

Winter  
2023

# Covering Orangeville, Shelburne and Dufferin County



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

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



### 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

**Principal—Julie Bodiam**  
**Vice Principal—Pam Eurig**

**View this Course Guide online at:**  
**[www.learning4you.ca](http://www.learning4you.ca)**  
Then choose Interest & Leisure Courses

## ARTS & CRAFTS

### ARTS & CRAFTS

#### THE INS AND OUTS OF THE CRICUT WORLD - COMPLETE SERIES

Do you have a Cricut machine at home collecting dust and just haven't been able to navigate Design Space? Do you scroll through Pinterest wishing you could create these same projects but just don't know where to start? This 7-week course is designed to explore the ins and outs of the Cricut world. Throughout the lessons, you will learn how to use and manipulate the Cricut Design Space and create a variety of items. In each class, you will learn and create something new. There is a list of supplies needed in each individual class. You can register for the entire series or each individual class. If you are signing up for individual classes and do not have experience with Design Space, you must sign up for Design Space 101 before joining the other classes.

\*Please bring the following to every class; Cricut Machine: Air 2 or the Maker, Basic tool kit, Laptop, iPad, No Chromebooks, Mats Blue 12x12 and 12x24, Fine point marker and Premium Fine point marker.

\*\*If the class is full, please add yourself to the waitlist in the event space(s) opens up.

This course will consist of the following lessons:

**Lesson 1** - Design Space 101 - In this class, you will learn the ins and outs of design space. We will finish the class by decorating a cup of your choice. Please bring either a mug, water bottle, wine glass, etc., Premium permanent vinyl, a roll of Cricut Transfer Tape (the grid is grey).

**Lesson 2** - Card Making - In this class, you will learn how to make cards and boxes. Please bring cardstock 12X12 and 24X12, scrapbooking glue, and Scoring Wheel (Maker) or Stylus (Air 2)

**Lesson 3** - Adhesive Vinyl - Learn how to use the Text Option, Curve/Angle words, detach/attach and welding. Please bring 3 colours of Cricut Premium Vinyl, water, regular Cricut Transfer Tape (the grid is grey). If bringing Glitter Permanent Vinyl, you will need the Strong Bond Transfer Tape (Grid is Purple).

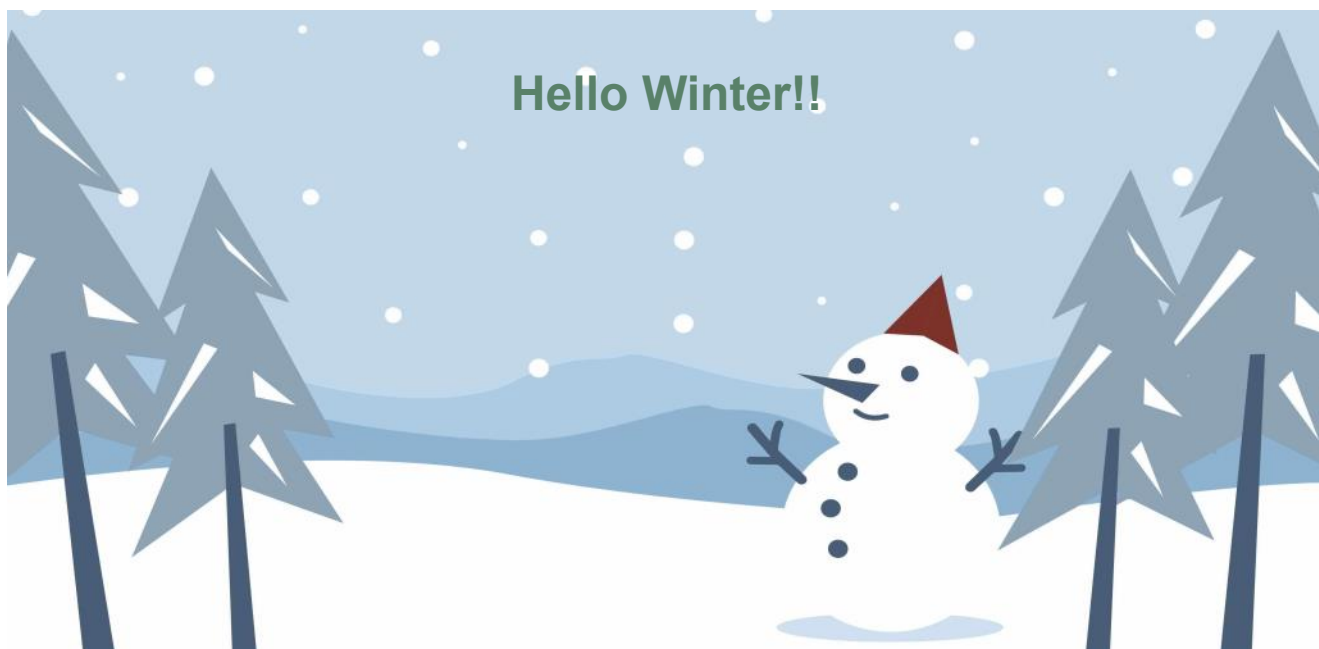
**Lesson 4** - Iron-on Vinyl - Learn how to upload/clean up images and pick an image from Design Space or create your own. Please bring Siser or Cricut Iron-on Vinyl (few colours but same brand), 2-3 T-shirts, Cricut Easy Press and mat (if you don't own one, a few will be there to share).

**Lesson 5** - Layering Adhesive and Iron-on Vinyl - Learn how to layer an image on a T-Shirt and Iris case or Blackboard. The focus will be on slicing and attaching. Please bring Premium Permanent Vinyl and Iron on from Lesson 3 and 4, and a canvas bag.

**Lesson 6** - Canvas/Wood Sign - Learn how to create your own sign using either canvas or wood or both. Please bring 12X24 max canvas (white or black), 12X24 max for wood sign, Iron-on Vinyl for canvas and wood, Cricut Stencil Vinyl for wood if you want to paint instead (bring your paint colours and sponge brush), Easy Press and mat (there will be one to use if you don't have your own), 2 hand towels to put under the canvas.

**Lesson 7** - New Infusible Ink - The newest and hottest items sold by Cricut and only at Michaels. The ink infuses right to the material, no more Vinyl feel. Layering the ink or creating your own image with the markers. Please bring 1 or 2 colours of infusible ink (some boxes come with up to 4 colours), Infusible Ink Markers if you want to create your own image or colour in one of the black and white infusible ink transfer paper, 100% polyester T-shirt (Cricut sells their own brand from newborn to adult), a Cricut Infusible ink bag (Cricut sells 2 different sizes).

Tues Jan 24 - Mar 7 7-9 pm 7 classes \$150 + HST  
Orangeville DSS—Rm 502 Chrissy Robertson-Mizzy PR-7127





## FITNESS &amp; HEALTH - SHELBURNE

**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. It 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. PLEASE NOTE: There is no class on February 2nd.

Thur Jan 19 — Mar 2 7-8 pm 6 classes \$45.00 + HST  
Centre Dufferin DHS - Rm 75 Barry Bartlett PR-7123

## FITNESS &amp; HEALTH - ORANGEVILLE

**MINDFUL GENTLE YOGA WITH CAROL-ANNE**

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.

Tue Jan 10 — Feb 28 7-8 pm 8 classes \$120.00 + HST  
Orangeville DSS - Library Carol-Anne Fisher PR-7074

**VOLLEYBALL WINTER**

Come on out for a fun game of volleyball during this 8-week program (non-instructional). Men and women welcome. Please wear indoor, non-marking sole running shoes.

PLEASE NOTE: There is no volleyball session on February 1st.

Wed Jan 11 - Mar 8 8-10 pm 8 sessions \$48.00 + HST  
Orangeville DSS - Double Gym Rita Baldassarra PR-6998

**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. It 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 Jan 18—Feb 22 7-8 pm 6 classes \$45.00 + HST  
Orangeville DSS - Rm 128 Barry Bartlett PR-7122

Come out and try something new!



## DANCE

**SWING DANCE**

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.

Wed Jan 11 — Jan 25 7-8 pm 3 classes \$30.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7086

**LATIN DANCE FITNESS**

Grow skills while growing fit. Learn moves from Merengue, Samba, Salsa, Cha Cha. Danced as a group, not a partnered class. Make-up class will be held on February 1 if needed.

Wed Jan 11 — Jan 25 8-9 pm 3 classes \$30.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7113

**SALSA**

Partnered salsa dance. Keys to freedom on a salsa dance floor. Tailored to students' skill levels. Make-up class will be held on March 1 if needed.

Wed Feb 8 — Feb 22 7-8 pm 3 classes \$30.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7119

**ROMANCE DANCE**

A gliding dance perfect for love songs - simple yet sophisticated - where the sky's the limit. Versatile skills for all music. No partner required. Make-up class will be held on March 1 if needed.

Wed Feb 8 — Feb 22 8-9 pm 3 classes \$30.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7121

**FOR ADVANCED SOLO DANCERS - PARTNER DANCING**

Partner dancing - Freestyle, Salsa, Swing, etc - for trained contemporary / ballet / modern / jazz dancers. Make-up class will be held on March 29th if needed. PLEASE NOTE: There is no class on March 15.

Wed Mar 8 — Mar 22 7-8 pm 2 classes \$20.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7125

**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 example - who knew you could have so much fun just living your life? Athletic dance, creative cardio. Make-up class will be held on March 29th if needed. PLEASE NOTE: There is no class on March 15 (MARCH BREAK).

Wed Mar 8 — Mar 22 8-9 pm 2 classes \$20.00 + HST  
Orangeville DSS Cafetorium Jonathon Neville PR-7126

## YOUTH &amp; CHILDREN / FOOD / MUSIC / SPECIAL INTEREST

## YOUTH &amp; CHILDREN

**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. PLEASE NOTE: There is no class on March 15th (MARCH BREAK).

Wed Feb 8 - Apr 5 6:30pm - 7:30pm 8 classes \$45.00  
Orangeville DSS - Rm 313 Stephanie Edwards PR-7064

**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. PLEASE NOTE: There is no class on March 16th (MARCH BREAK).

Thur Feb 9 - Apr 6 6:30pm - 7:30pm 8 classes \$45.00  
Orangeville DSS - Rm 607 Stephanie Edwards PR-7066

**\*\*Watch out for our Spring 2023 Course Guide for the return of our Home Alone and Babysitting Bootcamp courses\*\***

## MUSIC

**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. PLEASE NOTE: There is no class on March 15th (MARCH BREAK).

Wed Feb 8—Apr 5 7:45pm - 8:45 pm 8 classes \$45.00  
Orangeville DSS - Rm 313 Stephanie Edwards PR-7063

**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.

Thur Feb 9—Apr 6 7:45pm - 8:45 pm 8 classes \$45.00  
Orangeville DSS - Rm 607 Stephanie Edwards PR-7065



## FOOD

**We will be back in the spring with more Indian Cooking classes**



## SPECIAL INTEREST

**WRITER'S CIRCLE**

Everyone has a story. Writer's Circle is for you, no matter where you are on your writing journey. If you are just starting out, find some inspiration. If you are slogging through a long project, get reinvigorated. Please join us for weekly sessions where you will engage in writing prompts, have time to write, reflect upon your successes and struggles, and learn from a supportive writing community. Each student will have a chance to meet with the instructor to discuss their ideas/project, so that they will have a focus going forward.

Wed Jan 18—Mar 8 7—9 pm 8 classes \$85.00 + HST  
Orangeville DSS—Library Anna Armstrong PR-7073



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



Centre Dufferin DHS  
Shelburne



Orangeville DSS



# 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](http://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: \_\_\_\_\_

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

