

Look Good etc. is a new title for the old FITNESS. Also, course ID numbers are now on the bottom of the date and time information. (ie - WFT1-10 etc.)

LOOK GOOD and FEEL GREAT! (Old FITNESS)

DYNABODY fitness boot camp

Get fit fast! Improve your cardio/aerobic conditioning, coordination and timing. Innovative activities incorporate calisthenics, obstacle courses, circuit training, abdominal and core body exercises at Doug's boot camp. Basic martial arts techniques. Enjoy the camaraderie and the challenge while getting fit!

10 Tuesdays January 12 to March 16 6:30 - 8:00 pm.

\$79 Doug Yaholkoski

WFT1 - 10 (BA)

OR

10 Thursdays January 14 to March 18 6:30 - 8:00 pm.

\$79 Doug Yaholkoski

WFT2 - 10 (SM)

JOYS of belly dancing - One of our most popular courses!

Belly dancing is energizing, graceful, calming and easy to practice. Learn basic dance styles as you move to Middle Eastern rhythms. Gain flexibility, strength, tone and improved posture. Belly dancing also promotes self confidence and self esteem. Wear loose fitting clothing and bring a scarf to tie around your hips.

9 Wednesdays (no class March 31)

February 3 to April 7 6:30 - 7:45 pm.

\$79 Ildiko Gyarmati

WFT3 - 10 (WS)

MORE belly dancing

This class is for those who have some experience and wish to learn additional moves. We will continue to explore the meditative qualities and experiment with personal expressions of the dance. Improve your veil work, improvise with your sister dancers and gracefully interpret and perform choreographic moves.

9 Wednesdays (no class March 31)

February 13 to April 7 8:00 - 9:15 pm.

\$79 Ildiko Gyarmati

WFT4 - 10 (WS)

ZUMBA

Join the party!! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program that will blow you away.

6 Mondays (no class February 15)

January 18 to March 1 6:00 - 7:00 pm.

\$59 Sonia Lemoine

WFT5 - 10 (WS)

YANG tai chi (beginner 1)

Tai Chi Chuan is well known for its many superior health benefits. Tai Chi helps keep joints lubricated and limbs more flexible. Performed in a slow and relaxed manner, it calms the mind and releases the mental and physical tensions of our modern, stressful lifestyle. Tai Chi is a great form of exercise for men and women of all ages and levels of physical fitness. This course is a pre-requisite to the Beginner 2 class.

8 Mondays and 8 Wednesdays

January 11 to March 10 5:00 - 6:00 pm.

(no class Feb. 15 & Feb. 17)

\$65 Sifu Peggy McRitchie

WFT6 - 10 (SM)

YANG tai chi (beginner 2)

Build on the techniques learned in the Beginner I class. Participants will continue to refine & develop Tai Chi movement and add techniques needed to learn and complete the 8 Step Tai chi hand form. Participants will also study basic 2 person Tai Chi drills and further Tai Chi Ball Qigong techniques. These classes are dynamic, challenging and motivating. Your reward will be renewed energy, additional strength, flexibility and focus.

8 Mondays and Wednesdays

January 11 to March 10 6:30 - 7:30 pm. (no class on Feb. 15 and Feb. 17)

\$65 Sifu Peggy McRitchie

WFT7 - 10 (SM)

YOGA for beginners

Beginner classes provide a safe environment for students to learn the correct form of the basic yoga postures. These are the building blocks of a healthy yoga practice. Classical sun salutations, standing poses, gentle back strengthening poses, forward bends and twists are practiced in this class. Please bring a yoga mat and a blanket.

8 Wednesdays January 20 to March 10 6:30 - 8:00 pm.

\$95 Phyllis Poole

WFT8 - 10 (JT)

CAREER & EMPLOYMENT

MEDICAL terminology certificate

This 60-hour course teaches the basic elements of medical words, diagnostic tests, abbreviations and some pharmacology related to body functions, structures and health care systems. Body systems and human anatomy will also be reviewed.

10 Mondays & Wednesdays

January 11 to March 24 (no class Feb. 15 & 17)

6:30 - 9:30 pm.

Kym Atchison

\$255 Materials \$135 Total \$390

WCA3 - 10 (JT)

CANADIAN Red Cross Level C CPR

This is knowledge everyone should know. In only one day you can learn the skills that could save a life. This course includes adult, child and infant CPR, as well as choking maneuvers. Recognizing the signs and symptoms of a heart attack and stroke, and how to reduce the chances of developing cardiovascular disease will also be covered. You will also learn how to use an AED (Automated External Defibrillator). CPR manual and certificate provided.

1 Saturday January 23 8:30 am. - 4:30 pm.

\$79 Gord Hanna

WCA5 - 10 (SHC)

OR

1 Saturday March 6 8:30 am. - 4:30 pm.

\$79 Gord Hanna

WCA6 - 10 (SHC)

OR

1 Saturday March 20 8:30 am. - 4:30 pm.

\$79 Gord Hanna

WCA7 - 10 (SHC)

WEVAS - working effectively with the violent and aggressive

Do you work with people who may become anxious, agitated, aggressive or even violent? WEVAS is designed to help develop and improve communication skills used to enable these people to return to their optimal state.

1 Monday & 1 Wednesday

January 18 and January 20 4:30 - 10:30 pm.

Dorothy Braun & Sandee Deck

\$139 Manual \$5 pd. to instructor

WCA4 - 10 (SHC)

FOOD SAFE - Certified Food Handler

Are you working in the food service industry? A Food Safe Certificate is a must. Employers prefer hiring and promoting those who have this certificate. It is required for employees handling food who have contact with the public. Ideal for students and those who are seeking part-time, full-time and summer employment. Taught by a public health inspector.

Saturday February 6 8:30 am. - 4:30 pm.

\$115 Manual \$15 pd. to instructor

WCA15 - 10 (SHC)

OR

Saturday March 13 8:30 am. - 4:30 pm.

\$115 Manual \$15 pd. to instructor

WCA16 - 10 (SHC)

CERTIFICATE PROGRAMS

HEALTH CARE AIDE CERTIFICATE

This program is designed to train students to become health care workers. Graduates work with hospital patients, personal care home residents, or home care clients to meet their physical, emotional, and social needs. Course includes: growth and development, gerontology, activities of daily living, care of the chronically ill, communication, medical terminology, anatomy and physiology, CPR-C, and Non-Violent Crisis Intervention (NVCI). There will be two 120-hour practicums. 610 hours.

FULL-TIME DAY PROGRAM

Monday - Friday & selected Saturdays and evenings

February 8 to June 25 8:30 am. - 2:00 pm.

\$2795 Merliza Alpas

WCA1 - 10 (JT)

HEALTH UNIT CLERK

This program is designed to train students in the health care delivery system. Course includes: maintaining patients and unit records, medical terminology, processing physician orders, diagnostic and laboratory orders, managing unit supplies, CPR, Non-Violent Crisis Intervention (NVCI) and MS Office. There will be a 160-hour practicum. 490 hours.

FULL-TIME DAY PROGRAM

Monday - Friday & selected Saturdays and evenings

February 8 to June 30

Monday -Friday 9:30 am. - 1:30 pm.

\$2995 Kirandeep Gill

WCA2 - 10 (JT)

BUSINESS

FUNDAMENTALS of Business Accounting

Designed for a quick overview of basic accounting concepts, terminologies and procedures. Understand debits and credits. Record journals, ledgers and create simple financial statements.

5 Wednesdays February 10 to March 10 6:30 - 9:30 pm.

\$129 Ron Moore

WBU1 - 10 (SHC)

HOW TO START a small business

Build the skills necessary to set up your own business. This course takes you through the planning process, legal structures, financing, evaluating opportunities, taxation, accounting and bookkeeping, GST and PST, market research, marketing, starting a small business in Manitoba and much more. Completion of this course satisfies the training requirement for the Manitoba Business Start Loan Guarantee Program, Young Entrepreneurs Program and Rural Entrepreneur Assistance Program (REA).

10 Tuesdays January 12 to March 16 6:30 - 9:30 pm.

\$185 Frank Atnikov, Smartworks

WBU2 - 10 (SHC)

MARKETING your small business

Often when we think of marketing we think of advertising! But advertising is just a part marketing. Effective marketing tells our customers not only that we exist, but also what we have to offer them, and what they will gain by giving us their business. Learn many simple, inexpensive methods to be an effective marketer and make your business a success story!

6 Mondays January 18 to March 1 6:30pm - 8:30pm.

\$125 Frank Atnikov, Smartworks

WBU4 - 10 (SHC)

JOB SEARCH/RESUME workshop

Get on the right track for your job search! Write your cover letter and resume so that it opens doors for you. Use the Internet as an effective tool to discover the hidden job market. Prepare for making cold calls and for job interviews. Learn to dress for success!

4 Saturdays February 20 to March 13 9:00 am. - 1:00 pm.

\$59 Phyllis Poole

WBU3 - 10 (JT)

COMPUTERS

COMPUTER BASICS for absolute beginners!

If you have never used a computer and are scared to make mistakes, this course is for you! Find your way around the computer and the Windows Operating System. Discover word processing, file management, Internet and e-mail. Sign up for this popular course and learn the basics!

5 Saturdays

January 23 to February 27 (no class February 13)

9:30 am. - 12:30 pm.

Andy & Nancy Andow

\$155 Manual \$20 pd. to instructor

WCO1 - 10 (SHC)

KEYBOARDING PRO

Develop your typing skills and master the computer keyboard. Accelerate your keyboarding and letter writing skills. Formatting, saving and editing documents included. By the end of this course, you should be able to type 20 to 25 wpm.

5 Wednesdays February 24 to March 24 6:30 - 8:30 pm.

\$145 Marny Bennett

WCO2 - 10 (SHC)

INTRODUCTION to MAC computers

Did you recently buy a new MacBook or iMac? Want to learn the basics to enjoy your computer? Familiarize yourself with components and jargon. Be introduced to the operating system and learn to work in this user-friendly environment. Double-click, make a new folder, cut, and copy/paste, customize the computer, and much more!

3 Wednesdays

January 20 to February 3 (no class Feb. 3) 6:30 - 8:30 pm.

\$65 Robert Cornelius

WCO4 - 10 (SHC)

OR

3 Tuesdays March 2 to March 16 6:30 - 8:30 pm.

\$65 Howie Morrow

WCO5 - 09 (SHC)

iMOVIE 101

Do you have footage from your family vacation or just an interesting idea for a video project? This workshop will get you editing home movies quickly. Learn to capture footage on your computer, edit, add visual effects and sound, and then burn the project on a DVD.

3 Thursdays February 18 6:30 pm. - 8:30 pm.

\$65 Victoria Prince

WCO6 - 09 (SHC)

MS EXCEL 2007 - introduction

This course fills up quickly! In just one day, solidify your knowledge of this popular spreadsheet program. Includes formulas, formatting, printing and charting. Shortcuts provided.

1 Saturday February 6 9:30 am. - 3:30 pm.

Ann McAulay

\$89 Manual \$10 pd. to instructor

WCO7 - 10 (SHC)

MS EXCEL 2007 - intermediate

Take the next step and get Excel really working for you. Learn chart formatting, absolute referencing, "if" statements, sheet referencing and 3-D referencing in formulas. Prerequisite: Intro to Excel.

1 Saturday February 27 9:30 am. - 3:30 pm.

Ann McAulay

\$89 Manual \$10 pd. to instructor

WCO8 - 10 (SHC)

MS OFFICE 2007 - introduction

Learn introductory hands-on skills in Word, Excel and Power Point. Word skills include tools, tables, tabs and mail merge. Excel skills include tips for entering data, formulas, functions and charts. Power Point skills include creating presentations with pictures and animation.

4 Tuesdays & 4 Thursdays

January 12 to February 4 6:30 - 9:30 pm.

Shannon Wentz

\$189 Manual \$35 pd. to instructor

WCO9 - 10 (SHC)

POWERPOINT 2007

Everything you need to know about making a great PowerPoint Presentation! Easy to do, once you know the tricks. Produce eye-catching and effective presentations no matter if you are preparing overheads, or on-screen presentation.

3 Thursdays March 4 to March 18 6:30 - 9:30 pm.

Catherine Parnetta-Olsen

\$89 Materials \$20 pd. to instructor

WCO17 - 10 (JT)

QUICKBOOKS pro 2007

Set up your company books the way they should be. Topics include banking, accounts payable, accounts receivable, payroll and preparation of monthly financial reports. Prerequisite: Basic computer, MS Word and bookkeeping knowledge.

6 Mondays 6:30 - 9:30 pm.

February 1 to March 15 (no class February 15)

Charlotte Onski

\$149 Manual \$36 Total \$185

WCO13 - 10 (WS)

MS PUBLISHER 2007 - Creating Newsletters and Flyers

Are you the editor of a newsletter or flyer? This desktop publishing course will concentrate on concepts for newsletters and flyers. Useful for anyone creating a newsletter for family, friends, community clubs, associations, or even for work! Bring a memory stick to take home your files.

1 Saturday March 6 9:00 am. - 2:00 pm.

\$69 Kim Unrau

WCO10 - 10 (SHC)

DESIGN & LAYOUT techniques

Create professional looking and readable newsletters, books, brochures and posters. Learn hands-on design and layout techniques necessary to create attractive and functional layouts from this professional graphic designer. Skill with Microsoft Publisher, Adobe InDesign, QuarkXpress or comparable programs is a definite asset. Prerequisite: Computer and word processing skills.

6 Tuesdays February 9 to March 16 6:30 - 9:30 pm.

\$149 Kenn White

WCO15 - 10 (SHC)

PHOTOSTORY 3

Bring photos to life by adding special effects, soundtracks, and voice narration to your photo stories. Create slideshows or touch up your pictures. Personalize them with titles and captions using a very user-friendly program that is available for free from the Microsoft website. Bring your digital photos and MP3's on CD, memory stick or memory card with card reader to class.

1 Wednesday January 27 6:30 - 9:30 pm.

\$35 Kim Unrau

WCO11 - 10 (SHC)

OR

1 Monday March 15 6:30 - 9:30 pm.

\$35 Kim Unrau

WCO12 - 10 (SHC)

INTRODUCTION to Photoshop CS3

Photoshop is a powerful program and can be quite overwhelming if you don't know what you are doing. Master the tips and tricks for improving and post processing your digital photos or scanned images, combining multiple shots into a panorama, fixing "red eye," managing layers, masking, adding and subtracting from an image, cosmetic retouching and even more! Excellent, step-by-step tutorial handouts provide help when you are on your own.

8 Mondays 6:30 - 9:30 pm.

January 11 to March 8 (no class February 15)

Linda Vich

\$189 Manual \$56 Total \$245

WCO14 - 10 (SHC)

DREAMWEAVER for great websites

Get the website you want! Create, publish and manage by using Dreamweaver's many visual tools and wide-ranging menu choices. Learn to use tables, add images, edit text, view and edit HTML code to get a great website.

6 Wednesdays February 17 to March 24 6:30 - 9:30 pm.

Chris Plaza

\$149 Materials \$15 pd. to instructor

WCO16 - 10 (SHC)

FINE ARTS & CRAFTS

INTRODUCTION to watercolours

Try something new this winter! Explore the world of painting with watercolours. Learn a variety of techniques including brush strokes, colour mixing and blending. You will take home at least one great picture each evening.

6 Tuesdays January 12 to February 16 7:00 - 9:30 pm.

Charmaine Watt

\$85 Material list will be provided

WFC1 - 10 (SHC)

OIL PAINTING for beginners

Amaze your kids! Even if you have no experience, you can create masterpieces! Scent-free and solvent-free oil paints and product supplied. Bring paper towels, newspaper for the table, wax paper for your paints, 4-12 x 16 canvases or canvas board, oil brushes - one large fan brush, # 5 and # 8 flat brushes, # 1 or # 2 round brushes (or approx. sizes), liner brush and palette knife. Wear old clothes.

4 Thursdays January 14 to February 4 7:00 - 9:30 pm.

Charmaine Watt

\$59 Paints & Product \$15 pd. to instructor

WFC2 - 10 (SHC)

WINTER BIRCHES in watercolours

Paint a masterpiece, even if you are a beginner! Join us for a great day! Learn to glaze and paint still water and beautiful birch trees along a winding river. Everything supplied. Wear old clothes and bring lunch.

Saturday January 30 10:00 am. - 4:00 pm.

Charmaine Watt

\$55 Paints & Product \$15 pd. to instructor

WFC3 - 10 (SHC)

UKRAINIAN EASTER EGGS for adults and children

Spend a few hours being creative with your children. Learn to decorate raw eggs like the experts do! All materials supplied. Complete 2 or 3 eggs, depending on how detailed or fancy you want to get. Wear old clothes (the dyes will stain).

Saturday March 13 10:00 am. - noon

\$15 Charmaine Watt

WFC4 - 10 (SHC)

STAINED GLASS - ALL LEVELS - pick your own project

Choose a variety of stained glass projects, such as flowers, birds or geometric patterns. All projects done in the copper foil method. Tools provided for in-class use. Bring small container (plastic or shoe box size), newspaper and an extra fine point permanent marker.

7 Thursdays January 14 to February 25 7:00 - 9:30 pm.

Kathi Vitti

\$89 Materials \$60 - \$90 pd. to instructor

WFC5 - 10 (BM)

JEWELRY - LOST WAX CASTING

Our jewelry instructor is so talented! She will help you create original pieces of jewelry with this ancient Egyptian technique. Includes wax carving and RTV rubber molds. Three projects include: 2 rings and a bracelet, or another piece of your choice.

10 Thursdays & 2 Mondays

January 14 - March 18 6:30 - 10:00 pm.

Doreen Lapointe BFA, Goldsmith

\$299 Lab Fees \$89 Total \$388

WFC6- 10 (SHC)

JEWELRY - ADVANCED -

toolmaking.stonesetting

Be amazed at what you will do in this jewelry course! You will learn how to forge steel using blacksmithing techniques. Create tools that can be used for setting gemstones into pieces of jewelry. tool steel included with Lab fees. Prerequisite: Stonesetting Level 1

10 Tuesdays January 12 to March 16 6:30 - 9:30 pm.

Doreen Lapointe, BFA, Goldsmith

\$289 Lab Fees \$89 Total \$378

WFC7 - 10 (SHC)

HEALTH and WELLNESS

MEDITATION, Relaxation, Insight and Healing

Enjoy this weekly time of relaxation. Learn techniques and experience guided meditations that will assist you in relaxing, gaining insight and assisting your body in healing. No previous meditation experience necessary.

6 Tuesdays January 12 to February 16 7:30 - 9:30 pm.

\$59 Pamela Thrift

WHL1 - 10 (SM)

INTERMEDIATE MEDITATION

for relaxation, insight and healing

Continue with meditation practices introduced in the Meditation for relaxation, insight & healing course. For those with some meditation experience who wish to deepen and practice their meditation.

5 Tuesdays February 23 to March 23 7:30 - 9:30 pm.

\$55 Pamela Thrift

WHL2 - 10 (SM)

YOGA for the face

Discover how to give your face a massage, how to use facial exercises to improve your muscle and skin tone. This class provides simple, quick, invigorating and soothing exercises and techniques to tone facial and neck muscles that help to support and keep your skin looking and feeling good. Recipes for natural skin products will be shared. Treat yourself to a rejuvenation routine that can be incorporated into your daily life. Please bring your own mat and blanket.

5 Mondays February 8 to March 15 6:30 - 8:00 pm.

(no class February 15)

\$49 Phyllis Poole

WHL3 - 10 (JT)

SPIRITUAL JOURNEYS

Read, explore and discuss the spiritual journey and perspective of people from a variety of traditions, past and present. These include Buddhist, Muslim, Hindu, Sikh, Christian, monastic, First Nations and non-traditional spirituality. Spiritual disciplines from each perspective will be explored. Emphasis is upon a variety of time periods.

5 Wednesdays February 24 to March 24 7:00 - 9:00 pm.

\$45 Lori Kolesnik

WHL4 - 10 (SHC)

INTENSIVE foot reflexology

Gain an in-depth understanding of the principles and methods of foot reflexology in this intensive one day workshop. Learn how foot reflexology promotes circulation and helps the body to heal itself naturally without side effects. Bring a pillow and a large towel.

Saturday January 23 9:00 am. - 4:00 pm.

\$39 Irene Melnyk, Certified Instructor, Reflexology Association of Canada

WHL6 - 10 (SHC)

INTRODUCTION to Reflexology

Learn to help yourself and others relax. Feel better by stimulating reflexes in the feet, hands, ears and face. Reflexology can relieve stress, high blood pressure, sinus problems and can be useful in emergencies. Bring a pillow and a large towel.

5 Thursdays January 28 to February 25 7:00 - 9:00 pm.

\$65 Irene Melnyk, Certified Instructor, Reflexology Association of Canada

WHL7 - 10 (SHC)

LIFE COACHING

For those who would like to learn how life coaching and being one's own personal coach can improve their lives. It is especially helpful for people who are experiencing a transition, whether it is a career change, a lifestyle change such as retirement, or wishing to "get out of a rut". Working together, you will gain clarity on what you want in your life, identify where you are, explore possible barriers and challenges and develop ideas to overcome them. Learn to build on your strengths.

4 Saturdays February 27 to March 20 9:00 am. - noon

\$59 Charlene Christensen

WHL5 - 10 (SHC)

STRESS MANAGEMENT

There are many different types of stresses that we experience in our daily lives. Learn to manage stress with diet, exercise, meditation, and achieve balance in your life. Feel Better!

2 Saturdays January 23 & 30 10:00am - 2:00pm.

\$45 Pamela Thrift

WHL8 - 10 (SHC)

BRAIN GYM for a fit mind

Blow away the brain fog, ward off memory decline and develop a drug-free method to release daily stress. Brain Gym is a program that includes specially developed movements to stimulate your brain to improve your ability to think. Wear comfortable clothes and bring a water bottle. All ages welcome!

4 Tuesdays February 2 to February 23 6:30 - 8:30 pm.

\$45 Noreen Kolesar

WLE9 - 10 (JT)

MAKE YOUR OWN lotions and creams

Learn the methods used for making lotions, creams and balms. You will receive valuable information on the therapeutic qualities many herbs, oils and essential oils used to moisturize your skin. Make quality moisturizing products for Winnipeg's winter weather. All ages welcome!

Monday February 8 6:00 - 9:00 pm.

\$25 Tannis Paton

Lab fee of \$12.00 pd. to Instructor

WLE13 - 10 (SJ)

LEISURE

HOUSE WIRING

Just in time for those home renovations! Learn electrical wiring according to the City of Winnipeg Electrical Code, including circuits, three-way switches, baseboard heaters, main service, electrical panel, repairs/renovations. Bring basic wiring tools: red and green Robinson screw drivers, needle nose pliers, side cutter pliers and a slot screw driver.

8 Tuesdays January 12 to March 2 6:30 - 9:30 pm.

Gary Yakimoski

\$175 Materials \$20 pd. to instructor

WLE1 - 10 (SHC)

WELDING

Very useful, very practical and fun too! Learn basic welding and brazing. You will be introduced in a hands-on way to gas, arc, mig and tig techniques. Learn to make or repair tools, objets d'art and other nifty things.

10 Tuesdays January 12 to March 16 6:30 - 9:30 pm.

John Schmidt

\$215 Materials \$75 pd. to instructor

WLE2 - 10 (SHC)

REDECORATING - The art of refreshing your home

Rework, rearrange or change a space that simply does not work, into the space you keep imagining! Let a decorator teach you how to achieve that look and feel without incurring huge expenses. There is an art to interior decorating but the logic of it can be learned.

4 Wednesdays

January 27 to February 17 6:30 - 9:00 pm.

\$45 Charlotte Tataryn

WLE3 - 10 (JT)

DE-CLUTTER your Home

Getting rid of excess clutter eliminates approximately 40 percent of your housework! Take control, defeat chaos and take back your home!

2 Wednesdays January 13 & January 20 7:00 - 9:00 pm.

\$39 Charlotte Tataryn

WLE4 - 10 (JT)

CREATING YOUR URBAN OASIS with perennials, shrubs

A local landscaper and professional gardener will teach you how to turn your yard into the wonderful outdoor garden you have been dreaming about.

4 Wednesdays March 3 to March 24 6:30 - 9:00 pm.

\$45 Charlotte Tataryn

WLE5 - 10 (JT)

HOW TO SELF-PUBLISH your own book

Learn about the major components of book publishing such as editing, illustration, design, printing, follow-up marketing, distribution and other important details. The instructor has self-published two books and will share how to avoid the pitfalls, from both his own personal experience and that of other self-published authors. Produce a quality book in the most practical, cost-efficient manner possible.

Thursday March 11 7:00 - 9:30 pm.

\$29 Gus Henne

WLE6 - 10 (SHC)

MARKETING YOUR BOOK

Whether you are a self-publishing author or one contracted by a royalty house, unless you get involved in marketing your book, it won't sell. This class will give you 42 ways you can use to get your book into the hand of book buyers.

Thursday March 18 7:00 - 8:30 pm.

\$25 Gus Henne

WLE7 - 10 (SHC)

BOATING SAFETY COURSE

By law, everyone now requires a Pleasure Craft Operators Card to operate a power driven boat. This basic course/exam (6 hours) is suitable for all levels of boating experience. The simplest and most enjoyable way to learn about boating safety is by listening to real life stories! We recommend the entire family take it together. Call the instructors at 889-3000 for more information on the regulations.

2 Thursdays

February 25 & March 4 6:30 - 9:30 pm.

Nuttall Boating Safety

\$73 Manual Optional \$10 pd. to instructor

WLE8 - 10 (SHC)

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Get the most out of your camera without the fear of "doing something wrong". Includes terminology, settings and shooting techniques. Bring your camera, extra batteries or AC adapter, memory card, cables, and manual.

2 Wednesdays January 13 & January 20 6:30 - 8:30 pm.

\$39 Tom Hardy

WLE9 - 10 (SHC)

GET MORE FROM YOUR CAMERA

Do you want to go beyond "point and shoot"? Get creative and improve your photographs by learning how your camera works. Group discussions on photo techniques and styles, and opportunities for participants to share their photographs will boost your abilities. A digital camera with a mode dial to control aperture, shutter speed and manual settings is necessary. Bring your camera, manual, batteries and mountable flash (if you have one), to class. This workshop includes one Saturday shoot, to be scheduled in class.

5 Thursdays February 4 to March 4

6:30 - 8:30 pm. & 1 Saturday

\$95 Tom Hardy

WLE10 - 10 (SHC)

PUPPY LIFE SKILLS WITH CLICKER TRAINING

Transform your puppy into a Super Pup with clicker training! Includes basic clicker training and socialization, collar/leash training, gentle leader, positive training methods, sit & stay commands. Learn solutions to common problems (chewing, separation anxiety, mouthing, house training issues, jumping up, barking, etc.). Information on canine development and puppy nutrition included. PLEASE NOTE: Puppies must have their second series of vaccinations (DA2PP + Bordatella). Proof of vaccinations is required and brought to class with a leash, dog treats and a supply of baggies. If you have a known aggressive or reactive dog, please contact the instructor prior to registration.

6 Tuesdays January 12 to February 16 7:30 - 8:30 pm.

Karen Fisk

\$95 Equip. fee \$10 pd. to instructor

WLE12 - 10 (WCC)

CLICKER TRAINING FOR SUPER K-9'S

Turn your dog into a super K-9! Your dog will learn basic clicker training, a powerful training technique. Positive training methods, clicker training commands such as sit/stay, down/stay, come, as well as teaching distance duration and distraction work are taught. PLEASE NOTE: This class is designed for dogs that are over 9 months of age. They must have their third series of vaccinations (DA2PP + Bordatella). Proof of vaccination records is required and brought to class along with a collar and leash (no pinch or choke collars), dog treats and a supply of baggies. If you have a known aggressive or reactive dog, please contact the instructor prior to registration so we are able to tailor to your needs.

8 Tuesdays January 12 to March 2 6:00 - 7:00 pm.

Karen Fisk

\$115 Equipment & manual fee \$10 pd. to instructor

WLE11 - 10 (WCC)

LANGUAGES

MAMA MIA!

Immerse yourself in Italian language, culture and traditions. Learn basic Italian conversation, grammar and verbs. Different regions of Italy will be highlighted. Have fun as you prepare for your next trip.

6 Thursdays January 14 to February 18 7:00 - 9:00 pm.

\$79 Patricia Busca

WLA1 - 10 (SJ)

ITALIAN TO GO

Going to Italy? Or just want to learn a few words... Learn greetings, directions, weather, ordering food and simple expressions to survive in Italy or to order from an Italian restaurant in Winnipeg!

3 Saturdays January 23, 30 & February 6 9:00 am. - 12:00 pm.

\$49 Patricia Busca

WLA2 - 10 (SHC)

SPANISH - GETTING STARTED

Sehabla Espanol? Well you can! Come and enjoy a friendly experience with South American Spanish. The focus will be on common expressions, customs and money, as well as vocabulary related to hotel, restaurant and tourist attractions.

10 Tuesdays January 12 to March 16 7:00 - 9:00 pm.

\$95 Ines Mora

WLA3 - 10 (SHC)

SPANISH TO GO

Going on vacation? Learn greetings, directions, weather, ordering food and simple expressions to survive in a Spanish speaking country.

3 Saturdays January 16, 23 & January 30 9:00 am. - 12:00 noon

\$49 Ines Mora

WLA4 - 10 (SHC)

FRENCH TO GO

Learn the basics quickly! Master weather, ordering food and simple expressions! If you have forgotten your high school French, or want to learn a few words, this is the course for you.

3 Thursdays February 25 to March 11 7:00 - 9:00pm

\$49 Yvonne Perry

WLA5-10 (SHC)