NEW projects:
• Art with Bernadette Phillips
• Oil Painting with Julie Lamoureux
• Stained Glass with Kathie Vitti
• Watercolours with Leona
• Spring Crafts and Cooking with Shannon Hiebert
• Kids Can Build—Electronics! with Bill Smart

NEW courses:
• Kids Can Draw! Cartooning
• Kids Can Sew! Cut-away Rag Quilting: Wall Hanging and Pillow
• Yummy Gluten-free Snacks

NEW fitness:
• Cardio Bikini Blast with Coralee
• More ZUMBA® fitness classes
• Armchair Pilates™ with Grace

New personal finance seminars:
• Mortgage Options
• The Dos and Don'ts 1–5 Years Prior to Retirement
• Your Retirement Paycheque
• The Efficient Divorce

And they’re back!
• Golfing with Carl Lechman
• Tennis for Kids!
• Introduction to Meditative Yoga
• Meditation and Deep Relaxation
• Making Maple Syrup “For Fun or Profit”
• Growing Mushrooms at Home
• Musical Theatre—Introduction

Summer camp themes:
• Ultimate Survivor Science
• Pirates and Princesses
• Mysteries and Sleuths
• X-treme Sports, X-treme Body Mechanics
• Dinosaur Fantasy Park
• Wild, Wicked and Wet Returns

ED Ventures
River East Transcona School Division
Adult & Continuing Education
530 McLeod Ave.
Winnipeg, MB R2K 0B5
E-mail: office@retsd.mb.ca
www.retsd-conted.com
Tel 667-6193 Fax 668-9309

Office Hours
530 McLeod Ave.
8:30 a.m.–4:30 p.m. Monday to Friday

Administration
Gail Bobowski, Program Co–ordinator
Continuing Education
Jan Smith, Director
Adult & Continuing Education

WANTED IMMEDIATELY!
Instructors for fall, winter or spring who are passionate, knowledgeable and experienced in their specialty area. If you are eager to teach in an interactive, accepting and fun environment, please give us a call.

Have an idea for a course? Give us a call at 667-6193.

ED Ventures
ONLINE COURSES
Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. Ed2Go instructors are famous for their ability to create warm and supportive communities of learners. It’s no wonder many long-lasting friendships have formed in our lively and intelligent discussion areas. All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to get started:
1. Visit our online instruction centre:
   www.ed2go.com/retsd
2. Click the orientation link and follow the instructions to enrol and pay for your course.
3. When your course starts, return to the Online Instruction Centre and click the classroom link.
4. Start dates: April 21, May 19, June 16, July 21, Aug. 18

Requirements:
All courses require Internet access, e-mail, Microsoft® Internet Explorer® or Firefox®.

More information on page 20

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DISCOVER IT!
Spring could be considered the time of year we uncover and discover things about our surroundings and ourselves. This could be the season you discover something about yourself by signing up for a course you’ve seen again and again but never taken.

This is the season to discover that you can get 10 per cent off the next course you sign up for in the Computers & More section of our program, if you bring along a friend. Just call us up at 667-6193, visit our website at www.retsd-conted.com or come down to our office at 530 McLeod Ave. to register. Now take a look inside. And discover something new.

CONTENTS
Arts & Crafts 2–3
Computers & More 4–5
Fitness 6–9
Life & Leisure 10–12
Professional Development 13
Children & Youth 14–17
Summer Camp 18–19
Ed2Go 20

GENERAL INFORMATION
Adult Education 21
School Locations 22–23
Registration 24–25
New! Art with Bernadette Phillips

Painting with Bernadette—Flower in Acrylic *
SA01 Sat., April 24, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room $47
Bernadette is a professional art teacher. Under her simple instruction (no vague suggestions), even a beginner can produce this striking 16x20 painting. Acrylics are a forgiving medium, so this is a great way to learn to paint. Instructions are specific, step-by-step. No experience is necessary. Materials fee: $28. Bring a lunch.

Painting with Bernadette—Abstract Acrylic *
SA03 Sat., May 29, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room $47
This dramatic, 20x24 abstract acrylic canvas board painting will complement modern interiors, which often reflect the increasingly popular minimalist style. Directions are specific and simple—no “art talk!” You will have your choice of different industrial shapes and colours to be decided in class with your instructor. Bernadette is an experienced and directive teacher. Anyone can paint this in a day. Materials fee: $28. Bring a lunch.

New! Oil Painting with Julie Lamoureux
Join popular instructor Julie Lamoureux in learning how to create an oil painting you will be proud to display. Materials fee: $20—includes paints, canvas, thinners and use of brushes, easels and more. Bring a lunch.

Please note: No refunds or credits for cancellations made up to seven days prior to the class date for Julie’s classes, unless we can fill your spot from our waiting list. Please call the office for more information—667-6193.

Oil Painting with Julie—Summer Sunset *
12x16 Canvas
SA05 Sat., May 29, 9:30 a.m.–4:30 p.m.
McL: Rm. 2 $75
Project photos not seen here available at www.retsd-conted.com

New! Stained Glass with Kathie Vitti
Butterfly Candle Vase *
SA06 5 Mon., beg. April 19, 7–9:30 p.m.
JH: Woods lab $60
Three large butterflies float around a glass vase suitable for a pillar candle. A selection of glass for the butterflies will be available in class. This project will measure 12” tall and 9” wide when completed and is done in the lead-wrap method and will be nickel-plated. Please bring to class a fine-point black Sharpie® marker, a silver Sharpie® marker, a small container (shoebox size) and a newspaper. Materials fee: $75–85

Large Pansy Stepping Stone or Serving Tray (Mosaic) *
SA07 3 Sat., beg. April 24, 10 a.m.–2 p.m.
JH: Woods lab $57
This bright pansy flower will add a splash of colour to your garden (12” stone) or patio table (tray). When you register, indicate which project you would like to complete and your choice of yellow, white or blue/purple flower. Please bring to class a fine-point black Sharpie® marker, a silver Sharpie® marker, a small container (shoebox size) and a newspaper. Materials fee: $35–45. Bring a lunch.

Watercolour with Leona—Intermediate and Advanced *
SA09 9 Tues., beg. April 13, 7–9 p.m.
Murdoch: Rm. 197 $99
This class will focus on ways to strengthen composition, using negative space for better design quality, mixing expressive colour and taking your art a step further than the “safe zone.” Participants will be encouraged to try different approaches to their art.

Watercolour with Leona—Beginner *
SA08 8 Mon., beg. April 12, 7–9 p.m.
Murdoch: Rm. 197 $99
Learn to trust your creative instincts and use the natural, free-flowing characteristics of watercolour to create vibrant and expressive paintings. Your own photographs, sketches, imagination or previous paintings are suggestions for inspiration. Watch Leona as she demonstrates how to paint crashing water against rocks, brilliant sunsets and calm lily ponds. To prepare the students for painting outdoors during the summer, pen and ink sketching will also be discussed.
**COMPUTERS & MORE**

No class dates: Sat. May 22, Mon. May 24. All material fees are payable to the instructor—first class. All courses marked with an asterisk*—GST is included in the course fee price.

**COMPUTERS & INTERNET**

**Computers for Beginners—Moving Forward Without Fear**

SC01  6 Tues., beg. April 13, 6–8 p.m.  
Miles Mac: Rm. 11  $93

SC02  6 Thurs., beg. April 15, 7–9 p.m.  
Miles Mac: Rm. 11  $93

Have you been using the computer but have never learned the basics? Are you using a particular program in your work but when the smallest thing goes wrong, you don’t know what to do? Gain confidence in your computer skills, learn more about the Internet, and show your family or employer you know your way around your computer program with this great, retooled beginner course.

Instructor: Sharon Shewel

**Computers for Beginners—Removing the Fear and Intimidation**

SC03  5 Weds., beg. April 14, 6–8 p.m.  
TCL: Rm. 104  $79

Do you have a computer at home that isn’t being used because—well—you are not sure where the on/off button is? Then this course is for you. Open, save, delete and move files and folders; open Microsoft Word to write a letter; and get comfortable surfing the Internet. Replace fear and intimidation with confidence and ease, and impress doubting family members or co-workers in this fun, relaxing class. Instructor: Rhonda

**Microsoft® Office 2007**

Excel® 2007—Level I  
SC08  6 Weds., beg. April 14, 7–9:30 p.m.  
Mun: Rm. 19  $135

Learn skills to work more efficiently with worksheets, such as entering/editing text and numbers, formatting, using formulas, page setup options, absolute/relative references, object-linking and embedding, charts, IF functions, conditional formatting and conditional sum wizard. Prerequisite for Excel® 2007—Level II. Bring a flash drive—2 GB minimum. Instructor: Lea Mansell

Excel® 2007—Level II  
SC09  3 Weds., beg. May 26, 7–9:30 p.m.  
Mun: Rm. 19  $69

Advanced workshop for those who have taken Level I or who have experience working with Excel. This class will cover databases, filters, subtotals, data tables, lookup tables, pivot tables, multiple worksheets, templates, styles, hyperlinks and nested functions. Bring a flash drive—2 GB minimum.

Instructor: Lea Mansell

PowerPoint®  
SC10  5 Mon., beg. April 12, 7–9:30 p.m.  
Mun: Rm. 19  $112

These sessions will be exciting! Learn how to create catchy and visually appealing presentations that include text, tables, spreadsheet data, charts, clip art, animated GIFs and your own creations. Slide transitions, sound, animation, hyperlinks, audience hand-outs and speaker notes will also be included. Please bring a flash drive—2 GB minimum.

Instructor: Lea Mansell

Word 2007—Level I  
SC11  6 Tues., beg. April 13, 7–9:30 p.m.  
Mun: Rm. 19  $135

Learn the basics or refresh your knowledge of the number one word-processing tool on the market. Create/save documents, access help menus, move/copy text, format paragraphs, and use borders/shading, indents and bulleted lists. Tabs, margins, page breaks, headers and footers, and thesaurus are also covered. Prerequisite for Word 2007—Level II. Bring a flash drive—2 GB minimum.

Instructor: Lea Mansell

**COMPUTERS & MORE**

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Learn skills to work more efficiently with worksheets, such as entering/editing text and numbers, formatting, using formulas, page setup options, absolute/relative references, object-linking and embedding, charts, IF functions, conditional formatting and conditional sum wizard. Prerequisite for Excel® 2007—Level II. Bring a flash drive—2 GB minimum. Instructor: Lea Mansell

Excel® 2007—Level II  
SC09  3 Weds., beg. May 26, 7–9:30 p.m.  
Mun: Rm. 19  $69

Advanced workshop for those who have taken Level I or who have experience working with Excel. This class will cover databases, filters, subtotals, data tables, lookup tables, pivot tables, multiple worksheets, templates, styles, hyperlinks and nested functions. Bring a flash drive—2 GB minimum.

Instructor: Lea Mansell

Word 2007—Level II  
SC12  3 Tues., beg. May 25, 7–9:30 p.m.  
Mun: Rm. 19  $69

Advanced workshop for those who have taken Word 2007—Level I or who have experience working with Microsoft® Word. This class will cover formatting documents, desktop publishing, columns, graphics, tables and mail merge. Bring a flash drive—2 GB minimum.

Instructor: Lea Mansell

**Find courses online.**  
www.LOCALcourses.com

**SAFETY TRAINING for BUSINESS and INDUSTRY with EdVentures—AVAILABLE 24/7**

Workplace safety is everyone’s concern. Eliminate workplace and public hazards through education with EdVentures.

If your workplace is looking for training in safety courses such as WHIMS, Confined Spaces, Transportation of Dangerous Goods and many other certificate sessions, contact us for more information at 667-6193 or visit us online at www.retsd-conted.com.

We’ll arrange to have a qualified safety instructor come to your business, or we will organize classes here in the division at a time and location that will suit you and your employees. All courses are classroom-based unless indicated where a portion of the training is on-site. All course fees are per person.

**COURSES PRESENTLY OFFERED:**

Certificate Lockout Energy Sources  
Certificate Lift Truck (forklift)  
Certificate Overhead Crane Training  
Transportation of Dangerous Goods Certificate  
Safety and Health Committee Basic Training  
Certificate Overhead Crane Training  
Certificate Lockout Energy Sources  
Co u r s e s p r e s e N t l y o f f e r e d:  

You can get 10% off the next course you sign up for in the Computers & More section of our program, if you bring along a friend. Just call us at 667-6193, visit our website at www.retsd-conted.com or come down to our office at 530 McLeod Ave. to register.
Fitness Discounts
Save $5 when you register for two fitness classes.
Save $10 when you register for three fitness classes.
Fitness classes may be postponed due to prior claim to facilities by a school. Notice will be given.

Aquacise at Bernie Wolfe Community School: Pool
Aquacise—Regular *
Exercise in water is recommended as one of the safest and most effective ways to work out. Led with music by enthusiastic instructors, these workouts will leave you feeling fresh and invigorated.

Aquacise—Arthritic *
This session will help increase/maintain joint flexibility, muscle strength and muscle tone. Movements are slow and gentle with no aerobic workout.

Cardio Aqua Boot Camp *
Another title for this class could be “swim and sweat.” This intense aqua class combines the benefits of lower impact and water resistance to a total body workout. Take the plunge and feel great!

All classes are 8 weeks—$49

(1) Tessa Blaikie  (2) Tammy Semchuk-Bohn  (3) Valerie Friesen  (4) Pam Jansen

<table>
<thead>
<tr>
<th>8 Mon., begin April 5</th>
<th>8 Wed. begin April 7</th>
<th>8 Thurs. begin April 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>SF01 Regular</td>
<td>SF05 Regular</td>
<td>SF11 Regular</td>
</tr>
<tr>
<td>9–10 a.m. (1)</td>
<td>9:30–10:30 a.m. (4)</td>
<td>6–7 p.m. (3)</td>
</tr>
<tr>
<td>SF02 Regular</td>
<td>SF06 Regular</td>
<td></td>
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<tr>
<td>10–11 a.m. (1)</td>
<td>12:45–1:45 p.m. (2)</td>
<td></td>
</tr>
<tr>
<td>SF03 Regular</td>
<td>SF07 Arthritic</td>
<td></td>
</tr>
<tr>
<td>5–6 p.m. (2)</td>
<td>1:45–2:45 p.m. (2)</td>
<td></td>
</tr>
<tr>
<td>SF04 Regular</td>
<td>SF08 Regular</td>
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</tr>
<tr>
<td>7–8 p.m. (2)</td>
<td>5–6 p.m. (1)</td>
<td></td>
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<tr>
<td>SF09</td>
<td>SF10 Regular</td>
<td></td>
</tr>
<tr>
<td>Cardio Aqua Boot Camp</td>
<td>7–8 p.m. (1)</td>
<td>6–7 p.m. (1)</td>
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Great Workouts
Basketball Fitness for Women *
SF12  8 Tues., beg. April 13, 7–8:15 p.m.  WA: Gym $58
Come play some b-ball this spring and get fit by combining conditioning, drills, scrimmages and stretches with the chance to play some ball! Instructor: Tessa Blaikie

Body Sculpt on the Ball *
SF13  8 Mon., beg. April 5, 6–7 p.m.  AM: Gym $49
SF13A  8 Thurs., beg. April 8, 7:30–8:30 p.m.  AM: Gym $49
Tired of the same old fitness regime? If you are looking for a workout that will charge you up and give you results, and that’s stimulating and fun, then give this class a try. You’ll develop the strength of your core muscles and sculpt all the areas of your body for a total-body workout. Bring your own ball and weights. Instructor: Diane Kornell

General Guidelines for Ball Size
Your Height | Ball Size
5.0 to 5.5 ft. | 55 cm (22 in.)
5.6 to 6.1 ft. | 65 cm (26 in.)
6.2 to 6.8 ft. | 75 cm (30 in.)

Please note: In doubt, go with a larger ball. Don’t have to inflate it to the maximum diameter. This means getting a ball one size larger than suggested if you are near the upper range.

Boot Camp with Pam *
SF14  8 Mon., beg. April 5, 7:30–8:30 p.m.  JG: Gym $49
Challenge your fitness level and get serious about reaching new goals. This is a “kicked up” program that will guarantee results. Combine strength moves with cardio activities. It will be exhilarating! Please note: This class is not for beginners. Instructor: Pam Jansen

Butts, Bis and Glorious Thighs *
SF15  8 Mon., beg. April 5, 7–8 p.m.  LW: Gym $58
Increase your metabolism and achieve better health and more weight loss. This class doesn’t use any weight but your body’s, so you can take this workout with you anywhere you go. Instructor: Tessa Blaikie

Boot Camp at Sun Valley *
SF16  8 Wed., beg. April 7, 7–8 p.m.  SV: Gym $49
This is a “kicked up” and exhilarating program that will guarantee results. Combine strength moves with cardio activities. Challenge yourself and get serious about reaching new goals. This class is not for beginners. Instructor: Corrie Pollock

NEW! Cardio Bikini Blast with Coralee *
SF17  8 Mon., beg. April 5, 6:30–7:25 p.m.  JG: Gym $49
SF18  8 Thurs., beg. April 8, 7–7:55 p.m.  LW: Gym $49
Tone up, strengthen and increase flexibility with this retooled butts and guts class for all levels. Bring your own weights. Instructor: Pam Jansen

Interval Circuit Training *
SF19  8 Tues., beg. April 13, 6–7 p.m.  BH: Gym $49
Blast the inches away this spring so you’ll look great in your swimsuit this summer! Sweat, smile and burn lots of calories to fun music and creative moves. All levels welcome. Instructor: Coralee Dolyniuk

Secure Registration  www.retsd-conted.com  •  Telephone 667-6193

No class dates: Sat. May 22, Mon. May 24. All material fees are payable to the instructor—first class. All courses marked with an asterisk*—GST is included in the course fee price.
“Not So Gentle” Interval Fit
SF21 8 Wed., beg. April 7, 6–6:55 p.m.
SV: Large gym $49
Increase muscle tone, flexibility, circulation and cardiovascular fitness at your own pace in this low-intensity and safe workout. Alternate cardio fitness with weights and resistance training. Gentle? You decide.
Instructor: Corrie Pollock

Power Hour Mashup *
SF22 8 Thurs., beg. April 8, 8–9 p.m.
LW: Gym $49
What’s a mashup you ask? Be prepared for anything! But there is method in this workout mix-it-up. With weights, skipping and anything else we can get our hands on, you’ll work on your core, agility and strength. Burn fat and tone up every muscle in this fun and full-body mix-conditioning class. For any fitness level. Bring your own hand weights.
Instructor: Pam Jansen

Tightening Tummies *
SF23 8 Mon., beg. April 5, 8:10–8:55 p.m.
LW: Gym $37
SF24 8 Wed., beg. April 7, 8:15–9 p.m.
BW: Stage gym $37
Here’s a short, 45-minute, full-body workout with an extra emphasis on core muscles! If you also attend Boot Camp—Muscle Training (at Lord Wolseley) or Aquacise (at Bernie Wolfe) right before, you’ll get $5 off your class fee.
Instructor: Tessa Blaikie

TKO Kickbox Cross-training *
SF25 8 Thurs., beg. April 15, 7–8 p.m.
Rad: Gym $49
Increase your strength and cardiovascular endurance. You’ll learn boxing punches and safe kicking techniques, while strengthening your abdominal and other muscles. Previous kickbox/cardio-box experience is an asset, but not a necessity. Be prepared for some serious conditioning in this class.
Instructor: Ivan Castillo

ZUMBA® Fitness Classes *
Join the latest fitness craze. ZUMBA® breaks away from the typical 32-count aerobic format and uses the passion of the music as it was meant to be experienced. Even those with two left feet are successful. Just follow the simple movements and feel the rhythms of salsa, merengue, samba, cumbia, cha-cha, reggaeton and more! Come prepared to sweat—this is dance inspired, but a real aerobic workout.
More ZUMBA® fitness classes may be added—visit www.retsd-conted.com for exciting updates.
SF26 8 Tues., beg. April 6, 6–7 p.m.
AM: Gym $49
SF27 8 Tues., beg. April 6, 7–8 p.m.
AM: Gym $49
Instructor: Wendy Elias-Lopez

SF28 8 Mon., beg. April 5, 6–7 p.m.
Way: Gym $49
SF29 8 Mon., beg. April 5, 7–8 p.m.
Way: Gym $49
Instructor: Tania Woodfield

SF30 8 Mon. beg. April 5, 6–7 p.m.
LW: Gym $49
SF31 8 Wed., beg. April 7, 6–7 p.m.
EMU: Gym $49
SF32 8 Wed., beg. April 7, 7–8 p.m.
EMU: Gym $49
Instructors: TBA

SF33 8 Mon., beg. April 5, 7:30–8:30 p.m.
NC: Gym $49
Instructor: Amanda Gill

SF34 8 Thurs. beg. April 8, 6–7 p.m.,
Don: Gym $49

SF35 8 Thurs. beg. April 8, 7–8 p.m.,
Don: Gym $49
Instructor: Anna Nikodem

SF36 8 Tues., beg. April 13, 7–8 p.m.
BH: Gym $49
Instructor: Coralee Dolyniuk

SF36A 6 Mon., beg. April 26, 7:30–8:30 p.m.
BW: Gym $37
Instructor: Suelang Watson

PILATES AND YOGA
Pilates—Level 1 *
SF37 8 Thurs., beg. April 8, 6:15–7:15 p.m.
AM: Gym $59
Using the STOTT PILATES® Method, your instructor will help you to learn what Pilates really is and the five principles applied in every exercise. Educate yourself about your body by improving your breathing and posture while learning flexibility and strength exercises.
Pilates tones and strengthens muscles, especially the spine, while creating core stability and strength. Instructor: Tammy Possillo

NEW! Armchair Pilates® with Grace *
SF38 8 Thurs., beg. April 8, 6:15–7:15 p.m.
HH: Music room $59
Armchair Pilates® incorporates the STOTT PILATES® Method, modifying the moves to enable adults with limited mobility or stability challenges. Exercises enhance core conditioning and provide strengthening and stretching benefits. This gentle armchair workout will improve your posture and increase your level of functional fitness. If you are under a health-care practitioner’s care, please ask whether this is a suitable exercise for you. Bring to class a bath towel or firm cushion for comfort and support.
Instructor: Grace Page

Pilates—Continuing with Grace *
SF39 8 Thurs., beg. April 8, 7:15–8:15 p.m.
HH: Music room $59
Your instructor will use the STOTT PILATES® Method to help you to challenge yourself and continue to develop strength, flexibility and endurance. Students in this class must have taken a beginner class. Bring a bath towel.
Instructor: Grace Page

Yoga—Beginners Hour and Beginners Extended
Yoga is an ancient Indian practice that means union—the connection of body, mind and spirit. Suitable for beginners and those with a regular practice, these classes will include breath work, stretching, postures, relaxation and meditation. Benefits include improved self-awareness, posture, flexibility, strength, endurance, relaxation and general well-being.

Yoga with Janice Kominar—Beginners Hour *
SF40 8 Mon., beg. April 5, 6–7 p.m.
SV: Large gym $59

Yoga with Kim Meades—Beginners Extended *
SF44 10 Thurs., beg. April 8, 6–7:15 p.m.
ERP: Music room $89
SF45 10 Thurs., beg. April 8, 7:30–8:45 p.m.
ERP: Music room $89

More yoga classes may be added—visit www.retsd-conted.com for exciting updates.

FITNESS DISCOUNTS
Save $5 when you register for two fitness classes.
Save $10 when you register for three fitness classes.
Fitness classes may be postponed due to prior claim to facilities by a school. Notice will be given.

www.LOCALcourses.com
**DANCE WITH MR. OREST**

**Ballroom Dance—Beginner I * SL01** 8 Wed., beg. April 21, 6:45–8:15 p.m. AM: Gym $54

This is a great way to get started in this increasingly popular pastime. Receive guided instruction and practice in such long-standing favourites as foxtrot, waltz, swing, and polka.

**Ballroom Dance—Beginner II * SL02** 8 Wed., beg. April 21, 8:30–10 p.m. AM: Gym $54

This is an opportunity to increase your skill and confidence and add more finesse to your foxtrot, waltz, swing and polka. Plus, get an introduction to rumba and cha-cha.

**Ballroom Dance—Beginner III * SL03** 8 Thurs., beg. April 22, 7:15–9:15 p.m. NC: Gym $64

Increase your skill, style and confidence while adding more fun to your foxtrot, waltz, swing, rumba and cha-cha. Plus, get an introduction to samba, tango and Viennese waltz.

**THE GREAT OUTDOORS**

**Boating Safety Course * SL04** Sat., April 24, 9:30 a.m.–5 p.m. Miles Mac: Rm. 15 $70

**SL05** 2 Thurs., beg. May 6, 6:30–9:30 p.m. Murdoch: Rm. 197 $70

Refresher course (2nd half of course—$60); Challenge exam (last hour—$55)

Everyone now requires a Pleasure Craft Operator Card to operate a power-driven boat. The easy-to-understand full course—suitable for all levels of boating experience and ages—covers all required course material and provides examples of real-life situations. Manual is $10 payable to Rod and Marianne Nuttall. Call 889-3000 for more information or visit www.nuttallboatingsafety.com.

**GOLFING WITH CARL LECHMAN**

**Golf for Beginners * SL06** 4 Wed., beg. April 21, 6:30–7:30 p.m. Miles Mac: Gym B $49

Get instruction on the basics, such as grip, stance, setup, swing mechanics, rules, club selection, chipping, putting and other great information to get you started in the game. Bring your own clubs or use the ones provided.

**Golf II * SL07** 4 Wed., beg. April 21, 7:45–8:45 p.m. Miles Mac: Gym B $49

This course is especially designed for golfers who know the fundamentals but want to develop more consistency in their game. Bring your own clubs or use the ones provided.

**FABULOUS FOOD!**

**NEW! Yummy Gluten-free Snacks * SL08** Thurs., April 15, 6:30–9:30 p.m. JH: Foods lab $25

Looking for easy-to-make snacks family and friends will love and never suspect are gluten-free? We can help. Yummy snacks include a jelly roll, puffcorn jumbles and chocolate chip cookies. Count on taste-testing with recipe hand-outs. The basics of gluten-free baking will also be covered. Materials fee: $10. Instructor: Betsy Hiebert

**NEW! PERSONAL FINANCES**

**Life Changes + Financial Knowledge = Stress Reduction**

Financial decisions are difficult when considering those large life commitments or changes such as mortgages, retirement or divorce. Come enjoy an evening of refreshments and learn how to reduce the stress that can come with big financial decisions in your life.

All seminars are on Tuesday evenings, 7–8:15 p.m. in Room 30 at Miles Macdonell Collegiate. Fee: $10/session. If you register for two or more sessions, you’ll be eligible for a special discount. Register for two sessions—receive a $5 discount. Register for three—receive a $10 discount. Register for all four—pay only $25.

**Mortgage Options * SL09** Tues., April 20

Is paying off your mortgage sooner without increasing payments possible? We believe it is. We can show you how to put away emergency funds at the same time with no extra money required. Mortgage insurance—what the banks don’t want you to know.

Instructors: Paul Fust and Andrew McGrath

**The Dos and Don’ts 1–5 Years Prior to Retirement * SL10** Tues., April 27

Market volatility in recent years has created some concerns with respect to your retirement goals. Can you maintain your current retirement financial plan? Pension options, income splitting, tax strategies, estate preservation, moving from RRSPs to RIFs—what should it all look like? Instructors: Paul Fust and Andrew McGrath

**Your Retirement Paycheque * SL11** Tues., May 4

Do you know exactly how much money it will take to retire and remain comfortably retired? Putting it all together—RRIFs, annuities, pensions, CPP, OAS, TFSA, non-reg.—what does your plan look like? Creating the cash flow you need—attend today for a worry-free retirement.

Instructors: Paul Fust and Andrew McGrath

**PERSONAL DEVELOPMENT**

**Introduction to Meditative Yoga * SL12** Sat., May 15, 9:30 a.m.–1:30 p.m. KEC: Life skills area $25

Would you like to be productive and relaxed at the same time? More centred and less scattered? More balanced with your family, at work or at school? Learn to change the momentum of negative thinking and feelings with this short but thoughtful introduction to meditation. Read more from former students at www.flyingcarpetclub.ca/sessions.

Instructor: Kevin Harmer

**Meditation and Deep Relaxation * SL14** 6 Mon., beg. April 19, 6:15–8:15 p.m. ERP: Music room $68

Slow down and focus your energy through silent and guided meditations, deep relaxation, body awareness, breathing techniques and practical discussion. Wear comfortable clothing and bring a cushion and shawl.

Instructor: Kevin Harmer

**Numerology, the Chakras, Crystals & Gemstones * SL15** Thurs., May 13, 6:30–9:30 p.m. Miles Mac: Rm. 30 $21

Discover yourself and the hidden forces within you. You’ll study the history of these ancient methods and the fundamentals of numerology and the Chakra system, as well as the use of crystals and gemstones for meditation and relaxation.

Instructor: Jane Hebdon
Spanish—Beginner II *
SL19  8 Thurs., beg. April 22, 7–9 p.m.
Miles Mac: Rm. 34  $88
A continuation from Spanish—Beginner I, this course will help increase your vocabulary and conversational skills using a fun, interactive approach. Be prepared to attend one class at La Fiesta for a relaxing evening speaking Spanish and eating delicious food (cost of dinner not included in course fee—attendance is optional).
Instructor: Hernan Fernandez

IN THE WOODS!
NEW! Making Maple Syrup “For Fun or Profit” *
SL20  Thurs., April 15, 7–8 p.m.
KRC: Open area room 119  $19
Do you have a maple or birch tree on your property? Learn how to make your own syrup from local Manitoba maple and birch trees. A hands-on demonstration will include tree identification and selection, tapping the tree, boiling off the sap, bottling, storing the syrup and how-to instructions. Taps will be for sale from your instructor: Ken Fosty, forest technician

Growing Mushrooms at Home *
SL21  Wed., May 12, 7–8 p.m.
KEC: Open area room 119  $19
Do you have access to oak, birch or poplar branches? Learn to grow specialty mushrooms in your backyard. Learn how to “plant” the mushroom spawn and grow your own Shiitake and Oyster mushrooms on oak, birch and poplar logs. A hands-on demonstration will show how to inoculate the logs with mushroom spawn. Mushroom grow kits will be for sale from your instructor: Ken Fosty, forest technician

Tarot Card Reading *
SL16  3 Thurs., beg. April 15, 6:30–9:30 p.m.
Miles Mac: Rm. 30  $8
Discover the secret of tarot. Learn the history and meaning of the cards, develop your own intuitive skills and practice by reading for each other in this in-depth, hands-on class.
Instructor: Jane Hebben

Teacup Reading *
SL17  Thurs., May 27, 6:30–9:30 p.m.
Miles Mac: Rm. 30  $21
Learn the ancient art of reading tea leaves in this interactive and intriguing class. You’ll learn where this practice originated, and how to understand the symbolism and read on your own, as well as practice reading during class. Remember to bring your favourite teacup and saucer.
Instructor: Jane Hebben

FOR THE LOVE OF LANGUAGE!
Spanish—Beginner I *
SL18  8 Tues., beg. April 20, 7–9 p.m.
Miles Mac: Rm. 34  $88
Planning a trip to Mexico or Spain? New to speaking Spanish? These fun, dynamic and interactive lessons will help you prepare for the types of language and conversations you might encounter in real-life situations.
Instructor: Hernan Fernandez

Business, Education and Industry

Food Safety—Certified Food Handler
SP01  Mon., May 3 and Tues., May 4, 6–10 p.m.
Miles Mac: Rm. 15  $100
Reduce the risk of food poisoning in your restaurant, care facility, child-care centre, hospital, canteen, church, home and anywhere food is handled. On successful completion of the FoodSafe eight-hour course, a City of Winnipeg Food Handlers Certificate will be awarded. Optional student workbooks ($15) are available from the instructor.

GED Preparation
SP02  10 Thurs., beg. April 15, 6:30–9:30 p.m.
JH: Library  $220
This course prepares you to take the provincial General Educational Development (GED) test and focuses on English and math, with some tips for the other test areas. Textbook included, available at first class.
Instructor: Shirley Knight

WEVAS—Working Effectively with Violent/Agressive States
SP03  2 Sat., beg. April 24, 8:30 am.—4:30 p.m.
Murdock: Rm. 197  $125
SP04  3 Tues., and 2 Thurs., beg. May 18,  6:30–9:30 p.m.
REC: Rm. 201  $125
Required for all paraprofessionals within River East Transcona School Division. Learn proactive strategies to de-escalate potentially dangerous situations. Ideal for educators, parents, coaches and other professionals who wish to improve their conflict communication skills. Bring a lunch for Saturday sessions.
Instructor: David Thomas

First Aid and CPR

Child/Infant CPR—Level D
SP05  Sat., May 8, 8:30 a.m.—12:30 p.m.
Miles Mac: Child care room  $55
Designed for parents, grandparents and other child-care providers. Be prepared in the case of life threatening situations. Instruction includes CPR, what to do in the case of choking emergencies, and other first aid information related to infants and children.

CPR—Level C
SP06  Sat., May 1, 8:30 a.m.—4:30 p.m.
Murdock: Library  $77
Learn skills that could save a life. Course includes: adult, child and infant CPR; choking manoeuvres; recognizing signs and symptoms of a heart attack, stroke, angina and TIA (mini-stroke); and AED awareness (automated external defibrillator). A prerequisite for employment in nursing, recreation, and police and fire departments. Bring a lunch.

Emergency First Aid
SP07  Sat., May 29, 8:30 a.m.—4:30 p.m.
Miles Mac: Child care room  $77
Experienced instructors will guide you through the following: emergency scene management; CPR for adults and older children; AED awareness (automated external defibrillator); soft tissue injuries (wounds and burns); and medical emergencies (seizures, heart attacks, strokes and diabetic emergencies). Bring a lunch.

Find courses online.
www.LOCALcourses.com
### KIDS CAN TAKE CHARGE!

**Babysitting (ages 12–16)**
- **SY01** 4 Mon., beg. April 19, 7–9 p.m.
  - JH: Rm. 5  **$55**
- **SY02** 4 Tues., beg. May 18, 7–9 p.m.
  - JH: Rm. 5  **$55**
- **SY03** 4 Tues., beg. April 20, 7–9 p.m.
  - Murdoch: Rm. 146  **$55**
- **SY04** 4 Wed., beg. May 19, 7–9 p.m.
  - Murdoch: Rm. 146  **$55**

It’s necessary for babysitters to know certain safety procedures, play activities and child-care techniques. Students who successfully complete this course receive a certificate (Manitoba Safety Council approved). Please note: children must be 12 years of age within two months of the course completion dates. Price includes manual. Instructors: Vera Schroeder (John Henderson); Sharon Fonseca (Murdoch)

### KIDS GET CREATIVE!

#### Musical Theatre—Introduction
- **SY05** 8 Wed., beg. April 21, 6:30–7:30 p.m.
  - CP: Theatre  **$57**
- **SY06** 8 Wed., beg. April 21, 7:30–8:30 p.m.
  - CP: Theatre  **$57**

This class will give students the opportunity to learn musical numbers—complete with an acted-out script, singing and dancing—and will conclude with a public presentation. Have fun and build confidence at the same time! Instructor: Kendra Jones

#### New! Spring Crafts and Cooking with Shannon Hiebert
- **Let's Cook!**
  - **(ages 3–5 and parent)**
  - **SY07** Sat., April 10, 10:30 a.m.–12:30 p.m.
    - VG: Foods lab  **$15**
  - **SY08** Sunday, April 25, 12:30–2:30 p.m.
    - Murdoch: Rm. 195  **$15**
  - **(ages 6–12)**
  - **SY09** Sat., April 10, 1–3 p.m.
    - VG: Foods lab  **$15**
  - **SY10** Sun. April 25, 3–5 p.m.
    - Murdoch: Rm. 195  **$15**

Let’s learn how to make a main dish, a treat and a special drink. Please state any food allergies when registering. Each session will be different—register for both if you like. Bring a few containers and take home a little of everything to share with your family. Materials fee: $5

#### Let’s Scrapbook
- **(ages 8–14)**
- **SY11** Sat., April 10, 3:15–5:35 p.m.
  - VG: Foods lab  **$15**

Whether this is your first scrapbook or you have tons of experience, come for a great time as you put your pictures onto beautiful pages made by you. Bring your pictures and scrapbook or create standard-sized pages to put into a binder at home. Everything you need to make fun and fancy pages will be supplied. Materials fee: $5

#### New! Spring Crafts and Cooking with Shannon Hiebert
- **Something Special for Mom**
  - **(ages 3–5, no parent required but adults other than mom are welcome to stay if they wish)**
  - **SY12** Sun., May 2, 1–2 p.m.
    - KEC: Life skills area  **$7**
  - **(ages 6–12)**
  - **SY13** Sun., May 2, 2:30–4 p.m.
    - KEC: Life skills area  **$10**

Every mom loves a handmade gift. Make two gifts and wrap them up all pretty for mom to open. The instructor will provide you with one gift idea and your creativity will shine as you design the second gift from the materials provided. Materials fee: $8

### NEW! Kids Can Draw! Cartooning
- **(ages 10–12)**
- **SY14** 3 Sat., beg. April 24, 9:30–11 a.m.
  - JH: Art room  **$35**

Learn to sketch and draw your favourite cartoon character. You will learn how to use coloured pencils more effectively and complete five-, three- and even one-minute sketches. You’ll be drawing and sketching better and with more confidence. All supplies provided.
Instructor: Professional artist and art educator Wayne Elliott

#### Kids Can Do Stuff!
- **NEW! Kids Can Build—Electronics! (ages 10–14)**
- **SY15** 4 Sat., beg. April 17, 9–11 a.m.
  - KEC: Electronics lab  **$75**

Learn how to build two electronic projects in this great new hands-on class with Bill Smart. Building a science, solar or robotics project requires the same skills. Learn how to make a printed circuit board, use electronic components, solder parts and test your project. Materials fee: $30

### Kids Can Cook!
- **(ages 9–12)**
- **SY16** 4 Wed., beg. April 21, 6–8 p.m.
  - Murdoch: Rm. 195  **$52**
- **SY17** 4 Wed., beg. April 21, 6–8 p.m.
  - RA: Foods lab  **$52**

Cook dishes you’ll love to eat from pizza to cake and decorated cookies. At the end, you’ll have your own recipes for the things you’ve made! And you can eat what you make! Materials fee: $15.
Instructors: Krista Hiebert (Murdoch); Patti Douglas (Robert Andrews)

### Kids Can Sew! with Sandra Willey
—Salisbury Morse Place School: Fabric lab
- **Kids Can Sew! Level I: Fashionable Furry Friends**
  - **(ages 8–14)**
  - **SY18** 8 Sat., beg. April 17, 9–11 a.m.
    - SMP: Fabric lab  **$72**

Have fun learning to sew by hand and sewing machine. Create an adorable 8” stuffed beanie pet, a set of clothes for your new friend to wear and a new, nifty sleeping bag. Clothing will fit your new stuffed friends, as well as your Webkinz® pals. Patterns and materials supplied.
Materials fee: $6

#### Kids Can Sew! Poncho Blanket (ages 8–14)
- **SY19** 8 Sat., beg. April 17, 11:30 a.m.–1:30 p.m.
  - SMP: Fabric lab  **$72**

Sew a warm and cozy poncho blanket set for cool spring or summer nights at home or the lake. Using ready-made polar fleece blankets or polar fleece fabric, we will create a hooded poncho, matching lined slippers, a pillow and a sweet teddy bear. Instructor will provide all patterns. Fabric list available at registration.

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**Get wild with EdVentures Summer Camps for kids! Pages 18–19**
Cut-away Rag Quilting: Wall Hanging and Pillow

(keyword: ages 8–14)
SY20 8 Sat., beg. April 17, 2–4 p.m.
SMF: Fabric lab $72

For students interested in quilting, here’s your chance to sew a pillow and wall hanging using a simple drawing that you draw yourself or trace from an image you like. Your pillow will be 16” square and the wall hanging will be approximately 24x18. The cut-away technique is fun and easy for the beginner or experienced student. A supply list is available at registration.

Kids Get Active! Dance, Sports and Fitness

Ballet Prep (ages 5–7)

SY21 8 Tues., beg. April 6, 6–7 p.m.
BW: Stage gym $52

Ballet prep or “pre-ballet” is an introduction to ballet. Children will develop poise, balance, posture, strength and discipline. The atmosphere is non-threatening, fun and positive, where the children develop a sense, and hopefully a love, of ballet!

Instructor: Justine Ducharme

Creative Movement (ages 3–4)

SY22 8 Tues., beg. April 6, 5–6 p.m.
BW: Stage gym $52

This is a great introduction to dance for young children. It focuses on spatial awareness, body awareness, listening skills and basic motor skills. Introduced in a creative and imaginative way, your children will be motivated to be active while having fun and developing skill.

Instructor: Justine Ducharme

Gymnastics with Meaghan Giesbrecht

—Emerson School: Gym

No class dates: Wed. April 21, Thurs. April 22

Gymnastics for Fun! (ages 4–5)

SY23 8 Wed., beg. April 7, 5–6 p.m.
EM: Gym $49

SY24 8 Thurs., beg. April 8, 5–6 p.m.
EM: Gym $49

A bit of gymnastics and lots of fun! Activities and games will provide for social interaction and individual development.

Gymnastics—Recreational (ages 6–8)

SY25 8 Wed., beg. April 7, 6–7 p.m.
EM: Gym $49

SY26 8 Wed., beg. April 7, 7–8 p.m.
EM: Gym $49

SY27 8 Thurs., beg. April 8, 6–7 p.m.
EM: Gym $49

Get moving, have fun and develop skills in the four Olympic events—floor, vault, beam and bars.

Gymnastics—Recreational (ages 9–12)

SY28 8 Thurs., beg. April 8, 7–8 p.m.
EM: Gym $49

Get moving, have fun and develop skills in the four Olympic events—floor, vault, beam and bars.

Hip Hop—Taking It to the Street

(ages 6–8)

SY29 8 Thurs., beg. April 15, 6–7 p.m.
BW: Stage gym $52

(ages 9–12)

SY30 8 Thurs., beg. April 15, 7–8 p.m.
BW: Stage gym $52

Ideal for beginners, students can look forward to a fun time learning the latest moves, prepare for an end-of-season performance for parents and have a great workout! For all levels of ability, this class is pure hip hop and does not include other musical theatre styles of dance.

Instructor: Justine Ducharme

Indoor Soccer for Kids

(ages 6–7)

SY31 8 Thurs., beg. April 15, 6–7 p.m.
SV: Large gym $49

(ages 8–10)

SY32 8 Thurs., beg. April 15, 7–8 p.m.
SV: Large gym $49

Improve your skills in a fun atmosphere with a warm-up, stretches, practice drills and even soccer games. All skill levels welcome; parents encouraged to stay and cheer their child on! Non-marking-soled gym shoes required.

Instructor: Kaeri Rempel

Martial arts classes: Wear loose gym clothes and non-marking-soled runners. Martial arts jacket and pants are optional.

Kenpo Karate Beginners

(ages 6–9)

SY33 8 Tues., beg. April 13, 6–7 p.m.
LW: Gym $49

SY34 8 Thurs., beg. April 15, 6–7 p.m.
Rad: Gym $49

(ages 10–12)

SY35 8 Tues., beg. April 13, 7–8 p.m.
LW: Gym $49

Here’s a great chance for your child to explore martial arts, get active and develop discipline, concentration and flexibility. Advanced students are welcome to attend the 7 p.m. class but all classes are suitable for beginners.

Instructor: Ivan Castillo

Kung Fu for Kids (ages 7–13)

SY36 8 Wed., beg. April 14, 6:30–7:30 p.m.
Rad: Gym $49

Keep your child motivated and interested with this fast-paced, fun-filled class. Your child’s hard work training in a traditional martial arts environment with dedicated and professional instructors will result in confidence and self-esteem.

Instructor: Man Wah Salter

Volleyball I (ages 10–13)

SY37 8 Mon., beg. April 12, 6–7 p.m.
LW: Gym $49

SY38 8 Tues., beg. April 13, 6–7 p.m.
Way: Gym $49

If you’re thinking of entering a competitive volleyball league, like to play the game or are just a bit curious, this class is for you. Learn basic volleyball skills and a solid understanding of the rules of the game, get physical and have fun doing it. Instructor: Tessa Blaikie

Wrestling—Introduction to Olympic Freestyle

—Maple Leaf School: Gym

Boys & Girls (ages 6–10)

SY39 8 Tues., beg. April 13, 6–7 p.m.
ML: Gym $36

Boys & Girls (ages 9–13)

SY40 8 Tues., beg. April 13, 7–8 p.m.
ML: Gym $36

Freestyle wrestling is an exciting Olympic sport in which both males and females of all sizes and body types can participate. You will learn the rules of the sport—take downs, body awareness, injury awareness and discipline—and, most importantly, have lots of fun. Girls, please sign up with another female friend. Please note: Reduced fee for classes at this school available with support from the T4 Wrestling Club. Instructor: Tim Nanassy

Tennis for Kids! (ages 8–15)

SY41 4 Sat., beg. May 29, 10–11 a.m.
REC: Tennis courts $42

(Last class June 19, two hours, 10 a.m.–12 p.m.)

Rain-date court: Miles Macdonell Collegiate, Gym B

Instruction will be forehand, backhand, volley, serve, singles and doubles game. Skills and games will be modified to suit the students’ physical strength and ability. The last class will be two hours. Please bring a racquet.

Instructor: Rita Serbin and Bill Serbin
Get ready for a new summer of Camp EdVentures!

This year’s themes will once again offer popular, intriguing and exciting new activities. Along with the week’s theme, activities will include gym and outdoor games, crafts, crazy science activities, swimming once a week and, as always, some great surprises!

**Ages 6–12** July 5 to Aug. 13
Salisbury Morse Place School

Program time: 9 a.m.–4 p.m.
Earliest drop-off: 8:30 a.m.
Latest pickup: 4:45 p.m.

**Weeks 1–4 and 6** (five-day week)—$135
Week 5 (four-day week)—$110

Registering more than one child?
$15 discount for 2nd child.

Registering for more than one week?
$15 discount for 2nd week.

Children must turn six by Dec. 31, 2010
Will your child require special assistance?
If so, please inform staff when registering.

**SS01 • WEEK 1 • July 5–9**
**Ultimate Survivor Science**
Be the ultimate survivor. Play challenging new games, learn wilderness survival skills and find out what it takes to survive in the harshest conditions on the planet!

**SS02 • Week 2 • July 12–16**
**Pirates and Princesses**
This camp will be full of drama and attitude. Stories will be told, manners will clash, headwear will be made and worn, and madcap adventures will ensue. Not to mention hijinks and hilarity!

**SS03 • Week 3 • July 19–23**
**Mysteries and Sleuths**
Mystery returns to camp this summer. All Sherlocks, Watsons, Nancy Drews and CSI buffs are invited to attend. Catching the baddies was never more fun.

**SS04 • Week 4 • July 26–30**
**X-treme Sports, X-treme Body Mechanics**
New sport guests will arrive to show you games you’ve never played. Favourite guests will return to help you play your favourite sports, and in-between there will be—well—the cool body mechanics. (“How did they do that?”) Invigorating AND fascinating.

**SS05 • Week 5 • Aug. 3–6**
**Wild, Wicked and Wet Returns**
Whatever we cook up that’s wet this week, you’ll be playing with it, jumping in it, squeezing it, measuring it, throwing it and sliding in it. Get ready to get soaked! You know the drill—it’s wet, it’s fun, don’t miss it!

**SS06 • Week 6 • Aug. 9–13**
**Dinosaur Fantasy Park**
Here’s a new twist on a favourite of last summer. The ingredients? Dinosaurs, fantasies and parks, of course. Some of which will be of your own making. Let the prehistoric fantasy begin!
Lack of a high school diploma holding you back? If you're 19 or will be turning 19 within the next six months, you can take classes through the RETSD Adult Education Program to obtain a mature student high school diploma, complete post diploma credits and investigate career options. Courses begin September and February of each year. Start your future now!

It's Never Too Late!

River East Transcona School Division Adult Learning Centres

Lack of a high school diploma holding you back? If you’re 19 or will be turning 19 within the next six months, you can take classes through the RETSD Adult Education Program to obtain a mature student high school diploma, complete post diploma credits and investigate career options.

Courses begin September and February of each year.

Start your future now!

Ed2Go courses are taught online by experts in their field. All courses begin on a Wednesday. Visit our online instruction centre at www.ed2go.com/retsd. Click on the orientation link and follow the instructions to enrol. Pay for your course at the Ed2Go website (you will be charged $105 US) or pay at our office (in CND dollars—call the office for the rate of exchange) by cash, cheque, Interac, MasterCard or Visa. When your course starts, return to the online instruction centre and click on the classroom link. Ed2Go Spring 2010 courses start on the following dates, regardless of course:

SG01 April 21  SG02 May 19  SG03 June 16  SG04 July 21  SG05 Aug. 18

Refer to the course codes, as well as course names and dates, when registering.

Check out www.ed2go.com/retsd for information on all online courses.

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www.ed2go.com/retsd

Wondering what’s popular at Ed2Go? Take a look…

Project Management Fundamentals  Speed Spanish
Solving Classroom Discipline Problems  Everyday Math
Introduction to Dreamweaver CS3  Mystery Writing
Computer Skills for the Workplace  Writing for Children
Introduction to Java Programming  Creating Web Pages
Secrets of Better Photography  Grammar Refresher
Beginning Writer's Workshop  Write Fiction Like a Pro
Discover Digital Photography  Microsoft® Access® 2007
Introduction to Networking  Breaking into Sitcom Writing
Effective Business Writing  Introduction to PHP and MySQL
Ready, Set, Read!  Introduction to QuickBooks® 2009
Get Assertive!  Luscious, Low-fat, Lightning-Quick Meals
In the larger high schools, we recommend that you use the following doors, which will be open for Continuing Education students:

**McLeod Education Centre**
Parking is very limited. Participants are kindly asked to park on the street.

**Murdock MacKay Collegiate**
Use the east doors at the rear of the school.

**Miles Macdonell Collegiate**
Use the entry door in the NW corner of the staff parking lot. Enter the staff lot off of Chelsea Avenue.

**Kildonan East Collegiate**
Use Concordia Avenue entrance.
REGISTRATION INFORMATION

FEES
Registration is not complete or your space confirmed until your fees are paid in full. Payment may be made by cash, cheque, Visa, MasterCard or Interac.

What if my employer is paying for my course?
We require your registration on company letterhead and we will invoice your employer.

Refunds
Full refunds will be issued for courses cancelled due to insufficient enrolment. You may choose to use the refund toward the fee for another course. If you withdraw from a course, a $10 administration charge will be deducted from your refund. Refunds are not granted after a course begins or for one–session classes.

Note: Non-attendance does not constitute notice of withdrawal.

Class confirmation
Confirmation WILL NOT be phoned or mailed. Please attend the first class as advertised. If registering by fax, please confirm by phone. We will contact you only if your course is cancelled. Registration is not complete until fees are paid in full.

Note: Please ensure the telephone number you provide allows us to reach you during the day.

Which room is my course in?
If not stated in the brochure, at the first session, the room numbers will be posted at the entrance door(s) nearest the parking lots of the schools where courses are scheduled.

Note: Please use rear entrance door (southeast) at Murdoch MacKay Collegiate. Classes are held in the southeast wing of the school. Parking available at the back of the school.

Right to cancel/postpone classes
RETSO Adult & Continuing Education reserves the right to cancel or postpone courses or specific class sessions due to unavailability of instructors, prior claim to facilities by a school, insufficient enrolment, inclement weather, statutory holidays or emergencies. For unscheduled cancellations/postponements, reasonable effort will be made, depending on the length of notice the Continuing Education office receives, to notify participants prior to the session(s) affected. Normally, postponed classes will be made-up at the end of the course. Occasionally, due to unforeseen circumstances, an instructor may be different than the instructor listed in the booklet.

Note: Please ensure the telephone number you provide allows us to reach you during the day.

MAIL/FAX-IN REGISTRATION

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<thead>
<tr>
<th>LAST NAME</th>
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<tr>
<td>ADDRESS</td>
<td>CITY</td>
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<tr>
<td>PHONE (HOME)</td>
<td>WORK</td>
</tr>
<tr>
<td>COURSE ID</td>
<td>COURSE TITLE</td>
</tr>
<tr>
<td>DAY OF WEEK</td>
<td>TIME</td>
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<tr>
<td>□ Cash/Interac (in person only)</td>
<td>□ Employer invoice</td>
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<tr>
<td>□ Cheque: Make cheques payable to “River East Transcona School Division” and send to: RETSD Continuing Education 530 McLeod Ave. Winnipeg, MB R2K 0B5</td>
<td></td>
</tr>
<tr>
<td>□ Visa □ Mastercard</td>
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<tr>
<td>Number</td>
<td>Expiry</td>
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Online registration or e-mail
Visit the RETSD Continuing Education website at www.retsd-conted.com for instructions on registering securely online. Our e-mail address is: office@retd-conted.com

Phone
667-6193 to register by credit card.

Mail
Clip the registration form, complete and mail it, plus a cheque or credit card information for the full payment due for your course(s).

Fax (668-9309)
Fax your registration to our 24-hour fax service. Please call 667-6193 to confirm receipt of your fax and to process your Visa or MasterCard.

Regular office hours
Regular office hours are: Monday to Friday 8:30 a.m. to 4:30 p.m.

McLeod Education Centre
530 McLeod Ave. Winnipeg, MB R2K 0B5
667-6193

To serve Transcona residents
Registration drop-off
130 Regent Ave. E. – Transcona Adult Learning Centre, although for best selection, we strongly recommend telephone registration at 667-6193.

Electronic payment options

Find courses online. www.LOCALcourses.com

Please call 667-6193 between 8:30 a.m. & 4:30 p.m. Monday to Friday.

Avoid disappointment! Some courses fill up quickly while others are cancelled due to lack of registrations. Register today!
Discover growing the unusual!

www.retsd-conted.com