



DIVISION SCOLAIRE

LOUIS RIEL

SCHOOL DIVISION

CONTINUING EDUCATION



COOKING
CAREER TRAINING
COMPUTER EDUCATION
FITNESS
AND MORE

SPRING 2020

WWW.LRSDCONED.NET

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General Information

- Register as early as possible, as low enrolment may lead to cancellation. We strive to give as much cancellation notice as possible. However we reserve the right to cancel a course at any time due to low enrolment, space considerations or other unforeseen circumstances.
- Individual classes may be postponed or moved to alternate sites if school facilities are unavailable.
- Registrations will not be processed until payment is received.
- Confirmations will be emailed at time of registration. Please plan to attend the first class as scheduled unless you receive notice that your course is full or cancelled due to low enrolment.
- Classes are limited in size. All registrations will be accepted on a “first come” basis until the maximum number of participants is reached. Please register early to ensure a space is available.
- Please ensure that the telephone number you provide on your registration form will allow us to reach you during the day.
- Unless specified, all materials and supplies are included with the registration fee. Instructors will advise registrants if any supplies are required at the first class. Students are required to take all projects home at the end of each class.
- GST has been added where applicable.
- Please access your website account to print your receipt. Duplicate receipts are available from the office for \$10.
- Full refunds will be issued for courses cancelled by Louis Riel School Division Continuing Education.
- Refunds are issued for cancellations made at the request of the registrant up to seven days prior to the start date of the course, and are subject to a \$10 administration fee for LRSD courses and 20% of the tuition fee or a minimum of \$10 for WSD courses.
- A credit note may be issued for cancellations made fewer than seven days prior to the start date. A \$10 administration fee will apply.
- It is acceptable to send a substitute participant in your place or choose an alternate session where space is available.
- Non-attendance does not constitute notice of withdrawal.
- Please note: All of our schools are smoke and nut free.

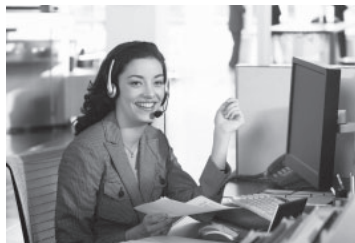


Administrative Assistant Certificate Program

This part time evening and weekend program will give you the training you need to gain employment in an office. You can continue to work while studying. Learn keyboarding and how to prepare office documents using Microsoft Word. Learn accounting concepts and procedures and become proficient in Microsoft Excel and Sage 50. Study effective communication skills, customer service, office procedures and use of office equipment. The course offers an optional work experience component to provide you with practical skills and a reference to launch your career. Total course length is 430 hours.

Tuesdays and Thursdays, 6:00 - 9:30 p.m. and select Sundays, 11:30 a.m. - 5:30 p.m. from September 15/20 to June 24/21

T04-F20 430 hours \$3250
Course fees payable by installment.
Room 305, Arts & Technology Centre
Please call the Continuing Education office at 204-237-8130 or email us at coned@lrscd.net for course descriptions and schedule, registration information and payment schedule.



Medical Terminology and Office Procedures

New

This program is designed to let you study part-time, weeknights and weekends as you train for employment in a medical office. If you are currently working during the day, or at home caring for others, this might be the perfect fit for you. This program focuses on the medical terminology, medical office procedures, and accounting skills required by medical office employers. This program is designed for students who have training or experience as an administrative assistant, and who would like to work in a medical office environment. Total course length is 100 hours.

Tuesdays and Thursdays, 6:00 - 9:30 p.m. from April 14/20 to June 23/20.

T07-S20 100 hours \$1100
Course fees payable by installment.
Room 103, Arts & Technology Centre
Please call the Continuing Education office at 204-237-8130 or email us at coned@lrscd.net for course descriptions, course schedule, and registration information and payment schedule.



Information Systems Certificate Program

New

This part time evening and weekend program will give you the training you need to gain employment in the computer industry. You can continue to work while studying. Courses will include PC Hardware and Software Essentials, Intro to IP Networks, Linux Essentials, Cyber Security and Windows Server Administration. We use the Cisco Networking Academy curriculum to prepare students for exciting careers in information technology. Total course length is 270 hours. You can register and pay by semester.

Tuesdays and Thursdays, 6:00 - 9:00 p.m. and select Sundays from 1:30 - 5:30 p.m. from September 15/20 to June 17/21.

T05-F20 270 hours \$2250
Course fees payable by installment.
Room 212, Arts & Technology Centre
Please call the Continuing Education office at 204-237-8130 or email us at coned@lrscd.net for course descriptions, course schedule and funding options.



New Media Design Certificate Program

New

This part time evening and weekend program will give you the training you need to gain employment in website design and development. You can continue to work while studying. Learn the basic building blocks of any website including HTML5 and CSS3. Learn to use up-to-date modern web design and development software tools such as Photoshop, Adobe XD, Illustrator and more. Learn programming principles by using the web's hottest programming language, JavaScript, and write your own scripts to create interactive pages. Add complexity to your website with databases, and learn to use WordPress for a content management system. This is a project-based course where you will spend most of the time building projects so you improve your skills over time. Total course length is 300 hours. You can register and pay by semester.

Tuesdays and Thursdays, 6:00 - 9:30 p.m. and select Sundays from 1:30 - 5:30 p.m. from September 17 to June 22/21.

T06-F20 300 hours \$2500
Course fees payable by installment.
Room 312, Arts & Technology Centre
Please call the Continuing Education office at 204-237-8130 or email us at coned@lrscd.net for course descriptions, course schedule and funding options.



INSTRUCTORS WANTED

If you would like to teach a Continuing Education course, please phone
Jan Laidlaw
at (204) 237-8130.



Mastering Social Media Marketing

You've tweeted, Instagrammed, and you're keeping the conversation going on your Facebook page. Still, you get the feeling that you're missing something, and you're not connecting with your audience as much as you could be. This 20-hour course is designed to help entrepreneurs, business professionals, and those working in communications to go beyond the basics and delve into the most effective ways to market online. Participants will learn how to create strong relationships with customers and fans, how to engage their customers without being sales-y, and the surprising goal every social media marketer should keep in mind.

Instructor: Holli Moncrieff
6 Thursdays starting May 14
T02-S20 6:30 - 9:30 p.m. \$175
Room 206, Nelson McIntyre Collegiate

Starting a Small Business

Learn the procedures necessary to set up your own business. This course will guide you step-by-step through: the business planning process, legal structures of business, financing your business, evaluating opportunities, taxation, financing requirements, accounting and bookkeeping rules, GST and PST, market research, marketing your business, starting a small business in Manitoba and more. Please bring a binder to class.

Please note: Completion of this course satisfies the training requirement for the Manitoba Business Start Loan Guarantee Program and the Rural Entrepreneurial Assistance Program (REA).

Instructor: Shaun Hampton
7 Wednesdays starting April 15
B04-S20 6:30 - 9:30 p.m. \$184
Room 119, Dakota Collegiate

Business Accounting Level One

Business Accounting Level One will provide students with the fundamentals and practical applications of basic accounting. Students will learn accounting procedures and practices necessary in any small business. This course will cover the accounting cycle consisting of: accounting terminology, originating source documents, journalizing, PST and GST, posting, preparing a trial balance, income statement, a classified balance sheet and closing entries. No previous accounting experience required. Excel will be used as a tool to assist in reinforcing accounting concepts learned. A textbook and workbook are required. The same textbook is used for *Business Accounting Level Two*. Please bring a memory stick to class.

Instructor: Bill Vandurme
7 Tuesdays starting April 21
B01-S20 6:30 - 9:30 p.m.
\$349 (\$190 course fee plus \$159 for the textbook and study guide/workbook)
Room 209, Dakota Collegiate

Business Accounting Level Two

This course is a continuation of the introductory *Business Accounting Level One* course. Topics covered will be: inventory control and period ending adjustments for a merchandising company, cash control and banking, sole proprietorships, partnerships, and corporation accounting. Excel will be used as a tool to assist in reinforcing accounting concepts learned. The textbook and workbook used in *Business Accounting Level One* will be used for the *Business Accounting Level Two* course. **Sage 50 Accounting** will be introduced. The topics covered in Sage 50 Accounting will be the General Module (General Journal), the Payables Module and the Receivables Module. Please bring a memory stick to class. Bringing a laptop is recommended for Sage 50 but is not required, as computers are available at the school.

Instructor: Bill Vandurme
8 Thursdays starting April 23
B02-S20 6:30 - 9:30 p.m. \$249
Room 209, Dakota Collegiate

Communication, Conflict and Negotiation Skills Workshop

This one-day workshop will give you the practical skills you need to succeed at work or in your personal life. In the Communication module, learn about Assertiveness vs. Aggressiveness, Personality Types, Vocabulary Watch and The Art of Good Questions. The Conflict module will show you how to handle conflict as a solution focused thinker. Learn how reconciliation and restoration can be achieved through our verbal and non-verbal communication skills. Develop skills to help you manage difficult situations and disputes in workplaces, homes and social settings.

Instructor: Peggy Jensen
Sunday, April 26
T01-S20 9:30 a.m. - 4:00 p.m. \$89
Room 301, Arts & Technology Center



INSTRUCTORS WANTED

If you would like to teach a Continuing Education course, please phone
Jan Laidlaw
at (204) 237-8130.



Project Management Basics

Learn techniques to help you better plan, manage and control business projects, including: managing teams for performance, developing and maintaining budgets, creating and reaching realistic goals, developing risk management plans, creating project tracking tools, establishing performance benchmarks and more. Instructor: Selene Paul

Thursday, May 7
B11-S20 6:30 - 9:30 p.m. \$49
Room 106, Nelson McIntyre Collegiate

Management Essentials

For new or seasoned managers, learn how to manage today's labour force, including topics in change management, diversity, delegating and task assignment, leadership, management styles, and performance management.

Instructor: Selene Paul
2 Thursdays starting May 14
B10-S20 6:30 - 9:30 p.m. \$69
Room 106, Nelson McIntyre Collegiate

Intro to Event Coordination



Whether you are planning small to large events, this course will give you the skills to create a successful event. The course will include key aspects such as business plan, logistics, marketing, and risk management. You will also learn how to remain calm and deal with any unexpected problems that may occur. This workshop will allow you to plan your event with confidence.

Instructor: Iris Kennedy
2 Tuesdays starting May 5
B06-S20 6:30 - 9:30 p.m. \$69
Room 113, Dakota Collegiate



WEVAS (Working Effectively with Violent and Aggressive States)

Learn the skills to work effectively with potentially anxious, agitated and aggressive people. WEVAS is a program designed especially for educational settings to help develop and improve communication skills to de-escalate potentially dangerous situations. It is an integral part of an overall plan to develop safe and caring environments. These skills are life skills. They can be used by all care and service organizations including health, corrections, personal care, social work, youth services, parenting and especially people working in the area of education. Please bring a nut-free dinner. Instructors: Wendy Pongoski and Peter Goguen

Please note: B28 is eligible for a transfer credit of 15 Allocated Elective hours in the EADP at the U of W DCE.

3 Tuesdays starting April 14
B28-S20 5:00 - 10:00 p.m. \$154
Room 306, Arts & Technology Centre



Retirement Income Planning & Taxation of Your Estate

Do you know how much money you need to retire comfortably and remain comfortably retired? Topics include recent changes to CPP & OAS, tax strategies, employer pension plans, RSP, RIF, LIRA, LIF, TFSA, Powers of Attorney, the tax planned will, Executor's role, types of trusts, cottage succession. Create the cash flow needed for a worry free retirement. Paul is an Executive Financial Consultant at Investors Group.

Instructor: Paul Fust
Tuesday, April 21
B15.1-S20 7:00 - 8:15 p.m. \$20
Room 104, Collège Jeanne-Sauvé

Tuesday, June 2
B15.2-S20 7:00 - 8:15 p.m. \$20
Room 104, Collège Jeanne-Sauvé



ONLINE CERTIFICATE PROGRAMS

LRSD Continuing Education has partnered with UGotClass to offer practical online certificates and courses taught by outstanding teachers who are experts in their fields. Classes are designed to enhance your career knowledge and expand your professional qualifications. You may participate any time, day or evening, from any computer. For specific dates and more information on courses included in each certificate, please see our website at www.lrsdconed.net. Later start dates are also available. You may register online, or by calling our office at 204-237-8130.

Entrepreneurship Certificate

U02-S20 Starting April 6 \$665

Certificate in Business Writing

U03-S20 Starting April 6 \$665

Certificate in Presentation Media

U04-S20 Starting April 6 \$665

Certificate in Sales

U07-S20 Starting April 6 \$665

Certificate in Customer Service

U08-S20 Starting April 6 \$329

Certificate in Leadership Development

U09-S20 Starting April 6 \$529

Certificate in Basic Game Design

U10-S20 Starting April 6 \$529

Certificate in Productivity and Time Management

U11-S20 Starting April 6 \$799

Managing Social Change Certificate

U13-S20 Starting April 6 \$665



Introduction to Windows

Learn to navigate your way through the Windows operating system. Includes basic computer maintenance and file management including creating, copying and searching for files and creating folders. Bring a USB flash drive. Instructor: Joey Ste. Marie

Prerequisite: Working knowledge of a mouse.

5 Wednesdays starting April 15
C10-S20 6:30 - 9:00 p.m. \$120
Room 229, Glenlawn Collegiate

File Management

Learn how to organize your files so you can retrieve them quickly and efficiently. Learn how to set up and organize a filing system; create folders; move, copy, save and delete files and search for missing files. Bring a USB flash drive to class. Instructor: Joey Ste. Marie

Prerequisite: Knowledge of Windows
3 Wednesdays starting May 20
C11-S20 6:30 - 9:00 p.m. \$85
Room 229, Glenlawn Collegiate

Intro to MS Office

Learn the basics of MS Word, including creating, editing and saving documents, formatting text and setting margins. The Excel spreadsheet can help you track household expenses and develop a budget. Create a spreadsheet, do data entry, format cells and work with columns. Bring a USB flash drive to class. Instructor: Joey Ste. Marie

Prerequisite: Knowledge of Windows
5 Thursdays starting April 23
C28-S20 6:30 - 9:00 p.m. \$120
Room 229, Glenlawn Collegiate

Word Fundamentals

Learn how to create, edit, format and spell check documents. Includes features such as find and replace, the clipboard, bookmarks, and templates. Instructor: Nicole Belanger

Prerequisite: Basic keyboarding and working knowledge of Windows.
4 Wednesdays starting April 22
C13-S20 6:30 - 9:30 p.m. \$120
Room 227, Dakota Collegiate

Excel Fundamentals

Excel replaces the paper ledger sheet with the computer equivalent: the spreadsheet. You will learn how to open, navigate and save spreadsheets; enter and edit data; use formulas and functions; format data, cells and worksheets and print worksheets.

Instructor: Lucille Miller

Prerequisite: Basic keyboarding, working knowledge of Windows and file management.

4 Wednesdays starting April 15 (no class April 29)
C17-S20 6:30 - 9:30 p.m. \$120
Room 312, Arts & Technology Centre

Excel Advanced

In this advanced class, you will learn the following:

- Linking worksheets
- Using formulas across worksheets and spreadsheets
- Advanced functions including nested IF functions
- Creating and modifying charts
- Analyzing data – sort and filter
- Pivot charts and pivot tables
- Lookup functions
- Subtotals feature
- Data consolidation tables

Instructor: Nicole Belanger

Prerequisite: *Excel Fundamentals*, or equivalent, or experience working with Excel.

4 Wednesdays starting May 20
C19-S20 6:30 - 9:30 p.m. \$120
Room 227, Dakota Collegiate

PowerPoint Fundamentals

Through hands-on exercises, participants will learn how to create professional presentations that combine text, clip art, drawings, tables, charts and graphs. Learn to create presentations using blank slides and templates, use outlines to organize text, use formatting techniques to improve the appearance of information and slides, enhance presentations using shapes, graphics and charts, animate objects in a presentation and produce a slide show. Please bring a USB flash drive to class.

Instructor: Joey Ste. Marie

Prerequisite: Basic keyboarding and working knowledge of Windows.
3 Thursdays starting May 28
C21-S20 6:30 - 9:00 p.m. \$89
Room 229, Glenlawn Collegiate

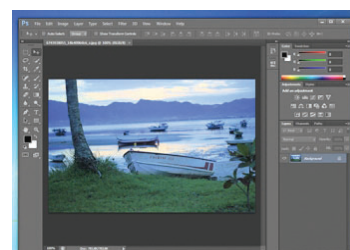
Intro to Photoshop

Whether your work is destined for print or web, Photoshop is a great place to start. Learn the basics of Photoshop including: navigating the workspace, cropping, rotating and sizing, resolution and bit depth, colour theory and colour correction, creating artwork from scratch and photo retouching.

Instructor: Larry Kowalski

Prerequisite: Familiarity with Windows and general computer navigation.
5 Thursdays starting April 23

C29-S20 7:00 - 9:30 p.m. \$125
Room 312, Arts & Technology Centre



Develop Your Own Website using Wordpress

This course will show you how to create a dynamic website using Wordpress, a free website Content Management System (CMS). The Wordpress CMS is free, but to use its true capability you need paid webservices. Participants joining this course must be willing to pay for webspace through a provider AND purchase a domain name. These include companies such as Go Daddy, Hostpapa.ca and HostGator. The best part about WordPress, is you don't have to know any code to build your website! This course will include posts, pages, contact pages, content, menus, themes, settings and more. Participants must be somewhat computer and internet savvy. This course is designed for someone with little to no experience building websites.

Instructor: Sebastian Carvajal

4 Tuesdays starting May 5
C32-S20 6:30 - 9:00 p.m. \$99
Room 312, Arts & Technology Centre



Getting Started on Your iPhone or iPad

Learn some of the features of the latest iOS and the built in apps that make everyday things you do even more incredible. The apps are similar for the two devices, so bring the device you have to class.

Instructor: Troy Vezina
2 Mondays starting April 27
C01-S20 6:30 - 9:30 p.m. \$59
Library, Nelson McIntyre Collegiate

Learning About Your Android Phone

Learn the amazing things androids can do for you, including making ring tones, setting up contacts, using Google for GPS, picture messaging, calendar reminders and more. Bring your charged device.

Instructor: Troy Vezina
Tuesday, May 12
C04.1-S20 6:00 - 9:30 p.m. \$30
Library, Nelson McIntyre Collegiate

Intermediate Android Phone

This class will provide a more in-depth study of how to use your android phone. Organize & edit photos and videos, create bookmark folders for better organization, send voice notes, get the most out of apps, customize your phone, add signatures to emails, learn how to back up your phone and sync settings. Please bring your device, fully charged.

Prerequisite: *Learning About Your Android Phone*

Instructor: Troy Vezina
Tuesday, May 19
C04.2-S20 6:00 - 9:30 p.m. \$30
Library, Nelson McIntyre Collegiate



Learning About Your Android Tablet

Discover how to install and remove apps, sync your calendar, use the camera, make videos and more. Bring your charged device.

Instructor: Troy Vezina
Tuesday, May 26
C05.1-S20 6:00 - 9:30 p.m. \$30
Library, Nelson McIntyre Collegiate

Intermediate Android Tablet

This class will provide a more in-depth study of how to use your tablet's apps and how to make them most effective. Learn how to get the most out of apps, use your tablet for entertainment and personal situations, organize & edit photos and videos, create bookmark folders for better organization and how to back up your tablet. Please bring your device and ensure that it is fully charged.

Prerequisite: *Learning About Your Android Tablet*

Instructor: Troy Vezina
Tuesday, June 2
C05.2-S20 6:00 - 9:30 p.m. \$30
Library, Nelson McIntyre Collegiate

Social Media for Boomers

If you are a newcomer to social media, Troy will cover all the basics and answer all your questions. Learn which social media will work best for you to keep in touch with your family and friends. The course will cover Facebook, Twitter, Instagram, Skype, Facetime and YouTube. Bring your charged device.

Instructor: Troy Vezina
2 Thursdays starting May 14
C45-S20 6:30 - 8:30 p.m. \$39
Dining Room, Arts & Technology Centre



Android class with Troy Vezina

ATC Salon

YOUR RELAXATION OUR PRIORITY

Hairstyling Services

Shampoo and Set/Blow-dry	\$3
Haircut and Style	\$6
Updo	\$5
Perms	\$25 - \$40
Colours	\$15 - \$45

Nail Technology Services

Basic Manicure	\$5
French Manicure	\$7
Shellac Manicure	\$15
Pedicure	\$10 - \$15
Shellac Pedicure	\$20
Gel Nails	\$20

Esthetics Services

Waxing	\$2 - \$20
Massage	\$10 - \$20
Hot Stone Massage	\$25
Facials	\$20 - \$35
Age Smart Facial	\$35
Collagen Facial	\$35

TREAT YOURSELF

Call (204) 233-3754 to book an appointment.

Prices are subject to change.

Find us on Facebook:

<https://www.facebook.com/LRSDconed/>



Please consult your physician prior to participating in our fitness courses.
Instructors will adapt classes to the fitness level of the participants.

20/20/20

This class combines 20 minutes of cardio, 20 minutes of strengthening, and 20 minutes of flexibility training. All ages and all fitness levels welcome! Please bring hand weights, exercise band, water bottle and towel.

Instructor: Karla Mozdzen
9 Tuesdays starting April 14
F01.1-S20 9:30 - 10:30 a.m. \$84
Gym, Arts & Technology Centre

Instructor: Zen Juayang
9 Wednesdays starting April 15
F01.2-S20 6:00 - 7:00 p.m. \$84
Gym, D.W. Penner School



POUND®

New

Using lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Please bring a yoga mat.

Instructor: Kristin McCrindle
9 Tuesdays starting April 14
F33-S20 7:00 - 8:00 p.m. \$94
MPR, Nelson McIntyre Collegiate

Zumba

The Zumba program is a fitness-party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. Coined "fitness-parties," Zumba classes blend upbeat world rhythms with easy-to-follow choreography, which provide effective total-body workouts. With Zumba you'll want to work out, love working out, and get hooked. No experience necessary. Please wear comfortable clothes and shoes or runners.

Instructor: Zen Juayang
9 Wednesdays starting April 15
F22-S20 7:10 - 8:10 p.m. \$94
Gym, D.W. Penner School



Wen-Do Women's Self-Defense

Wen-Do teaches easy to learn, easy to remember methods to protect yourself. The focus is on awareness, avoidance and action in a wide range of situations, utilizing leverage with bigger stronger body parts against smaller weaker ones. Techniques are designed to be used by women of all ages, sizes and physical abilities. Instructor: Carrie Ryland

6 Thursdays starting April 23
F16-S20 6:30 - 8:30 p.m. \$80
MPR, Shamrock School



Morning Stott Pilates

This course is suitable for all levels. Exercises can be modified to meet individual needs. Stretch, strengthen and tone your body, exercising all the muscle groups. Use props to spice up your routine while improving your flexibility and strengthening your core. Bring an exercise band and mat.

Instructor: Tara Geddes
9 Mondays starting April 13 (no class April 27 and May 18)
F32.1-S20 10:00 - 11:00 a.m. \$94
Gym, Arts & Technology Centre

9 Wednesdays starting April 15
F32.2-S20 10:00 - 11:00 a.m. \$94
Gym, Arts & Technology Centre



INSTRUCTORS WANTED

If you would like to teach
a Continuing Education
course, please phone
Jan Laidlaw
at (204) 237-8130.



Stott Pilates - Introduction Mat

Stretch, strengthen and tone your body without building bulk or stressing your joints. Exercise all the muscles in the body, for a total body workout that strengthens your muscles and increases flexibility and endurance. Bring a mat, band and towel. No Pilates experience necessary. Instructor: Josie Kshymensky
9 Mondays starting April 13 (no class May 18)
F30-S20 6:00 - 7:00 p.m. \$94
Community Room, Island Lakes School



Barre

Barre is a dynamic ballet inspired workout powered by energetic music. An effective hybrid of Pilates, dance, cardio and strength training, barre provides an intense full-body workout that's designed to focus on strength, flexibility, stamina and core stability. Please bring light dumbbell weights and a mat.

Instructor: Josie Kshymensky
9 Wednesdays starting April 15
F38-S20 6:00 - 7:00 p.m. \$94
Community Room, Island Lakes School



Tai Chi for Beginners

Tai Chi is an ancient Chinese exercise that restores and maintains good health and well-being for people of all ages. Tai Chi strengthens both body and mind, and is beneficial to improve body circulation, alertness, balance and endurance. Qi Gong Breathing Form and breathing technique will be incorporated. Please wear loose clothing and flat shoes.

Instructor: Roman Janczuk
8 Mondays starting April 20 (no class May 18)
F19-S20 7:00 - 8:00 p.m. \$79
Gym, Darwin School



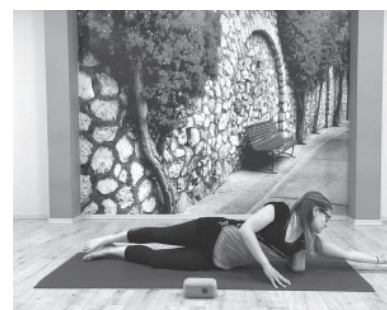
Our fitness instructors are certified in their respective areas.

Exercise bands are available for purchase at the Continuing Education office.

Block Therapy

Block Therapy is a simple, safe and effective practice that goes deep into the body, releasing connective tissue to correct alignment and posture, eliminating pain and healing injuries. Learn how to tap into conscious diaphragmatic breathing, increasing the flow of blood and oxygen to your body. Learn to melt through areas in the tissue that are holding your body in a negative state using the Block Buddy, a handcrafted cedar block. This can allow your body to reconstruct damaged cells, bringing life and health back to the tissue. Blocks will be provided for class use. Please bring a yoga mat.

Instructor: Penka Thompson
8 Thursdays starting April 9
F36-S20 6:30 - 7:30 p.m. \$85
Community Room, Island Lakes School



Advanced Block Therapy

Learn to transition from one position to the next without coming off the block and how to go deeper into the tissue. Learn more about cause sites and pain sites and hold positions longer. If you are unsure this level is for you, please contact Penka at penka.thompson@gmail.com.

Prerequisite: You must have attended previous *Block Therapy* sessions.

Instructor: Penka Thompson
8 Thursdays starting April 9
F37-S20 7:45 - 8:45 p.m. \$85
Community Room, Island Lakes School

Find us on Facebook:

<https://www.facebook.com/LRSDconed/>



Nice and Easy Fitness for Mature Adults

Make physical activity a part of your daily routine with an exercise program that meets the unique fitness and health needs of mature adults. Being active can prevent and help treat many of the most common chronic medical conditions associated with aging. This class will consist of a warm-up, gentle but effective cardio exercises, strength training, a cool-down and a time for relaxation. Customized exercises will be given. Please bring hand weights and an exercise band.

Instructor: Rhonda Desser
9 Thursdays starting April 16
F07-S20 10:00 - 11:00 a.m. \$74
Gym, Arts & Technology Centre

Chair Yoga for Mature Adults

Chair yoga promotes a strong and healthy body as well as a sense of peacefulness. In chair yoga we will use a chair for seated poses as well as a prop for standing poses. Every yoga move will be adapted so that the participant can properly do most yoga poses. The postures are done with no laying down on a mat. All levels of fitness will benefit from this class. Please bring a yoga mat and a water bottle.

Instructor: Rhonda Desser
9 Thursdays starting April 16
F46-S20 9:00 - 10:00 a.m. \$74
Gym, Arts & Technology Centre

Urban Poling

Urban Poling provides balance and the aerobic and strength building benefits of both walking and an upper body workout. By adding poles, you can turn a walk into a full body workout using 90% of the body's muscles. This popular form of Nordic walking can be performed by people of all ages. There are particular health benefits for those with osteoarthritis in the knees. Urban Poling can be done almost anywhere – sidewalks, parks, hiking trails, and indoor tracks in both winter and summer.

Instructor: Peggy Prendergast,
Certified Urban Poling Instructor
2 Tuesdays starting May 12
F09-S20 6:00 - 8:15 p.m. \$45
Room 3, Grant Park School (WSD)

Zumba Gold for Mature Adults

Even those who hate to exercise will enjoy the party-like atmosphere as you improve your balance, flexibility and cardiovascular strength. This class offers a safe and effective way to combat stress and inactivity. Great Latin moves and easy to follow dances are used including the Merengue, Salsa and Cha Cha. Suitable for all fitness levels. Previous dance experience NOT required. Please wear comfortable clothes and shoes or runners.

Instructor: Cecilia Goulet
9 Tuesdays starting April 14
F25-S20 10:40 - 11:40 a.m. \$74
Gym, Arts & Technology Centre



Yoga for Mature Adults

Relax and renew in a class designed specifically for mature adults. Develop body awareness, flexibility and strength through postural moves. Discover the keys to deep relaxation; learn to use your body, your mind and breath to create harmony from within. This class is suitable for beginning or continuing students. Please bring a mat if you have one and a blanket or shawl.

Instructor: Yoga Centre of Winnipeg
9 Tuesdays starting April 14
F44-S20 1:30 - 2:30 p.m. \$94
Gym, Arts & Technology Centre



Tai Chi for Mature Adults

Tai Chi is an ancient Chinese exercise that restores and maintains good health and well-being for people of all ages and abilities. Novices of all ages can learn to gently practice these slow and non-strenuous movements with some precision and purpose. Tai Chi strengthens both body and mind. It helps keep the body both flexible and fit while relieving stress. Tai Chi is also beneficial to improve body circulation, alertness, balance and endurance. Qi Gong Breathing Form and breathing technique will be incorporated. Chairs will be used for some exercises. Please wear loose clothing and flat shoes.

Instructor: Roman Janczuk
6 Wednesdays starting May 6
F21-S20 4:00 - 5:00 p.m. \$60
Gym, Arts & Technology Centre



Our fitness instructors are certified in their respective areas.

Exercise bands are available for purchase at the Continuing Education office.



Yoga for the Beginner

Gain body awareness through flexibility, strengthening and postural moves. Tone and stretch, operate your joints to their potential and use your total lung capacity. Discover the keys to deep relaxation. Learn to use your body, your mind and breath to create harmony from within. Please bring a blanket and mat.

Instructor: Yoga Centre of Winnipeg
9 Mondays starting April 20 (no class May 18)

F40.1-S20 7:00 - 8:00 p.m. \$94
MPR, Shamrock School

9 Wednesdays starting April 22

F40.2-S20 6:00 - 7:00 p.m. \$94
MPR, Shamrock School

Continuing Yoga

Continuing Yoga is for the student who has taken Yoga for the Beginner and is looking for the next step. Taught in the same style, students will work with longer holds, and move beyond basic instructions to develop a greater level of focused attention. Previous yoga experience is required.

Instructor: Yoga Centre of Winnipeg
9 Wednesdays starting April 22

F43-S20 7:10 - 8:10 p.m. \$94
MPR, Shamrock School

Restorative Yoga & Meditation

Slow down both body and mind, for an hour of relief from your busy everyday life. Supported poses let you relax as you enjoy the benefits of the postures. Guided meditations offered throughout the practice encourage mindful awareness with emphasis on breath for deeper relaxation. Suitable for all levels, including beginners. Bring a small blanket or towel and warm clothes.

Instructor: Yoga Centre of Winnipeg
9 Tuesdays starting April 14

F47-S20 7:40 - 8:40 p.m. \$94
Gym, D.W. Penner School



Gentle Yoga Flow

Enjoy a continuous flowing sequence of beginner level postures combined with breath awareness. Gradually move from gentle warm up stretches to a more active series of postures, and then settle back into a gentle finishing phase. In this compassionate approach to yoga participants will stretch, strengthen and learn to focus their mind. Previous yoga experience is recommended.

Instructor: Yoga Centre of Winnipeg

9 Tuesdays starting April 14

F41-S20 6:30 - 7:30 p.m. \$94
Gym, D.W. Penner School



Continuing Yoga Flow

Continuing Yoga Flow is for the student who has taken Gentle Yoga Flow and is looking for the next step. Taught in the same style, students will explore more challenging postures and move beyond basic instructions to broaden their experience.

Instructor: Yoga Centre of Winnipeg

9 Thursdays starting April 16

F45-S20 7:00 - 8:00 p.m. \$94
Band Room, Nordale School

Morning Yoga Flow

Start your morning with a gentle yoga class in which one posture flows into the next, combined with breath awareness. Move from gentle warm up stretches to a more active series of postures, then settle back into a gentle finishing phase. You will stretch, strengthen and focus the mind in this compassionate approach. Beginners welcome! Please bring a yoga mat.

Instructor: Yoga Centre of Winnipeg
9 Fridays starting April 17 (no class May 1)

F42-S20 10:00 - 11:00 a.m. \$94
Gym, Arts & Technology Centre

Intro to Kids Yoga Actions Teacher Training - Module 1

This experiential workshop is for anyone who wishes to share yoga with children—yoga teachers, parents, educators and caregivers. No previous yoga or teaching experience is required. Learn to enhance a child's educational experience through mindfulness and playfulness. Be able to share yoga-inspired activities with children and students in studios, schools, daycares and at home. Gain the confidence to channel a child's creative energy in a variety of fun ways through hands-on lessons. Training handbook included in the registration fee. **NOTE:** These course hours apply towards certification in Kids Yoga Actions Teacher Training.

Instructor: Serene Yoga Studio

Saturday, May 9

B30-S20 1:00 - 4:00 p.m. \$95
Serene Yoga Studio: 891 St. Mary's Rd.



REGISTER EARLY!

Some classes fill quickly, while others may be cancelled due to low enrolment.



Meditation and Deep Relaxation

Learn to focus your attention and release tension in a peaceful environment through silent and guided meditations, and breathing techniques. Participants have commented: "I just didn't realize how easy meditation is to do!" "It helped me understand how to handle the ups and downs I feel about myself." Kevin has studied and taught yoga and meditation for over thirty years, in Canada and at the International Meditation Institute in the Himalayas. Wear comfortable clothing and bring a cushion and shawl.

Instructor: Kevin Harmer
6 Wednesdays starting May 6
W54-S20 7:00 - 9:00 p.m. \$74
Room 45, Windsor Park Collegiate



Continuing Meditation

For those who would like to explore the ongoing practice and theory of meditation. Instructor: Kevin Harmer

6 Tuesdays starting May 5
W55-S20 7:00 - 9:00 p.m. \$74
Room 45 Windsor Park Collegiate

All Natural Home Spring Cleaning

New

Ditch all those toxic chemicals and learn how to make your home sparkle naturally! Healthy and inexpensive! You will make and take home an all-purpose cleaner, glass cleaner, toilet fizzies, linen spray and more! Lab fee \$30, payable to instructor, includes all ingredients, essential oils and containers.

Instructor: Barb Polkowski
Thursday, April 30
A43-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

Kokedama Plant Workshop

Kokedama are small houseplants growing in a moss covered ball. This thousand-year-old Japanese tradition is very trendy right now. They can sit on decorative trays, or hang from a hook, and are then called "string gardens". Although pricey in florist shops, you can make one yourself for just a fraction of that cost, and once you learn how, you can make more. Plant, materials and simple container ideas will be provided. Lab fee \$12, payable to instructor at class. Instructor: Charlotte Tataryn

Sunday, April 26
H21-S20 1:30 - 4:30 p.m. \$35
Room 103, Arts & Technology Centre



Growing Mushrooms & Making Maple Syrup

New

Learn to make your own maple syrup from local maple and birch trees. Demo includes tapping the tree, boiling off the sap, bottling and storing. Grow specialty Shiitake mushrooms on oak logs in your backyard. Demo will show you how to inoculate logs with mushroom spawn. Equipment is available for sale at class to use at home. Taps are \$2.50 each and Mushroom Kits are \$55.95.

Instructor: Ken Fosty
Wednesday, April 15
H25-S20 7:00 - 9:00 p.m. \$25
Room 113, Collège Jeanne-Sauvé



Line Dance

Heat up the dance floor this autumn with Line Dance! Line dancing has evolved to offer a rich blend of urban sophistication with stylistic expressions influenced by musical theatre, Latin rhythms and jazz dance. Bring smooth-soled, non-marking shoes.

Instructor: Kathryn McGuire
6 Thursdays starting April 9
W26-S20 6:30 - 7:30 p.m. \$59
Gym, Rockwood School (WSD)

Developing a Home and Family Security System

Creating a powerful home and family security system does not require a lot of money. Learn how to perform a home threat assessment and how to choose the most effective measures to reduce your risk of a home break-in or home invasion. The course includes tips to keep you and your family safe while travelling or out at night. You will also learn cyber security, including how to keep yourself and your equipment safe on-line. Instructor Ron Risley has 15 years' experience in the security field and a Masters Degree in Security Management.

Instructor: Ron Risley
3 Wednesdays starting May 6
W11-S20 6:00 - 8:30 p.m. \$79
Room 114, Glenlawn Collegiate

Positive Parenting

New

Positive Parenting is a learned skill set based on effective communication, conflict resolution, kindness, empathy and respect. Explore topics including anti-bullying, positive discipline, empathy and effective communication. Learn valuable skills to help navigate day to day parenting as well as challenging situations. Our classes are fun, interactive and beneficial for anyone who loves and cares for children. Positive Parenting builds a strong foundation for your child's future. Please bring a pen and notebook.

Instructor: Marny Campbell
4 Mondays starting May 4 (no class May 18)
W04-S20 6:30 - 8:30 p.m. \$45
Room 119, Dakota Collegiate



Delicious International Bowls

Burrito Bowls, Buddha Bowls, there are an endless variety of delicious world cuisines in a bowl that work equally well as party food or a quick weeknight dinner. Learn to put the world's great flavours in a bowl; from the famous Bibimbap, to sushi bowls, southwestern burrito bowls and Greek chicken bowls. Easy, delicious, versatile and healthy! Lab fee \$15, payable to instructor. Bring containers. Instructor: Heather Ashton
Wednesday, April 15
G16.1-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School

Summer Salads!

Move beyond iceberg lettuce and bottled dressings! Learn to make dressings and croutons from scratch, some "patterns" for salads and recipes for a variety of salads: classic spinach salad, Cobb salad, warm salads and dinner salads. Lab fee \$15, payable to instructor. Bring containers for leftovers.

Instructor: Heather Ashton
Wednesday, April 22
G06-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School

Easy Basic Bread Making

White bread, whole wheat bread, partial mix, make it your way. Choose your flour and choose your form to make and take; whole wheat dinner rolls, part whole wheat sandwich bread, white French style bread. Come and find out how easy it is to make bread and get your bread questions answered. We will also make and sample bagels and pretzels using the same dough. You will go home with 2 loaves. Lab fee \$5, payable to instructor. Bring bags to take bread home.

Instructor: Heather Ashton
Wednesday, April 29
G63-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School

Summer Bowls

Bowls are your perfect meal solution for summer eating; when it's too hot to cook, when you're busy, when you're entertaining. Bowls are a delicious way to make sure you are eating healthy and a great way to incorporate more vegetables into your diet. We will explore some spring roll bowls, smoothie bowls, poke bowls and look at the ways to make bowls your summer food. Lab fee \$15, payable to instructor. Bring containers for leftovers.

Instructor: Heather Ashton
Wednesday, May 6
G14-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School



Taco Fiesta

Learn to make authentic tacos in this fun hands-on class. You'll use simple cooking techniques and fresh ingredients to create a taco feast completely from scratch, including your own corn tortillas, fresh salsas, and a variety of fillings. Lab fee \$15, payable to instructor. Bring containers.

Instructor: Robyn Salguero
Wednesday, May 13
G23-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School



Make Chinese Takeout at Home!

If food allergies or dietary restrictions are keeping you from ordering Chinese takeout and you'd like to learn how to create your own feast at home, this class is for you! We'll be cooking up some of the most popular and delicious dishes, including ginger beef, sweet and sour pork, fried rice, and more. Lab fee \$15, payable to instructor. Bring containers for leftovers.

Instructor: Robyn Salguero
Wednesday, May 20
G35-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School



Thai Cuisine

Thai food contains a thrilling array of fresh and exciting ingredients that awaken the palate, offering up some of the most delicious meals around. Learn to play with hot, sour, salty, and sweet combinations to come up with sensational dishes of your own, including the popular green papaya salad, coconut milk curry, and more. Lab fee \$15, payable to instructor. Bring containers.

Instructor: Robyn Salguero
Wednesday, May 27
G27-S20 7:00 - 10:00 p.m. \$34
Foods Room, Victor Wyatt School



Please note: All of our cooking classes are hands-on.

Participants are encouraged to take part in the preparation, cooking and tasting of food.

Please bring an apron and containers to take leftovers home.



Cake Decorating for Beginners

Learn how to make a classic vanilla buttercream icing and some basic piping techniques. Students will work with piping bags and tips to create beautiful, easy designs on cupcakes! Participants will take home a supply of tips and bags at the end of the class. Lab fee of \$20 payable to instructor at beginning of class. Instructor: Katrina Paquin

Thursday, April 23
G56-S20 6:00 - 9:00 p.m. \$34
 Room 115, Nelson McIntyre Collegiate



Intermediate Cake Decorating

Learn how to make a classic vanilla buttercream icing, rosettes and a buttercream cake transfer. This intermediate skill will give professional results in just three hours! Participants will take home a supply of tips and bags at the end of the class. Lab fee of \$20 payable to instructor.

Instructor: Katrina Paquin
 Thursday, May 7
G57-S20 6:00 - 9:00 p.m. \$34
 Room 115, Nelson McIntyre Collegiate

Unicorn Cake Decorating

In this course you will learn how to make the popular Unicorn face cake that you've seen everywhere! With simple buttercream, fondant and piping techniques, you'll leave the class with a finished unicorn to show off and share! Lab fee: \$30 with complete cake to take home. Please bring a large cake container, or standard dinner plate to transport your cake home.

Instructor: Katrina Paquin
 Thursday, May 21
G58-S20 6:00 - 9:00 p.m. \$34
 Room 115, Nelson McIntyre Collegiate



Instapot Fun

Have you purchased an Instapot but you're not sure how to use it? Troy will demonstrate how to make the most out of this versatile appliance that is a pressure cooker, slow cooker, yogurt maker and rice cooker all in one. Samples will be available for tasting. Come to this fun session and learn the basic use of your Instapot, how to adapt recipes and more. Instructor: Troy Vezina

Wednesday, April 29
G54.1-S20 6:00 - 9:30 pm. \$25
 Room 117, Nelson McIntyre Collegiate

Thursday, May 21
G54.2-S20 6:00 - 9:30 pm. \$25
 Room 117, Nelson McIntyre Collegiate



Digital Photography Level 1

Do you have a digital camera, and are you wondering where to start? Become more comfortable with your digital camera and learn how to properly focus and zoom; erase and format pictures; use Portrait, Landscape, Sports, and others; use Megapixels and Compression to improve image quality. Lessons are hands on and a digital camera is recommended.

Instructor: Damian Bilinsky
 3 Wednesdays starting May 20
A10-S20 6:00 - 8:00 p.m. \$74
 Room 110, Nelson McIntyre Collegiate



New

Take Better Pictures - Period!

Learn how to take a better picture, no matter what camera you use. Learn professional techniques, and when to use them. Learn the basics of composition, such as Rule of Thirds, and have intent to your images. Go from snapshots to photographs you'll be proud of.

Instructor: Damian Bilinsky
 2 Wednesdays starting June 10
A12-S20 6:00 - 8:00 p.m. \$55
 Room 110, Nelson McIntyre Collegiate

Please note: All of our cooking classes are hands-on.

Participants are encouraged to take part in the preparation, cooking and tasting of food.

Please bring an apron and containers to take leftovers home.



Knitting for Beginners

Learn how to cast on, do various stitches such as knit and purl, and cast off. Includes reading patterns, increasing and decreasing, and tension information. Projects can include a knit dishcloth or scarf. Bring size 4mm knitting needles and a ball of light coloured Red Heart yarn to the first class.

Instructor: Terry Rakowski
6 Tuesdays starting April 28
A18-S20 7:00 - 9:00 p.m. \$69
Room 103, Collège Jeanne-Sauvé

Crocheting for Beginners

Learn how to chain, do a variety of stitches, increase, decrease, and read patterns. Includes sizing through tension. Projects can include a crochet dishcloth and scarf. Bring a 4 mm crochet hook and one ball of light coloured Red Heart yarn to the first class.

Instructor: Terry Rakowski
6 Thursdays starting April 30
A21-S20 7:00 - 9:00 p.m. \$69
Room 103, Collège Jeanne-Sauvé

Learn to Sew Level One -Sweatshirt

Learn the basics of using a sewing machine, a serger, and beginner stitching techniques. Start with a simple pillow project to learn techniques, then design and sew a pullover sweatshirt. Learn to do pattern alterations and layout, cut the project out and mark the pieces. Sewing machines are available for class use. Lab fee \$4, payable to instructor.

Instructor: Sara Harrington
5 Tuesdays starting April 14
A15-S20 6:30 - 9:30 p.m. \$115
Room 008, Dakota Collegiate



Learn to Sew Level Two

Each class will start with learning a specific skill, such as sewing darts, inserting a zipper, buttonholes, etc. Students will then do a sample of the new skill. For the rest of the class time each week, you will have time to work on a sewing project of your choice, with help from the instructor. A supply list will be emailed prior to class. Sewing machines will be available for class use. Lab fee \$10, payable to instructor.

Instructor: Sara Harrington
4 Tuesdays starting May 19 (no class June 9)
A16-S20 6:30 - 9:00 p.m. \$79
Room 008, Dakota Collegiate

Sustainable Sewing

Join Heidi for one evening and get rid of the plastic in your life! Learn how to make a reusable grocery bag, snack bag, produce bag and straw bag to carry reusable straws in your purse or backpack. Open to all levels of sewing. All items will be made from upcycled materials. Please bring an old t-shirt and a \$10 kit fee for this class.

Instructor: Heidi Forrester
Tuesday, May 12
A17-S20 6:30 - 9:30 p.m. \$29
Sewing Room, Glenlawn Collegiate

Learn to Sew Level Three

Bring your project and all the supplies you need to complete that project and Heidi will be there to help you create the item. Learn new skills from others as we work together to create the variety of projects selected. Projects might include an article of clothing, bag, or quilting project. Specific skills covered will depend on what students are working on but may include darts, zippers, buttonholes, etc. Come and expand your sewing construction skills.

Instructor: Heidi Forrester
4 Tuesdays starting May 19
A14-S20 6:30 - 9:30 p.m. \$95
Sewing Room, Glenlawn Collegiate

Intro to Tinsmithing -Pierced Lantern

New

Pierced lanterns have been a staple in frontier life ever since tinplate became widely available. These lanterns were used to transport candles from one house to another. The holes are not only decorative, but allow airflow to prevent the flame from going out. Participants will create their own version similar to the picture shown. Materials fee \$15, payable to instructor.

Instructor: Fabrice Siaux
Sunday, April 26
A24-S20 1:00 - 4:00 p.m. \$25
Room 104, Arts & Technology Centre



Tinsmithing - Level Two

New

Tinsmithing is an historical trade that started in the late 1700's and fizzled away in the late 1900's. Similar to blacksmithing, tinsmithing only requires a few hand tools and tinplate. Learn the skills needed to make a variety of historical projects. Skills include tracing patterns, folding seams, piercing tin and riveting. Participants will leave the class with a spice grater, a tin box, a candlestick holder and tinkling cones. Materials fee \$15, payable to instructor.

Instructor: Fabrice Siaux
Sunday, May 24
A25-S20 1:00 - 4:00 p.m. \$25
Room 104, Arts & Technology Centre



Find us on Facebook:

<https://www.facebook.com/LRSDconed/>

**COLOURED PHOTOS OF ALL
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WWW.LRSDCONED.NET**



ARTISTIC AND CREATIVE

Hand-building Clay Class

This class is specifically created with beginners in mind! A minimum of 3 pieces will be made using the slab and pinch pottery methods. We will start with a bowl and a mug, then add a piece of your choice. All pieces are food safe. Lab fee \$80, payable to instructor on the first night, includes all clay, paints, glazes, kiln firings and instruction materials. Instructor: Barb Polkowski
4 Mondays starting April 20
A48-S20 6:00 - 8:00 p.m. \$60
Hidden Treasures Studio, 1-150 Goulet

All Natural Home Spring Cleaning

Ditch all those toxic chemicals and learn how to make your home sparkle naturally! Healthy and inexpensive! Learn how to make and take home an all-purpose cleaner, glass cleaner, toilet fizzes, linen spray and more! Lab fee \$30 payable to instructor includes all ingredients, essential oils and containers. Instructor: Barb Polkowski
Thursday, April 30
H09-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

Bath Bombs, Bath Salts & Scrubs

Pamper yourself by making your own bath bombs, salts and scrubs! You will use only natural ingredients and essential oils. You will make 1 jar of bath salts, 4 bath bombs and 2 scrubs to take home. Learn why ingredients are used and their health benefits! Materials fee \$25, payable to instructor.

Instructor: Barb Polkowski
Wednesday, May 6
A52-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

Natural Deodorant, Lip Balm and Toothpaste

Learn how to make your own natural deodorant, lip balm and toothpaste that really work! Then take your new knowledge and make more at home! You will make 2 deodorant tubes, 4 lip balms and toothpaste, plus learn the health benefits of each ingredient used. Materials fee \$25, payable to instructor.

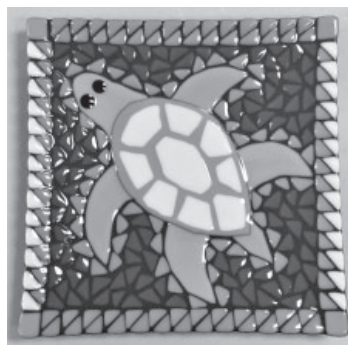
Instructor: Barb Polkowski
Thursday, June 11
A51-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

Glass Fused Turtle Plate

New

Create this beautiful fused glass turtle plate! Choose your own colours. No experience needed. Step by step guided instruction will be given. Plates are 12 inches X 12 inches. Food Safe. Lab fee \$55 payable to instructor includes all glass, tools and kiln firings.

Instructor: Barb Polkowski
Thursday, May 14
A45-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet



Soap Making

Explore the fun world of Melt and Pour Soap! Use 100% natural soap with botanicals such as lavender buds, coffee, sugar and salts. Essential oils are used to scent soap. Work through 4 recipes to make a scrubbie, cupcake, chuck and layered soap bars. Please bring one empty 500ml cream or milk carton. Materials fee \$25, payable to instructor. Instructor: Barb Polkowski

Monday, May 25
A44-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

Glass Fused Cactus

New

Create this fun whimsical fused glass cactus! Choose your own colours and styles. No experience needed. Step by step guided instruction will be given. Cactus stands 12 inches tall. Can be used indoors in a flower pot or outside in your garden! Lab fee \$45 payable to instructor includes all glass, tools and kiln firings. Instructor: Barb Polkowski
Wednesday, June 3
A47-S20 6:00 - 8:00 p.m. \$15
Hidden Treasures Studio, 1-150 Goulet

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WWW.LRSDCONED.NET**

Wooden Flower Hanger

New

Learn step by step how to decorate and finish a wooden flower hanger. Learn staining, transferring and painting techniques. Create a beautiful flower hanger that looks like no other by customizing stain and paint colours. Choose from 6 different stain options and 20 paint options. (Plant not included)

Instructor: Wood-n-Knots
Sunday, April 26
A64-S20 1:30 - 4:30 p.m. \$85
Room 106, Arts & Technology Centre



Wooden Bench for Garden or Entry Way

New

Learn Step by step how to decorate and finish a wooden bench. Learn staining, transferring and painting techniques. Create a beautiful bench that looks like no other by customizing stain and paint colours. Choose from 6 different stain options and 20 paint options.

Instructor: Wood-n-Knots
Sunday, May 24
A65-S20 1:30 - 4:30 p.m. \$85
Room 106, Arts & Technology Centre





Make Fringe Boots or Wraps

In this course you can choose to make either leather wraps or leather fringe boots. Learn to design and make your own pair of leather boots or wraps, including beading techniques, sewing and full instruction to enable you to make a completed pair. Multiple variations of the wraps and boots will be covered. Amber will provide information on where to shop for materials so you can continue on your own making more boots or wraps. You will also receive a complete package of materials as well as equipment required to make your first pair, plus access to extra patterns and matching crepe sole kit.

Material package will include: many choices of colored suede, foot linings, beads, beading needles, beading thread, glover needle (specialty leather needle), specialty leather thread.

Instructor: Amber Cook
4 Mondays starting April 20
A35-S20 6:30 - 9:00 p.m. \$145 (includes all materials)
Room 104, Arts & Technology Centre



Soapstone Carving Workshop

Come out and experience the wonderful art of soapstone carving. Loads of animal figures to choose from and different size options. Purchase the kit of your choice at class. Kit costs are: Small \$20, Medium \$30, and Large \$35. Each kit includes soapstone, materials and tools required to complete your project. Instructor: Amber Cook

Thursday, April 23
A28-S20 6:30 - 9:00 p.m. \$15
Room 104, Arts & Technology Centre



Introduction to Zentangle® **New**

Zentangle is a fun and easy-to-learn method of creating abstract images using simple repetitive patterns. If you can print your own name you can do this fascinating art form! Like yoga for your soul, it can help increase focus and relaxation and decrease stress. Lab fee \$12, payable to instructor, includes: black .01 Micron pen, Zentangle pencil, tortillion, and 5 white Zentangle tiles in a drawstring bag.

Instructor: Carol Graham
Tuesday, May 5
A66-S20 6:30 - 9:00 p.m. \$29
Room 113, Collège Jeanne-Sauvé



Tangled Garden - Zentangle® Inspired Art **New**

If you don't like to play in the dirt - this garden is perfect for you! We'll create fanciful and unique gardens with organic tangle patterns - great for greeting cards! Some Zentangle experience would be helpful. Bring your Zentangle mini-kit if you have one, or purchase tangle tools (a black fine-point pen, soft-lead pencil and blending tool) from the instructor for \$6.00.

Instructor: Carol Graham
Tuesday, May 12
A67-S20 6:30 - 9:00 p.m. \$29
Room 113, Collège Jeanne-Sauvé



Watercolours for Beginners

Learn the basics of painting with watercolors. Start with simple mixing and blending of colors. Students will learn simple compositions for paintings, including nature (trees and flowers), abstract art, and still life. Materials fee \$40, payable to instructor at first class. A supply list will be emailed prior to class.

Instructor: Snover Aggarwal
3 Tuesdays starting April 28
A94-S20 6:30 - 9:00 p.m. \$69
Room 234, Dakota Collegiate



REGISTER EARLY!

Some classes fill quickly, while others may be cancelled due to low enrolment.

INSTRUCTORS WANTED

If you would like to teach a Continuing Education course, please phone
Jan Laidlaw
at (204) 237-8130.

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WWW.LRSDCONED.NET



Painting and Sculpture Classes with Evelyn Falk

Out on a Limb - 9" x 12" on wood

New

How cute is this Peggy Harris design? Whether you wish to learn how to paint fuzzy animals or teddy bears, the technique covered in this project will be of great help. A supply fee of \$35, payable to the instructor the first night of class, covers all materials required to complete this project, including loaner brushes. Please bring paper towel to class. Instructor: Evelyn Falk
2 Tuesdays starting April 14
A75-S20 6:00 - 9:00 p.m. \$69
Studio Sixty-two, 62 Hatcher Road



Summer Scene - on 12" x 12" Stepping Stone or Canvas

New

Choose to paint either the Barn or Cottage Scene on either a stepping stone or on a canvas. These Debbie Toews designs cover a variety of techniques and tricks that with a little bit of practice will be very useful in future scene paintings. This project will be taught at a beginner level, yet fun for painters of all levels. A supply fee of \$40, payable to the instructor, covers all materials to complete this project. Please bring paper towel and a lunch to class. Instructor: Evelyn Falk
Saturday, April 25
A76-S20 9:30 a.m. - 3:30 p.m. \$69
Studio Sixty-two, 62 Hatcher Rd.



Dandelion Bee Postcard - 12" x 24" on Wood

New

This is Evelyn's version of Linda Lock's design. In this project you will learn a simple image transfer technique, along with various painting techniques. Although this may be a challenge for a beginner painter, you are welcome to join as Evelyn will assist you as needed. A supply fee of \$45, payable to the instructor the first night of class, includes all materials required to complete this project, including loaner brushes. Please bring paper towel to class.

Instructor: Evelyn Falk
3 Thursdays starting May 28
A77-S20 6:00 - 9:30 p.m. \$94
Studio Sixty-two, 62 Hatcher Road



Mermaid Sculpture - 15" tall

New

Whether this is your first sculpture, or you are adding to your collection, this mermaid is sure to be a great conversation piece. A supply fee of \$65 payable to the instructor the first night of class, covers the cost for materials to complete this project. Rock base is included in your class fee. If you have a rock, a piece of driftwood or something particular you wish to use for your base, please bring it to the first class. Please dress for mess, and bring a sturdy low box or tote to transport your statue home in.



Instructor: Evelyn Falk
Thursday, May 21, 6:00 - 9:00 p.m.
& Saturday, May 23, 9:30 a.m. - 3:00 p.m.
A74-S20 \$79
Studio Sixty-two, 62 Hatcher Road

Heron Sculpture - 3 feet tall

New

Displayed in your garden, this is sure to be the envy of your neighbours and friends. Made with wire, foil, fabric and glue, all readily available should you wish to create a siege (flock). Once cured, this statue is durable to withstand the outdoor elements. A supply fee of \$85, payable to the instructor the first night of class, covers all materials required to complete this project. This is a messy project, so please dress accordingly.

Instructor: Evelyn Falk
Thursday, May 7th, 6:00 - 9:00 p.m.
& Saturday, May 9, 9:30 a.m. - 3:30 p.m.
A78-S20 \$84
Studio Sixty-two, 62 Hatcher Road





Oil and Watercolour Painting Workshops

The Mindful Brush - Mixed Media Poppy **New**

No drawing or painting experience necessary. Learn to paint this vibrant poppy with step-by-step instruction, using water mixable oil paints. The practice of creative arts increases feelings of wellness and fulfillment. This relaxed project with mixed media background uses texture paste, embellishments and other simple mixed media techniques. A material fee of \$20 (paid to the instructor) will include all supplies and the use of brushes. Please bring paper towel.

Instructor: Willow Krauchi

Tuesday, April 21

A80-S20 6:30 - 9:30 p.m.

\$29

Art Room, Collège Jeanne-Sauvé



Beginners Painting Workshop - Goldfinch and Coneflower

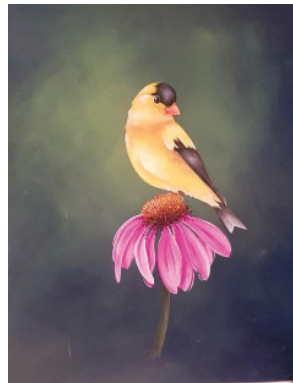
New

No drawing or painting experience necessary. Using water-based oil paints, you will complete this beautiful project using step-by-step techniques. Learn to blend flowers, create feathers and combine it all to create this vibrant goldfinch and coneflower. We will supply the paint, surfaces and the use of brushes for this project. Simply arrive and get started! A material fee of \$30 (paid to the instructor) will include supplies. Please bring paper towel. Instructor: Willow Krauchi

Sunday, May 31

A83-S20 9:30 a.m. - 4:00 p.m. \$59

Room 201, Arts & Technology Centre



Poppy Project - Metal Mailbox or 12" x 16" Wood Plaque **New**

Whether you choose to paint the mailbox or wood plaque, the techniques learned can be used for countless projects and surfaces. A supply fee of \$45 (mailbox) or \$30 (wood plaque), payable to the instructor the first night of class, covers all materials required to complete this project, including loaner brushes. Please bring paper towel to class. Instructor: Evelyn Falk

2 Tuesdays starting May 5

A79-S20 6:00 - 9:30 p.m.

\$69

Studio Sixty-two, 62 Hatcher Road



Find us on Facebook:

<https://www.facebook.com/LRSDconed/>

Acrylic and Drawing Classes

Anyone Can Learn to Draw

Using a novel structured approach, accompanied by handouts, in-class and take-home projects, you will learn to draw with confidence. The course examines the history of visual art, symbolism and the many approaches regarding drawing as an art form. Instruction is given at all levels of skill of each student. Supply list will be emailed prior to class.

Instructor: Gino Mazzei, BFA, MFA

8 Tuesdays starting April 21

A60-S20 6:00 - 8:30 p.m.

\$115

Room 202, Nelson McIntyre Collegiate

Acrylics for Beginners

Acrylics are wonderful to use. You can easily fix a mistake, they dry quickly and clean up easily. A variety of techniques will be taught. With Gino's step by step approach, accompanied by handouts, in-class and take-home projects, you will learn to paint with confidence. A supply list will be emailed. Please contact instructor before first class.

Prerequisite: *Anyone Can Learn to Draw*

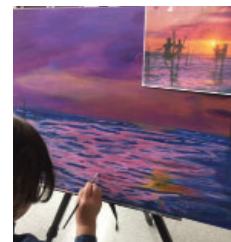
Instructor: Gino Mazzei, BFA, MFA

8 Wednesdays starting April 22

A69-S20 6:00 - 8:30 p.m.

\$115

Room 202, Nelson McIntyre Collegiate



Acrylic Painting - Level 2

A course where paintings are created from the personal choices of the participants, be they photos or historical art sources. A more skilled approach will be taught. One or two paintings in a larger format could be completed in this session. Please contact instructor before first class.

Prerequisite: *Acrylics for Beginners*

Instructor: Gino Mazzei

8 Thursdays starting April 23

A70-S20 6:00 - 8:30 p.m.

\$115

Room 202, Nelson McIntyre Collegiate



French for Beginners

This course is for those with no previous knowledge of French. Emphasis will be on acquiring the basic language skills necessary to communicate with confidence. Get started with basic vocabulary and situational expressions which are useful for shopping, dining, travelling and chatting.

Instructor: Jacqueline Field-Jones
9 Tuesdays starting April 21
L01-S20 6:30 - 9:00 p.m. \$140
Room 103, Glenlawn Collegiate

French Level Two

If you have been introduced to the language, this is your opportunity to build and expand conversational skills and self-confidence in speaking French. Deepen your knowledge of the French language by participating in oral and written activities. Improve your grammar and your pronunciation while also expanding your vocabulary base. Learn new verbs and verb tenses.

Instructor: Jacqueline Field-Jones
9 Wednesdays starting April 22
L02-S20 6:30 - 9:00 p.m. \$140
Room 103, Glenlawn Collegiate



French Level Three

A functional knowledge of French is required for Level Three. Refresh basic oral and written skills. There will be weekly reviews and challenging activities to improve and enrich reading, vocabulary, conversational, grammatical and listening skills and enhance your overall learning experience. Students' suggestions, needs and requests are welcomed.

Instructor: Jacqueline Field-Jones
9 Mondays starting April 20 (no class May 18)
L03-S20 6:30 - 9:00 p.m. \$140
Room 103, Glenlawn Collegiate

English as a Second Language

Build and expand your conversational skills and self-confidence in speaking English. Improve your grammar and your pronunciation while also expanding your vocabulary base. This course will focus on English in the work environment. Instructor: Shiraz Khan

8 Tuesdays starting April 28
L22-S20 6:30 - 8:30 p.m. \$95
Room 119, Dakota Collegiate

Spanish for Beginners

Start speaking Spanish as quickly as possible. Learn to express yourself in a variety of practical situations such as how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc. At the end of the course, try out your new Spanish skills at an Hispanic fiesta!

Instructor: Ana Ferrufino-de-Morales
10 Thursdays starting April 16
L06-S20 6:30 - 9:00 p.m. \$150
Room 33, Shamrock School

Spanish Level Two

Here is your opportunity to build and expand your skills and self-confidence in speaking Spanish. Includes such topics as learning how to conjugate verbs to make sentences. Learn past, present and future tenses to broaden your conversational skills. This will help you to describe what you do, where you go and what you did. This course will be open to any topic of interest to the students. Instructor: Ana Ferrufino-de-Morales
9 Tuesdays starting April 14
L07-S20 6:30 - 9:00 p.m. \$140
Room 33, Shamrock School



Spanish Level Four may also be available. Please contact the office for details.

Spanish Level Three

For those who want to improve their conversational skills and understanding of the language in more depth. Working knowledge of Spanish is necessary.

Instructor: Ana Ferrufino-de-Morales
9 Wednesdays starting April 15
L08-S20 6:30 - 9:00 p.m. \$140
Room 33, Shamrock School

German for Beginners

Learn the foundations required to speak German. The focus will be on vocabulary and immediately applying the vocabulary to personal phrases. We will identify articles and items through life situations which will make it easier to remember useful phrases and in no time you will be speaking German.

Instructor: Sarah Stierle
8 Mondays starting April 20 (no class May 18)
L13-S20 6:00 - 8:30 p.m. \$130
Room 301, Arts & Technology Centre

Latin for Beginners

Learn how to read, write, and speak like the ancients! Give yourself a huge advantage in learning other languages, and in better understanding English. Latin is still, in many ways, the language of mathematics, science, law, government, theology and logic. No prior knowledge is necessary. Non Scholae Sed Vitae! (We learn not for school but for life!)

Instructor: Jay Lubiansky
8 Mondays starting April 20 (no class May 18)
L20-S20 6:30 - 9:00 p.m. \$130
Room 112, Glenlawn Collegiate

Italian for Travellers

Become totally comfortable anywhere in Italy by learning the most useful Italian words and phrases and when to use them. A variety of scenarios will be covered including shopping, the airport, dining in restaurants, doing your banking and much more. Favoloso! Ci vediamo in primavera! Instructor: Tina Strong

6 Wednesdays starting May 6
L15-S20 6:00 - 8:00 p.m. \$109
Room 7, Grant Park School (WSD)



Home Alone Workshop

Legally, children under the age of 12 cannot be left alone “without adequate provision.” This class gives your child the skills to stay “home alone” safely. Includes: fire safety, home safety and emergency procedures. This class is meant for children 10 years old and over. Parents are asked to attend at no additional charge. Please bring paper and a pen. Instructor: Heather Ashton

Wednesday May 13
E01.1-S20 6:30 - 9:00 p.m. \$29
Room 102, Collège Jeanne-Sauvé

Wednesday, May 20
E01.2-S20 6:30 - 9:00 p.m. \$29
Room 102, Collège Jeanne-Sauvé

Canadian Red Cross Babysitting Course

This course will focus on personal safety, first aid, play activities, fire safety, child care techniques and possible emergencies while babysitting. Attendance is mandatory to receive a certificate from the Canadian Red Cross. This course is geared towards young people 12 years old (or turning 12 within six months). More information on course content can be seen on the Canadian Red Cross website: www.redcross.ca. Please bring paper and a pen to class.

Instructor: Heather Ashton
4 Wednesdays starting May 27
E02-S20 7:00 - 9:00 p.m.
\$50 (\$41 course fee and \$9 manual)
Room 102, Collège Jeanne-Sauvé

Positive Parenting

Positive Parenting is a learned skill set based on effective communication, conflict resolution, kindness, empathy and respect. Explore topics such as anti-bullying, positive discipline, empathy and effective communication. Learn valuable skills to help navigate day to day parenting as well as challenging situations. Our classes are fun, interactive and beneficial for anyone who loves and cares for children. Please bring a pen and notebook.

Instructor: Marny Campbell
4 Mondays starting May 4 (no class May 18)
W04-S20 6:30 - 8:30 p.m. \$45
Room 119, Dakota Collegiate

New

First Aid and CPR for Educational Assistants

This course is designed for people who work with all types of students, including those with physical challenges. Learn injury and illness assessment, how to deal with basic wounds, proper bandaging techniques, and information on accessing EMS. Includes Level A CPR and a module on Obstructed Airway Management of persons who are confined to a wheelchair. Course manuals are included. This course meets the requirements of Provincial and Federal Workplace First Aid guidelines. Instructor: Heart Beat
2 Thursdays starting April 23
E06-S20 6:00 - 10:00 p.m. \$99
Room 113, Collège Jeanne-Sauvé

Emergency First Aid with Level C CPR

Learn injury and illness assessment, how to deal with basic wounds, proper bandaging techniques, how to access EMS and what a regulation First Aid Kit should contain. Includes Adult/Child and Infant CPR, what to do when someone is choking and how to use an AED (Automated External Defibrillator). Course manual included. **Please note:** This course meets the requirements of Provincial and Federal Workplace First Aid guidelines. Instructor: Heart Beat Inc.

2 Thursdays starting May 7
E07-S20 6:00 - 10:00 p.m. \$94
Room 113, Collège Jeanne-Sauvé

CPR for Family and Friends

Are you prepared if a friend or family member suffers Sudden Cardiac Arrest? Learn how to perform the steps of CPR for adults, children and infants in this video and instructor led course. Learn what to do in an emergency situation and how to help someone who is choking. Manuals and take home instruction kits can be purchased at the course. This course is not a workplace course. Instructor: Heart Beat Inc.

Thursday, May 21
E08-S20 6:00 - 9:00 p.m. \$54
Room 113, Collège Jeanne-Sauvé

Food Handler Certificate Course

Are you working in the food industry? The Province of Manitoba Food Handler's Certificate is required for employees who have contact with the public and are handling food. This course will guide you through the science of microbiology, food-borne illness and safe food handling practices. Be a certified food handler and reduce the risk of food poisoning in your restaurant, care facility, hospital, canteen, church or home - anywhere food is handled. Province of Manitoba Food Handler Certificates are issued that day on site upon successful completion of the exam. Student workbooks are available from the instructor (\$20 for English or \$25 for Korean, Chinese and Punjabi).

Instructor: Public Health Inspector Lesly Andrews CIPHI(C)BSs.
Sunday, April 26
Please bring a nut-free lunch.
E12.1-S20 9:00 a.m. - 4:00 p.m. \$89
Room 302, Arts & Technology Centre

Sunday, May 31
Please bring a nut-free lunch.
E12.2-S20 9:00 a.m. - 4:00 p.m. \$89
Room 302, Arts & Technology Centre

Food Handler Condensed Course

This new condensed course will provide the information you need on the science of microbiology, food-borne illness and safe food handling practices. The cost of this course includes the Foodsafe Level 1 participant workbook (in English). Province of Manitoba Food Handler Certificates are issued that day on site upon successful completion of the exam. Workbooks are available from the instructor at class, or you may arrange to pick one up from the Continuing Education office in advance of the course, if you would like to study. Please bring a nut-free supper. Instructor: Public Health Inspector Lesly Andrews CIPHI(C)BSs.

Thursday, April 16
E14.1-S20 5:00 - 10:00 p.m.
\$89 (includes English workbook)
Room 302, Arts & Technology Centre

Thursday, May 21
E14.2-S20 5:00 - 10:00 p.m.
\$89 (includes English workbook)
Room 302, Arts & Technology Centre



Small Engine Repair - Level One

Learn the how's and why's of the operation of a lawnmower, chain saw, out-board engine, snowmobile or any other machine run by a small engine. Items covered in the course include: two-cycle and four-cycle operating principles, fuel systems, internal parts, ignition systems, lubrication and complete engine tune-ups. Students are encouraged to bring their own small engines to service them, and will need to bring some basic tools. A supply list will be emailed prior to class. Instructor: Les Kovacs

5 Wednesdays starting April 8 (no class April 29)

D01-S20 6:00 - 9:30 p.m. \$150
Room 107, Arts & Technology Centre

Small Engine Repair - Level Two

This course is for those who want to grasp more diagnostic skills of the electrical and carburettor systems in a small engine operation. The course builds on skills learned in the Small Engines Level One course. Items covered in the course will be carburettors, ignition and electrical systems. Please bring small engines not running to first day of class, and some basic tools. A supply list will be emailed prior to class.

Prerequisite: *Small Engine Repair Level One.*

Instructor: Les Kovacs

5 Wednesdays starting May 20

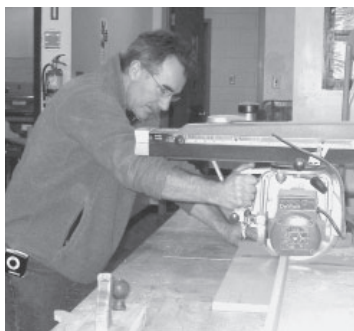
D02-S20 6:00 - 9:30 p.m. \$150
Room 107, Arts & Technology Centre



Advanced Woodworking

Gain more experience and improve your woodworking skills in this advanced class. You will have access to wood-working equipment from wood lathes to table saws and much more. Expertise will be provided concerning safety, wood joinery, fasteners and finishing. Project choice and materials will be the responsibility of the participants. Projects like cabinets, chests, tables, bowls, and solid bodied guitars can be built.

Prerequisite: Participants should have completed a previous Woodworking course. Instructor: Paul Venton
10 Wednesdays starting April 15
D05-S20 7:00 - 9:30 p.m. \$180
Room 118, Nelson McIntyre Collegiate



Welding & Machining Combo

Learn the introductory skills of welding and machining metal, and the option to combine those skill sets. Learn to perform various metal manufacturing techniques including welding using Oxy Acetylene, M.I.G., and A.R.C. welding processes with the ability to use various hand tools, safely operate a mill, lathe, drill press, pedestal grinder and CNC mill in the machining portion. Bring your own welding gloves and welding helmet, if you have them. Lab fee \$120 payable to the instructor at first class. Instructors: Toby Punton & Drew Tapley

10 Tuesdays starting April 7

D15-S20 5:00 - 9:00 p.m. \$390
Welding/Machine Shop, TecVoc(WSD)

Welding

This 20-hour course provides an introduction to welding mild steel in the flat position. All students will be exposed to welding using Oxy Acetylene, M.I.G and A.R.C welding processes. Students may participate in completing a hands-on project of their choice using the skills learned in class or continue to build on their skill set. Bring your own welding gloves and welding helmet, or they will be supplied if required. Lab fee \$80 payable to the instructor at the first class.

Instructor: Toby Punton/Garrett Beauchamp

5 Thursdays starting April 9

D14.1-S20 5:00 - 9:00 p.m. \$225
Welding Shop, Tec Voc (WSD)

5 Thursdays starting May 14

D14.2-S20 5:00 - 9:00 p.m. \$225
Welding Shop, Tec Voc (WSD)

Power Engineering 5th class – Basic Building Operations

This course focuses on all aspects of heating plant operation, for anyone operating or maintaining a heating plant in a school, apartment building, etc. This is a study class, approved by the Fire Commissioner's Office of Manitoba, to prepare students to write the provincial exam. 450 practicum hours are earned by achieving a 65% pass in the study class, making you eligible to write the provincial exam. Each participant is responsible for arranging their own additional 450 practical boiler hours. Please check our website for course requirements and further details.

Instructor: Kaleem Awan

Monday - Friday, July 6 - 31

D16.1-S20 8:00 a.m. - 1:00 p.m.
\$499.95 (includes GST), Room 4,
Daniel McIntyre School (WSD)

Instructor: Brian Dentry

Monday - Friday, July 6 - 31

D16.2-S20 8:00 a.m. - 1:00 p.m.
\$499.95 (includes GST)
Room 4, Sisler High School (WSD)

REGISTRATION INFORMATION

School Locations

To access maps of school locations in the Louis Riel School Division go to: www.lrsdconed.net.

(ATC) Arts & Technology Centre	5 deBourmont Avenue	Island Lakes Community School	445 Island Shore Blvd.
Carpathia School (WSD)	300 Carpathia Road	J.H. Bruns Collegiate	250 Lakewood Blvd.
Collège Jeanne-Sauvé (use doors on south side)	1128 Dakota Street	Kelvin High School (WSD)	155 Kingsway
Dakota Collegiate	661 Dakota Street	Nelson McIntyre Collegiate	188 St. Mary's Road
Daniel McIntyre School (WSD)	720 Alverstone Street	Nordale School	99 Birchdale Avenue
Darwin School	175 Darwin Street	River Heights School (WSD)	1350 Grosvenor Ave.
Dr. D. W. Penner School	121 Hazelwood Crescent	Rockwood School (WSD)	350 Rockwood Street
École Henri-Bergeron	363 Enfield Crescent	Samuel Burland School	192 Burland Avenue
Glenlawn Collegiate	770 St. Mary's Road	Shamrock School	831 Beaverhill Boulevard
Glenwood School	51 Blenheim Avenue	Sisler High School (WSD)	1360 Redwood Avenue
Grant Park High School (WSD)	450 Nathaniel Street	St. John's High School (WSD)	401 Church Avenue
H.S. Paul School	160 Southglen Boulevard	Tech Voc High School (WSD)	1555 Wall Street
Highbury School	99 Highbury Road	Victor H. L. Wyatt School	485 Meadowood Drive
		Windsor Park Collegiate	1015 Cottonwood Road

We accept cash, cheque, Interac, Visa and Master Card.



5 EASY WAYS TO REGISTER

- ONLINE** This is your best option. For a complete searchable listing of all our courses, visit us on the web and register securely online: www.lrsdconed.net. You will receive immediate confirmation and you can print your receipt.
- MAIL** Complete the registration form and mail it, with credit card information or a cheque payable to *Louis Riel School Division*, to: LRSD Continuing Education, 5 deBourmont Avenue, Winnipeg, Manitoba, R2J 1J9
- IN PERSON** Room 204, Louis Riel Arts & Technology Centre, 5 deBourmont Avenue
Office hours: Monday to Friday 8:30 a.m. – 4:00 p.m.
- PHONE** (204) 237-8130 Call Monday to Friday 8:30 a.m. – 4:00 p.m.
- FAX** (204) 594-3544 Completed registration forms may be faxed and should include your credit card number and expiration date. Please confirm by phone.

Continuing Education Registration Form

Name: _____

Email Address: _____

Home Phone #: (____) _____ Work (daytime) Phone #: (____) _____

Please ensure that the telephone number you provide will allow us to reach you during the day

Address: _____ Postal Code: _____

Course # _____ Course Name: _____

Start Date: _____ Fee: _____

Visa/MC #: _____ Expiry Date: _____ Cash _____ Cheque _____

Cardholder Signature: _____ Interac:Debit _____ Visa _____ MC _____ Auth# _____

Office Use Only: Date Registration Received _____ Entered _____ Registration Order # _____

We reserve the right to cancel a course at any time due to low enrolment, space considerations or other unforeseen circumstances.



THE MANY FACES OF CONTINUING EDUCATION



DIVISION SCOLAIRE
LOUIS RIEL
SCHOOL DIVISION

Inspiring Potential and Learning Together
Initier les possibilités et apprendre ensemble