

SPRING
2024

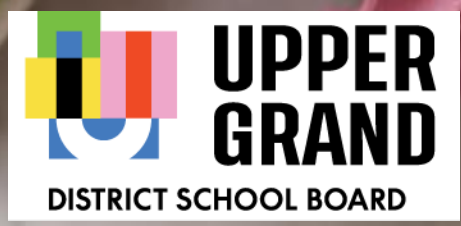
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Continuing Education 
Rediscover Learning

Guelph

learning4you.ca



CONTINUING EDUCATION SPRING 2024



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: Wellington 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
- ◆ **PLEASE NOTE THAT YOU WILL RECEIVE EITHER A CONFIRMATION EMAIL OR CANCELLATION EMAIL TO CONFIRM IF THE CLASS IS RUNNING OR NOT- PLEASE CHECK JUNK MAIL UP TO 24 HOURS BEFORE THE PROGRAM.**

REFUND POLICY

- ◆ A full refund will be issued if course 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 519-836-7280 ext. 615

CONTACT US

Address:

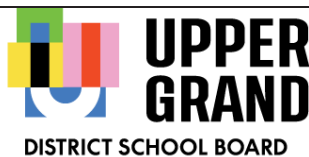
1428 Gordon Street
Guelph, ON N1L 1C8

Phone / Fax:

519-836-7280 / 519-837-0244

Office Hours:

Monday to Friday 8:00am - 4:00pm



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

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

Principal - Julie Bodiam

Vice Principal - Pam Eurig

Program Coordinator - Carly Smith

ART AND CRAFTS

KNITTING– THE NEXT STEP

Now that you have mastered the basic knit and purl stitches, here is your opportunity to learn what you can do with them. Knitting Mitters, Entrelac, Knitting in Circles, Basic Lace Knitting and Cables will be covered. You will be making a Sample Dishcloth using the techniques. You must be able to follow a pattern. **SUPPLY LIST ** Please confirm class is running before you purchase any supplies 519-836-7280 **** Please bring 4 balls of Bernat Handicrafter Cotton yarn (or 1 large ball), 5 mm straight needles, and a set of 5 mm Double Pointed Needles.

Wed Apr 17– May 8 7-9pm 4 classes \$60.00+HST
College Heights– Staff Room Anne McGee PR-7475



DIGITAL PHOTOGRAPHY

Get off the "Auto" mode and unleash the power of your Digital SLR or Mirrorless camera. This course is designed for the beginner to introduce you to the technical and artistic world of digital photography. Learn the capabilities of your camera, the fundamentals of composition, understand exposure control, shooting in various light, equipment, accessories, terminologies and a variety of tips and tricks. Through a series of classes with weekly assignments and critiques you will take control of your camera and improve your images immediately. Please bring your DSLR camera and accessories.

Wed Apr 24– June 12 7-9 pm 8 classes \$110.00 +HST
Centennial C.V.I-Rm C122 Paul Spears PR-7455



HOME & GARDEN

START YOUR OWN HOME INSPECTION BUSINESS

Starting your Home Inspection Business? Want to know what it takes to run a business? Learn how to succeed through banking, marketing, working with your spouse and much more!

Wed Apr 10 6:30-9 pm 1 class \$45.00+HST
J.F Ross C.V.I-Rm 211 Harry Janssen PR-7523

HOW TO BUILD A HOUSE

How exactly is a house built? From ground-breaking to occupancy, what is involved in constructing a house? Learn about trades people required, permits and inspections, blueprints and plans and what's required for occupancy.

Wed May 1 6:30-9pm 1 class \$45.00+HST
JF Ross CVI- Rm 211 Harry Janssen PR-7524

HOW TO MAINTAIN YOUR HOME

Tips for keeping your house in tip top shape! Join Harry for an evening of discussion on how to keep your home in the best shape possible. He will discuss such topics as seasonal maintenance of your home for both indoor and outdoors. Best ways to maintain your roof, heating, etc. will also be covered in this class.

Wed May 22 6:30-9pm 1 class \$45.00+HST
JF Ross CVI- Rm 211 Harry Janssen PR-7525

ENVIRONMENTAL & INSURANCE ISSUES TO YOUR HOME

Interested in learning about environmental insurance coverage? Join Harry in this workshop to discuss issues such as radon, mould, and asbestos. Harry will walk you through the issues and help you determine what is insured and what is not.

Wed Jun 12 6:30-9pm 1 class \$45.00+HST
JF Ross CVI- Rm 211 Harry Janssen PR-7526



SPORTS AND FITNESS

SPORTS AND FITNESS

TAI CHI/CHI KUNG

Practiced for many centuries by millions of people, the slow moving, meditative, gentle exercise of Tai Chi helps restore and maintain fitness, flexibility and natural health. The series of circular, stretching and body weight shifting movements, practiced regularly will exercise every part of the body without strain. Please wear loose, comfortable clothing and flat shoes. Indoor shoes required. **NO CLASS MAY 20**

Mon Apr 8-Jun 17 7-8 pm 10 classes \$80.00+HST
 Priory Park PS-Gym Donna Yurek PR-7456



LATIN FITNESS WITH MOE

Dance yourself into shape with this exhilarating, easy-to-follow, Latin-inspired dance fitness workout. In this class, you will participate in Merengue, Salsa, Cumbia, Reggaeton, Belly Dance and Hip-Hop movements to stay in shape and have fun. Please bring a water bottle to class. Indoor shoes required. **NO CLASS MAY 9 or 20**

Mon Apr 15- Jun 17 6-7 pm 9 classes \$72.00+HST
 Priory Park PS-Gym Moe Saleh PR-7453

Thu Apr 18-Jun 20 6-7pm 9 classes \$72.00+HST
 Priory Park PS-Gym Moe Saleh PR-7454

BEGINNER COUNTRY LINE DANCING

YEE-HAW! Are you a fan of country music? Do you love to dance? Come out for some good ol' COUNTRY LINE DANCING! No experience required. Life's a dance after all, you learn as you go. Enjoy an exciting mix of dance and fitness. Electric Slide, Tush Push, Boot Scootin' Boogie, and many more easy to follow dances. We will teach you all of the basic line dancing moves. Come out and have a blast with friends or make some new ones. Every night is a boot scootin' good time. *Please wear indoor non-marking shoes.

Tue Apr 16-June 4 6-7pm 8 classes \$80.00+HST
 Centennial CVI- Cafeteria Katie & Laura PR-7535

LINE DANCING FITNESS

YEE-HAW! Are you a fan of country music? Do you love to dance? Come out for some good ol' COUNTRY LINE DANCING with the Dunner Sisters! In this class, you will enjoy an exciting mix of dance and cardio fitness. You will follow along to classic and popular line dances that repeat while rotating directions from wall to wall. These fun workouts will help you to burn calories and stay active, all while having a blast with good people. Every night is a heel scuffin' and boot scootin' good time! *Please bring a water bottle to class and wear indoor non-marking shoes.

Tue Apr 16- Jun 4 7-8pm 8 classes \$80.00+HST
 Centennial CVI- Cafeteria Katie & Laura PR-7536



LEARN ABOUT OUR INSTRUCTORS;

Katie & Laura are sisters, born and raised in Guelph, ON. They grew up listening to classic country music and have always shared a love for Country Line Dancing. They've been dancing together for 20+ years and enjoy sharing their passion with others in the community, both personally and professionally. They look forward to seeing ya'll out on the dance floor!

**THANK YOU FOR SUPPORTING
 THE WELLINGTON CENTRE
 FOR
 CONTINUING EDUCATION**



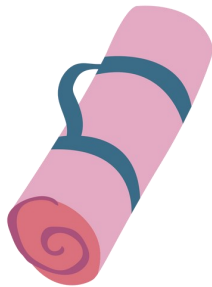
HEALTH AND WELLNESS

YOGA WITH JANE

This classical yoga class promotes health, stress relief, vitality and balance. A variety of basic yoga postures, as well as breathing and relaxation techniques, will be introduced. Increased awareness, variations of the classic poses, and deep relaxation will be developed. No experience is necessary and students are encouraged to participate at their own comfort level. Please wear comfortable clothing (no shoes required) and bring a blanket or large towel and a yoga mat to class. (Tytlar is not wheelchair accessible)

Tue Apr 9– Jun 11 9:30-10:30am 10 classes \$80.00 +HST
 Tytlar Ctre for Con Ed– Rm 2-09 Jane Finoro PR-7457

Thu Apr 11-Jun 13 9:30-10:30am 10 classes \$80.00 +HST
 Tytlar Ctre for Con Ed-Rm 2-09 Jane Finoro PR-7458



Don't see the course you want? Call us with your idea!
We are always looking for new and exciting classes to offer



FOOD AND NUTRITION

SIMPLY INDIAN

In this Simply Indian cooking class we will be making garlic naan -Indian bread, butter chicken - rich creamy curry made with spices and cream, coconut chickpea curry and basmati rice - complimentary.

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

Wed Apr 10 6:30-9pm 1 class \$60.00+HST
 College Heights-Rm A103 Chitra Saravanan PR-7517



BASIC CAKE DECORATING

Aside from eating a cake, the best part of cake making is decorating! This course will teach you the basics of cake decoration which take place after baking. You will learn to make homemade buttercream icing, smoothly cover the cake, and make simple icing flowers. First class is demonstration only and then students will be given a supplies list to provide supplies for second and third class. Students will be purchasing all supplies for this class as well as pre-baking items to bring in to decorate. **Estimated cost is around \$50.00 for supplies/person**

Wed Apr 17-May 8 7-9pm 4 classes \$55.00+HST
 College Heights-Rm A103 Grace Perera PR-7537

ROYAL ICING FLOWERS

Learn how to make royal icing as well as flowers with royal icing. Also learn to make them in advance! The final lesson you will learn how to make a basket weave on the cake.

Wed May 22 –Jun 12 7-9pm 4 classes \$55.00+HST
 College Heights-Rm A103 Grace Perera PR-7538



LANGUAGES

FRENCH IN PROGRESS

This course is for people who have a base in French and want to improve vocabulary, grammar, and speaking skills in a fun and lively environment. Your next step will be French Conversation. (Tytler is not wheelchair accessible)

Tue Apr 9– Jun 11 7-9 pm 10 classes \$120.00+HST
Centennial CVI- Rm C121 Jocelyne Roy PR– 7446

Wed Apr 10– Jun 12 9:30-11:30am 10 classes \$120.00+HST
Tytler Centre Con Ed – Library Jocelyne Roy PR–7443

Wed Apr 10– Jun 12 2-4 pm 10 classes \$120.00+HST
Tytler Centre Con Ed- Library Jocelyne Roy PR–7445

FRENCH CONVERSATION

This conversational program focuses on improving your French speaking skills. It will appeal to those who would like to practice and to speak French with their classmates in a fun and lively environment. The students will speak only French in this class.

Wed Apr 10– Jun 12 11:45-1:45 pm 10 classes \$120.00+HST
Tytler Centre Con Ed- Library Jocelyne Roy PR–7444

Wed Apr 10– Jun 12 7-9 pm 10 classes \$120.00+HST
Guelph CVI- Rm 116 Jocelyne Roy PR-7447

Thu Apr 11– Jun 13 7-9pm 10 classes \$120.00+HST
GCVI- Rm 116 Jocelyne Roy PR-7448

LANGUAGES

SPANISH IV

This course is designed for students who have taken Spanish III or have knowledge of the Spanish language. Emphasis will be placed on practical vocabulary and development of verbal and written communication skills. Returning students welcome. **NO CLASS MAY 20TH** (Please note that Tytler is not wheelchair accessible)

Mon Apr 8– Jun 3 1-3 pm 8 classes \$100.00+HST
Tytler Cnt for Con Ed Rm– 1-06 Rosa Maria Melendez PR– 7451

SPANISH I

This is a basic course taught in a friendly and relaxed environment. No previous knowledge of Spanish is required. **NO CLASS MAY 20**

Mon Apr 8– Jun 3 7-9 pm 8 classes \$100.00+HST
Centennial CVI Rm– C120 Rosa Maria Melendez PR– 7452

Tues Apr 9– May28 1-3 pm 8 classes \$100.00+HST
Tytler Cnt for Con Ed Rm-1-06 Rosa Maria Melendez PR– 7449

SPANISH III

This course is designed for students who have taken Spanish II or have some knowledge of the Spanish language. Emphasis will be placed on practical vocabulary and development of verbal and written communication skills. Returning students welcome.

Wed Apr 10– May29 1-3 pm 8 classes \$100.00+HST
Tytler Cnt for Con Ed Rm-1-06 Rosa Maria Melendez PR– 7450

SPECIAL INTERESTS

WOMEN INTERESTED IN TRADES

This FREE introductory course is designed to **introduce** women and those who identify as women to the necessary employment skills associated with pursuing work or training in the Skilled Trades. The course focuses on explaining how apprenticeship works, refreshing the numeracy skills associated with working in the trades, as well as building knowledge around the soft skills employers are looking for in their employees. Participants will be required to register in advance and complete an information call prior to the start of the program.

Tue & Thu Apr 23– Jun 13 7-9 pm 8 weeks FREE
Wellington Centre for Continuing Education Rm– 5

Call 226-821-2694 or Email skillsupgradingprogram@ugconed.ca to register

Like us on
facebook

follow us on
twitter

**SKILLS
UPGRADING
PROGRAM**
Prepare for your future

SPECIAL INTERESTS

SPECIAL INTERESTS

BASIC BOOKKEEPING & ACCOUNTING

This beginner's course focuses on the accounting cycle of a service business. Learn how to analyze transactions to be entered in the general journal, how to post to ledger accounts, and how to prepare a trial balance. Payroll entries and government reporting requirements will be briefly covered. At the end of the course you will be able to calculate the adjusting entries for capital cost allowance, prepare a worksheet and financial statements, and close the appropriate ledger accounts. Supplies are included in the course fee.

Tue Apr 9– May 28 7-9pm 8 classes \$100.00+HST
Well. Centre for Con Ed Rm 9 Rosa Maria Melendez PR-7534

WOODWORKING

Cam Daly will teach you carpentry skills, as well as how to use the machinery, hand tools and instruct you on how to finish your project. Beginners will learn the basics and more advanced students will also construct a project of their choice. Please bring plans of a project you would like to build and a **\$10 supply fee** to class. Supplies will be discussed the first night.

Tue Apr 16-Jun 18 6-9 pm 10 classes \$150.00+HST
Centennial CVI-Rm E115 Cam Daly PR-7521

Wed Apr 17–Jun 19 6-9 pm 10 classes \$150.00+HST
Centennial CVI-Rm E115 Cam Daly PR-7522



LESSONS IN FINANCE– LESSONS IN LIFE

This course introduces participants to personal finance and life management lessons that get you back in charge of managing your life and money. Classes will focus on tracking your spending, budgeting, saving, and debt management. Investment advice will not be given, but rather strategies to get you on top of your day-to-day finances and setting personal financial goals. Understand the basics of various government financial instruments such as RRSP, TFSA, RESP and explore the merits of each. Getting on top of your finances also means taking personal stock of your life and the direction you want to go. Time management exercises will inform empowering goal setting sessions that provide the motivation for you to succeed.

Tues Apr 16-Jun 18 7-8 pm 10 classes \$100.00+HST
John F. Ross CVI Rm– 318 Gregory Cawsey PR-7530



LEARN ABOUT OUR NEW INSTRUCTOR;

Greg is an award winning educator and the Director of the Ross School of Business. In this role Greg has pushed financial literacy concepts to the forefront of the program creating personal finance lessons

SOAP MAKING 101

Learn the fundamentals of Traditional Soap Making in this hands-on workshop where you will learn the techniques, ingredients and equipment needed to make your own sudsy bars. We will touch on some "fun science" (the backbone of soap making), the differences in ingredients, soap making methods and techniques to then create your own custom bars equaling over 2 lbs. or 14 bars. Participants will mix, customize and mold your own bars to take home. All supplies, including a detailed handout containing all the information discussed during the class with recipes and instructions, will be provided. We will be scenting our soaps with fragrance oils. Those wishing to use essential oils are always welcome to bring their own. A bonus suppliers list is also included. **Participants must have legs covered and closed toed shoes. Safety glasses, gloves and aprons will be provided. A \$80 material fee is payable to the instructor.**

Wed Apr 24 6-8:30 pm 1 class \$15.00+HST
J.F. Ross CVI- Rm 209 Linda Boyle PR-7463

Wed May 22 6-8:30 pm 1 class \$15.00+HST
J.F. Ross CVI- Rm 209 Linda Boyle PR-7464

Wed Jun 19 6-8:30 pm 1 class \$15.00+HST
J.F. Ross CVI- Rm 209 Linda Boyle PR-7465



YOUTH

MINDFULNESS ACTIVITY: SENSORY RAINBOW

Introduce your child to the world of mindfulness as kids participate in activities that encourage listening, body awareness, and being present. As the kids get familiar with why it is important to have the tools to deal with our emotions and cope with stress, they will have the opportunity to create a 'Sensory Rainbow' to take home as a reusable tool to aid in self-regulation and anxiety.

Please bring any colourful supplies for your rainbow craft (Markers, pipe cleaners, colour sand, pompoms, glitter, feathers, tissues, stickers) *Do not purchase until class is confirmed it's able to run.*

Mon Mar 18 5:30-7 pm 1 class \$30.00
Westminster Woods PS- room 110 Tanaisha PR-7555

Mon Mar 25 5:30-7 pm 1 class \$30.00
Westminster Woods PS- room 110 Tanaisha PR-7556



FIRST AID & CPR

RED CROSS STANDARD FIRST AID & CPR-C/AED

This is a 16-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. Also includes hands-on defibrillation (AED) training. Participant learning is enhanced with one mannequin per person and multiple realistic AED trainers. Also covered are recognition and treatment of head and spinal injuries, bone, muscle and joint injuries, diabetic emergencies, seizures, heat/cold injuries, emergency childbirth, eye injuries, and poisons, including the use of Naloxone for opioid overdose. Learners will participate in an assortment of practical scenarios to reinforce their confidence. Please bring a blanket or gym mat for the floor and a pen.

Sat June 15 and June 22 9-5 pm 2 classes \$155.00+HST
Well Cnt for Con-Ed Sue Hogenkamp PR- 7583

YOUTH

BABYSITTER TRAINING- AGES 11 & UP

The Kidproof 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 snack to class.

Sat Jun 15 9am-3 pm 1 class \$65.00
Well Cen For Con Ed- Rm 5 Grace Meier PR-7588

Sat Jun 22 9am-3 pm 1 class \$65.00
Well Cen For Con Ed- Rm 5 Grace Meier PR-7589



REGISTER NOW FOR COURSES IN THIS GUIDE

FULL PAYMENT IS REQUIRED AT TIME OF REGISTRATION

MAIL-IN

Make cheque payable to (no post-dated):
Wellington Centre for Continuing Education

Send form & payment to:
Wellington Centre for Continuing Education
1428 Gordon Street
Guelph, ON N1L 1C8

PHONE-IN

Have credit card and course listings handy.
Call Monday to Friday, 8am - 4pm

519-836-7280

WALK-IN

Wellington Centre for Continuing Education
1428 Gordon Street
Guelph, ON N1L 1C8

8am - 4pm Monday to Friday
After Hours: Use drop box near front door

REGISTER ONLINE!

You may now register online at:

www.learning4you.ca



FAX-IN

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

519-837-0244

CREDIT COURSES

To register for a Secondary School Credit
Course, please phone for details.

519-836-7280 ext. 627

GENERAL INTEREST REGISTRATION FORM ONLY

Surname: _____ First Name: _____

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

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

Phone: _____ Cell/Business Phone: _____

Email: _____

Paid by: Cheque Cash Visa MasterCard

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.

Continuing Education - First Aid & CPR Course 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.



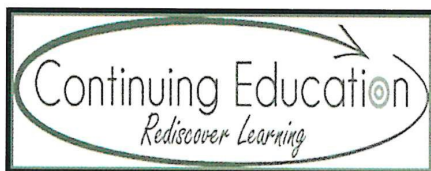
Red Cross Standard First Aid and CPR-C/AED

This is a 16-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. Also includes hands-on defibrillation (AED) training. Participant learning is enhanced with one mannequin per person and multiple realistic AED trainers. Also covered are recognition and treatment of head and spinal injuries, bone, muscle and joint injuries, diabetic emergencies, seizures, heat/cold injuries, emergency childbirth, eye injuries, and poisons, including the use of Naloxone for opioid overdose. Learners will participate in an assortment of practical scenarios to reinforce their 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 day of class for a manual for those who do not already have one.

Saturday June 15	9 am to 5 pm	2 classes	\$155.00 + HST
Saturday June 22	9 am to 5 pm		
Wellington Centre for Continuing Education Room 9 1428 Gordon Street , Guelph		Sue Hogenkamp	PR-7583

**To register for Standard First Aid & CPR
Call 519-836-7280 or go on-line at learning4you.ca**



Women Interested in Trades

Building your Skills for Success

Interested in the trades? Not sure where to start?

Join our Free program for women!

- Learn about working in the skilled trades
- Build your skills to be ready to apply to pre-apprenticeship programs, employers or union positions
- Learn in a supportive, female friendly environment
- Build soft skills, numeracy and a basic understanding of the necessary digital skills for work

Cost: Free

Where: Wellington Centre for Continuing Education
1428 Gordon St

When: Tues & Thurs Evening
7 pm - 9 pm, 8 weeks
Starting April 23, 2024

**For more information
or to register**

Call (226) 821-2694

Email skillsupgradingprogram@ugconed.ca



● SKILLS
● UPGRADING
● PROGRAM

Canada 

EMPLOYMENT
ONTARIO

Ontario 