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**ARTS, CRAFTS & MUSIC**

**COMPUTERS**

For further course information [www.dsbn.org][1]

Schools Secondary Course Calendar

Night School Applications are available at [www.dsbn.org/community][2]

Adult & Community Education

Night School Credit Course Forms

Course Registration Form


Learn, Explore, Discover!

adult & community education | district school board of niagara | 905-687-7000
### FOR THE LOVE OF LEARNING

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### Physical Activity Disclaimer:

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

www.dsbn.org/community | district school board of niagara | 905-687-7000
BAGPIPING
AGES 8 - ADULTS
Course No. 3705*
An incredible opportunity to learn this
demanding and unique instrument. Students
will learn the basics on a practice chanter,
providing them with the foundation to move
on to the study of the full bagpipe. Material fee
covers purchase of chanter and songbook.

BELLY DANCING
Course No. 3760
Learn the basic movements of this effective
and enjoyable form of exercise and develop a
positive self-image.

BIRTHDAY CARD WORKSHOP
Course No. 3833*
Spend an evening making Birthday cards for
everyone you know! We will explore different
techniques to make up to 9 cards.

CARD MAKING
Course No. 3834
The basics of card making and design will be
taught. The use of card stock, rubber stamp
die cutting will be explored. Designing
cards, gift bags and tags for all occasions.*An
extra $25 fee will be collected first class
to pay for materials. Teacher will provide
adhesive.

FLORAL DESIGN – INTERMEDIATE
Course No. 3813
Advanced floral design will focus on high style
and hand tieds, Victorian and garden
themes.*A small extra weekly charge will be
applied to cover floral costs.

FLORAL DESIGN - INTRODUCTION
Course No. 3812
The basics of floral design will be taught.
The use of fresh and artificial flowers will
be demonstrated. Designing bud vases to
everyday centrepieces.*Cost of flowers extra,
payable each class.

FLORAL DESIGN: WEDDINGS
Course No. 3814
This 5 week course will teach, using fresh &
artificial flowers, wedding bouquets, corsages,
hand ties, centrepieces, and pew bows.
Previous floral courses an asset but not
mandatory.*Cost of flowers extra, payable
each class.

GUITAR – ADULTS BEGINNERS
Course No. 3766,3816
Learn guitar basics such as tuning, cords, notes,
rhythm and more. Bring your own guitar.

GUITAR – ADULTS INTERMEDIATE
Course No. 3817
This course works off the fundamentals of the
beginner’s class. It is strongly recommended
to have taken Beginners Guitar first. Focus on
learning songs and refining techniques from the
previous class. Bring your own guitar.

GUITAR – ROCK/BLUES
Course No. 3819
Learn the basics of classic blues and rock
rhythms, four bar progressions, scales, and
solo improvisation with acoustic and electric
guitars, with the use of the slide. Some guitar
experience is necessary. Bring own guitar.

JAZZ / HIP HOP AGES 7-13
Course No. 3713
This is for kids that are energetic and love
to move to popular contemporary music.
Instruction on the basics of Jazz and Hip-Hop steps, styles and movements will
lead to gaining confidence and having fun on the
dance floor.

JAZZ / HIP HOP AGES 6-12
Course No. 3863
This is for kids that are energetic and love
to move to popular contemporary music.
Instruction on the basics of Jazz and Hip-Hop steps, styles and movements will
lead to gaining confidence and having fun on the
dance floor.

MUSIC PERFORMANCE
Course No. 3772
Students enrolled in the course will work
together learn and perform as a group.
Knowledge of any instrument is welcomed. It
is a recommendation (not a requirement) that
students enrolled in this class also enroll in
song writing.

MUSIC THEORY
Course No. 3774
Music theory is a course based on what is
really behind the music. It is an interest course
that involves little playing of instruments and
more listening to the ideas and notes that
make music popular.

PERCUSSION – INTRODUCTION
Course No. 3775
Using their own practice drum pads and
sticks, students will learn the basics of how
percussion music is arranged and performed
from a professional drummer.

PHOTOGRAPHY – ADVANCED DIGITAL
Course No. 3800,3821
Learn the advanced tricks of the trade from a
professional photographer that will take
your digital images from every day to stunning
professional quality. This course also involves
out of class excursions to experiment with
different situations.

PHOTOGRAPHY – BEGINNERS
Course No. 3840
The course will cover applications of a variety
of lenses, the hot shoe flash and tripod. You
will use and apply the manual and semi-manual
camera modes, and metering methods. You will
also analyze the impact that f/stops, shutter
speeds, depth-of-field and colour theory have
on photographic images. Please bring your
own DSLR camera for use.

PHOTOGRAPHY – SHOOT & POINT
Course No. 3776
Learn how to use all the various pre-sets on
your camera to take stunning photos! Point and Shoot as well as DSLR’s welcome in
this class that teaches you to have a creative
eye.

SCRAPBOOKING – INTRODUCTION
Course No. 3841
For beginner scrapbookers. Learn the lingo,
techniques and how to use all the tools to
create a lasting memory with your photos.
Learn about cropping, embellishing, journaling,
layering, matting, double layouts, linking and
stamping. Learn about making cards and mini
albums.*Material fee of $30.00 to be collected
the first night.

SEWING – BEGINNERS
Course No. 3825*
Students will learn basic skills & grow in
confidence to start a sewing hobby. Several
small projects will be completed ranging from
a tote bag to refashioning a thrift store find.
Machine & hand sewing. Students are allowed
to bring their own sewing machine.

VISIT OUR WEBSITE:
www.dsbn.org/community
SKETCHING & DRAWING FOR ADULTS - BEGINNERS
Course No. 3777*, 3778*
Learn the basics of drawing and sketching in this hands on course. Understand the basics of drawing, the tools of the trade, and how to use them.

SKETCHING & DRAWING FOR ALL AGES
Course No. 3719*
Both children and adults can join this class with a focus on artistic techniques that will appeal to everyone. Materials and direction will be varied to suit different age groups.

SKETCHING & DRAWING AGES 7-13
Course No. 3779*
This course focuses on basic drawing technique. Sketch pad, pencils and eraser required.

SONG WRITING
Course No. 3783
Learn the various steps involved in creating a song from a professional musician. This course focuses on the creation of lyrics and structure more than melody. Knowing how to play an instrument is NOT a requirement.

STAINED GLASS BEGINNERS/ADVANCED
Course No. 3755
Learn the basics of stained glass using the copper foil technique. Instruction includes, design, cutting, grinding, foiling, soldering and finishing techniques. Students can complete several projects of their own designs at their own pace.*There is an additional fee for the “Starter Kit” if required.

THEATRE GAMES AGES 7-13
Course No. 3720
Students will be introduced to dramatic techniques such as tableaux, mime, and mask work, developing voice and movement skills. Fun activities and games build kids’ confidence through performance in small and large group settings.

UKULELE – BEGINNERS
Course No. 3790
Learn and practice the basics of this fun and increasingly popular instrument, including tuning, strumming, chords, songs, and more. Bring your own ukulele.

COMPUTERS

COMPUTER ANIMATION BEGINNERS – AGES 8-14
Course No. 3761*
Learn to create and edit fantastic 2-D objects and images like a professional under the step-by-step instruction of a professional animator.

COMPUTER ANIMATION & PROGRAMMING FOR KIDS AGES 8-14
Course No. 3801*
Enjoy creating your own animated games and learn computer programming simultaneously in a fun and creative way. Learn through playing and develop your favourite skills (e.g. drawing, music, art, and more). Discover your own potential with this technology developed by the Lifelong Kindergarten from M.I.T.

COMPUTERS - BASIC OPERATIONS BEGINNERS
Course No. 3802*
Learn basics of computer operations including email, web browsing, Skype, and MS Office.

COMPUTERS -- BEGINNERS
Course No. 3706*, 3709*
For those with little or no computer experience. Learn how to use email, the Internet, word processing and more.

COMPUTERS -- BEYOND BEGINNERS
Course No. 3710*
For those already in possession of basic computer understanding and wishing to explore the finer points of document creation, web and social media usage, and other elements for applying computers skills to personal or business needs.

COMPUTERS FOR SENIORS
Course No. 3747*
Learn basics of computer operations including email, web browsing, Skype, and MS Office.

HANDHELD SMART DEVICES INTRODUCTION
Course No. 3769*
So, you got a smart device? Now what? Learn to use your iPhone, iPad or Nexus device beyond Facebook and e-mail. Topics include: photos & video, device security, the mobile office.

IMovie – INTRODUCTION
Course No. 3770*
iMovie is a program that can be used to create anything from basic picture slideshows to movie trailers and beyond using your own home videos or photos. The course will focus on the creation of both slideshows and videos using this program. Must have an iPad or MacBook computer with iMovie installed.

MICROSOFT EXCEL – LEVEL 1
Course No. 3838*
A survey course with two sessions each on Excel, Word, PowerPoint, and Access.

MICROSOFT OFFICE BASICS
Course No. 3804*
A survey course with two sessions each on Word, Excel, PowerPoint, and Access.

MICROSOFT OFFICE 2010
Course No. 3773*
Become proficient in essential tasks in Word, PowerPoint, and Excel. Topics include document formatting, embedding media, tips for effective presentations, and how to perform helpful spreadsheet functions for budgeting, personal finance, or statistics.

MICROSOFT WORD – LEVEL 1
Course No. 3839*
Course will take you through the different menus and basic functions of Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will learn how to produce documents, letters, posters etc.

For locations, dates, times and course fees, refer to the charts on pages 10-11.
*Material costs are extra.
COMPUTERS (cont’d)

MICROSOFT WORD/EXCEL BEGINNERS
Course No. 3714*
Course will take you through the different menus and basic functions of Excel and Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will be shown how to produce spreadsheets and/or letters.

MOBILE DEVICES OPERATION
Course No. 3805*
Learn the use of mobile devices in different mobile platforms (Android, Apple, Windows). From tablets to smart phones and apps, this course will provide a way to master the use of these popular technologies.

PHOTOSHOP ELEMENTS INTRODUCTION
Course No. 3822*, 3823*
Learn how to manipulate photographs, do touch ups, changing of backgrounds, colours, etc in images

SOCIAL MEDIA – INTRODUCTION
Course No. 3782*
Learn the ins and outs of Social Media, going beyond the basic usage that the majority of people employ, while also learning about how to protect yourself online. Specific focus will be on Facebook, Twitter, and LinkedIn.

WEBSITE DESIGN – INTRODUCTION
Course No. 3797*
For business purposes or for your own personal creations. Learn how to take control of web design programs and do more than just copy a template.

FOR THE LOVE OF LEARNING

COOKING FOR NEWBIES
Course No. 3806
A combination of demonstrations and hands-on experiences will equip you to become more comfortable in the kitchen. Come out and expand your food horizons! *Cost for food will be collected in class.

DESSERTS & PASTERIES
Course No. 3807
A fun filled yet simple and sweet experience from apple pie to zucchini breads. Come join us for a baking tour from around the globe. Hands on and demonstrations. *Small extra weekly charge for food costs.

GARDEN SPROUTS – AGES 5-10
Course No. 3861
Observe, Discover and Explore in the green house! This class introduces children to the love of gardening. Kids will get to start seeds, grow veggies, flowers and do herb gardens and take it all home. Come get your hands dirty! * a small fee will be collected to cover costs.

INTERNATIONAL FLAVOURS
Course No. 3820
Join us for a culinary tour of various ethnic foods from around the world.**Small extra weekly charge for food costs.

MATH FOR PARENTS
Course No. 3771
Do you have a student heading into grade 6, 7 or 8 and want to support their math? Sessions include reviewing math topics, introduction to math tools, information on the Ontario curriculum, and how students learn math differently. All skills welcome.

PROVINCIAL LITERACY TEST PREP FOR PARENTS
Course No. 3824
Designed to provide parents with background knowledge of the Gr. 10 Ontario Secondary School Literacy Test (OSSLT) to help support and prepare their child for the assessment. Learn about the structure and design of the test, the nature of the reading and writing questions, as well as how answers are scored. This course will be particularly helpful for parents/guardians of children who are not familiar with the provincial assessment requirements, are new to Canada, or who have struggled with EQAO assessments in earlier grades.

AQUAFIT
Course No. 3849,3850
Join us for a fun exercise program in the pool. Emphasis is on cardiovascular fitness and toning.

AQUAFIT FOR KIDS – AGES 10-13
Course No. 3851
A fun exercise program for kids in the water. Children must be able to swim, a noodle will be used when in the deep end. This is not swim lessons but a fitness class for 30 minutes and free time for 30 minutes.

BADMINTON
Course No. 3746*
A fun night for anyone interested in playing badminton. All levels of players welcome. Improve your game while exercising and having fun. Bring your own racquet; shuttlecock provided.

BASKETBALL
MENS RECREATIONAL 30+
Course No. 3758
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.

FITNESS CORE & MORE
Course No. 3810
A variety of exercise levels, focusing on toning abs & major muscle groups for physically independent adults seeking to maintain and improve an active lifestyle. Program includes a warmup, toning & cardio exercise formats including circuits, Tabata-style intervals, mat exercises, ending with stretching & relaxation exercises. Bring water bottle, comfortable runners, workout clothes, non-slip Pilates-type mat. Optional: small hand weights and towel.

FITNESS FOR SENIORS
Course No. 3809
A low impact circuit workout for Seniors designed to introduce fitness to seniors and build some cardiovascular endurance and muscle flexibility.

FITNESS BOOTCAMP
Course No. 3808
Get your metabolism going and your body fit by having fun. Uses a variety of circuit training, agility drills, core strengthening, and yoga stretches to get your body in shape!

FITTING YOUR BODY TO YOUR NEEDS
Course No. 3759
A fun filled evening of exercises for adults who are looking to maintain and improve their personal fitness levels. Opportunities for ± exercise levels.

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**INTEREST COURSES**

**GOLF – ALL LEVELS**
*Course No. 3749, 3750*
Stay on top of your game or learn stance, grip and swing. Instructor will teach a variety of shot techniques. You must bring your own golf clubs.

**KICKBOXING FOR KIDS – AGES 5-12**
*Course No. 3853*
Kids will learn the basic moves of Kickboxing in this fun and energetic class. Instructed by Master in Taekwando.

**MARTIAL ARTS FOR KIDS AGES 5-12**
*Course No. 3854*
Participants will learn the basic principles of Taekwando, a Korean Martial Art of Self Defence. Emphasis is on building strength, character and leadership. Instructed by Master in TKD.

**PILATES – BEGINNER**
*Course No. 3718*
Develop strength through core body exercises. Working back, abdomen and hips and increasing strength and flexibility.

**STABILITY BALL BLAST**
*Course No. 3855*
The Stability Ball will be utilized for cardio, toning and core work to produce a great calorie burning and sculpting workout. Lots of fun and suitable for all fitness levels. Please bring a stability ball, mat and water to class.

**VOLLEYBALL CO-ED RECREATIONAL**
*Course No. 3792*
A fun night for adults who have played some volleyball in the past.

**YOGA**
*Course No. 3697, 3701, 3702, 3703, 3704, 3799, 3847, 3848*
Study the discipline of Yoga while building strength, stamina and flexibility. Please bring a mat and blanket to class. Please pay close attention to date, time, location, and levels indicated in the index.

**ZUMBA**
*Course No. 3830, 3856, 3857*
A fusion of Latin music and aerobic/interval training that tones and sculpts the body. Please pay close attention to date, time, location, and levels indicated in the index.

**LANGUAGES**

**FRENCH BEGINNERS**
*Course No. 3763*, *3764*
Student will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn for enjoyment or if you have children in the French Immersion programs.

**FRENCH CONVERSATIONAL**
*Course No. 3711*, *3836*
This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

**FRENCH – CULTURAL CAFÉ**
*Course No. 3712*
Beyond the language of French, this class offers a weekly exploration of French music, movies, books, and the French way of life. This course is for those with a grounding in the language who wish to bring a little more “je ne sais quoi” into their life!

**FRENCH FOR TRAVELLERS**
*Course No. 3765*
This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

**SPANISH – CONVERSATIONAL BEGINNERS**
*Course No. 3785*, *3786*, *3787*
An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

**SPANISH FOR TRAVELLERS BEGINNERS**
*Course No. 3788*, *3827*, *3828*, *3829*
In a relaxed atmosphere, focus on basic vocabulary and specific conversation and reading skills to enable students to travel within a Spanish speaking country and enjoy their stay.

**SPANISH FOR TRAVELLERS INTERMEDIATE**
*Course No. 3826*
A continuation from the Spanish for Travellers – Beginners course. This course will enhance the student’s level of vocabulary, verb usage, and conversational skills. Very helpful for frequent travellers and vacationers.

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

*Material costs are extra.*
Registrations must be received no later than January 27th, 2016. Registrations will be processed on a daily basis. FAX – 905-646-7042 – VISA or Mastercard only. 
MAIL - IN – Please complete the VISA/Mastercard payment information, or enclose cheque/money order (Payable to District School Board of Niagara); please send one cheque, per course, per participant. 
MAIL TO: ADULT & COMMUNITY EDUCATION, c/o LLC, 535 Lake St., St. Catharines, Ontario L2N 4H7

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