



# Continuing Education

## North & Centre Wellington Fall 2022 Programs

### **BABYSITTER TRAINING - Ages 11 & UP – Available in Mount Forest, Arthur, Drayton and Alma**

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 a nut free snack to class. For the PA day class also bring a water bottle and lunch.

<b>Fri Nov 25 (PD Day)</b>	<b>9 am-3 pm</b>	<b>1 class</b>	<b>\$60.00</b>
<b>Continuing Education Portable - Mount Forest</b>		<b>Elaine Love</b>	<b>PR-6866</b>
<b>Mon &amp; Tue Dec 5 &amp; 6</b>	<b>6-8:30 pm</b>	<b>2 classes</b>	<b>\$60.00</b>
<b>Arthur PS - Rm 112</b>		<b>Paula O'Donnell</b>	<b>PR-6913</b>
<b>Mon &amp; Tue Oct 3 &amp; 4 (Oct 5 moved to Oct 3)</b>	<b>6-8:30 pm</b>	<b>2 classes</b>	<b>\$60.00</b>
<b>Drayton PS - Library</b>		<b>Paula O'Donnell</b>	<b>PR-6911</b>
<b>Mon &amp; Tue Nov 14 &amp; 15</b>	<b>6-8:30 pm</b>	<b>2 classes</b>	<b>\$60.00</b>
<b>Alma PS - Library</b>		<b>Paula O'Donnell</b>	<b>PR-6915</b>

### **HOME ALONE PROGRAM - Canada Safety Council – Available in Mount Forest, Arthur, Drayton and Alma**

This Canada Safety Council program is designed to provide skills and knowledge to be safe and responsible when home alone for short periods of time. Participants will learn how to prevent problems, handle real-life situations, and keep safe and constructively occupied. Small group discussion problem solving, role-playing, and instructor-led demonstration with a student reference book will allow participants to actively participate in class assignments. A certificate will be given upon successfully completing the program. Fee includes student reference book. Please bring a nut free snack.

<b>Wed Oct 19</b>	<b>6-8:30 pm</b>	<b>1 class</b>	<b>\$30.00</b>
<b>Continuing Education Portable - Mount Forest</b>		<b>Elaine Love</b>	<b>PR-6867</b>
<b>Thu Dec 15</b>	<b>6-8:30 pm</b>	<b>1 class</b>	<b>\$30.00</b>
<b>Arthur PS - Rm 112</b>		<b>Paula O'Donnell</b>	<b>PR-6914</b>
<b>Tue Oct 11</b>	<b>6-8:30 pm</b>	<b>1 class</b>	<b>\$30.00</b>
<b>Drayton PS - Library</b>		<b>Paula O'Donnell</b>	<b>PR-6912</b>
<b>Tue Nov 29</b>	<b>6-8:30 pm</b>	<b>1 class</b>	<b>\$30.00</b>
<b>Alma PS - Library</b>		<b>Paula O'Donnell</b>	<b>PR-6916</b>

### **KIDS COOKING CLASS – Ages 6-11 years – Mount Forest**

This Kid's Cooking Class is all about fun. Children will learn the basics of food preparation, knife skills, cooking and baking techniques, healthy eating - but most of all, they will learn how to create and enjoy great food. A supply fee of \$40.00 is payable on the first night of class to the Instructor.

<b>Thu Oct 13-Nov 17</b>	<b>6-7 pm</b>	<b>6 classes</b>	<b>\$35.00</b>
<b>Wellington Heights – Rm 138</b>		<b>Barb Leigh</b>	<b>PR-6910</b>

### **INDOOR BASKETBALL, SOCCER & OTHER GAMES – Ages 5-12 years – Arthur**

Come out and join us for this fun-filled session of basketball, soccer and other games - get some exercise and have some fun learning the fundamentals of the game. Wear non-marking indoor shoes. Parents are encouraged to participate with this program and have fun with the kids.

<b>Tue Oct 4-Dec 6</b>	<b>6-7 pm</b>	<b>10 classes</b>	<b>\$30.00</b>
<b>Arthur PS – Gym</b>		<b>William Makxam</b>	<b>PR-7034</b>

### **LINE DANCING! – Mount Forest**

Enjoy the perfect blend of dancing and exercise. Many varieties of line dances will be offered: country, ballroom, Latin, Broadway, and others. Come out and have some fun with friends or come make some new friends. Every night is a good time.

<b>Thu Oct 6-Dec 8</b>	<b>6:45-7:45 pm</b>	<b>10 classes</b>	<b>\$100.00 + HST</b>
<b>Wellington Heights - Gym</b>		<b>Robert Hutson</b>	<b>PR-6858</b>

### **YOGA FOR THE MIND & BODY – Adults 18+ – Mount Forest**

The focus of this program is the practice of Hatha Raja and Vinyasa Yoga. Flowing and fixing postures are incorporated to stretch and strengthen major muscles and joints, improve balance, increase range of motion, and reduce stress through breathing and relaxation techniques. Great for beginners of any age! Bring your own non-slip yoga mat.

<b>Wed Oct 5-Dec 7</b>	<b>6:30-7:30 pm</b>	<b>10 classes</b>	<b>\$80.00 + HST</b>
<b>Wellington Heights - Gym</b>		<b>Linda Thomson - L.A.T. Fitness</b>	<b>PR-6859</b>

### **MIXED VOLLEYBALL – Adults 18+ – Mount Forest**

Come on out for a fun game of non-instructional volleyball. Please wear indoor non-marking shoes and bring a water bottle.

<b>Tue Oct 4-Dec 6</b>	<b>7-9 pm</b>	<b>10 classes</b>	<b>\$40.00 + HST</b>
<b>Wellington Heights - Gym</b>			<b>PR-6842</b>

**LEARN TO CURL – Mount Forest**

If you have never curled before or just want a refresher on the essentials of the game, come out to the Mount Forest Curling Club and have fun learning the game of curling. You will learn the fundamentals of delivering the rock, sweeping, scoring and the strategy of the game. All you need to start is a pair of clean, indoor running shoes as all other equipment will be provided. Bring \$30.00 fee payable at the first class.

Sun Oct 23-Nov 27 2-3:30 pm 6 classes \$20.00 + HST  
Mount Forest Curling Rink Doug Rice PR-6904

**BADMINTON – 18+ - Available in Alma, Drayton and Elora**

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes.

Tue Oct 4-Dec 6 7-8:30 pm 10 classes \$35.00 + HST  
Alma PS – Gym Lisa Skinner PR-6845

Wed Oct 5-Dec 7 7-8:30 pm 10 classes \$35.00 + HST  
Drayton Heights PS – Gym Lisa Skinner PR-6900

Thu Oct 6-Dec 8 8-10 pm 10 classes \$40.00 + HST  
Elora PS – Gym PR-6846

**LEATHER MITTS – Mount Forest**

Make your very own winter buckskin and wool mittens! Using all-natural materials, you will feel the difference this winter when your hands are cozy, comfortable and warm. On line video support for the ones that do not finish during this two-day (5 hour) workshop. This is a two-night workshop at 2.5 hours per workshop (outer skin, liners are homework).

Tue & Wed Nov 8 & 9 6-8:30 pm 2 classes \$190.00 + HST  
Wellington Heights SS - Rm 115 Jessie Dew PR-6978

**MOCCASIN MAKING – Mount Forest**

As a student, you'll get a few great benefits from being here: Most people can finish within 2 workshops of 2 hours. Access exclusive content. Moccasin Making to inspire, instruct, and engage. Meet new people. Your fellow students are as motivated as you are to master moccasin making. (Full description of this program can be found in the Course Book on page 7)

Tue & Wed Oct 18 & 19 6-8 pm 2 classes \$110.00 + HST  
Wellington Heights SS - Rm 115 Jessie Dew PR-6977

**IMPROVE YOUR DRAWING – Palmerston**

Learn how to draw like an artist and better capture what you see on paper. In this class you will learn to sketch from life and photographs. Artist Candice Leyland will show you how to hone your drawing skills using traditional artist methods. Please bring an 8 x 10" or larger sketchbook and a pencil and eraser. A fee of \$95.00 is payable to the instructor the first night. No class October 18<sup>th</sup>.

Tue Oct 4-Nov 1 6-7:15 pm 4 classes \$15.00 + HST  
Norwell DSS – Rm 125 Candice Leyland PR-6935

**INTRODUCTORY WATERCOLOUR CLASS – Palmerston**

Learn the fundamentals of painting in watercolour in this fun and laid back 4-week class. Artist Candice Leyland will show you basic techniques and help you build the confidence to create your own watercolour masterpieces. A fee of \$115 (without kit - for those who already have their own watercolours) is payable to the Instructor on the first night. A supply list will be emailed in advance of class, or Candice can provide a watercolour kit for \$45.00. No class October 18<sup>th</sup>.

Tue Oct 4-Nov 1 7:30-9 pm 4 classes \$15.00 + HST  
Norwell DSS – Rm 125 Candice Leyland PR-6934

**FRENCH BEGINNER – Available in Mount Forest and Fergus**

This is a basic course, taught in a friendly and relaxed environment which will help with the fundamentals of grammar and speaking of French. Are you planning a trip to France, Quebec or just interested in having a conversation while shopping, ordering a meal or asking for simple directions at a hotel? No previous knowledge of French is required. A text book cost of \$20.00 is included in the course fee.

Tue Oct 4-Nov 22 7-9 pm 8 classes \$110.00 + HST  
Wellington Heights SS -- Rm 102 Elisabeth Bzikot PR-6941

Thu Oct 6-Dec 1 (no class October 20) 7-9 pm 8 classes \$110.00 + HST  
Centre Wellington DHS – Rm 2009 – Fergus Elisabeth Bzikot PR-6940

**COMPUTER BASICS – Mount Forest**

A basic introduction to a computer. Start by learning the parts and terminology, the functions such as the mouse, keyboard, function keys, start, shutdown, sign out, taskbar and files. When you get comfortable move on to learn how to use the internet, setting up an email account, to send and receive an email, the importance of passwords and the "Cloud". Lastly, learn to personalize your computer's display screen, control panel, date and time. If time allows we will learn extras: downloading pictures, Facebook, Amazon, shortcuts, deleting files, recycle bin, searching for files, print screen/snipping tool.

Wed Oct 26-Nov 30 6:30-8 pm 6 classes \$90.00 + HST  
Continuing Education Portable - Mount Forest Elaine Love PR-6981

To register call Continuing Education at 519-323-4840

Or go online at: [learning4you.ca](http://learning4you.ca)

We also offer Adult – Texas 2 Step, Medicine Bag, Leather Purse & iPad Basics!

View the Course Guide online at: [www.ugdsb.ca/continuing-education](http://www.ugdsb.ca/continuing-education)

