

# LIFESKILLS COURSES



*Today's Education,  
Tomorrow's Opportunity*

Our diverse offering of more than 100 LifeSkills courses will give you the opportunity to explore new areas of interest.

Come and discover:

Emploi-Québec Part-Time Business Courses



A relaxed and dynamic learning environment



A beautiful campus conveniently located in Saint-Laurent



An Aquatics program for children, adults & seniors



Courses that focus on your interests



A student-centered learning atmosphere

We have just what you're looking for!

## Registration Information

### Register Early - Limited Spaces

To Register for any LifeSkills Course(s):

1. Register **Online**, by **Fax**, or by **Mail**
2. Registration Form on **PAGE 55**
3. We recommend that you register at least 2 weeks before the course begins

Please note that LifeSkills courses have many different start dates.

**Note:** No classes on Thanksgiving weekend: October 9 to 11, 2010

### REGISTRATION:



**ONLINE:** [www.vaniercollege.qc.ca/conted](http://www.vaniercollege.qc.ca/conted)



**BY FAX:** 514-744-7017



**BY MAIL:** Vanier College, Continuing Education  
821, Ste-Croix Ave., St-Laurent, Québec H4L 3X9



**IN PERSON:**

**August 9 to 13**, 9:00 a.m. to 4:00 p.m. **OR**  
**After September 1**, Come to Room E-115  
Monday to Thursday, 9:00 a.m. to 7:00 p.m.  
Friday, 9:00 a.m. to 4:00 p.m.

**NOTE:** For **Emploi-Québec Part-Time Courses**, see pages 39 to 41

# EMPLOI-QUÉBEC PART-TIME BUSINESS COURSES AUTUMN 2010

Vanier College Continuing Education, in collaboration with Emploi-Québec, is offering the following Part-Time Business courses.

## AUTUMN 2010 COURSES

**SIMPLY ACCOUNTING (V. 2010)**  
**BEGINNERS AUTOCAD FOR ARCHITECTURE (V. 2010)**  
**BEGINNERS AUTOCAD FOR MECHANICAL ENGINEERING (V. 2010)**  
**C SHARP LANGUAGE (USING VISUAL STUDIO 2008)**  
**DEVELOPPER WITH VB.NET (USING VISUAL STUDIO 2008)**

### GENERAL ADMISSION CRITERIA \*

To be eligible for these Emploi-Québec subsidized courses, you must meet one of the following criteria:

1. Employees currently working for a company, or
2. Individuals who are self-employed, or
3. Seasonal workers (not presently working but with a future contract extension), or
4. Under-qualified workers needing to upgrade their job qualifications, or
5. Municipal workers.

Individuals must also meet the specific course prerequisites listed and fill in the two required Registration forms (pages 42 and 55).

The following individuals are not eligible for these Emploi-Québec subsidized courses:

1. Workers in the public or para-public sector
2. Students even if they are working part-time
3. Individuals who are unemployed (either receiving employment insurance or not)
4. Individuals receiving benefits from la Commission de la santé et de la sécurité du travail (CSST) or la Société de l'assurance automobile du Québec (SAAQ)

\* Course places may be available at an additional cost for individuals who do not meet the General Admission Criteria.

## REGISTRATION INFORMATION FOR EMPLOI-QUÉBEC PART-TIME BUSINESS COURSES ONLY

### FAX OR MAIL REGISTRATION: Note: There is no Online Registration for Emploi-Québec courses.

Complete the two Registration Forms (pages 41 and 55) and submit them to Vanier College, Continuing Education:

- Emploi-Québec Registration Form (page 41) – with supporting documents
- LifeSkills Registration Form (page 55)

**FAX:** 514.744.7010 **ROOM:** E-115 – Continuing Education Reception Office **TELEPHONE:** 514.744.7000

### IN PERSON REGISTRATION:

**DATE:** Tuesday, August 10, 2010 **TIME:** 5:00 to 6:00 p.m. **LOCATION:** Continuing Education, Room E-115

### DETAILS:

1. All candidates must meet the above General Admission Criteria\* and the specific prerequisites listed for each Emploi-Québec course.  
\* Course places may be available at an additional cost for individuals who do not meet the General Admission Criteria.
2. Course Fees must be paid in full at time of registration. Visa, MasterCard, Debit Card, Money Order, or Certified Cheque are accepted. No cash or personal cheques will be accepted.
3. A special Emploi-Québec Part-Time Training Registration Form (page 41) must be completed at time of registration and the LifeSkills Registration Form (page 55). Candidates must provide:
  - a. A copy of any relevant education diploma
  - b. An explanation of how the selected course will improve their employment situation.
4. A Vanier College Certificate will be issued to individuals who successfully complete a course.
5. Candidates cannot sign up for more than two courses at Vanier College in one semester and no more than three workers from a single business can sign up for the same course section.
6. Delete Deadline: Friday, September 17, 2010 before 4 p.m. in Room E-115.
7. Refund: A refund cheque of 50% of the Course Fee will be mailed to individuals, if they officially delete the course before September 17, 2010. No Course Fee refund thereafter.  
Only books in excellent condition can be returned to the Vanier College Bookstore for reimbursement.

# EMPLOI-QUÉBEC PART-TIME BUSINESS COURSES AUTUMN 2010

## AUTUMN 2010 COURSES

### **SIMPLY ACCOUNTING (V. 2009)**

**45 HOURS - 15 WEEKS - FALL 2010**

*Prerequisite: Accounting I and Accounting II or equivalent*

Using the Simply Accounting Software (Sage Premium 8 – Release B) for MS-Windows, students will acquire the necessary skills to perform and make journal entries for basic accounting tasks such as the General Ledger, Accounts Payable, Accounts Receivable, Payroll, and Inventory.

6001-A10                      Thursday 6:00 – 9:00pm  
    September 9 to December 16 (45 hours)  
 Course Fee:                      \$90 (taxes included)  
 Books and Materials:        \$200 (approximately)

### **BEGINNERS AUTOCAD FOR ARCHITECTURE (V. 2010)**

**45 HOURS – 15 WEEKS - FALL 2010**

*Prerequisite: Drafting or Technical Drawing Course*

This course will focus on developing basic architectural drawing skills in AutoCAD. Students will learn how to manipulate the user interface, begin new drawings, and create/modify drawing objects. In addition, students will learn how to use layers, annotation elements, and symbols.

6002-A10                      Tuesday 6:00 – 9:00pm  
    September 7 – December 14, 2010 (45 hours)  
 Course Fee:                      \$90 (taxes included)  
 Books and Materials:        \$70 (approximately)

### **BEGINNERS AUTOCAD FOR MECHANICAL ENGINEERING (V. 2010)**

**45 HOURS - 15 WEEKS - FALL 2010**

*Prerequisite: Drafting or Technical Drawing Course*

In this introduction to the mechanical components of the basic AutoCAD software, students will learn general concepts of CAD, their applications and basic commands to produce, manage, and modify simple 2-D technical drawings. Students will also learn to plot and to manage the properties of objects. Students successfully completing the class will come away with sufficient knowledge of AutoCAD to design parts and create 2-D plans.

6003-A10                      Wednesday 6:00 – 9:00pm  
    September 8 – December 15, 2010 (45 hours)  
 Course Fee:                      \$90 (taxes included)  
 Books and Materials:        \$70 (approximately)

### **C SHARP LANGUAGE (USING VISUAL STUDIO 2008)**

**45 HOURS - 15 WEEKS - WINTER 2010**

*Prerequisite: Java or any Programming Course*

Students will develop object-oriented applications using Microsoft Visual C# (C sharp). In addition to an overview of object-oriented design, topics will include code debugging, string manipulation, using methods, understanding arrays, working with user-defined classes and objects and database access. In addition to the general admission criteria listed above, candidates must also have successfully completed a Java course to participate in this class.

6004-A10                      Tuesday 6:00 – 9:00pm  
    September 14 – December 14, 2010 (42 hours)  
 Course Fee:                      \$84 (taxes included)  
 Books and Materials:        \$150 (approximately)

### **DEVELOPPER WITH VB.NET (USING VISUAL STUDIO 2008)**

**30 HOURS - 10 WEEKS - FALL 2010**

*Prerequisite: Visual Basic*

This course is designed to introduce Visual Studio .NET for designing, developing and testing Windows-based and Web-oriented applications using Visual Basic.NET. Topics include common operations such as event programming, adding menus and working with forms for developing these applications

6005-A10                      Monday 6:00 – 9:00pm  
    September 13 – November 22 2010 (30 hours)  
 Course Fee:                      \$60 (taxes included)  
 Books and Materials:        \$160 (approximately)



Name of the educational institution: VANIER COLLEGE - CONTINUING EDUCATION

Title of the course: \_\_\_\_\_

**PERSONAL INFORMATION**

Family name: \_\_\_\_\_ Given name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street / Apt. / City / Postal code

Primary Telephone #: \_\_\_\_\_ Work Telephone #: \_\_\_\_\_

Born in Canada: Yes  No

Date of Birth: 

year			month			day			

 Sex: Female  Male

Level of education and year attained: \_\_\_\_\_ Diploma obtained: Yes  No

Type of diploma: \_\_\_\_\_

**EMPLOYMENT SITUATION**

Job title: \_\_\_\_\_ Starting date: \_\_\_\_\_  
(month/year)

Company: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Full time  Part time  Seasonal

Number of hours per week: \_\_\_\_\_

You work: for a private company   
 for a non-profit organization

You are: self-employed/freelance   
 the owner of a business   
 employed in a field not related to your area of study

**COULD THIS TRAINING IMPROVE YOUR EMPLOYMENT SITUATION?**  YES  NO

Please provide reasons justifying your answer:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I hereby declare that the information provided above is true and I authorize Emploi-Québec and the institution offering the above training to exchange any personal information necessary for my participation in the training and for any follow-up required.

Signature

Date

# LIFESKILLS REGISTRATION INFORMATION

Convenient Online registration: [www.vaniercollege.qc.ca/conted](http://www.vaniercollege.qc.ca/conted)

You deserve the opportunity to explore the following:

- Aquatics
  - Business and Professional Workshops
  - Caregiver Workshops
  - Computers
  - Dementia Care Training
- Dance
  - Event Planning
  - Health-Wise Workshops
  - Hobbies and Interests
  - Home Childcare Training
  - Languages
  - Language School
- Personal Development
  - PMAC
  - Recreation
  - Residential Building Inspection Program
  - Swimming

## ADDITIONAL INFORMATION

### REGISTRATION

Course places are limited. Please register early to avoid disappointment.

**Note:** Each LifeSkills course is identified with a 7-digit Section Number, e.g. 7000-A10, which must be included on the Registration Form.

### FEES

All fees must be paid in full at the time of registration. Most fees include G.S.T. and P.S.T. in the total price.

There is no Application Fee for LifeSkills courses.

### SENIOR'S DISCOUNT

*Not applicable for Emploi-Québec courses.*

Students can request a 10% discount for a LifeSkills course if they provide proof that they are 60 years of age or older. This discount can only be applied if seniors provide proof of their age with a mail, fax, or in person registration.

### FEE PAYMENT

Online payment by VISA or MasterCard only. Otherwise Debit Card, Visa, MasterCard, Money Order or Certified Cheque are accepted. No cash or personal cheques will be accepted.

### TAX INFORMATION

Most LifeSkills courses are personal interest courses and are therefore not tax deductible.

### REFUNDS

1. To officially withdraw from a LifeSkills course you must send a letter or fax, or come in person to Room E-115 before the first scheduled meeting of the course.
2. If you officially withdraw from a LifeSkills course before the first scheduled meeting of the course you will receive a refund of the course fee (less \$20). There will be NO REFUNDS after the first scheduled meeting of the course.
3. Courses may be cancelled due to circumstances beyond our control. If your course is cancelled by the College, you can either choose an alternate course or have your fees refunded in full.

### PARKING INFORMATION

Parking is available Monday to Thursday evenings in the Sports Complex parking lot only (P6/P7). Parking tickets, for one evening only, can be purchased for \$4 at the ticket dispenser in the Sports Complex parking lot.

Note: There is no charge for parking on Friday evenings or on the weekends.

Semester Parking Permits can be purchased in Continuing Education, Room E-115, at a cost of:

1 evening per week	(for 15 weeks)	\$30
2 evenings per week	(for 15 weeks)	\$60
3 evenings per week	(for 15 weeks)	\$90
4 evenings per week	(for 15 weeks)	\$120

# LIFESKILLS COURSE DESCRIPTIONS

## BUSINESS AND PROFESSIONAL WORKSHOPS

### BEGINNERS GUIDE TO INVESTMENTS

In this introduction to the world of stocks and bonds, learn how markets function. Relationships between risk-taking and investing, speculating, and gambling are examined. Topics include equities, debt markets, options, mutual funds, short-selling, leverage, and how to interact with a broker.

7000-A10 Tue. 6:30 – 9:30pm (1st class 7:00 – 9:00pm)  
October 12 to November 23 (20 hours)  
Cost: \$160 Animator: Michael Spiro

### BEATING THE STOCK MARKET: TECHNICAL ANALYSIS (FOR BEGINNERS)

The art of trend analysis uses graphical representations to forecast future stock prices. Topics like the Dow Theory, moving averages, chart formations, derivative indicators, and others offer investors tools to recognize both short-term and long-term buying and selling areas.

7001-A10 Wed. 6:30 - 9:30pm (1st class 7:00 – 9:00pm)  
October 13 to November 24 (20 hours)  
Cost: \$160 Animator: Michael Spiro

### STARTING YOUR OWN BUSINESS

This course aims to nurture the entrepreneurial spirit, by giving the



student the tools to start a small business. Topics will include different legal structures of a business, government programs, and basic management concepts. The emphasis will be put on building a strong business plan.

7002-A10 Wed. 6:30 – 9:30pm  
October 13 to December 1 (24 hours)  
Cost: \$195 Animator: Andrew Chasse

### IT'S YOUR MONEY

Learn to manage your personal finances and make informed decisions while reaching your personal financial goals with confidence. Course topics will include: the value of money; budgeting; credit cards and debt; financial record keeping; planning for a car, house, education, and/or retirement; saving; investing; and safeguarding yourself against frauds and scams.

7003-A10 Mon. 6:30 – 8:30pm  
September 13 to November 8  
(no class Oct 11) (16 hours)  
Cost: \$120 Instructor: Anita Ashtakala

### PUBLIC SPEAKING

The ability to listen, speak confidently, and deliver a persuasive message are essential skills in today's world. Discover how to come up with ideas, write, organize, and deliver a confident, focused speech using effective body language, voice modulation and props in a safe, supportive environment.

7004-A10 Sat. 10:00am – 12:00pm  
September 11 to November 6  
(no class Oct 9) (16 hours)  
OR

7005-A10 Sat. 10:00am – 2:00pm  
November 13 to December 4 (16 hours)  
Cost: \$120 Animator: Anita Ashtakala

### THE SUCCESS FORUM

Discover what your teachers, parents and friends forgot to tell you about being successful! Join this interactive workshop and learn about the basic principles and laws of success in everyday professional and personal situations. Learn about defining your goals, leadership skills, motivation, networking, developing successful habits, and overcoming rejection.

7006-A10 Saturday 9:00 to 11 am  
September 18 to October 30  
(no class Oct. 9) (12 hours)  
Cost: \$90 Animator: Sharon Grant

### SUCCESSFUL SALES STRATEGIES

This course will help sales representatives and managers, who sell into complex sales environments characterized by long sales cycles and multiple layers of decision makers to better manage their sales process, identify stakeholders and their challenges, sell as a team, and avoid hidden difficulties. During this course you will learn how to implement a successful sales strategy and increase chances of winning your sales opportunities.

7007-A10 Mon. 7:00 – 9:00pm  
September 20 to November 1  
(not October 11) (12 hours)  
Cost: \$110 Animator: Dikran Husseinjian

## COMPUTERS

### WINDOWS XP – LEVEL I PLUS

This course teaches you the fundamentals of Microsoft Windows XP. Learn how to use "My Computer" to create Folders as well as Copy, Move or Rename files. Learn how to organize your files in My Documents and how to customize some of windows features. Learn how to use the mouse and keyboard efficiently and how to install software to add some extra features to Windows. (A book is included with this course.)

7010-A10 Sat. 9:30am to 12:30pm  
September 25 to November 13  
(not October 9) (18 hours)  
Cost: \$250 Animator: Peter Durand

**EXCEL 2007 - LEVEL I PLUS**

This course starts at the beginning and covers the essential features and interface of Microsoft Excel 2007. Learn the fundamental concepts of a spreadsheet, and how to properly enter and format data. Learn keyboard shortcuts and how to use the mouse efficiently. This course will show you how to use basic functions to calculate values and totals as well as some of the more intermediate functions to help you put together more elaborate spreadsheets. You will also learn to use the new built-in features that come with Excel 2007. The practical exercises used during every class are specifically designed to help you review the various features covered in the course. (A book is included with this course.)

7011-A10 Tue. 6:30 - 9:30pm  
October 19 to November 23 (18 hours)  
Cost: \$250 Animator: Peter Durand



**WORD 2007 - LEVEL I PLUS**

This course starts at the beginning and covers the new interface and features of Microsoft Word 2007. Learn all the basic concepts and how to properly format characters, paragraphs and pages in your Word documents. Learn keyboard shortcuts that will make it easier for you to create and edit your documents. You will also learn how to use tables as well as how to incorporate Shapes and Graphics to give your documents a little more personality. Practical exercises will be used at the end of every class to help you review and learn the various features covered in the course. (A book is included with this course.)

7012-A10 Mon. 6:30 - 9:30pm  
October 18 to November 22 (18 hours)  
Cost: \$250 Animator: Peter Durand

**MANAGING YOUR DIGITAL PHOTOS**

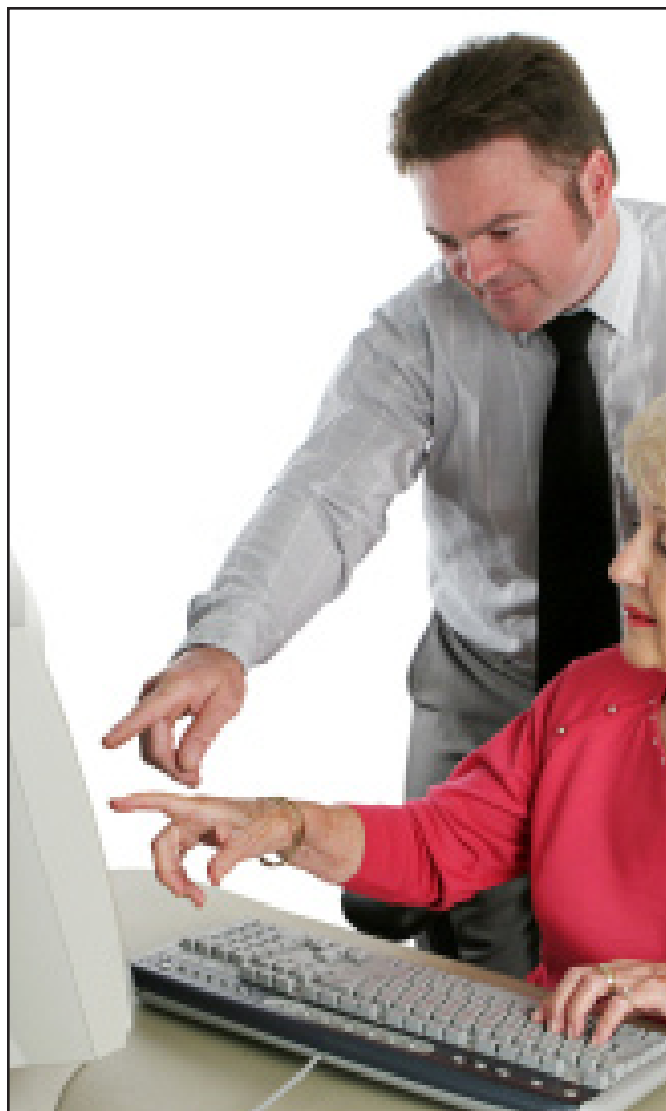
So you bought a Digital Camera and now you have a bunch of photos but you need a way to organize and view them. How about fixing some of the more common problems like Red Eye, or adjusting an image that's too dark? Perhaps you would like to create a great slideshow or put together a collage of the best Photos and send that off to someone. Of course, all of this without learning Photoshop. If you want to have fun with your images and learn to organize and manage them, then this course is for you.

7013-A10 Mon. 6:30 - 9:30pm  
September 13 to October 4 (12 hours)  
Cost: \$150 Animator: Peter Durand

**INTRODUCTION TO DIGITAL PHOTOGRAPHY**

This course will cover the basic features of the typical Digital Camera. Learn the difference between a Point & Shoot camera and a Digital SLR. Learn how to use and adjust your camera settings to take better pictures, and learn how to interpret a Histogram. Discover some simple techniques you can use to take better pictures, from Portraits to Macro Photography. We will also look at ways to manage your images, and fix common image problems. Notes will be supplied in each class. (Bring your own camera)

7014-A10 Sat. 10:00am to 12:00PM  
November 20 to December 4 (6 hours)  
Cost: \$75 Animator: Peter Durand



**THE INTERNET AND HOW TO USE IT**

This is an introductory course all about the internet, how it works, and how you can use it without worrying about what you shouldn't do. Learn to use the two most popular web browsers; "Internet Explorer" and "Firefox", and discover the best ways to avoid viruses and spyware. We will also cover the basic use of receiving and sending emails, and learn to search the internet and find what you're looking for.

7015-A10 Tue. 7:00 - 9:00pm  
September 21 to October 12 (8 hours)  
Cost: \$90 Animator: Peter Durand

**BLOGS: HOW TO START A PERSONAL BLOG**

Blogs are online journals that allow you to share opinions, photos, and more with other people on the web. Through interactive exercises, this course will take you step by step through starting a blog from scratch, including: how to choose a blog provider, designing a template, uploading content, and more.

7016-A10 Sat. 9:30 – 11:30am  
October 30 and November 6 (4 hours)

Cost: \$45 Animator: Jonathan Goldman

**TWITTER & FACEBOOK: HOW TO USE THEM**

This is an introductory course all about Facebook and Twitter: what they are, how they work, and how to use them. Through interactive exercises you'll learn the basics of signing up for an account, creating a profile, connecting with family and friends, uploading photos, joining groups, and more.

7017-A10 Sat. 9:00am – 12:00pm  
October 16 and 23 (6 hours)

Cost: \$65 Animator: Jonathan Goldman

**IPODS & ITUNES: HOW TO USE THEM**

This introductory course will teach you everything you need to know about iPods and iTunes. Through interactive exercises you'll learn how to install the software, set-up iTunes, download music legally, transfer your cds onto your iPod, use the iPod controls, and more. Students must have their own iPod and USB cable.

7018-A10 Sat. 9:30 – 11:30am  
September 25 and October 2 (4 hours)

Cost: \$45 Animator: Jonathan Goldman

**PERSONAL DEVELOPMENT****BEYOND POSITIVE THINKING**

Turn your life around by tapping into the power of your subconscious mind. Learn simple, yet powerful techniques to help you get rid of negative thought patterns and self-defeating behaviors. Improve the quality of your life by improving the quality of your thoughts. Transform the negatives in your life into positive success!

7022-A10 Tue. 7:00 - 9:00pm  
September 21 to October 12 (8 hours)

Cost: \$115 Animator: Antoinette Giacobbe

**OVERCOMING ANXIETY**

Learn the basic techniques on how to cope with fear, anxiety, and panic, as well as how to relax both the body and mind. By following the step-by-step methods and strategies for dealing with anxiety, you can improve your quality of life and find peace of mind. Make anxiety work for you, not against you.

7023-A10 Tue. 7:00 - 9:00pm  
November 16 to December 7 (8 hours)

Cost: \$115 Animator: Antoinette Giacobbe

**GET A LIFE**

How to get smart, get cracking, and get ahead. Most people do not know how to manage their time, energy or life. Learn how to identify your personal goals, discover how to take a risk, make a personal plan, get motivated, and learn how to stick to it.

7024-A10 Sat. 9:30am – 4:30pm  
September 25 (6 hours)

Cost: \$75 Animator: Antoinette Giacobbe

**ANGER MANAGEMENT**

Anger is a normal, healthy, human emotion, but when it is not properly handled and resolved, it can lead to problems with your health, work and relationships. Therefore the problem is not anger; it is mismanaged

anger. This workshop will help you discover the root causes, recognize personal patterns and assist you in establishing more productive and healthier ways of expressing your anger.

7025-A10 Tue. 7:00 – 9:00pm  
October 19 to November 9 (8 hours)

Cost: \$115 Animator: Antoinette Giacobbe

**CHAKRA ENERGY**

Chakras are the wheels of life that help us recognize and realize the inherent potential of our energy centers. Chakras provide us with guides to help us deepen our understanding of ourselves. Each Chakra represents a realm of the physical, emotional, mental and spiritual self. Learn how to identify and release energy obstacles by opening, activating and balancing the seven Chakra centers. Tap into your inner source of power to pursue your life with purpose, passion and strength. Bring your mat and crayons.

7026-A10 Sat. 9:30am – 4:30pm  
November 20 and 27 (12 hours)

Cost: \$135 Animator: Antoinette Giacobbe

**PEOPLE SKILLS**

Whether they are your bosses, co-workers, clients, neighbors, relatives or spouses, difficult people are the best teachers you can encounter in life. In this course, you will learn effective communication skills for dealing with difficult people as well as proven techniques to create better relationships in both your personal and professional lives.

7027-A10 Sat. 9:30am – 4:30pm  
November 6 (6 hours)

Cost: \$75 Animator: Antoinette Giacobbe

**SHAPING UP YOUR SELF-CONFIDENCE**

What is confidence? How do you get it? How do you build self-esteem? In order to succeed in life, you need the foundation of self-confidence. Tapping into the essence of who you are is one of the prerequisites for a happy life. Learn the basics and enhance your well-being, relationships and quality of life.

7028-A10 Sat. 9:30am – 4:30pm  
October 30 (6 hours)

Cost: \$75 Animator: Antoinette Giacobbe

**EMOTIONAL RESCUE**

Isn't it time to stop running in the dark and hiding from yourself. Unless you know your shadow, you really don't know yourself. If ignored, self-defeating patterns will keep you off balance and prevent your life and relationships from reaching their full potential. Explore these positive untapped resources by learning how to deal with anger, fear, guilt, shame, depression. Love the enemy within you and set yourself free.

7029-A10 Sat 9:30am – 4:30pm  
October 2 (6 hours)

Cost: \$75 Animator: Antoinette Giacobbe

**ABC'S OF RAISING HEALTHY, HAPPY AND CONFIDENT CHILDREN**

Looking for simple ways to keep your sanity as you juggle raising a family and your hectic schedule? The core problem in today's world is the ever changing structure of the family unit. To heal the family, teach your children the basic skills of positive self management. Help your children grow up with the right tools for becoming healthy adults and successful human beings.

7030-A10 Tue. 7:00 – 9:00pm  
September 14 (2 hours)

Cost: \$30 Animator: Antoinette Giacobbe

**READY FOR THE NEW YEAR?**

Get Rid of Bad Habits, Create Good Intentions & Make the Right Decisions. Why don't New Year's resolutions ever seem to work? We don't know how to implement them, nor are we aware of the process. By gaining

an understanding of the dynamics on how to create the life you want and by acquiring the proper tools, you can learn how to manage your life and steer it in the direction you want instead of wondering aimlessly year after year. Get started on the road to success and happiness.

7031-A10 Sat. 9:30am – 4:30pm  
December 4 (6 hours)  
Cost: \$75 Animator: Antoinette Giacobbe

## HEALTH-WISE WORKSHOPS

### REIKI, NATURAL HEALING

Learn the basics of hands-on energy healing for yourself and others. Decrease your stress; support your personal and spiritual enfoldment with Dr. Usui's easy-to-do Method of Natural Healing. Receive four Reiki attunements. Share and receive Reiki treatments. Learn the principles for harmony and wellness. This course is excellent for care givers and those exploring alternative therapies. Wear comfortable clothing and bring a mat or towel to lie on, as well as a small pillow and light blanket.

This course is accredited by the Association des Naturothérapeutes du Québec and the Regroupement des Massothérapeutes du Québec

7035-A10 Sat. and Sun. 9:30am – 4:30pm  
October 2 & 3 (12 hours)  
OR

7036-A10 Sat. and Sun. 9:30am – 4:30pm  
November 6 & 7 (12 hours)

Cost: \$135 Animator: Kyra Lober

### SOMATIC ALCHEMY

Learn about your physical and energetic anatomy as you explore the body as a key to consciousness. Open the doors of perception to your inner sensorium. Ancient and new approaches to wisdom and wellness help you discover your heart's desire and find the alchemist's "Gold". Your body is a temple and map to learning about Self. Somatic Alchemy is an excellent complimentary course to Reiki. Wear comfortable clothing and bring a mat or towel to lie on, as well as a small pillow and light blanket.

This course is accredited by the Association des Naturothérapeutes du Québec and the Regroupement des Massothérapeutes du Québec

7037-A10 Sat. and Sun. 9:30am – 4:30pm  
November 13 (6 hours)

Cost: \$75 Animator: Kyra Lober

### SHIATSU MASSAGE

Based on the Japanese technique of finger pressure and the tenants of Chinese medicine, this introductory course teaches you basic Shiatsu skills to give a full body massage. Students will learn how to sooth common aches and pains. Students should wear loose, comfortable clothing and bring a towel and matt.

7038-A10 Wed. 7:00 – 9:00pm  
September 22 to November 10 (16 hours)

Cost: \$125 Animator: Elan Netser

### EFT (EMOTIONAL FREEDOM TECHNIQUE) CIRCLE

EFT, or psychological acupressure, is an effective and simple technique that helps remove all kinds of limiting thoughts, feelings, and beliefs by tapping our fingers on our upper body, while saying certain phrases. It may look funny, but it works, feels great, and is easy to repeat it at home on your own. We will work on common themes of anxiety, self-esteem, abundance, and common addictions. Come empower yourself!

7039-A10 Wed. 6:30 – 9:00pm  
October 13 to November 3 (10 hours)

Cost: \$110 Animator: Hellen Edelstein

### HOW TO WEIGH WHAT YOU WANT

This course enables you to acquire the skills, knowledge and mindset to successfully manage your weight. Over the last 16 years over 90% of course completers have lost up to 35 pounds over the 17 sessions. Develop your thinking! Integrate and achieve life goals, including weight loss, in many areas. Learn to problem solve your way out of difficulties. Allow an hour a day for this important work.

7040-A10 Wed. 6:30 – 8:30pm  
September 22 to December 15, 2010 and  
January 5 to 26, 2011 (34 hours)

Cost: \$185 Animator: Michael Brooker

### HOW TO WEIGH WHAT YOU WANT – MAINTENANCE

This program is for those participants who have mastered the techniques of the main course and who wish continued coaching at less frequent intervals. They attend every third session starting with session two.

7041-A10 Wed. 6:30 – 8:30pm  
September 29, October 5, November 8, December 11, 2010  
and January 5, 26, 2011 (12 hours)

Cost: \$80 Animator: Michael Brooker

## HOBBIES AND INTERESTS

### HOW TO LOOK BEAUTIFUL: MAKE-UP FOR ANY OCCASION

Ladies, spend a fun, informative evening discovering how to look your very best with top professional make-up artists. Discover which colours look good on you and learn how to apply them quickly, elegantly and naturally. Don't spend another dollar on cosmetics until you take this course. Bring in what you now own and use. Walk out looking like a new woman.

7045-A10 Mon. 6:30 – 9:30pm  
September 27 (3 hours)  
OR

7046-A10 Mon. 6:30 – 9:30pm  
October 18 (3 hours)

Cost: \$50 Animator: Darryl Patrick

### FASHION STYLE GUIDE

What to wear? Learn how to integrate your personal style into your daily life. Looking at the Fashion and Lifestyle Trends of Fall/Winter 2010/2011, discover how to simplify and adapt your wardrobe on a reasonable budget. This informative workshop will help you update your look or create a new image for employment and career advancement. Individualized assessments and personalized style guide will be discussed.

7047-A10 Mon. 7:00 – 9:00pm  
October 18 & 25 (4 hours)

Cost: \$35 Animator: Sharon Grant

### IN STYLE KIDS

Discover stylish fashions, entertainment, and educational trends for your child. Learn about the latest information needed to prepare your child in a fashionable and technologically advanced world. Be informed about stylish, affordable and high-end clothing collections for boys and girls. Discover fun and easy ideas and gadgets for hobbies, education and social development.

7048-A10 Sat. 9:30am – 12:00pm  
September 11 (2.5 hours)

Cost: \$30 Animator: Sharon Grant

### WINE APPRECIATION

Tasting wine is one of life's pleasures, and this course will show you how it can be enjoyed. The classic wines of various regions and the grapes used to make them will be described as will these aspects of the laws

and labels which make choosing wine a little easier. However, wine is best appreciated by tasting, and it is this aspect of the course that will be emphasized while sampling and comparing wines from respected wine regions.

7049-A10 Wed. 7:00 – 9:30pm  
September 15 to October 13 (12.5 hours)  
OR

7050-A10 Wed. 7:00 – 9:30pm  
October 20 to November 17 (12.5 hours)

Cost: \$135 Animator: Barrie Benton

### THE ART OF LISTENING TO MUSIC

For beginners and musical aficionados alike, this course covers the major styles and figures in classical music from the Medieval to the present. Through guided listening and lively discussions, students will gain a deeper understanding and appreciation of music, and sharpen their critical listening skills.

7051-A10 Mon. 7:00 – 9:00pm  
September 13 to October 25  
(no class October 11) (12 hours)

Cost: \$95 Animator: Jonathan Goldman

### JAZZ APPRECIATION & LISTENING

For beginners and avid fans alike, this course covers the history of jazz from its origins to the present. Through guided listening and lively discussions, students will gain a deeper knowledge and appreciation of jazz, and an insider's perspective into topics like building a record collection, planning your jazz fest visit, and more.

7052-A10 Wed. 7:00 – 9:00pm  
September 29 to November 3 (12 hours)

Cost: \$95 Animator: Jonathan Goldman

### COOK AND EAT ITALIAN - LEVEL 1

This sensational cooking course will help you learn the fundamentals of Italian cooking. Learn how simple it is to transform nutritious fresh foods and produce into succulent and authentic Italian dishes worthy of being classified as "made in Italy." Delight your family and friends to real home-made Bolognese sauce with tagliatelle; oven cannelloni; pizza topped with their favourite Italian sausage, cheese or grilled vegetables; genuine onion and cheese frittata; or delight them with a variety of biscotti or fruit 'crostate'. Student participation and plenty of food to taste!

These Italian cooking courses are partially sponsored by:  
Aurora Foods ([www.auroraimporting.com](http://www.auroraimporting.com))  
Les Fromages Salerno ([www.salernodairy.com](http://www.salernodairy.com))  
Citterio Distributions Macchi Inc. ([www.citterio.com](http://www.citterio.com))  
ITALCHEF ([www.italchef.com](http://www.italchef.com))

7053-A10 Wed. 6:30 – 9:30pm  
September 15 to October 13 (15 hours)

Cost: \$225 Animator: Martha Marrone

### WRITING CREATIVELY

Writing creatively opens a door to oneself; what stories live inside you? Through inspirational writing exercises, workshops and lively discussions, this course will help you explore and discover your creative writing talents, whether it be in poetry, short fiction, or memoirs.

7054-A10 Thu. 7:00 – 9:00pm  
September 30 to November 18 (16 hours)

Cost: \$110 Animator: Kim Muncey

### CAKE DECORATING FOR BEGINNERS

This demonstration course will cover basic decorating techniques and step-by-step instructions to get you started creating beautiful cakes. Learn to make the perfect buttercream icing, to smooth ice a cake, make fancy borders, various decorative flowers with royal icing (i.e. rose, daisy, chrysanthemum and others), leaves and other basic

techniques. (Additional expense: Cost for beginner cake decorating kit is approximately \$37)

7055-A10 Wed. 7:00 – 10:00pm  
October 20 to November 17 (15 hours)

Cost: \$245 Animator: Rita Djerrahian

### CAKE DECORATING WITH ROLLED FONDANT

Prerequisite: Cake Decorating for Beginners or ability to ice a cake with buttercream

Learn how to cover a cake with rolled fondant and to create interesting side designs. In order to practice this technique, you need to bring a baked cake, buttercream icing, a rolling pin, and a pizza cutter.

7056-A10 Wed. 7:00 – 10:00pm  
November 24 to December 8 (9 hours)

Cost: \$150 Animator: Rita Djerrahian

### BASIC HOME REPAIRS

This course will help individuals understand basic home repairs. Participants will learn how homes are built, construction terminology, which tools are essential, how to use them, and some tips on how to deal with plumbers and electricians. Basic carpentry, plastering, painting, flooring, doors and windows will all be covered.

7057-A10 Sat. 9:30am – 12:30pm  
September 11 to October 16  
(no class October 9) (15 hours)  
OR

7058-A10 Sat. 9:30am – 12:30pm  
October 23 to November 20 (15 hours)

Cost: \$140 Animator: Wilder Wall

### TRANSFORMATIONAL TAROT LEVEL 1

Learn the symbolic language of tarot to develop your intuition. Group discussion of the various cards, lots of interactive play and guided practice with interpretations, will awaken your creative abilities of perception. This process is all about bypassing the limitations of ego mind, to connect with an inspired, creative approach to living. Please bring a Rider-Waite Tarot Deck of cards to class

7059-A10 Tue. 6:00 – 9:00pm  
October 26 to November 30 (18 hours)

Cost: \$165 Animator: Hellen Edelstein

## DANCE

### LATIN AND MODERN BALLROOM DANCING - LEVEL 1

Couples Only. Learn to dance in a fun and social environment. This course will introduce you to some Latin dances: Cha Cha, Rhumba, Merengue, Mambo, Samba, and the Triple Swing. If time allows, we will also touch on the Modern dances: Tango, Slow Waltz, and the famous Fox Trot. Website: [www.pkddance.com](http://www.pkddance.com)

7063-A10 Thu. 7:00 - 8:30pm  
September 16 to December 2 (18 hours)  
OR

7064-A10 Sat. 11:30am – 1:00pm  
September 18 to December 11  
(no class October 9) (18 hours)

Cost: \$100 (per person) Instructor: Klaus Dichmann

**LATIN AND MODERN BALLROOM DANCING - LEVEL 2**

**Prerequisite:** *Latin and Modern Ballroom Dancing – Level 1*

Couples only. This course is a continuation of Latin and Modern Ballroom Dancing – Level I. This course will concentrate on the Latin dances with a review of the Modern dances. The course will cover additional steps in many of the dances. Website: www.pkddance.com

7065-A10 Wed. 7:00-8:30pm  
September 15 to December 1 (18 hours) (18 hours)

Cost: \$100 (per person) Instructor: Nadia Caloca  
OR

7066-A10 Sat. 10:00 – 11:30am  
September 18 to December 11  
(no class October 9) (18 hours)

Cost: \$100 (per person) Instructor: Klaus Dichmann

**LATIN AND MODERN BALLROOM DANCING - LEVEL 3**

**Prerequisite:** *Latin and Modern Ballroom Dancing – Level 1*

Couples only. This course will continue to raise your level of expertise on the dance floor in all nine dances. The Modern and the Latin. We always start with review but will start to concentrate on more steps and putting those steps into dance routines. Gentlemen, by doing so you will learn to lead your lady and both partners will become more comfortable dancing with each other. Website: www.pkddance.com

7067-A10 Fri. 7:00-8:30 pm  
September 17 to December 3 (18 hours)

Cost: \$100 (per person) Instructor: Klaus Dichmann

**LATIN AND MODERN BALLROOM DANCING – BRONZE INTERMEDIATE**

**Prerequisite:** *Latin and Modern Ballroom Dancing – Bronze Preliminary*

Couples only. This course is for those couples who have completed the Preliminary Bronze Level course and who wish to continue to add more complicated step routines into their dances. At the same time, this course will continue to help couples improve their overall style and technique on the dance floor. Website: www.pkddance.com

7068-A10 Fri. 8:30-10:00 pm  
September 17 to December 3 (18 hours)

Cost: \$100 (per person) Instructor: Pat Dichmann

**LATIN AND MODERN BALLROOM DANCING – BRONZE ADVANCED**

**Prerequisite:** *Latin and Modern Ballroom Dancing – Bronze Intermediate*

Couples only. This course is for those couples who have completed the Bronze Intermediate Level course and who wish to continue to add more complicated step routines into their dances. At the same time, this course will continue to help couples improve their overall style and technique on the dance floor. Website: www.pkddance.com

7069-A10 Fri. 7:00-8:30pm  
September 17 to December 3 (18 hours)

Cost: \$100 (per person) Instructor: Pat Dichmann

**LATIN AND MODERN BALLROOM DANCING – PRE-SILVER**

**Prerequisite:** *Latin and Ballroom Dancing - Bronze Advanced*

Couples only. You have successfully danced your way through the Bronze curriculum. It is now time to start showing yourself what you are capable of. The steps you will now learn are a combination of parts of all the steps you already know. Be more confident. Take the lead and the challenge. Continue to dance for your own enjoyment and the aspirations of our beginners. Website: www.pkddance.com

7070-A10 Sat. 11:30am – 1:00pm  
September 18 to December 11  
(no class October 9) (18 hours)

Cost: \$100 (per person) Instructor: Pat Dichmann

**LATIN AND MODERN BALLROOM DANCING – SILVER**

**Prerequisite:** *Latin and Ballroom Dancing – Pre-Silver*

Couples only. This group will continue to work on the Silver steps from the CPDDSQ curriculum. Improving the execution and style of these steps will be our continued goal for this course for the Latin and Modern dances. Website: www.pkddance.ca

7071-A10 Sat. 10:00 – 11:30am  
September 18 to December 11  
(no class October 9) (18 hours)

Cost: \$100 (per person) Instructor: Pat Dichmann

**ARGENTINEAN TANGO**

This course is an introduction to Argentinean tango. Students will learn the fundamentals of this unique dance: the basic steps and figures, the tango code, needed to establish communication between partners as well as music interpretation and its relationship with each movement.

7072-A10 Mon. 7:30-9:00pm  
September 13 to December 6  
(no class October 11) (18 hours)

Cost: \$100 (per person) Instructor: Gustavo Soteras

**BELLY DANCING – LEVEL 1**

Learn the art of Belly Dancing! It is about elegance, sensuality and grace as you learn to isolate and move every part of your body. Emphasis is placed on technique, stretching and proper postural alignment to achieve this beautiful form of dance. Students should bring a hip-scarf.

7073-A10 Wed. 6:15 – 7:15pm  
September 15 to December 8 (13 hours)

Cost: \$115 Animator: Sandra Benjamin

**RECREATION**

**INTRODUCTION TO GOLF**

If you are just starting out in the game of golf, this is a great opportunity to learn and develop some basic skills and course etiquette. Practice in a fun atmosphere with friendly advice. Equipment provided.

7076-A10 Tue. 8:00 - 10:00pm  
September 7 to October 19 (14 hours)

Cost: \$155 Animator: Patrick Mischook

**GOLF FOR WOMEN**

If you are a woman who has just begun to play golf, or are thinking about taking up the sport, consider this course which will cover the basics of golf: grip, stance, alignment, ball position, as well as the back swing, transfer, and finish. Golf etiquette, basic rules of play, warm-up exercises and definitions will also be covered.

7077-A10 Mon. 8:00 – 10:00pm  
September 13 to November 1  
(No class October 11) (14 hours)

Cost: \$155 Animator: Patrick Mischook



**ZUMBA BASIC**

It is a cardio exercise class in disguise! A dance party for anyone! Easy to follow dance steps to Latin and international rhythms guaranteed to make you sweat and have fun. No previous dance experience required. Bring your running shoes.

7078-A10 Mon. 6:15 – 7:15pm  
September 13 to December 13 (No class October 11)  
Cost: \$115 Animator: Sandra Benjamin

**ZUMBA GOLD**

A slower, modified version of Zumba Basic. A fun cardio dance workout geared towards older adults and individuals with mobility, balance and joint restrictions. No previous dance experience required, bring your running shoes.

7079-A10 Wed. 6:15 – 7:15pm  
September 15 to December 8 (13 hours)  
Cost: \$115 Animator: Sandra Benjamin

**RECREATIONAL FLOOR HOCKEY**

Join in this fun and safe activity focusing on sportsmanship and skill development. Individuals will be grouped into teams. Basic instructions will be provided. Players must supply their own equipment.

7080-A10 Mon. 8:15 - 10:15pm  
September 13 to December 6  
(No class October 11) (24 hours)  
OR  
7081-A10 Tue. 8:15 - 10:15pm  
September 14 to November 30 (24 hours)  
Cost: \$95 Animator: Sophian Mian

**YOGA FOR EVERY BODY**

Come and experience Yoga. Learn the basics: centering, gentle stretching, asanas (postures), pranayama (breathing exercises), sequences, meditation and relaxation. Suitable for all ages and bodies. Warning: This class may cause inner peace, stress relief, a more flexible, stronger body, and increased energy. Please bring a mat.

7082-A10 Mon. 6:00 – 7:30pm  
September 20 to November 29  
(No class October 11) (15 hours)  
Cost: \$125 Animator: Antoinette Giacobbe

**PILATES**

Do you want flatter abs, stronger back muscles and improve your posture, strength and flexibility? Then, try Pilates on a mat. A flowing repertoire of strengthening, stretching and stabilization exercises to get you firm, fit and flexible.

7083-A10 Mon. 7:15 – 8:15pm  
September 13 to December 13  
(No class October 11) (13 hours)  
Cost: \$115 Animator: Sandra Benjamin

**LANGUAGES****MANDARIN - LEVEL I**

This course will help individuals develop basic Mandarin speaking and listening skills. Basic grammar and an introduction to Chinese ideograms and characters for reading will also be covered. By the end of the course, students will have acquired the basic skills needed for them to hold simple conversations.

7086-A10 Thu. 6:30 - 9:30pm  
September 16 to November 18 (30 hours)  
Cost: \$180 Animator: Xuefeng Qi

**ITALIAN - LEVEL I**

This introductory course in Italian language and culture is designed for students who have no knowledge of Italian. The course will help students to develop the ability to understand, speak, read, and write Standard Italian. Individual participation in class is a must.

7087-A10 Mon. 6:30 - 9:30pm  
September 20 to November 29  
(not October 11) (30 hours)  
Cost: \$180 Animator: Martha Marrone

**SPANISH FOR BUSINESS & TRAVEL – LEVEL I**

In this course, students will learn basic Spanish for traveling and business purposes. Topics will include greetings and introductions, telling time, asking for directions, ordering food, arranging meetings, expressing opinion and more key phrases for getting around in the Spanish-speaking environment. This course provides basic conversation skills as well as cultural Hispanic information.

7088-A10 Mon. 6:30 – 9:30pm  
September 13 to November 22  
(No class October 11) (30 hours)  
Cost: \$180 Animator: Pablo Salinas

**SPANISH FOR BUSINESS & TRAVEL – LEVEL 2**

This course continues exploring the culture of the Hispanic world. It helps students to learn vocabulary and grammar in order to use Spanish for personal and business communication. Realistic situations and specialized business-oriented and tourism-related vocabulary will be included.

7089-A10 Wed. 6:30 – 9:30pm  
September 15 to November 17 (30 hours)  
Cost: \$180 Animator: Pablo Salinas

**HOME CHILDCARE TRAINING****CHILD DEVELOPMENT TRAINING FOR HOME CHILDCARE ASSISTANTS**

This course meets the government's requirement for 12-hour training in child development for home childcare assistants. Students will focus on the different aspects of child development (physical, intellectual, emotional and social) and how to enhance development by providing quality care. Other topics include age appropriate guidance strategies, health and hygiene, and interactions with parents.

Note: Only students who complete the full 12 hours of this course will receive a certificate of participation.

7092-A10 Tue. 6:30 – 9:30pm  
September 14 to October 5 (12 hours)  
Cost: \$90 Animator: Nancy Spector



**FIRST AID FOR PARENTS AND CHILDCARE WORKERS**

Geared to the needs of parents and anyone working with young children, this 8-hour training session focuses on treating the injuries of young children. Topics include choking, CPR, bleeding, fractures and sprains, burns, allergies, and poisons. This course also provides certification recognized by Emploi Québec for anyone wishing to work in a daycare or a school childcare program. Certification by Quebec Heart & Stroke Foundation is available upon request.

7093-A10 Sat. 8:00am – 5:00pm (1 hour for lunch)  
October 2 (8 hours)

OR

7094-A10 Sat. 8:00am – 5:00pm (1 hour for lunch)  
November 13 (8 hours)

Cost: \$75 Animator: Bob Green

**CAREGIVER EDUCATION WORKSHOPS- FOR FAMILY MEMBERS, COMPANIONS AND VOLUNTEERS**

**ESSENTIAL CAREGIVING TECHNIQUES**

This workshop addresses the changing role of caregiving from informal assistance among family members to formal arrangements available from community resources and private agencies. It details the skills and techniques relating to the wide range of support and care provided by caregivers: emotional support, companionship, informal visiting, stimulating physical and cognitive activities, personal care, medical equipment, the use and abuse of medication and alcohol, transportation, budgeting, household management, food preparation, community resources and more.

7098-A10 Tue. 6:00 – 8:00pm  
September 14 (2 hours)

Cost: \$30 Animator: Rita Bonar

**MENTAL HEALTH ISSUES IN AGING**

Aging presents many challenges, some are normal and others involve disease processes. How does a person adapt and cope with the stresses of physiological, psychological, and social changes? Specific mental health issues facing aging individuals and their caregivers will be the focus of this workshop (i.e. anxiety and depression) how to keep mentally fit and where to get help for mental health problems.

7099-A10 Tue. 6:00 – 8:00pm  
September 21 (2 hours)

Cost: \$30 Animator: Sheana Parker

**LETS TALK ABOUT DYING**

Many state that the hardest part of care giving is the grief and loss they feel, even when the person is still alive. This workshop addresses what is a good death and how to incorporate the elements of a good death into the process of dying. Other issues are: recognizing the final phase of life; understanding grief and loss and supporting families through the process; advanced care planning; choices about eating and drinking; pain management; emotional and spiritual care; and caring for the care provider—taking care of your-self emotionally.

7100-A10 Tue. 6:00 – 8:00pm  
September 28 (2 hours)

Cost: \$30 Animator: Dayna Morrow



**DEMENTIA CARE TRAINING WORKSHOPS FOR FRONTLINE CARE-WORKERS AND HEALTHCARE PROVIDERS**

**THE MANY FACES OF DEMENTIA; AN OVERVIEW**

Dementia refers to over 70 diseases that cause symptoms resulting in a progressive deterioration of brain cells, particularly those responsible for thinking and memory. The cause is often unknown, and in most cases a cure is not available. Today, 25% of Quebecers have someone with dementia within their family. This workshop provides an overview of the different types of dementia and the complexities involved in dementia care.

7101-A10 Tue. 6:00 – 9:00pm  
October 5 (3 hours)

Cost: \$40 Animator: Sheana Parker

**ALZHEIMER DISEASE & RELATED DEMENTIAS: WHAT YOU NEED TO KNOW**

Alzheimer's disease or Dementia of the Alzheimer Type (DAT) is the most common form of dementia & accounts for 64 % of all dementias in Canada. It is described as a progressive degenerative disease that destroys the vital nerve cells in the brain and results in impaired memory, thinking and behavior. Sometimes these same symptoms may suggest a dementia other than Alzheimer's disease. This workshop addresses what you need to know about Dementia, Alzheimer Type, Vascular Dementia, Dementia with Lewy Bodies, Frontal temporal Dementia (Pick's), and etc.

7102-A10 Tue. 6:00 – 9:00pm  
October 19 (3 hours)

Cost: \$40 Animator: Sheana Parker

**UNDERSTANDING RESPONSIVE BEHAVIOURS & COMMUNICATION NEEDS**

People with dementia cannot communicate their concerns in the usual ways acceptable to society—so their behavior is the person's attempt to control, protect or defend him/herself in his/her world as he/she knows it. This workshop identifies responsive behaviors that can be puzzling (wandering, aggression, or paranoia, for example), analyzes possible underlying causes, and suggests effective strategies to ensure safety and comfort both for the person and for others around him/her.

Effective communication techniques will be discussed (i.e. validation, reminiscence).

7103-A10 Tue. 6:00 – 9:00pm  
October 26 (3 hours)

Cost: \$40 Animator: Rita Bonar

### PSYCHOSOCIAL INTERVENTIONS IN BEHAVIOURAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA (BPSD)

Behavioral and psychological symptoms occur in over 90% of people with dementia at some time during the course of their illness. Identifying, understanding, and responding effectively to these behavioral and psychological symptoms are important because it improves quality of life, not only for the person experiencing the symptoms but also for those caring for them. Using case scenarios along with an experiential approach, where participants enter the world of “virtual dementia”, this workshop will focus on dementia care mapping and the environmental modifications will be highlighted.

7104-A10 Tue. 6:00-9:00pm  
November 9 (3 hours)

Cost: \$40 Animator: Mona Beck

### STIMULATING ACTIVITIES IN DEMENTIA CARE

Flexing your brain muscles, participating in physical activities and engaging in social activities help to maintain well-being and promote quality of life. This workshop identifies the many therapeutic benefits of stimulating cognitive, physical and social activities in dementia care. Emphasis is on how activities can be simplified to meet the person's ability and autonomy, while give meaning and purpose to a person's life.

7105-A10 Tue. 6:00 – 9:00pm  
November 16 (3 hours)

Cost: \$40 Animator: Dayna Morrow

## EVENT PLANNING

### EVENT PLANNING ESSENTIALS – LEVEL 1

Learn the essentials of thorough event planning. In this course, you will acquire the basic knowledge of all aspects of researching, designing, planning, coordinating and evaluating events. Topics include everything from budgeting and timeline development to event customs and industry trends. An additional fee to cover mandatory course textbook and materials: \$50.00 (Cash payment to the instructor must be made at first class.)

7107-A10 Sat. 9:30 - 11:30am (Sep. 11, 18, 25 & Oct. 2)  
Sat. 9:30 -11:00am (Oct. 16, 23 & Nov 13)  
September 11 to November 13  
(no class October 9) (16 hours)

Cost: \$180 Animator: Sherlyn Figueira

### EVENT PLANNING ESSENTIALS – LEVEL 3

**Prerequisite:** *Event Planning Essentials – Levels 1 & 2*

As planners, you have now understood the relationship necessary to help you recognize, develop and deliver your clients vision. Pulling it all together is the trick. Remember, you are only as good as your last event. Now come and understand the difference between being the order taker and the vision maker. An additional fee to cover mandatory course textbook and materials: \$40.00 (Cash payment to the instructor must be made at first class.)

7108- A10 Sat. 9:00 -11:00am  
(Oct. 30, Nov 6, 20, 27 & Dec 4)  
October 30 to December 4 (10 hours)

Cost: \$130 Animator: Sherlyn Figueira

# RESIDENTIAL BUILDING INSPECTION PROGRAM - REVISED TWO-PART PROGRAM



This program covers all aspects of residential building inspection. At the end of this program, you will understand house inspections, a house as a system, and be knowledgeable about setting up your own business. The full 196-hour program covers the basics of residential building inspections, types of buildings, what to expect in houses of different ages, and demonstrate skills needed to become a good home inspector. The program will use the Carson and Dunlop Home Reference Book (copy included in Part 1) and many other references. Students should purchase the wood frame construction manual from the Canadian Mortgage-Housing Corporation-CMHC.

Note: Part 1 will be offered in the Winter 2011 semester.



## ELECTRICITY, PLUMBING, HEATING, AND AIR CONDITIONING – PART 2

**Prerequisites:** Structures, Insulation, and Wood Stoves – Part 1.  
**Note:** Students should be physically fit, have no fear of heights, and be familiar with construction and its terms.

Part 2 of the Residential Building Inspection Program will include a further understanding of the housing inspection industry and will include reporting procedures and on-site inspections. Topics include: electricity, aluminum wiring, and detectors (smoke, carbon dioxide, and gas), plumbing, septic systems, sump pumps, hot water tanks, bathrooms, kitchens, laundry areas, heating systems, humidifiers, thermal pumps, and air conditioning.

7115-A10      14 Thursdays: 6:30-9:30pm  
 September 9 to December 9  
 7 Sundays: 8:30am-5:30pm  
 September 12, 26, October 3, 17, 31,  
 November 14 & 28  
 (98 hours)

Cost \$1200      Instructors: Rick Cartmel and other  
 Certified Residential Building Inspectors

## P.M.A.C. COURSES (Purchasing Management Association of Canada/ Association canadienne de gestion des achats)

Vanier College, in conjunction with the Purchasing Management Association of Canada (PMAC) is offering courses in the revised Supply Management Training Program.

Note: For information or questions concerning this program or courses, please contact: La Corporation des Approvisionneurs du Québec (CAQ) at telephone: 1.800.977.1877, or 450.357.0033, or e-mail: info@caq.qc.ca, or visit their website: www.caq.qc.ca.

### SUPPLY MANAGEMENT TRAINING PROGRAM (SMTP)

The courses in this program replace the previous Principles courses and can lead to a Supply Management Training Certificate. The four courses in this Supply Management Training Program are – Introduction to Procurement, Introduction to Logistics, Introduction to Transportation, and Introduction to Operations Management.

This Supply Management Training Program is tailored to the needs of junior buyers, purchasing assistants, and intermediate practitioners requiring a technical competence in supply management. The training will also be of interest to others seeking knowledge of supply management at an introductory technical level.

In Autumn 2010, Vanier College, Continuing Education will offer two Supply Management Training Program courses: Introduction to Procurement and Introduction to Operations Management.

### INTRODUCTION TO PROCUREMENT

From recognizing a need to issuing a purchase order, participants will learn the essentials of determining quantity, specifications and price that are the cornerstone of procurement. This course covers a variety of procurement scenarios: repetitive purchases of production materials, procuring one-time low-cost items, large capital goods acquisition and securing commodities under long-term supply contracts. The opportunities and challenges of international procurement versus domestic will be discussed. Participants will gain a broad understanding of the role of procurement and the various ways it can be organized. A Course Manual will be supplied. The textbook will be available for purchase at the Vanier College Bookstore.

8000-A10 Tue. 6:00 – 9:00pm  
September 14 to December 7 (39 hours)  
Cost: \$535 Animator: Art Ainscow

### INTRODUCTION TO OPERATIONS MANAGEMENT

This course will familiarize participants with operations in manufacturing, distribution and services organizations. They will learn the basics of location selection and layout. Among topics covered are capacity planning and scheduling, as well as the key concepts of JIT/Lean, OPT/TOC and MRP. Participants will discuss the challenges of balancing capacity with demand and be introduced to forecasting techniques, demand planning and inventory ordering. Quality systems and continuous improvement methodologies, including Deming, Juran, ISO 9000 and Six Sigma, will also be addressed.

A Course Manual will be supplied. The textbook will be available for purchase at the Vanier College Bookstore.  
8001-A10 Wed. 6:00 – 9:00pm  
September 15 to December 8 (39 hours)  
Cost: \$535 Animator: Peter Prahalis



# VANIER COLLEGE • CONTINUING EDUCATION

## Aquatics

Online Registration:  
[www.vaniercollege.qc.ca/conted](http://www.vaniercollege.qc.ca/conted)

### Autumn 2010

Registration Deadline: Thursday, August 26, 2010

### Aquatics Semester:

Saturday, September 11 to Sunday, December 5, 2010



Visit our Website • Choice of Evenings or Weekends

No classes on October 9-11, 2010 (Thanksgiving Weekend)

### RED CROSS PROGRAMS

Courses are held Saturday & Sunday mornings or Wednesday evenings.

**Aqua Tots (child with parent/s)** over 6 months old  
12 lessons X 30 minutes - Fee: \$100

#### NEW SWIM PRE-SCHOOL PROGRAM

**Sea Turtle**  
12 lessons X 30 minutes - Fee: \$100 Ages 3 to 5

**Salamander**  
12 lessons X 45 minutes - Fee: \$115 Ages 3 to 5

**Sunfish**  
12 lessons X 45 minutes - Fee: \$115 Ages 3 to 5

**Crocodile**  
12 lessons X 45 minutes - Fee: \$115 Ages 3 to 5

**Whale**  
12 lessons X 45 minutes - Fee: \$115 Ages 3 to 5

#### NEW SWIM KIDS PROGRAM

**Swim Kids 1 to 3**  
12 lessons X 45 minutes - Fee: \$115 Ages 6 & up

**Swim Kids 4 to 10**  
12 lessons X 60 minutes - Fee: \$130 Ages 6 & up

### ADULT SWIM LESSONS

**ADULT SWIM LESSON**  
Beginners or Stroke Improvement. Learn how to swim or improve your swimming strokes while having fun!

**Adult Swim:** 12 lessons X 1 hour - Fee: \$130  
Wednesday 8:00-9:00 September 15 to December 1, 2010

**PRIVATE AND SEMI-PRIVATE SWIM LESSONS**  
Learn more in less time  
Choose from 30 minutes, 45 minutes, or 60 minutes lessons for 10 weeks  
September 11 to December 5, 2010

## Splash Parties

**September 11 to December 5, 2010**

Have a party "with a difference" for your child! "Splash" for one hour and eat for one hour (food provided by you). Choose your activities from water basketball, innertube water polo, or "sponge throw wars" - all animated by two of our National Lifeguards.

**Saturdays and Sundays. Fee: Starting at \$220 for up to 30 persons. Call for details. You must reserve at least two weeks prior to the day of the party.**

- All courses:**

  - Taught by Certified Red Cross Instructors
  - BILINGUAL Instruction!
  - Taxes included in course fees!
  - Parking available at additional cost during the week. No charge for parking Friday evening, Saturday or Sunday.



Email us at: [aquatics@vaniercollege.qc.ca](mailto:aquatics@vaniercollege.qc.ca)

# LIFESKILLS & AQUATICS REGISTRATION FORM - AUTUMN 2010

Please Register Online at: [www.vaniercollege.qc.ca/conted](http://www.vaniercollege.qc.ca/conted) or use this Form

Use this Form for LifeSkills or Aquatics Courses

Last Name: \_\_\_\_\_ LifeSkills/Aquatics File Number: 

--	--	--	--	--	--

First Name: \_\_\_\_\_  Male  Female Date of Birth: 

--	--	--	--	--	--

 year month day

Postal Code: \_\_\_\_\_ Address: \_\_\_\_\_ Apartment: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Primary Telephone #: \_\_\_\_\_ Work Telephone #: \_\_\_\_\_

Other Telephone #: \_\_\_\_\_ Email address: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Parent/Guardian Date of Birth: 

--	--	--	--	--	--

 year month day  
(For Aquatics Program)

## Course Selection

I would like to register for the following courses:

1. Section No. 

				-	A	1	0
--	--	--	--	---	---	---	---

 TITLE: \_\_\_\_\_  
MEETING DATES: \_\_\_\_\_ COURSE FEES: \_\_\_\_\_

2. Section No. 

				-	A	1	0
--	--	--	--	---	---	---	---

 TITLE: \_\_\_\_\_  
MEETING DATES: \_\_\_\_\_ COURSE FEES: \_\_\_\_\_

3. Section No. 

				-	A	1	0
--	--	--	--	---	---	---	---

 TITLE: \_\_\_\_\_  
MEETING DATES: \_\_\_\_\_ COURSE FEES: \_\_\_\_\_

NOTE: If you register by mail or fax, you will receive confirmation by mail once your registration has been processed. Only properly completed registrations will be processed. All fees must be paid in full at the time of registration.

LIFESKILLS and/or AQUATICS FEES = \$ \_\_\_\_\_  
PARKING FEES (if applicable) = \$ \_\_\_\_\_  
TOTAL = \$ \_\_\_\_\_

Student Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

**COURSE WITHDRAWAL & REFUND:** The College reserves the right to cancel courses due to low enrolment. Students will be informed if a course is cancelled. The student may then choose either to take another course or receive a full refund. Students wishing to withdraw from a course must notify the Centre for Continuing Education in writing, stating the name of the course, before the first scheduled meeting of the course. The refund consists of the course fee less \$20. THERE IS NO REFUND AFTER THE FIRST SCHEDULED MEETING.

## Semester Parking Permit

If you wish to purchase a semester parking permit, please complete the following. Each permit costs \$30.00 per evening for the semester. (Nightly parking after 5:00pm is also available at a cost of \$4.00 per individual evening. Tickets are available at the Parking Pay Stations.) There is no charge for parking on Friday evening, Saturday or Sunday.

### Vehicle Information

Make of Vehicle: \_\_\_\_\_  
Colour of Vehicle: \_\_\_\_\_  
Licence Plate #: \_\_\_\_\_

### Parking Permit Information

For which evening do you want the Parking Permit?  
 Monday  Tuesday  Wednesday  Thursday

Student Signature: \_\_\_\_\_  
Date: \_\_\_\_\_  
Office Signature: \_\_\_\_\_

## Method of Payment

**No cash or personal cheques are accepted.**

MasterCard  VISA  Certified Cheque  
 Money Order  Debit Card (In Person Only)

Card No.: \_\_\_\_\_  
Expiry Date: \_\_\_\_\_  
Card Holder Name: \_\_\_\_\_  
Card Holder Signature: \_\_\_\_\_  
Date: \_\_\_\_\_

FOR OFFICE USE ONLY Parking Permit Number(s):  Monday  Tuesday  Wednesday  Thursday  
Total Fees Paid: \$ \_\_\_\_\_ Method of Payment: \_\_\_\_\_ Date: \_\_\_\_\_  
Refund Information  Student withdrew from course  Course was cancelled by College  
Permit # \_\_\_\_\_ Returned on \_\_\_\_\_

# AQUATICS PROGRAM – AUTUMN 2010

## SPLASH PARTY BOOKINGS

September 11 to December 5, 2010  
OFFERED SATURDAYS AND SUNDAYS AFTER 2:00PM

Splash Parties must be booked at least two weeks prior to the day of the party.

Parent's First and Last Name: \_\_\_\_\_  Male  Female

Parent's Birth Date: \_\_\_\_\_ Parent's File #: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #'s (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

Child's First and Last Name: \_\_\_\_\_  Male  Female

Child's Birth Date: \_\_\_\_\_ Child's File #: \_\_\_\_\_

Party date & time: \_\_\_\_\_ Preferred Animators: \_\_\_\_\_

### Length of party

- 1½ hours (9138-A10): \$165.00
- 2 hours (9139-A10): \$220.00
- 2½ hours (9140-A10): \$275.00
- 3 hours (9141-A10): \$330.00
- Extra Life Guard (9142-A10): \$55.00

### Notes for length of party:

- 1) The total length of the Splash Party includes changing time, pool time, eating, and clean-up time done by parents.
- 2) We recommend 1 hour of pool time for younger children.
- 3) We recommend 1½ to 2 hours of pool time for older children.
- 4) If the total length of the Splash Party exceeds what was paid for, the extra time will be charged.

### Notes concerning food:

- 1) We recommend 30 minutes if just serving cake.
- 2) We recommend 45 minutes if serving a meal and cake.

Number of participants (including adults) - maximum 30 people: \_\_\_\_\_

*Note: For Splash Parties with more than 30 people, there is an additional charge for the Extra Life Guard.*

**Group Composition:** Boys: \_\_\_\_\_ Girls: \_\_\_\_\_ Age range: \_\_\_\_\_

Number of Non-swimmers: \_\_\_\_\_

*Note: For every 2 non-swimmers, there must be at least 1 adult in the water.*

Payment is required:  VISA  MasterCard Signature: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Today's Date: \_\_\_\_\_

# AQUATICS PROGRAM – AUTUMN 2010

## PRIVATE OR SEMI-PRIVATE LESSON REQUEST FORM

**AUTUMN 2010 REGISTRATION DEADLINE: THURSDAY, AUGUST 26, 2010**

Private and Semi-Private Lessons are only available at the following times:

**SATURDAYS 10:00 am-2:00 pm**

**SUNDAYS 10:00 am-2:00 pm**

**WEDNESDAY 6:00-8:00 pm**

**FRIDAY 4:00-8:00 pm**

**LESSON DATES: September 11 to December 5, 2010**

*Note: Semi-Private lessons must include the registration information of both children who will be sharing the lesson – no single registrations accepted.*

*Please note that these lessons will only be confirmed after Tuesday, August 31, 2010.*

Parent's First and Last Name: \_\_\_\_\_  Male  Female

Parent's Birth Date: \_\_\_\_\_ Parent's File #: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #'s (home) \_\_\_\_\_ (work) \_\_\_\_\_ (cell) \_\_\_\_\_

Child's First and Last Name: \_\_\_\_\_  Male  Female

Child's Birth Date: \_\_\_\_\_ Child's File #: \_\_\_\_\_

**Private Lessons: 10 weeks**

30 Minutes (9125-A10): \$200

45 Minutes (9126-A10): \$300

1 Hour (9127-A10): \$400

**Extra Private Lessons: 1 Lesson**

30 Minutes (9128-A10): \$20

45 Minutes (9129-A10): \$30

1 Hour (9130-A10): \$40

**Semi-Private Lessons: 10 weeks**

30 Minutes (9131-A10): \$100

45 Minutes (9132-A10): \$150

1 Hour (9133-A10): \$200

**Extra Semi-Private Lessons: 1 Lesson**

30 Minutes (9134-A10): \$10

45 Minutes (9135-A10): \$15

1 Hour (9136-A10): \$20

Preferred Swimming Instructor: \_\_\_\_\_

Preferred Schedule: \_\_\_\_\_

Other details: \_\_\_\_\_

Payment is required:  VISA  MasterCard

Signature: \_\_\_\_\_

Credit Card #: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Today's Date: \_\_\_\_\_

# CANADIAN RED CROSS AQUATICS PROGRAM

## Autumn 2010 Schedule of Courses

For further details, see page 54, or visit our Website:  
[www.vaniercollege.qc.ca/conted/aquatics](http://www.vaniercollege.qc.ca/conted/aquatics)

**Registration Deadline:**  
 Thursday, August 26, 2010

**Aquatics Autumn Semester Dates:**  
 Saturday, September 11 to Sunday, December 5, 2010 (12 weeks)  
 No Classes on Thanksgiving Weekend:  
 Saturday, October 9 to Monday, October 11

### AQUA TOTS PROGRAM

**Parent and child over 6 months**  
 9000-A10 Sat. 10:00 – 10:30 am **Cost \$100**  
 9001-A10 Sat. 10:30 – 11:00 am Sep. 11 to Dec. 4  
 9002-A10 Sun. 10:00 – 10:30 am Sep. 11 to Dec. 4  
 9003-A10 Sun. 10:30 – 11:00 am Sep. 12 to Dec. 5  
 Sep. 12 to Dec. 5

### RED CROSS SWIM PRE-SCHOOL PROGRAM

**Age Group: 3 – 5 yrs**  
**Sea Turtle**  
 9006-A10 Wed. 6:00 – 6:30 pm **Cost: \$100**  
 9007-A10 Wed. 6:30 – 7:00 pm Sep. 15 to Dec. 1  
 9008-A10 Sat. 10:00 – 10:30 am Sep. 11 to Dec. 4  
 9009-A10 Sat. 10:30 – 11:00 am Sep. 11 to Dec. 4  
 9010-A10 Sat. 11:00 – 11:30 am Sep. 11 to Dec. 4  
 9011-A10 Sat. 11:30 am – 12:00 pm Sep. 11 to Dec. 4  
 9012-A10 Sun. 10:00 – 10:30 am Sep. 12 to Dec. 5  
 9013-A10 Sun. 10:30 – 11:00 am Sep. 12 to Dec. 5  
 9014-A10 Sun. 11:00 – 11:30 am Sep. 12 to Dec. 5  
 9015-A10 Sun. 11:30 am – 12:00 pm Sep. 12 to Dec. 5

**Salamander**  
 9018-A10 Wed. 6:00 – 6:45 pm **Cost: \$115**  
 9019-A10 Wed. 6:45 – 7:30 pm Sep. 15 to Dec. 1  
 9020-A10 Sat. 10:00 – 10:45 am Sep. 11 to Dec. 4  
 9021-A10 Sat. 10:45 – 11:30 am Sep. 11 to Dec. 4  
 9022-A10 Sat. 11:30 am – 12:15 pm Sep. 11 to Dec. 4  
 9023-A10 Sun. 10:00 – 10:45 am Sep. 12 to Dec. 5  
 9024-A10 Sun. 10:45 – 11:30 am Sep. 12 to Dec. 5  
 9025-A10 Sun. 11:30 am – 12:15 pm Sep. 12 to Dec. 5

**Sunfish**  
 9028-A10 Wed. 6:00 – 6:45 pm **Cost: \$115**  
 9029-A10 Sat. 10:45 – 11:30 am Sep. 15 to Dec. 1  
 9030-A10 Sat. 11:30 am – 12:15 pm Sep. 11 to Dec. 4  
 9031-A10 Sun. 10:45 – 11:30 am Sep. 11 to Dec. 4  
 9032-A10 Sun. 11:30 am – 12:15 pm Sep. 12 to Dec. 5

**Crocodile**  
 9035-A10 Wed. 6:00 – 6:45 pm **Cost \$115**  
 9036-A10 Sat. 10:00 – 10:45 am Sep. 15 to Dec. 1  
 9037-A10 Sat. 11:00 – 11:45 am Sep. 11 to Dec. 4  
 9038-A10 Sun. 10:00 – 10:45 am Sep. 11 to Dec. 4  
 9039-A10 Sun. 11:00 – 11:45 am Sep. 12 to Dec. 5

**Whale**  
 9042-A10 Wed. 6:00 – 6:45 pm **Cost \$115**  
 9043-A10 Sat. 10:00 – 10:45 am Sep. 15 to Dec. 1  
 9044-A10 Sun. 10:00 – 10:45 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

### RED CROSS SWIM KIDS PROGRAM

**Age Group: 6 & up**  
**Swim Kid 1**  
 9047-A10 Wed. 6:00 – 6:45 pm **Cost \$115**  
 9048-A10 Sat. 10:00 – 10:45 am Sep. 15 to Dec. 1  
 9049-A10 Sat. 10:45 – 11:30 am Sep. 11 to Dec. 4  
 9050-A10 Sat. 11:30 am – 12:15 pm Sep. 11 to Dec. 4  
 9051-A10 Sun. 10:00 – 10:45 am Sep. 12 to Dec. 5  
 9052-A10 Sun. 10:45 – 11:30 am Sep. 12 to Dec. 5  
 9053-A10 Sun. 11:30 am – 12:15 pm Sep. 12 to Dec. 5

**Swim Kid 2**  
 9056-A10 Wed. 6:00 – 6:45 pm **Cost \$115**  
 9057-A10 Sat. 10:00 – 10:45 am Sep. 15 to Dec. 1  
 9058-A10 Sat. 10:45 – 11:30 am Sep. 11 to Dec. 4  
 9059-A10 Sat. 11:30 am – 12:15 pm Sep. 11 to Dec. 4  
 9060-A10 Sun. 10:00 – 10:45 am Sep. 12 to Dec. 5  
 Sep. 12 to Dec. 5

**Swim Kid 3**  
 9063-A10 Wed. 6:00 – 6:45 pm **Cost \$115**  
 9064-A10 Sat. 10:00 – 10:45 am Sep. 15 to Dec. 1  
 9065-A10 Sat. 10:45 – 11:30 am Sep. 11 to Dec. 4  
 9066-A10 Sat. 11:30 am – 12:15 pm Sep. 11 to Dec. 4  
 9067-A10 Sun. 10:00 – 10:45 am Sep. 12 to Dec. 5  
 9068-A10 Sun. 10:45 – 11:30 am Sep. 12 to Dec. 5  
 9069-A10 Sun. 11:30 am – 12:15 pm Sep. 12 to Dec. 5

**Swim Kid 4**  
 9072-A10 Wed. 6:00 – 7:00 pm **Cost \$130**  
 Sep. 15 to Dec. 1

9073-A10 Sat. 10:00 – 11:00 am Sep. 11 to Dec. 4  
 9074-A10 Sat. 11:00 am – 12:00 pm Sep. 11 to Dec. 4  
 9075-A10 Sat. 12:00 – 1:00 pm Sep. 11 to Dec. 4  
 9076-A10 Sun. 10:00 – 11:00 am Sep. 12 to Dec. 5  
 9077-A10 Sun. 11:00 am – 12:00 pm Sep. 12 to Dec. 5  
 9078-A10 Sun. 12:00 – 1:00 pm Sep. 12 to Dec. 5

**Swim Kid 5**  
 9081-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9082-A10 Sat. 10:00 – 11:00 am Sep. 15 to Dec. 1  
 9083-A10 Sun. 10:00 – 11:00 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

**Swim Kid 6**  
 9086-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9087-A10 Sat. 9:00 – 10:00 am Sep. 15 to Dec. 1  
 9088-A10 Sat. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 9089-A10 Sun. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 9090-A10 Sun. 9:00 – 10:00 am Sep. 12 to Dec. 5

**Swim Kid 7**  
 9093-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9094-A10 Sat. 9:00 – 10:00 am Sep. 15 to Dec. 1  
 9095-A10 Sun. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

**Swim Kid 8**  
 9098-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9099-A10 Sat. 9:00 – 10:00 am Sep. 15 to Dec. 1  
 9100-A10 Sun. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

**Swim Kid 9**  
 9103-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9104-A10 Sat. 9:00 – 10:00 am Sep. 15 to Dec. 1  
 9105-A10 Sun. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

**Swim Kid 10**  
 9108-A10 Wed. 7:00 – 8:00 pm **Cost \$130**  
 9109-A10 Sat. 9:00 – 10:00 am Sep. 15 to Dec. 1  
 9110-A10 Sun. 9:00 – 10:00 am Sep. 11 to Dec. 4  
 Sep. 12 to Dec. 5

**Adult Swim Lesson**  
 9113-A10 Wed. 8:00 – 9:00 pm **Cost \$130**  
 Sep. 15 to Dec. 1

**Private and Semi-Private Lessons are only available at the following times:**  
 Saturday between 10:00 am – 2:00 pm  
 Sunday between 10:00 am – 2:00 pm  
 Wednesday between 6:00 – 8:00 pm  
 Friday between 4:00 – 8:00 pm

*(NOTE: Semi-Private Lessons must include the registration information of both children who will be sharing the lesson – no single registrations accepted)*

**ANY REGISTRATION REQUEST FORMS RECEIVED AFTER THURSDAY, AUGUST 26, 2010 WILL NOT BE ACCEPTED.**

**Private Swim Lessons – 10 weeks**  
 9125-A10 30 minute lessons September 11 to December 5 \$200  
 9126-A10 45 minute lessons September 11 to December 5 \$300  
 9127-A10 1 hour lessons September 11 to December 5 \$400

**Extra Private Lessons**  
 9128-A10 1 Extra 30 min. lesson September 11 to December 5 \$20  
 9129-A10 1 Extra 45 min. lesson September 11 to December 5 \$30  
 9130-A10 1 Extra 1 hour lesson September 11 to December 5 \$40

**Semi-Private Swim Lessons – 10 weeks**  
 9131-A10 30 minute lessons September 11 to December 5 \$100  
 9132-A10 45 minute lessons September 11 to December 5 \$150  
 9133-A10 1 hour lessons September 11 to December 5 \$200

**Extra Semi-Private Lessons**  
 9134-A10 1 Extra 30 min. lesson September 11 to December 5 \$10  
 9135-A10 1 Extra 45 min. lesson September 11 to December 5 \$15  
 9136-A10 1 Extra 1 hour lesson September 11 to December 5 \$20

**SPLASH PARTIES**  
 9138-A10 1.5 hours September 11 to December 5 \$165  
 9139-A10 2 hours September 11 to December 5 \$220  
 9140-A10 2.5 hours September 11 to December 5 \$275  
 9141-A10 3 hours September 11 to December 5 \$330  
 9142-A10 Extra Life Guard September 11 to December 5 \$55