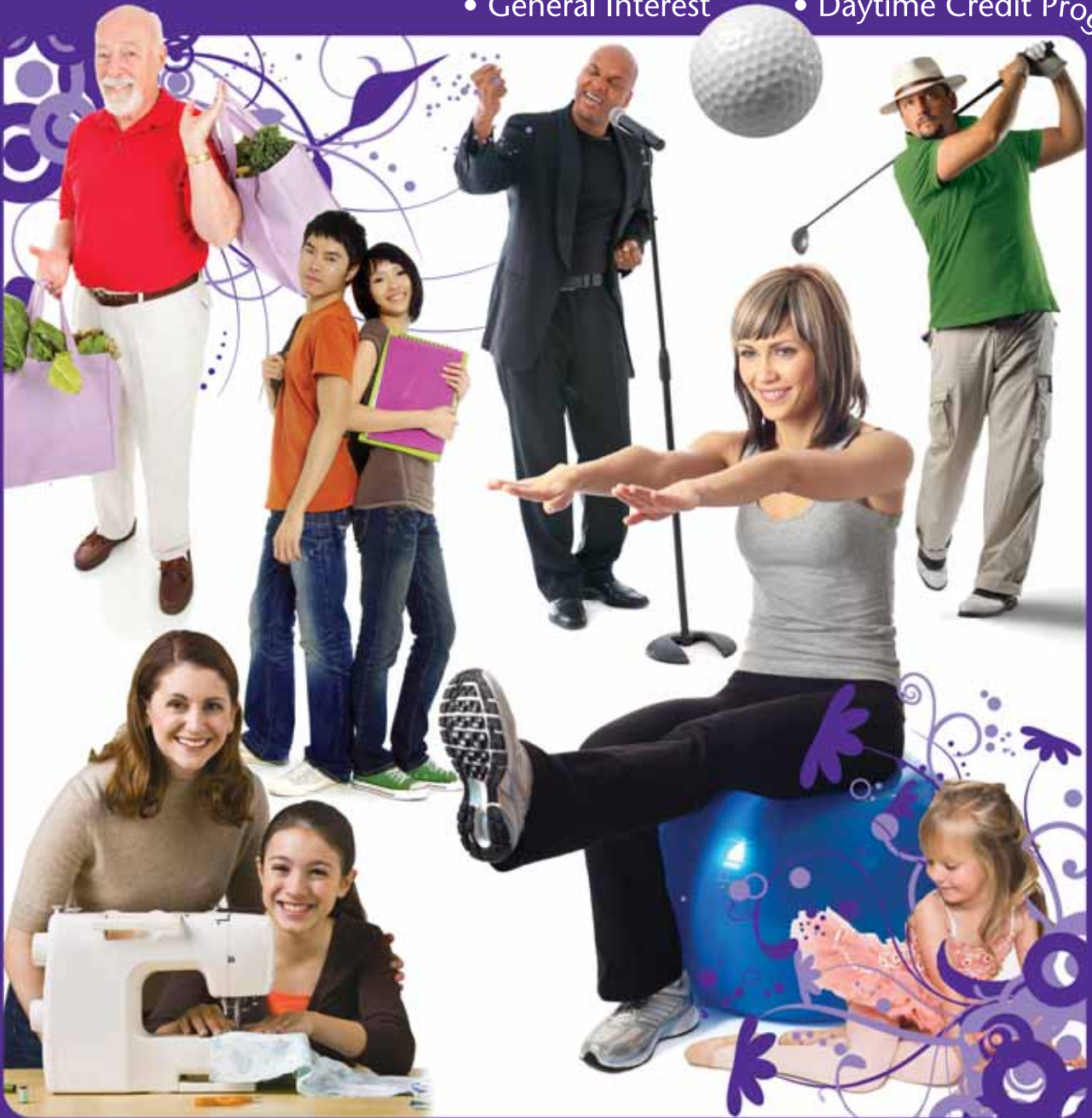


Lifetime Learning Guide

Programs for Adults, Seniors, Youth and Children

- General Interest
- Daytime Credit Programs



• English as a Second Language • International Languages

• Career & Certificate Programs • Literacy & Basic Skills

- eLearning • Evening Credit Courses • Self Study



District School Board of Niagara

Winter/Spring 2010

WELCOME...

...to the Winter/Spring 2010 Lifetime Learning Guide! The Department of Community Education Services of the DSBN invites you to join us and be among the thousands each year who explore, achieve, create, and celebrate their personal and professional growth!

As the world around us changes, the DSBN strives to provide up-to-date training and programming to individuals and groups. The various sites across the Niagara Region provide for wide accessibility to courses, many of which are available tuition free. Whether you are working towards your secondary school diploma, improving English or literacy skills, or preparing for your "next" career, the DSBN wants to help you get there.

The DSBN General Interest Program has grown to offer over 200 courses at 14 sites in the Niagara Region. They provide an economical and fun way to keep both your body and mind active and fit.

Community Education Services at the DSBN invites you to become involved in its adult, youth, and continuing education programs.

Inara Heidebrecht, Administrator
Community Education Services



District School Board of Niagara
Board Members 2009-2010

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Kevin Maves, Chair
Marcy Heit, Vice-Chair
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Larry Lemelin, Welland
Liz Fulford, West Lincoln/Wainfleet
Alex Ceci, Student Trustee
Elizabeth Douglas, Student Trustee

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COMMUNITY EDUCATION SERVICES

District School Board of Niagara
905-687-7000
www.dsb.org/community



REGISTRATION

4 EASY WAYS TO REGISTER . . .



BY MAIL:

January 4, 2010 to January 20, 2010
VISA/MASTERCARD, cheque or money order,
complete the form on back page and send to:

Community Education Services
District School Board of Niagara
191 Carlton St., St. Catharines, Ontario L2R 7P4

One form per course. Mail-in registrations processed as received.

BY PHONE:



January 4, 2010 to January 20, 2010
VISA/MASTERCARD, Call 905-687-7000
between 9:00am to 4:00pm

BY FAX:



January 4, 2010 to January 20, 2010
VISA/MASTERCARD, Fax to 905-688-7753

IN PERSON:



Monday, January 25, 2010 from 6:30pm-8:30pm
Cash, cheque or money order only. Applicants must
register at the school where the course is to be held.

Note: for courses at Lakeview Public School register at Grimsby Secondary School

Note: for courses at Steele St. Public School register at Port Colborne High School

Note: for courses at Vineland Public School register at Beamsville District S. S.

FEES:

- Fees listed include GST (receipt will show GST)
- Asterisk (*) indicates material costs are extra
- Seniors Discount (65 yrs+) is 25% on course fee only

ACCESS FOR PHYSICALLY CHALLENGED:

The physically challenged are encouraged to inquire
about accessibility at the time of registration.

CANCELLATION OF CLASSES/REFUNDS:

- Refunds will be granted **prior** to the SECOND scheduled class
- A charge of \$10.00 will be deducted to offset registration costs
- Minimum of 18 students per course
- The District School Board of Niagara reserves the right to terminate, combine or transfer to another school, any courses in which enrolment falls below the acceptable level
- Requests for refunds must be directed to the local Evening School supervisor or secretary
- Registration receipts must accompany all refund requests

HOLIDAYS (no classes)
Family Day (February 15)
March Break (March 15-19)
Good Friday (April 2)
Easter Monday (April 5)
Victoria Day (May 24)

INTEREST COURSE LOCATIONS:

BEAMSVILLE / VINELAND

1. Beamsville District Secondary School
4317 Central Ave. 905-563-8267
2. Vineland Public School
4057 Victoria St. 905-562-5211

FORT ERIE

3. Fort Erie Secondary School
7 Tait Ave. 905-871-4610

GRIMSBY

4. Grimsby Secondary School
5 Boulton Ave. 905-945-5416
5. Lakeview Public School
33 Olive St. 905-945-5427

NIAGARA FALLS

6. Westlane Secondary School
5960 Pitton Rd. 905-356-2401

NIAGARA-ON-THE-LAKE

7. Niagara District Secondary School
1875 Niagara Stone Rd.
905-468-3293

PORT COLBORNE

8. Port Colborne High School
211 Elgin St. 905-835-1186
9. Steele Street Public School
214 Steele St. 905-834-4333

ST. CATHARINES

10. Kernahan Park Secondary School
91 Bunting Rd. 905-684-9461
11. Eden/Lakeport Secondary School
535 Lake St. 905-934-2545
12. Lifetime Learning Centre
535 Lake St. 905-646-3737

SMITHVILLE

13. South Lincoln High School
260 Canborough St. . 905-957-3359

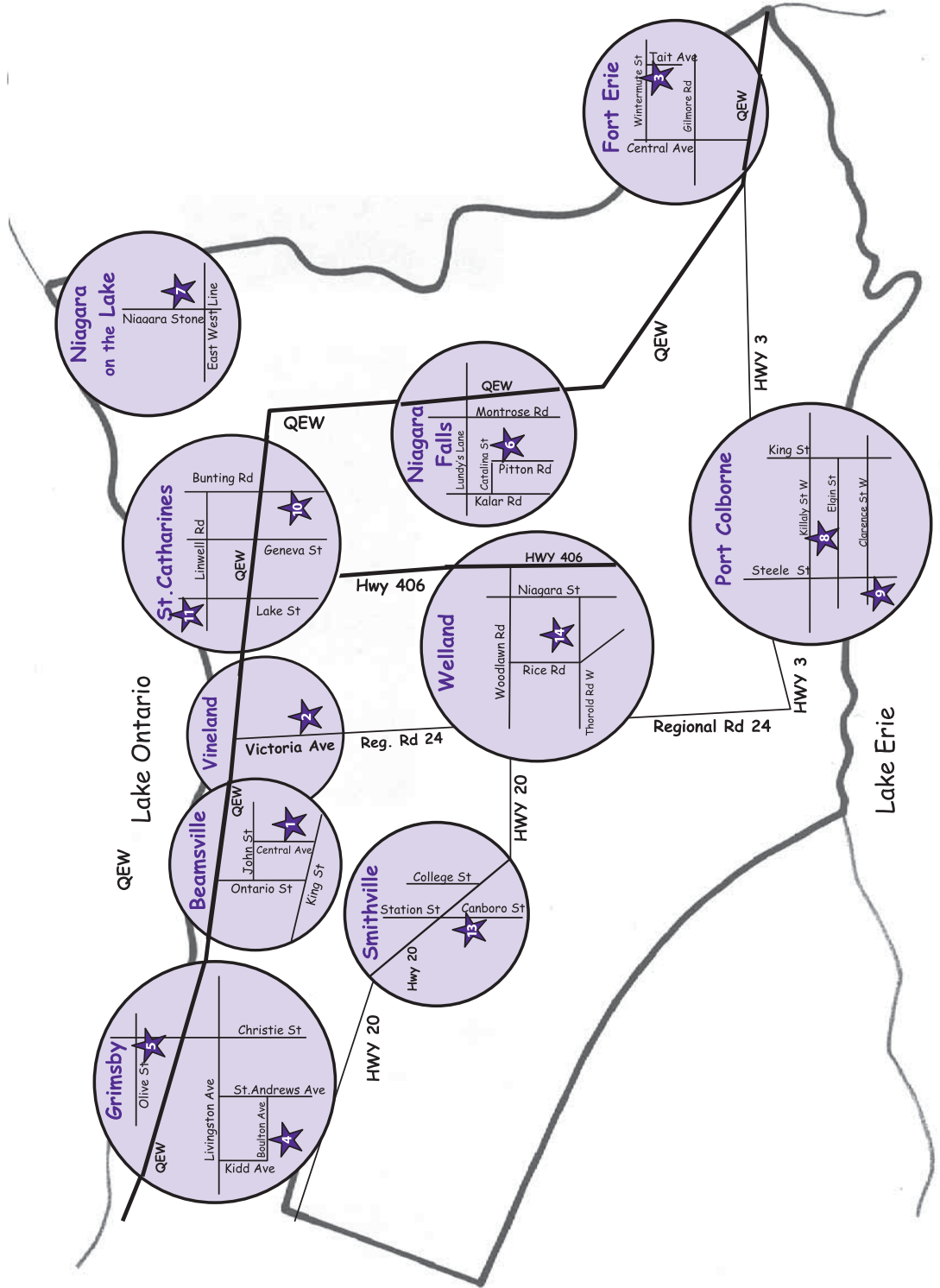
WELLAND

14. Welland Centennial Secondary School
240 Thorold Rd. W. ... 905-735-0700

Places you can find us:

1. Beamsville District Secondary School (Beam)
2. Vineland Public School (Vine)
3. Fort Erie Secondary School (Fort)
4. Grimsby Secondary School (Grims)
5. Lakeview Public School (LakeV)
6. Westlane Secondary School (West)
7. Niagara District Secondary School (NDist)
8. Port Colborne High School (Port)
9. Steele Street Public School (Steele)
10. Kernahan Park Secondary School (Kern)
11. Eden/Lakeport Secondary School (Eden)
Same address as #12 Lifetime Learning Centre (LLC)
13. South Lincoln High School (South)
14. Welland Centennial Secondary School (Cent)

See page 1 for location addresses and phone numbers.
Location codes (e.g. "(Beam)") refer to course index on pages 10-13.



Adult Computer & Business Programs

ALL COURSES NOW FEATURING THE NEW MS OFFICE 2007!

WELLAND

Half-day, tuition-free* program in introductory or advanced Microsoft Office 2007 (including Word, Excel, PowerPoint and Access), Windows XP, Internet, Email, Simply Accounting, Windows MovieMaker and desktop publishing with Word and Publisher. Co-op may be available. (3 credits)

Classes run February 4 - June 22, 2010
Centennial Secondary School, 240 Thorold Rd. W., Welland

REGISTER by attending a public information session at 1:00 pm, Centennial Secondary School, room 226 on Tues., January 12 or Tues., January 19 or call 905-735-0700, x275

FORT ERIE

Half-day, tuition-free* program in introductory or advanced MS Office 2007 (including Word, Excel, Access, PowerPoint, Outlook); Windows XP; Internet; desktop publishing with Word & Publisher; Simply Accounting; and job skills. Co-op may be available. (3 credits)

Classes run February 4 - June 22, 2010
Fort Erie Secondary School, 7 Tait Ave., Fort Erie

REGISTER by attending a public information session at 1:00 pm, Fort Erie Secondary School, room 159 on Tues., January 12 or Tues., January 19 or call 905-871-4610, x414

PORT COLBORNE

Half-day, tuition-free* program in introductory or advanced MS Office 2007 (including Word, Excel, Access, PowerPoint); Windows XP; Internet; Email; web page design with Front Page; multimedia with Macromedia Studio MX and Photoshop; CorelDraw; WordPerfect; QuattroPro; Manual Accounting; and job skills. Co-op may be available. (3 credits)

Classes run February 4 - June 22, 2010
Port Colborne High School, 211 Elgin St., Port Colborne

REGISTER by attending a public information session at 1:00 pm, Port Colborne High School, room 321 on Tues., January 12 or Tues., January 19 or call 905-835-1186, x231

NIAGARA FALLS

Half-day, tuition-free* program in introductory and advanced MS Office 2007 (including Word, Excel, Access, PowerPoint and Outlook); Windows XP; Internet; and job skills. Co-op may be available. (3 credits)

Classes run February 4 - June 22, 2010
Westlane Secondary School, 5960 Pitton Rd., Niagara Falls

REGISTER by attending a public information session at 1:00 pm, Westlane Secondary School, room 135, on Tues., January 12 or Tues., January 19 or call 905-356-2401, x462

GRIMSBY

Half-day, tuition-free* program in beginner to intermediate accounting theory and Simply Accounting; introductory to advanced MS Office 2007 (Word, Excel, Access, PowerPoint and Front Page); Internet; E-Mail; webpage design; multimedia applications with Macromedia Studio MX, photoediting with Photoshop; Windows Moviemaker and Photostory; CorelDRAW; desktop publishing with MS Word & MS Publisher. Job search skills will be taught and a workplace internship (co-op) may be available. (3 credits)

Classes run February 4 - June 22, 2010
Grimsby Secondary School, 5 Boulton Ave., Grimsby

REGISTER by attending a public information session at 1:00 pm, Grimsby Secondary School, room 422, on Tues., January 12 or Tues., January 19 or by contacting the Adult Program Office at 905-945-7733

ARE YOU ELIGIBLE FOR FUNDING?

You may be eligible to receive funding or income support for your participation in many of the Business, Computers, Career and Certificate programs offered through the DSBN. Your eligibility may depend on your chosen occupational goals and/or individual needs. Some sources of individual funding include Employment Ontario (Second Career and Ontario Skills Development), Aboriginal Funding, Ontario Works (OW), Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board (WSIB), or Work Link (NICL). Please contact your employment counselor or caseworker for more information on your eligibility.



Learn to Earn

Computers

- Digital Gadgets*
- Microsoft Office (Intro, Levels 1 & 2)*
- Flash*
- Webpage Design (Dreamweaver)*
- Audio/Visual Productions*
- Computer Maintenance*
- Accounting (Intro - computerized)*
- On-the-job training*

Get your grade 12 NOW!

- Literacy, English, Math*
- Chemistry, Biology, Sociology*
- Pre-health Science*
- and more ...*

- Learn in an adult environment*
- Day time programs*
- Flexible hours*
- Counselling services*
- Upgrade for career change*

Specialized Certificates

- Technical Office Professional (T.O.P.)
- Multimedia Professional
- Web Essentials
- Graphics Essentials
- Business Essentials for the Administrative Assistant
- choose Law or Medical Technologies as electives
- Communication Design
- Technical Design
- Information Technology Essentials



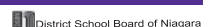
Lifetime Learning Centre

where students learn to earn
535 Lake Street, St. Catharines
(Lake and Linwell)

Information Sessions
Tuesdays
Jan. 19, 25 or Feb. 2
1:00 p.m.

www.lifetimelearning.ca

905-646-3737



YOUNG MOM'S OUTREACH

For young mothers or mothers-to-be (21 yrs max.) wanting to earn high school credits in an alternative learning environment. In this short transitional program, you will work on secondary school credits under the supervision of a teacher. You will attend mornings or afternoons (9:30-11:30 am or 1:00-3:00 pm) on Tu,W,Th for academics and M, F for life skills. Program is tuition-free. Your child must be registered at daycare. A transcript is required in order to register. Call appropriate site for appointment.

St. Catharines Outreach Program

34 Catherine St. 905-646-3737 or 905-688-0103

Daycare provided for children 6 wks - 2 yrs on-site, for up to 5 yrs at Sven Dohnberg Centre, 535 Lake St.

Niagara Falls Parent-Child Centre
Branscombe Early Learning and Family Centre
6271 Glengate St. 905-354-6040

Daycare provided for children 6 wks - 5 yrs on-site for adolescent parents finishing education

Welland Parent-Child Centre
285 East Main St., 905-735-2566 x226

Daycare provided for children 6 wks - 5 yrs on-site for adolescent parents finishing education

NIAGARA LINK

This tuition-free day program is for students 18-21 who need 8 or less credits to graduate high school. Niagara Link is designed for youth who are currently not attending high school or who are at risk of leaving high school before graduating, but want to eventually attend college.

This dual credit program allows students to earn 4 high school credits towards their OSSD, while also earning one college General Education course, all at the Niagara College N.O.T.L. Campus. This program is a partnership with DSBN and Niagara College, funded by the School-College-Work Initiative.

Runs September-January

FOR MORE INFORMATION

Call 289-407-2827 or
e-mail niagaralink@dsbn.edu.on.ca

COLLEGE LINK

A tuition-free program for students aged 17-20 years who need an alternative to the high school setting and a direct link to a college program. If enrolled in a high school, you must have a Principal's referral. Earn 3 credits per semester toward your high school diploma while securing a guaranteed college placement.

Runs September-January and February-June

Niagara College - Welland Campus

FOR INFORMATION OR TO APPLY:

Call 905-735-0700 or 905-735-2211 x7726

COURAGE TO SOAR

A tuition-free program for mature or adolescent students, aged 17+, who need an alternative to the high school setting. Aboriginal and non-aboriginal students are welcome. Co-op may be available. (3 credits per semester)

BRIDGING CLASS

For those needing to upgrade their literacy skills to be successful at high school completion.

Runs September-January and February-June

Fort Erie Native Friendship Centre

796 Buffalo Rd., Fort Erie

REGISTER: Call 905-871-8931

COMMUNITY USE OF SCHOOLS PROGRAM

*Need a location to run a community program or event?
Why not consider one of your local public schools?*

Not-for-profit user groups that meet the criteria may qualify for reduced rates under this program.

For more information, visit:
www.dsbn.org/schoolrentals
email: rentals@dsbn.edu.on.ca

or contact:
905-641-1550
ext. 54301

Reduction in rental rates for qualified community groups is thanks to, in part, a funding grant from the Ministry of Education.



DSBN Families Needed for Homestays Hosting International Students

The District School Board of Niagara accepts international students into its elementary and secondary schools. Student stays range from one month to ten months.

International families appreciate Niagara homes that will provide a safe and nurturing environment for their children and that may also have children of a similar age that are attending DSBN schools.

Remuneration is paid to homestay families to compensate them for the expenses of hosting an international student.

For more information, please contact the DSBN at
905-641-2929 x 54176, or carol.maingot@dsbn.edu.on.ca



CONTINUING EDUCATION – eLEARNING PROGRAM

PROGRAM DESCRIPTION:

You may enrol in eLearning secondary school credit courses, as an alternative to night-school or self-study, if you are eligible to attend a provincially funded school in Ontario and if you are in need of secondary school credit courses in order to obtain an Ontario Secondary School Diploma or if you are upgrading secondary school credits required for entry into a program or the workforce.

These courses are grades 11 and 12, are delivered over the Internet, and are directed by a teacher holding an Ontario Certificate of Qualification. Technical support is available.

Note: If eligible, day school students require an eLearning Application form, signed by the day school and community education principals, for each credit course. These forms are available in your guidance office. Please bring the completed form to the office of Community Education Services at 191 Carlton St., St. Catharines, between the hours of 9:00 am and 4:00 pm.

Course Enrolment:
September 24, 2009-February 26, 2010.

Courses end: May 5, 2010



eLEARNING COURSES

BUSINESS

- BAF3M Financial Accounting Fundamentals
- BAT4M Financial Accounting Principles

CANADIAN & WORLD STUDIES

- CGG3O Travel & Tourism: Regional Geography
- CLU3M Understanding Canadian Law
- CGW4U Cdn & World Issues: Geographic Analysis
- CHY4U World History: The West and the World

ENGLISH

- ENG3E English
- ENG3C English
- ENG3U English
- ENG4C English
- ENG4U English
- ENG4E English
- EWC4U The Writer's Craft

GUIDANCE & CAREER ED

- GWL3O Designing Your Future

HEALTH & PHYSICAL ED

- PPZ3O Health for Life

MATHEMATICS

- MEL3E Mathematics for Work & Everyday Life
- MEL4E Mathematics for Work & Everyday Life

SCIENCE

- SNC3E Science

SOCIAL SCIENCE

- HPC3O Parenting
- HSB4M Challenge and Change in Society

FOR MORE INFORMATION ABOUT
REGISTRATION CALL 905-687-7000.

SELF-STUDY

For mature students and part-time high-school students wishing to earn high school credits while studying independently. Work at home on independent learning materials. Teachers are on-site to provide assistance and mark lessons. \$100 cash only registration fee (cheques will not be accepted). \$90 will be refunded within two weeks, once materials have been returned.

**Runs September 23 - May 5
(continuous intake)**

Niagara Falls Program at Stamford C.V.I.
5775 Drummond Rd., Niagara Falls
Wednesdays, 6:30 - 8:30pm
To book appointment at Stamford, or for more info call: **905-687-7000**

Fort Erie Secondary School
Room 100, 7 Tait Ave., Fort Erie
Wednesdays 6:00 - 8:00pm
No appointment needed at Fort Erie S.S.
Must bring updated transcript with you.

(Please do not call Stamford C.V.I. or Fort Erie S.S. for information)



REGISTRATION

Refer to page 1

FEES

There is no registration fee for credit courses. Some credit courses may require a textbook deposit charge payable **in cash** at the time of issue. Upon return of the textbook, the student will receive a full refund by cheque.

CANCELLATION OF CLASSES

A minimum enrolment of 20 students is required in order for a course to be offered. The District School Board of Niagara reserves the right to terminate, combine or offer an alternative mode of delivery (such as correspondence materials) to any course in which enrolment falls below the acceptable level.

DAY SCHOOL STUDENTS

Day school students require a Night School Application form, signed by the day school principal, for each credit course. These forms are available from your Guidance office. Guidance Counsellors are asked to send the Night School Application forms to Community Education Services in the DSBN courier as they are received. If any further applications are made after January 22, we would appreciate having them faxed to our office immediately. Fax 905-688-7753

FOR MORE INFORMATION AND COUNSELLING CALL:

905-687-7000
(905-563-0909 x54170)

VISIT OUR WEB SITE

www.dsbni.org/community

COUNSELLING

Educational counselling is available to Night School Students who are not enrolled in a Day School. Adult students may take advantage of this service at the In-Person Registration at St. Catharines Collegiate on Monday, January 25 and throughout the semester.

Typical concerns are as follows:

- Requirements for the Ontario Secondary School Diploma
- College/University applications

To assess diploma requirements, a transcript of your credits from your last school is necessary.

THE DIPLOMA MAY BE CLOSER THAN YOU THINK

To recognize learning which takes place outside the classroom, the Ministry of Education allows us to award credits to adults (persons 18 and over) who entered secondary school prior to September 1999 and who have been out of school for at least 1 full year.

There are 3 categories of these credits available:

- Maturity Allowance
- Equivalent Education
- Apprenticeship Training

Assessments are completed on an individual basis. Regardless of age and life experience, adult students must earn **AT**

LEAST FOUR (4)
GRADE 11 or 12
CREDITS to qualify for the Ontario Secondary School Diploma (30 credits).



HOLIDAYS (no classes)

March Break (March 15-19)

The following
Credit Courses are
SEMESTERED

Days: Tuesday & Thursday

Duration: Feb. 16, 2010 - June 3, 2010

Location: St. Catharines Collegiate

Time: 6:30pm-9:30pm

No Classes: March 15-19, 2010

ENVIRONMENT/RESOURCE MANAGEMENT (CGR4M1)

COLLEGE/UNIV. PREPARATION
Course No. 716

The effects of human activity on complex and fragile ecosystems are studied. Students learn about ecosystem structures and sustainable resource management. They will develop practical solutions to management issues.

HISTORY (CHY4U1) WORLD HISTORY UNIVERSITY PREPARATION

Course No. 721

This course investigates the major trends in Western civilization and world history from the sixteenth century to the present. Students will learn about the interaction between the emerging west and other regions of the world and about the development of modern social, political and economic systems.

ARABIC (LYBBD1)

Course No. 724

The main objective of the course is to improve writing skills through usage and sentence structure. Selected models of essays, short stories and poetry will develop speaking skills as well as reading and listening of diverse types of Arabian literature. Pre-requisite LYBAD1.

LAW (CLU3M1)

COLLEGE/UNIV. PREPARATION
Course No. 722

This course explores legal issues that directly affect students' lives. Students will acquire a practical knowledge of Canada's legal system and learn how to analyse legal issues. They will also be given opportunities to develop informed opinions on legal issues, defend their opinions and communicate legal knowledge in a variety of ways and settings, including legal research, projects, mock trials and debates.



ENGLISH (EMS301) MEDIA STUDIES

COLLEGE/UNIV. PREPARATION
Course No. 725

Course emphasizes knowledge and skills to enable students to understand media communication in the 21st century and to use media effectively and responsibly. Through analysing forms and messages of a variety of media works and audience responses, and through creating their own media works, students will develop critical thinking skills, aesthetic & ethical judgement and skills in viewing representing, listening, speaking, reading and writing.

ENGLISH (ENG3C1) COLLEGE PREPARATION

Course No. 778

This course emphasizes development of literacy, critical thinking and communication skills. Students will study the content, form and style of informational texts and literary works from Canada and other countries.

ENGLISH (ENG4C1) COLLEGE PREPARATION

Course No. 780

Students will analyse informational texts and literacy works from various time periods, countries and cultures, write research reports, summaries and short analytical essays, complete an independent study project and analyse the interaction among media forms.

ENGLISH (ENG4U1) UNIVERSITY PREPARATION

Course No. 726

Course consolidates literacy, critical thinking and communication skills. Analyse texts from various time periods, countries and cultures, write analytical and argumentative essays, write a major paper for an independent literary research project and apply key concepts to analyse media works.

MATHEMATICS (MCT4C1) FOR TECHNOLOGY COLLEGE PREPARATION

Course No. 729

Students will investigate and apply properties of polynomial, exponential and logarithmic functions; solve problems using inverse proportionally; and explore the properties of reciprocal functions. They will also analyse models of a variety of functions and solve linear quadratic systems.

MATHEMATICS (MDM4U1) DATA MANAGEMENT UNIVERSITY PREPARATION

Course No. 763

This course broadens students' understanding of mathematics as it relates to managing data. Students will apply methods for organizing large amounts of information; solve problems involving probability and statistics; and carry out a culminating project that integrates statistical concepts and skills. Students planning to enter university programs in business, the social sciences, and the humanities will find this course of particular interest.

MATHEMATICS (MHF4U1) ADVANCED FUNCTIONS UNIVERSITY PREPARATION

Course No. 765

This course extends students' experience with functions. Students will investigate the properties of polynomial, rational, logarithmic, and trigonometric functions; broaden their understanding of rates of change; and develop facility in applying these concepts and skills. This course is intended both for students who plan to study mathematics in university and for those wishing to consolidate their understanding of mathematics before proceeding to any one of a variety of university programs.

ONTARIO SECONDARY SCHOOL LITERACY COURSE (OLC401)

Course No. 769

Course is designed to help students acquire and demonstrate the cross-curricular literacy skills that are evaluated by the Ontario Secondary School Literacy Test. Students who complete the course successfully will meet the provincial literacy requirement for graduation.

BIOLOGY (SBI3C1) COLLEGE PREPARATION

Course No. 770

Course focuses on processes involved in biological systems. Students will learn concepts and theories as they conduct investigations in the areas of cellular biology, microbiology, animal anatomy and physiology, plant structure and physiology, and environmental science.

BIOLOGY (SBI3U1) UNIVERSITY PREPARATION

Course No. 771

Course furthers students' understanding of the processes involved in biological systems. Students will study cellular functions, genetic continuity, internal systems and regulation, the diversity of living things, and the anatomy, growth, and functions of plants. Focus is on the theoretical aspects of the topics under study.

BIOLOGY (SBI4U1) UNIVERSITY PREPARATION

Course No. 773

Students will study theory and conduct investigations in the areas of metabolic processes, molecular genetics, homeostasis, evolution, and population dynamics. Emphases will be placed on detailed knowledge and refine skills needed for further study in various branches of the life sciences. Prerequisite: SCH3U1.

EXERCISE SCIENCE (PSE4U1) UNIVERSITY PREPARATION

Course No. 717

This course focuses on the study of human movement and of systems, factors, and principles involved in human development. Students will learn about the effects of physical activity and sports, and the factors that influence an individual's participation in physical activity. The course prepares students for university programs in physical education, kinesiology, recreation, and sports administration.

Prerequisite: Any Grade 11 U/M/C course in Science, or any Grade 11 or 12 Open Course in Health and Physical Education.



CHEMISTRY (SCH3U1) UNIVERSITY PREPARATION

Course No. 774

Focus is on concepts and theories that form the basis of modern chemistry. Students study behaviours of solids, liquids, gases, and solutions; investigate changes and relationships in chemical systems.

CHEMISTRY (SCH4C1) COLLEGE PREPARATION

Course No. 776

The focus is on concepts and theories that form the basis of modern chemistry. Students study chemical reactions, organic and electrochemistry and chemistry as it relates to the environment.

CHEMISTRY (SCH4U1) UNIVERSITY PREPARATION

Course No. 777

Students will study organic chemistry, energy changes and reaction rates, chemical systems and equilibrium, electrochemistry, and some atomic and molecular structure. Problem solving and laboratory skills will be developed through the investigation of chemical processes. Prerequisite: SCH3U1

PHYSICS (SPH3U1) UNIVERSITY PREPARATION

Course No. 784

Course develops students understanding of basic concepts of physics. Students study laws of dynamics and explore different kinds of forces, quantification and forms of energy (mechanical, sound, light, thermal and electrical), and the way energy is transformed.

PHYSICS (SPH4C1) COLLEGE PREPARATION

Course No. 785

This course explores concepts related to mechanical, electrical, fluid and communications systems, as well as the operation of commonly used tools and equipment. Students will develop scientific-inquiry skills as they verify accepted laws of physics and they will consider the impact of technology on society.

PHYSICS (SPH4U1) UNIVERSITY PREPARATION

Course No. 786

Course develops students understanding of basic concepts of physics. Students study laws of dynamics and energy transformations and will investigate electrical, gravitational and magnetic fields; electromagnetic radiation and the interface between energy and matter.

Prerequisite: SPH3U1

ONTARIO HIGH-SCHOOL EQUIVALENCY CERTIFICATE (GED)

For mature students, aged 19+, who want to earn a high school equivalency certificate. The GED is recognized as an equivalent of grade 12 by many employers and colleges. You can prepare for and write an assessment to demonstrate your knowledge of the arts, sciences, social studies, mathematics and written communication. The program of study is flexible and accessible. Fees are reasonable. **Call 1-888-433-1211 or visit www.ged.on.ca**



interest courses index

COURSE CHART GUIDE

Ages:

All courses are for ages 18+, unless otherwise indicated:

S : Seniors
C : Children (Elementary)

Descriptions:

Please refer to course descriptions, starting on page 13.

Locations:

Location codes refer to map on page 2.

* Course material costs are extra

Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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ARTS & CRAFTS

903	Acting for Students	South	T	6:00-8:00	30	Feb. 2	8	\$72	13
928	Creative Writing	South	Th	6:00-8:00	8	Feb. 4	8	\$72+\$10	13
699	Digital Photography for Beginners & Beyond	Beam	W	6:30-8:00	109	Feb. 3	10	\$68+\$10	13
848	Digital Photos: Organized & Enjoyed *	Kern	T	7:00-9:00	114	Feb. 2	5	\$45	13
700	Drama for Students - Ages 9-13	Beam	Th	6:00-7:00	Caf	Feb. 4	10	\$45	13
902	Floral Design - Basics*	Ndist	W	7:00-9:00	105	Feb. 3	10	\$90	13
867	Floral Design I*	Kern	T	7:00-9:00	156	Feb. 2	10	\$90	13
779	Floral Design - Level I*	Eden	Th	7:00-9:00	20	Feb. 4	10	\$90	14
783	Floral Design - Level II*	Eden	T	7:00-9:00	20	Feb. 2	10	\$90	14
875	Floral Design II*	Kern	Th	7:00-9:00	156	Feb. 4	10	\$90	14
863	Floral Design - Wedding*	Kern	M	7:00-9:00	156	Feb. 1	5	\$45	14
792	Knitting - Beginners	Eden	Th	7:00-9:00	21	Feb. 4	4	\$36	14
921	Metal Art*	South	T	6:00-8:00	13	Feb. 2	8	\$72	14
728	Photography-Artistic & Tech, Skills-Beg.Level I	Beam	Th	7:30-9:00	109	Feb. 4	10	\$68+\$10	14
730	Photography-Artistic & Tech, Skills-Beg.Level 2	Beam	Th	6:00-7:30	109	Feb. 4	10	\$68+\$10	14
795	Photography - Level I	Eden	T	7:00-9:00	32	Feb. 2	8	\$72	14
796	Photography - The Next Plateau	Eden	T	6:30-8:30	Loc	Apr. 6	8	\$72	14
861	Printed Photos: Organized & Enjoyed*	Kern	T	7:00-9:00	114	Mar. 23	2	\$18	14
907	Scrapbooking*	Ndist	M	7:00-9:00	101	Feb. 1	6	\$54	14
720	Sketching and Drawing - Students Ages 9-13*	Beam	Th	6:00-7:00	206	Feb. 4	10	\$45+\$10	14
887	Spring Cards & Tags*	Kern	Th	6:00-8:00	Lib	Mar. 4	2	\$18	14
913	Woodworking*	South	T	6:00-8:00	15	Feb. 2	8	\$72	14
813	Writing for Publication	Cent	M	6:30-8:30	102	Feb. 1	10	\$90	14

BODY & HEALTH

893	Aerobics	Ndist	M & Th	7:00-8:00	122	Feb. 1	20	\$90	15
915	Aerobics	South	T	6:00-7:00	Caf	Feb. 2	10	\$45	15
723	Aerobics - Low Impact	Eden	M & Th	6:30-7:30	Gym	Feb. 1	16	\$72	15
843	Aerobics Hip Hop	Grims	T	7:30-8:30	Gym	Feb. 2	10	\$45	15
834	Aqua Aerobics	Fort	M	7:30-8:30	Pool	Feb. 8	10	\$48+\$5	15
835	Aqua Aerobics	Fort	Th	7:30-8:30	Pool	Feb. 11	10	\$48+\$5	15
694	Beauty and Makeup Secrets (14+)	Beam	W	6:30-7:30	119	Feb. 3	10	\$45	15
923	Born to Win*	South	T	6:00-9:00	19	Feb. 2	8	\$108	15
745	Boxercise with Free Weights Workout Co-ed	Vine	T	6:00-7:00	Gym	Feb. 2	10	\$45	15
746	Boxercise with Free Weights Workout Co-ed	Vine	Th	6:00-7:00	Gym	Feb. 4	10	\$45	15
845	Cardio Kickboxing	Port	M	5:00-6:00	309	Feb. 1	10	\$47+\$3	15
846	Cardio Kickboxing	Port	Th	6:00-7:00	309	Feb. 4	10	\$47+\$3	15
925	Cardio Kickboxing	South	T	7:00-8:00	Gym	Feb. 2	10	\$45	15
840	Cardio & Weight Training Combo Class	Port	M	6:00-7:00	309	Feb. 1	10	\$47+\$3	15
841	Cardio & Weight Training Combo Class	Port	Th	5:00-6:00	309	Feb. 4	10	\$47+\$3	15
747	Energy Balance*	Cent	T	6:30-8:30	Caf	Feb. 2	6	\$54	15
748	Energy Balance*	Kern	M	6:30-8:30	136	Feb. 1	6	\$54	15
842	Firm and Burn	Fort	Th	7:15-8:15	Gym	Feb. 11	10	\$48+\$5	15
710	Gr. Pers.Training:Abs &Total Body Sculpting	Beam	M	6:30-7:30	Wt. Rm.	Feb. 1	10	\$45	15
711	Gr. Pers.Training:Abs &Total Body Sculpting	Beam	W	7:30-8:30	Wt. Rm.	Feb. 3	10	\$45	15
712	Gr. Pers.Training:Abs,Thighs & Buttocks	Beam	M	7:30-8:30	Wt. Rm.	Feb. 1	10	\$45	15
709	GPT:Abs & Total Body Sculpting-Beyond Beg.	Beam	W	6:30-7:30	Wt. Rm.	Feb. 3	10	\$45	16
809	Intuition Development	West	W	7:00-9:00	112	Feb. 3	6	\$54	16
811	Kick Fit	West	M & W	7:00-8:00	Gym	Feb. 1	20	\$90	16
793	Meditation - Introduction	Eden	Th	7:00-8:30	8	Feb. 4	10	\$68	16
862	Pilates	Port	T	5:00-6:00	309	Feb. 2	20	\$47+\$3	16
864	Resist-a-Ball	Port	T	6:00-7:00	310	Feb. 2	10	\$47+\$3	16
844	Stability Ball	Fort	Th	6:00-7:00	Gym	Feb. 11	10	\$48+\$5	16
810	Taekwondo	Cent	T	6:30-7:30	Wt.Rm.	Feb. 2	10	\$45	16
823	Tai Chi - Beginners	Eden	T	7:00-8:30	Gym	Feb. 2	10	\$68	16
868	Tai Chi	Port	T	5:00-6:00	310	Feb. 2	10	\$47+\$3	16
822	Tai Chi	West	W	7:00-8:30	119	Feb. 3	10	\$68	16
824	Tai Chi/Qi Gong - Beginners	Kern	T	6:30-8:00	Lib	Feb. 2	10	\$68	16
814	Yoga	Cent	M	5:45-6:45	Wt. Rm.	Feb. 1	10	\$45	16
815	Yoga	Cent	M	7:00-8:00	Wt. Rm.	Feb. 1	10	\$45	16
816	Yoga	Cent	T	5:45-6:45	142	Feb. 2	10	\$45	16
817	Yoga	Cent	T	7:00-8:00	142	Feb. 2	10	\$45	16
820	Yoga	Eden	M	7:30-9:00	8	Feb. 1	10	\$68	16
818	Yoga - Beginners	West	M	6:00-7:00	119	Feb. 1	10	\$45	16
819	Yoga - Beginners	West	M	7:15-8:15	119	Feb. 1	10	\$45	16
880	Yoga - Gentle Hatha Yoga - Beginners	Grims	Th	6:00-7:30	22	Feb. 4	10	\$68	16
883	Yoga - Gentle Hatha Yoga - Intermediate	Grims	Th	7:45-9:15	22	Feb. 4	10	\$68	16
891	Yoga - Hatha (All Levels)	Kern	T	5:00-6:00	Caf	Feb. 2	8	\$36	16



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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BODY & HEALTH (CONT)

894	Yoga - Hatha (All Levels)	Kern	T	6:00-7:00	Caf	Feb. 2	8	\$36	17
899	Yoga - Hatha (Ivengar) - Introduction	Kern	W	7:00-8:15	Lib	Feb. 3	8	\$45	17
879	Yoga - Hatha (Ivengar) - Introduction	Ndist	M	6:00-7:30	Lib	Feb. 22	8	\$54	17
871	Yoga	Port	M	8:00-9:00	309	Feb. 1	10	\$47+\$3	16
872	Yoga	Port	T	7:00-8:00	309	Feb. 2	10	\$47+\$3	16
873	Yoga	Port	W	8:00-9:00	309	Feb. 3	10	\$47+\$3	16
909	Yoga - Beginners	South	W	6:00-7:00	Gym	Feb. 3	10	\$45	16
884	Yoga - Level II	Port	T	7:00-8:00	310	Feb. 2	10	\$47+\$3	17
C 885	Yoga for Children	Port	T	4:00-5:00	310	Feb. 2	10	\$47+\$3	17
826	Zumba	Cent	M	6:30-7:30	Gym	Feb. 1	10	\$45	17
827	Zumba	Cent	M	7:30-8:30	Gym	Feb. 1	10	\$45	17
889	Zumba	Port	T	6:00-7:00	309	Feb. 2	10	\$47+\$3	17
890	Zumba	Port	W	6:00-7:00	309	Feb. 3	10	\$47+\$3	17
892	Zumba	Port	W	7:00-8:00	309	Feb. 3	10	\$47+\$3	17

COMPUTERS

C 696	Computer Animation - Ages 9-13	Beam	M	6:00-7:30	109	Feb. 1	10	\$68+\$10	17
849	Computers for Adults - All Ages - Intro	Port	W	5:00-6:00	321	Feb. 3	10	\$47+\$10	17
S 755	Computers for Seniors And not so Srs.	Cent	M	6:00-8:00	226	Feb. 1	10	\$90+\$10	17
S 756	Computers for Seniors And not so Srs.	Cent	T	6:00-8:00	226	Feb. 2	10	\$90+\$10	17
847	Computers and the Internet - Introduction	Grims	M	6:30-8:00	404	Feb. 1	10	\$68+\$10	17
697	Computer Skills for Adults - Beginners	Beam	T	7:30-9:00	109	Feb. 2	10	\$68+\$10	17
698	Computer Skills for Adults - Beyond Beginners	Beam	T	6:00-7:30	109	Feb. 2	10	\$68+\$10	17
701	eBay - Introduction	Beam	M	7:30-9:00	109	Feb. 1	10	\$68+\$10	17
932	Fundamentals & Internet	South	Th	7:00-9:00	6	Feb. 4	8	\$72+\$10	18
787	Fundamentals & Internet for Seniors	Eden	T	6:00-8:30	LLC102	Feb. 2	8	\$90+\$10	18
799	Microsoft Excel & Word - Beginners	Cent	W	6:00-8:00	226	Feb. 3	10	\$90+\$10	18
869	Microsoft Excel & Word - Beginners	Grims	Th	6:30-8:00	404	Feb. 4	10	\$68+\$10	18
866	Microsoft Excel & Word - Intermediate	Grims	Th	8:00-9:30	404	Feb. 4	10	\$68+\$10	18
794	Microsoft Office 2003 - Beginners	Eden	T	6:30-9:30	30	Feb. 2	8	\$108+\$10	18
791	Introduction for the Novice Tech	Eden	Sat	9:00-12:00	28	Feb. 6	6	\$80+\$10	18
870	Photoshop and Flash - Introduction	Grims	M	8:00-9:30	404	Feb. 1	10	\$68+\$10	18
797	Photoshop Elements Version 7	Eden	M	6:30-9:30	30	Feb. 1	6	\$80+\$10	18
874	Powerpoint and Publisher	Grims	T	8:00-9:30	404	Feb. 2	10	\$68+\$10	18
918	Simply Accounting	South	T	7:00-9:00	6	Feb. 2	8	\$72+\$10	18
876	Website Design	Grims	T	6:30-8:00	404	Feb. 2	10	\$68+\$10	19

DANCE

C 690	Ballet - Beginners - Ages 5 - 7 (Co-ed.)	Beam	M	6:00-7:00	Caf	Feb. 1	10	\$45	19
C 691	Ballet - Beyond Beginners Ages 5-7 (Co-ed)	Beam	M	7:00-8:00	Caf	Feb. 1	10	\$45	19
C 739	Ballet - Beginners Ages 8 - 12 (Co-ed)	Beam	W	6:00-7:00	Caf	Feb. 3	10	\$45	19
C 740	Ballet - Beyond Beginners Ages 8-12 (Co-ed)	Beam	W	7:00-8:00	Caf	Feb. 3	10	\$45	19
C 830	Ballet & Tap Combo Class - Ages 4 & 5	Port	W	5:00-6:00	309	Feb. 3	10	\$47+\$3	19
C 836	Ballet & Tap Combo Class - Ages 6, 7 & 8	Port	W	4:00-5:00	309	Feb. 3	10	\$47+\$3	19
828	Ballroom Dancing	LakeV	M	8:00-9:30	Gym	Feb. 1	10	\$68	19
839	Ballroom Dancing for Adults	Port	T	8:00-9:00	309	Feb. 2	10	\$47+\$3	19
897	Ballroom Dancing - Beginners	Ndist	Th	6:30-8:00	Gym	Feb. 4	10	\$68	19
900	Ballroom Dancing - Intermediate	Ndist	Th	8:00-9:00	Gym	Feb. 4	10	\$45	19
742	Belly Dancing - Females - Beg. (14+)	Beam	T	6:00-7:00	Drum Rm	Feb. 2	10	\$45	19
744	Belly Dancing - Females - Beyond Beg. (14+)	Beam	T	7:00-8:00	Drum Rm	Feb. 2	10	\$45	19
920	Belly Dancing (14+)	South	W	7:00-8:00	Caf	Feb. 3	10	\$45	19
850	Dance Like Me	Grims	T	6:30-7:30	Gym	Feb. 2	10	\$45	19
859	Hip Hop Dance - Adults	Port	M	7:00-8:00	309	Feb. 1	10	\$47+\$3	19
C 895	Hip Hop Dance - Ages 4 & 5	Steele	T	6:00-7:00	Gym	Feb. 2	10	\$47+\$3	19
C 798	Hip Hop Dance - Ages 4 & 5	West	T	5:00-5:45	119	Feb. 2	10	\$45	20
C 896	Hip Hop Dance - Ages 6 & 7	Steele	M	6:00-7:00	Gym	Feb. 1	10	\$47+\$3	19
C 801	Hip Hop Dance - Ages 6 & 7	West	T	6:00-6:45	119	Feb. 2	10	\$45	20
C 860	Hip Hop Dance - Ages 8 & 9	Port	Th	4:00-5:00	309	Feb. 4	10	\$47+\$3	19
881	Line Dancing - Beginners	Kern	T	7:00-9:00	Caf	Feb. 2	8	\$72	20
924	Line Dancing - Beginners	South	Th	6:00-7:30	Caf	Feb. 4	10	\$68	20
882	Line Dancing - Intermediate	Kern	W	7:00-9:00	Caf	Feb. 3	8	\$72	20
919	Line Dancing - Intermediate	South	Th	7:30-9:00	Caf	Feb. 4	10	\$68	20
825	Shakti Belly Dance	Eden	T	8:00-9:30	Lib	Feb. 2	8	\$54	20
832	Social Dancing I - Beginners	LakeV	M	6:30-8:00	Gym	Feb. 1	10	\$68	20
833	Social Dancing I - Beginners	LakeV	Th	6:30-8:00	Gym	Feb. 4	10	\$68	20
829	Social Dancing - Intermediate	LakeV	Th	8:00-9:30	Gym	Feb. 4	10	\$68	20

COURSE CHART GUIDE

Ages:
All courses are for ages 18+, unless otherwise indicated:

S : Seniors
C : Children
(Elementary)

Descriptions:
Please refer to course descriptions, starting on page 13.

Locations:
Location codes refer to map on page 2.

* Course material costs are extra



interest courses index

COURSE CHART GUIDE

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Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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FOOD

753	Cake Decorating-Hooked on Fondant-Beg.*	Cent	M	6:30-8:30	144	Feb. 1	8	\$72	20
752	Cake Decorating-Hooked on Fondant-Adv.*	Cent	T	6:30-8:30	144	Feb. 2	8	\$72	20
926	Cooking Fine Food Fast*	South	M	6:00-8:00	17	Feb. 1	8	\$72	20
838	Cooking Made Easy*	Grim	Th	6:30-9:00	305	Feb. 4	10	\$112	20
719	No Recipe Cooking*	Beam	W	6:30-8:00	Fam.St.	Feb. 3	10	\$68+\$10	20

HOME & GARDEN

931	Design on a Dime	South	T	7:00-9:00	10	Feb. 2	8	\$72	20
812	Landscaping for Homeowners	West	M	6:00-8:30	110	Feb. 1	8	\$90	20

HISTORY

757	Family History	Cent	W	6:00-8:00	222	Feb. 3	8	\$72	21
788	History, Just Around the Corner	Eden	T	7:00-9:00	19	Feb. 2	10	\$90	21

LANGUAGES

702	French Conversational - Beginners	Beam	T	6:30-8:00	211	Feb. 2	10	\$68	21
703	French Conversational - Beyond Beginners	Beam	T	8:00-9:30	211	Feb. 2	10	\$68	21
704	German - Conversational - Beginners	Beam	W	6:00-7:30	203	Feb. 3	10	\$68	21
705	German - Conversational - Beyond Beginners	Beam	W	7:30-9:00	203	Feb. 3	10	\$68	21
906	Italian I - Beginners	Ndist	Th	7:00-9:00	101	Feb. 4	10	\$90	21
762	Korean - Beginners	Cent	M	6:00-8:00	132	Feb. 1	10	\$90	21
764	Korean - Intermediate	Cent	T	6:00-8:00	132	Feb. 2	10	\$90	21
802	Spanish - Beginners*	Cent	M	6:00-8:00	130	Feb. 1	10	\$90	21
805	Spanish - Beginners	Grims	M	7:00-9:00	201	Feb. 1	10	\$90	21
804	Spanish - Beginners*	Eden	T	6:30-9:00	18	Feb. 2	10	\$112	21
803	Spanish - Beginners	West	W	6:00-8:00	110	Feb. 3	10	\$90	21
731	Spanish - Conversational- Beginners	Beam	W	6:30-8:00	211	Feb. 3	10	\$68	21
908	Spanish for Travellers	Ndist	Th	7:00-9:00	105	Feb. 4	10	\$90	21
806	Spanish - Intermediate*	Cent	T	6:00-8:00	130	Feb. 2	10	\$90	21
808	Spanish - Intermediate*	Eden	Th	6:30-9:00	18	Feb. 4	10	\$112	21
732	Spanish - Conversational - Beyond Beg. Level 1	Beam	M	6:00-7:30	211	Feb. 1	10	\$68	21
734	Spanish - Conversational - Beyond Beg. Level 2	Beam	M	7:30-9:00	211	Feb. 1	10	\$68	21

MUSIC

718	Guitar for Adults - Beginners	Beam	W	7:30-9:00	211	Feb. 3	10	\$68	22
852	Guitar for Adults - Introduction	Port	W	7:30-8:30	208	Feb. 3	10	\$47+\$3	22
853	Guitar for Adults - Introduction	Port	Th	7:00-8:00	208	Feb. 4	10	\$47+\$3	22
933	Guitar - Adults	South	W	7:00-8:00	30	Feb. 3	8	\$36	22
C 714	Guitar - Beginners - Ages 8-13	Beam	M	6:00-7:30	210	Feb. 1	10	\$68	22
C 715	Guitar - Beginners - Ages 8-13	Beam	W	6:00-7:30	210	Feb. 3	10	\$68	22
C 930	Guitar - Classical	South	W	8:00-9:00	30	Feb. 3	8	\$36	22
C 855	Guitar for Elementary Students-Introduction	Port	W	6:30-7:30	207	Feb. 3	10	\$47+\$3	22
C 854	Guitar for Elementary Students-Introduction	Port	Th	6:00-7:00	207	Feb. 4	10	\$47+\$3	22
C 929	Guitar for Youths - Ages 12+	South	W	6:00-7:00	30	Feb. 3	8	\$36	22
C 735	Vocal Instruction for Students - Ages 9-13	Beam	M	6:00-7:00	Mus Rm	Feb. 1	10	\$45	22

MATH & MONEY

733	Alternative Investment Strategies	Eden	T	6:30-8:30	13	Feb. 2	2	\$18	22
738	Alternative Investment Strategies	Eden	T	6:30-8:30	13	Apr. 6	2	\$18	22
741	Financial Planning for Women	Eden	T	6:30-8:30	13	Feb. 16	2	\$18	22
775	Financial Planning for Women	Eden	T	6:30-8:30	13	Apr. 20	2	\$18	22
789	How Secure is Your Financial Nest Egg?	Eden	T	6:30-8:30	13	Mar. 2	2	\$18	22
790	How Secure is Your Financial Nest Egg?	Eden	T	6:30-8:30	13	May 4	2	\$18	22
800	Retirement - Are you Ready?	Eden	T	6:30-8:30	13	Mar. 23	2	\$18	22
821	Retirement - Are you Ready?	Eden	T	6:30-8:30	13	May 18	2	\$18	22
916	Successful Business Secrets	South	W	7:00-9:00	6	Feb. 3	8	\$72+\$10	22
914	Women's Money Makeover	Ndist	W	6:30-9:30	101	Feb. 17	1	\$14	22

REPAIRS

888	The Big World of Small Engines	Kern	M	6:30-9:30	133	Feb. 1	8	\$108	22
851	Furniture Upholstery - Basic	Grims	T	6:30-9:30	123	Feb. 23	8	\$108	23
856	Furniture Upholstery - Introduction	Grims	T	6:30-9:30	123	Feb. 2	3	\$40	23



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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SPORTS & RECREATION

749	Badminton	Cent	T	6:30-8:30	Gym	Feb. 2	10	\$90	23
750	Badminton	Kern	M	6:00-8:00	Gym	Feb. 1	10	\$90	23
936	Badminton	Grims	T	6:30-8:00	Gym	Feb. 2	10	\$68	23
935	Badminton	Ndist	T	6:30-8:00	Gym	Feb. 2	10	\$68	23
751	Badminton (14+)	South	T	6:00-8:00	Gym	Feb. 2	10	\$90	23
692	Basketball - Men's Recreational (30+)	Beam	T	8:00-9:30	Gym	Feb. 2	10	\$68	23
693	Basketball - Men's Recreational (30+)	Beam	Th	6:30-8:00	Gym	Feb. 4	10	\$68	23
934	Go Fish!	South	M	7:00-9:00	Caf.	Feb. 1	8	\$72	23
760	Golf	Cent	T	6:30-7:30	Gym	Feb. 2	10	\$45	23
761	Golf	Cent	T	7:30-8:30	Gym	Feb. 2	10	\$45	23
857	Golf - All Levels	Grims	Th	6:30-7:30	Gym	Feb. 4	10	\$45	23
858	Golf - All Levels	Grims	Th	7:45-8:45	Gym	Feb. 4	10	\$45	23
905	Golf	Ndist	M	7:00-8:30	Gym	Feb. 1	8	\$54	23
708	Golf Instr. & Skill Development-Beginners	Beam	T	6:30-8:00	Gym	Feb. 2	10	\$68+\$10	23
706	Golf Instr. & Skill Develop.-Beyond Beg.Level 1	Beam	M	6:30-8:00	Gym	Feb. 1	10	\$68+\$10	23
707	Golf Instr. & Skill Develop.-Beyond Beg.Level 2	Beam	M	8:00-9:30	Gym	Feb. 1	10	\$68+\$10	23
917	Sports Camp for Children - Ages 9-14	South	M	5:30-6:30	Gym	Feb. 1	10	\$45	23
736	Volleyball - Recreational (Co-ed)	Beam	Th	8:00-9:30	Gym	Feb. 4	10	\$68	23
737	Volleyball - Recreational	Kern	T	6:30-8:30	Gym	Feb. 2	10	\$90	23
910	Volleyball - Co-ed.	Ndist	W	7:00-8:30	Gym	Feb. 3	10	\$68	23

COURSE CHART GUIDE

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ARTS & CRAFTS

ACTING FOR STUDENTS

Course No. 903

Does your child have an interest in acting? This course will introduce students to dramatic techniques and the basics of stage performance through the use of theatre games, improv, ensemble storytelling and scene study. Students will increase their self-expression, creativity and confidence, as well as have fun.

CREATIVE WRITING

Course No. 928

This course will explore the essentials of short story writing, including narration, character development, and structure through various creative writing activities. Students will also be introduced to some of the basic techniques for putting together a wide variety of poetic forms.

DIGITAL PHOTOGRAPHY FOR BEGINNERS & BEYOND

Course No. 699

Learn how to turn your photographs into masterpieces of art with Photoshop. This course open to all adults who have a desire to learn creativity. A disc with your images and a notepad is required.

DIGITAL PHOTOS: ORGANIZED & ENJOYED*

Course No. 848

Come and learn how to organize, edit and enjoy digital prints. We'll even learn to create a hardcover photo "storybook" to be enjoyed by you and your loved ones for generations. Course supplies required: a laptop, Memory Manager 3.0 program (\$53.11 payable to instructor at first class), and digital camera.

visit our website:
www.dsbns.org/community

DRAMA FOR STUDENTS - AGES 9-13

Course No. 700

This course will introduce students to basic fundamentals of performing such as voice intonation and projection, body language, expression, character development, stage presence, spatial awareness, and cueing. Students will develop confidence and boost self-esteem.

FLORAL DESIGN - BASIC* FLORAL DESIGN I*

Course No. 867, 902

Students will learn the basics of floral design in both fresh and artificial flowers. Bud vases, corsages, centrepieces and swags will be taught. Material fee due to instructor each class. The cost will be approximately \$6 to \$12 a week for fresh flowers, to be determined by market price.

FLORAL DESIGN - LEVEL 1*

Course No. 779

An introductory course in basic floral design concepts and techniques using fresh and silk flowers. Hands on technique training such as bow making, wiring and taping and colour wheel training will be covered. Students will be taught how to make centrepieces, one-side designs, corsages, and how to decorate for special occasions. Extra fee each evening for materials.

FLORAL DESIGN - LEVEL II*

Course No. 783, 875

Students will learn more advanced floral design. High style design, European bouquets, exotic flowers and products will be used. Extra fee each evening for materials.

FLORAL DESIGN - WEDDING*

Course No. 863

If you are interested in designing floral pieces for weddings, then this is for you. Hands-on creating interesting, original floral designs. Extra fee each evening for materials. Bring your imagination.

KNITTING - BEGINNERS

Course No. 792

Learn how to cast on, knit, purl, cast off and how to read knitting patterns. Students will start with a knitted dish cloth and then work on a pattern of their choice.

METAL ART*

Course No. 921

A fun and funky introduction to ornamental art, with an emphasis on safety. Designed for the beginner to intermediate artisan/crafter, students will use a variety of processes, tools and equipment to create projects. Projects will include garden sculptures, plant stands, candlesticks and a mailbox. \$20 material fee payable to instructor on the first night.

PHOTOGRAPHY - ARTISTIC & TECHNICAL - BEG. LEVEL 1

Course No. 728

Learn how to get picture perfect images every time. This digital photography course is open to all adults who have a desire to learn the fundamentals of artistic and technical photography. Digital camera and memory card required.

PHOTOGRAPHY - ARTISTIC & TECHNICAL - LEVEL 2

Course No. 730

Improve your photographic skills. Build on the artistic and technical skills learned in Level 1. Digital camera and memory card are required.

PHOTOGRAPHY - LEVEL 1

Course No. 795

Developed for those who have made the transition from "point and shoot" to SLR cameras, digital or film, and want to improve their photographic knowledge and utilize their camera's full potential. The aspects of camera operation, operating modes, shutter speeds, f/stops and composition are areas covered. A DSLR or film SLR camera is required.

PHOTOGRAPHY - THE NEXT PLATEAU

Course No. 796

This class is an entirely hands-on, shooting-based course. This group will meet at different predetermined outdoor locations, rain or shine, to implement the skills taught in Level 1. After the shooting portion of the class, we debrief and discuss images. A DSLR or film SLR camera required. Students must have completed Photography-Level 1 to register.

PRINTED PHOTOS - ORGANIZED & ENJOYED*

Course No. 861

Are your old printed photos all over the house? Have you been wanting to organize them, but don't know where to start or how to go about it? There is help for you. \$58.76 material fee payable to instructor on the first night.

SCRAPBOOKING*

Course No. 907

Get your photos out of boxes and create truly memorable scrapbooks to last generation to generation. This fun course is designed for the beginner and will cover a variety of scrapbook techniques and paper projects. Products will be available for purchasing in class. Material fees will vary according to projection selection.

visit our website:
www.dsb.org/community

SKETCHING & DRAWING- AGES 9-13YRS.*

Course No. 720

Calling all young aspiring artists! Through hands-on learning and step-by-step instruction by an experienced artist, students will gain confidence and develop their drawing skills and visual ability. For first class bring drawing or sketch pad min. size 14 x 17, set of drawing/sketching pencils and a kneadable eraser. Material fee of \$10 for charcoal, conte and 1 full sheet multi-media paper.

SPRING CARDS & TAGS*

Course No. 887

Create a selection of 20+ general occasion cards and tags. Required materials: fine-tip scrapbooking pen, 12" paper cutter and scissors. Required to purchase: Delightfully Fun bundle - cost is \$44.70 due to instructor at first class (cash or cheque). Extra materials and tools available for use and purchase. Seniors welcome!

WOODWORKING*

Course No. 913

This course enables students to create and assemble custom woodworking projects safely, accurately and efficiently, all in a fun environment. Designed for beginners and intermediate students, you will also learn how to prepare surfaces and finish projects correctly and safely. \$20 material fee payable to instructor at first class.

WRITING FOR PUBLICATION

Course No. 813

If you have a passion for writing poetry or short stories or have dreamed of seeing your work in print, this course is for you. We will take you step by step from the beginning. We will help you find your writing niche, teach you how to write poetry and short stories and find out how to discover your characters and prepare your work for publication.

For locations, dates, times and course fees, refer to the charts on pages 10-13
* Material costs are extra.


AEROBICS**Course No. 893**

A total body workout that utilizes every part of your body without jarring and straining your joints. It will allow you to get in shape quickly and safely. Ball exercises will be incorporated. Bring your own exercise ball.

Course No. 915

A total body workout that utilizes every part of your body without jarring or straining your joints. It will allow you to get in shape quickly and safely. A class designed for those new to fitness or those seeking a low impact workout.

Course No. 723

A multi-component class which may incorporate step, body sculpting, cardio, etc. A class designed for those who are new to fitness, or those who want a low impact workout that is safe for the joints, easy to follow, and fun!

AEROBICS – HIP HOP**Course No. 843**

Are you bored with the same old workout routine? Here is a fresh new exercise idea for you. Come out and try a hip hop class. A great way to stay fit, learn hot dance moves with lively music. It's fun and easy to do. No previous experience required.

AEROBICS – AQUA**Course No. 834, 835**

A fun and effective aquatic workout. A great way to improve aerobic fitness, develop strength and burn fat without the impact, making it easier on muscles and joints. Includes a cardio, stretching and strengthening component taught by a qualified instructor/lifeguard.

BEAUTY AND MAKEUP SECRETS (14+)**Course No. 694**

Learn the professional beauty and makeup secrets used on models. Students will learn hands-on how to achieve that "picture perfect" look in both make-up and fashion. Step by step lessons will help you achieve a totally professional look. Whatever style or look, discover how to achieve it!

BORN TO WIN***Course No. 923**

Every person has the potential to be a winner. This course will use simple exercises and self analysis to increase awareness of your true potential and the power within. Make better decisions, direct your own life, and enhance the lives of others. Material fee of \$15 payable to instructor on first night.

(CO-ED.) BOXERCISE & FREE WEIGHTS WORKOUT**Course No. 745, 746**

If you're serious about burning calories, slimming down, toning, and getting stronger, then this course is for you. This unique high energy workout is taught by a Registered Personal Trainer. Cardio, non-contact shadow boxing techniques, free weights, and flexibility will be addressed. Done to upbeat music. Equipment provided. Remember your towel and water bottle. Ages 13+.

CARDIO KICKBOXING**Course No. 845, 846, 925**

Enhance your energy and burn off calories. Enjoy this simple yet moderate workout. There may be a step aerobic workout component along with punching bags. Suitable clothing and footwear required.

CARDIO & WEIGHT TRAINING COMBO CLASS**Course No. 840, 841**

Enjoy the benefits of this total body, time efficient, conditioning workout. Sculpt and shape your body by burning fat and calories and increasing lean muscle mass. An enjoyable cardio component with the weight training will maximize your results. Students must bring 2 sets of manageable dumb bell weights to the first class.

ENERGY BALANCING***Course No. 747, 748**

Learn to balance your energy using crystals, colour therapy, meditation and more. Participate in fun, hands on activities that will explore the benefits energy balancing has in reducing stress and enhancing one's overall health and well being. \$7 material fee due to instructor at first class.

FIRM AND BURN**Course No. 842**

This is the ultimate class to build lean muscle mass while burning loads of calories! The workout includes muscle sculpting exercises infused with a different cardio style every week (i.e. Circuit training, boot camp, hi-low aerobics, intervals, stability ball). Suitable for men and women, all ages, all levels. Bring a set of hand weights and a mat.

GROUP PERSONAL TRAINING: ABS & TOTAL BODY SCULPTING**Course No. 710, 711**

A beautiful, hard and sculptured body is only a course away! Let a Registered Personal Trainer guide and motivate you, step-by-step through the safest, most effective professional workout! Get the body you've always wanted and enjoy exercising! Equipment and workout charts supplied. Co-ed., ages 14+. Athletic shoes and attire required. Bring a mat/towel.

GROUP PERSONAL TRAINING: ABS, THIGHS AND BUTTOCKS**Course No. 712**

Sculpted, hard abs, shapely thighs and firm, strong gluts (buttocks) can be a reality! Under the guidance of a Registered Personal Trainer, learn the safest, most effective exercises which successfully target these problem areas. Professional workout charts and equipment provided. Co-ed., ages 14+. Athletic shoes and attire required. Bring a mat/towel.

For locations, dates, times and course fees, refer to the charts on pages 10-13.

* Material costs are extra.



GROUP PERSONAL TRAINING: ABS & TOTAL BODY SCULPTING – BEYOND BEG.

Course No. 709

This course is taught by a Registered Personal Trainer who will guide and motivate you through a professional workout that goes beyond the beginner's level. Equipment and workout charts supplied. Ages 14+, Co-ed. Athletic shoes and attire required. Bring a mat/towel.

INTUITION DEVELOPMENT

Course No. 809

Awaken your intuition with easy-to-learn methods. Explore a variety of intuitive tools such as dowsing rods, pendulums, tea leaves and cards. Delve into your past lives and dreams to help understand your current situation. Learn about your energy field and how to make it stronger and healthier. Everyone has the ability, now it's time to learn.

KICK FIT

Course No. 811

Come join us! Kick, punch, move, stretch and tone. It will be a quick hour with high energy. Co-ordination optional, having fun mandatory! Bring an exercise mat or large towel and wear comfortable clothes.

MEDITATION - INTRO

Course No. 793

Learn basic meditation techniques. Discover how to focus the mind to facilitate a greater sense of calm, produce a state of deep relaxation and a sense of balance or equanimity. Please wear comfortable clothing and bring small blanket or towel, pen and paper.

PILATES

Course No. 862

Pilates mat workout. For beginners to experienced, this progressive class will challenge you. Relax, strengthen your core and focus on you! Bring exercise mat or large towel. Wear comfortable clothing.

RESIST-A-BALL

Course No. 864

Bounce your way to a fit body. Students are asked to bring their own exercise ball.

STABILITY BALL

Course No. 844

This class offers a fun, full-body workout using the stability ball. We will use the ball for a calorie burning cardio workout, followed by a muscle sculpting segment. Give it a try, you'll have a ball! Please bring a set of hand weights and a mat.

TAEKWONDO – INTRODUCTION

Course No. 810

Taekwondo is the most recognized martial art in the world and a popular international sport. Increased strength and stamina boost your energy so you feel great all day. Also improved concentration for better work and study stress reduction and increased levels of relaxation for a longer healthier life.

TAI CHI – BEGINNERS

Course No. 822, 823

Tai Chi, one of the original martial arts, is now generally practised as a "moving meditation" of benefit to mind and body. Participants will notice improvements in balance, strength and mental focus as they learn Tai Chi, and healing postures in Qi Gong (pronounced Chee Gung). Please wear loose clothing for full benefit of these sessions.

TAI CHI

Course No. 868

Enjoy this mentally and physically beneficial class.

TAI CHI/QI GONG – BEGINNERS

Course No. 824

These ancient forms of meditative exercises help improve and maintain good health and wellness and increase longevity. Through daily practice, we can become as children again, without stiffness or tension. Relearn how to move freely and naturally with the whole body connected, both structurally and energetically. Loose, layered clothing recommended.

YOGA

Course No.

814, 815, 816, 817, 871, 872, 873

Enjoy the physical and spiritual benefits of Yoga. This is a great course for all levels. A yoga mat is required for this course.

Course No. 820

This course teaches the basics of Hatha Yoga. Come together with your body, mind and spirit. Study the discipline of Yoga while building strength, stamina and flexibility. Yoga balances the mind and emotions, cultivating inner peace. Please bring a mat and blanket to class.

YOGA – BEGINNERS

Course No. 818, 819, 909

This progressive workout will focus on proper alignment of basic Yoga poses. Strength and flexibility will be improved. Participants will learn to relax and focus as they strengthen and stretch the body. Bring an exercise mat or large towel and wear comfortable clothes. No shoes are required.

YOGA – GENTLE HATHA BEGINNERS

Course No. 880

This gentle style of yoga will help you to relax and breathe. You will learn techniques for improving your balance, flexibility and strength, as well as exercises for expanding your lungs and slowing down your mind. Find ways to relieve tight shoulders, sore backs and upset stomachs. A yoga mat and blanket are required for this course.

YOGA – GENTLE HATHA INTERMEDIATE

Course No. 883

The class will begin with Pranayama (breathing), and a gentle warm up, followed by Asanas (poses) and finishing with a guided Shavasana (rest pose). We will be introducing a moon salutation and taking some of our Asanas to the next level. This is still a Gentle Hatha Yoga class with balance; flexibility and stress relief being the main focus, along with gentle stretching and strengthening.

YOGA – HATHA (ALL LEVELS)

Course No. 891, 894

Hatha Yoga refers to a set of physical exercises called asanas or postures designed to increase flexibility, strength and balance while improving body alignment coordination and mental focus. Class begins with a warm up and end in final relaxation. Unravel stress and tension and leave feeling refreshed and renewed with a greater overall sense of well being. Bring yoga mat, blanket, one 8ft. long yoga strap, water bottle.

YOGA – HATHA (IYENGAR) – INTRODUCTION

Course No. 899

An introduction to basic poses, breath awareness, meditation, and relaxation while improving strength, flexibility and well being. In the Iyengar tradition, poses are practiced at a slower pace to emphasize correct alignment and therapeutic benefits. Bring mat to class.

Course No. 879

Iyengar Yoga is a form of yoga know for its use of props, such as belts and blocks, as aids in performing asanas (postures). It is considered a powerful tool to relieve the stresses of modern day life which in turn can help promote total physical and spiritual well being. Bring yoga mat, blanket and 8 ft. long yoga strap.

YOGA - LEVEL II

Course No. 884

For students with previous experience.

YOGA FOR CHILDREN

Course No. 885

Learn the basics of Yoga. Students should bring own mat.

ZUMBA

Course No. 826, 827

This exercise program fuses hypnotic Latin rhythms and easy to follow moves to create a one of a kind fitness program that will get you hooked on working out. You will achieve long term benefits while experiencing an absolute blast in one exciting hour of calorie burning, body energizing, and awe inspiring movements.

ZUMBA

Course No. 889, 890, 892

A fusion of latin and international music combined with dance themes creating a dynamic effective fitness system. Zumba utilizes the principles of cardio, fitness interval training and resistance training to maximize caloric output, fat burning and total toning.

COMPUTERS

COMPUTER ANIMATION – AGES 9-13

Course No. 696

Discover what 3-D computer animation is all about. Under the step-by-step guidance of a professional animator, learn how to create and edit your own 3-D objects and images. Master the use of “top of the line” 3-D software in the industry. Learn new computer skills or expand on old ones.

COMPUTER FOR ADULTS – ALL AGES – INTRODUCTION

Course No. 849

FUNDAMENTALS & INTERNET

Course No. 932

For beginners of all ages, especially seniors. It is a fun, interactive, and very informative course. Navigating Windows and creating folders, saving and copying files; Internet search and email techniques; copying and pasting text and graphics.

COMPUTERS FOR SENIORS AND NOT SO SENIORS

Course No. 755, 756

This course is designed for people with very little or no computer experience. The teacher will take you through a series of lessons that will teach you 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.



COMPUTER & INTERNET – INTRODUCTION

Course No. 847

This course will take students through the basics of computer operation in Windows right to the Web. We start from the on button and learn how to work with Windows and Microsoft programs. As the students progress, their skills are put to use on the web with web mail and various useful sites for the latest information.

COMPUTER SKILLS FOR ADULTS

Course No. 697

Learn how to master the use of e-mail, word processors, Microsoft Word, the Internet, websites, and more. Through hands-on learning, you will be sending emails, family photos, accessing the web and staying in touch with friends and loved ones.

COMPUTER SKILLS FOR ADULTS – BEYOND BEGINNERS

Course No. 698

This course will build on basic computer skills taught in Beginner course. Learn how to expand your skill and knowledge and become more comfortable with email, word processors Microsoft Word, the Internet, websites and more.

EBAY – INTRODUCTION

Course No. 701

This hands-on course will teach you all that you need to know to master the popular and expanding market of eBay. Learn how to join the eBay community, buying, posting selling, contacting other people, taking your pictures for your items, things to watch for, and so much more! Whether for personal gain, business venture or a second income, join in the biggest sale on the Internet today.

For locations, dates, times and course fees, refer to the charts on pages 10-13.

* Material costs are extra, refer to charts.

FUNDAMENTALS & INTERNET FOR SENIORS

Course No. 787

Seniors (55+) can enter the world of computers in a relaxed environment. Two courses in one offers: BASICS introducing computer techniques and components; keyboard, mouse, setting and simple file creation; INTERNET AND E-MAIL gets you online quickly. Travel the world and communicate with family and friends. No experience required.

MS EXCEL & WORD 2007 – BEGINNERS

Course No. 799, 869

Course will take you through the different menus and basic functions of Excel & Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will be shown how to produce spreadsheets and letters.

MS EXCEL & WORD – INTERMEDIATE

Course No. 866

Students will learn how to integrate Word and Excel. Learn specifically how to “embed” spreadsheet into Word document. Previous experience with the programs required. Teacher will assume the students are comfortable with the programs. Course will talk about how the programs are designed to be used. Intermediate to advanced level.

MS OFFICE 2003 – BEGINNERS

Course No. 794

Learn basic techniques in Microsoft’s most popular applications! Students will gain experience and skills in Access (database), Word (word processing), Excel (spreadsheets), and PowerPoint (multimedia presentations). Should be familiar with use of a mouse. Windows experience would be a definite asset. Memory stick needed for first class.

INTRODUCTION FOR THE NOVICE “TECHI”

Course No. 791

This intro course will teach students to troubleshoot computer related problems in a Windows environment. Students will be introduced to installation/removal of software and hardware, data recovery, virus detection/removal, spyware software use, repairing and maintaining a computer. Come with lots of questions and problems.

PHOTOSHOP & FLASH – INTRODUCTION

Course No. 870

Students will learn one of the world’s premier digital photo programs, Adobe Photoshop. This course will teach basics on how to correct digital pictures and create digital art with Photoshop tools. Also the basics of Flash will show students simple animations using both motion tweens and stop frame animation.

visit our website:
www.dsb.org/community

PHOTOSHOP ELEMENTS (V7)

Course No. 797

This class will give you the basic editing tools to alter photos, add text, restore old photographs, remove unwanted blemishes and much more. Adding impact to your photos might be easier than you think. A good working knowledge of computers/Windows is highly recommended. Bring binder and USB Flash Drive to first class.

POWERPOINT & PUBLISHER

Course No. 874

Students will produce a 5 minute PowerPoint presentation, integrating music, action and colour. Students will also use Publisher to make flyers and brochures. Keyboarding skills and familiarity with the mouse are definite assets. Beginner-intermediate level.

SIMPLY ACCOUNTING

Course No. 918

An introductory course including creating accounts, balancing the general ledger, payroll, managing inventory, creating reports and financial statements, and year end procedures.

Teaching Opportunities in Vietnam

The District School Board of Niagara is providing consulting services to the new Canadian International School–Vietnam (CIS-VN). The school, which offers JK–11 Ontario public school curriculum, opened its doors August 2009 with 200 students and 20 Ontario Certified Teachers. The school will be expanding its enrolment significantly, has plans to move into a newly constructed site (*shown at right*), and will be recruiting additional Ontario Certified Teachers starting **August 2010** and will also be recruiting O.C.T.s for **Summer 2010** ESL instruction.



CIS-VN August 2010

The District School Board of Niagara and Brock University are also working with the CIS–VN and Vietnamese educational officials to provide the publicly funded schools in Ho Chi Minh City with Ontario Certified Teachers with an A.Q. in ESL (minimum Part 1) or TESL or graduates of any Bachelor’s degree program with additional certification in TESL starting February 2010.

Please attend an information session on Tuesday, January 19, 2010 at 4:00 – 5:00 p.m. at the District School Board of Niagara, Education Centre, 191 Carlton St., St. Catharines on the 3rd Floor- St. Catharines Room. No need to register for info session.

For locations, dates, times and course fees, refer to the charts on pages 10-13.
* Material costs are extra.

WEBSITE DESIGN

Course No. 876

Learn to build and update your own web page. Build a personal web page to share pictures. Build or maintain a business web page. Students will use Yahoo, Geocities or MS FrontPage to edit, build, design and update web pages. Keyboarding skills an asset. Students should be comfortable with the use of a mouse and be familiar with using the internet. Intermediate to advanced level.

DANCE

BALLET – AGES 5-7 CO-ED

Course No. 690

The basics of Ballet begin here with our introductory class for students with no dance experience. This class will focus on posture, basic movements and steps in sequence, musicality, coordination, as well as introducing children to a class environment. Students need dance attire and fitness slippers. Last class will be open for parent observation and students will showcase a small performance.

BALLET – AGES 5-7 CO-ED – BEYOND BEGINNERS

Course No. 691

This class builds on the basic foundation taught in Beginner Ballet with the addition of more combined steps. It is recommended that student have at least one year experience. Posture, co-ordination and musicality are a strong focus. Parents are invited to attend the last class. Ballet slippers and dance attire a must.

BALLET – AGES 8-12 CO-ED

Course No. 739

This class will focus on posture, expanding the basic movements and simple routines, while improving coordination, rhythm and flexibility. Students need dance attire and fitness slippers. Last class will be open for parent observation and students will showcase a small performance.

BALLET – AGES 8-12 CO-ED – BEYOND BEGINNERS

Course No. 740

This class will focus on the barre work and centre practice. Focus on posture, co-ordination and isolation of muscles. At least one year experience is recommended. Parents are invited to attend the last class. Ballet/gymnastic slippers, fitness attire and tied up hair required.

BALLET & TAP COMBO

Ages 4 & 5: Course No. 830

Ages 6, 7 & 8: Course No. 836

Learn the basics of ballet and tap. Students should bring their own ballet and tap shoes.

BALLROOM DANCING

Course No. 828

For those students who have experienced the introductory dance classes, this is an introduction to various types of ballroom dances. However, people who are new to dance are welcome.

BALLROOM DANCING FOR ADULTS

Course No. 839

Learn a variety of ballroom dances so that you too can dance like the stars.

BALLROOM DANCING – BEGINNERS

Course No. 897

Learn the basic steps of the following dances; Fox Trot, Cha Cha, Rhumba, Slow Waltz, Swing and Tango. You must register with a partner. Leather soled shoes recommended.

BALLROOM DANCING – INTERMEDIATE

Course No. 900

This course will teach you some added syllabus and a nice routine in each of these dances: Slow Waltz, Rhumba, Cha Cha, Tango and Swing. You must register with a partner. Leather soled shoes recommended.

BELLY DANCING – FEMALE AGES 14+

Course No. 742, 920

Discover the ancient art form of belly dance. Step-by-step, learn the basic movements of this effective and enjoyable form of exercise and develop a positive self-image through this beautiful feminine art form. Taught in a private, relaxed setting, basic movements will be put together in choreographed combinations. Comfortable clothing and non-marking running shoes are required.

BELLY DANCING – FEMALE 14+ BEYOND BEGINNERS

Course No. 744

This course will build on the basic movements taught in beginners course. Continue to develop this effective and enjoyable form of exercise and beautiful feminine art form. Taught in a private, relaxed setting, each movement will be collectively mastered and then put together in choreographed combinations to create a traditional, ancient dance. Comfortable shoes and non-marking running shoes required.

DANCE LIKE ME

Course No. 850

“Mom and Me” Hip Hop Dance class for mothers and their daughters or sons (ages 5-12). This class is guaranteed fun and fitness for everyone.

HIP HOP DANCE – ADULTS

Course No. 859

Have fun and burn calories while learning this contemporary dance. This class is for beginners and all ages. Feel the rhythm and the beat!

HIP HOP DANCE

Ages 4 & 5 Course No. 895

Ages 6 & 7 Course No. 896

Ages 8 & 9 Course No. 860

Get fit while learning this fun dance style!

For locations, dates, times and course fees, refer to the charts on pages 10-13.
* Material costs are extra.

HIP HOP DANCE

Ages 4 & 5 Course No. 798

Ages 6 & 7 Course No. 801

Hip Hop dance has evolved as a part of the hip hop culture, from where hip hop music has also emerged. In recent days, it has become immensely popular amongst the youth. Co-ordination optional, having fun mandatory!

LINE DANCING – INTRODUCTION

Course No. 881, 924

This fun and easy course will teach participants the basic line dance step patterns. This class is designed for those who are new to line dancing. The dances taught are fun and easy to follow. A great way to exercise your body & your mind.

LINE DANCE – INTERMEDIATE

Course No. 882, 919

This course will introduce more complicated line dance step patterns, and is intended for those who have had some previous line dance experience. Come and learn some of the popular line dances being done at the local clubs! A great way to exercise your body and mind.

SHAKTI BELLY DANCING

Course No. 825

Through the techniques of Kundalini Yoga and the art and movements of Belly dance, participants will develop core strength, increase flexibility in body and mind, deepen our breath and create belly and body love and awareness. Non-competitive and body positive.

SOCIAL DANCING I – BEG.

Course No. 832, 833

You will learn to dance to all kinds of music. This is the only class you will need in order to dance at any social dance.

SOCIAL DANCING – INTERMEDIATE

Course No. 829

For those who already dance and would like to move with elegance and fluidity.

FOOD

CAKE DECORATING – BEG. "HOOKED ON FONDANT" *

Course No. 753

Learn the easy and correct way to make your own fondant, roll out and apply fondant on a cake, use basic tools to make stylishly decorated cakes, make simple flower, leaves, ribbons and bows, and learn simple borders, appliques and figure modeling. Students will purchase their own supplies for week 2.

CAKE DECORATING – ADV. "HOOKED ON FONDANT" *

Course No. 752

In this course you will continue to work on flowers, leaves, borders, appliques and ribbons and bows. As well students will be introduced to quilting on fondant, the art of constructing shoes and purses from gum paste as well as favour boxes. We will learn to make a tiered cake as well as one that is topsy turvy style. Students will purchase their own supplies. Prerequisite: Hooked on Fondant - Beginner.

COOKING FINE FOOD FAST*

Course No. 926

An entertaining and fun night for anyone interested in the art of cooking. Students will learn how to cook tasty, nutritious and sensible meals quickly and effortlessly. Topics include perfect pasta, sauces, healthy eating, cooking for one, portion control and cooking with local produce. \$20 food fee payable to instructor at first class.



COOKING MADE EASY*

Course No. 838

This class will introduce you to the basic secrets and techniques allowing you to enhance your skills and confidence in the kitchen. Learn the theory and practical in the preparation of sauces, soups, poultry, meats, fish, vegetables and so much more. Bring a pen, notebook and apron for class. All other cooking supplies provided. A \$50 food fee covers the 10 week course payable to the instructor on the first class.

NO RECIPE COOKING*

Course No. 719

Through easy-to-follow, step-by-step demonstrations, you will simplify your life in the kitchen. Learn techniques that will enable you to create your own dishes, personalized to your own tastes. Each week participants will taste samples of the weekly course cuisine. Students welcome to attend 30 minute complimentary Q & A period following each class.

HOME & GARDEN

DESIGN ON A DIME

Course No. 931

How to get "the look" for less. This course will focus on reconditioning, reusing and recycling everyday pieces and transforming them into a masterpiece. Topics include design basics, design elements, choosing the right paint color, what to leave in, what to leave out, and how to do a storyboard for your project.

LANDSCAPING FOR HOMEOWNERS

Course No. 812

Learn the basic steps necessary for creating your own personal landscape plan. Classes will include everything you need to complete your own landscaping project. From complete garden theme to complete garden installation, as well as proper installation of interlocking brick, retaining walls, and flagstone. You will also learn the ins and outs of ponds and waterfalls. It's never too early to plan for Spring.

HISTORY

FAMILY HISTORY

Course No. 757

Did you know that Family History is the largest growing hobby in the world? Come join us to find the roots to your Family Tree. Uncover the wonderful history and stories of your family as well as the struggles and successes they experienced to bring customs and traditions of their culture to a new country. Includes suggestions on how to record and preserve your family history.

JUST AROUND THE CORNER

Course No. 788

Indoors, we will pour over maps and photographs and reminisce about colourful characters and life in old time Niagara. Themes are wide ranging. It's a new semester with new topics to discuss. All you need to bring to the class is curiosity and enthusiasm for local history.

LANGUAGE

FRENCH – CONVERSATIONAL – BEGINNERS

Course No. 702

This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of French culture and delicious cuisine. Focus is on fundamental conversational skills, as well as on the essentials for travel in a French region.

FRENCH – CONVERSATIONAL – BEYOND BEGINNERS

Course No. 703

Students will continue to build on the conversational skills of the French language and further their knowledge of the exciting French culture. This course will focus on conversational skills.

GERMAN – BEGINNERS CONVERSATIONAL

Course No. 704

Experience the beauty of the language and gain a well rounded knowledge of the culture. Enjoy the fun, step-by-step approach to conversational dialogue in a relaxing atmosphere. Open to ages 14+.

GERMAN – CONVERSATIONAL – BEYOND BEGINNERS

Course No. 705

Continue to build on conversational skills introduced in the Beginners course and further your knowledge of this fascinating culture. Enjoy the fun and progressive conversational dialogue in a relaxing, social atmosphere. Ages 14+

ITALIAN – BEGINNERS I

Course No. 906

A course for individuals wanting a basic understanding of conversational Italian. No background necessary.

KOREAN – BEGINNERS

Course No. 762

This course offers an introduction to the Korean language and culture. Instructions will be taught using various day to day themes.

KOREAN – INTERMEDIATE

Course No. 764

A continuation of the Beginners course.

SPANISH – BEGINNERS*

Course No. 802, 804

This course is designed to introduce you to the Spanish language. Basic grammar, vocabulary and pronunciation tips will be taught through a variety of activities and themes. No previous knowledge of Spanish language is required. \$20 material fee payable to instructor at first class.

Course No. 805

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.

Course No. 803

This course offers an introduction to the Spanish language and culture. Basic grammar, vocabulary, conversation, pronunciation and writing will be emphasized in this course.

SPANISH – BEGINNERS CONVERSATIONAL

Course No. 731

Learn the basics of this romantic language. This course focuses on conversational skills for beginners. Learn to master the practical words, phrases and expressions of the language while enriching your cultural knowledge in a relaxing, enjoyable setting.

SPANISH FOR TRAVELLERS

Course No. 908

A basic course to help you communicate when you are travelling in a Spanish speaking country. Speaking and writing will be emphasized.

SPANISH – INTERMEDIATE*

Course No. 806, 808

A continuation of the Beginners course. It will enhance and sophisticate the student's skills in the Spanish language. A materials fee of \$20 will be collected at the first class.

SPANISH – CONVERSATIONAL – BEYOND BEGINNERS, LEVEL 1

Course No. 732

This course is geared to those who are interested in enriching their basic conversational skills and furthering their practice and knowledge of this romantic language and culture.

SPANISH – CONVERSATIONAL – BEYOND BEGINNERS, LEVEL 2

Course No. 734

This course focuses on further building on language and conversational skills. Enjoy enriching your conversational Spanish skills and gain additional practice and knowledge of this vibrant language.

For locations, dates, times and course fees, refer to the charts on pages 10-13.

* Material costs are extra.



MUSIC

GUITAR FOR ADULTS – BEGINNERS

Course No. 718, 933

Learn the fundamentals of guitar through step-by-step hands-on instruction. Left and right hand techniques, notes, rhythm, and chords are just some of the basics covered. Students will need to bring their own acoustic or electric guitar. No amps please. Limited spaces! Ages 14+.

GUITAR FOR ADULTS – INTRODUCTION

Course No. 852, 853

Learn the basics. Bring your electric or acoustic guitar.

GUITAR – BEGINNERS – AGES 8-13

Course No. 714, 715

GUITAR FOR YOUTHS – AGES 12+

Course No. 929

Learn the basics to guitar in a relaxed atmosphere and have fun doing it. This course teaches the fundamentals of tuning, left and right hand techniques, chords, notes, rhythm and much more. Students will need their own acoustic or electric (no amp) 6 string guitar or bass.

GUITAR – CLASSICAL

Course No. 930

Learn the fundamentals of Classical guitar techniques taught through step by step hands on instruction. Left and right hand techniques, notes, rhythm and chords are just some of the basics covered. Students need to bring their own guitar.

GUITAR FOR ELEMENTARY STUDENTS – INTRO

Course No. 854, 855

Learn the basics. Bring your electric or acoustic guitar. Children under 12 must be accompanied by an adult.

VOCAL INSTRUCTION FOR STUDENTS AGES 9-13

Course No. 735

This course welcomes children 9-13 who wish to uncover their hidden vocal talents or simply love to sing. Warm up routines, breathing technique and vocal performance skills will be addressed. Enjoy singing with confidence and experience the joy of vocal performance in a group setting.

MATH & MONEY

ALTERNATIVE INVESTMENT STRATEGIES

Course No. 733, 738

This course will teach you the advantages and disadvantages of investing in Guaranteed Income Certificates, Bond Laddering, Guaranteed Income Funds, Seg Funds, Guaranteed Annuities, Insured Annuities and Insurance Investing techniques.

FINANCIAL PLANNING FOR WOMEN

Course No. 741, 775

This is a course focusing on the unique role women have in their families as primary caregivers for both their children and aging parents. We will look at options to prepare financially with or without a spouse. Topics include taxes, simple budget planning, estate planning, investment planning, RESPs, RRSPs.

HOW SECURE IS YOUR FINANCIAL NEST EGG?

Course No. 789, 790

In these volatile markets, are you comfortable with your financial future? This is a review of the financial planning process to make sure you are properly positioned with investments, insurance, estate planning and tax reduction techniques. Use the new Tax Free Savings Account to your advantage.

RETIREMENT – ARE YOU READY?

Course No. 800, 821

This course focuses on the 45+ group and has an interactive approach to many things besides financial such as hobbies, volunteerism, physical and mental health, independence and reliance on others.

SUCCESSFUL BUSINESS SECRETS

Course No. 916

This course covers a wide range of topics all aimed at improving your bottom line. Whether you operate a large business or something smaller as a hobby, everyone will benefit. Topics include sales, online selling, websites, staff training, market research, networking, relationship building, customer service and how to get free advertising.

WOMAN'S MONEY MAKE-OVER

Course No. 914

Do you want to improve your financial health and wealth? This is the money make-over for women in their 20's, 30's and 40's. Discover actions that hurt your credit rating. Learn how to spend less on banking and mortgage costs and how to grow your savings into real wealth.

REPAIRS

THE BIG WORLD OF SMALL ENGINES

Course No. 888

This course will introduce the student to Operational Principles that will help in the diagnosing and repair of 2 and 4 stroke powered equipment. Students responsible for supplying their own small engine machine (lawn mower, snowblower, weed-eater, etc.) and any parts/material needed in the maintenance or repair of the machine.

FURNITURE UPHOLSTERY – BASIC*

Course No. 851

Students are asked to bring a small chair for re-upholstery. You are expected to supply your own staple gun and fabric as well as purchasing basic supplies to complete this project. Supplies can be purchased through instructor. It is advised to complete introductory course first.

FURNITURE UPHOLSTERY – INTRODUCTION*

Course No. 856

Students are taught basic upholstery by creating a small ottoman with a decorative leg. There will be a \$60 material fee for the supply kit which is to be paid directly to the instructor at first class. Students expected to supply their own staple gun as well as 2 yards of fabric. It is recommended to choose a solid or small pattern. Tools can be purchased through the instructor.

SPORTS & RECREATION

BADMINTON

Course No. 749, 750, 751, 936

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 racket; shuttlecock provided.

Course No. 935

A fun night for adults who have played some badminton. Novice players are also welcome. Strategy and shot techniques will be taught. Enjoy a night of exercise and fun. Bring your own racket.

BASKETBALL – MENS RECREATIONAL

Course No. 692, 693

Guy's night out! Calling all males, ages 30 years and up. 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.

GO FISH!

Course No. 934

An introduction to freshwater fishing in Ontario. Learn all about equipment, bait, casting techniques, hot spots, rules and regulations, and biology of species. A terrific way to acquire or improve your skills in this great hobby, including how to tell tales about the one that got away!

GOLF

Course No. 760, 761

This course teaches the fundamentals of developing a good swing. Instruction will cover all areas of the game including set up, posture, full shots, pitching, putting, rules of golf and etiquette.

GOLF – ALL LEVELS

Course No. 857, 858

Stay on top of your game, or simply learn how to properly swing a club, including correct stance and grip. Instructor will also teach a variety of shot techniques including both short and long game. Bring a club or two and watch as the course will have you more prepared for your future golf endeavors.

GOLF

Course No. 905

Personal instruction on basic fundamentals including grip, stance, and posture. All areas of game covered including full shots and short game techniques. Learn rules of golf, etiquette and care of the course. Bring your own materials.

GOLF INSTRUCTION & SKILL DEVELOPMENT – BEG.

Course No. 708

Professional, personal instruction from a golf pro-trainer on the fundamentals including swing, putting, grip, stance, balance and posture. All areas of the game are covered, including full shots and short game techniques. Learn the rules of golf, etiquette and care of the course. Bring your own materials. For adults & teens 16+.

GOLF INSTRUCTION & SKILL DEVELOPMENT – BEYOND BEG. LEVEL 1

Course No. 706

This course is for the intermediate level golfer who is aiming to maximize his/her potential. Develop skills for short game trouble shots, proper techniques and form for drawing/fading the ball, controlling your ball's trajectory, and course management.



GOLF INSTRUCTION & SKILL DEVELOPMENT – BEYOND BEG. LEVEL 2

Course No. 707

Students will continue to develop and build on golf fundamentals and terminology needed to progress beyond the intermediate level. Course is guided by student participation and individual progression.

SPORTS CAMP FOR CHILDREN – AGES 9-14

Course No. 917

Students will be introduced to a variety of sports including volleyball, basketball, badminton, soccer, floor hockey, etc. They will learn the rules and fundamentals of each sport, all in a friendly atmosphere.

VOLLEYBALL – CO-ED

Course No. 736

A fun and social night for adults who are looking for recreation and exercise! No experience necessary. Fitness attire and non-marking shoes required. Open to 14+.

Course No. 737

Play a great game in a relaxed environment with coaching. A great release during the winter months. Non-marking gym shoes and fitness wear required.

Course No. 910

Strictly for recreation and exercise. No experience necessary.

For locations, dates, times and course fees, refer to the charts on pages 10-13.
* Material costs are extra.



PERSONAL SUPPORT WORKER (PSW)

A Personal Support Worker is someone who provides direct personal and health care assistance to the aged, chronically ill or disabled including all age groups. There is a growth trend in the demand for Personal Support Workers in long term care facilities, in community (home) care environments, and in hospitals. For the past several years, the District School Board of Niagara has

graduated hundreds of individuals with an average of 90% placement rate into jobs in the Niagara Region now paying \$12-\$19 per hour. The DSBN closely follows the curriculum guidelines set out by the Community Support Association of Ontario as well as the curriculum for high-school credits accredited by the Ministry of Education. Our PSW teachers

of the credit programs are certified by the Ontario College of Teachers and are either R.N.'s or R.P.N.'s. Join the many others who have earned their high-school diploma, gained valuable work skills, and become employed as a Personal Support Worker. **Funding from various sources may be available if eligible (see Funding Note on facing page.)**

All PSW Programs run part-time from September 2010 through June 2011.

PSW complete programs fill quickly. Recruitment begins annually in March.

For information on registration, please attend one of the information sessions below.

PSW COMPLETE PROGRAM (DAYTIME)

Lifetime Learning Centre
535 Lake St., St. Catharines

March 24, 2010 at 1:00 pm
April 14, 2010 at 1:00 pm
May 5, 2010 at 1:00 pm

Port Colborne H.S.
211 Elgin St., Pt Colborne

March 24, 2010 at 1:00 pm
April 14, 2010 at 1:00 pm
May 5, 2010 at 1:00 pm

PSW COMPLETE (EVE/WKND)

Oakwood Park Lodge
6747 Oakwood, Niagara Falls

March 27, 2010 at 11:00 am
April 17, 2010 at 11:00 am
May 8, 2010 at 11:00 am

CUSTOMS BROKERAGE OFFICE

Prepare for the entry-level clerical position in a customs-brokerage office. Customs brokers deal with the regulations involved in importing and exporting goods in and out of Canada. There are many such offices in Fort Erie, Queenston, and Niagara Falls. Entry-level jobs pay an average of \$12/hr. with benefits if full-time.

This certificate program includes training in the terminology, document use, and policies and procedures in the customs brokerage office. Tuition fee is \$800 and includes materials. Program will run Tuesdays and Thursdays evenings, for 3 hours per night. Program may be taken in conjunction with a tuition-free day-time computer program. Funding may be available from various sources (see Funding Note on facing page) if taken in conjunction with the computer class. Program offered at Fort Erie Secondary School, 7 Tait Ave., Fort Erie.

NEXT PROGRAM:

Customs: February 9 - May 27, 2010, Tues & Thurs evenings
Computers: February 4 - June 22, 2010, Mon & Fri daytime

INFORMATION/REGISTRATION:

Register by attending a public information session at 6:30pm at Fort Erie Secondary School, room 159 on Tues., January 12, 2010. Or call 905-688-7000 for more details.

NIAGARA YOUTH CONSTRUCTION LABOURER

For Niagara's Unemployed Youth

Prepare for an entry-level construction labourer position. Gain skills for employment, apprenticeship, or post-secondary training while receiving a minimum wage. If you are between the ages of 17-30; are in need of assistance in overcoming employment barriers; are a Canadian citizen, permanent resident, or refugee claimant; have at least grade 10 education; and have been out-of-school for at least one-year; you may be eligible for this program.

NEXT PROGRAM:

Program is under consideration at this time. Proposed timeframe February - July, 2010

INFORMATION/REGISTRATION:

Call 905-687-7000 in early January, 2010 to confirm that program will be offered and to find out when information sessions are scheduled.

TRANSITION TO EMPLOYMENT



For Special Needs Individuals

TTE is a program that assists individuals 18+ years of age, who have a disability, to gain access to employment opportunities. It prepares applicants for employment during an 18-day, one-on-one sessions with an employment counsellor followed by a 5-week on-site trial period with an employer. Scheduling is flexible. The program is approved by the Ontario Disability Support Program.

It's for you if you want to work!

Multiple intakes throughout the year.

Call 905-682-0756 for information.

ARE YOU ELIGIBLE FOR FUNDING*

You may be eligible to receive funding or income support for your participation in many of the Business, Computers, Career and Certificate programs offered through the DSBN. Your eligibility may depend on your chosen occupational goals and/or individual needs. Some sources of individual funding include Employment Ontario (Second Career and Ontario Skills Development), Aboriginal Funding, Ontario Works (OW), Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board (WSIB), or Work Link (NICL). Please contact your employment counselor or caseworker for more information on your eligibility.

MALCOLM ALLEN Member of Parliament WELLAND RIDING

**Main Office: 101 - 60 King Street
Welland L3B 6A4
Phone: 905.788.2204
Fax: 905.788.0071**

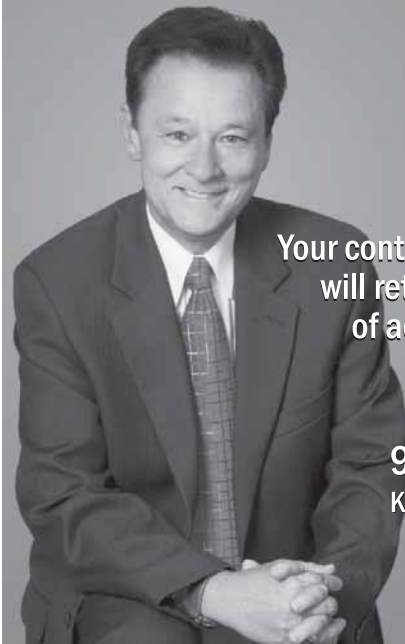


Port Colborne Office
92 Charlotte Street L3K 3E1
Phone: 905.834.3629

Ottawa Office:
House of Commons K1A 0A6
Phone: 613.995.0988
Fax: 613.995.5245

Kim Craitor MPP

FORTERIE NIAGARA FALLS NIAGARA-ON-THE-LAKE



Your continuing education
will return a lifetime
of achievement

905-357-0681
Kim@KimCraitor.com





LITERACY AND BASIC SKILLS

For the Deaf

Niagara Adult Literacy for the Deaf

Normandy Resource Centre
111 Church St., St. Catharines

Contact by email:

janet.morden@dsbn.edu.on.ca

For the Learning Disabled

Learning Potentials

8 Hiscott Street, Unit 9, St. Catharines

Contact: Janet Johnston

905-684-4994

For the Developmentally Disabled

Normandy Resource Centre

111 Church St., St. Catharines

905-988-1450

Seaway Mall

Niagara St., Welland

905-735-5506

Call Shirley Henley at

905-641-2929, x54172 for more information.

All programs are offered at no cost. Financial assistance may be available for transportation and child care. Other locations may become available.

We specialize in programs for individuals who are:

- Deaf
- Developmentally Disabled
- Learning Disabled

For individuals 18yrs+ who want to upgrade their reading, writing, computer, math and self management skills to gain employment or be more independent.

We offer:

- Assessment of skills
- Reading assistance
- Computer training
- Links to employment programs
- Goal setting
- Writing assistance
- Math
- Small group instruction

English as a Second Language

New Canadians, 18 years and over, who wish to improve "English as a Second Language" skills, can take non-credit daytime and evening courses at varying levels of skill. Daycare available at some centres.

Folk Arts Council of St. Catharines

85 Church St., St Cath., 905-685-6589

Welland Heritage Council

26 East Main St, Welland, 905-732-5337

St. Paul Lutheran Church

5485 Victoria Ave, Niag Falls, 905-356-2249
or 1-888-746-9041

Welcome Centre for Newcomer Families

Located at the District School Board of Niagara
191 Carlton St., St. Catharines

All families new to Ontario or Canada are asked to come to the Welcome Centre before registering children in schools.

Here you will receive:

- Multilingual information on DSBN schools and services
- Support in making decisions about your child's educational future
- Assistance completing the registration process so your child can start school
- A language assessment by an ESL Teacher as needed
- Settlement counseling

Call Brandie Lancione for an appointment:

905 641-1550 x54152

INTERNATIONAL LANGUAGES

For Elementary-aged Students (Day & Eve). International language instruction in co-operation with the St. Catharines Folk Arts Council and the affiliated groups. These programs are non-credit, tuition-free or for nominal fee, and offered after school and on weekends.

ARABIC

Islamic Society of St. Catharines	289-668-7771
Islamic Society of St. Catharines	905-688-8834
Niagara Falls Sudanese Community	905-354-9674
Sudanese Canadian Community	905-984-4086
El Mahdi Arabic Organization	289-241-4093

ARMENIAN

Armenian Relief Society	905-938-0162
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CHINESE

St. Catharines Chinese School	905-684-5615
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GERMAN

Niagara German School	905-468-7158
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GREEK

Greek Community of St. Catharines	905-684-4454
Agios Charalambos Greek School	905-356-5610

KOREAN

Niagara Korean Language School	905-688-6783
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POLISH

Canadian Polish Society	905-938-1781
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SPANISH

Latin American Club of Niagara	905-646-5676
Latin Immigrant Niagara Community Assoc.	905-988-6070

UKRAINIAN

Ivan Kotliarevsky Ukrainian School	905-934-7352
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Looking for Work?

**Employment Resource Centre
Computers with High Speed Internet
Individual Employment Assistance
Workshops
Job Postings and Placement Services**

All services are **FREE!**

Call us at any of our convenient locations for more information:

St. Catharines	905-685-1353
Welland	905-732-1605
Grimsby	905-309-5627
Smithville	905-957-2063

Toll Free **1-866-685-1353**

www.employmenthelp.org

**EMPLOYMENT
ONTARIO**
Ontario's employment & training network



BE a friend
FIND a friend

Through the "HOST Program" you will engage in a FRIENDSHIP that could make a World of Difference



Connecting new immigrant adults and families with local Canadian residents.
A great opportunity to share culture, language, experiences and more.

For more information contact:
905-685 6589 Ext. 228 (St. Catharines)
905-358 3452 (Niagara Falls & Grimsby)
hostprogram@yahoo.ca
Everyone Welcome!



www.folk-arts.ca



Program funded by
Citizenship and Immigration Canada
Citoyenneté et Immigration Canada



www.hostontario.org

General Interest Program Instructors Wanted

Have an idea for a course you want to teach?

Got a special skill, qualification, or unique knowledge?

Interested in sharing that with other people?

Why not consider becoming an Instructor with General Interest Program at the DSBN?

Visit www.dsbn.org/community click on **Forms** and download the **Instructor Application Form** or call 905-687-7000 for more information.

Please note that acceptance of your application in no way obligates the DSBN. Only successful applicants will be notified.

BRIDGING PROGRAM

Are you an
Internationally Trained:
Accountant, Engineer,
Teacher or Nurse and
want to re-enter your
field in Canada?

Call us, we can help!
Employment Help Centre
122 Queenston St
St Catharines, ON L2R 2Z3
(905) 685-1353



Funded by the Government of Ontario

Niagara West Employment & Learning Resource Centres

Employment/Computer/Upgrading Services

Grimsby, Lincoln, West Lincoln, Pelham

Central Line: **905-563-1515**

www.nwelrc.ca

Canada



**EMPLOYMENT
ONTARIO**



REGISTRATION

Use this form for "fax" (with VISA/MC only) and "mail-in" registration. Please enclose fee payment in full, in the form of a cheque, money order or your VISA or MasterCard account no., payable to **District School Board of Niagara** mail to **Community Education Services, District School Board of Niagara, 191 Carlton Street, St. Catharines, Ontario L2R 7P4**
 Please send one cheque, per course, per participant. Registrations will be processed on a daily basis as received.
 Mail-in registrations must be postmarked no later than **Wednesday, January 20, 2010 fax: 905-688-7753**

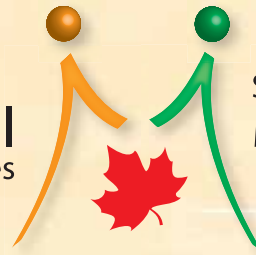
PLEASE PRINT ALL INFORMATION				
Last Name		First Name		Middle Initial
Street No.	Street Name		Apt. No.	
City	Postal Code	Home Telephone No.	Business Telephone No.	
Day School Student: Yes No		If Yes, name of school:		
Course No.	Course Title		Course Location	
Day of Week	Time	Start Date	Fee	
Birthdate (DD/MM/YYYY):		Have you taken a night school credit course previously? Yes No		Year(s)
PAYMENT INFORMATION				
<input type="checkbox"/> Visa	Card Number	Expiry /	Card Verification No.	<input type="checkbox"/> Cheque
<input type="checkbox"/> Master Card				<input type="checkbox"/> Cash <input type="checkbox"/> Senior (65+)
			<input type="checkbox"/> Money Order	
Cardholder's Name		Signature	Date	Total Amount \$

Use this form for "fax" (with VISA/MC only) and "mail-in" registration. Please enclose fee payment in full, in the form of a cheque, money order or your VISA or MasterCard account no., payable to **District School Board of Niagara** mail to **Community Education Services, District School Board of Niagara, 191 Carlton Street, St. Catharines, Ontario L2R 7P4**
 Please send one cheque, per course, per participant. Registrations will be processed on a daily basis as received.
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PLEASE PRINT ALL INFORMATION				
Last Name		First Name		Middle Initial
Street No.	Street Name		Apt. No.	
City	Postal Code	Home Telephone No.	Business Telephone No.	
Day School Student: Yes No		If Yes, name of school:		
Course No.	Course Title		Course Location	
Day of Week	Time	Start Date	Fee	
Birthdate (DD/MM/YYYY):		Have you taken a night school credit course previously? Yes No		Year(s)
PAYMENT INFORMATION				
<input type="checkbox"/> Visa	Card Number	Expiry /	Card Verification No.	<input type="checkbox"/> Cheque
<input type="checkbox"/> Master Card				<input type="checkbox"/> Cash <input type="checkbox"/> Senior (65+)
			<input type="checkbox"/> Money Order	
Cardholder's Name		Signature	Date	Total Amount \$



Niagara
Multicultural
Services



Services
Multiculturels
Niagara

Building A Future Together



Immigrant Services in Niagara

Programs and Services



- Settlement Services: Staff speak French, English and other languages
- Language Instruction for Newcomers to Canada - English as a Second Language/ Career and Professional Integration Class
- Cultural Language Classes
- Employment Programs Career Enhancement Classes, Job Search Workshop
- Canadian Access for International Professionals & Skilled Trades (CAIPS)
- Credential Assessment Assistance
- Language Assessment Services
- Employer Education & Support Cultural Education Programs
- Mentorship Program
- Child Minding Programs
- Emergency Shelter
- Kids Quest – Literacy and Social Skills Development for Youth
- HOST Programs: Social and Educational Activities for Youth and Adults
- Mental Health - Volunteer Program
- Women's New Enterprise Program and Support Program
- Community Access Program
- Immigrant Seniors Program
- Homework Club - Conversation Circles
- Welcome and Reception Centre (Peace Bridge, Fort Erie)

For Information and Referral to Other Valuable Services:

Folk Arts Council of St. Catharines - (905) 685-6589
 Fort Erie Multicultural Centre - (905) 871-3641
 Multicultural Network of Niagara Falls - (905) 356-2249
 Welland Heritage Council and Multicultural Centre - (905) 732-5337



1-888-764-9041 We're here to help.



YMCA of Niagara

We build strong kids,
strong families, strong communities.

YMCA of Niagara Employment & Newcomer Services

My name is Louise Taillefer, and I moved to the Niagara Region within the last year. Following a job burnout, which led to gambling issues, I moved to Niagara and I was in need of counselling. I found the help that I needed at N.A.D.A.S, which is located at in the YMCA Employment and Newcomer Services' office in Niagara Falls. During my counselling sessions, I had noticed that the YMCA provided job assistance workshops. I asked the YMCA staff how I could participate in the program. I went through the intake process and started the program.

I had been a housing coordinator for non-profit housing since 1991. Serving in the non-profit sector has been a large part of my life as I have also worked and volunteered in other non-profit agencies. While looking for work, I noticed that employers continued to inform me that I had plenty of experience, however they could not hire me, as I did not have the educational requirements. The YMCA program and employees assisted me in many ways. I learned many new ideas about how to search for employment. They also assisted me to develop my self-awareness and helped me to make the decision of returning to school. I was reminded that it is never too late to get a diploma and I am a good example of this. I thought being in my 50's was too late, but I was reminded that I have many qualities and experiences to offer.

Now, here I am at my age, a student working towards earning a Community Services Worker diploma. I am keeping in touch with my Employment Counsellor and others at the YMCA because they were very uplifting to me, always providing a warm welcome and encouraging words while treating everybody equally. I would recommend this valuable service to everyone that is in need of support and assistance for making decisions regarding their choices for employment or education. It sure helped me get back on track and acquire my self-esteem again.



YMCA Employment & Newcomer Services

For more information:

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