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Covering Orangeville, Shelburne and Dufferin County



learning4you.ca



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 or vaping on school property

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:
519-941-2661

Office Hours:
Monday to Friday 8:30 am – 4:00 pm

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

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

SPORTS & FITNESS

SPORTS & FITNESS

PICKLEBALL

Play Pickleball! This 8-week program (relaxed, non-competitive, non-instructional) is a great opportunity to secure some court space on this popular sport. Players will play doubles for an hour, with 4 players and 2 subs. Men and women welcome. Please wear indoor, non-marking sole running shoes. Bring your own paddles. Balls will be provided.

*No class May 20

Mon	Apr 8 - Jun 3	7-8 pm	8 classes	\$48.00+HST PR-7496
Mon	Apr 8 - Jun 3	8-9 pm	8 classes	\$48.00+HST PR-7497
Island Lake Public School - Gym			Rita Baldassarra	



VOLLEYBALL - SPRING SEASON

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

Wed	Apr 10 - May 29	8-10 pm	8 classes	\$48.00+HST
Orangeville DSS - Double Gym			Rita Baldassarra PR-7559	



SPORTS & FITNESS

BADMINTON

This 7-week program (relaxed, non-competitive, non-instructional) is a great evening out at the end of the week. All abilities welcome. Men and women welcome. Age 18+ Please wear indoor, non-marking sole running shoes. Bring your own racquets.

*No class May 19th

Sun	Apr 14 - Jun 2	8-10 pm	7 classes	\$42.00+HST
Westside SS-Double Gym			Naim Rahman PR-7548	



**COME OUT AND TRY SOMETHING NEW
AND MEET NEW PEOPLE**

SPORTS & FITNESS

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.

No class May 14

Tues Apr 23 - Jun 4 7-8 pm 6 classes \$90.00+HST
Orangeville DSS Carol-Anne Fisher PR-7565
 - Library

SPORTS & FITNESS

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 Apr 17 - May 22 7-8 pm 6 classes \$45.00+HST
Orangeville DSS Barry Bartlett PR-7566
 - Room 128

Thu Apr 18 - Mar 23 7-8 pm 6 classes \$45.00+HST
Centre Dufferin DHS, Barry Bartlett PR-7567
 Shelburne - Rm 72



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



ARTS & CRAFTS

ARTS & CRAFTS

ROPE BOWL SEWING

Create a beautiful and functional bowl out of rope! This bowl will look beautiful in your home or make a perfect gift. Rope and thread are provided. Participant will need to bring their own sewing machine and basic sewing supplies. This course is perfect for beginners and those wanting a fun night out with their sewing machine! Please bring sewing machine and basic sewing kit.

Wed May 1 6:30-9:30pm 1 class \$55.00+HST
Orangeville DSS - Rm 811 Diana Taylor-English PR7577



CARD MAKING

Hand-made cards make a perfect gift!! Learn some new paper-crafting skills and create some unique and beautiful hand-made cards. Participants will learn new skill each week, while bringing home 12 handmade cards. Course includes the cardstock and embellishments for each class. Participants will provide the following supplies each week: paper cutter, adhesive and scoring blade.

Wed May 8, 15, 22 & 29 6:30-9:30pm 4 classes \$120.00+HST
Westside SS - Rm 309 Diana Taylor-English PR-7580



ARTS & CRAFTS

BASIC SEWING - Wednesdays in April

Learn to Sew! In this basic sewing course, participants will complete 4 projects over 4 weeks, learning basic sewing skills. You will make:

- Pillow case with French seams
- Cup Cozy using fusible fleece and button
- Fully lined and finished re-usable shopping bag from a pattern
- Card wallet using cork

Participants will supply their own sewing machine, basic sewing kit, thread, fabric, rotary cutter and mat.

Wed Apr 3, 10, 17 & 24 6:30-9:30pm 4 classes \$110.00 +HST
Orangeville DSS - RM 811 Diana Taylor-English PR-7578



BASIC SEWING - Tuesdays in May

Learn to Sew! In this basic sewing course, participants will complete 4 projects over 4 weeks, learning basic sewing skills. You will make:

- Pillow case with French seams
- Cup Cozy using fusible fleece and button
- Fully lined and finished re-usable shopping bag from a pattern
- Card wallet using cork

Participants will supply their own sewing machine, basic sewing kit, thread, fabric, rotary cutter and mat.

Tue May 7, 14, 21 & 28 6:30-9:30pm 4 classes \$110.00 +HST
Orangeville DSS - RM 811 Diana Taylor-English PR-7579

ARTS & CRAFTS

INTRODUCTION TO QUILTING

Have you wanted to learn how to put together a quilt that reflects you or the person you are gifting the quilt to? Please join us for four weeks and learn how to design your project including purchasing and prepping your fabrics. Participants will learn how to use strips to create a number of blocks and patterns. You will also learn how to prep your piece for layering and quilting on your machine or by hand and how to wrap it all up and learn to bind your completed piece.

Participants will bring the following supplies:

- sewing machine
- rotary cutter
- cutting mat
- Thread
- fabrics and batting for project (to be discussed during week one of course)

Tue May 2, 9, 16 & 23 6:30-9:30pm 4 classes \$110.00+HST
Orangeville DSS - Rm 811 Diana Taylor-English PR7581



FOOD

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, tempura shrimp, and more. All ingredients and tools supplied. Participants keep the 3-piece rolling kit used during the class, so you can roll at home! **(Note: allergens - sesame, shellfish).**

Please bring an apron, a water bottle, and containers for any possible leftovers.

Fri Apr 26	6-8pm	1 class	\$50.00 + HST PR-7592
Fri May 3	6-8pm	1 class	\$50.00 + HST PR-7585
Fri May 17	6-8pm	1 class	\$50.00 + HST PR-7586
Orangeville DSS - Room 210		Miso Hungry Emily Dickson	



FOOD

INDIAN DISHES

Learn all your classic Indian dishes!
Vegetable bhaji - Appetizer made with chickpea flour and spices
Curries - Channa masala
Chicken vindaloo - Spicy and tangy curry
These curries will be accompanied by basmati rice.

Please bring an apron, a water bottle, and containers for any possible leftovers.

Wed May 8 6:30-8:30pm 1 class \$50.00 + HST
PR-7590

Orangeville DSS Chitra Saravanan
- Room 210



ARTS & CRAFTS

ARTS & CRAFTS

“HELLO SPRING” Round Door Hanger

Decorate your front door with this cute and colorful door hanger!!

Join us for a fun class led by Debbie Guarda from Rustic Star Designs.

Wed Apr 10 6:30-9 pm 1 class \$45.00+HST
Orangeville DSS - Room 809 Debbie Guarda PR-7569
Rustic Star Designs



ARTS & CRAFTS

THREE PAPER & WOOD STANDUP FLOWERS

Make these pretty little flowers to help decorate your space for spring!!

Debbie Guarda from Rustic Star Designs will provide a fun evening of instruction.

Wed Apr 17 6:30-9pm 1 class \$40.00+HST
Orangeville DSS - Room 809 Debbie Guarda PR-7568
Rustic Star Designs



“MASON JAR” Paper Flower Art

Just in time for Mother’s Day, make this beautiful “mason jar” paper flower pic to show mum how much you love her or keep it for yourself!

Debbie Guarda from Rustic Star Designs will provide a fun evening of instruction.

Wed May 8 6-9pm 1 class \$60.00+HST
Orangeville DSS - Room 811 Debbie Guarda PR-7570
Rustic Star Designs



POTTED FLOWER PICTURE

Come join Debbie to make this awesome potted flower picture, so cute!!

Debbie Guarda from Rustic Star Designs will provide a fun evening of instruction.

Wed May 22 6:30-9pm 1 class \$35.00+HST
Orangeville DSS - Room 811 Debbie Guarda PR-7572
Rustic Star Designs



MUSIC

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 Apr 3 - May 22 6:30-7:30pm 8 classes \$56.00
Orangeville DSS - Room 313 Stephanie Edwards PR-7573

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 Apr 4 - May 23 6:30-7:30pm 8 classes \$56.00
Orangeville DSS - Rooms 809 Stephanie Edwards PR-7575

MUSIC

BEGINNER GUITAR LESSONS (Adults)

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 Apr 3 - May 22 7:45-8:45 pm 8 classes \$56.00+HST
Orangeville DSS - Room 313 Stephanie Edwards PR-7574

BEGINNER GUITAR LESSONS - (Adults) 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.

*Please note room change April 18.

Thurs Apr 4 - May 23 7:45-8:45 pm 8 classes \$56.00+HST
Orangeville DSS - Rooms 313 & 809 Stephanie Edwards PR-7576



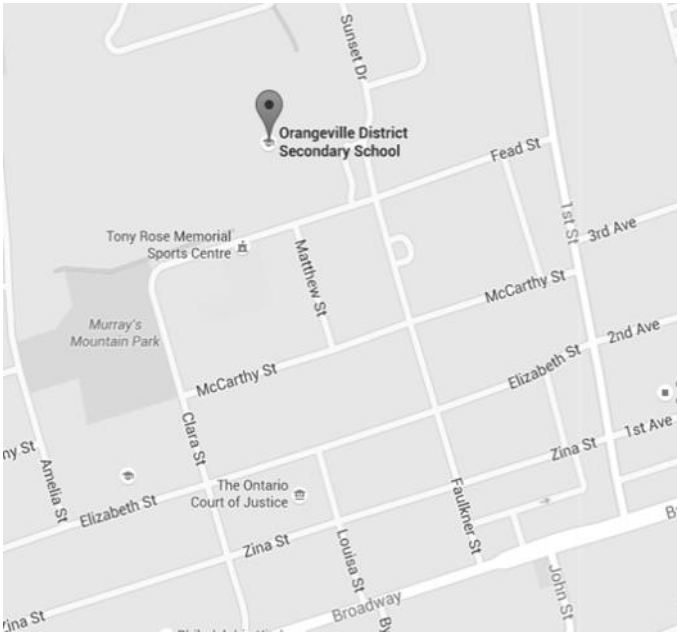
Dust off that guitar and
come meet some new people.
You are never too young or
old to try something new!



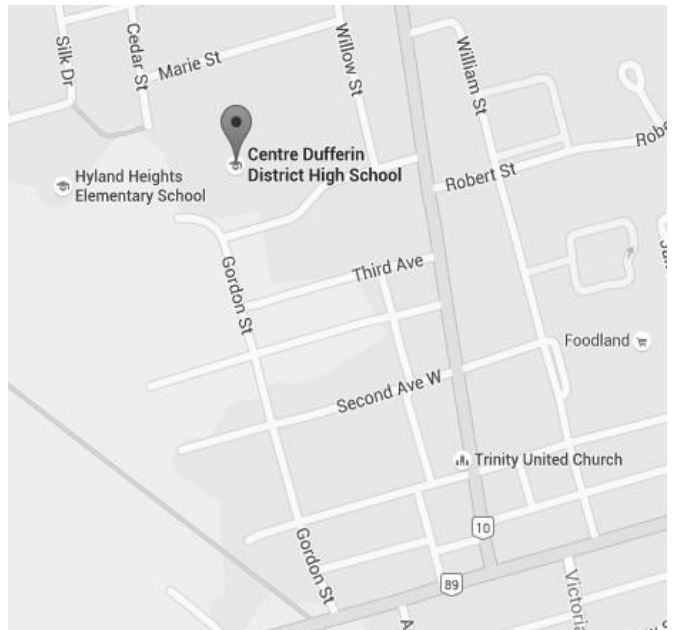
Interested in becoming
an instructor?
Have a great idea for a
course you can offer?
Give us a call today!



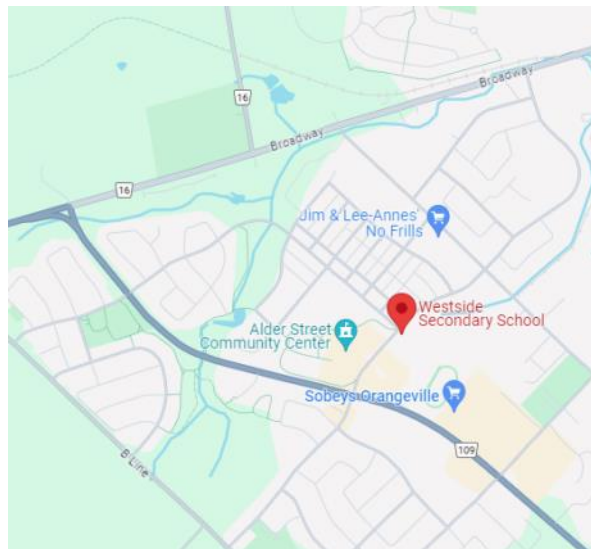
**Classes in this guide are held at the following locations
Call 519-941-2661 for more information**



Orangeville DSS



Centre Dufferin DHS
Shelburne



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

REGISTER ON-LINE!

www.learning4you.ca



FAX-IN

519-942-2353

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

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: _____

Location: _____ Fee: _____

Course Code: PR- _____ (+HST if applicable)

Date of 1st Class: _____ Time: _____

Course 2 Name: _____

Location: _____ Fee: _____

Course Code: PR- _____ (+HST if applicable)

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

Continuing Education
Rediscover Learning