

BEGINNER GUITAR FOR KIDS

Does your child wish to learn to play the guitar? This class is geared for kids ages 9-11 years and requires no experience with the guitar. Must have your own guitar.

Instructor: Enoch Attey

Date: (10) Wed. Feb. 4 – April 8

Time: 5:30 – 6:15 pm

Fee: \$65.00 & book

BEGINNER GUITAR FOR TEENS

Always wanted to learn to play, here's your chance. This class is geared for teens ages 12-16 years and requires that you have little or no experience with the guitar. Must have your own guitar.

Instructor: Enoch Attey

Date: (10) Wed. Feb. 4 – April 8

Time: 6:30 – 7:30 pm

Fee: \$80.00 & book

ADULT BEGINNER GUITAR

Always wanted to learn to play, here's your chance. This class requires that you have little or no experience with the guitar. Must have your own guitar.

Instructor: Enoch Attey

Date: (10) Wed. Feb. 4 – April 8

Time: 7:45 – 8:45 pm

Fee: \$80.00 & book



CORK AND LAMINATE FLOORING 101

Updating your home or building new – want to learn more about cork or laminate flooring – This class is for you. Learn about the types of cork and laminate flooring available, where to place it, what underlay to use and how to best take care of it; as well as learn techniques on, starting and measuring a floor, and installing at a 45 degree. Bring your questions and discuss them with a professional.

Instructor: Lloyd Ventry with the Lacombe Hardwood Floor Company

Date: Thur. March 26

Time: 7:00-9:00 pm

Fee: \$30.00



TILING 101

Updating your home or building new – Tiling 101 is for you. Learn about the types of tiles available and how to cement and grout. Learn techniques on, starting and measuring a floor/backsplash, installing at a 45 degree and much more. Bring your project ideas and discuss them with a professional.

Instructor: Edward Verenciuk

Date: (3) Tue./Thur. Feb. 24, 26 & March 3

Time: 7:00 – 9:00 pm

Fee: \$75.00



BODY BUTTER

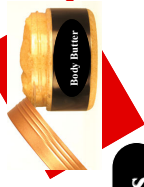
Have fun designing your own body butter. This class will help you discover the benefits of creating natural skin care, discuss and use natural products and enjoy an evening out. You will take home two finished products, recipes and informational brochures.

Instructors: Joanne and Trish from Cloud Nine Naturally

Date: Tue. March 10

Time: 7:00 – 9:00 pm

Fee: \$65.00



COOKING CLASSES

CHINESE COOKING

Learn to cook authentic Chinese cuisine. Never have to order take out again to satisfy your cravings. This class will be offered over two Sundays with different recipes each day including spring rolls with sweet'n sour sauce and fried noodles the first session and gluten kebabs with fried rice the second session.

Instructor: James Ng

Date: (2) Sun. Feb. 1 & 8

Time: 2:00 – 4:00 pm

Fee: 1 session: \$35.00

or save on both sessions for \$65.00



KOREAN COOKING

Love Korean Food?

Always wanted to try it?

Here's your chance!

Learn how to make Kim-bop (vegetarian sushi rolls), Chop-Chae (vegetarian noodle dish), yaki-mandu (a type of fried or steamed dumpling), and typical Korean marinades to satisfy all your culinary taste buds. Come hungry and ready to learn.

Instructor: Kristina Pool

Date: Wed. March 4

Time: 7:00 – 9:00 pm

Fee: \$35.00



TASTE OF INDIA

Treat your taste buds to a savory vegetarian experience. Foods prepared will be from both North and South India. Love East Indian food but don't know how to cook it? Learn easy ways to prepare authentic East Indian cuisine. You won't want to miss this entertaining and informative evening.

Instructor: Temyson Samraj

Date: Wed. March 25

Time: 7:00 – 9:00 pm

Fee: \$35.00



AQUATIC LEADERSHIP PROGRAMS

Lynn Marshall

B.Ed., an Instructor Trainer for Red Cross & the Lifesaving Society, teaches all the Aquatic Leadership Classes.

When registering for a leadership course you must pay full amount. Refund requests must be received 10 working days before class begins or a 15% charge will be deducted from those who withdraw.

Bronze Medallion & Bronze Cross

Prerequisites to NLS

Date: Jan. 18 – Apr. 5 (no class Feb. 15 & March 22). Offered again Sept. 09.

Time: 7:00 pm – 9:30 pm

Fee: \$175.00

Note: If you need Bronze Cross only phone for start date.

Aquatic Emergency Care, National Lifeguard Services, O₂ Administration, & CPR

Date: (12) Mons. Jan. 5 – Apr. 6

Time: 5:00 pm – 9:30 pm

Fee: \$320.00 (includes books)

Note: Class starts Jan. 5. However students can start Jan. 12 (call 403-782-2822 to talk to Lynn Marshall)

Assistant Water Safety Instructor & Water Safety Instructor

Date: (12) Mons. Sept. 7 – Dec. 7

Time: 5:00 pm – 9:30 pm

Fee: \$400.00 (includes books & GST)

RECERTS

AEC & NLS

Date: Wed. Apr. 8

Time: 6:00 – 10:00 pm

Fee: \$50.00 for one, \$85.00 both

WSI

Date: Thur. Apr. 9

Time: 5:00 – 9:00 pm

Fee: \$70.00

RECREATION CLASSES

AQUACIZE – Morning & Evening

Aerobic exercise in the pool! Swimming skills are not necessary as participants are never totally submerged. BABIES 4 mo. – 24 mo. WELCOME to participate with caregiver, bring your own floatable.

Fee: Adults \$4.50, Seniors/Youth \$3.50 drop-in fee, punch card or fitness pass.

Classes run as long as attendance is maintained.

COED Mornings

Days: Mon. Wed. Fri.

Starting: Jan. 5

Time: 10:00 am – 11:00 am

COED Evenings

Days: Mon. Wed. Fri.

Starting: Jan. 6

Time: 8:00 pm – 9:00 pm



SCUBA DIVING

Internationally recognized, this 8 session course includes classroom academic & pool diving assessment.

Includes all equipment except snorkel. Added charges for open water to be arranged separately. Taught by Farrington Diving Services.

Date: (6) Tues. Jan. 20 – March 10

Time: 6:30 pm – 11:00 pm

Fee: \$275.00 & snorkel



AQUA – ADULTS SWIM CLASS

This is a three level program in which students register on the basis of their swimming ability

Date: (8) Thurs. Jan. 22 – March 12

Time: 9:00 pm – 9:45 pm

Fee: \$60.00

Levels: 1, 2, 3



PRIVATE SWIM LESSONS

Make arrangements at Recreation Office.

30 min. - \$14.00

45 min. - \$21.00

1 hr. - \$28.00.

GENERAL INTEREST CLASSES

TRAVELER'S SPANISH BEGINNERS

Traveling in a Spanish speaking country will be much more enjoyable if you learn the language for practical everyday living.

Instructor: Diego Corrales

Date: (8) Mon. Feb. 2 – March 30

(no class Feb. 16)

Time: 7:15 – 9:15 pm

Fee: \$80.00 & book



POWER POINT 101

Learn how to use power point to create and enhance presentations. Students will learn how to create slides and text and graphics and how to use animation features. Prerequisite: Students should have a basic knowledge of Windows

Instructor: Randy Chenoweth

Date: (2) Sun. March 8 & 15

Time: 6:30 – 9:30 pm

Fee: \$60.00



INTRODUCTION TO DRAWING

Always wanted to learn how to draw? Or maybe it's been a few years since you've picked up a pencil. This course, whether it is your first time or a refresher, will take you through the rudiments of learning how to use your visual eye and draw what you see. Elements of visual art including gesture, perspective, composition, shape, tone, and value will be covered in a hands-on approach. Pencil, charcoal and ink & brush will be the mediums used. Bring your sketch book, pencil and eraser!

For ages 18 to 98.

Instructor: Stacey Hunter

Date: (8) Thurs. Feb. 5 – March 26

Time: 6:30 – 7:30 pm

Fee: \$80.00



ADVANCED DRAWING

You have rudiment skills in drawing but are looking to develop your abilities. This course focuses on expanding skills by drawing a broad range of images including elements of the human figure, natural and man made objects. A broad range of drawing approaches will be covered using several mediums. Materials required: 12 x 18 sketch book. Pre-Requisite: Intro to Drawing class or previous experience.

Instructor: Stacey Hunter

Date: (8) Thurs. Feb. 5 – March 26

Time: 7:45 – 8:45 pm

Fee: \$80.00



SENIORS WEIGHT TRAINING & FITNESS

More energy, stronger bones, and greater mobility! Experiencing physical fitness is an exhilarating feeling at any age! The seniors weight training classes include a variety of supervised fitness programs in both the weight room & the gymnasium. Seniors aged 55 and older.

Instructor: Candace Saylor, Fitness Consultant

Date: Tues. & Thurs. Jan. 13 – March 26

(no instructor on Feb. 3, 5, 10, 12 March 17)

Time: 1:15 pm – 2:15 pm

Fee: \$40.00 punch card with 10 visits

or \$4.50 drop-in fee or weight room membership.

COED BEGINNING RACQUETBALL CLASS

This course will introduce the student to the basic skills, techniques, strategies and rules of racquetball.

Instructor: Ron Schafer

Date: (5) Weds. Jan. 28 – Feb. 25

Time: 8:00 pm – 9:00 pm

Fee: \$60.00

DROP-IN BADMINTON

Badminton times are available.

Phone 403-782-2822 for reservations.

Racquets are available for rent for \$2.00.

Fee: Adult \$4.50. / Senior/Youth \$3.50

punch card or membership

