



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.

(10) Wednesdays, Sept. 26 – Nov. 28,

6:00–7:00 pm

\$80.00 & book

ADULT BEGINNING 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.

(10) Wednesdays, Sept. 26 – Nov. 28, 7:15–8:15 pm

\$80.00 & book

AMERICAN SIGN LANGUAGE – LEVEL 1

Learn the basics of American Sign Language for individuals who have little or no knowledge of the language. Students learn to recognize various visual grammatical features of the language and develop beginning level vocabulary and fingerspelling. Required Text: Signing Naturally Level 1 (Units 1–3).



Instructor: Shawna Jensen.

(10) Wednesdays, Sept. 26 – Nov. 28, 7:00–9:00 pm

\$125.00 & book

WOODWORKING FOR THE HOME CRAFTSMAN

Working on a project but can't seem to finish? Don't have the right tools to get things done? Enjoy working within a group on your own individual projects. Instruction on woodcraft techniques and use of hand and power tools. Larger tools include Wood Lathe, Band Saw, Planer and Jointer, as well as all other power and hand tools. Instructor: Rod Jamieson.

(8) Wednesdays, Oct. 17 – Dec. 5, 7:00–10:00 pm

\$110.00 & materials

HARDWOOD FLOORING 101

Updating your home or building new – hardwood flooring is for you. Learn about the types of hardwood flooring available and how to best take care



of it; as well as learn techniques on, starting and measuring a floor, installing at a 45 degree, doing borders and measuring for stairs.

Instructor: Lloyd Ventry with the Lacombe Hardwood Floor Company.

Thursday, Oct. 25, 7:00–9:00 pm

\$25.00

COOKING CLASSES

FILIPINO CUISINE WITH MYLA

Come learn and taste the delights of Filipino cuisine! There will be a demonstration of select main course dishes and desserts. End off the evening by sampling the delicious ethnic feast. Instructor: Myla Trenchuk.

Thursday, Nov. 1, 7:00–9:00 pm

\$35.00

OPA

Love Greek food but don't know how to cook it? Learn easy ways to prepare authentic Greek cuisine including Spanakopita, Tzatziki and Pita, and traditional desserts. Instructor: Ronda Ziakris.

Wednesday, Oct. 3, 7:00–9:00 pm

\$35.00

NUTRITION MADE SIMPLE

Participants will enjoy a hands on, humorous afternoon while learning to prepare easy nutritious food. End the day with a great meal and a complete dinner table setting. Instructor: Odette Boily from "Station Café." Sign up for 1 class or all 3 classes. **Must register 1 week before each class.**

(3) Sundays, 1:30–4:30 pm

Oct. 14 – Easy Lasagna and Pastas

Oct. 28 – Easy Soup and Sandwiches

Nov. 4 – Easy Entrees and Sauces

\$35.00 for each or \$100.00 for all 3



CANADIAN UNIVERSITY COLLEGE

Programmer	Shirley Unruh
General Interest	
Classes Coordinator	Toby Asante
Recreation Office	Physical Education Center
Mailing Address	5415 College Ave., Lacombe, AB. T4L 2E5
Telephone	782-2822 (Direct Line)
Office Hours	Monday – Thursday 7:30 am – 1:00 pm * 2:00–4:00 pm Friday: 7:30–11:30 am

Registration Begins September 4, 2007

Pre-registration is required for all courses. Please register at least one week before the course unless otherwise stated.

Building locations will be given at registration. Payment must be made at time of registration. Register in person, by phone, or by mail. Registration may only be done by phone using your Visa or MasterCard. All fees include GST.

Refund Policy

Refunds are generally not available, except for extenuating circumstances. A five dollar (\$5.00) administration fee will be charged on all refunds. If a course is canceled due to insufficient enrollment, a full refund will be given. We reserve the right to change or cancel any program as needed.

Continuing Education Classes

FALL ~ 2007

Canadian
University
College



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

Lifesaving awards
Prerequisites to NLS
7:00–9:30 pm

BRONZE MEDALLION

\$100.00 (includes books)

Session 1	Session 2
(6) Sundays	(6) Sundays
Sept. 9 – Oct. 21	Jan. 6 – Feb. 10

BRONZE CROSS

\$75.00

Session 1	Session 2
(5) Sundays	(5) Sundays
Oct. 28 – Dec. 2	Feb. 24 – Mar. 30

AWSI & WSI

\$380.00
(includes books)
(12) Mondays
Sept. 10 – Dec. 3
5:00–9:30 pm

AEC, NLS, O₂ ADMINISTRATION, & CPR

\$300.00
(includes books)
(12) Mondays
Jan. 7 – Apr. 7
5:00–9:30 pm

AEC & NLS

\$45.00 for one, \$80.00 both
Wednesday
Sept. 19
5:00–10:00 pm

WSI

\$65.00
Thursday
Sept. 20
5:00–9:00 pm

RECERTS

RECREATION CLASSES



CHILD MINDING SERVICES offered Mon. Wed. Fri. 9:00 am–11:00 am \$4.00 for the first child, \$2.50 for each additional child of the same family. Minimum age 2 years. Starting Oct. 1, 2007.

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.

Adults \$4.50, Seniors/Youth \$3.50 drop-in fee, punch card or fitness pass. Classes run as long as attendance is maintained.

Ladies only Morning: 10:00–11:00am
Sept. 17, Mon. Wed. Fri.

Evenings: 8:00–9:00pm, Tues. & Thurs.
Sept. 18, 8:00–9:00 pm



COED WATER POLO

(12) Thursdays, Sept. 20 – Dec. 6, 8:00–9:00 pm
Drop-in Fee: \$5.00
Full Fee: \$40.00



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.
(8) Tuesdays, Sept. 25 – Nov. 13, 6:30–11:00 pm
\$265.00 & snorkel

AQUA-ADULTS SWIM CLASS LEVELS 1, 2, 3

This is a three level program in which students register on the basis of their swimming ability.
(8) Thursdays, Oct. 4 – Nov. 22, 9:00–9:45 pm
\$50.00

PRIVATE SWIM LESSONS

Make arrangements at Recreation Office.
Qualified Instructor:
30 min. – \$12.50
45 min. – \$18.75
1 hour – \$25.00



THE LATEST CRAZE IN LAND AEROBICS

New Improved Step Aerobics featuring stepping & strength training through elastic bands resistance.
12 classes \$66.00

Mornings taught by Laura Litwin

(6) Wednesdays, & (6) Fridays, Oct. 10 – Nov. 16
9:30–10:30 am

Evenings taught by Karen Schafer

(6) Tuesdays & (6) Thursdays
Oct. 16 – Nov. 22
7:30–8:30 pm

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 60 and older.

Instructor: Candace Sayler, Fitness Consultant.

(10) Tuesdays, 1:15–2:00 pm
& (10) Thursdays, 1:15–2:30 pm

Sept. 18 – Nov. 22
\$40.00 PUNCHCARD 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.
(5) Wednesdays, Oct. 3 – Oct. 31, 8:00–9:00 pm
\$50.00



DROP-IN BADMINTON

Badminton times are available. Phone 782-2822 for reservations. Racquets are available for rent for \$2.00.
Dates TBA
8:00–9:30 pm
Adult \$4.00
Senior/Youth \$3.00
Coupon/Membership



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.
(8) Wednesdays, Oct. 3 – Nov. 21, 7:00–9:00 pm
\$70.00 & book

DIGITAL PHOTOGRAPHY

This course deals with using digital cameras. Aspects such as resolution, camera settings, file types and downloading to a computer are discussed. Integrating digital pictures into Microsoft Office is shown. The enhancements of Windows XP as they relate to digital picture files are also discussed. Instructor: Larry Murrin.
(2) Tuesdays, Nov. 13, 20, 7:00–9:00 pm
\$60.00



CREATING ORDER IN YOUR HOME

Join Professional Home Organizer Glenda van Gaal of Clutter Be Gone, Home Organizing for a comprehensive session on how to create order in your home, gain space and relieve the stress in your life. Learn why we keep things, goal setting, how to clear the clutter and start organizing your home, set up proven, effective, easy to use organizing systems, develop effective routines, simplify daily responsibilities, learn how to create an office at home, manage the paper tiger, and the basics of time management. We will define and solve problems, learn strategies for every room in your house and learn five easy steps to turning your home into a place of order and relaxation.

Glenda van Gaal is a member of Professional Organizers in Canada.
(3) Tuesdays, Nov. 6, 13, 20, 7:00–9:00 pm
\$60.00

