



interest courses index

Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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ARTS, CRAFTS & MUSIC

M	3988	Bagpipng	Port	T	6:00-7:00	Caf	Sept.27	15	\$82.50+\$92	12
	3992	Belly Dancing	Beam	T	5:30-6:30	Drama	Sept.27	10	\$55.00	12
	3912	Floral Design - Beginners*	Eden	T	7:00-9:00	140	Sept.27	10	\$110.00	12
	3913	Floral Design - Christmas*	Eden	M	7:00-9:00	140	Oct.31	5	\$55.00	12
	3914	Floral Design - Intermediate*	Eden	Th	7:00-9:00	140	Sept.29	10	\$110.00	12
	3920	Guitar Adult - Beginners	Beam	W	8:00-9:00	Music	Sept.28	10	\$55.00	12
	3922	Guitar Adult - Beginners	Eden	T	8:00-9:15	157	Sept.27	8	\$55.00	12
	3923	Guitar Adult - Intermediate	Eden	Th	8:00-9:15	157	Sept.29	8	\$55.00	12
	3919	Guitar - Jazz	Eden	W	7:00-8:30	157	Sept.28	8	\$66.00	12
	3924	Guitar - Rock and Blues	Eden	M	6:30-8:00	157	Sept.26	10	\$82.50	12
C	3871	Jazz/Hip Hop Ages 5-12	Fort	Th	6:00-7:00	U.Gym	Sept.29	10	\$55.00	12
	3933	Photography - Advanced	Eden	T	7:30-9:00	133	Sept.27	10	\$82.50	12
	4002	Photography - Advanced	Beam	Th	7:30-9:00	3-206	Sept.29	10	\$82.50	12
	3930	Photography - Beginners	Eden	T	6:00-7:30	133	Sept.27	10	\$82.50	12
	4003	Photography - Beginners	Beam	Th	6:00-7:30	3-206	Sept.29	10	\$82.50	12
	4004	Photography - Point & Shoot	Beam	Th	7:30-9:00	3-206	Oct.27	4	\$33.00	12
	3939	Sewing - Beginners	Eden	Th	6:30-8:30	112	Sept.29	10	\$110.00+\$10	12
	3940	Sketching & Drawing - Adults	Beam	T	7:00-8:00	1-206	Sept.27	10	\$55.00+\$10	12
	3941	Sketching & Drawing - Adults	Eden	T	6:00-8:30	154	Sept.27	8	\$110.00+\$10	12
C	4005	Sketching and Drawing For Kids - Ages 7-13	Beam	T	6:00-7:00	1-206	Sept.27	10	\$55.00+\$10	12
	3995	Stained Glass - Beginners*	Cent	T	6:00-9:00	108	Sept.27	10	\$165.00	12
	4008	Ukulele	Beam	M	7:45-8:45	Music	Sept.26	10	\$55.00	12
	3952	Watercolours - Beginners*	Eden	M	6:30-9:30	154	Sept.26	6	\$99.00	12
	3953	Watercolours - Intermediate*	Eden	Th	6:30-9:30	154	Sept.29	6	\$99.00	12

COMPUTERS

C	3993	Computer Animation - Beginners - Ages 8-14	Beam	M	6:30-8:00	3-207	Sept.26	8	\$66.00+\$10	13
C	3902	Computer Animation & Programming - Ages 8-14	Eden	Th	7:00-8:30	126	Sept.29	8	\$66.00+\$10	13
	3900	Computer - Basic Operations 40+	Eden	T	6:30-8:30	125	Sept.27	10	\$110.00+\$10	13
	3994	Computers - Beginners	Beam	F	6:30-8:00	3-207	Sept.30	8	\$66.00 + \$10	13
S	3960	Computers for Seniors	Cent	T	6:00-8:00	226	Sept.27	10	\$110.00+\$10	13
S	3961	Computers For Seniors	Grims	Th	6:00-7:30	113	Sept.29	10	\$82.50+\$10	13
	3999	Handheld Smart Devices - Introduction	Beam	Th	6:30-8:00	3-207	Sept.29	8	\$66.00+\$10	13
	3966	Microsoft Excel	Grims	M	7:45-9:15	113	Sept.26	10	\$82.50+\$10	13
	3905	Microsoft Office Basics	Eden	Th	6:30-9:00	125	Sept.29	8	\$110.00+\$10	13
	4001	Microsoft Office 2010	Beam	W	5:00-6:30	3-207	Sept.28	10	\$82.50+\$10	13
	3967	Microsoft Word	Grims	M	6:00-7:30	113	Sept.26	10	\$82.50+\$10	13
	3904	Mobile Device Operation	Eden	T	7:00-9:00	126	Sept.27	8	\$88.00+\$10	13
	3934	Photoshop Elements - Introduction	Eden	M	6:30-9:00	126	Sept.26	8	\$110.00+\$10	13
	3954	Web Design - Social Media & Advertising	Eden	W	7:00-9:00	126	Sept.28	8	\$88.00+\$10	13
	4015	Website Design	Beam	T	6:30-8:00	3-207	Sept.27	8	\$66.00+\$10	13

COURSE CHART GUIDE

Ages:

All courses are for ages 18+, unless otherwise indicated:

- S** : Seniors
- C** : Children (Elementary)
- T** : Teens
- M** : Mixed Ages

Descriptions:

Please refer to course descriptions, starting on page 13.

Locations:

Location codes refer to map on page 2.

* Course material costs are extra

VISIT OUR WEBSITE:
www.dsbni.org/community

For further course information
www.dsbni.org
 Schools
 Secondary Course Calendar

Night School Applications are available at
www.dsbni.org/community
 Adult & Community Education
 Night School Credit Course Forms
 Course Registration Form



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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FOR THE LOVE OF LEARNING

3906	Cooking for Newbies*	Eden	M	6:30-9:00	113	Sept.26	8	\$110.00	13
3907	Desserts & Pasteries*	Eden	T	6:30-9:00	113	Sept.27	8	\$110.00	13
3925	Health for Life	Eden	W	7:45-9:00	134	Sept.28	10	\$68.75	13
3926	Historians Just Around the Corner	Eden	Th	7:00-9:30	110	Sept.29	8	\$110.00	13
3927	International Flavours*	Eden	W	6:30-9:00	113	Sept.28	8	\$110.00	13
4000	Math for Parents	Beam	W	6:30-8:00	3-207	Sept.28	10	\$82.50	13
3938	SAT Preparation Course	Eden	T	6:00-8:00	237	Sept.27	10	\$110.00	14
3951	TOEFL Preparation Course	Eden	M	6:00-8:00	237	Sept.26	10	\$110.00	14
3996	Writing - How to Communicate	Cent	T	7:00-8:30	224	Sept.27	8	\$66.00	14

HEALTHY LIVING, LIFESTYLE AND SPORTS

3869	Aquafit	Fort	M	6:30-7:30	Pool	Sept.26	10	\$66.00	14
3870	Aquafit	Fort	Th	6:30-7:30	Pool	Sept.29	10	\$66.00	14
3978	Badminton	Cent	T	6:30-8:30	Gym A/B	Sept.27	10	\$110.00+\$5	14
3990	Basketball Recreational Men's	Beam	T	8:00-9:30	Dgym	Sept.27	10	\$82.50	14
3879	Body Kick	West	M&W	7:00-8:00	Sm Gym	Sept.26	20	\$110.00	14
3908	Fitness Bootcamp	Eden	M	7:00-8:15	Sm Gym	Sept.26	10	\$68.75	14
3909	Fitness for Seniors	Eden	Th	6:00-7:00	Sm Gym	Sept.29	10	\$55.00	14
3910	Fitness: Core & More	Eden	Th	7:00-8:00	Sm Gym	Sept.29	10	\$55.00	14
3979	Golf - All Levels	Cent	T	6:30-7:30	GymC	Sept.27	10	\$55.00	14
3872	Martial Arts - Kids - Ages 5-12	Fort	M	6:30-7:30	U Gym	Sept.26	10	\$55.00	14
3965	Meditation	Grims	W	7:00-8:00	Studio	Sept.28	8	\$66.00	14
3929	Personal Fitness	Eden	W	6:30-7:45	Sm Gym	Sept.28	10	\$68.75	14
3936	Pilates	Port	T	5:30-6:30	309	Sept.27	10	\$55.00	14
3937	Pilates	Eden	T	6:00-7:00	Sm Gym	Sept.27	10	\$55.00	14
3874	Stretch N'Tone	Fort	Th	5:30-6:30	153	Sept.29	10	\$55.00	14
4010	Volleyball Co-ed Recreational	Beam	M	8:00-9:30	Dgym	Sept.26	10	\$82.50	14
3892	Yoga	West	W	5:30-6:30	1089	Sept.28	10	\$55.00	14
3896	Yoga	West	M	6:00-7:00	1089	Sept.26	10	\$55.00	14
3897	Yoga	Cent	T	5:45-6:45	148	Sept.27	10	\$55.00	14
3898	Yoga	Cent	T	7:00-8:00	148	Sept.27	10	\$55.00	14
3899	Yoga	Port	T	6:35-7:35	309	Sept.27	10	\$55.00	14
4017	Yoga	Beam	T	6:45-7:45	Drama	Sept.27	10	\$55.00	14
3875	Yoga for Kids Ages 4-8	Fort	T	5:30-6:30	U Gym	Sept.27	10	\$55.00	15
3876	Yoga for Kids Ages 9-13	Fort	T	6:30-7:30	U Gym	Sept.27	10	\$55.00	15
3877	Zumba	Fort	T	7:30-8:30	U Gym	Sept.27	10	\$55.00	15
3878	Zumba	Fort	Th	7:30-8:30	U Gym	Sept.29	10	\$55.00	15
3955	Zumba	Eden	T	7:30-8:30	173	Sept.27	10	\$55.00	15

LANGUAGE

3962	French Basic	Grims	T	6:30-8:00	102	Sept.27	10	\$82.50+\$5	15
3915	French - Beginners	Grims	T	6:00-7:30	201	Sept.27	8	\$66.00+\$5	15
3916	French - Beginners	Beam	T	6:30-8:00	3-206	Sept.27	10	\$82.50+\$5	15
3917	French - Beginners	Eden	W	6:30-8:00	109	Sept.28	10	\$82.50+\$5	15
3963	French Conversational	Grims	T	7:45-9:15	201	Sept.27	8	\$66.00+\$5	15
3918	French Intermediate	Eden	W	8:00-9:30	109	Sept.28	10	\$82.50+\$5	15
3998	French For Travellers	Beam	T	8:00-9:30	3-206	Sept.27	10	\$82.50+\$5	15
3928	Japanese Beginners	Eden	Th	7:00-8:30	135	Sept.29	10	\$82.50+\$5	15
3970	Spanish - Beginners	Grims	M	6:00-7:30	102	Sept.26	10	\$82.50+\$5	15
3958	Spanish Conversational - Advanced	Eden	Th	8:15-9:45	133	Sept.29	10	\$82.50+\$5	15
3944	Spanish Conversational - Beginners	Grims	M	7:45-9:15	102	Sept.26	10	\$82.50+\$5	15
3945	Spanish Conversational - Beginners	Eden	M	8:15-9:45	133	Sept.26	10	\$82.50+\$5	15
3959	Spanish Conversational - Intermediate	Eden	Th	6:30-8:00	133	Sept.29	10	\$82.50+\$5	15
3948	Spanish For Travellers - Beginners	Eden	M	6:30-8:00	133	Sept.26	10	\$82.50+\$5	15

COURSE CHART GUIDE

Ages:
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S : Seniors
C : Children (Elementary)
T : Teens
M : Mixed Ages

Descriptions:
Please refer to course descriptions, starting on page 13.

* Course material costs are extra

Locations:
Location codes refer to map on page 2.

Beamsville DSS
Beamsville - Beam

Centennial SS
Welland - Cent

Eden SS
St. Catharines - Eden

Fort Erie SS
Fort Erie - Fort

Grimsby SS
Grimsby - Grims

Port Colborne HS
Pt. Colborne - Port

Westlane SS
Niagara Falls - West

Physical Activity Disclaimer:

It is recommended you consult your health professional if you have any exercise restrictions or concerns. In choosing to participate in the physical activity, you agree that, to your knowledge, you have no limiting physical conditions that would preclude physical activity of this nature.

ARTS, CRAFTS, & MUSIC

BAGPIPING AGES 8 - ADULTS

Course No. *3988

An incredible opportunity to learn this demanding and unique instrument. Students will learn the basics on a practice chanter, providing them with the foundation to move on to the study of the full bagpipe. Material fee covers purchase of chanter and songbook.

BELLY DANCING

Course No. 3992

Learn the basic movements of this effective and enjoyable form of exercise and develop a positive self-image.

FLORAL DESIGN – BEGINNERS

Course No. 3912

The basics of floral design will be taught. The use of fresh and artificial flowers will be demonstrated. Designing bud vases to everyday centrepieces.*Cost of flowers extra, payable each class.

FLORAL DESIGN - CHRISTMAS

Course No. 3913

Centrepieces, wreaths, fresh urns, etc will be taught. Fresh & artificial flowers are used.*A small extra weekly charge will be applied to cover floral costs.

FLORAL DESIGN - INTERMEDIATE

Course No. 3914

Advanced floral design will focus on high style and hand ties, Victorian and garden themes.*A small extra weekly charge will be applied to cover floral costs.

GUITAR – BEGINNERS

Course No. 3920, 3922

Learn guitar basics such as tuning, cords, notes, rhythm and more. Bring your own guitar.

GUITAR – INTERMEDIATE

Course No. 3923

This course works off the fundamentals of the beginner's class. It is strongly recommended to have taken Beginners Guitar first. Focus on learning songs and refining techniques from the previous class. Bring your own guitar.

GUITAR – JAZZ

Course No. 3919

A jazz guitar class for beginners & intermediate. This class will help you master the basics of jazz guitar (soloing, comping, bass lines). Some history on compositional elements.

GUITAR - ROCK/BLUES

Course No. 3924

Learn the basics of classic blues and rock rhythms, four bar progressions, scales, and solo improvisation with acoustic and electric guitars, with the use of the slide. Some guitar experience is necessary. Bring your own guitar.

JAZZ / HIP HOP AGES 5-12

Course No. 3871

This is for kids that are energetic and love to move to popular contemporary music. Instruction on the basics of Jazz and Hip-Hop steps, styles and movements will lead to gaining confidence and having fun on the dance floor.

PHOTOGRAPHY - ADVANCED

Course No. 3933

Learn the advanced tricks of the trade from a professional photographer that will take your digital images from every day to stunning professional quality. This course also involves out of class excursions to experiment with different situations.

PHOTOGRAPHY - BEGINNERS

Course No. 3930, 4003

Lighting, depth of field, aperture, shutter speed and I.S.O. are just some of the many skills addressed. Digital camera and memory card are required. DSLR Camera recommended.

PHOTOGRAPHY – SHOOT & POINT

Course No. 4004

Learn how to use all the various pre-sets on your camera to take stunning photos! Point and Shoot as well as DSLR's welcome in this class that teaches you to have a creative eye.

SEWING – BEGINNERS

Course No. 3939

Students will learn basic skills & grow in confidence to start a sewing hobby. Several small projects will be completed ranging from a tote bag to refashioning a thrift store find. Machine & hand sewing. Students are allowed to bring their own sewing machine.

SKETCHING & DRAWING FOR ADULTS - BEGINNERS

Course No. *3940, *3941

Learn the basics of drawing and sketching in this hands on course. Understand the basics of drawing, the tools of the trade, and how to use them.

SKETCHING & DRAWING FOR ADULTS - INTRODUCTION

Course No. *3940, *3941

Learn the basics of drawing and sketching in this hands on course. Understand the basics of drawing, the tools of the trade, and how to use them.

SKETCHING & DRAWING AGES 7-13

Course No. *4005

This course focuses on basic drawing technique. Sketch pad, pencils and eraser required.

STAINED GLASS - BEGINNERS

Course No. 3995

Learn the basics of stained glass using the copper foil technique. Instruction includes, design, cutting, grinding, foiling, soldering and finishing techniques. Students can complete several projects of their own designs at their own pace.*There is an additional fee for the "Starter Kit" if required. A supply list can be obtained from the instructor the first night. **Watch for the Advanced Course - Spring 2017.

UKULELE – BEGINNERS

Course No. 4008

Learn and practice the basics of this fun and increasingly popular instrument, including tuning, strumming, chords, songs, and more. Bring your own ukulele.

WATERCOLOURS – BEGINNERS

Course No. 3952

Learn to paint beautiful watercolours through a series of exercises. Complete finished painting with instructor's assistance. A \$30 list of supplies will be given by the instructor the first night.

WATERCOLOURS - INTERMEDIATE

Course No. 3953

Continue to use watercolour in a unique style. Take your skills to a new level through a series of exercises and paintings. Learn techniques to develop your own style.

VISIT OUR WEBSITE:

www.dsbni.org/community

For locations, dates, times and course fees, refer to the charts on pages 10-11.

*Material costs are extra.



COMPUTERS

COMPUTER ANIMATION - BEGINNERS - AGES 8-14

Course No. *3993

Learn to create and edit fantastic 2-D objects and images like a professional under the step-by-step instruction of a professional animator.

COMPUTER ANIMATION & PROGRAMMING FOR KIDS AGES 8-14

Course No. *3902

Enjoy creating your own animated games and learn computer programming simultaneously in a fun and creative way. Learn through playing and develop your favourite skills (e.g. drawing, music, art, and more). Discover your own potential with this technology developed by the Lifelong Kindergarten from M.I.T.

COMPUTERS - BASIC OPERATIONS BEGINNERS - 40+

Course No. *3900

Learn basics of computer operations including email, web browsing, Skype, and MS Office.

COMPUTERS - BEGINNERS

Course No. *3994

For those with little or no computer experience. Learn how to use email, the Internet, word processing and more.

COMPUTERS - FOR SENIORS

Course No. *3960, *3961

This course is for people with very little or no computer experience. The teacher will take you through the basics of computers; e-mail, google, maps, e-cards, photos, attachments and more. This promises to be an interesting course in a very relaxed atmosphere.

HANDHELD SMART DEVICES INTRODUCTION

Course No. *3999

So, you got a smart device? Now what? Learn to use your iPhone, iPad or Nexus device beyond Facebook and e-mail. Topics include: photos & video, device security, the mobile office.

MICROSOFT EXCEL – LEVEL 1

Course No. *3966

Course will take you through the different menus and basic function of Excel. Basic keyboarding skills are an asset but are not required for this introductory course. Students will learn how to produce spreadsheets, calculations, merging of cells etc.

For locations, dates, times and course fees, refer to the charts on pages 10-11.

*Material costs are extra.

MICROSOFT OFFICE BASICS

Course No. *3905

A survey course with two sessions each on Word, Excel, PowerPoint.

MICROSOFT OFFICE 2010

Course No. *4001

Become proficient in essential tasks in Word, PowerPoint, and Excel. Topics include document formatting, embedding media, tips for effective presentations, and how to perform helpful spreadsheet functions for budgeting, personal finance, or statistics.

MICROSOFT WORD - LEVEL 1

Course No. *3967

Course will take you through the different menus and basic functions of Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will learn how to produce word documents, letters, posters etc.

MOBILE DEVICES OPERATION

Course No. *3904

Learn the use of mobile devices in different mobile platforms (Android, Apple, Windows). From tablets to smart phones and apps, this course will provide a way to master the use of these popular technologies.

PHOTOSHOP ELEMENTS - INTRODUCTION

Course No. *3934

Learn how to manipulate photographs, do touch ups, changing of backgrounds, colours, etc in images.

WEB DESIGN - SOCIAL MEDIA & ADVERTISING

Course No. *3954

Build your own Website and Social Media sites connecting them with attractive content. Learn easily how to use easy free advertising tools for your digital and printed content. Learn to make your organization look great reaching a larger audience. Basic computer skills required.

WEBSITE DESIGN – INTRODUCTION

Course No. *4015

For business purposes or for your own personal creations. Learn how to take control of web design programs and do more than just copy a template.



FOR THE LOVE OF LEARNING

COOKING FOR NEWBIES

Course No. 3906

A combination of demonstrations and hands-on experiences will equip you to become more comfortable in the kitchen. Come out and expand your food horizons! *Cost for food will be collected in class.

DESSERTS & PASTERIES

Course No. 3907

A fun filled yet simple and sweet experience from apple pie to zucchini breads. Come join us for a baking tour from around the globe. Hands on and demonstrations. *Small extra weekly charge for food costs.

HEALTH FOR LIFE

Course No. 3925

Look at what hinders your ability to make healthy choices that contribute to a healthy lifestyle through healthy eating habits, being physically active, and creating a positive self-image. Learners will be provided with helpful tools to take charge of their life to be healthy, active individuals now and in the future; a lifestyle change. We will also look at the Law of Attraction for positive encouragement.

HISTORIANS JUST AROUND THE CORNER

Course No. 3926

After a classroom orientation, your facilitators will conduct half a dozen Saturday morning excursions. The walks will last about three hours each, including a rest stop for group discussion, and will be in various locations around the Niagara Peninsula. Group preferences will be considered at our first meeting.

INTERNATIONAL FLAVOURS

Course No. 3927

Join us for a culinary tour of various ethnic foods from around the world. *Small extra weekly charge for food costs.

MATH FOR PARENTS

Course No. 4000

Do you have a student heading into grade 6, 7 or 8 and want to support their math? Sessions include reviewing math topics, introduction to math tools, information on the Ontario curriculum, and how students learn math differently. All skills welcome.

FOR THE LOVE OF LEARNING - CONT'D

SAT PREPARATION COURSE

Course No. 3938

This course is designed to prepare students for SAT exams. The course will be a blend of small group instruction, independent learning, online resources and SAT practice tests. This approach will allow students the opportunity to learn strategies for completing every type of exam question (including the essay portion of the SAT). This course will also provide targeted, individual instruction for specific skills' development or areas of weakness.

TOEFL PREPARATION COURSE

Course No. 3951

This course is designed to prepare ESL students to take the TOEFL exam. This course is specifically designed to provide targeted, individual instruction so students may successfully pass the TOEFL test. The program is divided into several modules, starting with the basics of English and progressing towards advanced course materials. The TOEFL course consists of class instruction and recommends that students take a rigorous and disciplined approach to practice all language skills (reading, writing, listening and speaking).

WRITING - HOW TO COMMUNICATE

Course No. 3996

Learn the various techniques of effective writing from a professional writer. You will learn how to take the "ideas in your head" and effectively put them into words on paper. If you have ever found yourself wondering what to write or how to write, this course is for you.



HEALTHY LIVING, LIFESTYLE AND SPORTS

AQUAFIT

Course No. 3869, 3870

Join us for a fun exercise program in the pool. Emphasis is on cardiovascular fitness and toning.

BADMINTON

Course No. *3978

A fun night for anyone interested in playing badminton. All levels of players welcome. Improve your game while exercising and having fun. Bring your own racquet; shuttlecock provided.

BASKETBALL MENS RECREATIONAL 30+

Course No. 3990

An enjoyable night of scrimmage basketball for adult males who are looking for recreation, exercise and getting on the basketball court for a good game. Fitness attire and non-marking shoes required.

BODY KICK

Course No. 3879

Kickboxing moves that will tone & sculpt your body while increasing your cardio, balance & flexibility.

FITNESS BOOTCAMP

Course No. 3908

Get your metabolism going and your body fit by having fun. Uses a variety of circuit training, agility drills, core strengthening, and yoga stretches to get your body in shape!

FITNESS CORE & MORE

Course No. 3910

A variety of exercise levels, focusing on toning abs & major muscle groups for physically independent adults seeking to maintain and improve an active lifestyle. Program includes a warmup, toning & cardio exercise formats including circuits, Tabata-style intervals, mat exercises, ending with stretching & relaxation exercises. Bring water bottle, comfortable runners, workout clothes, non-slip Pilates-type mat. Optional: small hand weights and towel.

FITNESS FOR SENIORS

Course No. 3909

A low impact circuit workout for Seniors designed to introduce fitness to seniors and build some cardiovascular endurance and muscle flexibility.

GOLF - ALL LEVELS

Course No. 3979

Stay on top of your game or learn stance, grip and swing. Instructor will teach a variety of shot techniques. You must bring your own golf clubs.

MARTIAL ARTS FOR KIDS AGES 5-12

Course No. 3872

Participants will learn the basic principles of Taekwondo, a Korean Martial Art of Self Defence. Emphasis is on building strength, character and leadership. Instructed by Master in TKD.

MEDITATION

Course No. 3965

Being Still - meditation for calmness and peaceful moments.

PERSONAL FITNESS

Course No. 3929

Group and individual workouts consisting of various types of exercises (ie: Pilates, Yoga, High Intensity Interval Training, AMRAP, Tabata, body weight & hand weight exercises). Creating personal workout goals to carry out during and after course using proper techniques, terminology & knowing what muscle groups are being worked.

PILATES

Course No. 3936, 3937

Improve flexibility, build strength and develop control, coordination and balance through core body exercises. This course will also focus on improving posture and increasing mental awareness. No previous experience with Pilate's necessary. Please bring Pilates mat and water to class.

STRETCH N'TONE

Course No. 3874

This class is all about stretching, building functional strength and toning and defining your muscles. Perfect for seniors, people who want little cardio or are "yoga challenged", but still want the same benefits of increased flexibility and relaxation. Please bring yoga mat.

VOLLEYBALL CO-ED RECREATIONAL

Course No. 4010

A fun night for adults who have played some volleyball in the past.

YOGA

Course No. 3880, 3891, 3892, 3896, 3897, 3898, 3899, 4017

Study the discipline of Yoga while building strength, stamina and flexibility. Please bring a mat and blanket to class. Please pay close attention to date, time, location, and levels indicated in the index.

VISIT OUR WEBSITE:

www.dsbn.org/community

LANGUAGE

YOGA FOR KIDS - AGES 4-8

Course No. 3875

This playful class will promote self-expression through the body and mind. Children will lengthen and strengthen their bodies and learn how to develop focus and awareness through breathing and relaxation techniques. This class will incorporate partner poses singing and dancing.

YOGA FOR KIDS - AGES 9-13

Course No. 3876

This class incorporates flexibility of the mind and body, promotes strength, balance and confidence. Children will learn how to focus and center themselves with breathing and visualization techniques. They will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, and basic anatomy.

ZUMBA

Course No. 3877, 3878, 3955

A fusion of Latin music and aerobic/interval training that tones and sculpts the body. Please pay close attention to date, time, location, and levels indicated in the index.

For locations, dates, times and course fees, refer to the charts on pages 10-11.
*Material costs are extra.

VISIT OUR WEBSITE:
www.dsbni.org/community

FRENCH BASIC

Course No. *3962

Casual conversations you remember more than you think! Freshen up your French, how to see French in a different light.

FRENCH BEGINNERS

Course No. *3915, *3916, *3917

Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn for enjoyment or if you have children in the French Immersion programs.

FRENCH - CONVERSATIONAL

Course No. *3963

This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

FRENCH - INTERMEDIATE

Course No. *3918

This course is for those who would like to enhance their French language skills through conversation, drama, and media. Learn French culture and expressions that will take your skills to the next level! Students should already have a basic understanding of the language.

FRENCH FOR TRAVELLERS

Course No. *3998

This course places the emphasis on fun and conversation. Students will experience the French language and gain a strong knowledge of the exciting French culture. Focus is on fundamental conversational skills for those wishing to learn this romantic language.

JAPANESE – BEGINNERS

Course No. *3928

Students will experience the Japanese language, with a focus on basic writing and essential conversational knowledge. Come & learn more about this language in an engaging environment.

SPANISH – BEGINNERS

Course No. *3970

An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

SPANISH – CONVERSATIONAL ADVANCED

Course No. *3958

Students will experience the Spanish Language Advance, conversational classes including writing messages. They will improve the communication skills.

SPANISH – CONVERSATIONAL BEGINNERS

Course No. *3944, *3945

An introduction to the Spanish language and culture. Instructions will be taught using various day to day themes and you will discover a variety of resources to improve your Spanish.

SPANISH – CONVERSATIONAL INTERMEDIATE

Course No. *3959

A continuation from the Spanish for Travellers - Beginners course. This course will enhance the student's level of vocabulary, verb usage, and conversational skills. Very helpful for frequent travellers and vacationers.


SPANISH FOR TRAVELLERS -BEGINNERS

Course No. *3948, *3950

In a relaxed atmosphere, focus on basic vocabulary and specific conversation and reading skills to enable students to travel within a Spanish speaking country and enjoy their stay.

Grimsby Toastmasters
 Meets at Grimsby Secondary School
1st and 3rd Monday of the month
7:00pm - 8:45 pm
 info: www.grimsbytoastmasters.org

Our vibrant club provides members support to practice and gain credit in leadership and communication skills within a fun and encouraging atmosphere.



WHERE LEADERS ARE MADE





REGISTRATION - GENERAL INTEREST

Registrations must be received no later than September 14, 2016. Registrations will be processed on a daily basis.
FAX – 905-646-7042 – VISA or Mastercard only.

MAIL - IN – Please complete the VISA/Mastercard payment information, or enclose cheque/money order
(Payable to District School Board of Niagara); please send one cheque, per course, per participant.

MAIL TO: **ADULT & COMMUNITY EDUCATION, c/o LLC, 535 Lake St., St. Catharines, Ontario L2N 4H7**

PLEASE PRINT ALL INFORMATION					
Last Name		First Name			Male / Female
Street No.	Street Name			Apt. No.	
City		Postal Code	Home Telephone No.	Business Telephone No.	
Course No.		Course Title		Course Location	
Day of Week		Time	Start Date	Fee	
Birthdate (DD/MM/YYYY):					
PAYMENT INFORMATION					
<input type="checkbox"/> Visa	Card Number		Expiry /	Card Verification No.	<input type="checkbox"/> Cheque
<input type="checkbox"/> Master Card					<input type="checkbox"/> Cash
				<input type="checkbox"/> Money Order	<input type="checkbox"/> Senior (65+)
Cardholder's Name		Signature		Date	Total Amount \$

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PAYMENT INFORMATION					
<input type="checkbox"/> Visa	Card Number		Expiry /	Card Verification No.	<input type="checkbox"/> Cheque
<input type="checkbox"/> Master Card					<input type="checkbox"/> Cash
				<input type="checkbox"/> Money Order	<input type="checkbox"/> Senior (65+)
Cardholder's Name		Signature		Date	Total Amount \$