

**SPRING  
2024**

# **Covering North and Centre Wellington**

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[learning4you.ca](http://learning4you.ca)



**INFORMATION**

**WELCOME TO CONTINUING EDUCATION SPRING 2024**

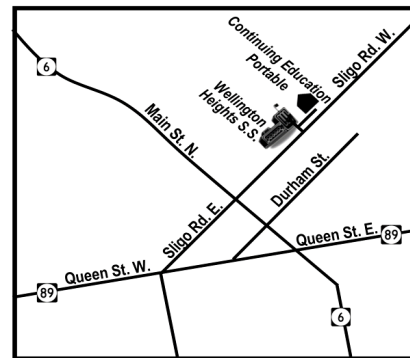


**You can now register  
online at:  
learning4you.ca**

**NORTH WELLINGTON CENTRE FOR  
CONTINUING EDUCATION**

405-B Sligo Rd. E., Portable  
Mount Forest, ON N0G 2L2  
519-323-4840

JULIE BODIAM - Principal  
PAM EURIG - Vice Principal  
BRENDA GILSTORF - Program Coordinator



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**WELCOME TO OUR LIFELONG  
LEARNING PROGRAMS**

Continuing Education serves all residents of Wellington and Dufferin Counties. We offer a full range of courses and services from General Interest to Upgrading and High School Credits. In this guide you will find courses for Spring 2024 offered in Mount Forest, Harriston, Drayton, Alma, Elora, and Arthur areas.

For programs offered in the Guelph area, please contact The Wellington Centre for Continuing Education office at 519-836-7280.

For programs offered in the Dufferin County area, please contact our Orangeville office at 519-941-2661.

Continuing Education is an adult secondary school with the Upper Grand District School Board.



View this Course Guide online at:  
**learning4you.ca**



## REGISTRATION

### FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION

For your convenience, we offer a variety of ways to register for our Interest & Leisure Courses. Please call us at 519-323-4840 if you have any questions or need any other assistance.

#### GENERAL POLICIES

- First come, first served
- You are not registered for a class unless payment has been received
- No smoking - No vaping on school property
- All General Interest courses are 18+ unless otherwise stated
- We will attempt to reschedule any classes cancelled due to school closure or inclement weather
- No classes on statutory holidays or PD days unless otherwise stated
- Check receipt for excluded dates and supply lists
- Please mark the start date on your calendar upon registration

#### REFUND POLICY

- A full refund will be issued if course cancelled by Continuing Education
- A \$10 administration fee, plus any classes, applies to all withdrawals and refunds
- No refund on one night courses
- Failure to attend is not considered a withdrawal - discounts, refunds or make up classes will not be issued
- Supply fee included in course cost is non-refundable unless course is cancelled

#### FEE PAYING

- Payment must accompany your registration
- Add 13% HST will be added to course fees where applicable
- We do not accept post-dated cheques. Fees payable to North Wellington Centre for Continuing Education
- Visa, MasterCard, cash, cheque, or debit accepted

#### CONTACT US

##### Address:

Continuing Education Portable  
405-B Sligo Rd. East  
Mount Forest, ON N0G 2L2

##### Phone

(519) 323-4840

##### Office hours:

Monday to Friday 8:30 am - 4:30 pm  
After Hours: use drop box in door

##### View this Course Guide online at:

[www.ugdsb.ca/continuing-education](http://www.ugdsb.ca/continuing-education)  
- Interest & Leisure Courses

[www.learning4you.ca](http://www.learning4you.ca)

WATCH FOR THE FALL 2024 COURSE GUIDE, AVAILABLE SEPTEMBER 2024



**ELORA**

**SPORTS & FITNESS**

**PICKLEBALL - ELORA - 18+**

Pickleball is a fun court sport that combines the elements of tennis, badminton and ping-pong using a paddle and plastic ball. Please bring indoor 'non-marking' court shoes and your own paddle. This program has been set up for experienced players only.

\* No class Jun 6th (school event)

|                           |                  |                     |                      |
|---------------------------|------------------|---------------------|----------------------|
| <b>Thu May 2 - Jun 13</b> | <b>7-9:30 pm</b> | <b>6 classes</b>    | <b>\$35.00 + HST</b> |
| <b>Elora PS - Gym</b>     |                  | <b>Helen Bowley</b> | <b>PR-7492</b>       |



**ALMA**

**YOUTH & CHILDREN (Alma)**

**BABYSITTER TRAINING - Ages 11 & UP**

The Kid-proof Babysitter's Training course is packed full of advice, guides, tips, and information based on real life experiences. This course has tons of activities and hands-on practice to increase student confidence and provide skills needed to be the best babysitter possible. Each student receives a Babysitter's Handbook and wallet card upon successful completion. Bring a pen, highlighter and a nut free snack to class.

|                                      |                  |                        |                |
|--------------------------------------|------------------|------------------------|----------------|
| <b>Wed &amp; Thu Jun 12 &amp; 13</b> | <b>6-8:30 pm</b> | <b>2 classes</b>       | <b>\$60.00</b> |
| <b>Alma PS - Library</b>             |                  | <b>Paula O'Donnell</b> | <b>PR-7553</b> |

**HOME ALONE PROGRAM - Canada Safety Council - Ages 9+**

This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. Participants will learn how to prevent problems, handle real-life situations, and keep safe and constructively occupied. Small group discussion problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. A certificate will be given upon successfully completing the program. Fee includes student reference book. Please bring a nut free snack.

|                          |                  |                        |                |
|--------------------------|------------------|------------------------|----------------|
| <b>Wed Jun 20</b>        | <b>6-8:30 pm</b> | <b>1 class</b>         | <b>\$30.00</b> |
| <b>Alma PS - Library</b> |                  | <b>Paula O'Donnell</b> | <b>PR-7554</b> |

**SPORTS & FITNESS**

**BADMINTON - ALMA - Adults 18+**

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited - register early!

\*You must be 18 and over to participate in this class.

|                           |                  |                     |                      |
|---------------------------|------------------|---------------------|----------------------|
| <b>Tue Apr 9 - Jun 11</b> | <b>7-8:30 pm</b> | <b>10 classes</b>   | <b>\$35.00 + HST</b> |
| <b>Alma PS - Gym</b>      |                  | <b>Lisa Skinner</b> | <b>PR-7539</b>       |

Welcome back Spring!



## Continuing Education - First Aid & CPR Courses being offered this Spring

Vital Training Services is proud to offer Canadian Red Cross First Aid and CPR programs to fulfill your training requirements. Sue Hogenkamp of Vital Training Services is a certified paramedic and an innovative, award-winning instructor who has been providing quality first aid training since 1999.



### Red Cross Emergency First Aid and CPR-C/AED

This is an 8-hour course combining adult, child, and infant CPR along with choking, recognition and treatment of heart attacks and strokes, treatment of wounds and bleeding, shock, burns, asthma, plus anaphylaxis and use of the Epi-pen, as well as Naloxone training for drug overdose. Also includes hands-on defibrillation (AED) training. Participant learning is enhanced with one mannequin per person and multiple realistic AED trainers. Please bring a blanket or gym mat for the floor and a pen.

|                                |               |               |           |                |
|--------------------------------|---------------|---------------|-----------|----------------|
| Tuesday & Wednesday            | April 16 & 17 | 5:30-9:30 pm  | 2 classes | \$125.00 + HST |
| Wellington Heights SS – Rm 114 |               | Sue Hogenkamp |           | PR-7562        |

405-B Sligo Road East, Mount Forest

### Red Cross Standard First Aid and CPR-C/AED

This is a continuation of the topics covered in Emergency First Aid as described above, plus recognition and treatment of head and spinal injuries, bone, muscle and joint injuries, diabetic emergencies, seizures, heat/cold injuries, emergency childbirth, and poisons, including the use of Naloxone for Opioid overdose. An assortment of practical scenarios will be used to reinforce participant's confidence. Please bring a blanket or gym mat for the floor and a pen.

Please note that an additional fee of \$10 per person is payable to the instructor on the first night of class for a manual for those who do not already have one.

|                             |               |               |           |                |
|-----------------------------|---------------|---------------|-----------|----------------|
| Tuesday & Wednesday         | April 16 & 17 | 5:30-9:30 pm  | 4 classes | \$155.00 + HST |
| Tuesday & Wednesday         | April 23 & 24 | 5:30-9:00 pm  |           |                |
| Wellington Heights – Rm 114 |               | Sue Hogenkamp |           | PR-7564        |

405-B Sligo Road East, Mount Forest

If you have any questions about the above offered First Aid and CPR Courses or not sure which program, you should be enrolled in please call the Continuing Education Office at (519) 323-4840 for clarification.

**To register for either Emergency or Standard First Aid & CPR  
Call 519-323-4840 or go on-line at [learning4you.ca](http://learning4you.ca)**



**MOUNT FOREST**

**YOUTH & CHILDREN**

**\*\*NEW\*\***

**3 DAY PROGRAM  
BABYSITTER TRAINING - Ages 11 & UP**

The Kid-proof Babysitter's Training course is packed full of advice, guides, tips, and information based on real life experiences. This course has tons of activities and hands-on practice to increase student confidence and provide skills needed to be the best babysitter possible. Each student receives a Babysitter's Handbook and wallet card upon successful completion. Bring a pen, highlighter and a nut free snack to class.

**Wed May 8, 15 & 22 4:00-6:00 pm 3 classes \$60.00**  
 Continuing Education Portable Elaine Love PR-7547  
 Located beside Wellington Heights

**YOUTH & CHILDREN**

**HOME ALONE PROGRAM - Canada Safety Council - Ages 9+**  
 This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. Participants will learn how to prevent problems, handle real-life situations, and keep safe and constructively occupied. Small group discussion problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. A certificate will be given upon successfully completing the program. Fee includes student reference book. Please bring a nut free snack.

**Fri Jun 7 9:30 am-12:00 pm 1 class \$30.00**  
 Continuing Education Portable Elaine Love PR-7544  
 Located beside Wellington Heights

**Fri Jun 7 1:00-3:30 pm 1 class \$30.00**  
 Continuing Education Portable Elaine Love PR-7545  
 Located beside Wellington Heights

**INDOOR SPORTS & OTHER GAMES - Ages 6-11**

Come out and join us for this fun-filled eight weeks of basketball, soccer and other games - get some exercise and have some fun learning the fundamentals of the game. Wear non-marking indoor shoes.

**Thu Apr 4 - May 23 6-7 pm 8 classes \$35.00**  
 Victoria Cross PS - Double Gym Barb Leigh PR-7582

**Just in case someone  
 didn't tell you today.  
 You are amazing!**



# MOUNT FOREST

## SPORTS & FITNESS

### **BADMINTON - Adults 18+**

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes.

\*You must be 18 and over to participate in this class.

**Mon Apr 8 - May 13 7-8:30 pm 6 classes \$22.00 + HST**  
Wellington Heights SS - Gym PR-7540

## SPORTS & FITNESS

### **ADULT REC SPORTS NIGHT - Adults 18+**

Come out for a non-instructional night of non-competitive sports including volleyball, basketball, badminton, and more. Please wear indoor non-marking shoes and bring a water bottle.

\*You must be 18 and over to participate in this class.

**Tue Apr 9 - May 14 7-8:30 pm 6 classes \$22.00 + HST**  
Wellington Heights - Gym PR-7541

## SPORTS & FITNESS

### **WEDNESDAY NIGHTS (EARLIER TIME)**

#### **YOGA FOR THE MIND & BODY - Adults 18+**

The focus of this program is the practice of Hatha Raja and Vinyasa Yoga. Flowing and fixing postures are incorporated to stretch and strengthen major muscles and joints, improve balance, increase range of motion, and reduce stress through breathing and relaxation techniques. Great for beginners of any age! Bring your own non-slip yoga mat.

\*You must be 18 and over to participate in this class.

**Wed Apr 3 - May 22 6:30-7:30 pm 8 classes \$64.00 + HST**  
Wellington Heights - Linda Thomson PR-7542  
Gym L.A.T. Fitness

### **THURSDAY NIGHTS (LATER TIME)**

#### **YOGA FOR THE MIND & BODY - Adults 18+**

The focus of this program is the practice of Hatha Raja and Vinyasa Yoga. Flowing and fixing postures are incorporated to stretch and strengthen major muscles and joints, improve balance, increase range of motion, and reduce stress through breathing and relaxation techniques. Great for beginners of any age! Bring your own non-slip yoga mat.

\* No class April 18 (WHSS semi-formal)

\* You must be 18 and over to participate in this class.

**Thu Apr 4 - May 30 7-8 pm 8 classes \$64.00 + HST**  
Wellington Heights - Linda Thomson PR-7533  
Gym L.A.T. Fitness

## SPORTS & FITNESS

### **BOTH WEDNESDAY & THURSDAY NIGHTSYOGA FOR THE MIND & BODY - Adults 18+**

The focus of this program is the practice of Hatha Raja and Vinyasa Yoga. Flowing and fixing postures are incorporated to stretch and strengthen major muscles and joints, improve balance, increase range of motion, and reduce stress through breathing and relaxation techniques. Great for beginners of any age! Bring your own non-slip yoga mat.

\*You must be 18 and over to participate in this class.

\*No class April 18 (WHSS semi-formal)

**Wed Apr 3 - May 22 6:30-7:30 pm 8 classes**  
**Thu Apr 4 - May 30 7-8 pm 8 classes \$116.00 + HST**  
Wellington Heights - Linda Thomson PR-7543  
Gym L.A.T. Fitness

You are doing an  
amazing job being you.  
Keep it up.

**HAVE A QUESTION?  
REACH OUT AND CONNECT  
WITH US AT  
CONTINUING EDUCATION  
THROUGH SOCIAL MEDIA**





**MINTO**

**SPORTS & FITNESS**

**YOGA - Adults 18+**

Yoga is a powerful tool for connecting the mind and body, and this class will focus on the sun salutation as a means of establishing and building this relationship. Increased focus, range of motion, strength and peace of mind will be nurtured in this practice. Every person's practice is as unique as they are, so this class is perfect for yogis of any level. Bring a non-slip yoga mat.

\*No class May 20 (Victoria Day)

**Mon Apr 8 - Jun 3**  
**Minto-Clifford PS - Library**  
**Harriston**

**7-8 pm**

**6 classes**  
**Nichola McEwan**

**\$64.00 + HST**  
**PR-7546**

*There is music all around you.  
 Find the courage to dance*

**SPORTS & FITNESS**

**COUNTRY 2 STEP & SOCIAL FOXTROT**

Come out and join us for the ever popular and fun Texas 2 Step combined with Country Social Foxtrot. This class is for beginners and experienced dancers. The basic 2 Step/Foxtrot figures will be featured along with more advanced stylish figures according to the interests and skill level of the participants. Come experience these two styles of easy dances and see how much fun you can have dancing, meeting new people or just learning something new.

\*\* PLEASE NOTE - This program is designed for couples - registration fee of \$195.00/a couple or \$97.50/a person + HST.

**Thu Apr 4 - May 23**  
**Minto-Clifford PS - Gym**  
**Harriston**

**7:15-8:15 pm**

**8 classes**  
**Robert Hutson**

**\$195.00 couple/\$97.50 person + HST**  
**PR-7557**



# REGISTER NOW FOR COURSES IN THIS GUIDE

## FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION

### REGISTER ON-LINE!

Register online now at:

[www.learning4you.ca](http://www.learning4you.ca)

**we accept:**



### MAIL-IN



Make cheque payable to:  
**Continuing Education**  
 Send form & payment to:  
**Continuing Education**  
 405-B Sligo Rd. E.,  
 Mount Forest, ON N0G 2L2



### PHONE-IN



**519-323-4840**  
 Have credit card and course listings handy  
 Call Monday - Friday, 9 am - 4 pm



### WALK-IN



**Continuing Education Portable**  
 405-B Sligo Rd. E.,  
 Mount Forest, ON  
 Monday - Friday, 9 am - 4 pm  
 After Hours: Use drop box in door



### FAX-IN



**519-323-0430**  
 Fax registration form including credit card  
 information, address and phone number

## GENERAL INTEREST REGISTRATION FORM

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_  M  F

Child's Surname: \_\_\_\_\_ First Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_  M  F  
(if child's course) (child's) DD/MM/YR

Mailing Address: \_\_\_\_\_  
(Street, Box # or Rural Route) Town Postal Code

Phone: \_\_\_\_\_ Cell/Bus: \_\_\_\_\_ Email: \_\_\_\_\_

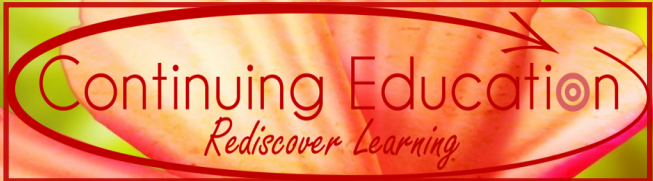
Paid by:  Cheque  Cash  Visa  MasterCard

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| Course 1 Name: _____                 | Course 2 Name: _____                 |
| Program Number (PR): _____           | Program Number (PR): _____           |
| Location: _____ Fee: _____           | Location: _____ Fee: _____           |
| <small>(+HST if applicable)</small>  | <small>(+HST if applicable)</small>  |
| Date of 1st Class: _____ Time: _____ | Date of 1st Class: _____ Time: _____ |

Card #: \_\_\_\_\_ Expiry: \_\_\_\_\_

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

The above information is collected under the legal authority of the Education Act, R.S.O. 1980. This information is used for administration and statistical purposes of the Continuing Education Department and will be accessed by the principals, teachers and support staff. Queries concerning this information collection should be directed to the Principal of Continuing Education, 1428 Gordon St., Guelph, Ontario N1L 1C8 - (519) 836-7280.



**learning4you.ca**

