

Fall
2023

FALL 2023 | 1



Covering Orangeville, Shelburne and Dufferin County

learning4you.ca

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**UPPER
GRAND**

DISTRICT SCHOOL BOARD

GENERAL INTEREST & LEISURE COURSE INFORMATION

GENERAL POLICIES

- ◆ You are not registered for a class unless payment has been received
- ◆ You will be notified of any cancelled classes or courses by email only
- ◆ We will no longer be sending course reminder emails, so please mark the dates in your calendar upon registration
- ◆ We will attempt to reschedule any classes cancelled due to school closure or inclement weather
- ◆ No classes on statutory holidays or P.D. days unless otherwise stated
- ◆ Check receipt for excluded dates or supply lists
- ◆ All General Interest courses are 18+ unless otherwise stated
- ◆ We do not accept post-dated cheques. Fees payable to: Dufferin Centre for Continuing Education
- ◆ Visa, Mastercard, Cash, Cheque, or debit accepted
- ◆ Add 13% HST where applicable when sending in cheques
- ◆ First come, first served
- ◆ No smoking on school property

COVID-19 POLICIES

- ◆ All programs will operate following the province-wide social distancing and closure mandates
- ◆ Please be aware that some programs may not be able to run
- ◆ Please check our Board website for any COVID-19 related updates and policies: www.ugdsb.ca

REFUND POLICY

- ◆ A full refund will be issued if the course is cancelled by Continuing Education
- ◆ A \$10 fee, plus any classes, 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

INSTRUCTORS WANTED

Are you interested in becoming an instructor in our growing General Interest Program? Share with others your specific skills, special interests, and unique talents. Call 519-941-2661 ext. 222

CONTACT US

Address:

40 Amelia St.
Orangeville, ON L9W 3T8

Phone / Fax:

519-941-2661 / 519-942-2353

Office Hours:

Monday to Friday 8:30 am – 4:00 pm

Continuing Education serves all residents in and around Dufferin and Wellington Counties.

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



Principal—Julie Bodiam
Vice Principal—Pam Eurig

View this Course Guide online at:
www.learning4you.ca
Then choose Interest & Leisure Courses

SPORTS / FITNESS & HEALTH

SPORTS

VOLLEYBALL - FULL YEAR 2023/2024

Come on out for a fun game of volleyball. Men and women welcome. Please wear indoor, non-marking soles and bring a water bottle.

Wed Sep 20 - Jun 19 8:00-10:00 pm 28 classes \$120.00 + HST
Orangeville DSS - Double Gym Rita Baldassarra PR-7289

VOLLEYBALL - FALL SEASON

Come on out for a fun game of volleyball. Men and women welcome. Please wear indoor, non-marking soles and bring a water bottle.

Wed Sep 20 - Nov 22 8:00-10:00 pm 10 classes \$60.00 + HST
Orangeville DSS - Double Gym Rita Baldassarra PR-7290

FITNESS & HEALTH

NORDIC WALKING - AGES 55+

Walking using poles is a low stress, total body workout that's fantastic for weight loss, lowering blood pressure, reducing cholesterol, relieving back, shoulder and neck pain and recovery from knee and hip replacement surgeries. Improves your posture, balance and core muscles. It is also great for your body and mind. Why attend? If you don't know the technique, you won't get all the benefits! Ages 55+ Walking poles provided.

Wed Sep 20 - Oct 25 7:00-8:00 pm 6 classes \$45.00 + HST
Orangeville DSS - Room 128 Barry Bartlett PR-7305

Thurs Sep 21 - Nov 2 7:00-8:00 pm 6 classes \$45.00 + HST
Orangeville DSS - Room 128 Barry Bartlett PR-7306

YOGA

MINDFUL BEGINNER YOGA

During this 6 week Series we will explore: Proper alignment in poses to prevent injury. Adaptions for your body and abilities. Breath work to help you calm and focus. Relaxation techniques. Introduction to Meditation. Yoga Poetry. How to take what you learn on the mat into your everyday life and reap the benefits. No previous experience necessary, accessible for everyone.

Tues Sep 20 - Oct 31 7:00-8:00 pm 6 classes \$90.00 + HST
No class Oct 10th
Orangeville DSS - Library Carol-Anne Fisher PR-7293

MINDFUL CHAIR YOGA

A Yoga class designed to let you move and stretch while having the support of a chair. We'll include a variety of breath work, movement and meditation, sitting in the chair, using the support of the chair for standing movements, and for helping you to get down and back up from the mat (optional depending on your mobility) No previous experience necessary, accessible for everyone.

Tues Sep 21 - Nov 2 7:00-8:00 pm 6 classes \$90.00 + HST
No class Oct 12th
Orangeville DSS - Library Carol-Anne Fisher PR-7294

MINDFUL GENTLE YOGA

A Yoga class designed to let you move and stretch with awareness. We'll include a variety of breath work, movement and meditation each week. No previous experience necessary, accessible for everyone.

Thur Nov 9 - Dec 21 7:00-8:00 pm 6 classes \$90.00 + HST
No class Nov 30
Orangeville DSS - Library Carol-Anne Fisher PR-7296

MINDFUL RESTORATIVE YOGA

Perfect Yoga class for relaxing the body. Experience ease, comfort and slowing down. We'll include a variety of breath work, some slow, stretching movement, relaxation postures, and some guided meditations to help bring your body into a deeper state of rest. No previous experience necessary, accessible for everyone.

Tues Nov 7 - Dec 19 7:00-8:00 pm 6 classes \$90.00 + HST
No class Nov 14th
Orangeville DSS - Library Carol-Anne Fisher PR-7295



FOOD

MAKE YOUR OWN SAMOSAS

Welcome in this fall season with the ever-popular Indian comfort food, Samosa's! In this class we will be making: Samosa pastry - made from all-purpose flour and spices. Chicken samosa filling - made with minced chicken, potatoes, peas and spices. Sweet & Sour Tamarind Chutney. And we will finish the class with an aromatic masala chai made with green cardamom and ginger. Please bring an apron, a water bottle, and containers for any possible leftovers.

Thurs Oct 5th 6:30-8:30 pm 1 class \$60.00 + HST
Orangeville DSS - Room 210 Chitra Saravanan PR-7288

**SUSHI MAKING**

Let's get ready to roll! Learn how to make two types of rolled sushi at this fun sushi making class. Choose your favourite fillings like cucumber, avocado, and tempura shrimp (and more). All ingredients and tools supplied and you keep the 3-piece rolling kit after so you can roll at home. (Note: allergens - sesame, shellfish). Please bring an apron, a water bottle, and containers for any possible leftovers.

Fri Sept 29th 6:00-8:00 pm 1 class \$65.00 + HST
Orangeville DSS - Room 210 Emily Dickson PR-7307

Thurs Oct 19th 6:00-8:00 pm 1 class \$65.00 + HST
Orangeville DSS - Room 210 Emily Dickson PR-7406



ARTS & CRAFTS

PAPER FLOWER BOUQUETS

Create a beautiful flower bouquet in this class led by Debbie Guarda from Rustic Star Designs. In this class, you will learn how to make beautiful paper blossoms, creating a flower bouquet to take home with you. Petals will be cut for you, all you need to do is put them together. All materials required will be provided.

Tue Sep 19th 7-9:30 pm 1 class \$48.00 + HST
Orangeville DSS - Room 502 Debbie Guarda PR-7301

Tue Nov 14th 7-9:30 pm 1 class \$48.00 + HST
Orangeville DSS - Room 502 Debbie Guarda PR-7304

FRONT PORCH WELCOME BOARDS

Come join us for a Fall and Winter front porch sign class led by Debbie Guarda from Rustic Star Designs. In this class, you will be creating a fall or winter themed sign on a 5' long pre-stained board. Board, paint, stencils and art materials will be provided.

Tue Oct 3rd 7-9:30 pm 1 class \$65.00 + HST
Orangeville DSS - Room 502 Debbie Guarda PR-7302

Tue Dec 5th 7-9:30 pm 1 class \$65.00 + HST
Orangeville DSS - Room 502 Debbie Guarda PR-7303



YOUTH & CHILDREN

MUSIC

**FAMILY CIRCUS**

Physical Play for Parents & Kids age 5+. Rediscover childhood. Rolling, spiraling, bouncing, playful dance variations of animal movement and character play - and singing / percussion games. Price is for 1 child and 1 or 2 adults. Additional children in same family half price.

Mon Nov 6 - Nov 13 5:00pm - 6:00pm 2 classes \$20.00
Orangeville DSS - Cafetorium Jonathon Neville PR-7373

BEGINNER GUITAR LESSONS—AGES 8-10

This beginner guitar course is geared towards kids and will teach them all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have a basic understanding of how to play guitar.

Wed Sep 20 - Nov 22 6:30pm - 7:30pm 10 classes \$56.00
Orangeville DSS - Room 313 Stephanie Edwards PR-7297

BEGINNER GUITAR LESSONS—AGES 11-15

This beginner guitar course is geared towards kids and will teach them all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have a basic understanding of how to play guitar.

Thurs Sep 21 - Nov 23 6:30pm - 7:30pm 9 classes \$50.00
NO CLASS Thurs Oct 12th
Orangeville DSS - Room 313 Stephanie Edwards PR-7298

BEGINNER GUITAR LESSONS

This beginner guitar course will teach you all the basics from strings to chords to songs. If you have a guitar sitting in the house getting dusty, it is time to learn to put it to good use. By the end of this course, you will have everything you need to call yourself a guitarist.

Wed Sep 20 - Nov 22 7:45pm - 8:45 pm 10 classes \$56.00
Orangeville DSS - Room 313 Stephanie Edwards PR-7299

BEGINNER GUITAR LESSONS - LEVEL 2

This course is for students with some guitar experience. This class builds upon our Beginner Guitar class for adults. If you have taken our beginner guitar course before or have some guitar experience, this class is for you.

Thurs Sep 21 - Nov 23 7:45pm - 8:45 pm 9 classes \$50.00
NO CLASS Thurs Oct 12th
Orangeville DSS - Room 313 Stephanie Edwards PR-7300



DANCE

DANCE

FREESTYLE PARTNER DANCING

Ballroom not for you? No need to learn rules of where or when to move - attune to the present connection between you and your dance partner(s), play with physics. Have more fun on the dance floor! No partner required.

Thurs Oct 26 - Nov 9 7:00-8:00 pm 3 classes \$30.00 + HST
 Orangeville DSS - Cafetorium Jonathon Neville PR-7367

CREATIVE WORKOUT

Grow skills and imagination as you grow fit. All welcome. A blend of precise technique, guided imagination, and free play. Fitness for living with finesse. Getting up from the floor for examples—who knew you could have so much fun just living your life? Athletic dance, creative cardio.

Thurs Oct 26 - Nov 9 8:00-9:00 pm 3 classes \$30.00 + HST
 Orangeville DSS - Cafetorium Jonathon Neville PR-7371

SALSA

You can't dance swing without smiling. Learn to dance with snazzy syncopations, spontaneity and serendipity. Beginner? Advanced? This class works well for all. No partner required. Make-up class will be held on February 1 if needed.

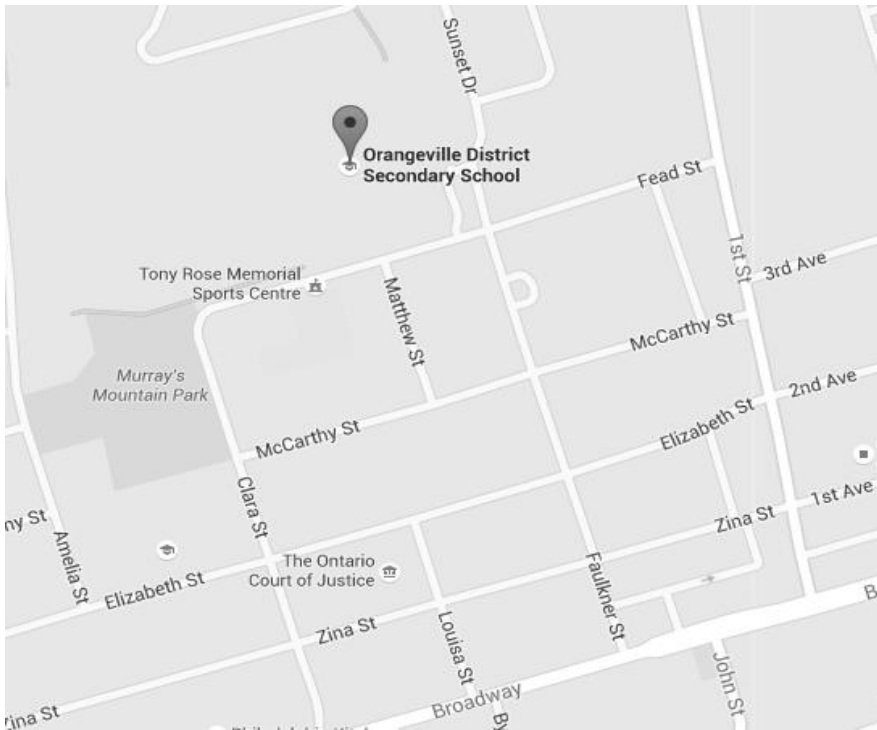
Thurs Nov 16-Dec 7 7:00-8:00 pm 3 classes \$30.00 + HST
No class on Nov 30th.
 Orangeville DSS - Cafetorium Jonathon Neville PR-7368

LINE DANCE

Country and Latin and Soul line dances. No partner required.

Thurs Oct 26 - Nov 9 8:00-9:00 pm 3 classes \$30.00 + HST
No class on Nov 30th.
 Orangeville DSS - Cafetorium Jonathon Neville PR-7365

**Classes in this guide are held at the following locations
 Call 519-941-2661 for more information**



Orangeville DSS

Continuing Education

Rediscover Learning



Call 519-941-2661 ext 222 for more information

REGISTER NOW FOR INTEREST & LEISURE COURSES**FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION****MAIL-IN**

Make cheque payable to:
Continuing Education
 Send form & payment to:
Continuing Education
 40 Amelia St.
 Orangeville, ON L9W 3T8

**PHONE-IN****519-941-2661**

Have credit card and course listings handy
 Call Monday ⇒ Friday, 9 am ⇒ 4 pm

**WALK-IN**

9 am ⇒ 4 pm
 After Hours: Use drop box near front door
40 Amelia St.
Orangeville, ON

To register for a Secondary School Credit

REGISTER ON-LINE!

You may now register online at:

www.learning4you.ca

**FAX-IN****519-942-2353**

Fax registration form including credit card
 information, address and phone number.
 Monday ⇒ Friday

CREDIT COURSES

Course please phone for details or come into
 the office and fill out a registration form

519-941-2661**GENERAL INTEREST REGISTRATION FORM ONLY**

Surname: _____ First Name: _____ M F O

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

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

Phone: _____ Cell/Business Phone: _____

Email: _____ Note: Receipts will be sent to your email

Course 1 Name: _____	Course 2 Name: _____
Location: _____ Fee: _____	Location: _____ Fee: _____
Course Code: PR- _____ (+HST if applicable)	Course Code: PR- _____ (+HST if applicable)
Date of 1st Class: _____ Time: _____	Date of 1st Class: _____ Time: _____

Paid by: Cheque Cash Visa MasterCard

Card #: _____ Expiry: _____ www.learning4you.ca

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.

Register NOW on-line at:
www.learning4you.ca

