

NEW WESTMINSTER SCHOOL DISTRICT #40

Continuing Education

**WINTER
2010**



Photo provided by Cypress Mountain

Registration starts Tuesday, January 4th 2010

Call 604-517-6345 or


Register Online: 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
ALC & Credit Courses 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 Cypress Mountain

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

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ADULT LEARNING CENTRES

- Register in Person Only -

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

Please arrive on time, latecomers will be asked to attend the next registration session.

New Westminster Secondary School Adult Learning Centre

835 8th Street,
New Westminster, BC
Phone: 604-517-6286
Fax: 604-517-6294

Columbia Square Adult Learning Centre

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

Urban First Nations Learning Centre

Room 305-1001 Columbia Street,
New Westminster, BC V3M 1C4
Phone: 604 517-6191
Fax: 604-517-6169

Winter Registration 2010

Wednesday, January 6th
Wednesday, January 13th
Wednesday January 20th t
1:00 p.m. or 7:00 pm
or

Wednesday, January 27th
Thursday, January 28th
9:30 a.m., 1:00 p.m.
4:00 p.m. or 7:00 p.m.

Adult Learning Centre
New Westminster Secondary
School Portables - Room 2
(Corner of 10th Avenue & 8th Street)

Continuous Weekly Winter Registration

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

Adult Learning Centre
New Westminster Secondary
School Portables Room 2
(Corner of 10th Avenue & 8th Street)

Attend school any time during the hours of:

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

Visit our Website at:
<http://www.palc.net>

Winter Registration 2010

*Continuous
Winter Registration*
at Columbia Square

For information call
604-517-6191

Attend school any time during the hours of:

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

Fridays
9:00 a.m. to 3:00 p.m.

Visit our Website at:
<http://www.virtualschoolbc.com>

New Westminster Virtual Secondary School



Urban First Nations Learning Centre

provides a safe environment
where aboriginal people in
New Westminster and
surrounding areas can
study academic courses.

- FREE COURSES -

ELIGIBILITY

19 years or older
Aboriginal ancestries:
Status,
Non-Status,
Metis and Inuit.

PROGRAMS & SERVICES

Upgrading to Grade 11
Grade 12 Diploma
(Adult Dogwood)
Access to and support for:
self paced, on line and
classroom-based courses.

Please phone for
more information

604-517-6191

ACADEMIC CREDIT COURSES



For Information / Registration call 604-517-6286

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

COURSE NAME	COURSE#	DAYS	TIME	DATES 09/10	LOCATIONS
Accounting 11	C01S-4 P01S-4	Mon to Fri Mon to Fri	9:00 AM – 8:30 PM 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	Columbia Square Self-paced Adult Learning Centre Pearson
Accounting 12	D02V-1 P02S-4 P022-4	Available Mon to Fri Tue & Thurs	24/7 Online 8:30 AM – 9:30 PM 12:00 – 2:30 PM	Continuous Intake Continuous Intake Feb 2 – June 10	Columbia Square Virtual Adult Learning Centre Pearson Adult Learning Centre Pearson
Biology 11	D07V-1 P07S-4	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	Columbia Square Virtual Adult Learning Centre Pearson
Biology 12	BJ14-4 BJ12-4 P081-4 D08V-1 D08V-1 P08S-4	Mon & Wed Tue & Thurs Mon & Wed Available Fri Mon to Fri	6:45 – 9:30 PM 6:45 – 9:30 PM 9:00 AM – 11:30 AM 24/7 Online 6:00 – 9:00 PM 8:30 AM – 9:30 PM	Feb 8 – June 16 Feb 9 – June 17 Feb 1 – June 9 Continuous Intake Feb 5 – June 11 Continuous Intake	New West Secondary Room 254 New West Secondary Room 254 Adult Learning Centre Pearson Columbia Square Virtual Columbia Square Room 108 Adult Learning Centre Pearson
Business Computer Applications 11	C103-4 C10S-4	Mon/Wed/Thurs Mon to Fri	2:45 – 4:30 PM 9:00 AM – 8:30 PM	Feb 1 – June 10 Continuous Intake	Columbia Square Room 306 Columbia Square Self-paced
Calculus 12	P12S-4	Mon to Fri	8:30 AM – 9:30 PM	Continuous Intake	Adult Learning Centre Pearson
Chemistry 11	BJ21-4 D15V-1 P15S-4	Tue & Thurs Available Mon to Fri	6:45 – 9:15 PM 24/7 Online 8:30 AM – 9:30 PM	Feb 9 – June 17 Continuous Intake Continuous Intake	New West Secondary Room 177 Columbia Square Virtual Adult Learning Centre Pearson
Chemistry 12	BJ22-4 D16V-1 P16S-4	Mon & Wed Available Mon to Fri	6:45 – 9:30 PM 24/7 Online 8:30 AM – 9:30 PM	Feb 8–June 16 Continuous Intake Continuous Intake	New West Secondary Room 170 Columbia Square Virtual Adult Learning Centre Pearson
Civics 11	P903-4 C901-4	Tue & Thurs Tue & Thurs	4:00 – 6:30 PM 9:00 AM – 11:30 AM	Feb 2 – June 10 Feb 2 – June 10	Adult Learning Centre Pearson Columbia Square Room 302
Communications 11	BJ01-4 C212-4	Tue & Thurs Mon & Wed	6:30 – 9:00 PM 12:00 – 2:30 PM	Feb 9 – June 17 Feb 1 – June 9	New West Secondary Room 182 Columbia Square Room 303
Communications 12	BJ02-4 C221-4 C221-5 P221-4 P223-4 D22V-1 P22S-4	Mon & Wed Mon/Wed/Fri Mon/Wed/Fri Tue & Thurs Mon & Wed Available Mon to Fri	6:30 – 9:15 PM 9:30 AM – 12:00 9:30 AM – 12:00 9:00 AM – 11:30 AM 3:45 – 6:15 PM 24/7 Online 8:30 AM – 9:30 PM	Feb 8–June 16 Jan 4 – Mar 26 Mar 29 – June 11 Feb 2 – June 10 Feb 1 – June 9 Continuous Intake Continuous Intake	New West Secondary Room 261 Columbia Square Room 108 Columbia Square Room 108 Adult Learning Centre Pearson Adult Learning Centre Pearson Columbia Square Virtual Adult Learning Centre Pearson
Data Management 12	C253-4 C25S-4	Mon/Wed/Thurs Mon to Fri	2:45 – 4:30 PM 9:00 AM – 8:30 PM	Feb 1 – June 10 Continuous Intake	Columbia Square Room 306 Columbia Square Self-paced
Drama 12 (FILM/TELEVISION)	C492-4	Mon & Wed	12:00 – 2:45 PM	Feb 1 – June 9	Columbia Square Room 302
English/Math/Social Studies Science Upgrading Recommended for students who have completed ELSA level 3.	P11 P11 P11 C13 C13 C13	Mon to Fri Mon to Fri Mon to Thurs Mon to Thurs Mon to Thurs Mon to Thurs	9:00 AM – 11:30 AM 12:00 – 2:30 PM 6:30 – 9:00 PM 9:00 – 11:30 AM 12:00 – 2:30 PM 6:30 – 9:00 PM	Feb 1 – June 11 Feb 1 – June 11 Feb 1 – June 10 Feb 1 – June 10 Feb 1 – June 10 Feb 1 – June 10	Adult Learning Centre Pearson Adult Learning Centre Pearson Adult Learning Centre Pearson Adult Learning Centre Columbia Sq Adult Learning Centre Columbia Sq Adult Learning Centre Columbia Sq
English 10	D35V-1 P35S-4 P351-4 P354-4	Available Mon to Fri Tue & Thurs Mon & Wed	24/7 Online 8:30 AM – 9:30 PM 9:00 – 11:30 AM 6:30 – 9:00 PM	Continuous Intake Continuous Intake Feb 2 – June 10 Feb 1– June 9	Columbia Square Virtual Adult Learning Centre Pearson Adult Learning Centre Pearson Adult Learning Centre Pearson
English 11 * 8 weeks * 8 weeks	BJ44-4 BJ41-4 P372-4 *C372-4 *C372-5 D37V-1	Mon & Wed Tue & Thurs Wed & Fri Mon to Fri Mon to Fri Available	6:45 – 9:15 PM 6:45 – 9:15 PM 12:00 – 2:30 PM 12:30 – 3:00 PM 12:30 – 3:00 PM 24/7 Online	Feb 8–June 16 Feb 9–June 17 Feb 3– June 11 Feb 1 – April 9 April 12–June 11 Continuous Intake	New West Secondary Room 273 New West Secondary Room 273 Adult Learning Centre Pearson Columbia Square Room 110 Columbia Square Room 110 Columbia Square Virtual
English 12 * 8 weeks * 8 weeks	BJ47-4 BJ42-4 BJ45-4 P391-4 P39S-4 D39V-1 *D39V-1 *D39V-1	Mon & Wed Tue & Thurs Mon & Wed Wed & Fri Mon to Fri Available Mon to Fri Mon to Fri	6:45 – 9:30 PM 6:45 – 9:30 PM 6:15 – 9:00 PM 9:00 AM – 11:30 AM 8:30 AM – 9:30 PM 24/7 Online 9:00 AM – 11:30 AM 9:00 AM – 11:30 AM	Feb 8 – June 16 Feb 9 – June 17 Feb 8 – June 16 Feb 3 – June 11 Continuous Intake Continuous Intake Feb 1 – April 9 April 12–June 11	New West Secondary Room 184 New West Secondary Room 284 New West Secondary Room 277 Adult Learning Centre Pearson Adult Learning Centre Pearson Columbia Square Virtual Columbia Square Room 110 Columbia Square Room 110
Entrepreneurship 12	P942-4	Mon & Thurs	12:00 – 2:30 PM	Feb 1 – June 10	Adult Learning Centre Pearson

ACADEMIC CLASSROOM CREDIT COURSES

Family Studies 12	P43S-4 P432-4 D43V-1	Mon to Fri Tue & Thurs Available	8:30 AM – 9:30 PM 12:00 - 2:30 PM 24/7 Online	Continuous Intake Feb 2 – June 10 Continuous Intake	Adult Learning Centre Adult Learning Centre Columbia Square	Pearson Pearson Virtual
First Nations Studies 12	D40V-1	Available	24/7 Online	Continuous Intake	Columbia Square	Virtual
History 12	D51V-1	Available	24/7 Online	Continuous Intake	Columbia Square	Virtual
Info Tech 10	D13V-1	Available	24/7 Online	Continuous Intake	Columbia Square	Virtual
Law 12	D54V-1 P542-4	Available Wed & Fri	24/7 Online 12:00 - 2:30 PM	Continuous Intake Feb 3 – June 11	Columbia Square Adult Learning Centre	Virtual Pearson
Essentials Math 10	D61V-1	Available	24/7 Online	Continuous Intake	Columbia Square	Virtual
Essentials Math 11	P65S-4 D65V-1	Mon to Fri Available	8:30 AM – 8:30 M 24/7 Online	Continuous Intake Continuous Intake	Adult Learning Centre Columbia Square	Pearson Virtual
Math 10 (Principles)	D62V-1 P62S-4	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	Columbia Square Adult Learning Centre	Virtual Pearson
Math 11 (Principles) Graphing calculator required for Math 10 , Math 11, Math 12 Principles	BJ51-4 BJ55-4 D66V-1 D66V-1 P66S-4 P663-4	Mon & Wed Tue & Thurs Mon/Wed/Thur Available Mon to Fri Mon & Wed	6:45 - 9:15 PM 6:45 - 9:15 PM 1:00 - 3:00 PM 24/7 Online 8:30 AM – 9:30 PM 2:30 - 5:00 PM	Feb 8 – June 16 Feb 9 – June 17 Feb 1 – June 10 Continuous Intake Continuous Intake Feb 1 – June 9	New West Secondary New West Secondary Columbia Square Columbia Square Adult Learning Centre Adult Learning Centre	Room 282 Room 282 Room 108 Virtual Pearson Pearson
Math 12 (Principles) Graphing calculator required	BJ52-4 BJ56-4 D70V-1 P70S-4	Mon & Wed Tue & Thurs Available Mon to Fri	6:45 - 9:30 PM 6:45 - 9:30 PM 24/7 Online 8:30 AM – 9:30 PM	Feb 8 – June 16 Feb 9 – June 17 Continuous Intake Continuous Intake	New West Secondary New West Secondary Columbia Square Adult Learning Centre	Room 284 Room 267 Virtual Pearson
Planning 10	D03V-1	Available	24/7 Online	Continuous Intake	Columbia Square	Virtual
Physics 11	BJ31-4 D80V-1 P80S-4	Tue & Thurs Available Mon to Fri	6:45 - 9:15 PM 24/7 Online 8:30 AM – 9:30 PM	Feb 9 – June 17 Continuous Intake Continuous Intake	New West Secondary Columbia Square Adult Learning Centre	Room 173 Virtual Pearson
Physics 12	BJ32-4 D81V-1	Mon & Wed Available	6:45 - 9:30 PM 9:00 AM – 8:30 PM	Feb 8-June 16 Continuous Intake	New West Secondary Columbia Square	Room 176 Virtual
Science 10	D88V-1 P88S-4	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	Columbia Square Adult Learning Centre	Virtual Pearson
Social Studies 10	D74V-1 P74S-4 P742-4 P744-4	Available Mon to Fri Tue & Thurs Tue & Thurs	24/7 Online 8:30 AM – 9:30 PM 12:00 - 2:30 PM 6:30 - 9:00 PM	Continuous Intake Continuous Intake Feb 2 – June 10 Feb 2 – June 10	Columbia Square Adult Learning Centre Adult Learning Centre Adult Learning Centre	Virtual Pearson Pearson Pearson
Social Studies 11	D91V-1 P91S-4	Available Mon to Fri	24/7 Online 8:30 AM – 9:30 PM	Continuous Intake Continuous Intake	Columbia Square Adult Learning Centre	Virtual Pearson
Writing 12	P933-4 C932-4	Thursdays Fridays	2:30 - 5:00 PM 12:00 - 2:30 PM	Feb 4 – June 10 Sep 18 – June 11	Adult Learning Centre Columbia Square	Pearson Room 108

REGISTRATION INFORMATION

- ▶ **To Register for BJ courses** please register in person or telephone 604-517-6286.
New Westminster Secondary School 835 8th 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 C and P courses** please refer to page 3 Adult Learning Centres.
- ▶ **To Register for D (virtual or on-line) courses** please refer to page 6 for registration info.

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 course.
- CANCELLATION FEE: \$50 will be charged on any cancellation.
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 courses.**

**Pay by
Cash,
Interac,
Visa or
Mastercard only**

ADULT LEARNING CREDIT COURSES

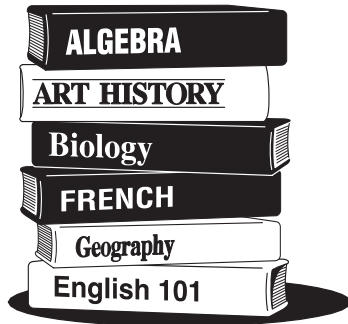
Attend school any time during the day and/or evening



Monday to Thursday 8:30 am - 9:30 pm

Friday 8:30 am - 4:00 pm See page 3 for locations and hours.

Achieve your educational goals



- ◆ Complete Grade 12?
- ◆ Upgrade your English, Math, Socials and Science to the Grade 12 level?
- ◆ Prepare for the GED?

Year Round!

- ⇒ Start at any level
- ⇒ Self-paced and classroom courses
- ⇒ Receive individual help in a relaxed and supportive environment
- ⇒ Set up your own schedule

Requirements for Adult Graduation:

(a minimum of five courses is required)

- English 12 or ● Communications 12 (or equivalent)
- Math 11 (or equivalent)
- Three grade 12 courses or two grade 12 courses and Social Studies 11 or Civics 11



NO Tuition Fees! Call Now 604-517-6286

New Westminster Virtual Secondary School www.NWVSS.ca

early bird

Do you need a school that is open when you are ready to study?

Take high school credit courses on-line.

night owl

high school at home: - many ways to get help **audio, video and text:** - on the internet, all ages

courses available:

- Principles of Math 10,11,12
 - Essentials of Math 10 and 11
 - Planning 10
 - Science 10
 - Social Studies 10 and 11
 - Info Tech 10
 - Biology 11 and 12
 - Chemistry 11 and 12
 - Physics 11 and 12
 - English 10,11 and 12
 - Communications 12
 - History 12
 - Law 12
 - First Nations Studies 12
 - Family Studies 12
- and more.....*

Year Round!

Inquiries to find out more
phone us at 604-517-6191
www.virtualschoolbc.com
or www.nwvss.ca

NWSS YOUTH PROGRAMS

New Westminster Secondary Community School

835 Eighth Street, New Westminster, BC V3M 3S9

International Baccalaureate Diploma Programme

(Located in and administered by New Westminster Secondary School)

The International Baccalaureate Diploma Programme (IB) is a rigorous pre-university course of studies that meets the needs of highly motivated secondary students. The IB graduation diploma is recognized world-wide and successfully completed courses can earn university credit. New Westminster Secondary School offers NWSS Pre-IB Honours courses to grades 9 and 10 students and IB courses to grades 11 and 12 students.

For further information
Call 604-517-6115



jjanz@sd40.bc.ca
Fax: 604-517-6204



SIGMA PROGRAM

A NEW LEARNING EXPERIENCE
IN A HIGH SCHOOL SETTING

New Westminster Secondary School
835 Eighth Street, New Westminster, B.C. V3M 3S9

AN ACADEMIC PROGRAM FOR
STUDENTS 16-18 YEARS OF AGE

- ♦ Grade 12 Graduation (Dogwood)
- ♦ Complete Grade 10, 11, 12
- ♦ Semestered schedule
- ♦ Online courses offered
- ♦ Structured, smaller classes
- ♦ Flexible student schedules
- ♦ Personal/academic/career counselling on site
- ♦ Youth-Care Worker on site

ONGOING REGISTRATION

For further information phone 604-517-6292
email: sigma@sd40.bc.ca Fax: 604-517-6151

SIGMA is located on the 2nd floor of the
Pearson Wing of NWSS across from Room 281.

New Westminster Secondary Community School

POWER PROGRAM

Planning, Ownership, Work, Education, Respect

Young Adult Alternate Program

1001 Columbia Street, New Westminster, B.C. V3M 1C4
(two blocks from the New West Sky Train)

The P.O.W.E.R. Program is a high school
completion program for
youth 16-18 years of age, offering:

- ♦ Self-paced & Classroom Courses
- ♦ One-on-One Tutoring
- ♦ Grade 12 Graduation (Dogwood)
- ♦ Work Experience & Job Search Skills
- ♦ Field trips and Outdoor Activities
- ♦ Personal Counselling

Monday – Thursday 9:30 am – 5:30 pm
Fridays 9:30 am – 4:00 pm

View our website: www.sd40.bc.ca/power/

For further information
Call 604-517-6159 or 604-517-6141
Fax: 604-517-6169

NWSS Registration Information Grades 8 to 12



New registrations for **Semester 2** will be accepted starting **Tuesday, January 5th 2010** between the hours of **9:00 a.m. and 12 NOON**. Completed registrations must be signed by a parent/guardian and accompanied by:

- proof of citizenship,
- proof of New Westminster residency,
- and a copy of the student's most recent school marks.

Students and their parent/guardian will be required to attend an Intake Meeting with the Grade Counsellor and/or Vice-Principal.
Meeting times are arranged upon receipt of completed registration documents.

Semester 2 begins Monday, February 1st 2010. For further information, contact the Registrar, at 604-517-6368.

An important Notice to Parents/Guardians of students planning to enter Grade 8 and 9 in September, 2010 at NWSS.

Please attend our Parent/Student Information Meeting on:



Monday, March 1st 2010 6:30 pm in the New Westminster Secondary School Large Massey Gym

For more details on the International Baccalaureate Diploma Programme,
French Immersion and other programs available at NWSS.

For further information, contact the Registrar, at 604-517-6368

ART

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 provided. A supply fee of \$10 is payable to the instructor the first night in class.

#AP72 6 Tuesdays starting Jan. 19
7:00pm-8:30pm ROOM 154
MARK GAUTHIER \$75

SOAPSTONE CARVING NEXT

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. No class March 11th.

#AP74 8 Thursdays starting Jan. 21
7:00pm-9:00pm ROOM 154
MARK GAUTHIER \$115

COLLAGE/MIX MEDIA ART

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 & textured surfaces with collage techniques on canvas. Bring a bag lunch. **Request supply list at registration.*

#AP18 1 Saturday starting Feb. 6
9:00am-3:30pm ROOM 210
SHELLEY ROTHENBURGER \$58

**Request supply list at registration*

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.

**Request supply list at registration.*

#AP76 3 Wednesdays starting Feb 3
7:00pm -9:00pm ROOM 210
SHELLEY ROTHENBURGER \$58

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 & 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. No class March 11.

#AP13 8 Thursdays starting Jan. 21
7:00pm -9:00pm ROOM 210
SHELLEY ROTHENBURGER \$120

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 mat or both (sm. jar), modelling paste (sm. jar). No class Mar. 9.

#AP14 8 Tuesdays starting Jan. 19
7:00pm -9:00pm ROOM 210
SHELLEY ROTHENBURGER \$120

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 & 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. 11in x 14in) and a supply of scrap paper. No class March 8th.

#AP33 8 Mondays starting Jan. 18
7:00pm-9:00pm ROOM 161
MIMI KEMBALL \$95

LANDSCAPE (8 weeks) 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 (22in. x 30in.) 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 Black 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 in. tape (recommend Painter's Mate delicate tape, #152), xacto knife with #11 blade, HB Pencil and good eraser. Note: watercolour paper is to be cut into 9 pieces about 7 in. x 10 in., 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 Jan. 13
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$130

LANDSCAPE (7 weeks) WATERCOLOUR PAINTING

Beginners, repeats and advanced students all welcome to register. Please bring your supplies to the first class.

No class January 19th.

#AP89 7 Tuesdays starting Jan. 12
6:45pm-9:45pm ROOM 209
FRANK TOWNSLEY \$124



BUSINESS / VOCATIONAL

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. No class March 9th.

#BV68 12 Tuesdays starting Jan. 19
7:00pm-9:00pm ROOM 263
NEDILA YU \$165

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 Jan. 21
7:00pm-9:30pm ROOM 263
NEDILA YU \$129

HOW TO START A HOME-BASED BUSINESS

Got a dream? Want to break away from the employee rut? Learn how to start your own business. This workshop will help you assess and develop your entrepreneur-personality, help you focus your dream and gather the information and resources you will need to begin. We will discuss developing a business plan as well as preparing yourself to venture out on your own. If you have a business plan started or just a great idea, bring it along with you to the class.

#BV07 3 Thursdays starting Feb. 4
7:00pm -9:00pm ROOM 227
ANITA SMITH \$62

THE ART OF SALES

Effective Sales is an art that is enhanced with skill. In this course participants will develop an understanding of the techniques required to master the Art of Sales.

#BV74 2 Thursdays starting Feb. 4
6:30pm -9:30pm ROOM 119
PRIME \$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. No class March 11th.

#BV65 8 Thursdays starting Jan. 21
7:00pm-9:00pm ROOM 123
TOM JONES \$69

ANGER MANAGEMENT

Depending on how we use this emotion, anger can move us forward or cause us great pain. Once recognized, the development and progression of the effects of this emotion can influence the outcomes of intimate relationships with others and ourselves.

#BV05 2 Mondays starting Feb. 8
6:30pm -9:30pm ROOM 133B
PRIME \$49

HOW TO BECOME MORE ASSERTIVE/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 Mondays starting Feb. 22
6:30pm-9:30pm ROOM 121
PRIME \$49

CONFLICT RESOLUTION

Most of us are afraid of conflict and it would be safe to say that we avoid it. But what if we learned that there are numerous benefits to conflict situations; wouldn't you want to explore and seek out this journey to adventure? We will discuss organization culture and its function as well as the tool kit of benefits of conflict.

#BV15 2 Tuesdays starting Jan. 26
6:30pm -9:30pm ROOM 163
PRIME \$49

IMPROVE YOUR COMMUNICATION SKILLS

Exciting and very useful! Improve your relationships and personal power by mastering assertive speaking, active listening, expressing with confidence, creative problem solving, negotiation skills and conflict resolution strategy. Learn how to voice your messages clearly and calmly. Practice communication skills that change tension into healthy rapport with others. Apply your new skills in your private and public life.

#BV27 2 Mondays starting Feb. 8
6:30pm-9:30pm ROOM 121
PRIME \$49

MANAGING DIFFICULT PEOPLE

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

#BV14 2 Tuesdays starting Jan. 19
7:00pm-9:00pm ROOM 227
ANITA SMITH \$39

MEDICAL OFFICE ASSISTANT TRAINING

This introductory course will cover:

- ♦ medical terminology,
 - ♦ body systems,
 - ♦ main duties of a medical office assistant in a physician's office,
 - ♦ introduction to pharmacology,
 - ♦ referrals and introduction to billing.
- A certificate of completion will be issued for this course. No class March 9th.

Bring a 3-ring binder to your first class.

#BV64 8 Tuesdays starting Jan. 19
6:30pm-9:30pm ROOM 117
PEGGY MCKITRICK \$150



BUSINESS / VOCATIONAL

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 evenings for 5 weeks.

#BV44 Mon to Thurs starting Jan. 25
6:00pm-10:00pm ROOM 173
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 Monday - Thursday. Manual included.

#BV45 Mon to Thurs starting Mar. 1
6:30pm-9:30pm ROOM 173
BARRY DALLAS \$150

ETIQUETTE CLASSES 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.

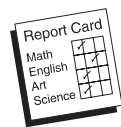
#BV12 1 Wednesday starting Feb. 17
7:00pm-9:00pm ROOM 148
ANN ELIZABETH BURNETT \$25

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 favor 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 Tuesday starting Feb. 2
7:00pm -9:00pm ROOM 149
ANN ELIZABETH BURNETT \$25

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 Wednesday starting Jan. 27
7:00pm-8:30pm School LIBRARY
TERRY SMALL \$42

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 Thursday starting Feb. 25
7:00pm -10:00pm ROOM 133B
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 Feb. 6
9:00am-3:30pm ROOM 119
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 6 Wednesdays starting Jan. 20
7:00pm -9:00pm ROOM 127
ANITA SMITH \$76

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 and help you work through writing blocks. All genres of fiction, non-fiction and journal/memoir writers will benefit.

#BW10 6 Mondays starting Jan. 18
7:00pm-9:00pm ROOM 227
ANITA SMITH \$76

GRAMMAR AND PUNCTUATION

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

#BW31 4 Tuesdays starting Feb. 2
7:00m-9:00pm ROOM 227
ANITA SMITH \$63

BUSINESS / VOCATIONAL

WRITING FOR CHILDREN

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

#BW21 1 Wednesday starting March 3
6:30pm-9:30pm ROOM 127
ANITA SMITH \$37

WRITE & 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 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 March 3
6:30pm-9:30pm ROOM 163 BOB BURNHAM \$44

COMPUTER CLASSES

KEYBOARDING

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 a Computer Keyboarding class. Monday & Wednesday.

#CO93 4 Mon & 4 Wed starting Jan. 18
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$74

COMPUTER KEYBOARDING FAST & 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. March 8 and 10th no class.

#CO96 4 Mon & 4 Wed starting Feb. 15
7:00pm-9:00pm ROOM 266
WANDA MADOKORO \$74

COMPUTER FUNDAMENTALS

This course is 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 brief overview of computer hardware, Windows basics and a few of the capabilities of two of the applications in MS Office - Word and Excel.

The emphasis is on developing a level of understanding and comfort.

#CO81 3 Mondays starting Jan. 18
6:45pm-9:45pm ROOM 255 \$136

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. Students should have some computer experience.

#CO62 4 Mondays starting Jan. 18
6:45pm-9:45pm ROOM 257 \$148

WORD - LEVEL 1

This course is designed to introduce you to one of the most popular word processing programs in the market today. Learn how to create, edit, enhance and manage simple documents. Pre-requisite: Basic working knowledge of Windows.

#CO34 4 Mondays starting Feb. 8
6:45pm-9:45pm ROOM 255 \$148

EXCEL: LEVEL 1

With this popular program you can easily manipulate your data and calculate formulas. Learn how to enter the data into a spreadsheet, enhance it, print it and create a graph/chart from the data. Prerequisite: Basic knowledge of Windows.

#CO35 4 Tuesdays starting Jan. 12
6:45pm-9:45pm ROOM 257 \$148

EXCEL: LEVEL 2

This course focuses on some of the advanced features available with Excel for Windows. 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 or equivalent.

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

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 after the first night.

#CO55 4 Thursdays starting Jan. 21
6:45pm -9:45pm ROOM 257
SAN CHANG \$195

CREATE WEBPAGES

Learn how to 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

#CO21 4 Wednesdays starting Jan. 20
6:45pm-9:45pm ROOM 257
SAN CHANG \$195

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 and organize and manage your personal filing system on the computer by creating folders and subfolders, copying and moving files, deleting files and folders. essential skills for all successful computer users..

#CO8 2 Mondays starting Feb. 15
6:45pm-9:45pm ROOM 257 \$75

COOKING CLASSES

ANOTHER ITALIAN DINNER

NEW!

Come and prepare another delicious Italian dinner. Tonight's menu will include Wild Mushroom Risotto, Chicken Parmesan and Panna Cotta with Red Berry Sauce.

#CK04 1 Tuesday starting Feb. 16

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

COOKING WITH LAMB **NEW!**

Learn how to purchase lamb and cook it to perfection. We'll be using various cuts to prepare a selection of delicious dishes, including Savory Lamb Stew, Minty Meatballs, Wine Braised Lamb Shanks and more.

#CK10 1 Thursday starting Mar. 18

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

INTERNATIONAL APPETIZERS

NEW!

In honour of the 2010 Olympics tonight we're preparing a selection of appetizers from around the world. There will be lots of new recipes along with a few favourites from days gone by that have been given a new look and taste.

#CK05 1 Thursday starting Feb. 25

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

MORE FABULOUS FRENCH FOOD

NEW!

Come and prepare another fabulous French dinner suitable for Valentine's Day or any other special occasion. On the menu are Warm Duck Breast Salad, Veal Medallions with Wild Mushroom Sauce and Chocolate Decadence Cake with Fresh Berries & Grand Marnier Creme Anglais.

#CK03 1 Wednesday starting Feb. 10

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

**Registration starts
January 4th 2010
Register online
www.ce40.ca or
call 604-517-6345**

FLAVOURS OF THE ORIENT

NEW!

Come and enjoy an evening preparing a selection of traditional and contemporary recipes featuring the foods and flavours of the Orient like Braised Chicken Breasts with Saffron Ginger Sauce, Noodles with Shanghai Pork Sauce, Vietnamese Beef Salad and more.

#CK76 1 Thursday starting Mar. 4

6:30pm-9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

QUICHES & CREPES **NEW!**

Tonight you'll learn how to prepare delicious quiches from scratch (including the pastry) like traditional Quiche Lorraine and Contemporary Roasted Red Pepper & Asparagus. Then for dessert it's time to learn the art of crepe making with Strawberry Cream Crepes and Orange Almond Crepes with Citrus Sauce & Brandy.

#CK06 1 Monday starting Mar. 1

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

SENSATIONAL SEAFOOD

NEW!

Tonight's class will feature a selection of new recipes, including Baked Salmon Fillet with Dill Chardonnay Sauce, Crab & Shrimp Phyllo Purses, Sautéed Sea Scallops with Mango Lime Sauce and more.

#CK08 1 Tuesday starting Mar. 23

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

APPETIZERS FOR ANY OCCASION

Appetizers for any occasion. 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 container to carry home some of the delicious appetizers.

#CK22 1 Thursday starting Feb. 4

7:00pm-10:00pm ROOM 236

CINDY ROWELL \$38



VEGETARIAN COOKING

Whether you want to eat less meat, are cooking for a vegetarian family member or are seeking dietary changes, this class is for you. You'll learn how to stay healthy on a vegetarian diet and prepare some delicious dishes that will become favourites of both vegetarians and non-vegetarians.

#CK24 1 Monday starting Mar. 29

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

INDIAN COOKING

Learn about the spices used in Indian cooking and how to make your own curry powder which you'll use in the preparation of an Indian dinner that will include Vegetable Pakoras, Butter Chicken, Basmati Pilaf and more.

#CK01 1 Wednesday starting Feb. 17

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

MORE SATISFYING SOUPS

NEW!

Winter is soup time and tonight you'll be preparing a brand new selection of delicious delights, including Hearty Seafood Chowder, Butternut Squash with Apple & Bacon, Parsnip & Parmesan and more.

#CK02 1 Tuesday starting Feb. 2

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

PASTA PRONTO

Tonight we'll prepare a selection of favourite pasta sauces and team them up with the appropriate pastas to create favourites like Spaghetti Carbonara, Stuffed Canneloni with Rose Sauce, Rigatoni with Bolognese Sauce and more. We'll also discuss other places these sauces can be used. Come and join us for the great tastes and smells of pasta and sauces!

#CK09 1 Wednesday starting Mar. 24

6:30pm -9:30pm ROOM 236

KATHRYN HUNTER-TATE \$35

**All cooking classes include hands-on and demo.
Bring your apron and your taste-buds!**

COOKING CLASSES

WINTER COMFORT FOOD

Enjoy cool winter evenings with some new recipes for healthy and hearty soups, stews and one-dish dinners your family will quickly warm up to. You'll be preparing Smokey BBQ Beef Stew, Chipotle Chicken Chili, 4-Cheese Mac & Cheese, Cranberry Pear Tart in a Nut Crust and more.

#CK25 1 Tuesday starting Jan. 19
6:30pm - 9:30pm ROOM 236
KATHRYN HUNTER-TATE \$35

BREAD AND BUNS

Nothing smells and tastes as good as homemade bread! Learn to make whole grain, white and rye bread and buns as well as spiced fruit bread, cinnamon coffee cake, hot cross buns, sourdough bread and buns. Take home your own homemade loaf of bread & 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 Feb. 1
6:45pm-9:45m 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 Feb. 15
7:00pm-10:00pm ROOM 236
KATHY ROERING \$35

DON'T BE SQUARE **NEW!**

Remember the squares Mum used to make? Learn how to make these rich moist treats that taste oh so good. You will learn how to make Lemon Squares, Raspberry Coconut Squares, Butter Pecan Squares, Matrimonial Squares and, of course, Nanaimo Bars and more. Please bring a container to class.

#CK47 1 Tuesday starting Mar. 2
7:00pm-10:00pm ROOM 236
KATHY ROERING \$35

SWEET AND SAVOURY BISCOTTI **NEW!**

Learn how to make delicious savoury biscotti including, Parmesan Black Pepper, Mediterranean, Two Cheese, and Savoury Cheddar. You will also learn how to make a selection of dunking delights – Cranberry Orange, Pistachio, Apricot, Lemon Zest and more. Please bring a container to class.

#CK43 1 Monday starting Feb. 22
7:00pm-10:00pm ROOM 236
KATHY ROERING \$35

SWEETS FOR YOUR SWEETHEART

Create an assortment of incredible edible gifts to give to that special someone, friends and family. In this class you will make a gourmet collection of sweets and treats that include Old Fashioned Fudge, Peanut Brittle, Truffles and Rumballs, to name a few. Your collection of sweet treats will be wrapped up using a variety of unique packaging ideas, gift tags, and placed in a decorative tin with recipes included.

#CK12 1 Thursday starting Feb. 11
7:00pm-10:00pm ROOM 236
CINDY ROWELL \$38

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 the first class.

#CK62 3 Wednesdays starting Jan. 20
6:30pm-9:30pm ROOM 236
DONI PERALTA \$47

CAKE DECORATING: LEVEL 2

In this class you will use Royal icing to make colour-flow leaves and a Dalmation cake. You will also learn many other holiday icing decors for your special occasions. Get ready for good times ahead! Supply fee of \$24 payable to the instructor on the first evening.

Please bring 3 cake pans or 3 cookie sheets to the first class. No class March 10th.

#CK60 3 Wednesdays starting Feb 24
6:30 - 9:30pm ROOM 236
DONI PERALTA \$47



For registration
information
call 604-517-6345

DO-IT-YOURSELF / PHOTOGRAPHY

INTRODUCTION TO DIGITAL PHOTOGRAPHY

If you are confused on 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 Feb. 6
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. (4 sessions)

(Note: Field trip is scheduled for Feb 14th - Time: TBA)

#PH84 3 Thursdays starting Feb. 4 plus field trip Sunday Feb 14
6:45pm-9:45pm ROOM 261
FRANK TOWNSLEY \$62

DO-IT-YOURSELF / JEWELLERY

CREATIVE WIRE WORKING FOR JEWELLERY, CUTLERY AND MORE..

Put your creativity to work using wire and beads. In this class you will learn the techniques to shape wire into coils and loops and then, adding beads, create an array of beautiful items perfect for gift giving. The projects include a bracelet, two pendants, earrings and wire wrapped cutlery. The skills you learn in this class will allow you to carry on to create your own designs. All tools and materials supplied. Additional tools and materials will be available for purchase.

#JB83 2 Thursdays starting Feb. 25
7:00pm -9:00pm ROOM 163
SUSAN ALBERT \$69

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.

No class March 8th.

#JB10 8 Mondays starting Jan. 18
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. No class March 9th & 10th.



#JB68 8 Tuesdays starting Jan. 19
6:30pm-9:30pm ROOM 155
JIM KERR \$90
#JB70 8 Wednesdays starting Jan. 20
6:30pm-9:30pm ROOM 155
JIM KERR \$90

INTRODUCTION TO PRECIOUS METAL CLAY (PMC) **NEW!**

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) for class tips and jewellery inspiration. Bring a lunch.

#JB85 1 Saturday starting Feb. 6
10:00am-4:00pm ROOM 169 LIZ MCDONALD \$125

Registration starts
January 4th 2010 9:00 am
Register online:
www.ce40.ca
General Interest Classes
Call 604-517-6345

DO-IT-YOURSELF / HOME DECORATING

INTERIOR DESIGN ON A DIME

Dress up your home with cheap tricks anyone can copy. JAZZ UP YOUR JUNK by reinventing pieces with paint. See how TV's designers give new life to ceramic, glass, wood and even plastic furniture and accessories! You'll convert those old "brassy" lamps and tables into sleek new looks like brushed nickel. **PILLOW PIZZAZ:** Make your room go "pop" with upscale cushions that are the staple of home decor. Learn solutions for stylish storage and so much more. You'll discover your hidden talents and enjoy the beautiful home you've always wanted. \$12 payable to instructor for instruction book with online e-book.

#HD43 1 Wednesday starting Mar. 3
6:45pm-9:45pm ROOM 235
SUSAN WELLS \$26

SENSATIONAL SLIPCOVERS

Too scared try the hottest look in home décor? Get an overview of how to cover any couch or armchair, and find out it's easier than you think with techniques that are impossible to fail. Your first project can look professional quality. Learn to cover piping with one 36-yard length of bias strip using only one yard of fabric! You'll take Susan home with you as you watch, stop and do, with the easy to follow steps on DVD.

\$20 payable to instructor for instruction book & DVD.

#HD64 1 Tuesday starting Feb. 16
6:45pm-9:45pm ROOM 234
SUSAN WELLS \$26

Check out Susan's website: www.thedecoratingcoach.com/seminars.php

STAGING AND REDECORATING WITH SUSAN WELLS

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. 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 Tuesdays starting Feb. 2
6:45pm-9:45pm ROOM 234
SUSAN WELLS \$46

DO-IT-YOURSELF / CRAFTS

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.

Please bring a bag lunch.

#CR51 1 Saturday starting Feb. 6

9:00am-3:30pm

ROOM 163

JAN TRUBER

\$49

RAG RUGS

Join this workshop to recycle and make an attractive rug. Learn the prairie art of making something out of nothing. During this hands-on class you will have the opportunity to make a round or an oval rug. Materials are provided by the instructor and included in the course fee.

Jan will give you lots of extra ideas.

#CR50 2 Mondays starting Feb. 22

6:30pm-9:30pm

ROOM 163

JAN TRUBER

\$62

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 Monday starting Feb. 15

6:30pm-9:30pm

ROOM 163

JAN TRUBER

\$26

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.

#CR87 1 Thursday starting Feb. 18

7:00pm-10:00pm

ROOM 172

CINDY ROWELL

\$49



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 off your computer and into an amazing book. 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.

#CR10 1 Tuesday starting Feb. 2

7:00pm-9:00pm

ROOM 169

LEAH HOEVE

\$10

DO-IT-YOURSELF / BATH & BEAUTY

AROMATHERAPY AND MORE

Body care gifts for someone special or keep for yourself! Aromatherapy, the alternative form of healing! Create a personal roll-on, massage oil, a solid scent perfume, exfoliating sugar scrub, plus six different bath bombs in a variety of scents. Recipes for bath oil, bath salts and pampering pedicure products!

#BB32 1 Thursday starting Mar. 4

6:30pm-9:00pm

ROOM 172

CHERYL THEILADE \$58

** All supplies included in course fee.*

FACE VALUE

From acne to rosacea, create natural facial care - food for the skin! Customize face products to meet individual needs. Take home a chamomile face cleaner, alpha hydroxy skin toner, papaya oatmeal facial scrub and an aloe vera cream. Recipes for hydrating facial spray and a wholesome facial mask.

#BB08 1 Tuesday starting Feb. 2

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$58

GREEN TEA SKINCARE

Anti-aging and antioxidant ingredients to create your own natural skin care products! Take home a green tea restorative facial oil, carrot and rosewood night cream, vitamin facial spritz, and a green tea and ginseng body wash. Recipes for face masks and toners.

#BB50 1 Thursday starting Feb. 25

6:30pm -9:30pm

ROOM 235

CHERYL THEILADE

\$54

** All supplies included in course fee.*

NATURAL SKIN & HAIR CARE

Struggling with eczema, psoriasis or dermatitis? Improve the look of skin and hair naturally by creating a balancing body lotion, herbal shampoo, citrus hair spray and a moisture lip balm. Recipes for hair rinses, detanglers, conditioners, dandruff control treatment, and deep conditioners.

#BB21 1 Tuesday starting Feb. 16

6:30pm-9:30pm

ROOM 235

CHERYL THEILADE

\$58

SOAPMAKING:

PURE AND SIMPLE

See and feel the difference in your skin! Make high-quality, vegetable based soaps for all skin types from scratch! Participants will make and take home two different kinds of soaps, plus a finished soap bar. Recipes for pet soap, laundry soap and herbal shampoo. Please bring hand towel to class.

** All supplies included in course fee.*

#BB60 1 Thursday starting Jan. 28

6:30pm -9:30pm

ROOM 235

CHERYL THEILADE

\$58

Night School Website

Register Online

www.ce40.ca

General Interest Classes

Registration starts

Monday January 4th 2010

FITNESS / RECREATION / TAI CHI

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.

Bring your energy and let's have fun!

#FS03 8 Mondays starting Jan. 18
7:00pm-8:00pm Small Massey Gym
No class March 8th
MARGARET MAXIM \$67

AEROBOX CARDIO BOX AND KICK

#FS92 8 Thursdays starting Jan. 21
7:00pm-8:00pm Small Massey Gym
No class March 11th.
MARGARET MAXIM \$67

LET'S GET ON THE BALL

Enjoy an effective workout targeting all areas of the body using the most versatile piece of exercise equipment around - the stability ball!! You will learn proper form and technique for a variety of fun and effective exercises in a group atmosphere. Each week we will work on balance, strengthening core muscles, and challenging the upper and lower body. Please bring your ball and energy and let's have fun! Classes held in the school Massey Cafeteria.

No class March 10th.

#FS94 8 Wednesdays starting Jan. 20
7:30pm-8:30pm NWSS Massey Cafeteria
MARGARET MAXIM \$67

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 March 8th.

#FS09 8 Mondays starting Jan. 18
6:30pm-7:30pm NWSS Massey Cafeteria
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.

#FS06 8 Mondays starting Jan. 18
7:45pm-8:45pm NWSS Massey Cafeteria
CLS FITNESS \$77

GOLF CLINIC FOR ADULTS

This 2 1/2 hour session hosted by

Teaching Professional, Keith Westover, will have you swinging like a pro by the end of the class! Simple swing-building exercises and ball-striking drills make up the core of information presented. If you have your own equipment, please bring a #5 iron and sand wedge. A summary DVD will be available from the instructor for \$10.00. Please wear soft-soled shoes - dress casual.

#FS80 1 Saturday starting Feb. 6
9:00am-11:30am Small Massey Gym
KEITH WESTOVER \$28

GOLF CLINIC FOR ADULTS

#FS81 1 Saturday starting Feb. 6
12:30pm-3:00pm Small Massey Gym
KEITH WESTOVER \$28

LADIES FLOOR HOCKEY



SHE SHOOTS SHE SCORES.

Ladies only floor hockey. 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. No class March 9th
#FS66 8 Tuesdays starting Jan. 19
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$67

LADIES FLOOR HOCKEY

#FS67 8 Wednesdays starting Jan. 20
No class March 10th
7:00pm-8:30pm Small Massey Gym
BERTHA LANSDOWNE \$67

RUNNING FOR BEGINNERS

January 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. No class March 9th
#FS04 8 Tuesdays starting Jan. 19
6:30pm-7:30pm School Lobby
LISA FALBO \$50

HEALTHY BACK – STRETCH & STRENGTHEN

Stretch and strengthen the muscles that contribute to back pain. A large percent 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. Come and take control of your back pain by learning exercises that will improve and maintain normal, comfortable back function. No class March 10th.

#FS02 8 Wednesdays starting Jan. 20
6:30pm -7:30pm NWSS Dance Studio
RAJ \$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.

No class March 10th.

#YO60 8 Wednesdays starting Jan. 20
7:35pm-8:35pm NWSS Dance Studio
RAJ \$75

SELF DEFENSE FOR WOMEN

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.

Minimum of 12 years of age.

#DA66 1 Sunday, March 7
2:00-4:30 pm \$50
*This class held at Dance With Me Studio
535 Front Street, New Westminster*

FITNESS / YOGA / REFLEXOLOGY

HATHA YOGA

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 and peace of mind. Check out her website at www.azuryoga.net. No class March 8th.

#YO98 8 Mondays starting Jan. 11
6:30pm-8:00pm NWSS Dance Studio
MICHELE LABELLE \$76

#YO99 8 Mondays starting Jan. 11
8:05pm-9:35pm NWSS Dance Studio
MICHELE LABELLE \$76

YOGA AND MEDITATION

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, small pillow and yoga mat. No class March 9th.

#YO61 8 Tuesdays starting Jan. 19
6:30pm-8:00pm NWSS Dance Studio
MARY VICKARS \$76

YOGA WITH ROSE MARIE

Gentle exercise to keep you healthy and agile - safely and easily - no matter what your age. Basic yoga and breathing exercises, concentration and relaxation techniques. Participants are asked to wear loose comfortable clothing and to bring a small blanket to class. No class March 11th.

#YO31 8 Thursdays starting Jan. 21
6:30pm-8:00pm NWSS Dance Studio
ROSE MARIE PRESTON \$76

#YO42 8 Thursdays starting Jan. 21
8:00pm-9:30pm NWSS Dance Studio
ROSE MARIE PRESTON \$76

TAI CHI:

BEGINNERS LEVEL

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. No class March 9th and March 11th.

#YO44 9 Tuesdays starting Jan. 19
6:30pm-7:30pm NWSS Massey Cafeteria
KENNETH WONG \$74

#YO66 9 Thursdays starting Jan. 21
6:30pm-7:30pm NWSS Massey Cafeteria
KENNETH WONG \$74

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

TAI CHI: ADVANCED

This course is a continuation of the Yang Style Tai Ji Chuen (Tai Chi Chuen) long set. The first and second sections or stages will be reviewed, along with the Single and Double Push Hands exercises, and then the third (final) section will be taught. Only students who have completed Tai Chi "Beginner Level" and "Intermediate Level" or the equivalent courses should register for this course.

No class March 10th.
#YO33 9 Wednesdays starting Jan. 20
7:00pm-8:30pm NWSS Drama Room
KENNETH WONG \$74

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 Feb. 6
9:30am-12:00pm ROOM 127
BRIAN RUHE \$28

VIPASSANA (INSIGHT) MEDITATION

Vipassana (insight) Meditation can reduce stress and enhance well-being. The instructor will guide students to develop mindfulness using a clear, step-by-step practice. This life-affirming course in conscious living teaches essential Buddhist meditation techniques in sitting and walking postures as well as an antidote to anger with the contemplation on loving-kindness. Compliments Buddhist course. Instructor is a former Theravadin Buddhist monk. Info: theravada.ca

#PE96 3 Wednesdays starting Jan. 20
7:00pm-9:00pm ROOM 121
BRIAN RUHE \$50

REFLEXOLOGY

FACE REFLEXOLOGY

You will be in paradise with this incredible way of improving health, while relaxing your entire system, leaving you glowing. Learn techniques for relieving headaches, stress, pain, sinusitis, while improving skin tone and circulation as you work on the face, neck and scalp. This simple and gentle method is easy to learn. It is applicable for home use and in everyday life, as well as estheticians, nurses, home-care, and Reflexologists. You may bring a partner to class with you as a guest.

#PE85 2 Tuesdays starting Jan. 19
7:00pm-9:30pm ROOM 161
YVETTE EASTMAN \$52

*For further information contact:
yvette@touchpointreflexology.com*

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. Reflexology 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.

#PE87 4 Tuesdays starting Feb. 2
7:00pm -9:30pm ROOM 161
YVETTE EASTMAN \$58


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

 **Dance With Me Studio**
– Open House –
On Saturday January 9th from
12:00 Noon to 3:00 pm
with FREE dance lessons and
dance demonstrations. Join us!

Social Dancing - Beginners

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 Jan. 18
 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 Jan 20
 8:20-9:30 pm \$75

Social Dancing – 3 Dance Combo

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

#DA52 6 Mondays starting Jan. 18
 6:30-7:45 pm \$65

Salsa Dancing - Introduction

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

#DA11 10 Mondays starting Jan. 18
 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 Jan. 18
 8:00-9:30 pm \$75

Funky Hip Hop: Ages 16+

This class combines the funky moves of hip hop to the best music in town.

#DA50 10 Saturdays starting Jan. 23
 12:00-1:00 pm \$75

Adult Dance Troupe

For dancers who have completed some training in any dance form (ballet, tap, lyrical ballroom etc) and would like to continue dancing. This new troupe will use the talents you have to put together a stunning performance for show and competitive entry level.

#DA53 10 Tuesdays starting Jan. 19
 5:45-7:00 pm \$75

Samba & Waltz Specialty Class

This program focuses on only two dances: the Latin dance of the Samba and the elegant Viennese Waltz.

#DA63 6 Wednesdays, Feb. 24
 7:20-8:20 pm \$65

Wedding Mix – Getting Married??

Featuring Rumba, Jive & Waltz.

#DA06 6 Wednesdays starting Jan. 13
 6:15-7:15 pm \$65

#DA07 6 Wednesdays starting Feb. 24
 6:15-7:15 pm \$65

Swing, Swing, Swing – 3 variations

Swing, Jive and West Coast Swing.

#DA61 6 Wednesdays starting Jan. 13
 7:20-8:20 pm \$65

Quickstep

Join us as we take you through the beginner steps of this very fun dance. ¼ turns, chassé right & left turns.

#DA71 1 Sunday Mar. 21
 3:30 -5:00 pm \$20

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 4 Saturday, Feb. 27
 9:00 am -10:30 am \$45

Tango & Waltz

The strong dramatic dance of the Tango is considered the man's dance. The beautiful & elegant Waltz is to show off your partner.

#DA65 1 Saturday, Feb. 20
 9:00 am -11:30 am \$27

West Coast Swing

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

#DA67 1 Sunday, Jan. 24
 3:30-5:00 pm \$20

Country Two Step

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

#DA68 1 Saturday, Feb. 27
 3:00 -5:30 pm \$27

The Hustle

This class will teach you the basic steps of the Hustle. A great introduction to a very fun dance.

#DA69 1 Saturday, Jan. 30
 3:00 -5:30 pm \$27

Viennese Waltz: Introduction

We will review the basic rhythm tempo and history of this dance. Introduce yourself to one of the most elegant dances there is.

#DA01 1 Sunday Feb 21
 3:30 -5:00 pm \$20

Cha Cha & Mambo: Introduction

Come and have a great time learning these two fun Latin dances.

#DA21 1 Saturday, Jan. 16
 9:00 am -11:30 am \$27

Country Line Dancing

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

#DA12 1 Sunday, Feb. 28
 3:30-5:00 pm \$20

Jive & Swing

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

#DA13 6 Mondays starting Mar. 1
 6:30-7:45 pm \$65

Bolero

The Bolero is one of the most romantic dances and combines the sensuous sway of the Waltz with the soft movements of the Rumba.

#DA70 1 Saturday starting Mar. 6
 9:00 am -11:30 am \$27

Cardio Dance

This is a Low impact cardio class using 4 types of dance styles. Absolutely NO dance experience is required. The time will fly by as you learn Latin, Hip Hop, Broadway and Disco.

#DA27 6 Saturdays starting Jan. 16
 9:30 am -10:30 am \$65

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 how to put them together and travel across the floor.

#DA23 5 Wednesdays starting Jan 6
 8:30-10:00 pm \$70

#DA33 4 Wednesdays starting Mar. 3
 8:30-10:00 pm \$60

FITNESS / DANCE LESSONS

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 Jan. 19
7:00-8:15 pm \$75

Self Defense For Women

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. Minimum of 12 years of age.

Wear comfortable loose-fitting clothes.

#DA66 1 Sunday, Mar. 7
2:00-4:30 pm \$50

Lunchtime Power

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

#DA96 10 Thursdays starting Jan. 21
12:10-12:45 pm \$50

Bellydancing: Workshop

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, Jan. 17
1:00-3:00 pm \$20

Bellydancing

A gentle way to exercise, a beautiful way to express yourself and a great way to have fun! 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 Jan. 20
7:00-8:30 pm \$75

#DA15 10 Thursdays starting Jan. 21
5:15-6:30 pm \$75

Bellydancing: Level 2

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

#DA17 8 Fridays starting Jan. 22
5:15-6:30 pm \$75

Lyrical Jazz for Teens

Lyrical dance is a dance style that blends ballet and jazz dance. The choreography interprets the story and emotions of the music. It is a passionate, expressive dance style conveying strong emotions such as love, joy, despair and anger, through movement and facial expressions.

#DA76 10 Saturdays starting Jan. 23
2:00-3:00 pm \$75

Highland Dance: Age 11-16

Highland dancing is a form of dance that originated in Scotland. It is classified as a national dance, specific to a country and culture. Originally, Highland Dancing was restricted to men only; as such, its movements characterize the dancer's athleticism, power, and strength.

#DA78 10 Saturdays starting Jan 23
1:00 -2:00 pm \$75

Teen Tap

This class is for beginners who have little or no Tap experience. Learn how to Tap your toes, Shuffles, Flaps, Paradiddles and more! Great to increase balance, and tone leg muscles, a good option for anyone involved in sports!

#DA20 5 Saturdays starting Jan. 9
2:50-3:45 pm \$60

#DA44 4 Saturdays starting Mar. 6
2:50-3:45 pm \$50

Teen & Pre-Teen Ballroom: Introduction

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 Jan. 16
10:30-11:30 am \$75

Teen & Pre-Teen Ballroom: Continuation

Prerequisite: Beginner program.

This class continues to work on dances taught at the beginner level, with the addition of Viennese Waltz and Quickstep.

#DA41 10 Saturdays starting Jan. 16
11:30-12:30 am \$75

Teen Salsa: Beginner

#DA22 4 Saturdays starting Jan. 30
2:00-3:00 pm \$45

Hip Hop Beginner/Intermediate: Age 16-18

#DA54 6 Tuesdays starting Jan. 26
6:00-6:55 pm \$50

Hip Hop Beginner/Intermediate: Age 13-15

#DA56 6 Tuesdays starting Jan. 26
5:00-5:55 pm \$50

Hip Hop Beginner/Intermediate: Age 11-12

#DA57 6 Tuesdays starting Jan. 26
4:00-4:55 pm \$50

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 Jan. 25
4:00-5:00 pm \$40

Childrens Creative Ballet & Hip Hop

Age 4-6 Learn some ballet basics through imaginative play, jump up high and wiggle those hips! Focus is on fine tuning motor skills, listening and classroom behavior.

#DA43 6 Saturdays starting Jan. 23
11:00-11:45 pm \$45

Pre-School Ballet

A great class designed to introduce the wonderful aspect of dance in a fun and creative way.

#DA58 6 Mondays starting Jan. 25
9:00 am -9:30am \$37

#DA60 6 Mondays starting Jan. 25
10:10 am -10:40am \$37

#DA86 6 Mondays starting Jan 25
1:00 pm -1:30 pm \$37

#DA87 6 Tuesdays starting Jan 26
3:00 pm -3:30 pm \$37

#DA88 6 Wednesdays starting Jan. 27
9:00 am -9:30 am \$37

#DA89 6 Wednesdays starting Jan. 27
10:10 am -10:40 am \$37

#DA91 6 Wednesdays starting Jan. 27
1:00 pm -1:30 pm \$37

Pre-School Hip Hop

Funky music and funky moves, this class introduces the basic moves of Hip Hop dance and allows creative expression through dance.

#DA92 6 Mondays starting Jan. 25
9:35 am -10:05 am \$37

#DA75 6 Mondays starting Jan. 25
10:45 am -11:15 am \$37

#DA90 6 Mondays starting Jan 25
1:35 pm -2:05 pm \$37

#DA94 6 Tuesdays starting Jan 26
3:35 pm -4:05 pm \$37

#DA51 6 Wednesdays starting Jan. 27
9:35 am -10:05 am \$37

#DA45 6 Wednesdays starting Jan. 27
10:45 am -11:15 am \$37

#DA46 6 Wednesdays starting Jan. 27
1:35 pm -2:05 pm \$37



Register for Dance classes online: www.ce40.ca

General Interest Classes

or call 604-517-6345

FOODSAFE / GROOMING/ 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.**

Students should attend **in person** at the Registration and Placement session where their English fluency is assessed.

Wed, January 13th 2010
6:30-8:30 pm. in Room 164

Course #LN54 (8 weeks)

Classes start: Monday January 18th

Classes end: Thursday March 18th
7:00-9:00 pm ROOM 164

Instructor: SYDNEY DEAN

Fee: \$270

NO REFUNDS AFTER THE FIRST WEEK

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.**

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.

#FO16 2 Mondays starting February 22
6:00-10:00 pm Room 187
DEAN SCOVILL \$90

#FO17 1 Saturday Feb.6
Please bring a bag lunch.
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.
(Monday Feb. 1st from 6:00-10:00 plus
Saturday Feb 6th from 8:30 -3:30)

#FO90 2 sessions Feb 1st & Feb 6th
ROOM 186
DEAN SCOVILL \$85

HENNA BODY ART

ARTISTIC HENNA BODY ART



Henna, called "Mehndi" in the Hindi language, is a traditional art that dates back thousands of years. Henna powder is made from the leaves of a red plant, the leaves are dried and ground into a powder. The powder is mixed with water and certain oils. This paste is then applied to the body in a fancy design. The henna dye stays on the skin for one to three weeks. The course will incorporate a combination of lecture, demonstration and hands-on training. A kit fee of \$30 is payable to the instructor the first evening.

#GR16 2 Wednesdays starting Feb. 17
6:00-9:00 pm ROOM 172
KHADIJAH SULEMAN \$44

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.

#GR10 1 Monday, Feb. 1
7:00-9:00 pm Head To Toes \$27
#GR20 1 Monday, March 1
7:00-9:00 pm Head To Toes \$27

ETIQUETTE CLASSES

ETIQUETTE CLASSES FOR PRE-TEENS AND TEENS

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

See page 10 for complete course description.

#BV12 1 Wednesday starting Feb. 17
7:00pm-9:00pm ROOM 148
ANN ELIZABETH BURNETT \$25

MODERN BUSINESS AND SOCIAL ETIQUETTE

See page 10 for complete course description.

#BV83 1 Tuesday starting Feb. 2
7:00pm -9:00pm ROOM 149
ANN ELIZABETH BURNETT \$25

FREE COMMUNITY FORUMS

Please Register for FREE classes call 604-517-6345 or online www.ce.40.ca

UNDERSTANDING **NEW!** CELIAC DISEASE

Celiac Disease and the Gluten Free Diet
Don't know what's wrong? Maybe it's Celiac Disease! The Canadian Celiac Association will provide information on Celiac Disease and the Gluten Free Diet, from symptoms, diagnosis, treatment and follow-up to long-term support and current research. The talk will be followed by a question and answer session.

#CF63 1 Wednesday starting Feb. 10
7:00pm-9:00pm ROOM 148
CANADIAN CELIAC ASSOCIATION
JENNIFER ARNTORP **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 Feb. 18
7:00pm-9:00pm ROOM 133B
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. Instructors:

#CF30 1 Tuesday starting Feb. 9
7:00pm-9:00pm School LIBRARY
RESIDENTIAL TENANCY BRANCH
BC GOVERNMENT **FREE**

BASICS OF CHRISTIANITY

NEW! In an ever diversifying culture, there is a growing misunderstanding of what various followers of religion truly believe. Some find it intimidating to go to a church and also have no idea what "brand" of church to attend in order to learn the basics of the faith. Presented in a relaxed, yet academic environment, this class will help clarify the Christian faith.

#CF85 1 Wednesday starting Jan. 20
7:00pm-9:00pm ROOM 149
TIM BRUNEAU **FREE**

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 and take away with you many helpful tips and ways to achieve your real estate goals!

#CF87 1 Thursday starting Jan. 21
7:00pm-9:00pm ROOM 149
TRACEY DAVIES **FREE**

PLANNING & 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 Feb. 18
7:00pm-9:00pm School LIBRARY
KEVIN WESTWOOD **FREE**

UNDERSTANDING MORTGAGES

An independent mortgage broker explains the ins and outs of getting the right mortgage. Both first-time home buyers and long-time homeowners will learn about mortgage types and features, credit scores, managing debts and developing home financing strategies.

#CF03 1 Wednesday starting Jan. 20
7:00pm-9:30pm School LIBRARY
INGRID FAISAL **FREE**
#CF33 1 Tuesday starting Mar. 2
7:00pm-9:30pm ROOM 160C
INGRID FAISAL **FREE**

WOMEN'S WELLNESS: HOLISTIC WELLBEING FOR WOMEN

What exactly is wellness? How do we define it? Wellness can be elusive and is more than simply the absence of disease or being fit or thin. Wellness is not the exclusive domain of the young either - women can enjoy high levels of wellbeing through midlife and into old age. Deanne discusses the concepts of wellness and holism, she will answer questions, offer reminders and give new ideas to get you started on a rewarding journey that brings more vitality and an energetic joy of life throughout the advancing years.

#CF72 1 Wednesday starting Feb. 3
6:30pm-8:30pm School Library
DEANNE RAPACIOLI **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. You are never too young to get started, so mothers and daughters, sisters and grandmothers are encouraged to come together.

#CF02 1 Wednesday starting Feb. 24
6:30pm-8:30pm ROOM 160C
DEANNE RAPACIOLI **FREE**

WOMEN'S WELLNESS: 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 do's and don'ts of moving with Osteopenia or Osteoporosis, and give important information to help keep you safe as you go about your daily activity, when doing chores and during exercise. Learn how to reduce your risk of injury and further damage whilst you continue to do the things you love.

#CF35 1 Wednesday starting Mar. 3
6:30pm -8:30pm School LIBRARY
DEANNE RAPACIOLI **FREE**

GARDENING / GUITAR / PET CARE

GARDENING



LANDSCAPE DESIGN AND INSTALLATION

If you are considering renovating your garden or starting from scratch, this course is for you. Fall-Winter is still a good time to get started. Join Vern as he talks about sidewalks, patios, retaining walls & other landscaping features. Trees & shrub 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 Feb. 11
7:00pm-9:30pm ROOM 169
VERN STAPLES \$52

ORGANIC GARDENING

A look at basic principles of organic gardening, including soil, plant choices, feedings, etc.

#GL07 1 Monday starting Feb. 15
7:00pm-9:00pm ROOM 169
CONWAY LUM \$20

REJUVENATE AN EXISTING GARDEN

Puzzled by where to start?
Bring your situation, problems, or pictures to class to have resolved.

#GL10 1 Monday starting Mar. 1
7:00pm-9:00pm ROOM 169
CONWAY LUM \$20

PRUNING 101

A look at the how, what, why, who, when and where to prune your plants.

#GL23 1 Wednesday starting Mar. 17
7:00pm-9:00pm ROOM 169
CONWAY LUM \$20



For registration
information
call 604-517-6345

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 Jan. 19
6:00pm-7:00pm Guitar Room 203
PETER ZAENKER \$96

No class March 9th

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.

#GU2 8 Tuesdays starting Jan. 19
7:00pm-8:00pm Guitar Room 203
PETER ZAENKER \$96

DOG TRAINING

BEGINNER DOG TRAINING

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". The first session held at New Westminster Secondary on Monday, January 18th 2010 at 7:00-8:30 pm in Room 182. Please do not bring your dog the first night. 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)

To contact the instructor go to:
www.k9assistance.com

#PT48 6 Saturdays starting January 23rd
9:00 am -10:00 am
Instructor: Todd Kier \$105

PET CARE

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 Feb. 6
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 Feb. 6
9:30am-12:30pm ROOM 162
TERA TENG \$49

#PT50 1 Wednesday starting Mar. 3
6:30pm-9:30pm ROOM 182
TERA TENG \$49



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 Feb. 6
9:00am-4:00pm ROOM 128
ST. JOHN AMBULANCE \$48

HEALTH AND SAFETY

BABYSITTING COURSE

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 . Pack a lunch)

#HS25 1 Saturday starting Feb. 6

9:00am-3:30pm ROOM 123
ST. JOHN AMBULANCE \$55

EMERGENCY

CHILD CARE COURSE

This course is designed for people working in child care facilities and is approved by the Provincial Childcare Facilities Licensing Board of the Ministry of Health for Licensed Child Care and Day Care workers. Topics include: choking, CPR, shock, severe bleeding, bone and joint injuries and more. Upon successful completion of the course, students will receive a 3-year St. John Ambulance Emergency First Aid Child Care Certificate . 2 SESSIONS

#HS54 Tues. Mar. 2 & Thurs. Mar 4

6:30pm-10:00pm School LIBRARY
ST. JOHN AMBULANCE \$85

STANDARD FIRST AID WITH CPR AND AED

Offered in co-operation 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 the 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 Tuesdays starting Jan. 19

6:30pm-9:30pm ROOM 164
ST. JOHN AMBULANCE \$135

SAVE THAT CHILD

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 Feb. 6

9:00am-1:00pm School LIBRARY
ST. JOHN AMBULANCE \$48

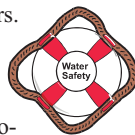
COAST GUARD PLEASURE CRAFT OPERATORS CARD

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 co-operation with New Westminster Night School Programs to provide the PCOC. No pre-requisites 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. (Drivers License is okay, school ID card is also 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 born after March 1983 and all operators of vessels under 4m must carry the PCOC now. The fine for not producing it to enforcing officers is \$250.00. Please bring a bag lunch.

#LA04 1 Saturday starting Feb. 6

8:00am-4:00pm ROOM 164
JACK WAINWRIGHT \$88



LIFTING YOUR DEPRESSION

NEW!

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/methods for overcoming the lack of energy associated with depression.

#PE74 1 Monday starting Feb. 1

6:30pm-9:30pm ROOM 133B
MARIE PREISSEL \$28

THERAPEUTIC TOUCH

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 Jan. 20

7:00-10:00pm 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., some specifics for working on very sick people. Current research will be discussed. Ample time will be allowed for practice. No class March 10th.

#PE35 4 Wednesday starting Feb. 17

7:00-10:00pm ROOM 133B
MARIE PREISSEL \$75

THERAPEUTIC TOUCH: LEVEL 3

Prerequisite: Students must have Level 1 and Level 2. This in-depth course will integrate all phases of Therapeutic Touch and their relationship between energy centers and human energy fields. We will focus on the intuitive processing for healing. Current research will be discussed.

Ample time will be allowed for practice.

#PE33 4 Thursdays starting Feb. 11

7:00-10:00pm ROOM 133B
MARIE PREISSEL \$75

LANGUAGES

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. No class March 11th.

#LN33 8 Thursdays starting Jan. 21
6:30pm-9:30pm ROOM 160C
RYAN OLLIS \$150

JAPANESE: LEVEL 1

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. No class March 11th.

#LN17 8 Thursdays starting Jan. 21
7:00pm -9:00pm ROOM 117
AKIYO HORIE \$86

CHINESE: MANDARIN LEVEL 1

Mandarin is the official language of China and Taiwan and is the 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. No class March 10th.

#LN18 8 Wednesdays starting Jan. 20
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. No class March 11th.

#LN21 8 Thursdays starting Jan. 21
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 Jan. 12
6:00pm-7:30pm ROOM 123
BEAU GABINIEWICZ \$88

No class March 9th.

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 Jan. 12
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 Jan. 21
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$88

No class March 11th.

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) first night.

#LN29 8 Thursdays starting Jan. 21
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$69

GERMAN: BEGINNERS

Learn basic conversation to get along in everyday situations. This class will help with business, travel or pleasure - understand basic grammar and vocabulary, sounds and letters. Instructor will provide lesson material (included in course fee). No class March 10th.

#LN27 8 Wednesdays starting Jan. 20
7:00-9:30 pm ROOM 128
Ursula Uhlmann \$88

PORTUGUESE: LEVEL 1

This class will provide an introduction to the language spoken in Portugal, Brazil and parts of Africa. If you are planning to travel to these countries, this course is ideal for you! You will learn to exchange greetings and make simple conversation useful in many parts of the world.

Classes run Mondays & Wednesdays. No class March 8th.

#LN20 4 Mon & 4 Wed starting Jan. 18
7:30pm-9:30pm ROOM 123
MARIA NAZARETH DE MIRA \$68

PORTUGUESE: CONTINUATION

Students should have taken a Beginner Level Portuguese class before enrolling in this Continued/Intermediate course. This course will have more emphasis on grammar which is necessary to improve your speaking skills.

Classes run Mondays & Wednesdays.

No class on March 8th and March 10th.

#LN28 4 Mon & 4 Wed starting Feb. 15
7:30pm-9:30pm ROOM 123
MARIA NAZARETH DE MIRA \$68

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 classes March 8th, 9th and 10th

#LN43 8 Mondays starting Jan. 18
6:30pm-9:00pm ROOM 160C
MAGDALENA HANSEN \$99

#LN15 8 Tuesdays starting Jan. 19
6:30pm-8:00pm ROOM 121
JAMES STOCCO \$88

#LN92 8 Wednesdays starting Jan. 20
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 night.

No class March 9th

#LN22 8 Tuesdays starting Jan. 19
8:00pm-9:30pm ROOM 121
JAMES STOCCO \$69

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. The students will be encouraged to share and discuss their experiences of angels, guides and unexplainable events.

#LA86 1 Tuesday starting Feb. 2
7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$25

KARMA AND REBIRTH

The overarching ultimate view of reality in Buddhism is karma and rebirth. Learn how karma, the mental intention that initiates any action, affects your happiness and the process of rebirth. Discover astonishing scientific cases of rebirth stories which illuminate the ultimate questions concerning human destiny after death.

#PE23 1 Saturday starting Feb. 6
1:00pm-3:30pm ROOM 127
BRIAN RUHE \$25

THE MAGIC OF RUNES

Runes are an ancient Germanic alphabet, used for writing, divination and magic. Join Anthea and have a good time while learning more about the symbols' meaning, divination with runes and a bit about Norse mythology.

#PE73 1 Thursday starting Feb. 11
6:30pm-8:30pm ROOM 161
ANTHEA \$25

MANIFESTATIONS OF SPIRITUAL ENERGY

In our everyday physical lives we can perceive several ways in which spiritual energy is made manifest. As examples of these manifestations we will discuss orbs, miraculous events, spiritual printing and crop formations.

#LA76 1 Tuesday starting Feb. 23
7:00pm-9:00pm ROOM 148
MALCOLM SMITH \$25

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

THE ENERGY OF CREATION

Hyper-dimensional love energy flows through the sun and planets for use of all living things on Earth. We will discuss the paths the inflowing energy takes, where it is stored and how we can gain access to it to create our reality.

#LA75 1 Tuesday starting Feb. 16
7:00pm-9:00pm ROOM 163
MALCOLM SMITH \$25

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 & post-regression discussions.

#PE26 6 Thursdays starting Jan. 21
6:30pm-8:30pm ROOM 167
JACQUELINE KERR \$74

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 Feb. 18
6:30pm-9:30pm ROOM 161
ANTHEA \$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 Bring a bag lunch.

#LA98 1 Saturday starting Feb. 6
9:00am-4:00pm ROOM 267
BRENDA SCHAUER \$49

BASICS OF WICCA

Join us for a three 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 Feb. 6
1:00pm-4:00pm ROOM 148
JENNIFER THRASHER-STROUDE \$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 and Martin Jasek has investigated sightings for ten years with UFOBC.

#LA60 1 Tuesday starting Mar. 2
7:00pm-9:30pm ROOM 121
BRIAN RUHE \$25

INTUITION & THE HIGHER SELF & 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 Tuesday starting Jan. 26
6:30pm-9:30pm ROOM 149
CHERYL BREWSTER \$28

INTUITION AND UNDERSTANDING YOUR DREAMS

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 Feb. 8
6:30pm-9:30pm ROOM 163
CHERYL BREWSTER \$28

LEISURE ACTIVITIES / TRAVEL

TRAVELSMARTS: PART 1

TravelSmarts Part I: Essential Tips for Flying, Cruising, Car Rentals & Trip Planning. Learn insider techniques from a former flight attendant for how to fly in comfort and avoid/manage



common problems with airlines and flying. The instructor, a crew member on over thirty cruises worldwide, will share top tips for when to cruise where, and how to choose the right cruise line, itinerary and cabin. Also included will be valuable trip planning advice, key pointers for car rentals and must-know websites.

#TR89 1 Tuesday starting Feb. 9
7:00pm-9:30pm ROOM 163
TRAVELSMARTS \$28

TRAVELLING ON THE CHEAP: FRUGAL STRATEGIES FOR SAVING ON FLIGHTS, ACCOMMODATIONS, CRUISES & CAR RENTALS

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 Tuesday starting Feb 16
7:00pm-9:30pm ROOM 121
TRAVELSMARTS \$28

ALASKA TRAVEL 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. Self produced video highlights scenery, wildlife and excursions.

#TR86 1 Thursday starting Feb. 25
6:45pm -9:45pm ROOM 161
FRANK TOWNSLEY \$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 and travelling tips included.

#TR64 1 Tuesday starting Jan. 19
7:00pm-9:00pm ROOM 163
GEORGE BELL \$22

CRUISING THE RIVERS AND CANALS OF THE UK AND 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. Come and learn about this very popular vacation experience. It is one of my favourite experiences.

#TR65 1 Wednesday starting Jan. 20
7:00pm-9:00pm ROOM 163
GEORGE BELL \$22

BE A VANCOUVER TOUR GUIDE - INTRODUCTION

Showing people from other countries around Vancouver is a wonderful experience. I have been doing this for 32 years and perhaps you'd like to try it. This session will explain the professional and personal qualifications necessary to enter this satisfying part-time endeavor. Do you speak another language and would like to use it? You can by being a Vancouver City Tour Guide.

#TR67 1 Thursday starting Jan. 21
7:00pm-9:00pm ROOM 161
GEORGE BELL \$22

WALK THE CONCORD AND THE NEW FUTURE OF FLIGHT CENTRE **NEW!**

Venture down to Seattle to marvel in the new 28,000 sq. ft. Aviation Gallery with interactive exhibits and displays, plus the expanded Boeing Tour that show cases the construction of the 747, 767, and 777. As part of the tour, we will be in the largest building in the world by volume (472,000,000 cubic feet). On the Boeing flight line, we will see airplanes in various stages of flight test and manufacture for airline customers around the world. After this, we'll journey further south to the Museum of Flight to see many antique aircraft, including an Air Force One, plus their prized acquisition, a retired Concord. Price includes the admissions and a private docent at the Museum. Lunch and docent tip not included. **Passport required.** Minimum of 8 participants is required. Day excursion provided by Bell Tours, Inc. **Registrants will meet in the front of the school 6:00am April 8th**. Please register at least 2 days before excursion.

#TR98 1 Thursday starting Apr. 8
6:00am -6:30pm
GEORGE BELL \$170



IN THE EVENT OF SEVERE WINTER WEATHER

Classes are cancelled only in severe circumstances.

If New Westminster schools are closed during the day, they will also be closed that night. Any cancelled classes due to weather will be made up. Please listen for school closure information on local radio news broadcasts or call the Night School office at 604-517-6345.

LEISURE ACTIVITIES / FLY FISHING

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 Jan. 19
7:00-9:30pm ROOM 118
ADRIENNE COMEAU \$35

FLY TYING

Come down and learn how to tie the flies you fish with. Aaron Laing, internationally recognized fly tyer and 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 Feb. 3
8:00pm-10:00pm ROOM 154 AARON LAING \$58

LEISURE ACTIVITIES / WINE WORKSHOPS

POWERFUL RED WINES WORKSHOP

In this workshop, we will explore the basics of red wine production as well as highlight the qualities of the major red grape varieties. By understanding how Pinot Noir differs from Cabernet Sauvignon, one begins to understand why the wines taste the way they do and why they each exhibit such telltale personalities. Students will leave this workshop with a key understanding of why wines from B.C. and other cooler regions often taste the way they do and why they tend to grow certain grapes over others.

#WB41 1 Monday starting Feb. 1
7:00pm-9:00pm ROOM 149
JOHN GERUM \$60

THE ABSOLUTE BEGINNER WINE WORKSHOP



Age 19+. What would be a savvy approach to learning about wine?

After tasting five wines and learning the basics, you will exit the class with more confidence on how to taste, evaluate and talk about wine. Whether you are looking for a quick introduction to tell Pinot Noir apart from Cabernet, or if you are planning to travel to wine country, this is the perfect way to get started.

#WB62 1 Monday starting Mar. 1
7:00pm-9:00pm ROOM 149
JOHN GERUM \$50

WINE APPRECIATION 101

Age 19+. Buying wine can be confusing with the vast array of choices. Find the wines that suit your tastes and begin a lifelong journey exploring wines of the world. This beginner class takes an easy and fun approach to understanding wine. Students will learn wine terminology, wine tasting techniques, wine styles and types, food and wine pairing and finding value wines. A new wine-scents aroma kit will be introduced to help students identify the different smells in wine. Wine regions of the world will be discussed with a spotlight on B.C. wines.

#WB60 4 Thursdays starting Feb. 11
7:00pm-9:00pm ROOM 149
JOHN GERUM \$165

MONEY MATTERS

NETWORKING FOR PROFIT

Do you know what Donald Trump, Warren Buffett and Robert Kiyosaki (author of Rich Dad, Poor Dad) all have in common, aside from being among the most successful business people in the world? They now all recommend Network Marketing to ordinary people as an exciting and lucrative business model. Networking for Profit is very timely, given the current financial crisis. In this brand-new, generic course, you will be introduced to a unique and fascinating perspective that will raise your financial IQ and help you to separate fact from stereo type. You will learn the solid business principles behind network marketing and you will begin to understand how you can apply this model to develop a life-changing income. If you are keenly interested in learning how to earn a healthy part-time income, or to pay for your childrens' education, family vacations, to relieve your financial stress, to pay for a down-payment or to build a nest egg for retirement, then this class was designed for you.

#MM90 1 Saturday starting Feb. 6
9:30am-12:30pm ROOM 119 MICHELE DORE \$26

DEBT FREEDOM BY CHOICE

The Debt Freedom by Choice Course
presents the DEBT-TERMINATOR.

Learn how to get out of debt quickly so you can leverage your cash flow and never have to use credit again. The creative critical path linear math technique that you will learn in this class will show you how to quickly pay off all your debts, including your mortgage. This seminar is about true debt elimination and is not about debt consolidation or credit repair.



Please bring a calculator, pencil, and a list of debts. (Your financial information will remain private).

Supplies are available at class for \$7.

#MM53 1 Saturday starting Feb. 6
9:30am-12:30pm ROOM 160C
DIANE MAHIN \$52

MONEY MATTERS

REAL ESTATE FOR WOMEN

Are you a single women 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 Monday starting Jan. 25
7:00pm-9:30pm ROOM 163
Pauline Probyn, B.A.,
Isabelle Bertrand, B.B.A.,
Jamie Wood B.A., LLB. \$26

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 can save you money and provide you with useful information to help with your purchase.

#MM50 1 Wednesday starting Feb. 24
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 Feb. 10
7:00pm-9:00pm ROOM 149
MICHAEL PRETO \$26

MAKING SENSE OF RETIREMENT

Get answers to your retirement questions at our retirement planning seminar. One day you'll have to depend on the retirement plans you make today. If it's time to give your goals the attention they deserve, sign up for our "Making Sense of Retirement" seminar. You will 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 Jan. 18
7:00pm-9:00pm ROOM 148
NICK CHENG \$26

ESTATE PLANNING: BUILDING YOUR LEGACY

"Estate Planning - Building Your Legacy" is intended for people who are interested in learning about the key elements of a successful estate plan. More than just investments, it is 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 Mar. 1
7:00pm-9:00pm ROOM 148
NICK CHENG \$26

ROAD TO RETIREMENT

THE TOP 5 STRATEGIES TO GET YOU THERE!

1. The new Tax Free Savings Account- How to use the new tool in your toolbox.
2. RRSP's -- 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. This course is highly recommended for anyone who does not feel that they are ready for the biggest holiday of their life.

#MM22 1 Wednesday starting Feb. 3
7:00pm-9:00pm ROOM 149
MICHAEL PRETO \$26

MAKING SENSE OF STOCK INVESTING

Do individual stocks make sense for your portfolio? "Making Sense of Stock Investing" can help you find out. Join us for a Stock Investing workshop and explore:

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 you achieve your financial goals.

#MM74 1 Monday starting Jan. 25
7:00pm-9:00pm ROOM 148
NICK CHENG \$26

MAKING YOUR MONEY LAST: 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 through-out 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 Mar. 15
7:00pm-9:00pm ROOM 148
NICK CHENG \$26

STRATEGIES TO PROTECT YOUR INVESTMENTS

Let Nick share a variety of investment ideas to preserve your savings today and help you pass them on to your loved ones tomorrow. In this workshop, we will discuss:

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 Feb. 8
7:00pm-9:00pm ROOM 148
NICK CHENG \$26

PERSONAL ENRICHMENT

BUDDHIST PHILOSOPHY AND 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 Buddhist social teaching. Expect some fun too! Includes a short period of meditation. Instructor is a former monk and his book and CD will be available.

#PE94 4 Wednesdays starting Feb. 10
7:00pm-9:00pm ROOM 119
BRIAN RUHE \$65

LIVING FULLY: **NEW!** PREPARING FOR DEATH & BEYOND

Learn a Buddhist view of the mystery of death and dying, how to help the dying, preparing the mind with meditation, the death experience, meditations to help the departed, what happens after death, the process of rebirth and learning to live fully. Students have said that it's hard to find these vital teachings.

#PE84 1 Tuesday starting Feb. 23
7:00pm-9:30pm ROOM 121
BRIAN RUHE \$25

LEARN ABOUT YOUR COLOUR, CHAKRA, & AURA

Includes colour aura picture, chakra analysis and reference material. This class teaches about Auras and Colour. Mary Jane 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. Students should bring a bag lunch. Please bring \$5 for workbook - payable to the instructor.

Bring a bag lunch.
#PE21 1 Saturday starting Feb. 6
9:30am-4:00pm ROOM 121
MARY JANE GOTTSCHLAG \$50

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/methods for overcoming the lack of energy associated with depression.

#PE74 1 Monday starting Feb. 1
6:30pm-9:30pm ROOM 133B
MARIE PREISSL \$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, smoking, goal setting, health problems, weight control, self-esteem, etc.

#PE01 1 Saturday starting Feb. 6
12:30pm-3:30pm ROOM 133B
MARIE PREISSL \$28

DEALING WITH ANXIETY ATTACKS

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 Feb. 6
9:30am-11:30am ROOM 133B
MARIE PREISSL \$25

OVERCOMING PROCRASTINATION

Are you a procrastinator? You'll be happy to know that everybody does it! If you've come to the conclusion that procrastination is a problem for you, then you need this workshop. This is an opportunity to look at the sources of your procrastination and find some workable solutions to overcome them.

#PE10 1 Wednesday starting Mar. 17
7:00pm-9:30pm ROOM 119
JANYSE HRYNKOW, MA \$38

EMOTIONAL FREEDOM TECHNIQUE (EFT)

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 a fun and exciting exploration into this tapping technique.

#PE45 2 Wednesdays starting Feb. 3
7:00pm-9:30pm ROOM 167
JANYSE HRYNKOW, MA \$59

LANGUAGE OF **NEW!** MIND/BODY CONNECTION

Join us to learn how to avoid dis-easing your body. Learning how you speak, your underlying beliefs and how to stop sabotaging your wellness. This workshop will focus on helping you create a more positive outlook, increase your health, get rid of worry and put positive thinking in your body.

#PE91 1 Saturday starting Feb. 6
9:00am-1:00pm ROOM 167
JANYSE HRYNKOW, MA \$54

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 & have more time to enjoy and get in touch with what really matters to you. "Clear the Clutter" is all about getting rid of stuck energy; it is about getting organized and being able to have more time for yourself and family. Clutter holds us back. Too much of it causes stress as well as anger. Includes a new workbook.

Bring paper and pen.
#PE51 3 Mondays starting Feb. 1
7:00pm -9:00pm ROOM 118
LYNNE DAVIDSON \$59

PERSONAL ENRICHMENT

PERFECTIONISM **NEW!**

Perfectionism getting you into trouble with others? Come discover the benefits and change beliefs in order to relax and discover the perfect way of being imperfect and gaining comfort. Gain humor and learn to re-program yourself into shape.

#PE93 1 Wednesday starting Mar. 3
7:00pm-9:30pm ROOM 167
JANYSE HRYNKOW, MA \$38

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. Come focus on building and increasing self-esteem in ourselves and those around us.

#BV19 2 Mondays starting Jan. 25
6:30pm-9:30pm ROOM 121
PRIME \$49

ANGER MANAGEMENT

Depending on how we use this emotion, anger can move us forward or cause us great pain. Once recognized, the development and progression of the effects of this emotion can influence the outcomes of intimate relationships with others and, ourselves.

#BV05 2 Mondays starting Feb. 8
6:30pm -9:30pm ROOM 133B
PRIME \$49

"VAK" TO THE FUTURE

"If you believe you can or if you believe you can't...you're probably right!"

....Henry Ford

In this introductory workshop you will be guided through an effective process that has been shown to help change negative subconscious beliefs that may limit your success in health, wealth, relationships, self-esteem and so much more, with "VAK to the Future". This potent PSYCH-K® process uses visual, auditory and kinesthetic cues to facilitate the creation of positive, believable, achievable goal statements. Simple, fast and fun! Bring a pencil or pen and your goals, dreams and lifelong plans!

#PE67 1 Wednesday starting Feb. 24
6:30pm -8:30pm ROOM 149
ALISON LONGLEY \$26

HOW TO BECOME MORE ASSERTIVE/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 Mondays starting Feb. 22
6:30pm-9:30pm ROOM 112
PRIME \$49

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 Feb. 6
9:30am-12:00pm ROOM 127
BRIAN RUHE \$25

VIPASSANA (INSIGHT) MEDITATION

Vipassana (insight) Meditation can reduce stress and enhance well-being. The instructor will guide students to develop mindfulness using a clear, step-by-step practice. This life-affirming course in conscious living teaches essential Buddhist meditation techniques in sitting and walking postures as well as an antidote to anger with the contemplation on loving-kindness. Compliments Buddhist course. Instructor is a former Theravadin Buddhist monk. Info: theravada.ca

#PE96 3 Wednesdays starting Jan. 20
7:00pm-9:00pm ROOM 119
BRIAN RUHE \$50

SELF-HYPNOSIS

Learn self-hypnosis and use your mind in a positive way to focus, relax and visualize the outcomes you want to see. Obtain the goals that you want, i.e., weight loss, unhealthy habits, etc.

#PE16 2 Wednesdays starting Feb. 17
7:00pm-9:30pm ROOM 167
JANYSE HRYNKOW, MA \$56

THE THREE SECRETS YOU NEED TO KNOW ABOUT STRESS MANAGEMENT

Learn about how your body responds to stress and what you need to do to minimize its devastating effects on your health and wellbeing. Learn practical skills that you can take home and apply the next day.

#PE77 1 Wednesday starting Jan. 20
7:00pm -9:00pm ROOM 148
WAYNE JAKEMAN \$28

THE ART OF LIVING WELL

Eat Right, Exercise Right, Breath Right, Think Right, etc.... Learn specific tools and techniques that will optimize the function of your body and mind. Stop, slow down and reverse much of the damage your lifestyle has created in your nervous system and body.

#PE78 1 Wednesday starting Feb. 3
7:00pm -9:00pm ROOM 148
WAYNE JAKEMAN \$28

A POSITIVE ATTITUDE IS ALWAYS THE BEST ATTITUDE

Is your glass half-empty or half-full? Your answer to this question reflects your attitude about life, your attitude towards you and how you behave towards others. 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 Feb. 22
6:30pm-9:30pm NWSS 133B
CHERYL BREWSTER \$28

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 and the laws of attraction

#PE22 1 Monday starting Feb. 15
6:30pm-9:30pm ROOM 149
CHERYL BREWSTER \$28

SEWING / CROCHET / QUILTING/ KNITTING

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. No class March 9.

#SK16 8 Tuesdays starting Jan. 19
6:45pm-9:15pm ROOM 237
KAREN HARBICK \$110

CROCHET: BEGINNERS

One crochet hook, yarn or thread and a few basic stitches can produce Magic. Each week you will learn a stitch to fit a particular project working from simple to more intricate. Before you know it you will be 'hooked'. Supply fee of \$10.00 is payable to the instructor at first class.


#SK89 5 Thursdays starting Jan. 21
7:00pm -9:00pm ROOM 234
SHIRLEY MOORE \$54

KNIT A SCARF FOR WINTER

No experience is necessary. Join Sarah for this full day of fun! Learn to knit a beautiful chunky weight scarf to keep for yourself or give as a gift for a friend. Once you learn this simple and quick knit, you will be making scarves all winter long. You will be able to choose one of six beautiful colours for your scarf. Kits will be distributed at the start of the class. Intermediate knitters welcome! Please bring a lunch. All supplies included in course fee.

#SK82 1 Saturday starting Feb. 6
9:00am-3:30pm ROOM 234
SARAH WETHERED \$59

KNITTING FOR BEGINNERS

Knitting is both creative and therapeutic. Give yourself the gift of learning to knit the basics while making small samples and ending with a simple project.  Bring a three- ring binder with protection sheets and two different colours of Worsted Weight yarn. Supply fee of \$10 is payable to the instructor at first class. Please bring a size 4.5 needle if you have one.

#SK73 7 Tuesdays starting Jan. 19
7:00pm-9:00pm ROOM 232
SHIRLEY MOORE \$85

KNITTING WITH BEADS

Learn to give your knitted projects style by adding beads to accessories and garments. Begin by making an accessory in the first class and continue on to a more challenging project. Participants must have basic knitting skills. Supply fee of \$10 is payable to the instructor at first class.

#SK78 2 Thursdays starting Feb. 25
7:00pm-9:00pm ROOM 234
SHIRLEY MOORE \$50

MAKE A QUILT QUICK AND EASY!

Make a special, personalized gift! There will be four quick and easy projects to choose from:

1. 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.
 2. A themed Milky Way Quilt (size 19"x 19"). Kit cost is \$20.
 3. A pair of placemats. Kit cost is \$20.
 4. 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 Feb. 6
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 of a rotary cutter, plus 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 Jan. 18
7:00pm-9:00pm ROOM 237
BEAU GABINIEWICZ \$75

RAG RUGS

Join this workshop to recycle and make an attractive rug. Learn the prairie art of making something out of nothing. During this hands-on class you will have the opportunity to make a round and oval rug. Materials are provided by the instructor and included in the course fee.

Jan will give you lots of extra ideas.

Bring a bag lunch.

#CR50 2 Mondays starting Feb. 22
6:30pm-9:30pm ROOM 163
JAN TRUBER \$62

INTERIOR DESIGN ON A DIME

It's time for a change! Dress up your home with cheap tricks anyone can copy. **JAZZ UP YOUR JUNK** by reinventing pieces with paint. See how TV's designers give new life to ceramic, glass, wood and even plastic furniture and accessories! You'll convert those old "brassy" lamps and tables into sleek new looks like brushed nickel. **PILLOW PIZZAZ:** Make your room go "pop" with upscale cushions that are the staple of home decor. Learn solutions for stylish storage, and so much more. You'll discover your hidden talents and enjoy the beautiful home you've always wanted.

\$12. payable to instructor for instruction book with online e-book.

#HD43 1 Wednesday starting Mar. 3
6:45pm-9:45pm ROOM 235
SUSAN WELLS \$26

For pictures of what you'll learn, www.thedecoratingcoach.com/seminars.php.

SENSATIONAL SLIPCOVERS

Too scared try the hottest look in home décor? Get an overview of how to cover any couch or armchair, and find out it's easier than you think with a techniques that are impossible to fail. Your first project can look professional quality. Learn to cover piping with one 36 yard length of bias strip using only 1 yard of fabric! You'll take Susan home with you as you watch, stop and do, with the easy to follow steps on DVD. \$20 payable to instructor for instruction book & DVD.

#HD64 1 Tuesday starting Feb. 16
6:45pm-9:45pm ROOM 234
SUSAN WELLS \$26

FIVE WAYS TO REGISTER



ON-LINE

You may now register ON-LINE

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, January 4th 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
TOTAL \$		

☐ Cheque ☐ Visa ☐ Mastercard

Card #

Expiry

Name on the card