

**NEW WESTMINSTER SCHOOL DISTRICT #40**

# **Continuing Education**

**SPRING  
2010**



**Registration starts Monday, March 22nd 2010**

**Call 604-517-6345 or**

**Register Online: [www.ce40.ca](http://www.ce40.ca)**

# Continuing Education

New Westminster School District #40

Most classes are held at  
**NEW WESTMINSTER SECONDARY SCHOOL**  
835 Eighth Street, New Westminster, B.C.

**Parking:** Open parking is available in the evening in front of the school.  
A reminder that parking against the buildings or anywhere outside of designated/marked parking spaces is prohibited and will result in vehicles being towed.  
Fire Lanes and free flow of traffic around our facilities is **mandatory**.

**General Interest Classes Registration: 604-517-6345**

**NEW! Register on-line: [www.ce40.ca](http://www.ce40.ca)**

**ALC and Credit Course Registration: 604-517-6286**

**BOARD OF SCHOOL TRUSTEES, S.D. No. 40 (New Westminster)**

Brent Atkinson, Casey Cook, Michael Ewen, Jim Goring,  
Lisa Graham, James Janzen, Lori Watt

Superintendent of Schools: Dr. John Woudzia

Secretary-Treasurer: Brian Sommerfeldt

Cover Photo provided by Steve Sendeki

Some courses are held offsite –  
please confirm location of class at registration

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# ACADEMIC OPTIONS FOR ADULTS

## - Register in Person Only -

Please bring Birth Certificate, Passport or Permanent Resident Card and current Transcript.

- Upgrade your English skills (Adult Foundations)
- Complete your grade 12
- Prepare yourself for post-secondary training

### **Pearson**

#### **Adult Learning Centre**

835 8<sup>th</sup> Street,  
New Westminster, BC  
New Westminster Secondary  
Portable Complex on 10<sup>th</sup> Avenue  
Phone: 604-517-6286  
Fax: 604-517-6294

#### **Continuous Weekly Winter/Spring Registration**

**Register every Wednesday**  
1:00 p.m. or 7:00 p.m.

#### **Winter/Spring Hours**

Monday to Thursday  
8:30 a.m. to 9:30 p.m.  
Friday  
8:30 a.m. to 4:00 p.m.



#### **Summer Registration**

Tuesday, June 29<sup>th</sup> 2010  
Wednesday, June 30<sup>th</sup> 2010  
9:30 a.m., 1:00 p.m., 4:00 p.m.  
or 6:30 p.m. or  
Wednesday, July 7<sup>th</sup> 2010  
1:00 p.m. or 6:30 p.m.

#### **Summer Hours**

Monday and Friday  
8:45 a.m. - 3:30 p.m.  
Tuesday, Wednesday, Thursday  
8:45 a.m. - 8:30 p.m.

Check us out! <http://www.palc.net>

### **Columbia Square**

#### **Adult Learning Centre**

1001 Columbia Street,  
New Westminster, BC  
Phone: 604-517-6191  
Fax: 604-517-6169

#### **Continuous Winter/Spring Registration at Columbia Square**

Attend school any time  
during the hours of:

#### **Winter/Spring Hours**

Monday to Thursday  
9:00 a.m. to 8:30 p.m.  
Friday  
9:00 a.m. to 3:00 p.m.



#### **Summer Registration**

<http://www.virtualschoolbc.com>

Visit our website or phone

**604-517-6191**

for the most up-to-date  
information on:

- ◆ classroom and online courses
- ◆ hours of operation, and
- ◆ summer hours and courses

Check us out! <http://www.virtualschoolbc.com>



**All course tuition - FREE - for B.C. residents.**

# SUMMER SCHOOL 6 WEEK CREDIT COURSES

\* NOTE: ALL SUMMER SCHOOL ACADEMIC OFFERINGS WILL BE SUBJECT TO MINISTRY OF EDUCATION FUNDING.

**CREDIT courses start Monday, July 5<sup>th</sup> 2010**

**Registration begins Monday, March 29<sup>th</sup> 2010**

**Register IN PERSON at Academic Programs Office (across from Room 183)**

**New Westminster Secondary School**

**835 Eighth Street, New Westminster V3M 3S9.**

**Monday to Friday 8:30 AM – 4:00 PM**



**Courses are held Monday to Friday at New Westminster Secondary**

**For more details call 604-517-6286.**

**To register for on-line academic courses see page 6.**

**All students will be assessed on the first class & assigned to an appropriate class if necessary.**

COURSE NAME	COURSE #	DAYS	TIME	DATE 2010	PROV. EXAM	LOCATIONS
<b>Biology 12</b>	BA14-1 BA12-1	Mon to Fri Mon to Fri	8:15 - 12:00 NOON 12:30 - 4:15 PM	July 5 - Aug 10 July 5 - Aug 10	Not offered	New West Secondary New West Secondary
<b>Chemistry 11</b>	BA21-1	Mon to Fri	8:15 - 11:45 AM	July 5 - Aug 10	N/A	New West Secondary
<b>Chemistry 12</b>	BA22-1	Mon to Fri	8:15 - 12:00 NOON	July 5 - Aug 10	Not offered	New West Secondary
<b>Communications 11</b>	BA01-1	Mon to Fri	8:15 - 11:45 AM	July 5 - Aug 10	N/A	New West Secondary
<b>Communications 12</b>	BA02-1	Mon to Fri	12:30 - 4:15 PM	July 5 - Aug 10	Aug 10 9:00 AM	New West Secondary
<b>English Upgrading</b> Recommended for students who have completed ELSA level 3.	P11-1 P11-1 P11-1 C13-1 C13-1 C13-1	Mon to Fri Mon to Fri Tue/Wed/Thur Mon to Thurs Mon to Thurs Mon to Thurs	8:45 - 11:45 AM 12:30 - 3:30 PM 4:00 - 8:15 PM 8:15 - 12:00 PM 12:30 - 4:15 PM 4:45 - 9:00 PM	July 5 - Aug 13 July 5 - Aug 13 July 6 - Aug 12 July 5 - Aug 12 July 5 - Aug 12 July 5 - Aug 12	N/A	Pearson ALC - NWSS Pearson ALC - NWSS Pearson ALC - NWSS ALC Columbia Square ALC Columbia Square ALC Columbia Square
<b>English 10</b>	BA40-1 BA43-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 9 July 5 - Aug 9	Aug 9 9:00 AM Aug 9 12:00 NOON	New West Secondary New West Secondary
<b>English 11</b>	BA41-1 BA49-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 10 July 5 - Aug 10	N/A	New West Secondary New West Secondary
<b>English 12</b>	BA42-1 BA45-1 BA46-1	Mon to Fri Mon to Fri Mon to Fri	8:15 - 12:00 NOON 8:15 - 12:00 NOON 12:30 - 4:15 PM	July 5 - Aug 10 July 5 - Aug 10 July 5 - Aug 10	Aug 10 9:00 AM Aug 10 9:00 AM Aug 10 12:00 NOON	New West Secondary New West Secondary New West Secondary
<b>Math 10</b>	BA50-1 BA58-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 9 July 5 - Aug 9	Aug 9 9:00 AM Aug 9 12:00 NOON	New West Secondary New West Secondary
<b>Math 11 (Principles)</b> Graphing calculator required	BA51-1 BA55-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 10 July 5 - Aug 10	N/A	New West Secondary New West Secondary
<b>Math 12</b>	BA52-1 BA56-1	Mon to Fri Mon to Fri	8:15 - 12:00 NOON 12:30 - 4:15 PM	July 5 - Aug 10 July 5 - Aug 10	Not offered	New West Secondary New West Secondary
<b>Physics 11</b>	BA31-1 BA33-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 10 July 5 - Aug 10	N/A	New West Secondary New West Secondary
<b>Physics 12</b>	BA32-1	Mon to Fri	12:30 - 4:15 PM	July 5 - Aug 10	Not offered	New West Secondary
<b>Science 10</b>	BA25-1	Mon to Fri	8:15 - 11:45 AM	July 5 - Aug 11	Aug 11 9:00 AM	New West Secondary
<b>Social Studies 10</b>	BA95-1	Mon to Fri	12:30 - 4:00 PM	July 5 - Aug 10	N/A	New West Secondary
<b>Social Studies 11</b>	BA91-1 BA94-1	Mon to Fri Mon to Fri	8:15 - 11:45 AM 12:30 - 4:00 PM	July 5 - Aug 11 July 5 - Aug 11	Aug 11 9:00 AM Aug 11 12:00 NOON	New West Secondary New West Secondary

# SUMMER SCHOOL 4 WEEK REMEDIAL COURSES

\* NOTE: ALL SUMMER SCHOOL ACADEMIC OFFERINGS WILL BE SUBJECT TO MINISTRY OF EDUCATION FUNDING.

## SUMMER SCHOOL FOR GRADES 8 and 9 (4 weeks)

REMEDIAL courses start Monday, July 5<sup>th</sup>, 2010 and end Friday July 30<sup>th</sup>, 2010.



Register IN PERSON at New Westminster Secondary School (across from Room 183).

Monday to Friday 8:30 AM - 4:00 PM For details call 604-517-6286

Courses are held Monday to Friday at New Westminster Secondary School  
835 Eighth Street, New Westminster.

**For more details call 604-517-6286.**

Remedial courses are for students who have previously taken the course but not completed successfully. Upon completion students will receive a "P" (pass) or "F" (fail) grade only. See page below for remedial course fees.

English 8	JEN8-1	Mon to Fri	10:45 AM - 1:00 PM	July 5 - July 30	New West Secondary
English 9	JEN9-1	Mon to Fri	10:45 AM - 1:00 PM	July 5 - July 30	New West Secondary
Math 8	JMA8-1	Mon to Fri	8:15 AM - 10:30 AM	July 5 - July 30	New West Secondary
Math 9	JMA9-1	Mon to Fri	8:15 AM - 10:30 AM	July 5 - July 30	New West Secondary
Science 8	JSC8-1	Mon to Fri	10:45 AM - 1:00 PM	July 5 - July 30	New West Secondary
Science 9	JSC9-1	Mon to Fri	10:45 AM - 1:00 PM	July 5 - July 30	New West Secondary
Social Studies 8	JSS8-1	Mon to Fri	8:15 AM - 10:30 AM	July 5 - July 30	New West Secondary
Social Studies 9	JSS9-1	Mon to Fri	8:15 AM - 10:30 AM	July 5 - July 30	New West Secondary

### REGISTRATION INFORMATION:

- ▶ **To Register for B and J courses** please register in person or telephone 604-517-6286.  
New Westminster Secondary School 835 8<sup>th</sup> Street, New Westminster, B.C. V3M 3S9  
(across from room 183) Monday to Friday 8:30 a.m. – 4:00 p.m.
- ▶ **To Register for P and C courses** please refer to page 3 Adult Learning Centres.
- ▶ **To Register for on-line courses** please refer to page 6 for registration information.



**Classes with insufficient enrollment will be cancelled - don't wait until the last minute to register.**

### CREDIT AND REMEDIAL COURSE FEES:

- NO COURSE FEE for students who have graduated from high school.
- NO COURSE FEE for high school students with a permission slip.
- NO COURSE FEE for ADULT students working towards their graduation.
- Special fee structure for Visa students.
- Personal Education Number and transcript is required to register.
- PERMISSION is required from your counsellor if you are a high school student.
- \$10 material fee (*non-refundable*)
- \$100 book deposit (*\$80 refundable within one year*)
- \$25 workbook purchase for Chemistry 11 & 12 (*non-refundable*)
- \$145 calculator rental fee (*\$120 refundable within 6 months*).
- TRANSFER FEE \$20: to transfer to another summer school course.
- CANCELLATION FEE: \$50 will be charged on any cancellation after June 28<sup>th</sup> 2010.  
Cancellation for Visa students - 20% of course fee will be charged on cancellation.  
*Students must withdraw by the end of the second class to be eligible for a course fee refund.*
- Classes with insufficient enrollment will be cancelled.

**Registration  
Information  
604-517-6286**

**Register  
on our website:  
www.ce40.ca**

**PAYMENT IN FULL** is required to Register for Summer School courses.  
Pay by Cash, Interac, Visa or Mastercard.

# ACCESS NEW WESTMINSTER

*Do you need a school that's open when you're ready to study?  
We're always open! Take high school credit courses on-line.*

**Achieve your educational goals**

- ✓ Complete Grade 10,11 and 12 courses
- ✓ Upgrade your English, Math, Social Studies and Science
- ✓ Open to High School students and adults
- ✓ Finish High School.....Tuition – FREE

**Year Round!**

## GRADE 10

- ◆ ENGLISH 10
- ◆ INFORMATION TECHNOLOGY 10
- ◆ MATH 10 ESSENTIALS
- ◆ MATH 10 PRINCIPLES
- ◆ PLANNING 10
- ◆ SCIENCE 10
- ◆ SOCIAL STUDIES 10

## GRADE 11

- ◆ BIOLOGY 11
- ◆ CHEMISTRY 11
- ◆ MATH 11 ESSENTIALS
- ◆ MATH 11 PRINCIPLES
- ◆ PHYSICS 11
- ◆ SOCIAL STUDIES 11

## GRADE 12

- ◆ BIOLOGY 12
- ◆ CHEMISTRY 12
- ◆ COMMUNICATIONS 12
- ◆ ENGLISH 12
- ◆ FAMILY STUDIES 12
- ◆ FIRST NATIONS STUDIES 12
- ◆ HISTORY 12
- ◆ LAW 12
- ◆ MATH 12 PRINCIPLES
- ◆ PHYSICS 12

To find out more call us at 604-517-6191 or visit us  
online at: [www.virtualschoolbc.com](http://www.virtualschoolbc.com) for adults  
or [www.nwvss.ca](http://www.nwvss.ca) for students under 19

**All course tuition – FREE for B.C. residents.**

## HOME LEARNERS PROGRAM

Looking to play an active, hands-on role  
in your child's education?

Ever thought of Home Schooling but not sure how?

Why not investigate your options with the  
School District #40 Home Learners Program

### **Campuses in:**

New Westminister call: 604-517-5917

Bowen Island call: 604-947-0700

Please call 604-517-5917 or visit  
[www.sd40.bc.ca/nwhl](http://www.sd40.bc.ca/nwhl) for more information

## URBAN FIRST NATIONS LEARNING CENTRE

1001 Columbia Street  
New Westminister BC  
V3M 1C4

A safe environment  
where aboriginal  
adults can upgrade or  
complete high school.

**FREE COURSES**

**Call Now!  
604-517-6191**

# ART

## PORTRAIT DRAWING

Have fun drawing a friend or family member in class while learning to create a successful portrait by understanding the muscle and bone structure of the head, skull and face. This course will also examine the individual facial characteristics and proportion in portraiture that aid in creating a likeness and expression. An appreciative tip for the model will be suggested after each class. white cartridge drawing paper pad 18x20, Conte: Black, Vine Charcoal, workable fixative, graphite pencils: 2B 3B, kneadable eraser, clips, portfolio or cardboard folder at least 18x2, drawing board.

**#AP13** 8 Thursdays starting Apr. 15  
7:00pm-9:00pm ROOM 210  
SHELLEY ROTHENBURGER \$120

## COLLAGE/MIX MEDIA ART CLASS

Get in touch with your creative side with this abstraction and collage painting class. Using acrylic, gel mediums and collage items brought from home, students will explore composition, colour mixing, paint application and textured surfaces with collage techniques on canvas.

Please request supply list. Bring a lunch.  
**#AP18** 1 Saturday starting May 15  
9:00am-3:30pm ROOM 210  
SHELLEY ROTHENBURGER \$58

## INTRODUCTION TO ACRYLICS

Learn to paint an abstract with acrylics exploring colour mixing, acrylic mediums and paint application techniques. You will soon grasp the potential of this exciting medium in the creation of an abstract painting. Materials needed for course:

4 sheets heavy Bristol or Mayfair paper or primed paper pad, 18x24, 16x20 in., two primed canvas's, Brushes: (synthetic) #6 round, #4 bright, #10 flat, palette and palette knife, spray bottle, rags, water containers Paint: Titanium White, Ultramarine Blue, Cadmium Red, Cadmium Yellow, Mars Black, gel mediums: glossy or mate or both (sm. jar), modelling paste (sm. jar).

**#AP14** 8 Tuesdays starting Apr. 13  
7:00pm-9:00pm ROOM 210  
SHELLEY ROTHENBURGER \$120

## LANDSCAPE WATERCOLOUR PAINTING

This watercolour course for beginners will offer demonstrations and individual assistance needed to learn basic techniques in colour mixing and washes. Students will also learn about composition and a variety of skills necessary to easily paint skies, clouds, trees, water, mountains, rocks and shorelines, mist and fog. Join in the fun to learn this rewarding hobby. Please bring: 1 sheet (22"x30") 140lb. Medium (cold press) watercolour paper (recommend Opus Watermedia Paper), reasonably good quality round watercolour brushes: #2 and #8; Winsor Newton Cotman watercolour paints (8ml. tubes) - no substitutes: Ivory or Lamp Black, Cadmium Red Deep Hue, Cadmium Yellow Hue, Intense (Phthalo) Blue, Burnt Umber, White Gouache (15 ml. tube 'Daler Rounney'), mixing tray (accommodating about 10-20 fairly deep spaces - white plastic ice cube tray may be substituted), two 15-25 oz. plastic cups - a 750 ml. yogurt or cottage cheese container works well, one old toothbrush, small plastic squeeze bottle or ear syringe, 1" tape (recommend Painter's Mate delicate tape, #152), X-acto knife with #11 blade, HB pencil and good eraser. Note - Watercolour paper is to be cut into 9 pieces about 7"x10", one of which is to be cut into about 1 inch strips for colour testing. Paint, paper, brushes and plastic bottle can be purchased at first class.

**#AP87** 8 Wednesdays starting Apr. 14  
6:45pm-9:45pm ROOM 209  
FRANK TOWNSLEY \$130

## WATERCOLOURS: PERSPECTIVE AND STREET SCENE WORKSHOP

This 4-session course is aimed at learning basics of perspective with the ultimate focus on composing a street scene in one- or two-point perspective. Scaling figures to match the perspective will also be taught in order to add 'window shoppers' strolling your sidewalk. The first session will be to understand perspective as it relates to buildings and people, and the second to diagram out a workable line drawing to formulate your final painting. There are no prerequisites and all supplies are included.

**#AP78** 4 Tuesdays starting Apr. 20  
6:45pm-9:45pm ROOM 209  
FRANK TOWNSLEY \$68

## DRAWING WITH CHARCOAL

Learn the basic elements of drawing with the oldest medium -- charcoal. Students will explore line, tone, texture and composition, drawing interesting still-life with a variety of charcoal mediums.

Please request supply list.

**#AP76** 3 Wednesdays starting May 5  
7:00pm-9:00pm ROOM 118  
SHELLEY ROTHENBURGER \$58

## PENCIL CRAYONS: A BEGINNER'S EXPERIENCE

A beginner course, no experience necessary. Pencil crayons are a versatile medium one can work with anywhere and are excellent to introduce yourself to colour. They are very controllable and easy to carry around. Lessons include: layering, hatching, impressed line, shading and form, colour and theory, burnishing, space, depth, composition, etc. Individual attention given. Bring HB pencil, eraser, ruler, set of pencil crayons (approx. 24), 1 sketch book for drawing (approx. 11"x14") and a supply of scrap paper.

No class May 24.

**#AP33** 8 Mondays starting Apr. 12  
7:00pm-9:00pm ROOM 161  
MIMI KEMBALL \$95

## INTRODUCTION TO OIL PAINTING WITH DARLA Class 1

Experience the Darla Zary method of painting. No previous experience necessary. Traditional and the wet-on-wet method of painting. A minimum of three landscape paintings will be completed. Supply fee of \$62 payable to instructor (\$25 for paint, \$22 for three canvases (16x20) and \$15 for brushes). Wear old clothes or painting smock as we use oil paints. Born the grand-daughter to a European Master Carpenter, Faux Painter and Church Mural Artist, Darla Zary's path in life as a multi-gifted artist was created at an early age. As an Emily Carr Honour Graduate, Darla's work has been featured in venues including The Street of Dreams, The PNE, The Parker House and is privately owned by politicians and music legends.

**#AP04** 6 Mondays starting Apr. 12  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$115



# ART

## CONTEMPORARY SCENIC LANDSCAPE IN BLACK GESSO

Paint a colourful landscape in oil glazes on top of black gesso. No experience necessary. Bring your own canvas (16x20), 1' foam brush, 1' flat brush, liner brush, fan brush, and Bob Ross black gesso and oil paints or bring \$7.50 for canvas, \$6 for shared paints and \$10 for brushes (cash only).

Wear old clothes or painting smock.

#AP03 1 Wednesday starting May 5  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

## TRADITIONAL SCENIC LANDSCAPE IN BLACK GESSO

Paint a colourful landscape in oil glazes on top of black gesso. No experience necessary. Bring your own canvas (16x20), 1' foam brush, 1' flat brush, liner brush, fan brush, and Bob Ross black gesso and oil paints or bring \$7.50 for canvas, \$6 for shared paints and \$10 for brushes (cash only).

Wear old clothes or painting smock.

#AP02 1 Wednesday starting Apr. 21  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

## OIL PAINTING: NEW! FIREBIRD TULIPS

Students must have painted flowers (hydrangeas or sunflowers) with Darla Zary previously to take this course.

Bring your own supplies or \$7.50 for canvas, \$10 for paint and \$12 for brushes (cash only).

Wear old clothes or painting smock.

#AP70 1 Wednesday starting May 12  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

## OIL PAINTING: TUSCAN LANDSCAPE

Darla will guide you to paint and complete a stunning Tuscan Landscape in oils. No experience necessary. Bring your own supplies or \$7.50 for canvas (16x20), \$8 for shared paints and \$4.50 for shared brushes.

Wear old clothes or painting smock.

#AP08 1 Wednesday starting June 2  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

## OIL PAINTING: SUNFLOWERS

Absolutely stunning! No experience necessary with step-by-step instruction. Bring \$14 for paint, \$7.50 for canvas (16x20) and \$12 for brushes (cash only) or bring your own canvas and brushes. (Students must use class paint as they are specially designed for this process.)

Wear old clothes or painting smock.

#AP71 1 Wednesday starting Apr. 28  
7:00pm -10:00pm ROOM 210  
DARLA ZARY \$32

## OIL PAINTING: NEW! RED POPPIES

HOT HOT HOT! You must have painted flowers (hydrangeas or sunflowers) with Darla Zary previously to take this class. Bring your own brushes and canvas (16x20) or \$20 for brushes and \$7.50 for canvas. Paint MUST be purchased in class for \$14. Supply fee paid in cash only to instructor.

Wear old clothes or painting smock.

#AP38 1 Wednesday starting Apr. 14  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

#AP83 1 Wednesday starting May 26  
7:00pm-10:00pm ROOM 210  
DARLA ZARY \$32

## HAND PAINTED MARTINI GLASSES

Martini's Anyone? Here is the perfect gift, a romantic set of hand painted martini glasses and coasters hand painted by you. Using the new Enamel Glass Paints you will learn simple painting techniques (the designs and techniques



do not even require a paint brush!) and learn the secrets to painting on all types of glassware. This is an easy, fun class that requires no previous painting experience. All supplies are included. Please bring a box to carry your projects home in.

Wear old clothes or painting smock.

#CR87 1 Thursday starting May 20  
7:00pm-10:00pm ROOM 172  
CINDY ROWELL \$49

## PAINT YOUR OWN NEW! DESIGNER UMBRELLA

You'll turn heads and be the talk of the town when you leave class with your "designer umbrella" that you have painted and embellished using block painting techniques. No previous painting experience is necessary. Please bring to class a blow dryer and any paint brushes you have on hand. All other supplies will be provided at class.

Wear old clothes or painting smock.

#CR11 1 Thursday starting Apr. 29  
7:00pm-10:00pm ROOM 172  
CINDY ROWELL \$49

## SOAPSTONE CARVING

This carving workshop is designed for adults with no previous carving experience. In this course, you will complete a sculpture of a bear approximately 6 inches in length using non-toxic Brazilian soapstone. The instructor is a First Nations artist whose work is represented in various displays, collections, and cultural events. Stone, tools and all supplies are supplied. A supply fee of \$10 is payable to the instructor the first night in class.

#AP72 6 Tuesdays starting Apr. 13  
7:00pm-8:30pm ROOM 154  
MARK GAUTHIER \$75

## SOAPSTONE CARVING: NEXT LEVEL

A series of eight sessions for those with some prior carving experience who would like to sharpen their skills. If you have a partially completed soapstone carving at home or already have a piece of soapstone and are not sure how to get started these workshops are designed to help you achieve your goal. Restoration techniques of older sculptures will also be discussed and demonstrated. Tools and supplies will be provided by the instructor but students will be encouraged to purchase their own tool kits. A list of tools and supplies will be available during the first class.

#AP74 8 Thursdays starting Apr. 15  
7:00pm-9:00pm ROOM 154  
MARK GAUTHIER \$115

Night School Website Register Online [www.ce40.ca](http://www.ce40.ca)  
Registration starts Monday March 22, 2010



# BUSINESS / VOCATIONAL

## MOTIVATION

**NEW!**

Understand motivation and identify the factors that motivate people at work, and apply them to yourself and your team in the workplace. Students will explore how to understand motivation and gain knowledge about the characteristics of goal setting and discipline in the achievement of success.

#BV95 2 Tuesdays starting May 25

7:00pm-9:00pm

ROOM 227

ANITA SMITH

\$59

## BUILDING SERVICE WORKER CERTIFICATE PROGRAM

Upon successful completion of this course, participants will be qualified to: apply for janitorial positions with local school districts, hospitals or city facilities; apply for work with private contractors who provide cleaning services to a variety of public institutions and private companies. A combination of classroom instruction and practical, hands-on experience is used for training in areas of cleaning, chemicals, equipment, floor and carpet care, safety and WHMIS certification. Certificates issued upon successful completion (theory, practical and teamwork skills). Minimum of 90% attendance is required. Participants must be at least 19 years old and have strong English skills. Classes run Monday to Thursday for 5 weeks.

#BV44 Mon - Thurs starting Apr. 12

6:00pm-10:00pm

ROOM 176

BARRY DALLAS

\$340

## OPERATING A CONTRACT CLEANING BUSINESS

This 12 hour course is designed for those who would like to manage or operate their own cleaning business. Topics include: Business Planning; Sales & Marketing; Bidding & Estimating; Creating a Proposal; Hiring & Retaining Employees; Insurance & Bonding Requirements. Students will get up-to-date techniques in designing their own marketing material and learning what customers look for when hiring a cleaning service. (4 sessions)

Classes run Monday - Thursday.

Course manual included.

#BV45 Mon - Thurs starting May 17

6:30pm-9:30pm

ROOM 176

BARRY DALLAS

\$150

## INTUITION IN BUSINESS

Intuition in business is FUN! Bring this sense of creativity and visioning into your career for increased clarity and confidence. Intuition is powerful! Attract better results, greater income, the right contacts, support and promotions and create your dream job using your intuition & the law of attraction.

#PE22 1 Monday starting May 10

6:30pm-9:30pm

ROOM 133B

CHERYL BREWSTER

\$28

## RECRUITING/ SELECTING EMPLOYEES

**NEW!**

You will be learn how to prepare job descriptions and form behavioral questions, setting the stage for conducting interviews, legalities and how to select employees. There will be an opportunity to practice what you have learned and to ask questions. Those wanting practical information, such as managers and business owners, should take the class. Please bring pen and paper to classes.

#BV78 2 Mondays starting Apr. 12

6:30pm-9:30pm

ROOM 164

DALTON GRADY

\$68

*Dalton Grady, MBA, CHRP  
(Certified Human Resources Professional) has over 15 years experience in human resource management, consulting for a variety of industries. She also instructs at post-secondary institutions in both undergraduate and graduate programs. Dalton will also be offering Communicate With Your Pet  
See page 24.*

## INTRODUCTION TO HUMAN RESOURCES

**NEW!**

In today's workplace, it is important to attract, retain, train and offer competitive salaries to employees. In this six-week course, you will learn how to design new employee orientations, how to interview effectively, design jobs so employees remain engaged in their work, tips on developing compensation packages and how to monitor work performance. You will also learn the most effective methods of managing employees. Those wanting practical information, such as managers and business owners, should take the class. Topics include: orientation, recruiting and selecting employees, employee relations, defining and designing work compensation and managing performance.

No class May 24.

#BV79 6 Mondays starting Apr. 26

6:30pm-9:30pm

ROOM 164

DALTON GRADY

\$115

## PAYROLL

Know how to calculate payroll cheques and remittances. Discussions include BC Labour Law, Employment Standards & WCB as they affect payroll. Class exercises will cover Federal & Provincial Income Tax, CPP, EI as deducted/remitted. T4, ROE & other payroll related forms will also be discussed. Other alternatives (through payroll service company) in processing payroll and its procedures will be covered.

#BV34 7 Thursdays starting Apr. 22

7:00pm-9:30pm

ROOM 263

NEDILA YU

\$129

## ACCOUNTING AND BOOKKEEPING

This could be the most important business course for the small and medium sized business. Understand basic accounting and the rules of accounting. Know how to record financial transactions and how to prepare the financial statements. The recording process starts with simple recording to preparation of the financial statements. This course will also cover recording on the journal, the ledgers, the preparation of the trial balance and the worksheet. This course will show you the process of the full accounting cycle. Handouts included in course fee. Bring a binder and calculator.

#BV68 9 Tuesdays starting Apr. 20

7:00pm-9:00pm

ROOM 263

NEDILA YU

\$165

## BOOST YOUR COMMUNICATION SKILLS

Communication skills are some of the most important skills that we need to succeed in the life. We talk to people face to face, and we listen when people talk to us. We write emails and reports, and we read the documents that are presented to us. Communication, therefore, is a process that involves at least two people and we all recognize when the process is not working. Participants will discuss strategies to handle these situations and explore some preventative measures.

#BV27 2 Tuesdays starting May 11

6:30pm-9:30pm

ROOM 164

ANGELA SEALY

\$49

# BUSINESS / VOCATIONAL

## ANGER MANAGEMENT

Anger is a natural part of our emotional responses and it is important we pay attention to it. How we recognize our anger and what we do with it influences the outcome and changes patterns of intimate relationships with ourselves and others.

**#BV05** 2 Tuesdays starting May 25  
6:30pm-9:30pm ROOM 164  
ANGELA SEALY \$49

## CONFLICT RESOLUTION

Conflict is everywhere, in the office, in the home and on the streets. Some of avoid it and most of us try to handle but would like some ideas on how to handle it better. If this is you, may we invite you come explore, discuss and share ideas on how to not only resolve conflict but transform it. Through exercises and examples and a toolkit you will be able to apply your new skills in most conflict situations.

**#BV15** 2 Tuesdays starting Apr. 13  
6:30pm-9:30pm ROOM 164  
ANGELA SEALY \$49

## TAKING THE FEAR OUT OF PUBLIC SPEAKING

Your career success often depends on how well you can express yourself. If you want to improve your performance in business meetings, presentations, job interviews, conversations, sales and problem-solving situations, this workshop is for you. Based on the principles of Toastmasters International, by the end of this course you will be able to communicate with confidence and poise at work and at home.

**#BV65** 8 Thursdays starting Apr. 15  
7:00pm-9:00pm ROOM 123  
TOM JONES \$69

## HOW TO BECOME MORE ASSERTIVE AND CONFIDENT

Simple, effective and fun! Discover your true self, set limits and express what you really want to say. Learn how to communicate assertively and stand up for yourself in your personal and professional life. Practice respecting your boundaries and speaking assertively to improve your self-esteem, confidence, relationships with others and the way you manage conflict. Handouts included.

**#BV13** 2 Tuesdays starting Apr. 27  
6:30pm-9:30pm ROOM 164  
ANGELA SEALY \$49

## CONTROLLING YOUR EMOTIONS **NEW!**

This course will help you stay calm, productive, powerful and effective in any given situation, especially in the workplace. Learn to respond with a level head, THINK before you get upset with tears, lose your temper and say things you shouldn't. Learn to improve yourself, your self-control and approach conflict positively. Janyse will show you the tools you need to use to improve your relationships at home or at work.

**#BV91** 2 Wednesdays starting May 26  
7:00pm-9:30pm ROOM 164  
JANYSE HRYNKOW, MA \$59

## LEADERSHIP DEVELOPMENT **NEW!**

A great leader must be dedicated and committed to their organization or team in order to ensure success. There are many requirements of an ideal leader and this course will give you a balanced approach to those requirements. Strategize and map a plan for you and your team, learn better communication skills and conflict resolution strategies, how to reward employees and give motivating appraisals and how to effectively delegate tasks.

**#BV80** 2 Wednesdays starting May 12  
7:00pm-9:30pm ROOM 112  
JANYSE HRYNKOW, MA \$59

## LIVING LIFE WITH PASSION & PURPOSE

Simple, practical and enjoyable! Work through exercises that help identify your passion and goals. Develop your own unique Master Plan. In ten minutes, learn the #1 time management tool for increasing your personal efficiency by 25 percent. Discover useful ways of overcoming procrastination and developing self-motivation. Learn three techniques for effective decision making. Become aware of the power of journaling to keep yourself on track. Workbook included.

**#BV43** 1 Saturday starting May 15  
12:30pm-3:30pm ROOM 149  
GRAHAM BEST \$39

## GRAMMAR & PUNCTUATION

*See page 26 for complete course description.*

**#BW31** 2 Tuesdays starting Apr. 13  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$38

## MANAGING DIFFICULT PEOPLE

This course focuses on how to manage difficult employees, supervisors and customers. Strategies and techniques discussed can be used for professional and personal application. A great course for anyone dealing directly with others or involved in conflict situations.

**#BV14** 2 Thursdays starting May 6  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$40

## PRESENTING WITH CONFIDENCE AND STYLE **NEW!**

Join Anita and learn how to command the audience's attention by creating a powerful presentation. Develop and deliver presentations that exude confidence, credibility and integrity. Techniques will include verbal delivery and non-verbal planning, visual aids and establishing rapport with the audience.

**#BV41** 2 Tuesdays starting May 11  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$40

## MEMORY TRAINING

Eight Practical Memory Tips. Easy to learn and immediately applicable to your daily activities. This memory upgrade will enable you to: recall names, remember what you read, give a presentation without notes, increase your concentration and imagination, and be better organized and more efficient. In addition, you will discover the 5-minute tool that can increase your personal efficiency by 25%. Discover how questions can force your mind to pay attention.

**#BV52** 1 Saturday starting May 15  
9:00am-12:00 NOON ROOM 149  
GRAHAM BEST \$39

## CLEAR THE CLUTTER AND SIMPLIFY YOUR LIFE

Too much of everything (plates, glasses, etc.) you don't use, clothes you don't wear, magazines you don't read, finances you can't manage, job that's too busy, health that needs better care, personal life that's off track, too fast or going nowhere? Develop an action plan to simplify your life and have more time to enjoy and get in touch with what really matters to you. Bring paper and pen. Includes workbook.

**#PE51** 3 Mondays starting May 3  
7:00pm-9:00pm ROOM 121  
LYNNE DAVIDSON \$59

# BUSINESS / VOCATIONAL

## TRIPLE YOUR READING SPEED

Do you have enough time to read? Have you ever reached the bottom of the page and asked yourself 'What did I just read?' Chances are, you are reading far below your capabilities. Whether you are a student, business person, or recreational reader, you can quickly, easily, and dramatically improve your level of performance and enjoyment in this vital area. In addition, vocabulary enrichment will be stressed.

**#BV73** 1 Wednesday starting May 19  
7:00pm-10:00pm ROOM 164  
TERRY SMALL \$42

## BRAIN BOOSTING SECRETS

Your brain is involved in everything you do! 90% of what we know about the brain has been learned in the last 2 years and yet most people never think much about their brains. You simply trust your brain to do its job. Brain dysfunction is the #1 reason people fail work, school, and relationships. Your brain is the supercomputer that runs your life. This session has 2 bottom lines: when your brain works right you work right and everyone needs a little help. This session will give you the tools to boost brain power, improve your thinking, and improve your health. Brain Boosting Secrets is packed with tips, stories, ideas, and more.

**#BV71** 1 Wednesday starting June 2  
7:00pm-10:00pm ROOM 163  
TERRY SMALL \$42



## HOW TO GET BETTER GRADES IN SCHOOL

Make this your child's best year ever in school! This amazing program shows your child how to take charge of his/her time at school! Parents and students attend this seminar together to learn proven strategies and study secrets that have helped thousands of students to quickly excel in school. Guaranteed: better grades, self-confidence, more free time, and fun in learning! Good grades have never been more important than today. Come and learn how to get them!

This course will benefit students of all abilities in grades 4-12.

**#BV90** 1 Thursday starting Apr. 29  
7:00pm-8:30pm SCHOOL LIBRARY  
TERRY SMALL \$42

## TUTORS, INC

In tough economic times, we try to find sources of extra income. In this workshop you will learn how to start and successfully run your ESL tutoring business. You will learn the basics of what makes you a successful ESL tutor and entrepreneur. By the end of the workshop you will have valuable ready-to-use tools in the form of a portfolio that you can use directly with your students. Topics include: marketing your service, teaching methods 1:1, setting your prices, lesson plans, resources, motivating your students, adding value to your service, common mistakes and problems, challenging your students, time-management and many more. Students please bring a bag lunch.

**#BV87** 1 Saturday starting May 15  
9:00am-3:30pm ROOM 160C  
TEDDY PARVANOV \$52

## ACADEMIC WRITING

This course will focus on basic academic writing skills such as how to write a proper paragraph and essay for academic purposes: paragraph organization/formatting, outlining, basic grammar/sentence structure and types of paragraphs/essays will be covered. Writing exercises and feedback provided.

**#BW11** 4 Wednesdays starting Apr. 14  
7:00pm-9:00pm ROOM 127  
ANITA SMITH \$62

## CREATIVE WRITING FOR INSPIRATION

A structured writing group that will help novice writers get started and maintain their enthusiasm for writing. The fun writing exercises and group energy will help motivate you to get started or to work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

**#BW10** 6 Mondays starting Apr. 12  
7:00pm-9:00pm ROOM 227  
ANITA SMITH \$76

## WRITING FOR CHILDREN

A introduction to writing books and stories for children. Basic fiction writing techniques will be discussed with particular application to writing for a younger audience.

**#BW21** 2 Wednesdays starting May 26  
7:00pm-9:00pm ROOM 127  
ANITA SMITH \$38

## WRITE AND PUBLISH YOUR OWN BOOK IN 40 DAYS

Position yourself as the Expert by writing a book. Consider this fact: 'The Prestige Enjoyed By The Published Author is Unparalleled In Our Society'. Take advantage of this fact to make more money in your business or even in your job career. This course will show you both how to write a book on a subject you are passionate about and how to have it published for little or no money. This could be the most important course you ever take. Taught by millionaire entrepreneur and Amazon Best Selling Author of: 101 Reasons Why You Must Write A Book, Bob Burnham. A complete workbook included; extra material available for purchase from instructor.

**#BW41** 1 Wednesday starting May 26  
6:30pm-9:30pm ROOM 163  
BOB BURNHAM \$44

## ETIQUETTE CLASS FOR PRE-TEENS AND TEENS

Pre-teens and Teens - ages 11-17 years.

A foundation of good manners is integral to the development of good leadership skills in young people, not only for today but for the future. Etiquette is an essential life skill that will remain with them forever. Topics include: First Impressions, Body Language, Conversation and Listening Skills and Table Etiquette are put into practice.

**#BV12** 1 Wednesday starting May 5  
7:00pm-9:00pm ROOM 123  
ANN ELIZABETH BURNETT \$25

## MODERN BUSINESS AND SOCIAL ETIQUETTE

Making the Best Impression. Does the very thought of a business or social event put you on edge? What to say? What to wear? How to make that quick exit - politely. Although formal etiquette may appear to have lost favour in today's casual business environment, the teamwork, co-operation and marketing so prized by the corporate world depends on people with great social skills. Being confident and comfortable networking is an essential element in your career success and in life!

**#BV83** 1 Wednesday starting May 12  
7:00pm-9:00pm ROOM 123  
ANN ELIZABETH BURNETT \$25

# COMPUTER TRAINING

## COMPUTER KEYBOARDING

If you have to search the keyboard for every key, your ability to learn is impeded and your ability to participate is limited. In order to increase your enjoyment of computer usage, we strongly recommend that you enroll in this Keyboarding class.

Monday & Wednesday evenings.

#CO93 4 Mon & 4 Wed starting Apr 12  
7:00pm-9:00pm ROOM 266  
WANDA MADOKORO \$74

## COMPUTER KEYBOARDING FAST AND ACCURATE

Designed for those familiar with typing basics but who need more time to build up skills. Students will improve speed and gain accuracy by using diagnostic software and corrective drills. Practice time will also be a key component. Basic typing introduction is recommended before taking this course.

#CO96 4 Mon & 4 Wed starting May 10  
7:00pm-9:00pm ROOM 266  
WANDA MADOKORO \$74

## COMPUTER FUNDAMENTALS

Intended for those with *little or no computer experience*. Its objective is to provide new computer users with the opportunity to learn about computers in a fun, hands-on environment. Topics include a overview of computer hardware, Windows basics and capabilities of two of the applications in MS Office - Word & Excel.

#CO81 3 Mondays starting Apr 26  
6:45pm-9:45pm ROOM 255 \$136

## WINDOWS:

### HOW TO ORGANIZE & MANAGE FILES

Create and manage files on your computer by learning to save, retrieve, rename and find files, working with Windows Explorer or My Computer. Set up, organize and manage your personal filing system by creating folders and subfolders, copying and moving files, deleting files folders.

#CO8 2 Mondays starting May 10  
6:45pm-9:45pm ROOM 257 \$75

## POWERPOINT

Popular presentation program is great for basic graphics or presentation material. Learn the basics of PowerPoint and start producing your own computer generated slide show. Great for the office and home.

#CO65 4 Thursdays starting Apr 15  
6:45-9:45 pm ROOM 257 \$148

## WINDOWS XP

This introductory course will cover all the basic functions of the Windows operating system. Topics include standard Windows components, running programs, managing folders and files, customizing windows, and accessories.

#CO62 4 Mondays starting Apr 12  
6:45pm-9:45pm ROOM 257 \$148

## WORD: LEVEL 1

One of the most popular word processing programs in the market today. Learn how to create, edit, enhance and manage simple documents. Need knowledge of Windows.

#CO34 4 Tuesdays starting Apr 13  
6:45pm-9:45pm ROOM 255 \$148

## WORD: LEVEL 2

A continuation of the Word: Level 1 Advanced formatting techniques, tables, borders, graphics and columns will be discussed. Prerequisite: Level 1

#CO40 4 Tuesdays starting May 11  
6:45pm-9:45pm ROOM 255 \$148

## EXCEL: LEVEL 1

Learn how to manipulate your data and calculate formulas into a spreadsheet. Enhance it, print it and create a graph/chart from the data.

\* Need knowledge of Windows.

#CO35 4 Tuesdays starting April 13  
6:45pm-9:45pm ROOM 257 \$148

## EXCEL: LEVEL 2

Topics include a short review of basic features, using built-in functions, working with multiple worksheets, using the database features, and an introduction to macros. Prerequisite: Excel Level 1

#CO39 4 Tuesdays starting May 11  
6:45pm-9:45pm ROOM 257 \$148

## EXCEL: FUNCTIONS & FORMULAS

Learn how to create worksheets that update automatically, use cell references, create and/or edit a formula, use a built-in function, use the autoscanner button, use screen tips to enter function arguments, copy formulas to other cells, understand relative and absolute references, create logical (if/then) statements, use column headings in formulas.

#CO33 2 Mondays starting May 31  
6:45-9:45 pm ROOM 257 \$75

## QUICKBOOKS: LEVEL 1

Need a easy accounting software to manage your personal or small business finances? This course teaches you how to configure & enter account types, journal xacts, backing up files, generate inventory reports, accounts payable, receivables, invoicing, purchase orders, employee payroll and year end procedures. Prerequisite: basic accounting. *No refunds*.

#CO55 4 Wednesdays starting Apr 14  
6:45pm -9:45pm ROOM 257  
SAN CHANG \$195

## QUICKBOOKS: LEVEL 2

Create and customize Quickbook reports, export data to Excel, create Financial data with graphs, setup and track Inventory, manage Sales Tax, track Payroll issues, Estimate and progress invoicing with ongoing jobs, invoice for time and mileage tracking, customize layouts for forms and letters. Prerequisite: Quickbooks level 1. *No refunds*.

#CO56 4 Wednesdays starting May 12  
6:45pm -9:45pm ROOM 257  
SAN CHANG \$195

## PHOTOSHOP & DIGITAL CAMERA **NEW!**

Want to restore old pictures, enhance underexposed or blurry pictures? Learn to use powerful digital image manipulation software that's compatible to Photoshop and FREE ! You will learn the basics of digital photography, image correction, enhance-ment and manipulation to create panorama pictures, remove wrinkles & blemishes, etc. Fun intro to DIY Greeting Cards, Calendars, & Photo Albums.

Prerequisite: Windows. *No refunds*.  
#CO67 4 Thursdays starting May 13  
6:45pm -9:45pm ROOM 257  
SAN CHANG \$195

## CREATE WEBPAGES

Create webpages for your small business or personal website from scratch to have colourful text, and pictures to animations, tables, framed pages. Topics include HTML coding, CSS, dynamic content, sound, music, video streaming, bookmarks, links, ActiveX components, Javascripting & Applets, free html editor tools will be provided without needing Dreamweaver or WebExpression. Prerequisite: Windows XP. *No refunds*.

#CO21 1 Saturday May 15  
9:00am-3:30pm ROOM 257  
SAN CHANG \$120

# COOKING CLASSES

## THAI COOKING **NEW!**

Learn how to prepare Pad Thai Noodles, Green Curries, Tom Yam Kung Soup and Thai Sweet Corn Patties. This course will give you a hands on experience. Impress your friends and family when you are able to prepare Thai food in your own home. Please bring an apron and some containers and be prepared to have some fun!

**#CK97** 1 Thursday starting May 27  
6:30pm-9:30pm ROOM 236  
MICKEY TSE \$35

## SUSHI WORKSHOP **NEW!**

If you enjoy sushi and want to learn how to make it yourself, come and take part in this hands-on food preparation experience. Come and learn how to make the "Sandwich of Japan". Sushi consists of Japanese rice, delicately flavoured with sweet rice vinegar, filled with various ingredients, shaped and wrapped in nori (seaweed). Please bring an apron, a sharp knife and a container.

**#CK98** 1 Saturday starting May 15  
9:00am-3:30pm ROOM 236  
MICKEY TSE \$55

## SALADS AS A MEAL

Need help with your summer meal planning? Kathryn to the rescue! You will be preparing a new selection of salad recipes using a variety of ingredients to create dishes that are a meal in themselves.

**#CK15** 1 Tuesday starting May 18  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## A TASTE OF TUSCANY

Come join us for a three-hour tour of one of the great gastronomic regions of Italy. You'll be preparing a meal that will start with a Tuscan White Bean Soup, followed by an Italian Mixed Salad and Braised Chicken with Porcini Mushrooms and end with a decadent Tuscan Trifle.

**#CK40** 1 Thursday starting May 6  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## GREEK COOKERY

Learn how easy it is to make your favourite Greek dishes at home. Souvlaki, Spanokapita, Greek Salad, Tzatziki, Humous, Baklava and more. Come prepared to cook and bring your appetite!

**#CK50** 1 Tuesday starting Apr. 20  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## APPETIZERS FROM AROUND THE WORLD

This class will feature a selection of finger foods from all corners of the globe. You'll be preparing and sampling Italian Bruschetta, Thai-style Marinated Prawns, Greek Feta Dip with Pita Chips, Shrimp and Mango Salad Rolls and more items.

**#CK83** 1 Tuesday starting May 11  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## GLUTEN-FREE COOKING

Tonight's session is designed to assist those who are learning to prepare dishes that are suitable for a gluten-free diet. We'll discuss products to avoid and alternatives, as well as prepare some delicious gluten-free recipes.

**#CK42** 1 Tuesday starting May 25  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## MEXICAN COCKTAIL PARTY

Entertain your guests this summer with a Mexican-themed party. Serve up a selection of Mexican inspired finger foods, along with your favourite beverages.

**#CK18** 1 Thursday starting Apr. 29  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## GOURMET DIPS, SAUCES, DRESSINGS

Summer is almost here and so is barbeque season! Entertain and impress your friends with a variety of delicious summer dishes that are quick and easy to make. Everything from refreshing summer beverages, dips for veggies and fruit, barbeque marinates and sauces, as well as hot and cold appetizers (to name a few) Included "Patio Entertaining Recipes".

**#CK80** 1 Thursday starting June 3  
7:00pm-10:00pm ROOM 236  
CINDY ROWELL \$39

## TAPAS **NEW!**

Tapas, the national institution of Spain, are now wide-spread and far more than just appetizers with several being combined with a chilled beverage for an informal meal with a group of friends. Tonight's menu will feature a selection of dishes using meat, vegetables, seafood & cheese.

**#CK23** 1 Thursday starting Apr. 15  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## SIMPLY SALMON

Without a doubt the kings of BC's coastal waters are its several species of salmon. Join us for a three-hour class that will reel in some beautiful recipes incorporating a wide range of cooking methods. Whether poached, baked, cured or pan-fried, we rule the salmon world. Come and see why!

**#CK90** 1 Tuesday starting June 1  
6:30pm-9:30pm ROOM 236  
KATHRYN HUNTER-TATE \$35

## SUMMER PATIO APPETIZERS

Impress friends at your next dinner party with these delicious appetizers. These fast and easy finger foods will be the hit of your festive entertaining. Students will prepare a variety of appetizers and learn some simple garnishing tips that will impress all your guests. Bring your appetite and a container to carry home some of the delicious appetizers.

**#CK96** 1 Monday starting May 31  
7:00pm-10:00pm ROOM 236  
CINDY ROWELL \$38

## BREAD AND BUNS

Nothing smells and tastes as good as homemade bread! Learn to make whole grain, white & rye bread and buns, as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. Take home your own home-made loaf of bread and a pan of cinnamon buns. Please bring an aluminum foil loaf pan and a large zip-lock bag to the first class.

**#CK91** 2 Mondays starting May 3  
6:45pm-9:45pm ROOM 236  
KATHY ROERING \$42

## EASY AS PIE

Trouble with making pastry? No problem! Come to this class and learn to make tasty, flakey pastry. Please bring a pie plate and paring knife to class. Students will make and take home a fresh fruit pie ready to pop into the oven or freezer. Kathy will share lots of her favourite pie recipes and will make her famous pumpkin pie for all to taste.

**#CK29** 1 Monday starting May 17  
7:00pm-10:00pm ROOM 236  
KATHY ROERING \$35

# COOKING CLASSES

## CAKE DECORATING: BEGINNER

Join Doni for this beginner class in decorating. You will learn writing, borders, leaves, daisies, daffodils, regular roses and Baker's roses using Butter and Royal icing. This class will give you lots of ideas for easy ways to jazz up your special baking! A supply fee of \$24 is payable to the instructor the first evening and students will be required to purchase a decorating kit. Some home practice will be required. Bring a cake pan to first class.

#CK62 3 Wednesdays starting Apr. 14  
6:30pm-9:30pm ROOM 236  
DONI PERALTA \$47

## CAKE DECORATING: ADVANCED

Watch and experience the instructor demonstrate the art of decorating cakes and mixing butter cream icing. Decorate for one of any special occasions: birthdays, Easter, Thanksgiving, Valentine's Day, Christmas, etc. Participation is necessary. Get ready for good times ahead! Supply fee of \$24 payable to the instructor on the first evening. Please bring a cake pan, cookie sheet, piping bags, spatula, and decorating kit to the first class.

#CK60 3 Wednesdays starting May 5  
6:30pm-9:30pm ROOM 236  
DONI PERALTA \$47

## CUPCAKES **NEW!** FOR SPECIAL OCCASIONS

Join Doni for this one night session forming cupcakes into special occasion cakes: baseball, basketball, soccer, golf, sunflower, alligator and wedding. Bring 2 piping bags (16"), tips and 3 primary colours: yellow, red and blue.

Supply fee \$15 payable to the instructor.  
#CK67 1 Wednesday starting June 2  
6:30pm-9:30pm ROOM 236  
DONI PERALTA \$25



## CAKES FOR STAGES AND STAGGETTES

19+. One night for adults only. Join Doni for a spectacular demonstration on the rarely shown art of making a stag or stagette cake. Learn to make a cake for that special occasion for your friend's/relative's wedding. Supply fee \$20 payable to the instructor.

Bring spatula, cake pan and piping bag (turntable optional). Come prepared for an amusing evening.

#CK68 1 Wednesday starting June 9  
6:30pm-9:30pm ROOM 236 DONI PERALTA \$25

# DO-IT-YOURSELF / HOME DECORATING

## CREATE YOUR OWN HEADBOARDS AND HIP HOTEL BEDROOM

Recreate those stunning headboards seen on HGTV. You'll learn five easy styles, from adults, to teens, to children's themes - some headboards can be made and mounted in just an hour! Also, Duvet Cover, Pillow Shams and the easiest Bed Skirt ever! Susan has drawn on her background in the professional industry, and then adapted an easier, quicker, less expensive way that's perfect for the novice sewer or first-time decorator. This is a great class for mothers & daughters as well. For pictures on what you'll learn see [www.TheDecoratingCoach.com/headboards](http://www.TheDecoratingCoach.com/headboards) course.

\$14 fee for instruction book payable to the instructor.

#HD74 1 Monday starting May 17  
6:45pm-9:45pm ROOM 235 SUSAN WELLS \$29

## MAKE YOUR OWN LO-SEW, NO-SEW WINDOW COVERINGS

No-Sew, Lo-Sew and Velcro techniques...Learn the newest draperies and valances with designs for every room and every major drapery style, including the HOTTEST look -- Deco Grommet Draperies. Sewing experience not necessary. Learn easy tips guaranteed to cut 80% off production time: how to measure and press ten feet of hem in under 2 minutes, how to ensure perfectly straight curtains, how to substitute professional workroom equipment with items from your own home.

\$14 fee for instruction book payable to the instructor.

#HD20 Monday May 3 & Tuesday May 4 (2 sessions)  
6:45pm-9:45pm ROOM 235 SUSAN WELLS \$46

## STAGING AND REDECORATING WITH SUSAN

Turn a drab home into a show home. Professional stager and re-decorator Susan Wells reveals the systems she uses for realtor listings and personal clients. Learn to stage your home for sale and get optimum effect for maximum price with 5 rules to set your property apart. You may want to copy those fabulous designer looks and get the home you've always dreamed of for yourself. Discover principles of furniture layout, decorating flow from room to room, colour palette for walls and fabrics, smart solutions for stylish storage, how to avoid the biggest decorating mistake and how to hang perfectly aligned pictures with no-effort measuring. \$15 payable to instructor for instruction book with online e-book.

#HD81 2 Mondays starting Apr. 19  
6:45pm-9:45pm ROOM 235 SUSAN WELLS \$46

## TABLE DECOR....FROM DRAB TO FAB

The eyes must feast before the stomach. Not just for special occasions, an attractive table is as important as serving good food. Show off your stuff with 10 looks using one set of dishes. Quick color and seasonal changes. Showcase china with a modern twist. Simple Centerpieces. Buffet Table Tableaus. Dollar Store Dramatic Looks. Instant tablecloths, easy-to-create runners, placemats and chair covers. Whether classy or sassy, personalized parties, or everyday fun - learn tablescape as simple as 1-2-3.

\$16 fee for instruction book and pictorial on-line link.

#HD85 1 Tuesday starting Apr. 13  
6:45pm-9:45pm ROOM 235 SUSAN WELLS \$29

**NEW!** Intro to Feng Shui: Interior Design see page 28

# DO-IT-YOURSELF / JEWELLERY

## CREATING WIRE AND BEAD JEWELLERY

Would you like to learn wire working techniques and create a stunning wire, glass and crystal bead necklace? Susan will teach you the skills needed. This is also a great class for anyone who has made their own glass or lampwork beads and now wants ideas for using them. Use of tools and all materials supplied. Additional supplies will be available for purchase.

**#JB07** 1 Tuesday starting Apr. 13  
7:00pm-10:00pm ROOM 163  
SUSAN ALBERT \$50

## WIRE WORKING: **NEW!** DRAGONFLY PIN

Combining the art of wire wrapping with crystals and beads you will create a beautiful dragonfly brooch. In Chinese symbolism the dragonfly represents immortality and regeneration. In native folklore it is a symbol of swiftness and activity. So come make a pin and be inspired! Use of tools and all materials supplied. Additional supplies will be available for purchase.

**#JB32** 1 Monday starting May 31  
7:00pm-9:30pm ROOM 163  
SUSAN ALBERT \$50

## CREATIVE **NEW!** DINNER TIME WIND CHIMES

This windchime with beaded accents is a great way to recycle your odd pieces of cutlery into a unique work of art. Just a ripple of wind is all it takes to create "music of the wind". No two chimes will look or sound alike. All supplies included.

**#CR89** 1 Thursday starting May 27  
7:00pm-10:00pm ROOM 172  
CINDY ROWELL \$30

## JEWELLERY MAKING: INTRODUCTION

This class is for BEGINNERS ONLY. Students will learn the basic skills in jewellery making: bending, shaping, hammering, texturing and saw piercing. You will also learn to do soldering. The work will be done in sterling silver, which can be purchased for a minimal sum on the first night of class - approximately \$10-\$15. We will try to make a ring, a pendant and a pair of earrings, depending on how quickly each student learns the skills. The instructor will bring basic tools to get students started on their projects. If they become more interested he will direct them in purchasing their own tools.

No class May 24th.

**#JB10** 8 Mondays starting Apr. 12  
6:30pm-9:30pm ROOM 155  
JIM KERR \$90

## JEWELLERY MAKING: INTERMEDIATE

If you have taken the beginner's course, or have previous experience, you might want to continue on with this class which teaches advanced techniques. Students decide on their own projects. The instructor will bring basic tools to get students started on their projects. Costs vary depending on your individual projects. Students - please choose

Tuesday OR Wednesday not both.

**#JB68** 8 Tuesdays starting Apr. 13  
6:30pm-9:30pm ROOM 155  
JIM KERR \$90  
**#JB70** 8 Wednesdays starting Apr. 14  
6:30pm-9:30pm ROOM 155  
JIM KERR \$90

## PRECIOUS METAL CLAY (PMC): INTRODUCTION

Learn the basics of PMC in this one-day workshop. This exciting clay, when fired, is 99.9% fine silver. Learn how to form, texture, cut, dry, finish, torch fire and kiln fire a pair of earrings and a pendant or a few charms. No experience necessary. All supplies included in the fee (worth \$65). Limited to 15 adults for personal attention. Go to instructor's website ([www.PMCArtisan.com](http://www.PMCArtisan.com)) for class tips and jewellery inspiration. Please bring a lunch.

**#JB85** 1 Saturday starting May 15  
10:00am-4:00pm ROOM 209  
LIZ MCDONALD \$125

## PRECIOUS METAL CLAY (PMC): ADVANCED **NEW!**

This advanced class will continue your skills working with PMC. You will also learn how to transfer photos onto your silver. Beautiful black and white or colour images, provided in your kit, will make your charms or pendant one-of-a-kind. In addition to your PMC piece with a photo, you will learn how to mix metal and glass paints with powdered pigments. This permanent colour looks like enamel. All supplies included in your class fee (worth \$100). You will be very excited about this keepsake silver jewellery. Class kit also includes the findings to finish your piece and wear it home. Go to instructor's website ([www.PMCArtisan.com](http://www.PMCArtisan.com)) for class tips and jewellery inspiration. Prerequisite: Introduction to Precious Metal Clay or on instructor's agreement.

**#JB86** 2 Mondays starting May 10  
6:30pm-9:30pm ROOM 209  
LIZ MCDONALD \$162

# DO-IT-YOURSELF / PHOTOGRAPHY

## INTRODUCTION TO DIGITAL PHOTOGRAPHY

If you are confused about how to use your digital camera, this course is for you. This is a beginner's course for digital cameras only. Please bring cameras, cables and instruction book.

**#PH22** 1 Saturday starting May 15  
9:30am-12:30pm ROOM 161  
STEVE SENDECKI \$45

## READY, AIM, SHOOT with Frank Townsley



An introductory, but comprehensive and fun approach to improving your digital, SLR or instamatic photography skills. Emphasis will be on learning simple procedures and lighting composition. You'll also learn skills such as time exposures, multiple exposures, use of filters, abstracts, improving your landscape compositions and much more.

6 sessions (Field trips: Sunday April 25<sup>th</sup> - Thursday May 6<sup>th</sup>)

**#PH84** 5 Thursdays starting Apr. 15 - May 13  
6:45pm-9:45pm ROOM 261  
FRANK TOWNSLEY \$92

**New! Photoshop & Digital Camera classes - see page 12**

# DO-IT-YOURSELF / CRAFTS

## DIGITAL STORYBOOK ALBUMS

So you have a digital camera and have more photos on your computer than you know what to do with??? Want to share them with friends and family but don't always take your computer with you?? Join us at this informative session on how to make Digital Storybooks with your photos from your computer. No traditional scrapbooking required! Class includes information handout and demonstration on easy-to-use downloadable software. There will be samples of Digital albums available at this session. Instructor will demo on computer and show DVD. This will be Windows based. Visit Leah's website - [www.mycmsite.com/sites/leahs](http://www.mycmsite.com/sites/leahs).

#CR10 1 Tuesday starting May 4

7:00pm-9:00pm ROOM 169

LEAH HOEVE \$10

## INTRODUCTION TO MACRAMÉ NEW!

Yes! You're seeing it right - Macramé is back! Macramé is the art and craft of decorative knotting. Twine and a few basic knots are all a crafter needs to explore the possibilities of making jewelry, clothing, wall hangings or plant holders. In the 1970s, the craze for this craft was preceded by hundreds of years of Chinese macramé. Now, Western macramé attracts fiber artists, sewers and creative crafters.

#CR32 1 Thursday starting May 13

7:00pm-10:00pm ROOM 172

CINDY ROWELL \$49

## MONKEY SEE - MONKEY DO!

Remember those adorable hand made monkeys made from the grey wool socks with the red heels that made the monkey's big red lips? The kids love them! Join Jan for this one evening of fun making the traditional MONKEY. Please bring thread, needles, scissors and thimble to class. All other supplies are included. Bring a lunch.

#CR51 1 Monday starting May 10

6:30pm-9:30pm

ROOM 163

JAN TRUBER

\$49

## RECYCLED GROCERY BAG HANDBAG

Show your appreciation to the good earth and find out how to put those plastic grocery bags to good use. Join Jan for this awesome lesson in making a plastic handbag out of grocery bags. You will learn this easy technique by using a hook. Please bring about 20 grocery bags (preferably from the same store) and sharp scissors.

#CR52 1 Wednesday May 19

6:30pm-9:30pm

ROOM 163

JAN TRUBER

\$26

# DO-IT-YOURSELF / AROMATHERAPY & more

## INTRO FRESHLY SQUEEZED AROMATHERAPY

Explore the Ancient Science and Art is using 100% Pure Essential Oils to Inspire the Mind, Heal the Body and Stir the Soul. Learn how to incorporate essential oils into your life easily and naturally at this fresh, fun, and informative workshop. Make and take home your personalized aromatherapy blend.

#BB92 1 Tuesday starting Apr. 27

7:00pm-9:00pm ROOM 172 AMY REEDMAN \$35

## GENTLE DETOX WITH FRESHLY SQUEEZED AROMATHERAPY

Gently drawing toxins out of the body is vital for treating common complaints such as exhaustion, stress, skin conditions, digestive disturbances, muscular pain and tension, energy levels, sleep disruption, hormonal imbalance. Discover how to gently cleanse and detoxify the body easily with essential oils to support and heal many complaints and ailments. Students will leave with their own personalized aromatherapy blend.

#BB80 1 Tuesday starting May 11

7:00pm-9:00pm ROOM 172 AMY REEDMAN \$35

## PAIN FREE AROMATHERAPY

Learn about essential oils that naturally and easily assist with pain management and relief. Discover essential oils with anti-inflammatory, analgesic and antispasmodic properties to stimulate circulation, ease inflammation and reduce pain.

#BB94 1 Tuesday starting May 18

7:00pm-9:00pm ROOM 172 AMY REEDMAN \$35

## ENERGY HEALING STRAIGHT UP

Learn how to feel your own energy system and cleanse your aura in this group energy healing and chakra balancing class incorporating a unique combination of Aromatherapy, Reiki, Healing Touch Intuition and more. A mix of essential oils, breath awareness, guided energy movement and trusting your intuition creates a synergy that makes the connection between the body, mind, soul. Make and take home your personalized aromatherapy blend at each class.

#BB84 1 Tuesday starting May 4

7:00pm-9:00pm ROOM 172 AMY REEDMAN \$35

## DR. BACH FLOWER REMEDIES

10 Best-Selling Remedies. Internationally recognized as a Bach Foundation Practitioner, Mary Jane is qualified to professionally assist others in their quest for a stress-free life. The Homeopathic remedies discovered by Dr. Bach in Harley England during the 1930's are 38 different plant based remedies that can help you manage the emotional demands of everyday life. Come and learn what the 10 Best-Selling Dr. Bach Flower Remedies are. Let's see how the majority of people have learned to cope with stress. The session will include you preparing your own personal de-stress remedy. Supply fee of \$10 is payable to the instructor.

#BB54 1 Thursday starting May 20

6:00pm-8:30pm

ROOM 161

MARY JANE GOTTSCHLAG

\$25



# DO-IT-YOURSELF / AROMATHERAPY & more

## LEARN ABOUT YOUR COLOUR, CHAKRA, & AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras and Colour. MaryJane is a Holistic Colour Consultant, using colour therapy to teach students what the colours of their aura mean. By incorporating the Biopulsar-Reflexograph, which is the newest in European computerized biofeedback aura testing, it is possible to see your energy in colour and you can learn how to improve your health, your mind and your spirit by understanding the aura colours you are vibrating out into the world. Have fun and learn more about you and see your own aura energy. Please bring \$5 for workbook - payable to the instructor.

Please bring a lunch.

**#PE21** 1 Saturday starting May 15  
9:30am-4:00pm ROOM 123  
MARY JANE GOTTSCHLAG \$50

## SUMMERTIME SKIN SENSE

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: topical sun lotion, aloe after-sun spray, chamomile hair treatment and lip balm. Also, recipes for hair rinses and deep conditioners. SUPPLIES INCLUDED.

**#BB79** 1 Wednesday starting May 26  
6:30pm-9:30pm ROOM 235  
CHERYL THEILADE \$58

## HEMP MAKE SCENTS

Discover the amazing properties of Hemp Seed Oil! This exceptionally rich oil, high in essential omega fatty acids and proteins, absorbs well into the skin and is very healing and rejuvenating. Make high-quality skincare products for all skin types from scratch! Participants will make and take home a Hemp Body Lotion, Hemp Seed Body Exfoliant, Heavenly Hemp Bath 'n Body Oil and a Hemp Seed Soap. Recipes for healing salves and body washes included. Please bring hand towel to class. ALL SUPPLIES INCLUDED.

**#BB76** 1 Tuesday starting Apr. 27  
6:30pm-9:30pm ROOM 236  
CHERYL THEILADE \$58

## INDOOR / OUTDOOR EARTH FRIENDLY PRODUCTS

Environmentally friendly products for the home and garden! Eliminate toxic chemicals and harmful pesticides by making a cleaning powder, window and glass shine, room freshener, oven cleaner, soapy marigold insecticide, gourmet gardener's soap, hand repair salve and a Fungicide Spray. Also - recipes for slug removal, insect repellent, disinfectant room spray, bed bug sheet spray and a microwave clean-up. SUPPLIES INCLUDED.

**#BB34** 1 Saturday starting May 15  
9:00am-1:00pm ROOM 235  
CHERYL THEILADE \$64

## FOOT REFLEXOLOGY FOR FAMILY AND FRIENDS

Relaxing and refreshing, Reflexology is an easy way to improve and maintain health, ease tension and improves every part of your system. It is designed to improve circulation, muscle tone, increase energy, concentration and productivity and reduce many disease symptoms. Prepare to laugh as you learn. You may bring a partner to class with you as a guest.

For further information contact:

*yvette@touchpointreflexology.com*  
**#PE87** 3 Tuesdays starting Apr. 20  
7:00pm-9:30pm ROOM 161  
YVETTE EASTMAN \$50

## PAST LIFE REGRESSION

Are you curious about the possibility of past lives? Come along and participate in an interesting and insightful look into your past lives through hypnotherapy. This is an opportunity for you to explore the existence of past lives bringing a clearer understanding to present day conditions such as health problems, relationship conflicts, phobias, fears, patterns and beliefs. Includes group Past Life Regressions and post regression discussions.

**#PE26** 6 Thursdays starting Apr. 15  
6:30pm-8:30pm ROOM 167  
JACQUELINE KERR \$74

# FITNESS / RECREATION

## BODY REBUILD PROGRAM

This 8-week program takes a holistic lifestyle change approach, small healthy steps each week, to improve health, lose weight, increase energy, decrease stress & risk of disease, and really learn how the body works. You will begin to rebuild your body from the inside, recharge your energy, revitalize your life, renew & rediscover yourself. This journey of discovery has you learning about nutrition, how your body processes food & how we gain/lose weight; sample healthy recipes & store-bought foods while learning how to create your own healthy eating plan. Learn how to incorporate fitness activities into your daily life & have fun getting fit with a 30-minute circuit training each class; design a train-at-home program. Discuss important health & lifestyle topics & how to successfully set and achieve all your goals. See & feel your body change, from the inside out Program designed & facilitated by a ). Penny Taylor, CPT, NC, BA.cs, Health Educator, Personal Trainer, Nutrition Consultant Classes run Monday and Thursday evenings for 8 weeks.

[www.taylordbodies.com](http://www.taylordbodies.com) Classes held at the Taylor'd Bodies Training Studio:

480 E. Columbia Street, New Westminster (across from the hospital.)

**Register on line at [www.ce40.ca](http://www.ce40.ca) or call and register at 1 604-517-6345**

**#FS32** 8 Mondays starting Apr. 12  
7:30pm-9:30pm TAYLOR'D BODIES \$329

## NEW!

## PILATES WITH ANITA NEW!

Experience the latest body conditioning workout! These beginner classes will assist participants in learning proper posture and body alignment and add flexibility. Pilates is about patterned breathing, core strength and muscle sculpting. Pilates mat classes are not recommended for individuals with disk injury. Students need to bring a mat no more than 1" thick for these sessions. Students with previous neck injuries and back should consult their physician before starting a Pilates program.

Classes held in NWSS Dance/Yoga Studio.

**#FS55** 8 Thursdays starting Apr. 15  
7:30pm-8:30pm NWSS Dance Studio  
ANITA SMITH \$72

# FITNESS / RECREATION / TAI CHI / YOGA

## AEROBOX CARDIO BOX AND KICK

High energy and motivating aerobic class with basic boxing and kickboxing moves (non-contact). Workout includes great cardio component, body conditioning and stretches. Class is suitable for all fitness levels - just go at your own pace! Your instructor is also a personal trainer (BCRPA) with a passion for the body conditioning portion of the class. If you are looking for a great full-body workout, this is the class for you.

**#FS03** 8 Mondays starting Apr. 12  
7:00pm-8:00pm Small Massey Gym  
MARGARET MAXIM \$67  
**#FS92** 8 Thursdays starting Apr. 15  
7:00pm-8:00pm Large Massey Gym  
MARGARET MAXIM \$67

## LADIES FLOOR HOCKEY SHE SHOOTS - SHE SCORES!

Ladies only. Join in on the latest craze. Have lots of fun and laughs and get a workout at the same time. NON-COMPETITIVE. Equipment provided. Please wear soft soled shoes. Eye guards, mouth guards and shinpads optional. Classes held in Small Massey Gym.

**#FS66** 8 Tuesdays starting Apr. 13  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$67  
**#FS67** 8 Wednesdays starting Apr. 14  
7:00pm-8:30pm Small Massey Gym  
BERTHA LANSDOWNE \$67

## GOLF 101

Develop your fundamental golf skills and positive outlook with the help of Canadian PGA Teaching Professional, Keith Westover.



Full-swing exercises, ball striking, putting, chipping and pitching skills form the content of this five-session series. If you have golf clubs, please bring a putter to the first session.

**#FS12** 5 Thursdays starting Apr. 15  
7:00pm-8:00pm Small Massey Gym  
KEITH WESTOVER \$65  
**#FS13** 5 Thursdays starting Apr. 15  
8:15pm-9:15pm Small Massey Gym  
KEITH WESTOVER \$65

## BOOTCAMP

Tired of the same old fitness routine? Our bodies get used to the same training program and we cease to see results. This hour-long class will challenge your body in a variety of ways. You will work on speed, agility, muscle strength and endurance. Come prepared to work!

No class on May 24th.

**#FS09** 8 Mondays starting Apr. 12  
6:30pm-7:30pm Large Massey Gym  
CLS FITNESS \$77

## FAB ABS, BUTT AND THIGHS

Here's a class to help you shape and tone the most troublesome areas. This is a super workout which combines muscles strength, endurance and flexibility and is suitable for all levels of fitness. You will leave knowing that you have worked out!

Please bring a mat. No class on May 24th.  
Classes held in Large Massey Gym  
**#FS06** 8 Mondays starting Apr. 12  
7:45pm-8:45pm Large Massey Gym  
CLS FITNESS \$77

## RUNNING FOR BEGINNERS

**NEW!**

April is a great time to start running. This class is for people that are absolute beginners or trying to start up again. We will start with a run one minute and walk one minute...very slow, and easing into this great fitness trend.

**#FS04** 8 Sundays starting Apr. 18  
9:30am-10:30am  
NWSS-FRONT LOBBY  
LISA FALBO \$50

## RUN 5K

**NEW!**

This class is for people that have started some running or taken the Running for Beginners class and are able to run close to 4 minutes x 5. Through a combination of running/walking you will progress to a 5 km run or likely 7 km mark by the end of the class. You will improve your speed and your endurance, readying yourself for further distances such as charity runs or marathons.

**#FS05** 8 Tuesdays starting Apr. 13  
6:30pm-7:30pm  
NWSS-FRONT LOBBY  
LISA FALBO \$50

## HEALTHY BACK – STRETCH & STRENGTHEN

Stretch and strengthen the muscles that contribute to back pain. A large percentage of back pain is due to muscle strain and poor back habits and a larger percentage of all back injuries are cumulative damage over an extended period of time. Strengthening will help increase muscle tone and improve the quality of muscles. Muscle strength and endurance will provide energy and a feeling of wellness to help you perform daily, routine activities while stretching will help improve your flexibility.

**#FS02** 8 Wednesdays starting Apr. 14  
6:30pm-7:30pm NWSS Dance Studio  
RAJ SINGH \$75

## YOGA PLUS FOR EVERY SIZE

Exercise improves your health more than weight loss. Many yoga poses can be done by people of any size, though there are some poses that may require some change. This yoga class involves adapting traditional yoga poses and modifying for a wide range of flexibility.

**#YO60** 8 Wednesdays starting Apr. 14  
7:35pm-8:35pm NWSS Dance Studio  
RAJ SINGH \$76

## HATHA YOGA WITH MICHELLE LABELLE

Michele combines her experience of working with breathing in a formal setting with teaching Hatha Yoga. She is devoted to being safe, grounded and peaceful. Hatha Yoga is a classic form of yoga that includes a series of postures and breathing techniques that will revitalize the body physically, mentally and spiritually. Benefits of doing yoga are numerous, to name a few: improved concentration, increased strength and restful sleep. Please bring a yoga mat, a small blanket, towel and water. Good for all levels as a way to improve balance, flexibility & peace of mind. website at [www.azuryoga.net](http://www.azuryoga.net).

No class Monday May 24th.

**#YO98** 8 Mondays starting Apr. 12  
6:30pm-8:00pm NWSS Dance Studio  
MICHELE LABELLE \$76  
**#YO99** 8 Mondays starting Apr. 12  
8:05pm-9:35pm NWSS Dance Studio  
MICHELE LABELLE \$76  
**#YO97** 8 Thursdays starting Apr. 15  
6:00pm-7:00pm NWSS Dance Studio  
MICHELE LABELLE \$60

# FITNESS / YOGA / MEDITATION / HEALTH

## YOGA AND MEDITATION WITH MARY VICKARS

Yoga is an excellent way to release stress in the body and the mind. Learn how to use Hatha Yoga postures and the breath to ease tension and bring your focus to a more relaxed and restive place. Whether you are approaching yoga for the first time or are a seasoned practitioner, you will be encouraged to work at your level as variations are offered. Enjoy increased flexibility, strength and balance and a mind better able to cope with the challenges of life. Each class ends with 15 minutes of guided meditation. Bring a light blanket and small pillow; yoga mats provided if you don't have your own. Optional: eye pillow, yoga strap.

**#YO61** 8 Tuesdays starting Apr. 13  
6:30pm-8:00pm NWSS Dance Studio  
MARY VICKARS \$76

## BUDDHIST PHILOSOPHY AND VIPASSANA MEDITATION

Learn the main doctrines common to all forms of Buddhism, such as mindfulness, meditation, karma and the round of rebirth, cosmology, impermanence, reducing stress and anger, creating happiness, plus we'll examine new Buddhist social teaching. Expect some fun too! Includes a short period of meditation. Instructor is a former monk

**#PE94** 4 Tuesdays starting Apr. 20  
7:00pm-9:00pm ROOM 127  
BRIAN RUHE \$65

## STRESS REDUCTION WITH MEDITATION

In this workshop you will learn to reduce stress and ill will. You will be guided through breath meditation and the contemplation on loving-kindness, which is an antidote to anger and aversion. This and other techniques taught in this class can enhance health, morale and well-being. You will learn to bring meditation practice into your daily life.

**#PE81** 1 Saturday starting May 15  
9:30am-12:00pm ROOM 127  
BRIAN RUHE \$28

## DEALING WITH ANXIETY

Thousands of North Americans are affected by panic attacks to some degree. Learn excellent self-help tools to understand and cope with this problem and to take control of your life again. By changing the inner attitudes of our minds we can change the outer aspects of our minds. A suggestion: affirm before you come to class that you will be in a safe environment and that you will be in marvelous control of your personal self. Classes held in safe environment.

**#PE42** 1 Saturday starting May 15  
9:30am-11:30am ROOM 133B  
MARIE PREISSEL \$25

## LIFTING YOUR DEPRESSION

If you suffer from depression or are depressed or even out of sorts, then this class is invaluable to you! Do you feel tired all the time? Sometimes fatigue and a lack of energy can be a subtle symptom of depression. Learn about the various strategies for overcoming the lack of energy associated with depression. Let's get our energy back!

**#PE74** 1 Monday starting May 3  
6:30pm-9:30pm ROOM 133B  
MARIE PREISSEL \$28

## CREATIVE VISUALIZATION

Since the advent of bio-feedback, it has become obvious that visualization works as a force for change. Learn the rules for effective visualization and how and why it works. The applications are many: problem solving, stress reduction, non-smoking, goal setting, health problems, weight control, self-esteem, etc.

**#PE01** 1 Saturday starting May 15  
12:30pm-3:30pm ROOM 133B  
MARIE PREISSEL \$28

## RAISING SELF-ESTEEM

Self-esteem is the main factor that prepares everyone for our successes and failures as human beings. Our feelings of self-worth are beliefs that form the basis of our personality and help determine how we use our abilities. Engage in discussion with handouts on you might increase your self-esteem.

**#BV19** 2 Mondays starting May 3  
6:30pm-9:30pm ROOM 127  
ANGELA SEALY \$49

## EMOTIONAL FREEDOM TECHNIQUE

EFT or Tapping, is an exciting new self-healing technique that is based on the principles of acupuncture. By using your fingertips to tap on specific acupuncture points you can gain relief from dozens of physical and emotional issues. In this introduction to the basics of EFT, you will learn to tap on yourself and learn how to relieve your own physical pains, food cravings and unpleasant memories or worries. EFT has been used in thousands of cases to relieve the symptoms associated with fears, phobias, panic, anxiety, stage fright as well as physical issues like headaches and other physical pains. This workshop will be fun and exciting exploration into this tapping technique that anybody can do.

**#PE45** 2 Wednesdays starting Apr. 21  
7:00pm-9:30pm ROOM 167  
JANYSE HRYNKOW, MA \$59

## A POSITIVE ATTITUDE IS ALWAYS THE BEST ATTITUDE!

Is your glass half-empty or half-full? A positive attitude anticipates happiness, and joy, health and a successful outcome every time. Remember, whatever the mind expects it finds. This workshop will teach you how to put positive thinking into action and use your new half-full attitude to enhance your personal and business success.

**#PE24** 1 Monday starting Apr. 12  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

## INTUITION AND UNDERSTANDING YOUR DREAMS

We have access to a storehouse of resources that rarely come to conscious awareness. Understanding our dreams helps us with self-knowledge, provides practical guidance & awareness of the psychic realms we are connected to. Learn techniques to enhance dream recall, record, interpret and incubate your dreams and create your own personal dream dictionary. Intuition tools to support this class will be available for purchase.

**#PE53** 1 Monday starting Apr. 19  
6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

# FITNESS / DANCE LESSONS

## ALL Dance Classes held at:

**Dance With Me Studio**  
535 Front Street  
New Westminster



**For registration information  
please call 604-517-6345  
or register online  
www.ce40.ca**

### Social Dance: Level 1

This class introduces you to the beginner dances of Foxtrot, Waltz, Cha Cha, Samba and Jive. This is where it all begins.

**#DA02** 10 Mondays starting April 19  
8:00-9:30 pm \$75

### Social Dance: Level 2

Designed for students who have completed a Social-Beginner Dance Program and are wanting to review and add on. Leading, following and floorcraft are reinforced.

**#DA03** 10 Wednesdays starting April 21  
8:20-9:30 pm \$75

### 3 Dance Combo

This short dance program allows the students to learn three dances: Social Foxtrot, the Cha Cha and the Swing are the featured dances.

**#DA52** 6 Mondays starting April 19  
8:20-7:45 pm \$65

### Salsa Dance: Introduction

Learn the basics of this very popular playful and sexy dance style. Singles and couples welcome.

**#DA11** 10 Mondays starting April 19  
6:30-7:45 pm \$75

### Latin Dance

Wild and wonderful music is hot, hot, hot so get into the swing of things by learning the Cha Cha, Rumba, Samba, Merengue and Jive.

**#DA62** 10 Mondays starting April 19  
8:00-9:30 pm \$75

### Adult Tap: Open Level

Beginners welcome. Tone leg muscles and challenge your brain by making rhythm with your toes. Have fun learning fundamental steps and travelling across the floor.

**#DA23** 10 Tuesdays starting April 20  
8:20-9:40 pm \$80

### Jive & Swing

Underarm turns, left hand up and sweetheart are taught in this program.

**#DA13** 6 Mondays starting June 7  
6:30-7:45 pm \$65

### Mambo & Cha Cha

This program focuses on only two dances: the Latin dances of Mambo and Cha Cha.

**#DA63** 6 Wednesdays starting April 21  
7:20-8:20 pm \$65

### Pop Music Dance Performance Team

This is a fun class for persons who would like to be a member of a dance team that performs at various functions in the New Westminster area throughout the year – especially outdoor festivals. No prior dance training is necessary – the choreography will be fairly easy and fun. All ages above 9, both genders; families are welcomed and encouraged!

**#DA97** 8 Wednesdays starting April 21  
6:00-7:00pm \$90

### Art Meets Dance

This is an opportunity for artists to work on capturing the essence of dance and motion. Sketch and draw the exotic arts of Belly Dance and Latin Dance. Dancers, this is your opportunity to take in a specialized class (costumes optional) while having your movements captured. Belly Dancers must arrive at 5:30 (must have completed at least one session of Level 1 Belly Dance) with Latin Dance starting at 7:00. Art class will start at 6:00 sharp. There will be an open house to showcase the sketches from this unique event at a later date to be announced.

**#DA04** 1 Friday, April 23  
6:00-8:00 pm \$30

### Social Occasion

Are you getting married, going on a cruise, heading for a warmer climate where latin dance is the thing to do? In this six-week program you will learn the Jive, Rumba and Waltz to prepare for an evening of dance!

**#DA07** 6 Sundays starting April 18  
2:00-3:00 pm \$65

**#DA06** 6 Wednesdays starting June 2  
6:15-7:15 pm \$65

### Swing, Swing, Swing: 3 variations

This class introduces you to a variety of different dance steps and dance styles all related to the fun and exciting Swing Family. Patterns for Jive and Swing are shown, followed by the West Coast Swing.

**#DA61** 6 Sundays starting April 18  
3:00-4:00 pm \$65

### Disco Dance

This class will teach you the basic steps of the Hustle.

**#DA69** 6 Saturdays starting April 17  
2:00-3:00 pm \$65

### Night Club Two Step

This class is for the romantic at heart. Learn all those perfect moves to dance on that small nightclub floor.

**#DA64** 6 Saturday starting June 12  
1:00-2:00 pm \$65

### Country Two Step

Bring your partner and learn the basic of this dance. Lots of fun!!

**#DA68** 6 Saturdays starting June 12  
2:00-3:00 pm \$65

### West Coast Swing

The basic steps of West Coast Swing are taught, including left and right side passes with variations.

**#DA67** 6 Saturdays starting April 17  
1:00-2:00 pm \$65

### Cardio Dance

This is a low impact cardio class using music and dance moves from the Broadway era. The time will fly by as you get back into shape and have fun! Absolutely NO dance experience is required.

**#DA27** 6 Saturdays starting April 17  
9:30am -10:30am \$65

### Latin Fit

This class is also low impact. Dance moves from the Merengue, Cha Cha and Samba will be incorporated into this class with the best Latin music in town.

**#DA28** 6 Saturdays June 12  
9:30am -10:30am \$65

### Waltz

The beautiful and elegant Waltz is to show off your partner.

**#DA65** 1 Saturday, April 17  
9:00am -10:30am \$20

### Cha Cha

Come and have a great time learning this fun Latin dance.

**#DA21** 1 Saturday, May 8  
9:00am -10:30am \$20

### Quickstep

Join us as we take you through the beginner steps of this very fun dance: quarter turns, chassé right and left turns.

**#DA71** 1 Sunday, June 13  
4:00-5:30 pm \$20

### Country Line Dance

This popular class will challenge you physically and mentally as we learn some unique patterns. Come and have fun!

**#DA12** 1 Sunday, April 25  
4:00-5:30 pm \$20

### Adult Ballet: Ages 17+

Improve your balance and posture through basic ballet technique. This slow paced class promotes flexibility and muscle tone.

**#DA77** 10 Tuesdays starting April 20  
7:30-8:15pm \$75

### Adult Jazz & Funky Hip Hop

This class will combine the funky moves of Hip Hop and the flare of Jazz. Excellent combination to keep in shape.

**#DA53** 10 Tuesdays starting April 20  
6:25-7:25pm \$65

### Shimmy & Shake Your Tail Feathers!

This is an opportunity for you to learn at least a dozen shimmies, plus how to layer them with basic Belly Dance moves. Must have completed one session of Belly Dance LI.

**#DA48** 1 Sunday, May 16  
1:00-3:00pm \$20

# FITNESS / DANCE LESSONS

## Self Defense For Women

Age 12+. An opportunity for women to learn some basic self-defense moves. It will include awareness and mental rehearsal as well as a practical component, introducing targets on the body, strikes and releases.

**#DA66** 1 Sunday, May 2  
2:00-4:30 pm \$35

## Lunchtime Power

This class will allow you that much-needed break during your busy work day. Take time out to treat yourself to a modified fitness program. This class will work with strengthening/conditioning exercise bands. Bands provided.

**#DA96** 10 Thursdays starting April 15  
12:10-12:45 pm \$50

## Walking & Strengthening

Start your class with a mild warm-up and stretch followed by a beautiful walk along the waterfront properties of the New Westminster Quay. After returning to the studio, we'll concentrate on conditioning one core group of muscles each week.

**#DA93** 10 Tuesdays starting April 20  
6:30-8:00 pm \$60

## Core Training Workshop

Learn how to strengthen your core using a variety of exercises that you will be able to continue on your own. A comprehensive hand-out, including the exercises completed in the class and complete descriptions will be give out.

**#DA59** 1 Saturday, April 10  
9:00am-10:15am \$17

## Introduction to Belly Dance

Interested in trying this dance form but reluctant to take a full session? This is a brief introduction to some of the basic moves. No dance experience necessary.

**#DA08** 1 Sunday, April 11  
1:00-3:00 pm \$20

## Belly Dance

Classes cover the basic movements and isolations necessary for an excellent foundation in the art of Egyptian Belly Dance. Aerobic wear is recommended.

**#DA16** 10 Wednesdays starting April 21  
7:00-8:30 pm \$75

**#DA15** 10 Tuesdays starting April 20  
5:00-6:30 pm \$75

## Belly Dance: Level 2

This class is perfect for those students who have completed a beginner Belly Dance program and wish to continue.

**#DA17** 8 Fridays starting April 16  
5:15-6:30 pm \$75

## Dancing to a Live Drummer

Attention Belly Dancers! This is a unique opportunity to dance to LIVE drumming. Join Ayanna and Mike as they take you through basic drumming rhythms and how you can interpret them through dance. Learn to "play" with your musician and how to encourage and "feed" off each other as you improvise your dance together! Must have completed at least one session of Level 1 Belly Dance.

**#DA09** 1 Sunday, April 25  
1:00-3:00pm \$30

## Teen & Pre-Teen Ballroom: Intro

This class will introduce you to the basic steps of seven different dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, Samba and Jive.

**#DA40** 10 Saturdays starting April 17  
10:30am-11:30am \$75

**#DA47** 10 Mondays starting April 19  
4:30-5:30 pm \$75

## Teen & Pre-Teen Ballroom: Continue

Prerequisite: Beginner program.

This class continues to work on dances taught at the beginner level.

**#DA41** 10 Saturdays starting April 17  
11:30am-12:30 pm \$75

## Latin Dance For Teens

This is an excellent dance class for teens just starting out. It will introduce you to Cha Cha and Swing, two of the most popular teen dances!

**#DA22** 4 Wednesdays starting May 5  
5:15-6:15 pm \$45

## Parents & Kids

### Ballroom: Ages 5-7

A parent participation class introducing the concept of partnership dancing with Merengue, Jive & Rumba. Lots of fun.

**#DA85** 6 Mondays starting April 26  
4:00-4:30 pm \$40

# FITNESS / TAI CHI

## TAI CHI: BEGINNERS

Originally a Martial Art, Tai Ji Chuen (Tai Chi Chuen) has evolved into a gentle exercise practiced around the world by millions in order to improve their health. Doing Tai Ji will exercise the joints, tendons, muscles and spine and also provide for some cardiovascular activity. Furthermore, it will build up one's Chi (Life/Universal Energy) and improve one's focus and concentration. The first section or stage of the Yang Style long set will be taught, along with the Single Push Hands exercise. The only requirements are that one is able to stand on and move about with bent knees, move one's arms and legs and occasionally bend forward at the waist.

**#YO66** 9 Thursdays starting Apr. 15  
6:30pm-7:30pm NWSS Massey Cafeteria  
KENNETH WONG \$74

## TAI CHI: INTERMEDIATE

This course is a continuation of the Yang Style Tai Ji Chuen long set. The first stage or section will be reviewed and then the second stage will be taught, along with the Double Push Hands exercise. Only students who have completed 'Tai Chi' Beginners Level or equivalent course should register for this course.

The only requirements are that one is able to stand on and move about with bent knees, move one's arms and legs and occasionally bend forward at the waist.

**#YO55** 9 Tuesdays starting Apr. 13  
6:30pm-8:00pm NWSS Massey Cafeteria  
KENNETH WONG \$78

*An instructional video (DVD), which covers the entire Tai Ji set, is available for purchase in class for \$25.*

## TAI CHI:

**NEW!**

## CONTINUING

This course is the graduate level of the Yang Style Tai Ji Chuen (Tai Chi Chuen) courses and is for students who have completed all three levels (Beginners, Intermediate and Advanced) or equivalent courses. The entire Tai Ji set will be reviewed and practiced, along with the Single & Double Push Hands exercises. Furthermore, in order to increase and improve Chi or energy flow so that the efficacy of the Tai Ji set is improved, the Shaolin Finger Chi Gong set will also be taught and practiced.

**#YO44** 9 Wednesdays starting Apr. 14  
7:00pm-8:00pm NWSS Massey Cafeteria  
KENNETH WONG \$74

# FOODSAFE / GARDENING / GROOMING /

## FOODSAFE CLASSES



### FOODSAFE: LEVEL 1

Age 15+. Designed for those who are employed or seeking employment as restaurant staff, caterers, vendors or anyone handling food. This course covers procedures for preventing food-borne illnesses. Topics include: receiving, storing, preparing and serving of potentially hazardous foods; hygiene; cleaning/sanitizing equipment and workplace safety content. Upon successful completion, participants will be registered with the Fraser Health Authority and receive a Foodsafe Certificate recognized by the B.C. Hotel & Restaurant Association. Handbook included.

Please bring a bag lunch.

#FO17 1 Saturday May 15

8:00 am -3:30 pm

Room. 187

DEAN SCOVILL

\$90

### FOODSAFE: LEVEL 2

Prerequisite Level 1. Gain a competitive edge in the Hospitality & Food Industries in B.C. Many students have gone on to find enjoyable employment. For those already employed, this is a great opportunity to seek promotions/raises. Join those who have benefited from this cutting edge information on advanced procedures of safe food handling. We explore emerging pathogenic microorganisms, procedures for handling a food poisoning complaint, infestation control, economics of a sanitary premises, design and maintenance, hazard analysis critical control points (safety measures incorporated in high risk food recipes), etc. Upon successful completion, participants will receive an Advanced Foodsafe Certificate issued by the Ministry of Health. Manual is included.

Please bring a bag lunch.

#FO90 2 Tuesdays starting April 13

6:00pm-10:00pm

ROOM 186

DEAN SCOVILL

\$90

## GARDENING

### LANDSCAPE DESIGN AND INSTALLATION



If you are considering renovating your garden or starting from scratch, this course is for you. Spring is a good time to get started. Join Vern as he talks about sidewalks, patios, retaining walls and other landscaping features. Trees and shrubs, fences vs. hedging, and planting for colour and design. Brief look at water features. Please bring pencil, eraser, ruler, paper and colour pencils.

#GL44 2 Thursdays starting May 13

7:00pm-9:30pm

ROOM 169

VERN STAPLES

\$52

### STARTING A VEGETABLE GARDEN

What is involved? From site preparation to plant choices and after-care.

#GL11 1 Wednesday starting Apr. 7

7:00pm-9:00pm

ROOM 169

CONWAY LUM

\$20

### WHAT CAN I DO ABOUT A WEEDY LAWN?

A look at some basic law principles to rejuvenate a miserable lawn.

#GL12 1 Thursday starting Apr. 22

7:00pm-9:00pm

ROOM 169

CONWAY LUM

\$20

### CONTAINING YOUR PASSION

Steps toward a successful container garden with both ornamental and edible plants.

#GL15 1 Wednesday starting May 26

7:00pm-9:00pm

ROOM 169

CONWAY LUM

\$20

### HANGING OUT WITH HERBS

A demonstration of planting a herb garden in a hanging basket.

#GL14 1 Thursday starting May 20

7:00pm-9:00pm

ROOM 173

CONWAY LUM

\$20

### REACHING NEW HEIGHTS WITH VINES

An overview of different vines you can use in a garden.

#GL13 1 Wednesday starting May 5

7:00pm-9:00pm

ROOM 169

CONWAY LUM

\$20

## HAIR CUTTING

### BASIC HAIR CUTTING

Classes are held offsite at:

*Hair To Dye For Salon,*

*810A 20th Street,*

*New Westminster.*



A money-saver course! Learn the basic techniques for cutting hair: styles for men, women and children; blunt, layered and feathered cuts. How to keep your hair healthy and looking good. Emphasis will be on hair cutting for family use. No supplies needed for the first session. Bring a model for your second, third and final class.

Pre-register at 604-517-6345.

#GR13 4 Tuesdays starting May 4

7:00-9:00 pm

Hair To Dye For Salon

GEORGE CHRISTODOULOU \$70

## MAKE-UP 101

### MAKE-UP 101

These classes are held offsite at:

*Head To Toes Spa,*

*618-6th Street, New Westminster*

Learn about the techniques of applying make-up with a Professional Make Up Artist. Find out what make up will enhance your natural beauty.

Please pre-register at 604-517-6345.

#GR20 1 Monday, May 3

7:00-9:00 pm

\$27

#GR10 1 Monday, May 31

7:00-9:00 pm

\$27

## ETIQUETTE CLASSES

### ETIQUETTE CLASSES FOR PRE-TEENS AND TEENS

Pre-teens and Teens - ages 11-17 years.

See page 11 for course description.

#BV12 1 Wednesday May 5

7:00pm-9:00pm

ROOM 123

ANN ELIZABETH BURNETT

\$25

### MODERN BUSINESS AND SOCIAL ETIQUETTE

See page 11 for course description.

#BV83 1 Wednesday May 12

7:00pm -9:00pm

ROOM 123

ANN ELIZABETH BURNETT

\$25

# FREE COMMUNITY FORUMS

Please Register for FREE classes call 604-517-6345 or online [www.ce.40.ca](http://www.ce.40.ca)

## CRIME AND CONSEQUENCES SEMINAR NEW!

Would you like to learn more about the Criminal Justice System, how it works and how it can affect you? Then you should attend this Crime and Consequences workshop! During the workshop you will learn about the impact of crime on businesses, individuals, families and communities. Workshop topics include exploring the Criminal Justice System, the consequences of a criminal record and how to receive a pardon. Also covered is the relationship between alcohol and/or drug abuse and crime and the criminal lifestyle. Criminal justice personnel participating include a police officer, defense lawyer, small business owner and an ex-offender. This workshop is an important educational opportunity for those affected by the Criminal Justice System and those wishing to understand the system better.

#CF54 1 Wednesday starting May 19  
7:00pm-9:00pm School Library  
ELIZABETH FRY SOCIETY **FREE**

## APPRAISAL OF REAL ESTATE NEW!

This is not based on a text book. It is plain English meant for the homeowner, the small business owner and the small investor. It is for people who deal with real estate matters in their professional life: brokers, real estate managers, lawyers and all those who have been frustrated by the codes in which appraisers speak. This seminar may save you money. Join Chris Dumfries, Accredited Appraiser Canadian Institute (AACI), (Retired) and learn how you can research many of these things yourself.

#CF56 1 Thursday starting May 13  
7:00pm-9:00pm ROOM 148  
CHRIS DUMFRIES **FREE**

## BACK TO LIFE: MAINTAINING A HEALTHY BACK NEW!

21 tips for achieving and maintaining a healthy back and spine. Learn what to do and what not to do so back pain won't ruin your life. Loads of information and practical action steps are provided by your local chiropractor.

#CF78 1 Wednesday starting May 19  
7:00pm-9:00pm ROOM 148  
WAYNE JAKEMAN **FREE**

## HELPFUL MARKETING STRATEGIES FOR SELLING YOUR HOME WITH A REALTOR

Let a local realtor share her tips, advice and proven marketing strategies with you! Tracey's goal is to assist you with selling your home with the least amount of stress or inconvenience. Come to this welcoming, no pressure information session take away with you many helpful tips - ways to achieve your real estate goals!

#CF87 1 Thursday starting Apr. 29  
7:00pm-9:00pm ROOM 149  
TRACEY DAVIES **FREE**

## NOT READY TO RETIRE?

Are you looking for work and don't know where to start? This workshop is for you! Many mature British Columbian workers would love to stay connected to the workplace, but may need a little assistance with the basics. This session will provide a career expert's insights on today's economy and how to make the transition back to employment. The workshop will include: tips on how to access the hidden job market, internet and local employment resources, current 'hot' demand occupations, interview preparation and resume presentation. Session offered by RDK Career Services Inc., an organization offering employment services since 1987.

#CF40 1 Thursday starting May 27  
7:00pm-9:00pm ROOM 149  
RDK CAREER SERVICES **FREE**

## WHAT EVERY LANDLORD AND TENANT NEEDS TO KNOW

What Every Landlord and Tenant Needs to Know - Rights and Responsibilities. Have you ever wondered how and why a landlord can retain a tenant's security deposits? How many times a landlord can enter a tenant's unit? Or who is responsible for washing the windows? In this workshop we will review the rights and responsibilities of both landlords and tenants from before you rent to after the tenancy ends. You will have the opportunity to share your experiences and ask questions using your real life examples.

#CF30 1 Thursday starting May 6  
7:00pm-9:00pm School Library  
RESIDENTIAL TENANCY BRANCH  
BC GOVERNMENT **FREE**

## PLANNING AND ADMINISTERING AN ESTATE

Estate planning includes legal and tax consequences of transferring your property, including why you should execute a Will and a Power of Attorney. Administration planning means knowing your legal and tax responsibilities as an Executor and a Trustee - including your obligations to the beneficiaries. Your instructor is an experienced lawyer in the field.

#CF24 1 Thursday starting Apr. 22  
7:00pm-9:00pm ROOM 133B  
KEVIN WESTWOOD **FREE**

## IMMIGRATION NEW!

Certified Immigration Consultant, Liz McDonald, will present information on study permits, work permits and permanent residence options. Extra information on the CEC (Canada Experience Class) will be covered. Liz comes to us with five years experience working with international students and as a Canadian Certified Immigration Consultant. Bring your questions.

#CF39 1 Monday starting May 3  
7:00pm-9:00pm ROOM 163  
LIZ MCDONALD **FREE**

## WOMEN'S WELLNESS: STANDING UP AGAINST OSTEOPOROSIS

What every women needs to know from what, who, when and why, as well as how to stack the odds in your favour and ways to reduce the impact of osteoporosis on your life. Mothers, daughters, sisters & grandmothers are encouraged to come.

#CF02 1 Thursday starting May 20  
6:30pm-8:30pm ROOM 148  
DEANNE RAPACIOLI **FREE**

## MOVING SAFELY WITH OSTEOPOROSIS

All women need to live a healthy active lifestyle but with Osteoporosis this can be a challenge. Certain types of movement can increase the risk of injury, and some movements may need to be avoided or modified in some way to minimize risk. Deanne will teach the basic dos and don'ts of moving with Osteopenia or Osteoporosis, and give important information to help keep you safe day to day.

#CF35 1 Thursday starting May 27  
6:30pm-8:30pm School Library  
DEANNE RAPACIOLI **FREE**

# GUITAR / PET CARE

## GUITAR LESSONS

### ACOUSTIC

#### GUITAR: Level 1

This course is for absolute beginners who have never played guitar before. Learn basic chords, strumming patterns and finger picking patterns, along with the fundamentals of music theory for guitar (such as how to read guitar tablature and chord music). Students will also learn folk and rock songs by artists like Bob Dylan and Neil Young to get them started on their new-found musical journey. How to re-string and maintain your guitar will also be covered. Practicing throughout the week will ensure further growth, but is not required for participation in course.

(Enter from back of Massey Wing – gym)

#GU1 8 Tuesdays starting

6:00pm-7:00pm Guitar Room 203

DANIEL KARRASCH \$96

#GU2 8 Tuesdays starting Jan. 19

7:00pm-8:00pm Guitar Room 203

DANIEL KARRASCH \$96

#### ACOUSTIC GUITAR: Level 2

This course is for those who have taken Acoustic Guitar Level 1 or its equivalent. Students will continue with basic chords, and learn songs with different strumming patterns. Single-note playing will also be introduced.

#GU3 8 Tuesdays starting Jan. 19

8:00pm-9:00pm Guitar Room 203

DANIEL KARRASCH \$96



## PET CARE



### PET FIRST AID

St. John Ambulance Pet First Aid provides life-saving education which encourages safety in emergency situations, preparing students to respond to life threatening emergencies for domestic animals. A 6-hour course designed specifically for first aid and healthy lifestyle for your dogs and cats. This course covers procedures dealing with choking, CPR, bone and joint injuries, environmental illness and much more. A certificate will be issued upon completion of the course.

Please bring a lunch.

#PT89 1 Saturday starting May 15

9:00am-4:00pm ROOM 128

ST. JOHN AMBULANCE \$48

### ANIMAL MASSAGE AND ENERGY WORK

Animal Massage Practitioner, Daynna Major brings you a fun, interactive informational presentation that tells the things you should know about Animal Massage and Energy Work. They will join you, along with demo bunny Olive, to explain about the benefits of Animal Massage, Therapeutic Touch and other Energy Work modalities. See first hand, a sample of what Animal Massage looks like. PLEASE DO NOT BRING YOUR PET.

#PT92 1 Saturday starting May 15

11:00am-1:00pm ROOM 172

DAYNNA MAJOR \$25

### LEARN TO GROOM YOUR DOG AT HOME

Save money by learning how to groom your dog at home. In this basic dog grooming course you will be shown the best tips and tricks to grooming your dog at home and maintaining their coat between groomings. Also included in this course is a handbook of the many specific-to-breed cuts. This course is taught by Certified Master Groomer Tera Teng, who operates her own grooming school and online training program. She has written a book on the grooming business and has trained over 120 groomers. Also included in this course is a hand-out of your specific-to-breed-cut.

#PT53 1 Saturday starting May 15

9:30am-12:30pm ROOM 162

TERA TENG \$49

### PET COMMUNICATION **NEW!** BASIC

Do you ever wonder what your pet is thinking or feeling? Now you can learn to communicate with him/her in way they will understand. Practice techniques to access your intuition and enjoy a deeper relationship with your pet. Please leave your wonderful pets at home, and bring photos of an animal(s) you know well.

Please bring a bag lunch.

#PT60 1 Saturday starting May. 15

9:00am-4:00pm

ROOM 163

DALTON GRADY

\$54

## DOG TRAINING

### BEGINNER DOG TRAINING

Level 1. Dogs should be 6 months or older.

A beginner's course designed to teach you to train your own dog and understand how dogs learn. This course covers: on leash, heeling, sits, downs, staying, coming when called, as well as basic canine "good manners". Remaining sessions are held outdoors. All dogs must be vaccinated. Please bring vaccination certificate on information night. Aggressive dogs will be asked to leave the course. (1 Info night plus 6 Saturdays)

#PT48 6 Saturdays starting April 17<sup>th</sup>

9:00am -10:00am TODD KIER \$105

*Dog Training Beginner and Level 2*

*The first session held at New Westminster Secondary on Monday, April 12<sup>th</sup> 2010 at*

*7:00-8:30 pm in Room 182. Please*

*do not bring your dog the first night.*

*[www.k9assistance.com](http://www.k9assistance.com)*

### BASIC OBEDIENCE: **NEW!** LEVEL 2

Basic Obedience Level 2 is designed to take your skills and those of your dog to the next level. Distraction training is emphasized. The 'Stay', 'Focus' and 'Leave it' commands, as well as walking on a loose lead skills are honed. Level 2 will focus on improving your dog's attention and response time to the commands while working in higher distraction environments. Field trips to local off-leash parks and various New Westminster neighbourhoods will take place to strengthen the recall and honing skills while working on- and off-leash. Teams (person and dog) are expected to have completed a basic obedience course Level 1. Aggressive dogs will be asked to leave the course. (1 Info night plus 6 Saturdays)

#PT65 6 Saturdays starting Apr. 17

10:15am-11:15am TODD KIER \$105

## INTERNATIONAL EDUCATION

### International Education Host Family Opportunities

The New Westminster School District International Education Program is accepting applications for potential host families to host students for long and short-term programs.

Visiting students live with a local family while attending middle and high school in New Westminster.

Families receive a monthly (long-term) or nightly (short-term) fee.

For more information or to receive an application please call 604-517-6279.



# HEALTH AND SAFETY

## COAST GUARD PLEASURE CRAFT OPERATORS CARD

The Pleasure Craft Operators Card (PCOC) is issued by Canadian Coast Guard accredited providers. Burnaby Squadron of Canadian Power and Sail Squadrons will hold a one-day course in cooperation with New Westminster Night School Programs to provide the PCOC. No prerequisites are needed. The 50-question multiple choice test is in English and will be administered by the end of the day. Suitable for motivated students ages 12 to 82+. This PCOCard is good for life and is also valid in the USA. Registration is the official application for the PCOC. At the beginning of class, students must show the instructor photo ID with date of birth (driver's license or school ID cards are okay). The PCOC must be carried like a car driver's license by anyone operating a powered vessel in Canada. 'Power' means any motor, including small electric motors. All boat operators must carry the PCOC now. The fine for not producing it to enforcing officers is \$250.00.

**#LA04** 1 Saturday starting May 15  
8:00am-4:00pm ROOM 164  
JACK WAINWRIGHT \$88

## BABYSITTING COURSE

Offered in cooperation with St. John Ambulance Association. What every Babysitter should know. This course is designed to teach young people ages 11 and older how to babysit children and infants. The course will enhance knowledge of safety, responsible babysitting and will develop skills to cope with common emergencies. Students who successfully complete the program will be issued a certificate of completion. 1/2 hour lunch break. Please bring a lunch.

**#HS25** 1 Saturday starting May 15  
9:00am-3:30pm ROOM 125  
ST. JOHN AMBULANCE \$55

## SAVE THAT CHILD

Offered in cooperation with St. John Ambulance Association. Learn how to handle common emergencies involving children and infants: how and when to call an ambulance, save a choking baby or child, restore breathing and circulation, control bleeding, treat poisons and manage cuts and burns.

**#HS82** 1 Saturday starting May 15  
9:00am-1:00pm School Library  
ST. JOHN AMBULANCE \$48

## EMERGENCY FIRST AID COMMUNITY CARE **NEW!**

Effective October 1, 2009, the Emergency First Aid - Child Care and Emergency First Aid - Adult Care courses have been combined into the Emergency First Aid - Community Care course. This course is designed for people working in a licensed child and adult care facilities or for anyone providing care for infants, children and adults. This course meets the first aid requirements under the Ministry of Healthy Living and Sport - Community Care Licensing Branch, Canada Labour Code Basic First Aid. This course is not recognized as an equivalent to Work Safe BC Occupational Level 1 First Aid. Upon successful completion of this course participants will receive a 3-year St. John Ambulance Emergency First Aid - Community Care certificate.

**#HS54** Mon June 7 & Wed June 9  
6:00pm-10:00pm School Library  
ST. JOHN AMBULANCE \$85

## STANDARD FIRST AID WITH CPR AND AED

Offered in cooperation with St. John Ambulance Association. This is a new course offering the use of the AED, a machine that provides a shock of electrical energy to re-start the heart. This course is designed to provide comprehensive first aid and CPR training for all ages which can be applied in an emergency. Topics include: artificial respiration, CPR, severe bleeding, bone and joint injuries and more. Upon completion of this course students will receive a St. John Ambulance Standard First Aid with CPR-C and AED (3 year) certificate and a CPR-C with AED certificate.

**#HS12** 6 Mondays starting Apr. 19  
6:30pm-9:30pm School Library  
ST. JOHN AMBULANCE \$135

## TO CLEANSE OR NOT TO CLEANSE **NEW!**

An informative discussion on cleanse/detox programs and answering the questions: Do we need to cleanse?

Is it safe? What products are available? Do you need to buy a product to cleanse? How will I feel during/after a cleanse?

**#HS98** 1 Tuesday starting May 11  
7:00pm-9:00pm ROOM 161  
PENNY TAYLOR \$25

## WE ARE WHAT WE EAT **NEW!**

We are What We Eat...What is Your Body Telling YOU? Introduction to nutrition basics, digestion/absorption of nutrients and listening for signals/symptoms of what the body needs.

**#HS96** 1 Tuesday starting May 18  
7:00pm-9:00pm ROOM 161  
PENNY TAYLOR \$25

## WEIGHT LOSS **NEW!** MADE SIMPLE

Knowing how the body processes food helps in understanding how the body gains and loses weight/body fat. Learn how to design a healthy weight loss plan. Learn how to control blood sugar, cravings, bingeing, increase energy and how to identify food sensitivities possible allergies.

**#HS94** 1 Tuesday starting May 25  
7:00pm-9:00pm ROOM 161  
PENNY TAYLOR \$25

## THERAPEUTIC TOUCH: Level 1

Marie Preissl is a registered nurse who has been teaching Therapeutic Touch for over 26 years. Marie trained in Therapeutic Touch in workshops with Dr. Delores Krieger and Dora Kunz. Therapeutic touch is currently being practiced in hospitals to induce deep relaxation and re-balancing of a person's energy field and back to wellness. Use your hands to help and heal physical and emotional pain. This ability is a natural potential in all human beings. You will experience sending and receiving energy. This is not a massage course but works well as an adjunct with massage.

A certificate will be issued at the end of the 4th session (12 hours).

**#PE36** 4 Wednesdays starting Apr. 14  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL \$75

## THERAPEUTIC TOUCH: Level 2

Prerequisite: Level 1. The overall goal of these workshops is to assist practitioners in deepening their understanding of Therapeutic Touch and themselves as healers. Will include meditation to create centered experience, use of intention, safety for self and healer, using imagery with T.T.

**#PE35** 4 Wednesdays starting May 12  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL \$75

## THERAPEUTIC TOUCH: Level 3

Prerequisite: Level 1 & Level 2.  
**#PE33** 4 Thursdays starting May 6  
7:00pm-10:00pm ROOM 133B  
MARIE PREISSEL \$75

# LANGUAGES / ESL

## ESL CLASSES

### ENGLISH AS A SECOND LANGUAGE

Evening Classes  
Beginner / Intermediate  
Conversation

Monday, Wednesday and  
Thursday Evenings

This course is geared towards those students who have sound English knowledge but lack practical conversational skills. Learn to speak English more clearly and confidently **with correct pronunciation.**

#### Course #LN54 (8 weeks)

Classes start: Monday April 12

Classes end: Monday June 7

7:00-9:00 pm ROOM 186

Instructor: SYDNEY DEAN

Fee: \$270

**NO REFUNDS AFTER THE FIRST WEEK**

### GRAMMAR & PUNCTUATION

A basic grammar and punctuation refresher course to help you recognize and correct common writing errors. Great for adult students, business people and ESL students.

#BW31 2 Tuesdays starting Apr. 13

7:00pm-9:00pm ROOM 227

ANITA SMITH \$38

### AMERICAN SIGN LANGUAGE FOR BEGINNERS

Join Ryan as he provides students with an opportunity to learn sign language skills and vocabulary. ASL (American Sign Language) is used by our deaf community. This course will help you to communicate with your family, friends and community members. Acquisition of approximately 600 signs, finger-spelling, intro to deaf culture and history of deafness. Text included. This is not a certification course but students will receive a certificate of attendance.

#LN33 8 Thursdays starting Apr. 15

6:30pm-9:30pm ROOM 160C

RYAN OLLIS \$150

### JAPANESE

This course is designed for adult students who have an interest in Japanese language and culture and for people who are planning a trip to Japan. As well, this course will be helpful for students who are planning or preparing to study further at a college or university. This course will be presented using visual and easy-to-understand materials. Text included.

#LN17 8 Thursdays starting Apr. 15

7:00pm-9:00pm ROOM 117

AKIYO HORIE \$86

### CHINESE MANDARIN: LEVEL 1

Mandarin is the official language of China and Taiwan and is now the official language of Hong Kong. Come and learn the Roman alphabet as a basis for reading. This alphabet will help students with pronunciation and conversation.

#LN18 8 Thursdays starting Apr. 15

7:00pm-9:00pm ROOM 268

YAN SUN \$65

### CHINESE MANDARIN: LEVEL 2

Continue to study Mandarin, the official language of China, Taiwan and Hong Kong. You will improve your pronunciation and gain more knowledge of the culture.

#LN21 8 Tuesdays starting Apr. 13

7:00pm-9:00pm ROOM 268

YAN SUN \$65

### FRENCH: LEVEL 1

These sessions will cover basic conversational skills, pronunciation and beginner vocabulary. For those who have no French or very basic French. Useful for travel in French-speaking countries and conversing with neighbours and friends. Text included in course fee.

#LN12 8 Tuesdays starting Apr. 13

6:00pm-7:30pm ROOM 123

BEAU GABINIEWICZ \$88

### FRENCH: LEVEL 2

This course is for those who have some knowledge of French and want to learn more. Students will be using the same text from Level 1. Approximately 70% of the course is devoted to oral, listening and conversation skills. Textbook is available for purchase (\$22) first night of class.

#LN16 8 Tuesdays starting Apr. 13

7:35pm-9:05pm ROOM 123

BEAU GABINIEWICZ \$68

### ITALIAN: LEVEL 1

A beginner's course in conversational Italian that allows you to carry on a conversation with neighbours, family or when travelling. Join James for this 8-week course where you will better understand the basics of Italian.

Text included.

#LN26 8 Thursdays starting Apr. 15

6:30pm-8:00pm ROOM 121

JAMES STOCCO \$88

### ITALIAN: LEVEL 2

A continuation of Level 1 Italian. It is recommended that students have taken an introductory Italian class; some degree of fluency and understanding is required for participation in this class. Textbook is available for purchase (\$22.00) first night of class.

#LN29 8 Thursdays starting Apr. 15

8:00pm-9:30pm ROOM 121

JAMES STOCCO \$69

### SPANISH: LEVEL 1

Achieve a basic degree of fluency and understanding. Your visit to a country where Spanish is spoken will be greatly enhanced by your ability to converse with the native people. Text included.

No class May 24th.

#LN43 8 Mondays starting Apr. 12

6:30pm-9:00pm ROOM 160C

MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting Apr. 13

6:30pm-8:00pm ROOM 121

JAMES STOCCO \$88

#LN92 8 Wednesdays starting Apr. 14

6:30pm-9:00pm ROOM 161

MAGDALENA HANSEN \$99

### SPANISH: LEVEL 2

A continuation of Level 1 Spanish using the same text. It is recommended that students have taken an Introductory Spanish class - some degree of fluency and understanding is required for participation in this class. Text not included but may be purchased (\$22) first evening.

#LN22 8 Tuesdays starting Apr. 13

8:00pm-9:30pm ROOM 121

JAMES STOCCO \$69

Registration starts  
Monday, March 22<sup>nd</sup>  
9:00 am [www.ce40.ca](http://www.ce40.ca)

# LEISURE ACTIVITIES

## ANGELS AND GUIDES

Every human has a Guardian Angel and Guides. We will discuss the ways in which they relate to each other and help us humans through, for example, coincidences and direction in emergencies. Participants will be encouraged to share and discuss their experiences of angels, guides and unexplainable events.

#LA86 1 Tuesday starting May 18

7:00pm-9:00pm ROOM 149  
MALCOLM SMITH \$25

## ASTROLOGY WORKSHOP

Astrology is a symbolic language based upon the movement of the stars. This language is a wonderful tool for developing personal insight into yourself and your 'soul purpose' in this lifetime. This fun course will take you through the 12 Zodiac Signs, Moon Signs and your Ascendant. Brenda is a practicing Astrologer with over 20 years experience. Each student will have their chart done for this course. Please phone in and give date, time and place of birth. Call 604-517-6345. Please bring a bag lunch.

#LA89 1 Saturday starting May 15

9:00am-4:00pm ROOM 267  
BRENDA SCHAUER \$49

## BASICS OF PALM READING

'The Map of a Palm' will tell us of your basic personality traits. We learn where to find the Will, the inner and exterior natures, relationships, children, strengths and weaknesses. You will learn all the lines, the mounts, the ten regions and their meanings. It's fun and very enlightening

#LA43 1 Monday starting May 3

7:00pm-9:00pm ROOM 172  
JULLIN \$22

## INTRODUCTION NEW! TO TAROT CARDS

The Tarot can tell us what we are thinking and feeling and what goes on around us. Together we follow the journey of the fool through the major arcana, meet the 'Children of the Rota' and define the meanings of the 'Pip' cards. You will learn different layouts, how to shuffle, bless, protect and handle your cards. Samples will be available to view and work with, but bring yours along if you have them.

#LA44 2 Mondays starting May 10

7:00pm-9:00pm ROOM 148  
JULLIN \$29

## THE HEALING POWER OF CRYSTALS

Crystals have been used by ancient healers for ages and are just being rediscovered. What is a crystal? Who can benefit from crystal therapy? What can crystals help with? Does crystal therapy work from a distance? Join Anthea as she explains the principles behind using crystals as a therapeutic method.

#PE76 1 Thursday starting May 13

6:30pm-9:30pm ROOM 161  
ANTHEA \$25

## THE PARANORMAL

This is a fascinating interactive class about psychic phenomenon, telepathy, spiritual healing, channeling, ESP, out of body experiences, legendary creatures, hauntings and ghosts which have been known in every culture in history. Share your own story.

Instructor's book optional (\$30).

#LA61 1 Tuesday starting Apr. 13

7:00pm-9:30pm ROOM 148  
BRIAN RUHE \$25

## THE SOURCE OF CREATIVITY

An exploration of the process of co-creation with your Guides. Topics covered include: coincidence, inspiration for artists and scientists, creative problem solving, research and invention, your personal quantum field and the Cosmic Lattice, reality co-creation, imagination, prayer and manifestation, Indigo and Crystal children and their gifts.

#LA98 1 Tuesday starting May 11

7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$25

## EMPIRE OF ATLANTIS

Topics covered: refugees from the destruction of Lemuria, life in Atlantis and the spiritual characteristics of the people, classes of Atlantean society, the scientific projects of the technician class, the world wide Atlantean empire, the destruction of Atlantis -- how it was foretold, how it happened and what happened to the survivors, the second Atlantis and the impact of the destruction of Atlantis on our lives today.

#LA88 1 Tuesday starting May 4

7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$25

## THE MAGIC OF RUNES

Runes are an ancient Germanic alphabet, used for writing, divination and magic. Join Anthea and learn more about the symbols meaning, divination with runes and a bit about Norse mythology.

#PE73 1 Thursday starting May 20

6:30pm-8:30pm ROOM 163  
ANTHEA \$25

## BASICS OF WICCA

Join us for a 3-hour workshop detailing the basics of Wicca. During the course of the event we will dispell common misconceptions and myths about this intriguing religion, as well cover its history, practices and beliefs. This is a course designed to educate, not convert.

#LA70 1 Saturday starting May 15

1:00pm-4:00pm ROOM 148  
JENNIFER THRASHER-STROUDE \$25

## MAGICAL ALPHBETS NEW!

For those who seek the 'Light' of Hidden Knowledge enter the realm of Magical Alphabets, where a rich harvest of information grants the gifts of awareness and the power of insight. Join Jullin in unlocking the system of correspondences to reveal the secrets & wisdom of all time.

#LA45 2 Thursdays starting May 13

7:00pm-9:00pm ROOM 149  
JULLIN \$29

## PENDULUM DOWSING

Three methods of working with your pendulum are explored: testing environmental energy, various ways to get a 'yes' or 'no' answer and conversations with your Guides. A simple pendulum and charts will be provided.

#LA87 1 Tuesday starting May 25

7:00pm-9:00pm ROOM 148  
MALCOLM SMITH \$25

## INTUITION AND THE HIGHER SELF AND SPIRIT GUIDES

Connect and receive messages from your Spirit Guides in this experimental workshop. You will learn the deep impact intuition plays in your daily life and how to expand upon it, broadening the base of knowledge, divine wisdom, guidance and assistance that you have access to.

#PE17 1 Monday starting Apr. 26

6:30pm-9:30pm ROOM 133B  
CHERYL BREWSTER \$28

# LEISURE ACTIVITIES

## INTRO TO FENG SHUI: **NEW!** INTERIOR DESIGN

Harness the power of being balanced with nature, with your home and rooms. This fun introduction of Feng Shui offers you an insight to the theory and application of I-Ching in reaching a harmonious balance with your spouse and family with the use of colour, auspicious ornament placement and orientation to achieve the maximum absorption of Qi, the energy of your living surroundings. Knowing your birth-time before class helps instructor to personalize your Chinese Bazi astrology energy chart.

**#HD07** 1 Thursday starting May. 6  
6:30pm-9:30pm ROOM 269  
SAN CHANG \$25

## CHINESE FACE READING

Face Reading has been popular amongst the Chinese people since the beginning of time. It is not just the face, but palms, bones, behaviour, voice and even body hairs. After accumulating thousands of peoples' outward features and behaviours, some ancient Chinese have written summary books on their findings and use those findings as ways of predicting future events, fortunes, health, accidents, etc., and many Chinese have benefited from these findings when choosing mates, when hiring employees, when partnering in business or just when choosing "right" friends.

**#LA18** 1 Thursday starting Apr. 29  
6:30pm-9:30pm ROOM 269  
SAN CHANG \$25

## UFOS (UNIDENTIFIED FLYING OBJECTS)

Have you always wondered? Are you a believer? The truth is out there. Take a look at the substantial evidence that unidentified flying objects are real. Learn at home from selected YouTube documentaries, Internet readings and government documents. This course covers local sightings, current ufology, the history going back to Roswell, alien abductions and the secrecy suppressing this valuable advanced technology. Brian Ruhe is an author and UFO aficionado.

**#LA60** 1 Saturday starting May 15  
1:00pm-3:30pm ROOM 127  
BRIAN RUHE \$25

## BRIDGE : ABSOLUTE BEGINNER

Everybody's playing bridge - but you? Join Sally for 2 weeks of no bidding bridge. Total beginners welcome. Learn the basics of bridge play in a fun and relaxing atmosphere. For students wanting to learn more, a book will be available for purchase.

**#LA83** 1 Monday starting Apr. 12  
6:30pm-8:30pm ROOM 265  
SALLY CRAIG \$27

## BRIDGE: BASIC BIDDING 1

Geared for students who have completed the 'Absolute Beginners' sessions and want to move on. Emphasis will be on learning/updating your bidding. Review the basics and play for fun. The Audrey Grant book is available for purchase.

**#LA82** 6 Tuesdays starting Apr. 13  
6:30pm-8:30pm ROOM 265  
SALLY CRAIG \$62

## BRIDGE: BASIC BIDDING 2

A continuation of Basic Bidding Level 1.

**#LA84** 6 Wednesdays starting Apr. 14  
6:30pm-8:30pm ROOM 265  
SALLY CRAIG \$62

## FLY FISHING

Learn to fly cast and save yourself years of frustration with our Certified Casting Instructor. This fundamental class covers the science, equipment and application of good casting. Your own rod set up with a floating line is required.

**#LA08** 2 Tuesdays starting May 18  
7:00-9:30pm Large Massey Gym  
ADRIENNE COMEAU \$35

## FLY TYING

Come down and learn how to tie the flies you fish with. Aaron Laing, internationally recognized fly tyer & former competitor in the Canadian Fly Fishing Championships, hosts a four week introduction to fly tying. Participants will learn all about basic terminology, equipment, materials, and techniques used in fly tying. By the end of the course students will have mastered at least six basic patterns tailored to their preferred fishery. Also included will be a discussion of local fishing opportunities and how to fish with the flies tied. All tools and materials provided.

**#LA10** 4 Wednesdays starting April 28  
8:00pm-10:00pm ROOM 154  
AARON LAING \$58



## AN EVENING OF **NEW!** PORT- WINE WORKSHOP

This workshop is the perfect remedy for a spring evening! Discover and explore different Ports and gain an understanding of what makes these fortified wines one of the most underrated wine values in the world. We will discuss food-friendly Ruby and Tawny styles and pair these wines with some interesting cheese samples. You will leave this class with a better understanding and appreciation of Ports and all the interesting tastes they have to offer.

**#WB87** 1 Wednesday starting May 26  
7:00pm-9:00pm ROOM 148  
JOHN GERUM \$48

## SUMMER BBQ **NEW!** VALUE WINES WORKSHOP

Enjoy an evening discovering, discussing and sampling amazing summer value wines from around the world. You'll learn to find your own wines that can be enjoyed on the patio this summer, and at the same time learn some tricks on how to match them to your favourite BBQ foods! Save hundreds of dollars a year using our method for sourcing unique value wines.

**#WB76** 1 Monday starting May 3  
7:00pm-9:00pm ROOM 148  
JOHN GERUM \$43

## WINE **NEW!** APPRECIATION 301

The wines of France, Spain and Italy will be explored with a focus on the quality wine regions within each country. Macro, meso and micro climate, terroir and the life cycle of the vine will be studied in detail. An examination of the factors involved in making great wine and the influence that oak barrels have on improving the complexity of fine wines will also be conducted.

Prerequisite: basic wine knowledge.  
**#WB70** 4 Thursdays starting Apr. 15  
7:00pm-9:00pm ROOM 148  
JOHN GERUM \$169

# MONEY MATTERS

## REAL ESTATE SEMINAR FOR FIRST TIME BUYERS

A house or apartment purchase may likely be the most important purchase you will make. The mortgage industry is an increasingly complex one with numerous lenders, many of whom do not work directly with the public. Additionally, a myriad of mortgage products are available in the marketplace. Are you aware of and understand all of these options? We will cover a variety of topics including mortgage comparisons, selecting a realtor, mortgage advisor and a home inspector, valuable money saving tips as well as pitfalls to avoid. This course will provide you with useful information to help with your purchase.

#MM50 1 Wednesday starting Apr. 21  
7:00pm-9:30pm ROOM 163  
RANDY JOHNSON \$26

## KEEPING THE FAMILY COTTAGE IN THE FAMILY

If you have a cottage in your family, it is time to look at the tax consequences! With the rise in property values in B.C. and across Canada most people are unaware of the Capital Gains cost on these properties. Ultimately, this might mean that the much-loved family cottage will have to be sold, as the taxes may be unaffordable for your heirs. This course is a must for any one owning recreation property.

#MM15 1 Wednesday starting May 26  
7:00pm-9:00pm ROOM 123  
MICHAEL PRETO \$26

## ROAD TO RETIREMENT THE TOP 5 STRATEGIES

1. The new Tax Free Savings Account-How to use the new tool in your toolbox.
2. RRSPs - Are they right for you?
3. Asset Allocation - Make sure that you have a plan to get you through the tough times and come out ahead.
4. Retirement Income - How much money are you going to need to be happy in retirement?
5. Insured Retirement Strategy - Create your own pension plan. Join Mike Preto, CFP, to learn about how to best prepare you for retirement. Recommended for anyone who does not feel that they are ready for the biggest holiday of their life.

#MM22 1 Wednesday starting May 19  
7:00pm-9:00pm ROOM 149  
MICHAEL PRETO \$26

## MAKING SENSE OF STOCK INVESTING

Do individual stocks make sense for your portfolio?

1. Why you should own stocks and different ways to own stocks.
2. Ten Golden Rules for investing.
3. What you should know about asset allocation and the potential for rising dividends.
4. Why our approach to owning stocks may help achieve your financial goals.

#MM74 1 Monday starting May 17  
7:00pm-9:00pm ROOM 123  
NICK CHENG \$26

## STRATEGIES TO PROTECT YOUR INVESTMENTS

Let Nick share ideas to preserve your savings today and help you pass them on to your loved ones tomorrow.

1. The benefit of segregated funds and annuities in your portfolio.
2. How annuities and segregated funds differ from other types of investments.
3. Ways to quickly and privately pass investments directly to your beneficiaries
4. The potential for creditor protection.

#MM77 1 Monday starting June 7  
7:00pm-9:00pm ROOM 123  
NICK CHENG \$26

## REAL ESTATE FOR WOMEN

Are you a single woman still trying to decide if you should rent or purchase a new home? Are you going through a divorce and are not sure of your options: i.e., keep your home, purchase a new home, rent or have tenants? In this course you will learn in a supportive environment about the home buying process, how to secure your financial future by building your equity and the most common areas for legal disputes with an experienced Realtor, Mortgage Broker and Legal Professional.

#MM92 1 Wednesday starting May 5  
7:00pm-9:30pm ROOM 163  
PAULINE PROBYN, B.A. \$26  
ISABELLE BERTRAND, B.B.A.,  
JAMIE WOOD B.A., LLB.

## 10 PRINCIPLES FOR LIVING IN RETIREMENT

At this course, participants will learn: the 10 proven principles to help investors reach their goals in retirement, a systematic process to develop and maintain a strategy for managing their income throughout retirement, answers to common questions such as: How much will I need? How much can I withdraw? How long will I need it for? and How do I make it last?

#MM83 1 Monday starting May 31  
7:00pm-9:00pm ROOM 123  
NICK CHENG \$26

## MAKING SENSE OF RETIREMENT

Get answers to your retirement questions at our retirement planning seminar. One day you will have to depend on the retirement plans you make today. It's time to give your goals the attention they deserve. You'll learn everything from the ways to save and invest for retirement to getting the most from the choices you make. After all, retirement is just too important to make up as you go along.

#MM69 1 Monday starting Apr. 19  
7:00pm-9:00pm ROOM 123  
NICK CHENG \$26

## ESTATE PLANNING: BUILDING YOUR LEGACY

Learning about the key elements of a successful estate plan. More than just investments, it's about caring for family, friends and special organizations through some simple preplanning. Following the four key building blocks of an effective estate plan, this seminar touches on important aspects to consider when creating or updating an estate plan.

#MM84 1 Monday starting May 3  
7:00pm-9:00pm ROOM 123  
NICK CHENG \$26

## SELLING THE FAMILY HOME A TRAUMATIC DECISION!

We will discuss the grief and loss of the family home; the coping strategies for life in a multi-family complex. We will review how condos function, rental rules and regulations, how co-ops function and questions to ask if moving to a facility.

#PE63 1 Monday starting Apr. 26  
6:30pm-9:30pm ROOM 148  
ANGELA SEALY \$25

# PERSONAL ENRICHMENT

## PARENT EDUCATION WORKSHOPS **NEW!**

### WORKSHOP: ANXIETY

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

- What is teen anxiety?
- How does it differ from normal behavior?
- What can you do as a parent?
- Where to get help   ▪ Other resources

#PW10 1 Thursday starting Apr. 29

7:00pm-9:00pm                      ROOM 164  
BROOKE LEWIS                              \$23

### WORKSHOP: DEPRESSION

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

- What is teen depression?
- How does it differ from normal behavior?
- Signals of suicide ideation
- What can you do as a parent?
- Where to get help   ▪ Other resources

#PW12 1 Thursday starting May 6

7:00pm-9:00pm                      ROOM 164  
BROOKE LEWIS                              \$23

### WORKSHOP: TECHNOLOGY

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

- Social networking sites
- Cyber-bullying           ▪ Cell phones
- Video Games
- Tips on how to regulate use of technology
- Where to get help   ▪ Other resources

#PW14 1 Thursday starting May 13

7:00pm-9:00pm                      ROOM 164  
BROOKE LEWIS                              \$23

### WORKSHOP: DRUG AWARENESS

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

- Uppers, downers, all arounders
- How to bring the subject up to your child
- Where to get help   ▪ Other resources

#PW16 1 Thursday starting May 20

7:00pm-9:00pm                      ROOM 164  
BROOKE LEWIS                              \$23

### WORKSHOP: EATING DISORDERS

Goals: To help parents understand and identify youth issues and to help youth and their families become aware of resources available to them.

- The different disorders
- How to raise the issue with your child
- Signs
- Where to get help   ▪ Other resources

#PW18 1 Thursday starting May 27

7:00pm-9:00pm                      ROOM 164  
BROOKE LEWIS                              \$23

## JOURNALING

### DISCOVER YOUR LIFE PURPOSE THROUGH JOURNALING **NEW!**

Do you know why you are here? Each of us has two unique life purposes. Delight in exploring your personal mission at this life purpose workshop. Align with your life purpose and you'll find your passion and personal power. Experience more meaning and fulfillment in your life. Watch your energy, health and peace of mind improve. Course objectives: develop life purpose ideas from various approaches, learn about levels of life purpose, create a life purpose statement, and provide a relaxing and reflective environment for exploring.

SketchaJournal included in course fee.

#PE43 1 Wednesday starting May 5

6:30pm-9:30pm                      ROOM 164  
DIANE DOYLE                              \$39

### THE POWER OF JOURNALING: **NEW!**

#### AN ADVENTURE IN SELF-DISCOVERY

Journaling allows us to absorb information more effectively. It also helps us be more focused and creative. It awakens a new level of awareness. It creates more space for deeper thoughts to come through. Our minds work at about 1000 words per minute. When we write, the mind slows down to about 100 words a minute. This course brings in an additional element by using images with words to bring balance to your right and left brain thinking. Diane has been journaling for over 30 years and developed and created SketchaJournals for the right/left brain thinker.

SketchaJournal included in course fee.

#PE41 1 Wednesday starting Apr. 28

6:30pm-9:30pm                      ROOM 148  
DIANE DOYLE                              \$39

## TRAVELSMARTS

### TRAVELING ON THE CHEAP FRUGAL STRATEGIES FOR SAVING ON FLIGHTS

A no-brainer return on investment (and then some), this class will teach you loads of ways to cut travel costs for leisure and business trips close to home or around the world. Learn simple road-tested strategies to save on flights, accommodation, cruises and car rentals. You'll also find out what the best resources on the web are for frugal globetrotting. Taught by a travel insider and travel coach, the presenter has gained hands-on experience keeping costs down while jetting to six continents.

#TR99 1 Wednesday starting Apr. 28

7:00pm-9:30pm                      ROOM 164  
ANDREA PERCHOTTE                      \$28

### TRAVELSMARTS: PART 1

A must for any traveller, this workshop is packed with dozens of practical insider techniques and will equip you with invaluable tools for your next trip. Learn top tips for air travel, in-flight comfort, packing light and right, buying luggage, avoiding/managing problems travellers often face, car rentals, trip planning and more. Also included will be must-know websites. The workshop is taught by a former flight attendant who has jetted to six continents and studied, worked and volunteered abroad.

#TR89 1 Thursday starting May 6

7:00pm-9:30pm                      ROOM 163  
ANDREA PERCHOTTE                      \$28

### TRAVELSMARTS: PART 2 **NEW!**

Learn valuable, practical insider tips for hotels, staying safe and healthy, reducing the likelihood of jet lag and seasickness, selecting a cruise, best times to cruise, sleeping well on the road, key questions to ask travel agents, unique accommodation alternatives and more. Also included will be must-know websites. The workshop is taught by a former cruise line crew member, hotel inspector and flight attendant who has jetted to six continents & studied, worked & volunteered abroad.

#TR79 1 Tuesday starting May 18

7:00pm-9:30pm                      ROOM 163  
ANDREA PERCHOTTE                      \$28

# TRAVEL / QUILTING / SEWING

## TRAVEL cont.

### NEWFOUNDLAND

**NEW!**

One of my many favourite places to visit in Canada is Newfoundland & Labrador. There you find the most wonderful people living a life influenced by music and the sea. I never tire of visiting this wonderful land and hope I can spark some interest in you to enjoy a vacation there soon.

**#TR68** 1 Wednesday starting Apr. 28  
7:00pm-9:00pm ROOM 163  
GEORGE BELL \$22

### AWESOME AUSTRALIA

After many trips Down Under, George still comes home feeling that he has experienced an exciting and wondrous country that holds much to fascinate. Join George as he introduces you to one of his favourite places to wander within and learn how to make your visit to Australia one you will never forget. Whether it's the people, the scenery or the flora and fauna, this country will surely fascinate you.

Sample itineraries/travelling tips included.

**#TR64** 1 Tuesday starting Apr. 27  
7:00pm-9:00pm ROOM 163  
GEORGE BELL \$22

### CRUISING THE RIVERS AND CANALS OF THE UK & EUROPE

Rare is the vacation that offers it all, from fantastic scenery and historical sites to cultural experiences and wonderful people. The rivers and canals of the UK and Europe offer exceptional vacations for family and friends. Whether you choose to drive yourself in a chartered narrow boat, a cabin cruiser or Penichette or have the luxury of being pampered while aboard a comfortable 10 passenger barge or 150 passenger river ship, you will come home with wonderful memories and experiences. Choose from England, Scotland, Ireland, Holland, France, Italy and many other countries to tantalize your taste buds, sample local wines & cheeses, experience history and meet new friends.

**#TR65** 1 Monday starting Apr. 26  
7:00pm-9:00pm ROOM 163  
GEORGE BELL \$22

### ALASKA BY CRUISE SHIP

Get the most out of your sailing to southeast Alaska from a veteran of 29 cruises. This evening presentation will cover such topics as: cruise ship itineraries, ports of call, shore excursions, hiking and short walks, car rentals, seasons to go and much more.

**#TR86** 1 Tuesday starting May 18  
6:45pm-9:45pm ROOM 161  
FRANK TOWNSLEY \$22

## QUILTING / KNITTING / CROCHET / SEWING

### MAKE A QUILT QUICK AND EASY!

Make a special, personalized gift! There will be four quick and easy projects to choose from. **First** a Double-Season Quilted Table Runner great for your dining room table, which can be flipped over to use for a second season (Winter, Spring, Fall, Christmas, Easter, etc). Kit cost is \$20. **Second** project is a themed Milky Way Quilt (19"x19"). Kit cost is \$20. **Third** project is a pair of placemats. Kit cost is \$20. **Fourth** project is an 'I Spy' child's quilt. Kit cost is \$30. Learn how to quilt your selected project. Basic sewing experience is all that is required. Bring 2 spools of neutral coloured thread, scissors, seam ripper and measuring tape. Kit cost is payable to the instructor. Please request your choice when registering. Please bring a bag lunch.

**#SK41** 1 Saturday starting May 15  
9:00am-4:00pm ROOM 237  
BEAU GABINIEWICZ \$45

### PATCHWORK BED-SIZED QUILT

This course is for all levels. Discover how easy it is to make a beautiful, personalized, bed-sized patchwork quilt in just 6 weeks. If you have a specific idea for a quilt the instructor will help you design a pattern just for you. You will learn to design your own quilt using cut blocks, use a rotary cutter. Piece an entire quilt together including binding and tie, hand or machine quilt.

Only basic sewing skills required.

Supply list will be given at first class.

**#SK40** 6 Mondays starting Apr. 12  
7:00pm-9:00pm ROOM 237  
BEAU GABINIEWICZ \$75

### EASY KNIT

**NEW!**

#### BABY BLANKET

Join Sarah for the day and learn how to create a precious baby blanket. Participants must know how to cast on, knit, and cast off. The ability to purl is an asset, but not a necessity. By the end of the session participants will be well on their way to finishing a beautiful new baby blanket. Please bring \$25 (cash only) materials fee, which includes knitting needles, yarn and a tapestry needle. *Let the office know what colour (pink, blue, yellow or green).*

**#SK22** 1 Saturday starting May 15  
9:00am-3:30pm ROOM 167  
SARAH WETHERED \$45

### KNIT

**NEW!**

#### YOUR FIRST SWEATER

Make a cropped cardigan just in time for Spring and Summer. Learn how to follow a pattern using easy stitches, increasing and decreasing, picking up stitches for edging, buttonholes, and blocking and finishing the completed garment. A small child's sweater can be substituted using the same techniques. Supply fee of \$10 to \$50 (depending on project choice) payable to instructor in cash on first night. Must know how to knit and purl.

**#SK74** 7 Tuesdays starting Apr. 13  
7:00pm-9:00pm ROOM 234  
SHIRLEY MOORE \$89

### BASIC SEWING

This class is designed for the new sewer, as well as for those with some experience. Learn to adjust a pattern to your own measurements and to construct a simple skirt or blouse. Please bring a tape measure, pencil and paper to the first class.

**#SK16** 8 Tuesdays starting Apr. 13  
6:45pm-9:15pm ROOM 237  
KAREN HARBICK \$110

### CROCHET

**NEW!**

#### A HAT, BAG OR CAPELET

Crochet a fitted hat (supply fee \$15), a small tote bag (supply fee \$15) or a summer capelet (supply fee \$30) in this fun class. Students should know the basics of crochet: chain stitch, single crochet and double crochet. You will learn increasing and decreasing. Supply fees payable to instructor in cash on first night.

**#SK90** 5 Thursdays starting Apr. 15  
7:00pm-9:00pm ROOM 235  
SHIRLEY MOORE \$59

# FIVE WAYS TO REGISTER



## ON-LINE

You may now register ON-LINE

[www.ce40.ca](http://www.ce40.ca)

with **VISA** or **MASTERCARD**

## OR WALK-IN

**CONTINUING EDUCATION**

**New Westminster Secondary**

**835 Eighth Street,**

**New Westminster, B.C. V3M 3S9**

Pre-registration is advised but registrations are accepted the first night of the course if space is available.



## PHONE-IN

You may phone in your registration by using

**VISA** or **MASTERCARD**

Have credit card number and expiration date ready when you call.

**CONTINUING EDUCATION OFFICE**

**604-517-6345**

Your receipt will be issued by your instructor at the first class.



## MAIL-IN

Simply complete the registration form and enclose cheque payable to:

**NEW WESTMINSTER SCHOOL BOARD**

and mail with completed registration form(s) to:

**Continuing Education**

**835 Eighth Street**

**New Westminster, B.C.**

**V3M 3S9**

Your receipt will be issued by your instructor at the first class.



## FAX-IN

Please complete the registration form with your **VISA** or **MASTERCARD** number printed clearly on the form.

*Please FAX to:*

**CONTINUING EDUCATION OFFICE**

**604-517-6302**

Your receipt will be issued by your instructor at the first class.



## OFFICE HOURS

**Registration starts: Monday, March 22<sup>nd</sup> 2010**

**ongoing Monday - Thursday**

**9:00 a.m. - 4:00 p.m. & 6:30 p.m. - 8:00 p.m.**

**Friday 9:00 a.m. - 3:30 p.m.**

## WITHDRAWALS, REFUNDS and COURSE CANCELLATIONS

**REFUNDS ARE SUBJECT TO AN ADMINISTRATIVE CHARGE OF \$10.** Refunds must be requested in writing **before the second class commences. Sorry NO credits.** Requests for refunds must state reasons and be accompanied by your original receipt. **For one and two session classes, refunds must be requested two days before the start date of the class.** Please allow three weeks for processing any refunds. Fee payments made by charge card are refunded by means of a credit to your account. **All other refunds are made by cheque.**

Continuing Education reserves the right to cancel courses due to unavailability of instructors, facilities or insufficient enrollment. Each course has a minimum enrollment requirement and is subject to cancellation if this number is not met. Register early to avoid disappointment. Should Continuing Education cancel a class, every effort is made to contact all the students enrolled. Students from a cancelled class, who wish to transfer to another class may do so at this time or receive a FULL refund.

**Our night school classes are offered to adult learners 16 years of age or older.** Classes allowing younger learners are indicated in the course description. GST included when applicable.

Open parking is available in the evening in front of the school.

## REGISTRATION FORM

Use form for Mail-In or Fax-In

Last Name

First Name

Address

City

Postal Code

Home Phone

Cell or Work Phone

**Note:** We do not mail out confirmations. Mark dates on your calendar. Please phone to confirm at 604-517-6345.

COURSE #	COURSE NAME	FEE
<b>TOTAL \$</b>		

Cheque    Visa    Mastercard

Card #

Expiry

Name on the card