



interest courses index

COURSE CHART GUIDE

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

S : Seniors
C : Children (Elementary)
T : Teens
M : Mixed Ages

Descriptions:
Please refer to course descriptions, starting on page 12.

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 & MUSIC

| | | | | | | | | | |
|--------|---|------|----|-----------|-------|--------|----|---------------|----|
| M 4161 | Bagpiping - Ages 8-Adults | Port | T | 6:00-7:00 | Caf | Feb.14 | 15 | \$82.50+\$92 | 12 |
| 4087 | Belly Dancing | Beam | T | 5:30-6:30 | Drama | Feb.14 | 10 | \$55.00 | 12 |
| 4052 | Beading - Beginners | Cent | T | 6:30-8:30 | 106 | Feb.14 | 8 | \$88.00 | 12 |
| 4110 | Dressmaking - Beginners* | Eden | M | 6:30-8:30 | 112 | Feb.13 | 10 | \$110.00 | 12 |
| 4116 | Floral - Beginners* | Eden | T | 7:00-9:00 | 140 | Feb.14 | 10 | \$110.00 | 12 |
| 4117 | Floral - Intermediate* | Eden | Th | 7:00-9:00 | 140 | Feb.16 | 10 | \$110.00 | 12 |
| 4149 | Floral Design - Wedding* | Eden | M | 7:00-9:00 | 140 | Feb.13 | 5 | \$55.00 | 12 |
| 4088 | Guitar - Beginners | Beam | M | 8:00-9:00 | Music | Feb.13 | 10 | \$55.00 | 12 |
| 4090 | Guitar - Beginners | Eden | T | 8:00-9:15 | 157 | Feb.14 | 8 | \$55.00 | 12 |
| 4120 | Guitar - Intermediate | Eden | Th | 8:00-9:15 | 157 | Feb.16 | 8 | \$55.00 | 12 |
| 4119 | Guitar - Jazz | Eden | W | 7:00-8:30 | 157 | Feb.15 | 8 | \$66.00 | 12 |
| 4121 | Guitar - Rock/Blues | Eden | M | 8:00-9:30 | 157 | Feb.13 | 10 | \$82.50 | 12 |
| 4124 | Improv Drama | Eden | M | 6:30-8:30 | 155 | Feb.13 | 10 | \$110.00 | 12 |
| 4162 | Loom Knitting* | Port | W | 6:30-7:30 | Caf | Feb.15 | 10 | \$55.00 | 12 |
| 4091 | Photography - Advanced | Beam | Th | 7:30-9:00 | 3-206 | Feb.16 | 10 | \$82.50 | 12 |
| 4128 | Photography - Advanced | Eden | T | 7:30-9:00 | 133 | Feb.14 | 10 | \$82.50 | 12 |
| 4129 | Photography - Beginners | Eden | T | 6:00-7:30 | 133 | Feb.14 | 10 | \$82.50 | 12 |
| 4092 | Photography - Beginners | Beam | Th | 6:00-7:30 | 3-206 | Feb.16 | 10 | \$82.50 | 12 |
| 4137 | Sewing - Beginners | Eden | Th | 6:30-8:30 | 112 | Feb.16 | 10 | \$110.00+\$10 | 12 |
| 4093 | Sketching & Drawing for Adults - Beginners | Beam | T | 7:00-8:00 | 1-206 | Feb.14 | 10 | \$55.00+\$10 | 12 |
| 4097 | Sketching & Drawing for Adults - Beginners | Eden | T | 6:00-8:30 | 154 | Feb.14 | 8 | \$110.00+\$10 | 12 |
| 4096 | Sketching & Drawing for Adults-Intermediate | Beam | T | 6:00-7:00 | 1-206 | Feb.14 | 10 | \$55.00+\$10 | 12 |
| 4094 | Sketching & Drawing for Adults-Intermediate | Eden | Th | 6:00-8:30 | 154 | Feb.16 | 8 | \$110.00+\$10 | 12 |
| 4062 | Stained Glass - Beginners* | Cent | T | 6:00-9:00 | 108 | Feb.14 | 10 | \$165.00 | 12 |
| 4098 | Ukulele | Beam | M | 7:00-8:00 | Music | Feb.13 | 10 | \$55.00 | 13 |
| 4163 | Weaving* | Port | W | 7:35-8:30 | Caf | Feb.1 | 10 | \$55.00 | 13 |

COMPUTERS

| | | | | | | | | | |
|--------|--|-------|----|-----------|-----|--------|----|---------------|----|
| C 4101 | Computer Animation & Programming - Ages 8-14 | Eden | Th | 7:00-8:30 | 126 | Feb.16 | 8 | \$66.00+\$10 | 13 |
| 4103 | Computer Basics 40+ | Eden | T | 6:30-8:30 | 125 | Feb.14 | 10 | \$110.00+\$10 | 13 |
| S 4053 | Computers for Seniors | Cent | T | 6:00-8:00 | 224 | Feb.14 | 10 | \$110.00+\$10 | 13 |
| S 4054 | Computers for Seniors | Grims | Th | 6:00-7:30 | 113 | Feb.16 | 10 | \$82.50+\$10 | 13 |
| 4074 | Microsoft Excel - Level I | Grims | M | 7:45-9:15 | 113 | Feb.13 | 10 | \$82.50+\$10 | 13 |
| 4061 | Microsoft - Movie Maker | Cent | T | 6:30-8:30 | 226 | Feb.14 | 5 | \$55.00+\$10 | 13 |
| 4106 | Microsoft Office Basics | Eden | M | 6:30-9:00 | 125 | Feb.13 | 8 | \$110.00+\$10 | 13 |
| 4075 | Microsoft Word - Level I | Grims | M | 6:00-7:30 | 113 | Feb.13 | 10 | \$82.50+\$10 | 13 |
| 4105 | Mobile Device Operation | Eden | T | 7:00-9:00 | 126 | Feb.14 | 8 | \$88.00+\$10 | 13 |
| 4132 | Photoshop Elements - Introduction | Eden | M | 6:30-9:00 | 126 | Feb.13 | 8 | \$110.00+\$10 | 13 |
| 4148 | Web Design, Social Media & Advertising | Eden | W | 7:00-9:00 | 126 | Feb.15 | 8 | \$88.00+\$10 | 13 |

VISIT OUR WEBSITE:
www.dsbni.org/community

For further course information
www.dsbni.org
Schools
Secondary Course Calendar

Night School Applications are available at
www.dsbni.org/community
Adult & Community Education
Night School Credit Course Forms
Course Registration Form



index interest courses



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FOR THE LOVE OF LEARNING

| | | | | | | | | | | |
|---|------|---|------|----|-----------|------------|--------|----|----------|----|
| C | 4155 | Baking and Desserts for Kids - Ages 8-12* | Fort | M | 5:30-7:30 | 2043 | Feb.13 | 8 | \$88.00 | 13 |
| | 4109 | Cooking for Newbies* | Eden | M | 6:30-9:00 | 113 | Feb.13 | 8 | \$110.00 | 13 |
| | 4111 | Desserts & Pastries* | Eden | T | 6:30-9:00 | 113 | Feb.14 | 8 | \$110.00 | 13 |
| | 4164 | Essential Oils | West | Th | 5:15-6:15 | 1089 | Apr.13 | 5 | \$27.50 | 13 |
| C | 4156 | Garden Sprouts - Ages 4-9* | Fort | W | 5:30-6:30 | Greenhouse | Feb.15 | 8 | \$44.00 | 13 |
| | 4122 | Health for Life | Eden | W | 7:45-9:00 | 134 | Feb.15 | 10 | \$68.75 | 13 |
| | 4123 | Historians Just Around the Corner | Eden | Th | 7:00-9:30 | 110 | Feb.16 | 8 | \$110.00 | 14 |
| | 4125 | International Flavours | Eden | W | 6:30-9:00 | 113 | Feb.15 | 8 | \$110.00 | 14 |
| C | 4108 | Junior Chef's Ages 8-12* | Eden | Th | 6:00-8:00 | 113 | Feb.16 | 8 | \$88.00 | 14 |
| C | 4107 | Junior Chef's Ages 8-12* | Fort | W | 5:30-7:30 | 2043 | Feb.15 | 8 | \$88.00 | 14 |
| | 4136 | SAT Preparation Course | Eden | Th | 6:00-8:00 | 237 | Feb.16 | 10 | \$110.00 | 14 |
| | 4147 | TOEFL Preparation Course | Eden | T | 6:00-8:00 | 237 | Feb.14 | 10 | \$110.00 | 14 |
| | 4063 | Writing - How to Communicate | Cent | T | 7:00-8:30 | 224 | Feb.14 | 8 | \$66.00 | 14 |

HEALTHY LIVING, LIFESTYLE AND SPORTS

| | | | | | | | | | | |
|---|------|-----------------------------------|-------|-----|-----------|----------|--------|----|--------------|----|
| | 4153 | AquaFit | Fort | M | 6:30-7:30 | Pool | Feb.13 | 10 | \$66.00 | 14 |
| | 4154 | AquaFit | Fort | Th | 6:30-7:30 | Pool | Feb.16 | 10 | \$66.00 | 14 |
| | 4051 | Badminton | Cent | T | 6:30-8:30 | Gym A/B | Feb.14 | 10 | \$110.00+\$5 | 14 |
| | 4085 | Basketball Recreational Men's 30+ | Beam | T | 8:00-9:30 | DGym | Feb.14 | 10 | \$82.50 | 14 |
| | 4084 | Basketball Recreational Men's 30+ | Port | W | 7:00-9:00 | Gym A | Feb.15 | 10 | \$60.00 | 14 |
| | 4024 | Body Kick | West | M&W | 7:00-8:00 | Sm Gym | Feb.13 | 20 | \$110.00 | 14 |
| | 4112 | Fitness Bootcamp | Eden | M | 7:00-8:15 | GymC | Feb.13 | 12 | \$82.50 | 14 |
| | 4114 | Fitness - Core & More | Eden | Th | 7:00-8:00 | GymC | Feb.16 | 10 | \$55.00 | 14 |
| S | 4113 | Fitness for Seniors | Eden | Th | 6:00-7:00 | GymC | Feb.16 | 10 | \$55.00 | 14 |
| | 4025 | Flow Yoga | West | M | 5:30-6:30 | 1089 | Feb.13 | 10 | \$55.00 | 14 |
| | 4060 | Golf | Cent | T | 6:30-7:30 | GymC | Feb.14 | 10 | \$55.00 | 14 |
| | 4055 | Golf | Cent | T | 7:30-8:30 | GymC | Feb.14 | 10 | \$55.00 | 14 |
| | 4071 | Hatha Yoga | Grims | T | 5:00-6:00 | Studio | Feb.14 | 10 | \$55.00 | 14 |
| C | 4158 | Martial Arts Ages 5-12 | Fort | M | 6:30-7:30 | Upp. Gym | Feb.13 | 10 | \$55.00 | 14 |
| | 4022 | Meditation | West | Th | 5:15-6:15 | 1089 | Mar.2 | 5 | \$27.50 | 15 |
| | 4127 | Personal Fitness | Eden | W | 6:30-7:45 | GymC | Feb.15 | 10 | \$68.75 | 15 |
| | 4135 | Pilates | Eden | T | 6:00-7:00 | GymC | Feb.14 | 10 | \$55.00 | 15 |
| | 4134 | Pilates | Port | T | 5:30-6:30 | 309 | Feb.14 | 10 | \$55.00 | 15 |
| | 4100 | Yoga | Beam | T | 6:45-7:45 | Drama | Feb.14 | 10 | \$55.00 | 15 |
| | 4044 | Yoga | Cent | T | 5:45-6:45 | 148 | Feb.14 | 10 | \$55.00 | 15 |
| | 4041 | Yoga | Cent | T | 7:00-8:00 | 148 | Feb.14 | 10 | \$55.00 | 15 |
| | 4040 | Yoga | Grims | T | 6:30-8:00 | Studio | Feb.14 | 10 | \$82.50 | 15 |
| | 4043 | Yoga | Port | T | 6:35-7:35 | 309 | Feb.14 | 10 | \$55.00 | 15 |
| | 4045 | Yoga | West | W | 5:30-6:30 | 1089 | Mar.1 | 10 | \$55.00 | 15 |
| | 4150 | Zumba | Eden | T | 7:30-8:30 | 173 | Feb.14 | 10 | \$55.00 | 15 |
| | 4159 | Zumba | Fort | T | 7:30-8:30 | Upp.Gym | Feb.14 | 10 | \$55.00 | 15 |
| | 4160 | Zumba | Fort | Th | 7:30-8:30 | Upp.Gym | Feb.16 | 10 | \$55.00 | 15 |

LANGUAGE

| | | | | | | | | | | |
|--|------|---------------------------------------|-------|----|-----------|-------|--------|----|-------------|----|
| | 4065 | French - Basic | Grims | W | 7:00-8:30 | 113 | Feb.15 | 8 | \$66.00+\$5 | 15 |
| | 4067 | French - Beginners | Beam | T | 6:30-8:00 | 3-206 | Feb.14 | 10 | \$82.50+\$5 | 15 |
| | 4068 | French - Beginners | Eden | W | 6:30-8:00 | 109 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4066 | French - Beginners | Grims | T | 6:00-7:30 | 201 | Feb.14 | 8 | \$66.00+\$5 | 15 |
| | 4118 | French - Intermediate | Eden | W | 8:00-9:30 | 109 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4069 | French - Travellers | Beam | T | 8:00-9:30 | 3-206 | Feb.14 | 10 | \$82.50+\$5 | 15 |
| | 4070 | French - Travellers | Grims | T | 7:45-9:15 | 201 | Feb.14 | 8 | \$66.00+\$5 | 15 |
| | 4165 | Italian - Beginners | Eden | W | 6:30-8:00 | 134 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4126 | Japanese - Beginners | Eden | Th | 7:00-8:30 | 135 | Feb.16 | 10 | \$82.50+\$5 | 15 |
| | 4080 | Spanish - Beginners | Grims | T | 6:00-7:30 | 102 | Feb.14 | 10 | \$82.50+\$5 | 15 |
| | 4138 | Spanish Conversational - Advanced | Eden | W | 8:00-9:30 | 133 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4142 | Spanish Conversational - Beginners | Eden | M | 8:00-9:30 | 133 | Feb.13 | 10 | \$82.50+\$5 | 15 |
| | 4143 | Spanish Conversational - Intermediate | Eden | W | 6:30-8:00 | 133 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4166 | Spanish For Business - Introduction | Eden | W | 5:00-6:30 | 133 | Feb.15 | 10 | \$82.50+\$5 | 15 |
| | 4144 | Spanish - Travellers - Beginners | Eden | M | 6:30-8:00 | 133 | Feb.13 | 10 | \$82.50+\$5 | 15 |
| | 4082 | Spanish - Travellers - Beginners | Grims | T | 7:45-9:15 | 102 | Feb.14 | 10 | \$82.50+\$5 | 15 |

COURSE CHART GUIDE

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

S : Seniors
C : Children (Elementary)
T : Teens
M : Mixed Ages

Descriptions:
Please refer to course descriptions, starting on page 12.

* Course material costs are extra

Locations:
Location codes refer to map on page 2.

Beamsville DSS
Beamsville - Beam

Centennial SS
Welland - Cent

Eden SS
St. Catharines - Eden

Fort Erie SS
Fort Erie - Fort

Grimsby SS
Grimsby - Grims

Port Colborne HS
Pt. Colborne - Port

Westlane SS
Niagara Falls - West

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.



ARTS, CRAFTS, & MUSIC

BAGPIPING AGES 8 - ADULTS

Course No. 4161*

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. 4087

Learn the basic movements of this effective and enjoyable form of exercise and develop a positive self-image.

BEADING – BEGINNERS

Course No. 4052

Come and discover a fun new hobby! Learn basic beading stitches such as peyote, right angle weave, and brick stitch. Class projects will be chosen based on interest. •A small material fee may apply or supply your own.

DRESSMAKING – BEGINNERS

Course No. 4110

Students in this class will learn how to make a garment from pattern to finished dress. Students will work through fit adjustments, pattern alterations, muslining, and finishing techniques to create something that is truly one-of-a-kind. Prior sewing experience is suggested. *Small fees will be collected weekly by the teacher for materials.

FLORAL DESIGN - BEGINNERS

Course No. 4116

The basics of floral design will be taught. The use of fresh and artificial flowers will be demonstrated. Designing bud vases to everyday centerpieces. *Cost of flowers extra, payable each class.

FLORAL DESIGN – INTERMEDIATE

Course No. 4117

Advanced floral design will focus on high style and hand ties, Victorian and garden themes. *A small extra weekly charge will be applied to cover floral costs.

FLORAL DESIGN – WEDDING

Course No. 4149

This 5 week course will teach, using fresh & artificial flowers, wedding bouquets, corsages, hand ties, centerpieces, and pew bows. Previous floral courses an asset but not mandatory. *Extra small weekly fee for cost of flowers.

GUITAR – BEGINNERS

Course No. 4088, 4090

Learn guitar basics such as tuning, cords, notes, rhythm and more. Bring your own guitar.

GUITAR – INTERMEDIATE

Course No. 4120

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 – JAZZ

Course No. 4119

A jazz guitar class for beginners & intermediate. This class will help you master the basics of jazz guitar (soloing, comping, bass lines). Some history on compositional elements. Bring your own guitar.

GUITAR – ROCK/BLUES

Course No. 4121

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 your own guitar.

IMPROV DRAMA

Course No. 4124

Students will learn the basic skills of improvisation. Students will gain more confidence being up on stage and being able to think on their feet. A class where you learn by doing.

LOOM KNITTING

Course No. 4162

Learn to knit on a loom or board made from recycled items. Simple projects will be used to teach cast on/off, stockinette stitch, ribbing, changing colour and increase/decrease. •Material fee \$15, payable at first class.

PHOTOGRAPHY – ADVANCED

Course No. 4091, 4128

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. 4129, 4092

Lighting, depth of field, aperture, shutter speed and I.S.O. are just some of the many skills addressed. Digital camera and memory card are required. DSLR Camera recommended.

SEWING - BEGINNERS

Course No. 4137*

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.

SKETCHING & DRAWING FOR ADULTS – BEGINNER'S

Course No. 4093*, 4097*

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 & DRAWING FOR ADULTS – INTERMEDIATE

Course No. 4094*, 4096*

Building upon the basics, this course will focus on composition, rendering and general refinement that separates sketch from finished piece. For those with some drawing experience who are looking to improve their skills.

STAINED GLASS – BEGINNERS

Course No. 4062

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. A supply list can be obtained from the instructor the first night.

UKULELE – BEGINNERS

Course No. 4098

Learn and practice the basics of this fun and increasingly popular instrument, including tuning, strumming, chords, songs, and more. Bring your own ukulele.

WEAVING

Course No. 4163

Learn to weave rag rugs using recycled t-shirts, bedsheets and plastic grocery bags. The first lesson is to make a working loom from dollar store items. •Materials fee \$15, payable at first class. Bring scissors, measuring tape, old t-shirts, bedding & plastic grocery bags.



COMPUTERS

COMPUTER ANIMATION & PROGRAMMING FOR KIDS – AGES 8-14

Course No. 4101*
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.

COMPUTER BASICS - 40+

Course No. 4103*
Learn the basics of computer operations including email, web browsing, Skype, and MS Office.

COMPUTERS - FOR SENIORS

Course No. 4053*, 4054*
This course is for people with very little or no computer experience. The teacher will take you through the basics of computers; e-mail, google, maps, e-cards, photos, attachments and more. This promises to be an interesting course in a very relaxed atmosphere.

MICROSOFT EXCEL – LEVEL 1

Course No. 4074*
This course will take you through the different menus and basic function of Excel. Basic keyboarding skills are an asset but are not required for this introductory course. Students will learn how to produce spreadsheets, calculations, merging of cells etc.

MICROSOFT MOVIE MAKER

Course No. 4061*
Enjoy creating your own movie from pictures and videos. Add special effects, narration, captions, music and more. You don't need a lot of computer experience. A fun and relaxing atmosphere to let your imagination run free....

MICROSOFT OFFICE BASICS

Course No. 4106*
A survey course with two sessions each on Word, Excel, PowerPoint.

MICROSOFT WORD - LEVEL 1

Course No. 4075*
This course will take you through the different menus and basic functions of Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will learn how to produce word documents, letters, posters etc.

MOBILE DEVICES OPERATION

Course No. 4105*
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. 4132*
Learn how to manipulate photographs, do touch ups, changing of backgrounds, colours, etc., in images.

WEB DESIGN - SOCIAL MEDIA & ADVERTISING

Course No. 4148*
Build your own Website and Social Media sites with attractive content. Learn easily how to use free tools for your digital and printed content. Make your organization look great to reach a larger audience. Course features software grants & resources for non-profits & charities.

FOR THE LOVE OF LEARNING

BAKING & DESSERTS FOR KIDS – AGES 8-12

Course No. 4155
Kids will learn to create fun, yummy baked goods and desserts. This class is NOT peanut free. *A material fee will be collected first class.

COOKING FOR NEWBIES

Course No. 4109
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. 4111
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.

ESSENTIAL OILS

Course No. 4164
This 5 week course is designed to share with you practical lessons using Essential Oils. Find out how to select the best therapeutic grade oil for you and your family. Learn how to make products you can use for yourself and family, as well as give as gifts! *Material fee extra payable to the instructor, approximately \$40.

GARDEN SPROUTS – AGES 4-9

Course No. 4156
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.

HEALTH FOR LIFE

Course No. 4122
Look at what hinders your ability to make healthy choices that contribute to a healthy lifestyle through healthy eating habits, being physically active, and creating a positive self-image. Learners will be provided with helpful tools to take charge of their life to be healthy, active individuals now and in the future; a lifestyle change. We will also look at the Law of Attraction for positive encouragement.



FOR LOCATIONS, DATES, TIMES AND COURSE FEES, REFER TO THE CHARTS ON PAGES 10-11.
***MATERIAL COSTS ARE EXTRA.**



FOR THE LOVE OF LEARNING - CONT'D

HISTORIANS JUST AROUND THE CORNER

Course No. 4123

After a classroom orientation, your facilitators will conduct half a dozen Saturday morning excursions. The walks will last about three hours each, including a rest stop for group discussion, and will be in various locations around the Niagara Peninsula. Group preferences will be considered at our first meeting.

INTERNATIONAL FLAVOURS

Course No. 4125

Join us for a culinary tour of various ethnic foods from around the world. *Small extra weekly charge for food costs.

JUNIOR CHEF'S – AGES 8-12

Course No. 4107, 4108

A fun class where kids will learn some basic cooking skills and then get to eat what they make! Easy recipes, breakfasts, lunches, dinner and desserts will be created. This class is NOT peanut free. *A material fee will be collected first class.

SAT PREPARATION COURSE

Course No. 4136

This course is designed to prepare students for SAT exams. The course will be a blend of small group instruction, independent learning, online resources and SAT practice tests. This approach will allow students the opportunity to learn strategies for completing every type of exam question (including the essay portion of the SAT). This course will also provide targeted, individual instruction for specific skills' development or areas of weakness.



TOEFL PREPARATION COURSE

Course No. 4147

This course is designed to prepare ESL students to take the TOEFL exam. This course is specifically designed to provide targeted, individual instruction so students may successfully pass the TOEFL test. The program is divided into several modules, starting with the basics of English and progressing towards advanced course materials. The TOEFL course consists of class instruction and recommends that students take a rigorous and disciplined approach to practice all language skills (reading, writing, listening and speaking).

WRITING – HOW TO COMMUNICATE

Course No. 4063

Learn the various techniques of effective writing from a professional writer. You will learn how to take the "ideas in your head" and effectively put them into words on paper. If you have ever found yourself wondering what to write or how to write, this course is for you.



AQUAFIT

Course No. 4153, 4154

Join us for a fun exercise program in the pool. Emphasis is on cardiovascular fitness and toning.

BADMINTON

Course No. 4051*

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. 4084, 4085

An enjoyable night of scrimmage basketball for adult males who are looking for recreation, exercise and getting on the basketball court for a good game. Fitness attire and non-marking shoes required.

BODY KICK

Course No. 4024

Kickboxing moves that will tone & sculpt your body while increasing your cardio, balance & flexibility.

FITNESS BOOTCAMP

Course No. 4112

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!

FITNESS CORE & MORE

Course No. 4114

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, Tabatastyle 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. 4113

A low impact circuit workout for seniors designed to introduce fitness to seniors and build some cardiovascular endurance and muscle flexibility.

FLOW YOGA

Course No. 4025

This class offers a fusion of various yoga styles. We follow a different sequence every week, but the structure is typically the same: we start out with slow, gentle postures. We then move on to sun salutations followed by moderately challenging postures, including a balancing sequence. From there, we typically wrap things up with a series of restorative poses. Prepare to be challenged and to break a sweat!

GOLF

Course No. 4055, 4060

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.

HATHA YOGA

Course No. 4071

This class will help you to increase your flexibility and strength, improve your balance and deal with stress in a positive manner. Meditation, guided imagery and relaxation will be incorporated to support deep relaxation and help you feel rejuvenated.

MARTIAL ARTS FOR KIDS – AGES 5-12

Course No. 4158

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.

VISIT OUR WEBSITE:

www.dsbni.org/community

**HEALTHY LIVING,
LIFESTYLE AND
SPORTS - CONT'D**

MEDITATION

Course No. 4022

A regular meditation and mindfulness practice can reduce anxiety, stress and hormonal imbalance. Improve your quality of sleep and learn simple techniques that can improve your overall well-being and health. This class consists of breath work, guided meditation, mindfulness meditation, visualization and mantra meditations. Each week we will explore different meditations from different traditions. New, novice and experienced meditators will find a place in this class.

PERSONAL FITNESS

Course No. 4127

Group and individual workouts consisting of various types of exercises (ie. Pilates, Yoga, High Intensity Interval Training, AMRAP, Tabata, body weight & hand weight exercises). Creating personal workout goals to carry out during and after course using proper techniques, terminology & knowing what muscle groups are being worked.

PILATES

Course No. 4134, 4135

Improve flexibility, build strength and develop control, coordination and balance through core body exercises. This course will also focus on improving posture and increasing mental awareness. No previous experience with Pilate's necessary. Please bring Pilates mat and water to class.

YOGA

Course No. 4040, 4041, 4043, 4045, 4044, 4100

Study the discipline of Yoga while building strength, stamina and flexibility. Please bring a mat and blanket to class. Please pay close attention to date, time and location indicated in the index.

ZUMBA

Course No. 4150, 4159, 4160

A fusion of Latin music and aerobic/interval training that tones and sculpts the body. Please pay close attention to date, time and location indicated in the index.

LANGUAGE

FRENCH - BASIC

Course No. 4065*

Freshen up your French! You may remember more than you think. See French in a different light as you learn the basics of the language.

FRENCH - BEGINNERS

Course No. 4066*, 4067*, 4068*

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 for enjoyment. This course may also benefit parents who have children in French Immersion programs.

FRENCH - INTERMEDIATE

Course No. 4118*

This course is for those who would like to enhance their French language skills through conversation, drama, and media. Learn French culture and expressions that will take your skills to the next level! Students should already have a basic understanding of the language.

FRENCH FOR TRAVELLERS

Course No. 4069*, 4070*

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.

ITALIAN - INTRODUCTION

Course No. 4165*

Impariamo Italiano! Italian for beginners is a basic introductory course that focuses on the development of skills required to speak Italian as a second language. Emphasis will be placed on vocabulary, grammar, comprehension and basic conversations in Italian. Don't delay, come out and register today!

JAPANESE - BEGINNERS

Course No. 4126*

Students will experience the Japanese language, with a focus on basic writing and essential conversational knowledge. Come & learn more about this language in an engaging environment.

SPANISH - BEGINNERS

Course No. 4080*

An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

SPANISH CONVERSATIONAL - ADVANCED

Course No. 4138*

Students will experience the Spanish Language. Advance, conversational classes including writing messages. They will improve the communication skills.

SPANISH CONVERSATIONAL - BEGINNERS

Course No. 4142*

An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

SPANISH CONVERSATIONAL - INTERMEDIATE

Course No. 4143*

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.

SPANISH FOR BUSINESS - INTRODUCTION

Course No. 4166*

Making presentations, phone calls, improving financial Spanish, Customer Service and going for a dinner. Learning in an engaging environment.

SPANISH FOR TRAVELLERS - BEGINNERS

Course No. 4082*, 4144*

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.





REGISTRATION - GENERAL INTEREST

Registrations must be received no later than February 1, 2017. 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**

| PLEASE PRINT ALL INFORMATION | | | | |
|--------------------------------------|--------------|--------------------|------------------------|---------------------------------------|
| Last Name | | First Name | | Male / Female |
| Street No. | Street Name | | Apt. No. | |
| City | Postal Code | Home Telephone No. | Business Telephone No. | |
| | | | | |
| Course No. | Course Title | | Course Location | |
| Day of Week | Time | Start Date | Fee | |
| | | | | |
| Birthdate (DD/MM/YYYY): | | | | |
| 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"/> Money Order |
| | | | | <input type="checkbox"/> Senior (65+) |
| Cardholder's Name | | Signature | Date | Total Amount \$ |

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| <input type="checkbox"/> Master Card | | | | <input type="checkbox"/> Cash |
| | | | | <input type="checkbox"/> Money Order |
| | | | | <input type="checkbox"/> Senior (65+) |
| Cardholder's Name | | Signature | Date | Total Amount \$ |