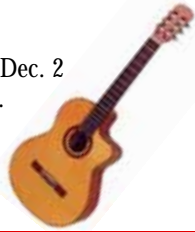


ADULT BEGINNER GUITAR

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. Sept. 30 – Dec. 2
Time: 6:00 p.m. – 7:00 p.m.
Fee: \$80.00 & book



ADULT INTERMEDIATE GUITAR

Wanting to expand your guitar skills, here's your chance. This class requires that you have basic training with the guitar. Must have your own guitar.

Instructor: Enoch Attey
Date: (10) Wed. Sept. 30 – Dec. 2
Time: 7:15 p.m. – 8:15 pm
Fee: \$80.00 & book

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
Date: (2) Thurs. Oct. 15 & 22
Time: 7:00 p.m. – 9:00 pm
Fee: \$50.00



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) Tues./Thur./Tues. Nov 17, 19, 24
Time: 7:00 p.m. – 9:00 p.m.
Fee: \$75.00



COOKING CLASSES

GREAT GLUTEN

Learn simple techniques for great tasting gluten and get delicious recipes to try this healthy alternative with your family. Includes Chicken A La King and Veggie n' Beef Stir Fry. Yum!

Instructor: Fern Sheffield
Date: Thurs. Oct. 22
Time: 7:00 p.m. – 9:00 p.m.
Fee: \$35.00



IT'S A WRAP

Come learn the art of wrapped Asian food. Menu will include fresh spring rolls, sushi and empanada. You will pick up simple cooking tricks with tasty results. End the evening by sampling the delicious menu!

Instructor: Myla Ferrer Trenchuk
Date: Wed. Nov. 18
Time: 7:00 p.m. – 9:00 p.m.
Fee: \$35.00



Programmer Shirley Unruh
General Interest Toby Asante
Classes Coordinator
Recreation Office Physical Education Center
Mailing Address 5415 College Ave.,
Lacombe, AB. T4L 2E5
403.782.2822 (Direct Line)
Telephone 403.782.2822 (Direct Line)
Office Hours Monday – Thursday
7:30 a.m. – 4:00 p.m.
Friday: 7:30 a.m. – 11:30 a.m.

Registration Begins August 24, 2009

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.

Fall 2009



Continuing Education Classes



Improve your skills at any age

AQUATIC LEADERSHIP PROGRAMS

Bronze Medallion & Bronze Cross

Lifesaving awards. Prerequisites to NLS

Date: Sept. 13 – Dec. 6
(no class Oct. 11, Nov. 15)
Offered again Jan. 2010.
Days: (11) Sundays
Time: 7:00 p.m. – 9:30 p.m.
Fee: \$175.00 (includes books & GST)
Note: If you need Bronze Cross only
phone for start date.

Assistant Water Safety Instructor & Water Safety Instructor

Date: Sept. 14 – Dec. 7 (no class Oct. 12)
Days: (12) Mondays
Time: 5:00 p.m. – 9:30 p.m.
Fee: \$400.00 (includes books & GST)

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

Date: Jan. 11– Apr. 12 (no class Feb. 15)
Days: (12) Mondays
Time: 5:00 p.m. – 9:30 p.m.
Fee: \$320.00 (includes books & GST)

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.

RECERTS

AEC & NLS

Date: Wed. Sept. 16
Time: 5:00 p.m. – 10:00 p.m.
Fee: \$50.00 for one,
\$85.00 both

WSI

Date: Thur. Sept. 17
Time: 6:00 p.m. – 10:00 p.m.
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: Sept. 2
Time: 10:00 a.m. – 11:00 a.m.

COED Evenings

Days: Tues. & Thurs.
Starting: Sept. 1
Time: 8:00 p.m. – 9:00 p.m.

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: (7) Tues. Sept. 22 – Nov. 3
Time: 6:30 p.m. – 11:00 p.m.
Fee: \$275.00 & 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

Date: (8) Thurs. Oct. 1 – Nov. 26 (no class Nov. 12)
Time: 9:00 p.m. – 9:45 p.m.
Fee: \$50.00

PRIVATE SWIM LESSONS

Make arrangements at Recreation Office.
Qualified Instructor: 30 min. - \$14.00
45 min. - \$21.00
1 hr. - \$28.00

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: (10) Tues. & (10) Thurs. Sept. 15 – Nov. 19
Time: 2:00 p.m. – 3:00 p.m. (Students can come at 1:00 p.m. to do cardio & stretching.)
Fee: \$40.00 punch card with 10 visits or \$4.50 drop-in fee or weight room membership

DROP-IN BADMINTON

Badminton times are available.
Phone 403.782.2822 for reservations.
Racquets are available for rent for \$2.00.

Dates: TBA
Time: 8:00 p.m. — 9:30 p.m.
Fee: Adult \$4.50. / Senior/Youth \$3.50
punch card or 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: Joselyn Almonte
Date: (8) Wed. Oct. 7 – Nov. 25
Time: 7:00 – 9:00 p.m.
Fee: \$85.00 & 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.

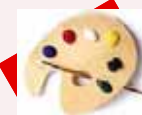
Instructor: Larry Murrin
Date: (2) Wed. Nov. 4 & 11
Time: 7:00 – 9:00 p.m.
Fee: \$60.00



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) Tues. Oct. 6 – Nov. 24
Time: 6:45 p.m. – 7:45 p.m.
Fee: \$85.00 (includes additional supplies)



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: Large sketch book. Pre-Requisite: Intro to Drawing class or previous experience.

Instructor: Stacey Hunter
Date: (8) Tues. Oct. 6 – Nov. 24
Time: 8:00 – 9:00 p.m.
Fee: \$85.00 (includes additional supplies)

