and science's latest discoveries about the human brain. \$40 payable to the instructor on first night of classes.

**Instructor: Jelena Ovari**  
**Wednesday, Oct. 12 for 3 wks, 8-9 pm OR  
Wednesday, Feb. 22 for 3 wks, 8-9 pm  
Centre Wellington District High School  
Fee: \$18.00**

### THE AGING BRAIN

What happens to our brains as we age? What can we do to keep our brains healthy? The good news is that you can teach an old dog new tricks! This class will teach you simple ways to keep your brain healthy and active, including nutrition, mental exercises, and memory strategies. \$25 payable to the instructor on the night of class.

**Instructor: Jelena Ovari**  
**Tuesday, Oct. 25 for 1 night, 7-8:30 pm OR  
Tuesday, Nov. 1 for 1 night, 7-8:30 pm  
Centre Wellington District High School  
Fee: \$14.00**

### STRATEGIES FOR SUCCESS

"A plan of action will separate you from 97 percent of the people you meet. Everyone has dreams, but very few ever turn those into goals. The difference between a dream and a goal is that a goal is a dream with a time-frame of action attached" Dan Miller. Goal setting is a powerful tool. This course will guide you through the steps of establishing specific goals and action plans to help you move towards your dreams. Waiting is a myth. Start now and be part of the 3% who are living the life of their dreams! \$80 payable to instructor on first night of classes.

**Instructor: Jelena Ovari**  
**Thursday, Oct. 6 for 4 wks, 7-8:30 pm  
Centre Wellington District High School  
Fee: \$22.00**

## Sports

### BADMINTON - ALMA

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Person In Charge: Linda Wilkinson  
Alma Public School**  
**FALL - Monday, Oct. 17 for 8 wks, 7:30-9 pm  
OR  
WINTER - Monday, Jan. 9 for 8 wks, 7:30-9 pm  
Fee: \$40.00  
OR  
FULL YEAR (includes Spring session)  
– beginning Monday, Oct. 17, 7:30-9 pm  
Fee: \$99.00**

### BADMINTON - ELORA

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Person In Charge: Ross Langlands  
Elora Public School**  
**FALL - Thursday, Sept. 29 for 12 wks, 8-10 pm  
Fee: \$60.00  
WINTER - Thursday, Jan. 12 for 11 wks, 8-10 pm  
Fee: \$55.00  
FULL YEAR (includes Spring session) – beginning Sept. 29, 8-10 pm  
Fee: \$99.00**

### MEN'S BASKETBALL - AGES 18 & UP

No formal lesson, just come out and have a fun night of basketball. Wear non-marking indoor athletic shoes.

**Person In Charge: Erik Gitter**  
**Thursday, Oct. 13 for 9 wks, 6:15-7:45 pm OR  
Thursday, Jan. 12 for 9 wks, 6:15-7:45 pm  
Elora Public School  
Fee: \$40.00**

## OOPS!

*We cancelled it because we didn't know you wanted it! Sometimes excellent programs with super instructors are cancelled when too many wait until the last minute to register.*

**DON'T WAIT.**

**AVOID DISAPPOINTMENT  
AND REGISTER EARLY!**

## Business

### BOOKKEEPING 101

Behind every successful business is a reliable bookkeeper. As a bookkeeper, your job is to help keep the books in the black. Whether you have no training or just the basics, this course is for you. Some of the areas we will focus on are; balanced entries, reconciliation, remittances, type of books to keep, financial statements and other helpful information to make you a huge asset to one's business. Bring to class a notebook, calculator and pencil.

**Instructor: Cindy Mick**

**Thursday, Oct. 13 for 6 wks, 7-9 pm**

**Wellington Heights Secondary School**

**Fee: \$75.00**

### SIMPLY ACCOUNTING PRO 2006

The main objective of this course is to introduce you to the basic commands, functions, and capabilities of Simply Accounting. It is designed for computer users who are already familiar with accounting, and want to learn how to use an accounting software package. You must have a good working knowledge of Windows to take this class. This class is self-paced so that students can work at a pace most comfortable for them. Manual included.

**Instructor: Cindy Mick**

**Thursday, Jan. 19 for 6 wks, 7-9 pm**

**Continuing Education Portable**

**Fee: \$98.00**

## Computers

### COMPUTERS - SLOW & EASY - THE WEB\*\*\*

A great course ideally suited to introduce surfing the Internet as well as using e-mail to stay in touch with friends and family. Basic computer experience recommended. Manual included in course fee.

**Instructor: Grace Lennox**

**Wednesday, Oct. 19 for 6 wks, 1-3 pm**

**Continuing Education Portable**

**Fee: \$98.00**

## CPR & First Aid

### CHILDCARE FIRST AID AND CPR\*\*\*

This program focuses on specific emergency medical situations involving children and infants, and different approaches to their treatment. Adult, child and infant CPR will be covered, with emphasis on the child, along with discussions on head injuries, severe allergic reactions and use of the Epi-Pen and Twinject, asthma attacks, bleeding, choking, seizures and when to call 911. Also includes a demonstration of the Automatic External Defibrillator (AED). This course is offered through HeartSafe EMS, and is taught by a certified paramedic. Meets all provincial requirements for childcare workers, and is also useful for parents, grandparents, and babysitters. Please bring an exercise pad or blanket, and a pen.

**Instructor: Sue Hogenkamp AEMCA, of  
Vital Training Services**

**Tuesday & Wednesday, Feb. 21 & 22**

**for 2 nights, 7-10 pm**

**Wellington Heights Secondary School**

**Fee: \$70.00**

### EMERGENCY FIRST AID & CPR A\*\*\*

A comprehensive 8 hour course, combining adult and child CPR, along with choking, heart attacks and strokes, recognition and treatment of bleeding, shock, bone and joint injuries, diabetic emergencies, seizures, and burns. Also includes recognition and treatment for head and spinal injuries, asthma, allergic reactions with use of Epi Pen and Twinject, along with a demonstration of the Automatic External Defibrillator (AED). This course is offered by HeartSafe EMS, meets WSIB requirements for the workplace, and will be taught by a certified paramedic. Please bring an exercise pad or blanket, and a pen.

**Instructor: Sue Hogenkamp AEMCA, of  
Vital Training Services**

**Wednesday & Thursday, Feb. 29 & Mar. 1**

**for 2 nights, 6-10 pm**

**Wellington Heights Secondary School**

**Fee: \$90.00**



### I Could Teach A Course Like That!

Do you have a hobby, interest or skill that you would like to teach in night school? We'd like to hear from you! Call the Program Co-Ordinators at:

**519-323-4840**

Previous experience teaching adults is an asset.

## Fitness

### LONG-LIFE EXERCISE

Learn exercises that can be done anywhere and anytime without the expense of a gym or equipment, and that will give you vitality and an energetic feeling. Slow stretching, proper breathing and utilizing your vital energy ("chi") will enhance the quality and length of your life. You will experience an increased agility and flexibility in all of your joints. Anyone at any age will benefit from these gentle and fun exercises. This is not aerobics or strenuous calisthenics, but various movements and breathing that you can adapt to your everyday life. The instructor has a 3rd degree black belt in karate, and has studied many of the Eastern softer exercises related to it. Come and enjoy these exercises. Loose clothing.

**Instructor: Paul Grant**

**Tuesday, Oct. 11 for 8 wks, 7-8 pm**

**Victoria Cross Public School**

**Fee: \$50.00**

### ZUMBA

Ditch the workout; join the fun. This dance inspired fitness class will have you moving and grooving. Before you know it, the workout is over. No experience needed. Just bring enthusiasm and of course a water bottle.

**Instructor: Terry Spears**

**Thursday, Oct. 6 for 8 wks, 7-8 pm OR**

**Thursday, Jan. 19 for 8 wks, 7-8 pm**

**Wellington Heights Secondary School**

**Fee: \$50.00**



## Food

**CUPCAKE CLASS\*\*\***

Give cake decorating a try with this one-lesson cupcake class. This 2 hour class will introduce you to some of the basic skills of cake decorating as you try your hand at decorating cupcakes. Don't miss this opportunity to discover the fun of cake decorating. Please bring 8 cupcakes, paper and pencil to class, all other supplies included in the course.

**Instructor: Ellie Adams**

**Wednesday, Oct. 5 for 1 night, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$35.00**

**MEXICAN COOKING\*\*\***

This Mexican cooking course will be a flavour and cultural experience. You will learn the principal ingredients of Mexican cuisine adjusting the spice level to your own taste. You'll love how easy and tasty these Mexican recipes are to prepare. Come out and have fun in this 4 week class and you may even pick up a little of the Spanish language.

**Instructor: Veronica Melendez**

**Thursday, Nov. 3 for 4 wks, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$65.00**

**CHRISTMAS CANDY\*\*\***

In this class you will learn how to make Christmas Candy that is a wonderful gift to give for all those on your list with a "sweet tooth" or enjoy yourself. Included in the class is a Wilton Candy Making Beginner's Guide. All supplies provided.

**Instructor: Ellie Adams**

**Wednesday, Nov. 30 for 1 night, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$25.00**

**GINGERBREAD HOUSE - PARENT & CHILD\*\*\***

Come out with your little one and have a great night building and decorating a gingerbread house. Ellie is an experienced cake decorator with unique ideas. The Gingerbread House is provided and you bring along the treats you enjoy - a suggested supply list will be sent out upon registration.

**Instructor: Ellie Adams**

**Thursday, Dec. 8 for 1 night, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$36.00**

**WILTON CAKE DECORATING BASICS - COURSE 1\*\*\***

A friendly Wilton Instructor will guide you through every step! Learn baking, icing, flower making, the ribbon rose and much more. Bring pencil and paper to your first class. Expect to pay \$60 more for course supplies. Available at Bulk Ingredients Mount Forest. A course manual is \$7 and paid to instructor at first class. Check out the student website at [444.wilton.com/classes/wmstudents/](http://444.wilton.com/classes/wmstudents/).

**Instructor: Ellie Adams**

**Wednesday, Oct. 12 for 4 wks, 7-9 pm OR**  
**Wednesday, Feb. 1 for 4 wks, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$48.00**

**WILTON FLOWERS AND CAKE DESIGN - COURSE 2\*\*\***

Prerequisite: Cake Decorating Course 1. Create breathtaking icing flower arrangements. Thrill your guests with lilies, violets, daffodils and the spectacular Wilton Rose. Bring to first class, supplies and tools from course 1 plus your Course 2 Student Kit. A supply list will be sent to you upon registration. A course manual of \$7 is paid to instructor at first class. Expect to pay an additional \$50 for supplies.

**Instructor: Ellie Adams**

**Tuesday, Nov. 22 for 4 wks, 7-9 pm**  
**Wellington Heights Secondary School**  
**Fee: \$48.00**



## Kid's Corner

**SEE POWER SKATING PAGE #16****BABYSITTING**

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor: Elaine Love E.C.E.**

**Thursday, Oct. 20 for 6 wks, 6:30-8:30 pm OR**  
**Thursday, Jan. 26 for 6 wks, 6:30-8:30 pm**  
**Wellington Heights Secondary School**  
**Fee: \$60.00**

**BALLET**

Does your child love to dance? Come join us for a fun filled hour of music and movement. Basic ballet steps will be incorporated. No previous dance experience required. Soft slippers or dance shoes are required.

**Instructor: Madison Kraemer****AGES 3-5**

**Wednesday, Oct. 12 for 8 wks, 5-5:45 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 5-5:45 pm**

**AGES 6-9**

**Wednesday, Oct. 12 for 8 wks, 6-6:45 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 6-6:45 pm**  
**Victoria Cross Public School**  
**Fee: \$40.00**

**BASKETBALL - AGES 8-13**

Come out and have fun learning the game of basketball while improving your skills. Special emphasis on fundamentals wherever you need it: ball handling and dribbling, shot making, run and shoot, picks and rolls, lay-ups, and passing.

**Instructor: Simon Griffith**

**Tuesday, Oct. 11 for 8 wks, 7:15-8:15 pm OR**  
**Tuesday, Jan. 17 for 8 wks, 7:15-8:15 pm**  
**Wellington Heights Secondary School**  
**Fee: \$40.00**

**REGISTER BY PHONE**

Use your VISA or MASTERCARD

Call...**519-323-4840**

**CHRISTMAS COOKIES - AGES 9-12\*\*\***

Have fun learning how to bake cookies especially designed for the Christmas season. All supplies included in course cost.

**Instructor:** Lucy Kraemer

**Wednesday, Oct. 12 for 3 wks, 5:30-6:30 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**CHRISTMAS BAKING – AGES 10-15\*\*\***

You will enjoy learning how to create yummy Christmas treats to share with your family and friends. All supplies included in course cost.

**Instructor:** Lucy Kraemer

**Thursday, Nov. 3 for 3 wks, 5:30-6:30 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**CHRISTMAS GIFTS FROM THE KITCHEN - AGES 10-15\*\*\***

Create gifts, using ingredients made with things available in the kitchen, to make and eat! All supplies included in course cost.

**Instructor:** Lucy Kraemer

**Wednesday, Nov. 23 for 3 wks, 5:30-6:30 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**CRAFTY KIDS - AGES 5-7**

This class will inspire the creative side of children. Everyone will have fun getting messy with at least one unique art project to take home at the end of each class. Bring an old shirt to class.

**Instructor:** Eden Griffiths

**Tuesday, Nov. 8 for 4 wks, 6-7 pm OR**  
**Tuesday, Feb. 7 for 4 wks, 6-7 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**FLOOR HOCKEY - AGES 7-12**

Come out for 8 action-packed weeks of floor hockey. Wear non-marking indoor shoes and get ready to have fun!

**Instructor:** Simon Griffiths

**Wednesday, Oct. 12 for 8 wks, 7-8 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 7-8 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**INDOOR SOCCER - AGES 6-9**

Join us for this fun-filled session of soccer - get some exercise and prepare yourself for this year's season!

**Instructor:** Simon Griffiths

**Tuesday, Oct. 11 for 8 wks, 6-7 pm OR**  
**Tuesday, Jan. 17 for 8 wks, 6-7 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**KIDDY KICKERS - AGES 3-5**

Bring your little guy or girl out for some soccer fun. They will learn basic skills, team co-operation and most importantly, how to have fun!

**Monday, Nov. 7 for 4 wks, 6-6:45 pm OR**  
**Monday, Jan. 23 for 4 wks, 6-6:45 pm**  
Wellington Heights Secondary School  
Fee: \$20.00

**MIGHTY TYKES FLOOR HOCKEY - AGES 4-6**

Come out and have fun learning how to play floor hockey. This sport allows both boys and girls the chance to play hockey without having to worry about learning how to skate. Please bring a helmet with a mask.

**Instructor:** Simon Griffiths

**Wednesday, Oct. 12 for 8 wks, 6-6:45 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 6-6:45 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**TOUCH FOOTBALL - BOYS & GIRLS - AGES 11-13**

Participate in a non-contact touch football program focusing on football fundamentals, fun and fitness. Program will run for 6 weeks on Saturday afternoons starting in September. Boys and girls welcome.

**Instructor:** Dan Browning

**Saturday, Sept. 17 for 6 wks, 1:30-3 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**VARIETY SPORTS - AGES 8-9**

A mixture of different sports such as dodgeball and handball are offered to provide children with an opportunity to learn new sport skills in a safe, fun, non-competitive environment. Join Vanessa and have fun, meet other children, and become physically active while learning a variety of skills.

**Instructor:** Vanessa Wildeman

**Thursday, Oct. 13 for 8 wks, 6-7 pm OR**  
**Thursday, Jan. 19 for 8 wks, 6-7 pm**  
Wellington Heights Secondary School  
Fee: \$40.00

**MOTORIZED SNOW VEHICLE COURSE**

If you do not have a driver's licence and you are 12 years of age or older, a valid motorized snow vehicle operator's licence (MSVOL) will allow you to drive on trails. In this 2 night Ministry of Transportation class you will learn everything you need to safely operate a motorized snow vehicle and upon successful will receive your motorized snow vehicle operator's licence. Course fee includes licence.

**Instructor:** Certified Instructor

**Mon. & Tues., November 21 & 22**  
**for 2 nights, 6-9 pm**  
Wellington Heights Secondary School  
Fee: \$40.00



## Languages

**SPANISH I\*\*\***

Are you going south on vacation or just interested in learning the basics of the Spanish language? This is a basic course, taught in a friendly and relaxed environment. No previous knowledge of Spanish is required. A manual is included in the cost of the course.

**Instructor:** Veronica Melendez

**Wednesday, Oct. 12 for 8 wks, 6-8 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 6-8 pm**  
Wellington Heights Secondary School  
Fee: \$125.00

**SPANISH - ADVANCED**

Have you taken a basic Spanish course but would like to increase your level of competency? Learn how to interact in native Spanish and communicate with Spanish-speaking people. Prerequisite: Spanish I or basic knowledge of Spanish. If you don't have a manual from the Level 1 class an extra \$30.00 is required. Please request a manual upon registration.

**Instructor:** Veronica Melendez

**Wednesday, Oct. 12 for 8 wks, 8-10 pm OR**  
**Wednesday, Jan. 18 for 8 wks, 8-10 pm**  
Wellington Heights Secondary School  
Fee: \$95.00

**KOREAN**

This Korean language course will explore speaking, listening, reading and writing skills. All ages and skill levels welcome. There are only 24 letters in the Korean alphabet, 10 simple vowels and 14 consonants. A group of scholars developed this systematic rendition of spoken sound in 1443. - it is widely acclaimed by linguists as an ingenious invention. This class is a great way to learn Korean in a small-class setting. Bring to class a 120 page note pad (26.7 x 20.3 cm), pen & pencil.

**Instructor:** In-Pyo Lee

**Tuesday, Oct. 18 for 8 wks, 7-9 pm OR**  
**Tuesday, Jan. 17 for 8 wks, 7-9 pm**  
Wellington Heights Secondary School  
Fee: \$95.00





## Pets

**DOG OBEDIENCE - FOR ALL AGES\*\*\***

A 10 week course for dogs of all ages. Take your pet from uncontrollable to one that walks by your side, sits, lays down and comes when called and much more. No dogs on the first night, which is a mandatory class. We will discuss methods of training and demonstrate the first two behaviours to teach your dog. All of the family is encouraged to participate in the training using Operant Conditioning as its base. There will be a \$6.00 materials fee payable to the Instructors on the first night of class.

**Instructor: Brian & Eileen Smith**  
**Tuesday, Sept. 27 for 10 wks, 7-8 pm**  
**Victoria Cross Public School**  
**Fee: \$70.00**



## Sports

**BADMINTON**

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Wellington Heights Secondary School**  
**FALL - Monday, Oct. 17 for 9 wks, 7:30-9 pm**  
**OR**  
**WINTER - Monday, Jan. 16 for 9 wks, 7:30-9 pm**  
**Fee: \$45.00**  
**OR**  
**FULL YEAR (includes Spring session)**  
**- beginning Monday, Oct. 17, 7:30-9 pm**  
**Fee: \$99.00**

**BOATING CERTIFICATION & EXAM\*\*\***

It is NOW the law! Everyone must have a PCO (Pleasure Craft Operator) Card to operate any motorized watercraft (all engine sizes, including electric trolling motors), or personal watercraft (i.e. Seadoos and Jet Skis). This course includes instruction, an excellent manual and upon successful completion, a Canada Coast Guard approved certificate that is valid for life.

**Instructor: Mike Somers**  
**Monday & Tuesday, Mar. 19 & 20**  
**for 2 nights, 7-10 pm**  
**Wellington Heights Secondary School**  
**Fee: \$65.00**

**FLOOR HOCKEY - ADULT**

A night out of fun and exercise without the cold arena and sore feet from your skates! Safety glasses and hockey sticks provided. All ages and skill levels welcome.

**Thursday, Oct. 13 for 8 wks, 7-8:30 pm OR**  
**Thursday, Jan. 19 for 8 wks, 7-8:30 pm**  
**Wellington Heights Secondary School**  
**Fee: \$45.00**

**POWER SKATING - BEGINNERS**

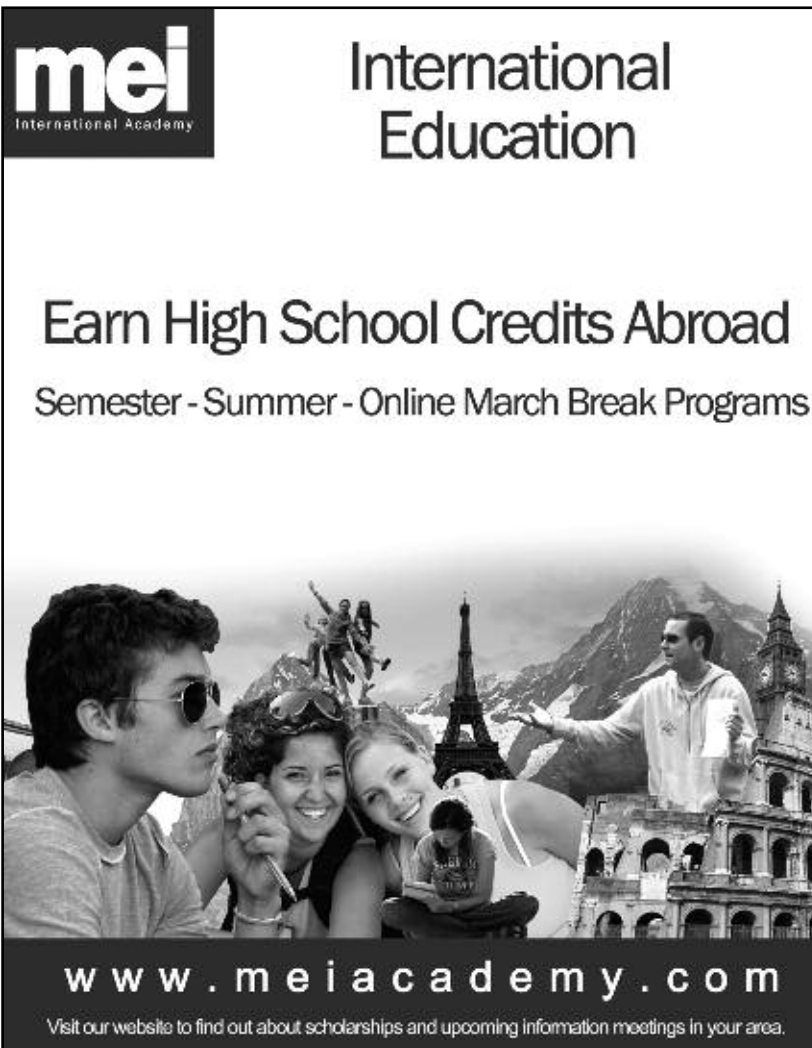
Improve your skating skills for the upcoming season in these 10 sessions with Keith McCarthy of Twin City Hockey School. Develop your balance, power, speed, and agility. A strong emphasis is placed on technique and correction. You must be able to skate forward, backward and stop. Register early! All skaters must wear full equipment, including a CSA helmet, facemask, and neck protector.

**Instructor: Keith McCarthy of Twin City Hockey School**  
**Sunday, noon-1 pm, Tuesday & Thursday, 6-6:50 pm,**  
**beginning Sept. 6 for 8 sessions**  
**Mount Forest & District Sports Complex**  
**Fee: \$140.00**

**POWER SKATING - ADVANCED**

If you have taken power skating before, join Keith in this advanced session which will improve the skills you've already learned and introduce new techniques. Register early! All skaters must wear full equipment, including a CSA helmet, facemask, and neck protector.

**Instructor: Keith McCarthy of Twin City Hockey School**  
**Sunday, 1-2 pm, Tuesday & Thursday, 7-7:50 pm**  
**beginning Sept. 6 for 8 sessions**  
**Mount Forest & District Sports Complex**  
**Fee: \$140.00**



**mei**  
International Academy

## International Education

### Earn High School Credits Abroad

Semester - Summer - Online March Break Programs

[www.meiacademy.com](http://www.meiacademy.com)

Visit our website to find out about scholarships and upcoming information meetings in your area.

## Fitness

### POWER ZONE

A challenging workout to make you feel great and burn lots of calories. Wear comfortable clothing and shoes. Bring two 2- 5 lb weights.

**Instructor:** Kelly Elliott

**Tuesday, Oct. 4 for 8 wks, 6:30-7:15 pm OR**

**Tuesday, Jan. 17 for 8 wks, 6:30-7:15 pm**

**Minto-Clifford Public School**

**Fee: \$50.00**

### YOGA, STOMACH & STRETCH

This class is great for toning, flexibility, strength and balance. All ages and fitness levels welcome. Please wear comfortable clothing and bring a proper yoga mat - must not slide.

**Instructor:** Kelly Elliott

**Tuesday, Oct. 4 for 8 wks, 7:30-8:30 pm OR**

**Tuesday, Jan. 17 for 8 wks, 7:30-8:30 pm**

**Minto-Clifford Public School**

**Fee: \$50.00**

### YOGA, STOMACH & STRETCH - DAYTIME

Same great course as above, but offered during the day. Course cost includes rental of the facility.

**Instructor:** Kelly Elliott

**Wednesday, Oct. 5 for 8 wks, 9:30-10:30 am OR**

**Wednesday, Jan. 18 for 8 wks, 9:30-10:30 am**

**United Church Harriston**

**Fee: \$65.00**

## Kid's Corner

### BABYSITTING - HARRISTON

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor:** Elaine Love E.C.E.

**Monday, Oct. 17 for 6 wks, 3:30-5:30 pm**

**Minto-Clifford Public School**

**Fee: \$60.00**

## Languages

### BASIC FRENCH\*\*\*

A basic French course for parents of children enrolled in a French Immersion Class, or for anyone interested in improving basic French language skills. We will cover basic grammar, including verb conjugation, noun gender, adjectives and more. Find out how to access French accents on the computer. Manual included in the course fee.

**Instructor:** Grace Lennox

**Monday, Oct. 17 for 6 wks, 6:30-8:30 pm**

**Community Living Minto**

**Fee: \$95.00**

## Sports

### BADMINTON

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor running shoes. Class size limited – register early!


**Person In Charge:** Marjorie Shantz

**Tuesday, Oct. 4 for 8 wks, 7:30-9 pm OR**

**Tuesday, Jan. 17 for 8 wks, 7:30-9 pm**

**Norwell District Secondary School**

**Fee: \$40.00**



# COMPUTER SKILLS FOR THE WORKPLACE

**ENROL TODAY!**


**NEW CLASSES START EVERY 10 WEEKS**

**START DATES**  
 SEPT 19, 2011—FEB 10, 2012  
 NOV 28, 2011—APR 27, 2012  
 FEB 12, 2012—JULY 6, 2012

**WELLINGTON CENTRE FOR CONTINUING EDUCATION**

Monday-Friday  
8:30 am -1:00 pm  
20 Weeks  
Material Cost: \$225.00

**FOR INFORMATION CALL 519-836-7280 ext 627**



**SIMPLY ACCOUNTING**


Monday -Friday  
8:30 am-1:00 pm  
9 Weeks  
Material Cost \$195.00

**Location**  
Continuing Education  
Computer Lab  
Central P.S.  
97 Dublin St., Guelph

## WELLINGTON CENTRE FOR CONTINUING EDUCATION

In less than 5 months become proficient in Microsoft® Office.  
There is an optional work placement to help you prepare for re-entering the workforce.

- ☐ MICROSOFT WORD 2007
- ☐ MICROSOFT EXCEL 2007
- ☐ MICROSOFT POWERPOINT 2007
- ☐ MICROSOFT ACCESS 2007
- ☐ INTERNET & E-MAIL
- ☐ WINDOWS XP OPERATING SYSTEM
- ☐ WEB PAGE DESIGN (HTML)
- ☐ JOB SEARCH SKILLS & ON THE JOB EXPERIENCE



## CALL TO ENROL TODAY!



We are currently looking for instructors in the following areas:

- *Martial Arts*
- *Decorating*
- *Computer*
- *Fitness*
- *Dancing*
- *Zumba*
- *Bookkeeping*
- *Children's Courses*
- *Cooking*
- *Massage*
- *Self Improvement*
- *Gardening*
- *Spanish*
- *Jai Chi*

If you have an idea for other courses, give us a call at 519- 323-4840



## Literacy & Basic Skills - Start Anytime

This FREE program is designed to give you basic English, Math, and Computer skills.

**ENROL IN THIS PROGRAM IF YOU NEED ANY OF THE FOLLOWING:**

- You want to improve reading, writing and spelling skills
- You need to review basic math skills, including fractions, algebra, geometry, multiplication, etc.
- You want to learn basic computer skills
- You need to prepare for future secondary courses
- You need to learn about essential skills for employment
- You need to upgrade in order to complete the GED



### LOCATION:

Drayton

### DAYS & EVENINGS:

Tuesday & Thursday  
Tuesday

### TIME:

9 a.m. - 3:30 p.m.  
6:30 p.m. - 9:30 p.m.

Mount Forest

Monday, Tuesday & Thursday  
Tuesday & Wednesday

1 p.m. - 4 p.m.  
5:30 p.m. - 8:30 p.m.

Harriston

Monday & Wednesday

9 a.m. - 3:30 p.m.

Fergus

Monday & Wednesday  
Tuesday

9 a.m. - 3:30 p.m.  
6:30 p.m. - 9:30 p.m.

Guelph

Monday to Thursday  
Monday & Wednesday

9 a.m. - 3:30 p.m.  
6:30 p.m. - 9:30 p.m.



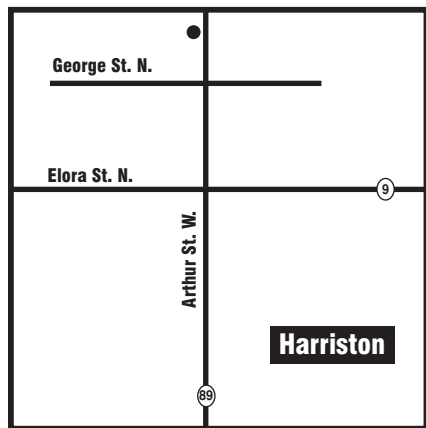
**CALL NOW 519-323-4840 - YOUR FUTURE IS WAITING!**

**EMPLOYMENT  
ONTARIO**

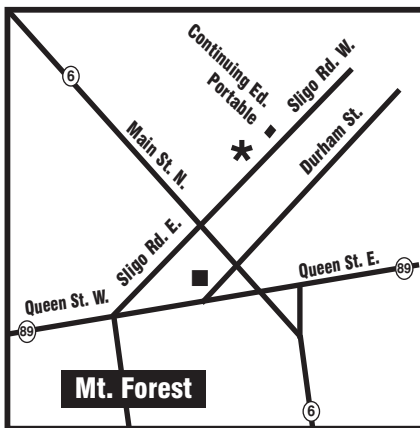


# Continuing Education classes are held at these schools

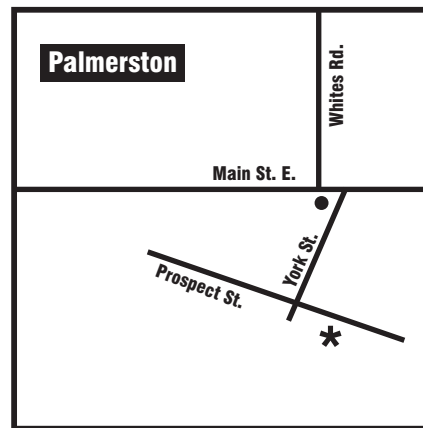
(Maps not to scale)



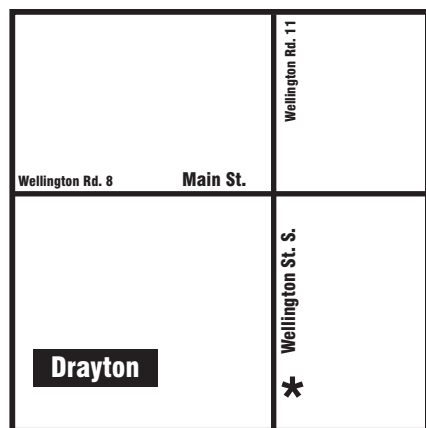
• Minto Clifford P.S.



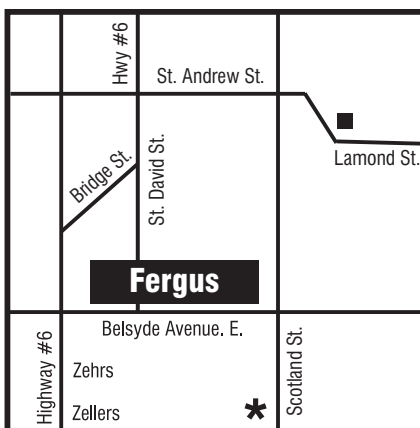
\* Wellington Heights S.S.  
■ Victoria Cross P.S.



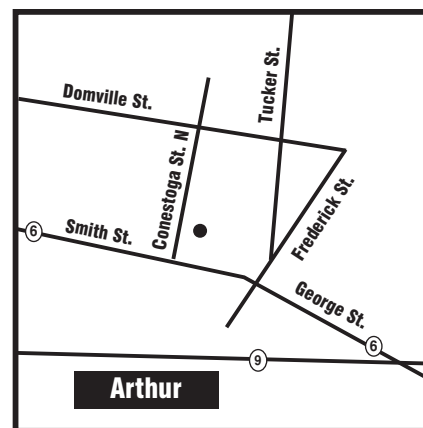
• Norwell District S.S.  
\* Palmerston P.S.



\* Drayton Heights P.S.



\* Centre Wellington D.H.S.  
■ John Black P.S.



• Arthur P.S.

**Call 519-323-4840 for more information.**

