## ARTS, CRAFTS & MUSIC

<table>
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<tr>
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<th>Course Title</th>
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<th>Room</th>
<th>Start</th>
<th>Lessons</th>
<th>Fee</th>
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| 3508     | Crocheting Ages 11+  
* | Fort Th | 6:00-7:30 | 1085A | Oct.1 | 8 | $66.00 | 12 |
| 3637     | Floral Design - Intermediate  
* | Eden Th | 7:00-9:00 | 140 | Oct.1 | 10 | $110.00 | 12 |
| 3639     | Floral Design - Introduction  
* | Eden T | 7:00-9:00 | 140 | Sep.29 | 10 | $110.00 | 12 |
| 3599     | Guitar - Adults - Beginners | Beam W | 8:00-9:00 | Music | Sep.30 | 10 | $55.00 | 12 |
| 3642     | Guitar - Adults - Beginners | Eden T | 8:00-9:15 | 157 | Sep.27 | 8 | $55.00 | 12 |
| 3643     | Guitar - Adult - Intermediate | Eden Th | 8:15-9:30 | 157 | Oct.1 | 8 | $55.00 | 12 |
| 3627     | Guitar - Acoustic Styles | Eden W | 7:00-8:00 | 157 | Sep.30 | 10 | $55.00 | 12 |
| 3650     | Guitar - Rock/Blues | Eden M | 6:30-8:00 | 157 | Sep.28 | 10 | $82.50 | 12 |
| 3509     | Hip Hop For Kids Ages 6-12 | Fort Th | 6:30-7:30 | U.Gym | Oct.1 | 10 | $55.00 | 12 |
| 3526     | Photography - Beginners | Grims T | 6:30-8:00 | 100 | Sep.29 | 10 | $82.50 | 13 |
| 3528     | Photography - Introduction* | Beam Th | 6:00-8:00 | 110 | Sep.29 | 10 | $110.00+$10 | 13 |
| 3610     | Sketching and Drawing for Adults - Intro | Beam T | 7:00-8:00 | 1-206 | Sep.29 | 10 | $55.00+$10 | 13 |
| 3612     | Sketching and Drawing for Adults - Intro | Eden T | 6:00-9:00 | 154 | Sep.29 | 8 | $132.00+$10 | 13 |
| 3616     | Sketching & Drawing for All Ages | Port T | 6:00-7:30 | 323 | Sep.29 | 10 | $82.50+$10 | 13 |
| 3618     | Ukulele - Beginners | Beam Th | 7:45-8:45 | Music | Sep.28 | 10 | $55.00 | 13 |
| 3635     | Watercolours - Beginners* | Eden M | 6:30-9:30 | 154 | Sep.28 | 8 | $132.00 | 12 |
| 3654     | Watercolours - Intermediate* | Eden Th | 6:30-9:30 | 154 | Oct.1 | 8 | $132.00 | 12 |

## COMPUTERS

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### HEALTHY LIVING, LIFESTYLE AND SPORTS

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### HISTORY, HOME AND GARDEN

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### LANGUAGE

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### Physical Activity Disclaimer:

It is recommended you consult your health professional if you have any exercise restrictions or concerns. In choosing to participate in the physical activity, you agree that, to your knowledge, you have no limiting physical conditions that would preclude physical activity of this nature.

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www.dsbn.org/community | district school board of niagara | 905-687-7000
FLORAL DESIGN CHRISTMAS
Course No. 3636
Centrepieces, wreaths, fresh urns, etc will be taught. Fresh & artificial flowers are used. A small extra weekly charge will be applied to cover floral costs.

FLORAL DESIGN INTERMEDIATE
Course No. 3637
Advanced floral design will focus on high style and hand ties, Victorian and garden themes. A small extra weekly charge will be applied to cover floral costs.

FLORAL DESIGN INTRODUCTION
Course No. 3639
The basics of floral design will be taught. The use of fresh and artificial flowers will be demonstrated. Designing bud vases to everyday centrepieces. Cost of flowers extra, payable each class.

GUITAR ADULTS BEGINNERS
Course No. 3599,3642
Learn guitar basics such as tuning, cords, notes, rhythm and more.

GUITAR ADULTS INTERMEDIATE
Course No. 3643
This course works off the fundamentals of the beginner’s class. It is strongly recommended to have taken Beginners Guitar first. Focus on learning songs and refining techniques from the previous class.

GUITAR – ACOUSTIC STYLES
Course No. 3627
Folk and finger style guitar, with a quick look at jazz and blues guitar.

GUITAR – ROCK/BLUES
Course No. 3650
Learn the basics of classic blues and rock rhythms, four bar progressions, scales, and solo improvisation with acoustic and electric guitars, with the use of the slide. Some guitar experience is necessary. Bring own guitar.

HIP HOP FOR KIDS
AGES 6-12
Course No. 3509
Kids will experience the fun and high energy style and steps of hip hop dance. Participants will work towards a dance performance at the end of the session.

JAZZ / HIP HOP
AGES 7-13
Course No. 3664
This is for kids that are energetic and love to move to popular contemporary music. Instruction on the basics of Jazz and Hip-Hop steps, styles and movements will lead to gaining confidence and having fun on the dance floor.

MUSIC PERFORMANCE
Course No. 3604
Students enrolled in the course will work together learn and perform as a group. Knowledge of any instrument is welcomed. It is a recommendation (not a requirement) that students enrolled in this class also enroll in song writing.

MUSIC THEORY
Course No. 3605
Music theory is a course based on what is really behind the music. It is an interest course that involves little playing of instruments and more listening to the ideas and notes that make music popular.

PERCUSSION INTRODUCTION
Course No. 3606
Using their own practice drum pads and sticks, students will learn the basics of how percussion music is arranged and performed from a professional drummer.

PHOTOGRAPHY BEGINNERS – DIGITAL
Course No. 3591,3607
Lighting, depth of field, camera settings, shutter speed and I.S.O speed are just some of the many skills addressed. Digital camera and memory card are required.

PHOTOGRAPHY ADVANCED – DIGITAL
Course No. 3608
Learn the advanced tricks of the trade from a professional photographer that will take your digital images from every day to stunning professional quality. This course also involves out of class excursions to experiment with different situations.

PHOTOGRAPHY – BEGINNERS
Course No. 3589
Learn how to use your camera to its full potential. Camera operation, shutter speeds, f/stops and composition are just some of the many areas covered. A DSLR or film SLR camera is required.
PHOTOGRAPHY – BEGINNERS  
Course No. 3526  
The course will cover applications of a variety of lenses, the hot shoe flash and tripod. You will use and apply the manual and semi-manual camera modes, and metering methods. You will also analyze the impact that f/stops, shutter speeds, depth-of-field and colour theory have on photographic images. Please bring your own DSLR camera for use.

SCRAPBOOKING “GETTING SCRAPPY”  
Course No. 3640*  
Students will learn at least two great scrapbooking projects: an explosion book and a paper bag book. Digital scrapbooking will be covered at the end.

SCRAPBOOKING INTRODUCTION  
Course No. 3529  
For beginner scrapbookers. Learn the lingo, techniques and how to use all the tools to create a lasting memory with your photos. Learn about cropping, embellishing, journaling, layering, matting, double layouts, linking and stamping. Learn about making cards and mini albums.*Material fee of $30.00 to be collected on the first night.

SEWING – BEGINNERS  
Course No. 3651*  
Students will learn basic skills & grow in confidence to start a sewing hobby. Several small projects will be completed ranging from a tote bag to refashioning a thrift store find. Mostly machine, and some hand sewing.

SKETCHING & DRAWING FOR ADULTS - INTRODUCTION  
Course No.3610*,3633*  
Learn the basics of drawing and sketching in this hands on course. Understand the basics of drawing, the tools of the trade, and how to use them.

SKETCHING & DRAWING FOR ALL AGES  
Course No. 3667*  
Both children and adults can join this class with a focus on artistic techniques that will appeal to everyone. Materials and direction will be varied to suit different age groups.

SKETCHING & DRAWING AGES 7-13  
Course No.3612*  
This course focuses on basic drawing technique: Sketch pad, pencils and eraser required.

SONG WRITING  
Course No. 3615  
Learn the various steps involved in creating a song from a professional musician. This course focuses on the creation of lyrics and structure more than melody. Knowing how to play an instrument is NOT a requirement.

STAINED GLASS – BEGINNERS  
Course No. 3592  
Learn the basics of stained glass using the copper foil technique. Instruction includes, design, cutting, grinding, foiling, soldering and finishing techniques. Students can complete several projects of their own designs at their own pace.*There is an additional fee for the “Starter Kit” if required.

THEATRE GAMES AGES 7-13  
Course No. 3668  
Students will be introduced to dramatic techniques such as tableaux, mime, and mask work, developing voice and movement skills. Fun activities and games build kids’ confidence through performance in small and large group settings.

UKULELE – BEGINNERS  
Course No. 3618  
Learn and practice the basics of this fun and increasingly popular instrument, including tuning, strumming, chords, songs, and more.

WATERCOLOURS BEGINNERS  
Course No. 3653  
Learn to paint beautiful watercolours through a series of exercises. Complete finished painting with instructor’s assistance. *A list of supplies will be given by the instructor the first night.

WATERCOLOURS INTERMEDIATE  
Course No. 3654  
Continue to use watercolour in a unique style. Take your skills to a new level through a series of exercises and paintings. Learn techniques to develop your own style. *A list of supplies will be given by the instructor the first night.

For locations, dates, times and course fees, refer to the charts on pages 10-11.  
*Material costs are extra.

COMPUTERS

BASIC COMPUTER OPERATIONS – BEGINNERS  
Course No. 3629*  
Learn basics of computer operations including email, web browsing, Skype, and MS Office.

COMPUTER ANIMATION BEGINNERS – AGES 8-14  
Course No.3597*  
Learn to create and edit fantastic 2-D objects and images like a professional under the step-by-step instruction of a professional animator.

COMPUTER ANIMATION & PROGRAMMING FOR KIDS AGES 8-14  
Course No. 3628*  
Enjoy creating your own animated games and learn computer programming simultaneously in a fun and creative way. Learn through playing and develop your favourite skills (e.g. drawing, music, art, and more). Discover your own potential with this technology developed by the Lifelong Kindergarten from M.I.T.

COMPUTERS – BEGINNERS  
Course No.3547*,3550*  
For those with little or no computer experience. Learn how to use email, the Internet, word processing and more.

COMPUTERS BEYOND BEGINNERS  
Course No. 3661*  
For those already in possession of basic computer understanding and wishing to explore the finer points of document creation, web and social media usage, and other elements for applying computers skills to personal or business needs.

COMPUTERS FOR SENIORS  
Course No. 3582*  
Learn basics of computer operations including email, web browsing, Skype, and MS Office.

COMPUTERS FOR SENIORS  
Course No. 3673*  
This course is for people with very little or no computer experience. The teacher will take you through the basics of computers; e-mail, google, maps, e-cards, photos, attachments and more. This promises to be an interesting course in a very relaxed atmosphere.
computers, healthy living, lifestyle & sport

GARAGE BAND INTRODUCTION
Course No. 3598*
Garage Band is a musical composition tool from Apple. Learn to use Garage Band to create and produce musical compositions electronically. Must have an iPad or MacBook computer that has Garage Band installed.

HANDHELD SMART DEVICES INTRODUCTION
Course No. 3602*
So, you got a smart device! Now what? Learn to use your iPhone, iPad or Nexus device beyond Facebook and e-mail. Topics include: photos & video, device security, the mobile office.

IMOVIE – INTRODUCTION
Course No. 3603*
iMovie is a program that can be used to create anything from basic picture slideshows to movie trailers and beyond using your own home videos or photos. The course will focus on the creation of both slideshows and videos using this program. Must have an iPad or MacBook computer with iMovie installed.

MICROSOFT WORD/EXCEL – BEGINNERS
Course No. 3521*, 3522*
Course will take you through the different menus and basic functions of Excel and Word. Basic keyboarding skills are an asset but are not required for this introductory course. Students will be shown how to produce spreadsheets and/or letters.

MICROSOFT OFFICE 2010 BASICS
Course No. 3648*
A survey course with two sessions each on Word, Excel, PowerPoint, and Access.

MICROSOFT WORD – LEVEL 1
Course No. 3672*
Course will take you through the different menus and basic functions of Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will learn how to produce word documents, letters, posters etc.

MOBILE DEVICES OPERATION
Course No. 3647*
Learn the use of mobile devices in different mobile platforms (Android, Apple, Windows). From tablets to smart phones and apps, this course will provide a way to master the use of these popular technologies.

PHOTOSHOP ELEMENTS INTRODUCTION
Course No. 3528*, 3609*, 3649*
Learn basics of how to manipulate photographs, do touchups, changing backgrounds, color, etc. in images.

SOCIAL MEDIA INTRODUCTION
Course No. 3614*
Learn the ins and outs of Social Media, going beyond the basic usage that the majority of people employ, while also learning about how to protect yourself online. Specific focus will be on Facebook, Twitter, and LinkedIn.

WEBSITE DESIGN INTRODUCTION
Course No. 3625*, 3655*
For business purposes or for your own personal creations. Learn how to take control of web design programs and do more than just copy a template.

AQUAFIT
Course No. 3505, 3506
Join us for a fun exercise program in the pool. Emphasis is on cardiovascular fitness and toning.

BADMINTON
Course No. 3581*
A fun night for anyone interested in playing badminton. All levels of players welcome. Improve your game while exercising and having fun. Bring your own racquet; shuttlecock provided.

BASKETBALL - MENS RECREATIONAL 30+
Course No. 3594
An enjoyable night of scrimmage basketball for adult males who are looking for recreation, exercise and getting on the basketball court for a good game. Fitness attire and non-marking shoes required.

BODY KICK
Course No. 3546
Kickboxing moves that will tone & sculpt your body while increasing your cardio, balance & flexibility.

FITNESS BOOTCAMP
Course No. 3634
A low impact circuit workout for Seniors designed to introduce fitness to seniors and build some cardiovascular endurance and muscle flexibility.

FITNESS FOR SENIORS
Course No. 3535
A low impact circuit workout for Seniors designed to introduce fitness to seniors and build some cardiovascular endurance and muscle flexibility.

GOLF – ALL LEVELS
Course No. 3583, 3584
Stay on top of your game or learn stance, grip and swing. Instructor will teach a variety of shot techniques. You must bring your own golf clubs.

JUNIOR GYMNASTICS AGES 5-10
Course No. 3510
A recreational gymnastics class designed to teach children the basics of the sport. Emphasis is on skill building and fun, co-ordination, balance and flexibility on the mat will be taught.

KIDS MARTIAL ARTS AGES 5-12
Course No. 3511
Participants will learn the basic principles of Taekwondo, a Korean Martial Art of Self Defence. Emphasis is on building strength, character and leadership. Instructed by Master in TKD.

PILATES
Course No. 3665
Develop strength through core body exercises. Working back, abdomen and hips and increasing strength and flexibility.

PILATES FOR AGES 25-50 BEGINNERS
Course No. 35351
Basic Pilates’s movements and exercises will form the basis for this introductory course. Designed for people 25-50 to help develop core strength, work your back, abdominal and hips, and increase strength and flexibility. No previous experience with Pilates necessary. You may bring your own Pilates mat or use one of ours.
PILATES IN A CHAIR
Course No. 3552
This low impact Pilates course is done using a chair. A great workout for people who have limited mobility. Improve your strength, flexibility and wellness.

STABILITY BALL BLAST
Course No. 3512
The Stability Ball will be utilized for cardio, toning and core work to produce a great calorie burning and sculpting workout. Lots of fun and suitable for all fitness levels. Please bring a stability ball, mat and water to class.

STEP FITNESS
Course No. 3659
A high impact, high endurance step class for those wanting to burn calories and get in shape. Hand weights will be used to build muscle.

STEP N TONE
Course No. 3575
A step aerobic class that will mix cardio, conditioning & balance with full body toning.

Volleyball – Co-Ed Recreational
Course No. 3620
A fun night for adults who have played some volleyball in the past.

YOGA
Course No. 3543, 3569, 3570, 3571, 3572, 3626
Study the discipline of Yoga while building strength, stamina and flexibility. Please bring a mat and blanket to class. Please pay close attention to date, time, and location, indicated in the index.

YOGA – BODY POSITIVE
Course No. 3542
Want to try yoga but not sure it is for your body or your flexibility? This class is about honoring our bodies and creating an environment where all bodies can do all poses. Explore movement and learn the basics. 2 yoga blocks, a yoga mat and a blanket required.

YOGA – GENTLE HATHA
Course No. 3544
This class is for students who have some previous yoga experience. We will promote strength and lengthening while focusing on good alignment and body awareness. Gentle to mid-paced class. Please bring a yoga mat.

ZUMBA
Course No. 3513, 3514, 3573, 3656
A fusion of Latin music and aerobic/interval training that tones and sculpts the body. Please pay close attention to date, time, and location, indicated in the index.

FRENCH BEGINNERS
Course No. 3515*, 3671*
Student will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn for enjoyment or if you have children in the French Immersion programs.

FRENCH CONVERSATIONAL
Course No. 3516*, 3662*, 3670*
This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

FRENCH – CULTURAL CAFÉ
Course No. 3663*
Beyond the language of French, this class offers a weekly exploration of French music, movies, books, and the French way of life. This course is for those with a grounding in the language who wish to bring a little more “je ne sais quoi” into their life!

JAPANESE - INTRODUCTION
Course No. 3646*
Students will experience the Japanese language, with a focus on basic writing and essential conversational knowledge. Come & learn more about this language in an engaging environment.

SPANISH – BEGINNERS
Course No. 3532*
An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

SPANISH CONVERSATIONAL BEGINNERS
Course No. 3536*, 3537*, 3538*
An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish. Please pay close attention to date, time, and location, indicated in the index.

SPANISH FOR TRAVELLERS BEGINNERS
Course No. 3539*, 3540*, 3541*, 3545*
In a relaxed atmosphere, focus on basic vocabulary and specific conversation and reading skills to enable students to travel within a Spanish speaking country and enjoy their stay. Please pay close attention to date, time, and location, indicated in the index.

SPANISH FOR TRAVELLERS INTERMEDIATE
Course No. 3652*
A continuation from the Spanish for Travellers - Beginners course. This course will enhance the student’s level of vocabulary, verb usage, and conversational skills. Very helpful for frequent travellers and vacationers.

For locations, dates, times and course fees, refer to the charts on pages 10-11.

*Material costs are extra.
Registrations must be received no later than September 16th, 2015. Registrations will be processed on a daily basis. FAX – 905-646-7042 – VISA or Mastercard only.
MAIL - IN – Please complete the VISA/Mastercard payment information, or enclose cheque/money order (Payable to District School Board of Niagara); please send one cheque, per course, per participant.
MAIL TO: ADULT & COMMUNITY EDUCATION, c/o LLC, 535 Lake St., St. Catharines, Ontario L2N 4H7

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