Continuing Education
Mount Forest
Winter 2019 Programs

JUNIOR GYM CLASS - AGES 5-10
Join this Junior Gym program which is an intro to different sports that includes indoor as well as outdoor athletics (weather permitting). Have fun while playing a wide variation of non-competitive sports including volleyball, basketball, ball/floor hockey and a variety of gym games. Come out and connect with other people sharing the same interests while getting healthy and active. Wear non-marking indoor shoes.

Tue Jan 8-Feb 26	6-7 pm	8 classes	$40.00
Wellington Heights SS – Gym		Jillian Leigh	PR-4658

BASIC COMPUTER SKILLS
Learn how to send an email, attachment, keyboard skills and everything you ever want to know about becoming better equipped to use a computer.

Wed Feb 13—Feb 27	5:30-7:30 pm	3 classes	$50.00 + HST
Continuing Education Portable		Lucy Kraemer	PR-4603

BABYSITTER TRAINING - AGES 11 & UP - MOUNT FOREST
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.

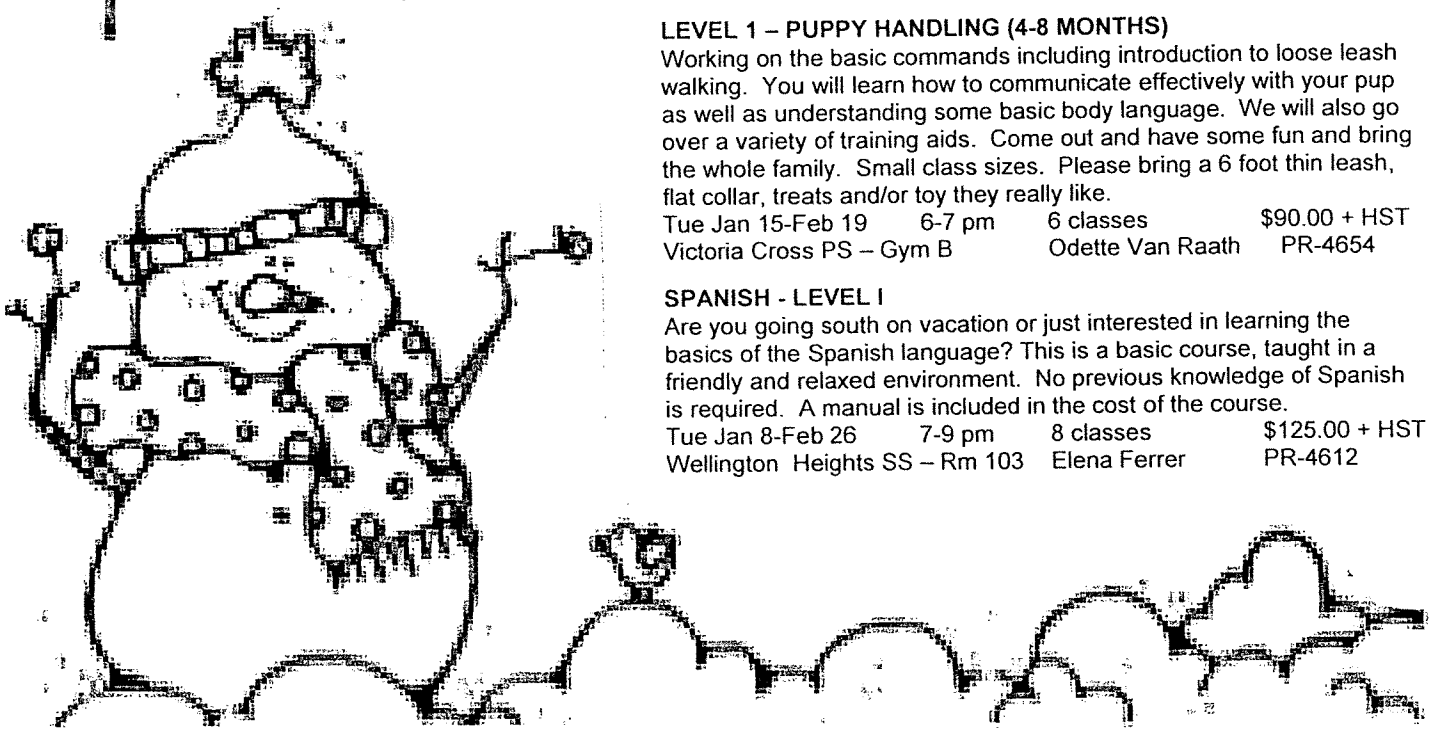
Fri Feb 1	9 am-4 pm	1 day	$55.00
Continuing Education Portable		Elaine Love	PR-4610

YOGA, STOMACH & STRETCH - MOUNT FOREST
This class is great for toning, flexibility, strength and balance. All ages and fitness levels welcome. Please wear comfortable clothing and bring a proper yoga mat - must not slide.

Wed Feb 6-Mar 6	6:30-7:30 pm	5 classes	$35.00 + HST
Wellington Height SS – Gym		Kelly Elliott	PR-4608

YOGA, STOMACH & STRETCH - HARRISTON
This class is great for toning, flexibility, strength and balance. All ages and fitness levels welcome. Please wear comfortable clothing and bring a proper yoga mat - must not slide.

Tue Jan 8-Mar 5	6:30-7:30 pm	8 classes	$55.00 + HST
Minto-Clifford PS - Gym		Kelly Elliott	PR-4581



LEVEL 1 – PUPPY HANDLING (4-8 MONTHS)
Working on the basic commands including introduction to loose leash walking. You will learn how to communicate effectively with your pup as well as understanding some basic body language. We will also go over a variety of training aids. Come out and have some fun and bring the whole family. Small class sizes. Please bring a 6 foot thin leash, flat collar, treats and/or toy they really like.

Tue Jan 15-Feb 19	6-7 pm	6 classes	$90.00 + HST
Victoria Cross PS – Gym B		Odette Van Raath	PR-4654

SPANISH - LEVEL I
Are you going south on vacation or just interested in learning the basics of the Spanish language? This is a basic course, taught in a friendly and relaxed environment. No previous knowledge of Spanish is required. A manual is included in the cost of the course.

Tue Jan 8-Feb 26	7-9 pm	8 classes	$125.00 + HST
Wellington Heights SS – Rm 103		Elena Ferrer	PR-4612

SPANISH – ADVANCE

Have you taken a basic Spanish course but would like to increase your level of competency? Learn how to interact in native Spanish and communicate with Spanish-speaking people. Prerequisite: Spanish I or basic knowledge of Spanish. If you don't have a manual from the Level 1 class an extra $30.00 is required. Please request a manual upon registration.

Mon Jan 7-Mar 4	7-9 pm	8 classes	$95.00 + HST
Wellington Heights SS – Rm 103		Elena Ferrer	PR-4614

iPAD BASICS II

If you have taken Elaine's iPad Basics class or are familiar with your iPad and wish to explore the next level this is the class for you. Come out to this workshop to learn new tips and tricks for using your iPad more effectively. Bring your own iPad for hands on learning.

Tue Feb 5-Feb 19	10 am-12 pm	3 classes	$50.00 + HST
Continuing Education Portable		Elaine Love	PR-4601

MOSAIC STAINED GLASS WORKSHOP

Create your own masterpiece with award winning artist Steph Howe. Two classes and you take home a mosaic stained glass window approx.14X12 inches. A $90 material fee payable at first class - all supplies included.

Tue Feb 5-Feb 12	7-9:30 pm	2 classes	$15.00 + HST	PR-4588
Tue Mar 19-Mar 26	7-9:30 pm	2 classes	$15.00 + HST	PR-4589
Wellington Heights SS – RM 115		Steph Howe		

FUSED GLASS WALL HANGING

Join Steph for a new fused glass class where you will create a beautiful Wall Hanging! You will learn how to cut glass and how to work with glass frit. $60 payable to the instructor for supplies included.

DRAGONFLY				
Tue Feb 26	7-9:30 pm	1 class	$15.00 + HST	PR-4594
ABSTRACT				
Tue Mar 5	7-9:30 pm	1 class	$15.00 + HST	PR-4591
BUTTERFLY				
Tue Jan 29	7-9:30 pm	1 class	$15.00 + HST	PR-4596
Wellington Heights SS – RM 115		Steph Howe		

HOME ALONE - ST. JOHN AMBULANCE - FERGUS

This course is designed for the 9 and 10 years old group, to help prepare them to deal with unforeseen emergencies and staying safe in times where they may find themselves alone for short periods of time. Ideally children should be supervised at all times. St. John Ambulance feels that youth that are prepared for the unexpected are better able to cope with the unexpected. Choose from one of the following dates.

Sat Jan 12	9-4 pm	1 class	$60.00	PR-4551
Wed Mar 13 (March Break)	9-4 pm	1 class	$60.00	PR-4552
181 St. Andrew St., Fergus (above Pizza Delight)				

To register call Continuing Education at **519-323-4840 or online at:**

www.learningforyou.ca

We also offer Adult Programs!!!! Arts, Fitness, Food & more!!!!

View the Course Guide online at: www.ugdsb.on.ca/ConEd

Continuing Education

Rediscover Learning