

## CHIP Program

Are you concerned with being OVERWEIGHT? CANCER? HIGH CHOLESTEROL/HEART DISEASE? Or your health in general? Many of today's diseases are reversible though some simple lifestyle changes. CHIP is a 4 week lifestyle improvement program patterned after live-in programs that last 3 - 6 weeks, and cost thousands of dollars. Any questions call (403) 783-8649 or e-mail cherylowen46@hotmail.com Register at one of the FREE 1 HR. INFORMATION SESSIONS

Thursday January 25—7:00 pm Neighborhood place

Monday, January 29 7:00 pm College Heights SDA Church

### CHIP SESSIONS

Feb. 5– Mar. 12 Mon. Tues. Thurs. 6:30-8:30 pm \$250/Person or \$400/Couple

## Painting is Fun (ages 6-12 years old)

Have fun while you explore color (combinations, compositions) all about the 'color wheel.' Explore texture through fun projects and weird applications. Choose a subject matter and learn how to layer. Instructor: Wendy Barnes, practicing artist.

(8) Tues. Jan 23– Mar. 13, 6:00-7:00 pm **\$75.00 & supplies**

## Introduction to Acrylic Painting

Acrylic paint is a versatile medium for an artist, with many characteristics of both oil and watercolor paint. The student will learn basic acrylic painting techniques as well as be introduced to some of the various glazing and mixed media processes which are easily achieved with this fast drying, nontoxic material. Maximum class time will be devoted to practice and the students can anticipate completing several paintings during the course. Instructor: Wendy Barnes, practicing artist

(8) Mon. Jan. 29– Mar. 26 (no class Feb 19) 7:00-9:00pm. **\$125.00 & supplies**

## Powersort Workshop

Ever feel overwhelmed, when you've seen other people's scrapbooks and you wanted to do the same with your photos. Then this is the course for you. Nab those pictures and bring them to class. Leave the workshop with your pictures in a photo safe Organization System that holds 2400 photos. Instructor: Cheryl Barrett, Creative Memories Consultant. Supplies included: Creative Memories Power Sort Box, Photo Labeling pencil, Post It Notes, organizational and instructional Handout. Wed. Jan. 31 6:30-9:30 pm **\$75.00**

## An Album In An Evening

Yes it's true, in one evening you will take home a beautiful color blocked finished album. Bring 150-160 photos in the order you would like them in your album. The creative memories PicFolio album offers photosafe Story Sleeves to display photos and journaling from celebrations. The Story box journaling boxes and title boxes that accompany this album make it fast and fun to finish! Supplies included: Creative Memories PicFolio album, journaling pen, title bars, journaling boxes, and instruction sheet. Instructor Cheryl Barrett, Creative Memories Consultant. Wed. Feb. 28 6:30-9:30 pm. **\$75.00**

## Cooking Classes

### Taste of India

Treat your taste buds to a savory vegetarian experience. Students will do the cooking under the guidance of instructor Dr. Samraj. Foods prepared will be from both North and South India. Finish by letting your taste buds judge the fruits of your labour!

Wednesday, Mar. 7, 7:00 - 9:00 p.m. **\$35.00**

### Trendy Thai

Ever eat at Chic Thai restaurants? They have lots of trendy foods, including fresh spring rolls. They're a snap to make and they will impress even the pickiest of eaters. You'll also learn to make several other great dishes such as glazed sugar snap peas and veggie chicken peanut and spinach salad. Instructor: Pattie Reasor. Mon. March 5 7:30-9:00 pm **\$35.00**

### Nutrition Made Simple

Learn to prepare food according to the 6 nutrients the body and brain need to function, and have fun doing it!

Instructor: Odette Boily from "Station Café"

1st Class– Easy Salads Dressings & Soup, 2nd class– Easy Entrée, 3rd class– Easy Breakfast. Sign up for one class or all 3 classes.

(3) Sundays, Jan. 21, Feb. 4, March 11. Deadline to register is 1 week before the commencement each class.

1:30-4:30 pm **\$35.00 Each or \$100.00 for all**

## To Register Contact

### Canadian University College

**Programmer:** Shirley Unruh

**Recreation Office:** Physical Education Center

**Mailing Address:** 5415 College Ave.

Lacombe, AB T4L 2E5

**Telephone:** Direct Line is (403) 782 - 2822

**Office Hours:** Monday-Thursday:

7:30am-1:00pm & 2:00pm-4:00pm

Friday: 7:30 am - 11:30 am

## Registration Begins January 1, 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 Master Card.

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 cancelled due to insufficient enrollment, full refund will be given. We reserve the right to change or cancel any program as needed.

Canadian  
University  
College

Continuing  
Education  
Classes

Winter 2007



## Aquatic Leadership Programs

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

### **Bronze Medallion & Bronze Cross:**

Lifesaving awards, Prerequisites to NLS - 7:00-9:30 p.m.

### **Bronze Medallion**

(6) Sun, January 14—February 25 **\$100.00 (includes books)**

### **Bronze Cross**

(5) Sun, March 4 - April 15 **\$75.00**

### **Aquatic Emergency Care,**

### **National Lifeguard Services**

(11) Mondays, January 15-April 16, 5:00 p.m. - 9:30 p.m.

**\$300.00 (includes books)**

### **Recerts:**

**AEC & NLS** Mon., April 2, 5:00 - 9:30pm **\$45.00 each**

**(Both \$80.00)**

**WSI** Tues, April 3, 5:00 - 9:00pm **\$65.00**

**Child Minding Services offered Monday, Wednesday, & Friday, 9:00 a.m. - 11:00 a.m. \$4.00 for the first child, \$2.50 for each additional child of the same family.**

**Minimum age 2 years. Starting January 16, 2007**

**Parents must be using our facility to access this service. Child Minding services will run as long as we can find a caregiver and have enough people using the service**

## Recreation Classes

### **Aquacize - Morning and Evening**

Aerobic exercise in the pool! Swimming skills are not necessary as participants are never totally submerged. BABIES 4-24 mo WELCOME to participate with caregiver, bring your own floatable. Classes run as long as attendance is maintained. **Adults - \$4.50, Seniors/Youth - \$3.50 drop-in fee, punch card or fitness pass.**

### **Women's Water Polo**

(10) Wed., February 21 - April 25. 8:00 - 9:30 p.m. **\$50.00**

### **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) Thurs., Jan. 25 - Mar. 22. 9:00 - 9:45 p.m. \$50.00**

No class February 15

### **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 Roy Farrington from Farrington Diving Services.

(8) Tues., Jan. 23 - Mar. 13. 6:30-11:00 p.m.

**\$265.00 & Snorkel**

### **Private Swim Lessons**

Make arrangements at Recreation Office. Qualified Instructor: 30 minutes **\$12.50**, 45 minutes **\$18.75**, 1 hour **\$25.00**

### **BOAT Operator Accredited Training**

If you drive a boat with a motor, you need to get carded. CUC is authorized to administer the boat test. **\$25.00 test, "On Board", Study Guide \$14.00, CD Rom \$30.00**

**Call for an appointment**

### **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 for seniors aged 60 and older. Instructor will be away Feb 22- Mar 8 Instructor: Candace Sayler, Fitness Consultant.

Tues. & Thurs. Jan. 16 - Mar. 27, 1:15-2:30 p.m.

**\$30.00 PUNCHCARD with 10 visits**

**or \$4.00 drop-in fee or weight room membership**

### **The Latest Craze in Land Aerobics**

New improved Step Aerobics featuring stepping & strength training through elastic band resistance.

Instructor: Karen Schafer

(5) Tuesdays & (5) Thursdays 7:30-8:30 p.m. **\$55.00**

Session 1 Jan. 16- Feb. 15, Session 2 Feb. 20—Mar. 22

### **Co-Ed Beginning Racquetball Class**

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

(5) Tues. Jan. 23 - Feb. 20, **\$40.00**

Session 1, 7:30- 8:30 p.m. Session 2, 8:30-9:30 p.m.

### **Drop-in Badminton**

Badminton times are available. Phone 782-2822 for reservations. Racquets are available to rent for \$2.00.

Dates TBA 8:00-9:30 p.m.

**Adult \$4.00, Senior/Youth \$3.00 drop-in fee, punch card, or gym/pool membership**

## General Interest Classes

### **Know Your Rights— An information seminar on the LAW IN THE WORKPLACE**

Mr. Wayne Schafer has more than 20 years of experience in Labor Law and the Workplace Relations and will provide those who attend with some very valuable information on their rights in the workplace. Presenter— Wayne Schafer— Senior Counsel Aboriginal Law Services/Department of Justice Canada.

Monday February 12, 7:00pm- 9:00pm, **\$40.00**

### **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) Mon., Jan. 29 - Mar. 26, 7:00 - 9:00 p.m. **\$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 Microsoft Office is shown. The enhancements of Windows XP as they relate to digital cameras are also discussed.

Instructor: Larry Murrin

(2) Mon, Feb. 5 & 12, 7:00 - 9:00 p.m. **\$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 of your life. 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) Wed. Feb. 21, 28, & Mar. 7, 7:00 - 9:00 p.m.

**\$60.00**

### **Adult Beginning Guitar**

This class requires you have little or no experience with the guitar. Must have your own guitar.

Instructor: Moses Ruiz

(10) Tues, Jan. 23 - Apr. 3, 7:00 - 8:00 p.m. **\$80.00 & Book**