

Canadian University College

Programmer: Shirley Unruh
Recreation Office: Physical Education Center
Mailing Address 5415 College Ave. Lac., AB T4L 2E5
Telephone Direct Line is **782-2822**
Office Hours Monday-Thursday 7:30a.m. – 1:00p.m. and 2:00 – 4:00 p.m.
Friday 7:30 a.m. – 11:30 a.m.

Registration Begins Jan. 4. 2005

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. Use the form in this brochure for mail-ins. 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.

AQUATIC LEADERSHIP PROGRAMS

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

Bronze Medallion & Cross

Session 1
(11) Sun., Jan. 16 – April 10, 2005
Session 2
(11) Sun. Sept. 11 – Dec. 4, 2005
7:00 – 9:30 p.m.
\$175.00 (includes books)

Assistant Water Safety Instructor & Water Safety Instructor

(10) Mon. Sept. 12– Dec. 5, 2005
5:00 p.m. 9:30 p.m.
\$380.00 (includes books)

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

AEC (3) Mon. Jan. 10 – 24,
NLS (9) Mon. Jan. 31 - Apr. 11
5:00 p.m. – 9:30 p.m.
\$300.00

Recertification's

AEC

Wed. March 16
4:00 – 8:00 p.m. \$45.00 (with NLS \$80)

NLS

Mon. Mar. 20
11:00 a.m. – 3:00 p.m.
\$45 (with AEC \$80)

WSI

Wed. Mar. 23
4:00 – 8:00 p.m.
\$65.00

RECREATION CLASSES

Childcare Services offered Mon. Wed. Fri. 9:00 a.m. – 11:00 a.m. \$3.50 for the first child, \$2.00 for each additional child of the same family. Minimum age 2 years.

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

Jan. 5, Mon. Wed. Fri.
10:00 a.m. – 11:00 a.m.

Evenings Tues. & Thurs.

Sept. 7, 8:00 - 9:00 p.m.

Aquajog

A no-impact, high energy workout in the deep end. Flotation belts will be provided.

Wed., 8:00 – 9:00 p.m. Each session 8 classes \$32.00

Session 1

Jan. 19 – Mar. 9

Session 2

Mar. 16 – May 4

Session 3

May 11 – June 29

As long as this class fills there will be Drop-In as well.

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

Scuba Diving

Internationally recognized, this 6 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.

(6) Tues., Jan. 25 – Mar. 1

6:30 - 11:00 p.m.

\$185.00 & snorkel

Women's Water Polo

(10) Wed.

Jan. 26 – Mar. 30

9:00 – 10:00 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. 27 – Mar. 17

9:00 p.m. – 9:45 p.m.

\$45.00

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.

Private Swim Lessons

Make arrangements at Recreation Office.

Qualified Instructor: 30 min. \$10.00, 45 min. \$15.00, 1 hour \$20.00.

Seniors Weight Training & Fitness

More energy, stronger bones, and greater mobility! Experiencing physical fitness is an exhilarating feeling at any age! Class includes a variety of supervised fitness programs for seniors aged 60 and older.

Instructor: Travis McMurray Fitness Consultant.

Tues. & Thurs. Jan. 11 – Apr. 7

1:15 p.m. –2:30 p.m.

\$30.00 PUNCHCARD with 10 visits or \$4.00 drop-in fee or weight room membership

Coed Beginning Racquetball Class

Introduce the student to the basic skills, techniques, strategies and rules of racquetball. Instructor Ron Schafer.

(5) Wed., Jan. 26 – Feb. 23

8:00- 9:00 p.m.

\$40.00

GENERAL INTEREST CLASSES

Woodworking for the Home Craftsman

Instruction in woodcraft techniques will be emphasized. Use of all hand and power tools included. Design and construct individual projects. Instructor: Gerald Whitehead.

(10) Tues.

Feb. 8 – April 12

7:00 – 10:00 p.m.

\$110.00 & materials

Colour Trends

Class will entertain on colour, colour trends, what's in style & what's new. Hands on popular faux finish techniques. Class held at Fargey's Paint store with Instructors: Cheryl Stehr, Kathy Reis & Sean Stroud.

Wed., Feb. 16

7:00 – 9:00 p.m.

\$15.00

Standard First Aid & CPR Level C

This St. John Ambulance First Aid includes first aid for injuries and illness including head and spinal injuries, fractures of the upper and lower limbs. The CPR Level C includes adult as well as child & infant. Class is co-sponsored by CLLLA for volunteers. If you wish to take course for employment you pay a higher fee. Instructor: Tim Duggan.

2 Mon. & 2 Wed.

Mar. 7 - 16

6:00 – 10:00 p.m.

\$63.50 includes books (for volunteers only) (CLLLA sponsored)

\$100.00 includes books (for employment)

Emergency First Aid with Level B & CPR

Mar. 7 & 9

6:00 – 10:00 p.m.

\$75.00

Digital Photography

Would you like to learn the secrets of using a digital camera? Aspects such as resolution, camera settings, file types and downloading to a computer are taught. 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) Tues., Feb. 8 & Feb. 15

7:00 – 9:00 p.m.

\$60.00

Power Point

Learn how to use PowerPoint to create and enhance presentations. Students will learn how to create slides, add text and graphics, and how to use animation features. Prerequisite: Student should have a basic knowledge of Windows. Instructor: Randy Chenowith.

(3) Mon. Jan. 31 – Feb. 14

6:30 p.m. – 9:30 p.m.

\$90.00

Relaxation & Stress Reduction through Natural Remedies

Chartered Herbalist Myra Grauvreau will teach us about Essential oils and Aroma Therapy (smells that aid in Health issues). Soap making demonstrations (natural soaps and shampoos). Sitzer Bathes (Learn to Relax and receive Healing from your baths). Students will go home with samples and handouts.

Wed., Feb. 9

7:00 – 9:00 p.m.

\$10.00

American Sign Language Level 1

Learn the basics of American Sign Language, basic fingering, word signs and sentences.

(10) Thursdays

Feb. 3 – April 7

7:00 – 9:00 p.m.

\$50.00 & book & video CLLLA cosponsored)

Traveler's Spanish

Traveling in a Spanish speaking country will be much more enjoyable if you learn the language for practical everyday living. Instructor Sherry Heinrichs has lived in Mexico for 6 years.

(8) Mon. Jan. 24 – Mar. 21 (no class Feb. 21)

7:00 – 9:00 p.m.

\$50.00

Basic Beginners or Advanced Knitting

Yes, you can do it! Barb Morriss and Kathy Burnett will teach you to knit, pearl, cable, and the moss stitch.

To begin with you will practice the stitches, and then you will create a dish cloth and a baby's sweater. The advanced students will knit a baby's sweater and learn cable & fairisle.

(6) Tues. 7:00 p.m. – 9:00 p.m.

Feb. 1 – Mar. 8

\$40.00 & materials

Filipino Cuisine with Myla

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

Tues. Feb. 15

7:00 – 9:00 p.m.

\$25.00

Korean Cuisine

Enjoy the sensational flavors of authentic Korean Food Vegetarian Style. Angie Kwon will demonstrate the following dishes. Bul-go-gie, Jopcha, Kim-bup.

Mon. March 7

7:00 p.m. – 9:00 p.m.

\$25.00

Taste of India

Treat your taste buds to a savory vegetarian experience. Instructor Dr. Tennyson Samraj will demonstrate how to cook both north Indian and South Indian dishes. Come hungry!

Mon., Feb. 7

7:00 p.m. – 9:00 p.m.

\$25.00

Children's Gymnastic Programs

Dates: Mon., Jan. 24 – Mar. 21 & Wed., Jan. 26 – Mar. 16

Note: Children may register to come one or two days a week

Parent & Tot Gymnastics

Your child will experience various gymnastic activities and equipment under the supervision of an instructor, but under the guidance of yourself. Maximum two children per adult.

Min. age 2 yrs.

10:00 – 10:45 a.m.

\$60/16 classes or \$30/8 classes

Kindergym

The students will learn the fundamentals of gymnastics with an emphasis on tumbling. Min. age 4 yr.

10:50 – 11:50 a.m.

\$70/16 classes or \$35/8 classes