Dive in and Learn!

Register online now!  www.retsd-conted.com
In person or by phone
starting August 23 - 667-6193
ONLINE COURSES

Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. ed2go instructors are famous for their ability to create warm, 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: Sept. 15; Oct. 20; Nov. 10; Dec. 8

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

More information on page 20

NEW THIS FALL
Here’s a sample of all that’s new!

In Arts & Crafts
- Quilted Wall Hangings with Sandra Willey
- Sketching and Drawing for Beginners

In Computers & More
- Facebook and Twitter for Beginners

In Fitness
- Bellyfit
- Butts and Tummies with Christine
- Cardio Blast with Rhonda
- Hi/Lo Aerobics
- Kenpo Karate for Adults
- Kenpo Karate for Kids and Family (ages 6–adult)
- Low Impact—Beginners
- Power Blast at John Pritchard
- Salsa Babies”, Salsa Tots” and Salsa Kids”
- Skip, Kick and Stretch with Christine

In Life & Leisure
- Horse handling:
  o Basic Understanding and Care of Your Horse
  o Safe Horse-handling Demonstration
- Cooking:
  o East Indian Cooking: Chicken Dishes with Pilau (rice)
  o “For Men Only” Beyond the Barbecue: The Gentleman’s Kitchen
  o More Recipes! Yummy Gluten-free Snacks
- Personal development:
  o Explore Your Dreams
  o The Runes—Mysterious Alphabet

In Professional Development
- Inclusive Education of Students with Autism Spectrum Disorders

In Children & Youth
- Kenpo Karate for Kids and Family (ages 6–adult)
- Kids Can Code! Cartoon Animations and Video Games (ages 8–10 or 11–13)
- Kids Can Draw! For Fun (ages 10–12)
- Kids Can Sew! My Buddy in a Bag (ages 8–14)

DIVE IN AND LEARN!
This is the best time of year to take the plunge and sign up for either one of our popular standards or our new and exciting offerings. Learn a language, create a work of art, and find new ways to get fit, gain new skills for work or cook up something delicious. Learning is as essential as water—it’s time to dive in and learn!

We will continue to offer $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 up at 667-6193, visit our website at www.retsd-conted.com or come down to our office at 530 McLeod Ave. to register.

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**NEW! ART WITH BERNADETTE PHILLIPS**

Join qualified art teacher Bernadette Phillips in a relaxing Saturday session of painting and drawing this fall. Be sure to bring a lunch. No experience necessary. Lots of hands-on help and specific instruction will be provided, along with supplies. No vague suggestions! Material fees payable to your instructor.

**Asiatic Lilies in Watercolour**

FA01 Sat., Sept. 25, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room  $52
Receive clear instructions and hands-on guidance resulting in this vibrant 9x12 watercolour painting. Materials fee: $15

**Learning to Draw Portraits in Pencil**

FA02 Sat., Oct. 2, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room  $52
Bernadette will show you how to draw this captivating portrait in a day. Materials fee: $15

**Autumn Trees in Acrylic**

FA03 Sat., Oct. 16, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room  $52
Acrylics are user-friendly—even for beginners. Receive clear, simple, hands-on instructions, and complete this stunning 9x12 canvas of autumn trees in one day. Materials fee: $20

**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.

**Asiatic Lilies in Pencil**

FA04 Sat., Nov. 6, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room  $52
Here's another chance to try your hand at drawing with Bernadette. You will be proud to show these spectacular lilies to others when you are done. Materials fee: $15

**Mexican Landscape in Acrylic**

FA05 Sat. Nov. 27, 9:30 a.m.–4:30 p.m.
Miles Mac: Art room  $52
This attractive acrylic Mexican scene, painted on a 9x12 canvas, will be a welcome subject as we approach winter! Bernadette painted this during her last escape from the cold! Materials fee: $20

**NEW! Shimmering Water Quilted Wall Hanging**

SMP: Fabric lab  $99
Using a combination of quilting cotton fabric, fabric paint and small metallic strips and thread, we will create a lovely 36x36 quilted wall art scene of thick bulrushes near a moonlit lake. This is a project for any level of sewer, from beginner to more advanced. Supply list available upon registration.

**Watercolour Classes with Leona**

Watercolour with Leona—Beginner*

FA12 8 Mon., beg. Sept. 27, 7–9 p.m.
Murdoch: Rm. 197  $99
Use the natural, free-flowing, instinctive characteristics of watercolour to create vibrant, expressive paintings. Learn how to paint crashing water against rocks, brilliant sunsets and calm lily ponds and cover pen and ink sketching. Your photographs, sketches, imagination or previous paintings are suggestions for inspiration.

**FA13 8 Tues., beg. Sept. 28, 7–9 p.m.
Murdoch: Rm. 197  $99**

Focus on how to strengthen composition, use negative space for better design quality, mix expressive colour, and try different expressions to take your art a step further than the “safe zone.”
Computers for Beginners—Removing the Fear:

Parts I and II

Part I - FC04 4 Weds., beg. Sept. 29, 6–8 p.m.
Miles Mac: Rm. 112 $55
TCI: Rm. 104 $68

Part II - FC05 4 Weds., beg. Nov. 3, 6–8 p.m.
Miles Mac: Rm. 112 $63
TCI: Rm. 104 $68

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. In Part I, get comfortable using your mouse and keyboard, opening up programs, working with text and clip art in MS Word and surfing the Internet. In Part II, file management will be demystified. You will create, save, organize and delete files and folders like a pro. Replace fear and intimidation with confidence and ease, and impress doubting family members or co-workers in this fun, relaxing class.

Instructor: Rhonda

Digital Cameras 101—How to Use Your Camera *

FC06 4 Tues., beg. Nov. 9, 6–8:30 p.m.
Miles Mac: Rm. 11 $78

A great basic class for those new to this technology. Learn how digital cameras work, the basics of composition, ways to use your camera beyond simple “point and shoot,” how to correct images, and how to e-mail and print your pictures. Basic computer skills required.

Instructor: Sharon Shewel

Facebook and Twitter for Beginners *

FC07 4 Thurs., beg. Sept. 30, 6–8 p.m.
McL: Rm. 4 $65

Curious about Facebook and Twitter? Here is your chance to learn more about social networking on the Internet. You will set up your own Facebook account and learn how to post messages, promote an event and share photos securely and privately. Then you will learn how to set up your own Twitter account. Being comfortable with computers and surfing the Internet is a prerequisite.

Instructor: Sharon Shewel

Find courses online.
www.LOCAL coursework.com
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 10 weeks—$65 unless indicated as “Yearly.” Yearly: 28 Weeks—$168

No class dates: Mon. Oct. 11, Wed. Oct. 27 (eve. only), Thurs. Nov. 11 & Dec. 2

(1) Pam Jansen (2) Tammy Semchuk-Bohn (3) Valerie Friesen (4) Sharon Glutting (5) Corrie Pollock

### 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.
**NEW! Hi/Lo Aerobics**

**FF25** 10 Thurs., beg. Sept. 23, 7–8 p.m.
**AM:** Gym $65
Move, burn calories and get conditioned in this new class with Sharon Gluting. Start with 20–30 minutes of cardio (and burn calories for up to eight hours after class), followed by a 15–25-minute abs and legs workout with weights, then a much-deserved, five-minute cool-down relaxation (we call this part the dessert of aerobics, and it’s not even fattening). Bring your own weights.

**NEW! Interval Circuit at École Centrale**

**FF26** 10 Tues., beg. Sept. 28, 6–7 p.m.
**EC:** Gym $65
Blast fat and increase your metabolism. This class incorporates high-intensity cardio intervals with weight training. Get your heart pumping and your body toned with this exciting full-body workout. Bring your own weights and resistance bands. Instructor: Christine Walker

**NEW! Kenpo Karate for Adults**

**FF27** 10 Wed., beg. Sept. 22, 7–8 p.m.
**Rad:** Gym $65
Explore martial arts, get conditioned, and build strength and flexibility in this new fitness program for adults. For intermediate to advanced fitness levels, Instructor: Ivan Castillo
No Class: Oct. 27

**NEW! Kenpo Karate for Kids and Family (ages 6–adult)**

**FF28** 8 Wed. beg. Sept. 22, 6–7 p.m.
**Rad:** Gym
Family group rates: for two $75; for three $90; for four $100
Here’s a great way for you and your child (nephew, niece, etc.) to explore martial arts in this unique, relaxed, family-based activity. You will get conditioned and build strength and flexibility, and your child will get active and increase his or her concentration and discipline. For beginner fitness levels, Instructor: Ivan Castillo No class: Oct. 27

**“Not So Gentle” Interval Fit**

**FF29** 10 Wed., beg. Sept. 22, 6–6:55 p.m.
**SV:** Large gym $65

**NEW! Power Blast at John Pritchard**

**FF30** 10 Wed., beg. Sept. 22, 7:30–8:30 p.m.
**JP:** Jackson gym $65
Strengthen and tone your body with hand weights. All muscle groups will be targeted in this challenging workout designed especially for women. You will see results! Bring a light set of weights for a warm-up and a heavier set for working those muscles. For both beginners and advanced. Instructor: Rhonda Desser. No class: Oct. 27

**Power Hour Mashup**

**FF31** 5 Thurs., beg. Oct. 28, 8–9 p.m.
**LV:** Gym $32
Here is a short workout session leading up to the holidays that you can take after Talk Fitness with Pam Jansen. With weights, skipping ropes 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. All fitness levels. Bring your own hand weights. Instruction: Pam Jansen and Rose Unrau

**NEW! Salsa Babies (ages 6–8 weeks & up)**

**FF32** 6 Sat., beg. Sept. 25, 9:30–10:15 a.m.
**Miles Mac:** Gym B $99
With the little ones snuggled into baby carriers, learn basic steps to popular Latin dances, while your babies shake maracas and bounce along to the salsa beat. It’s a great workout and a chance to socialize with other parents and enjoy music and movement with your child. Remember to bring your baby carrier. All fitness levels welcome; no dance experience required. Fee includes cost of CD. Instructor: Taryn Fowlands

**NEW! Skip, Kick and Stretch with Christine**

**FF33** 10 Tues., beg. Sept. 28, 7–8 p.m.
**EC:** Gym $65
The name says it all. This class combines basic kickboxing and skipping intervals to improve cardiovascular endurance. We’ll end the class with stretching to lengthen the muscles and improve flexibility. Bring a skipping rope.
Instructor: Christine Walker

**TKO Kickbox Cross-training**

**FF34** 10 Thurs., beg. Sept. 23, 7–8 p.m.
**Rad:** Gym $65
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

**HEALTH & WELLNESS**

**Talk Fitness with Pam Jansen**

Join popular fitness instructor Pam Jansen for four fast and funny evenings of myths, energy, motivation, and that four-letter word: diet. Come with your workout gear because the second half will be in the gym, exercising. Pick and choose your topics—sign up “à la carte” for $15/evening or sign up for “the package deal” and receive all four for $45. Drop-ins welcome but please call ahead to confirm the class is a go—667-6193. After the series is done, sign up for FF31 Power Hour Mashup for $32 and continue working out for five more Thursdays.

**Diet and Medical Myths—Busted!**

**FF35** Thurs., Sept. 30, 7–9 p.m.
**LV:** Library / gym $15
Stop worrying! Drinking caffeine or forgetting your e-mail password isn’t cause for alarm. Here we will discuss which diet and health problems you can quit freaking out about!

**NEW! Pilates—Introduction with Grace**

**FF36** 9 Thurs., beg. Sept. 23, 6:15–7:15 p.m.
**HH:** Music room $65
Using the STOTT PILATES’ Method, you will improve your posture and functional fitness. Consult with your health-care practitioner about the suitability of this exercise. Bring a bath towel or firm cushion. Instructor: Grace Page

**Pilates—Intermediate with Grace**

**FF37** Thurs., Oct. 7, 7–9 p.m.
**LV:** Library / gym $15
The STOTT PILATES Method is a mind-body approach to exercise that promotes core strength, increases flexibility and improves posture, creating a longer, leaner less-stressful you. Bring a bath towel to class. Instructor: Grace Page

**All Day Energy**

**FF38** Thurs., Oct. 21, 7–9 p.m.
**LV:** Library / gym $15
Are the numbers on your scale moving more slowly than the plot of that last book you tried to wade through? Let’s learn how to smash some plateaus and banish fat by skimming calories without feeling deprived.

**PILATES AND YOGA**

**Armchair Pilates with Grace**

**FF39** 9 Thurs., beg. Sept. 23, 6:15–7:15 p.m.
**HH:** Music room $65
Using the STOTT PILATES’ Method, you will improve your posture and functional fitness. Consult with your health-care practitioner about the suitability of this exercise. Bring a bath towel or firm cushion. Instructor: Grace Page

**Pilates—Introduction with Grace**

**FF40** 9 Thurs., beg. Sept. 23, 7:15–8:15 p.m.
**HH:** Music room $65
The STOTT PILATES Method is a mind-body approach to exercise that promotes core strength, increases flexibility and improves posture, creating a longer, leaner less-stressful you. Bring a bath towel to class. Instructor: Grace Page

Secure Registration www.retsd-conted.com  •  Telephone 667-6193
Yoga—Beginners *
These classes will include breath work, stretching, postures, relaxation and meditations, improving your self-awareness, posture, flexibility, strength, endurance and general well-being.

Yoga with Janice Kominar—Beginners *
FF41 10 Mon., beg. Sept. 20, 6–7:15 p.m.
AM: Gym $98

FF42 10 Mon., beg. Sept. 20, 7:15–8:30 p.m.
AM: Gym $98

FF43 10 Wed., beg. Sept. 22, 6:15–7:30 p.m.
HH: Music room $98

FF44 10 Wed., beg. Sept. 22, 7:30–8:45 p.m.
HH: Music room $98

Yoga with Kim Meades—Beginners *
FF45 10 Thurs., beg. Sept. 23, 6–7:30 p.m.
ERP: Music room $120

FF46 10 Thurs., beg. Sept. 23, 7:45–9:15 p.m.
ERP: Music room $120

NEW! Yoga—Breath with Movement *
FF47 10 Wed. beg. Sept. 22, 7–8 p.m.
Way: Gym $65

Inspired by the Moksha (hot yoga) series, beginners and advanced will de-stress, increase flexibility and create an all over mind-body balance you can apply to your everyday activities. Instructor: Lisa Candele. No class: Oct. 27

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

YOGA WITH BELLA GHTA ***

ZUMBA® Fitness Classes *
Feel the music and follow the dynamic, simple moves, while you listen to the rhythms of salsa, merengue, samba, cumbia, cha-cha, reggaeton and more! You'll find your own groove. Come prepared to sweat—this is dance-inspired, but a real aerobic workout.

FF48 8 Mon., beg. Sept. 20, 6–7 p.m.
NC: Gym $55

FF49 8 Mon., beg. Sept. 20, 7–8 p.m.
NC: Gym $55
Instructor: Joy Hildebrand

FF50 8 Mon., beg. Sept. 27, 6–7 p.m.
Way: Gym $55

FF51 8 Mon., beg. Sept. 27, 7–8 p.m.
Way: Gym $55
Instructor: Bella Ghtia Fitness Inc.

FF52 8 Mon., beg. Sept. 27, 7:15–8:15 p.m.
West: Gym $55
Instructor: Suelang Watson

FF53 10 Tues., beg. Sept. 21, 7:30–8:30 p.m.
BH: Gym $69
Instructor: Coraee Dolyniuk
No class: Oct. 26

FF54 8 Tues., beg. Sept. 28, 6–7 p.m.
AM: Gym $55

FF55 8 Tues., beg. Sept. 28, 7–8 p.m.
AM: Gym $55
Instructor: Wendy Elias-Lopez

FF56 8 Wed., beg. Sept. 29, 6–7 p.m.
EMU: Gym $55

FF57 8 Wed., beg. Sept. 29, 7–8 p.m.
EMU: Gym $55
Instructor: Bella Ghtia Fitness Inc.

FF58 8 Wed., beg. Sept. 29, 6–7 p.m.
NC: Gym $55

FF59 8 Wed., beg. Sept. 29, 7–8 p.m.
NC: Gym $55
Instructor: Bella Ghtia Fitness Inc.

FF60 8 Thurs. beg. Sept. 30, 6–7 p.m.,
SV: Large gym $55

FF61 8 Thurs. beg. Sept. 30, 7–8 p.m.,
SV: Large gym $55
Instructor: Anna Nikodem

DANCE WITH MR. OREST

Ballroom Dance—Beginner I *
FL01 11 Wed., beg. Sept. 22, 6:45–8:15 p.m.
AM: Gym $72

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 *
FL02 11 Wed., beg. Sept. 22, 8:30–10 p.m.
AM: Gym $72

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 *
FL03 11 Thurs., beg. Sept. 16, 7:15–9:15 p.m.
NC: Gym $86

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 *
FL04 2 Mon., beg. Sept. 27, 6:30–9:30 p.m.
Miles Mac: Rm. 15 $75

Refresher course (2nd half of course—$65)
Challange 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 $15 payable to Rod and Marianne Nuttall. Call 889-3000 for more information or visit www.nuttallboatingsafety.com.

FABULOUS FOOD!

NEW! “For Men Only”
Beyond the Barbecue: The Gentleman’s Kitchen
Whether you are master of the barbecue or at your best when burning water, this course is for you! Join dedicated foodie Judy McEwen as you master the art of cooking one great meal (or two) with which to impress your friends, loved ones and relatives. All mouth-watering ingredients supplied. Bring an appetite. Two menus and dates to choose from.

FL11 Tues., Oct. 5, 6:30–9 p.m.
Miles Mac: Foods lab $18
Menu: Tomato cream sauce with penne; pasta with walnuts, spinach and portabella mushrooms; and simple salad. Materials fee: $10

FL12 Wed., Oct. 13, 6:30–9 p.m.
Miles Mac: Foods lab $18
Menu: Chicken in a mustard cream sauce; rice with mushrooms; and fresh, seasonal vegetables. Materials fee: $15

THE DELICATE ART OF MAKING SUSHI *
FL07 Mon., Oct. 4, 6:30–8:30 p.m.
Murdoch: Foods lab $47

FL08 Mon., Nov. 8, 6:30–8:30 p.m.
REC: Rm. 206 $47

Popular instructor Sadao Ohno of Edohai Sushi & Japanese Restaurant returns to demonstrate and provide valuable hands-on practice assembling tasty sushi rolls. Learn how to make and present delicate cone-shaped temaki sushi and the familiar maki sushi (inside and outside rolls). Create a beautiful dish and taste the delectable results! Lots of fun with very few calories! Workshop fee includes cost of ingredients.
NEW! East Indian Cooking: Chicken Dishes with Pilau (rice) *

**FL09** Wed., Sept. 29, 6:30–9:30 p.m.
JH: Foods lab $22

Impress your family and friends by learning to prepare the tastiest versions of two traditional Pakistani chicken dishes and one complementary side dish (raita). Discover how these dishes can be mixed and matched to create four different meals using rice or naan bread. Even your children will love it. Preparing curries from scratch is quick, easy and healthy. Taste samples and recipes included. Materials fee: $10.

Instructor: Khizra Ahmed

**NEW Recipes! Yummy Gluten-free Snacks** *

**FL13** Savoury Baked Goods - Thurs., Oct. 7, 6:30–9:30 p.m.
JH: Foods lab $25

**FL14** Sweet Snacks - Sat., Nov. 6, 9:30 a.m.–12:30 p.m.
Miles Mac: Foods lab $25

Looking for easy-to-make snacks that family and friends will love and never suspect are gluten-free? We can help. We’ll make savoury baked goods on Oct. 7, include mouth-watering pizzas and breads. Next are sweet snacks on Nov. 6, including a jelly roll, puffed corn jumbles and chocolate chip cookies. Count on taste-testing with recipe handouts. The basics of gluten-free baking will also be covered. Materials fee: $10.

Instructor: Betsy Hiebert

**UNDERSTANDING, CARING FOR AND HANDLING YOUR HORSE**

**NEW! Basic Understanding and Care of Your Horse (ages 10–adult)** *

**FL05** 4 Tues., beg. Sept. 21, 6:30–8 p.m.
Murdoch: Rm. 144 $75

Learn good horse husbandry or horse care (i.e., meeting the needs and properly caring for your pleasure or performance horse). Basic anatomy (form and structure) and physiology (function) of the horse, along with special care and common horse ailments, will be discussed. No class: Oct. 5

**NEW! Safe Horse-handling Demonstration (ages 10–adult)** *

**FL06** Sat., Oct. 16, 10 a.m.–3 p.m.
Murdoch Stables $75

Ensuring the horse’s comfort and security is key to safe horse handling. This demo focuses on patient, gentle and safe horse handling— including haltering, trailer loading, riding and, horse-handler awareness and preparedness. Come dressed casually with sturdy boots or shoes. Bring a lunch. Horse knowledge and experience or enrolment in Basic Understanding and Care of Your Horse is helpful.

**FOR THE LOVE OF LANGUAGE!**

**Italian for Beginners** *

**FL15** 8 Mon., beg. Sept. 27, 7–9 p.m.
KCE: Open area, Rm. 119 $89

Enjoy learning the basics of the Italian language for those interested in learning it for travel or personal interest. The goal of the course is to have students understand most everyday situations, from meeting and greeting people to asking for directions. Instructor: Chiara Steffenini

**Spanish—Beginner I** *

**FL16** 10 Tues., beg. Sept. 21, 7–9 p.m.
Miles Mac: Rm. 34 $110

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: Stefan Doerksen

**Ukrainian for Beginners** *

**FL17** 8 Wed., beg. Sept. 29, 7–9 p.m.
Murdoch: Rm. 145 $89

Popular Ukrainian instructor Oksana Melnyk guides you in your very first steps to developing listening and speaking skills, as well as reading and writing in Ukrainian. Learn to introduce yourself and others, greetings, seasons, weather, holidays, time and much more. Course is open to any topic of interest to students.

**PERSONAL DEVELOPMENT**

**Introduction to Meditative Yoga** *

**FL18** Sat., Sept. 25, 10:30 am–1:30 p.m.
KCE: 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/feedback.html

Instructor: Kevin Harmer

**Meditation and Deep Relaxation** *

**FL19** 6 Mon., beg. Sept. 27, 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

**NEW! Explore Your Dreams** *

**FL20** Thurs., Oct. 7, 6:30–9:30 p.m.
Miles Mac: Rm. 30 $20

Crack the code of your dreams! Delve into different approaches of interpreting dreams. Explore the meanings of symbols, themes and the types of dreams we have. Learn how to create your own personal symbol dictionary and develop the skills to keep a successful dream journal. Feel free to bring in a perplexing dream to discuss. Instructor: Jane Hebden

**Numerology, the Chakras, Crystals & Gemstones** *

**FL21** Thurs., Nov. 4, 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 Hebden

**PERSONAL FINANCES**

Reduce the stress that can come with big financial decisions in your life in this two-part series: Mortgage and Insurance Options and The Dos and Don’ts of Retirement. BONUS: Register for both to receive a $5 discount.

Instructors: Paul Fust and Andrew McGrath

**Mortgage and Insurance Options** *

**FL23** Tues., Oct. 19, 7–8:15 p.m.
Miles Mac: Rm. 32 $10

**OR FL24** Tues., Nov. 23, 7–8:15 p.m.
Miles Mac: Rm. 32 $10

Is paying down your mortgage without increasing payments possible? (We believe it is... no extra money required!) Return of premiums, whole life, term 10, critical illness—what does it all mean? Cancer, heart attack and stroke are not events you can plan on but events you can plan for. Attend for strategies to minimize taxes and capital gains.

**The Dos and Don’ts of Retirement** *

**FL25** Tues., Oct. 26, 7–8:15 p.m.
Miles Mac: Rm. 32 $10

**OR FL26** Tues., Nov. 30, 7–8:15 p.m.
Miles Mac: Rm. 32 $10

What do you need for a worry-free retirement? How much money will it take to remain comfortably retired? Can you maintain your current retirement financial plan given recent market volatility? Begin to answer all these questions by briefly looking at the following, to see what your plan should look like: pension options, income splitting, tax strategies and estate preservation; moving from RRSPs to RRIFs and LIRAs to LIFs; RRIFs, annuities, pensions, CPP, OAS, TFSA and corporate class.
PROFESSIONAL DEVELOPMENT

No class dates: Sat. Oct. 9; Mon. Oct. 11; Thurs. Nov. 11. All material fees are payable to the instructor—first class. All courses marked with an asterisk*—GST is included in the course fee price.

BUSINESS, EDUCATION AND INDUSTRY

Fifth Class Power Engineering
FP01 17 Sat., beg. Sept. 18, 8:30 a.m.–12:30 p.m. Miles Mac: Rm. 2 $320
No class dates: Oct. 9; Dec. 25; Jan. 1
Of interest to anyone operating or maintaining a heating plant in a school, apartment building or similar setting. Prepare for the Department of Labour Standard Fifth Class exam—passing makes you eligible for a Canada-wide license. Successful completion (minimum attendance of 80% and minimum 60% on final exam) earns three months credit in lieu of the six months work experience required to write the government exam. Each registrant must arrange for and meet practical (boiler) experience requirements. Textbook: $225—must be ordered by Sept. 3 by calling 667-6193 or purchased at Red River College.

Food Safety—Certified Food Handler
FP02 Mon., Oct. 18 and Tues., Oct. 19, 6–10 p.m. Miles Mac: Rm. 15 $100
FP03 Mon., Nov. 22 and Tues., Nov. 23, 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) available from the instructor. For more information on this course, please visit www.foodhandling.ca

GED Preparation
FP04 10 Thurs., beg. Sept 23, 6:30–9:30 p.m. JH: Library $225
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

NEW! Inclusive Education of Students with Autism Spectrum Disorders
FP05 Mon., Sept. 27, 7–9 p.m. Miles Mac: Rm. 5 $12
Join Anne Kresta—inclusive education and community development specialist, Community Living Manitoba; secretary, Asperger Manitoba Inc.—and some individuals with Asperger Syndrome as they provide background information on the nature of autism spectrum disorders and describe strategies to promote the inclusion of students with AS in their school communities.

WEVAS—Working Effectively with Violent/Aggressive States
FP06 Sat. & Sun. Sept. 18, 19, 8:30 a.m.–4:30 p.m. Murdoch: Rm. 197 $135
FP07 3 Tues., & 2 Thurs., beg. Oct. 5, 6:30–9:30 p.m. Miles Mac: Rm. 38 $135
FP08 Sat. & Sun. Nov. 13, 14, 8:30 a.m.–4:30 p.m. Miles Mac: Rm. 15 $135
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: Andrea Sever

FIRST AID AND CPR

All first aid and CPR classes are eligible for Canadian Red Cross certification and are provided by certified instructors from Trauma Care. Manual included at no extra cost. All certificates are valid for three years. Bring a lunch for Saturday sessions. For more info, call Trauma Care at 257-5017.

CPR—Level C
FP09 Sat., Oct. 23, 8:30 a.m.–4:30 pm Miles Mac: Rm. 38 $79
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 learning how to use an AED (automated external defibrillator). A prerequisite for employment in nursing, recreation, and police and fire departments. Bring a lunch.

Emergency First Aid
FP10 Sat., Oct. 30, 8:30 a.m.–4:30 Miles Mac: Rm. 38 $82
Experienced instructors will guide you through the following: emergency scene management; CPR for adults and children; learning how to use an AED (automated external defibrillator); soft tissue injuries (wounds and burns); and medical emergencies (seizures, heart attacks, strokes and diabetic emergencies). Bring a lunch.

NEW! Child and Infant First Aid
FP11 Sat., Nov. 13, 8:30 a.m.–4:30 p.m. Miles Mac: Rm. 38 $80

RETSContinuing Education course booklets also available at local area libraries and ACCESS Centres, as well as 530 McLeod Ave. and 130 Regent Ave. E.
KIDS CAN TAKE CHARGE!

**Baby Sitting (ages 12–16)**

**FY01** 4 Mon., beg. Sept. 20, 7–9 p.m.
JH: Rm. 5  $55

**FY02** 4 Tues., beg. Oct. 26, 7–9 p.m.
JH: Rm. 5  $55

**FY03** 4 Tues., beg. Sept. 21, 6:30–8:30 p.m.
Murdock: Rm. 146  $55

**FY04** 4 Mon., beg. Oct. 18, 6:30–8:30 p.m.
TCI: Rm. 401  $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 (Murdock and Transcona Collegiate)

KIDS GET CREATIVE!

**Aspiring Young Writers (ages 8–14)**

**FY05** 2 Sat., beg. Sept. 25, 10:30 a.m. –12:30 p.m., Miles Mac: Rm. 30  $25

The topics to be covered are: the various writing genres; choosing your genre and target audience; pre-writing activities; your rough draft; revising and editing; and turning your story into a book. Be ready to do some writing and share your best ideas. Bring only your imagination and confidence. Instructor: Carol Szuminsky, author and teacher

**Guitar for Kids (ages 12–15)**

**FY06** 6 Tues., beg. Sept. 28, 7–8 p.m.
Miles Mac: Music room upstairs  $99

Learn the basics of playing chords and single-note melodies along with some ensemble repertoire. Students can use on-site guitars for class, however having your own is recommended, for practice purposes. Instructor: Greg Kostiura

Musical Theatre—Introduction (ages 6–10)

**FY08** 8 Wed., beg. Sept. 22, 6–7 p.m.
CP: Theatre  $57

**FY09** 8 Wed., beg. Sept. 22, 7–8 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.

**Kids Can Draw!**

**Kids Can Draw! Cartooning (ages 10–12)**

**FY10** 6 Sat., beg. Sept. 25, 9:30–11 a.m.
Miles Mac: Rm. 15  $57

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: Wayne Elliott, professional artist and art educator

**NEW! Kids Can Draw! For Fun (ages 10–12)**

**FY11** 6 Sat., beg. Sept. 25, 11:15 a.m. –12:45 p.m.
Miles Mac: Rm. 15  $57

Learn how to use simple shapes to draw animals, people, action, anime characters and more. Learn about blending with pencil crayons, illustration techniques, shading and negative space, and get emotion and feeling into your drawings. Whether you are new to drawing or have taken *Kids Can Draw! Cartooning with Wayne*, you will enjoy this Saturday morning drawing class. All supplies provided. Instructor: Wayne Elliott, professional artist and art educator

**Kids Can Cook! (ages 9–12)**

**FY15** 4 Wed., beg. Sept. 29, 6–8 p.m.
Murdock: Rm. 195  $52

**FY16** 4 Wed., beg. Sept. 29, 6–8 p.m.
RA: Foods lab  $52

Cook dishes you’ll love to eat from pizza to snacks and 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 (Murdock); Patti Douglas (Robert Andrews)

**Kids Can Do Stuff!**

**NEW! Kids Can Build! Mini–robots (ages 10–14)**

**FY12** 6 Sat., beg. Sept. 25, 9–11:30 a.m.
KEC: Electronics area, Rm. 102  $85

You will build a robot platform—with motors and the electronics needed to control the motors—that can be the basis of a remote-controlled or autonomous robot. Hand tools and soldering tools will be used to construct the project. You must attend the first class to choose what design to build. This will be determined by what purpose the robot will be serve, as well as what you want to add to the robot. Materials fee: $30. Instructor: Bill Smart

**NEW! Kids Can Code! Cartoon Animations and Video Games**

**(ages 8–10)**

**FY13** 11 Sat., beg. Sept. 18, 9:30–11 a.m.
Miles Mac: Rm. 11  $129

**(ages 11–13)**

**FY14** 11 Sat., beg. Sept. 18, 11:30 a.m.–1 p.m.
Miles Mac: Rm. 11  $129

An introduction to the 2-D programming language Scratch, which makes learning computer programming easy and fun. The course will take students through the step-by-step process of building cartoon animations and video games. Previous programming experience not required. Instructor: Julian Screawn, computer programmer and educator

**Kids Can Sew! My Buddy in a Bag (ages 8–14)**

**FY18** 8 Sat., beg. Sept. 25, 10:30 a.m. –1:30 p.m.
SMP: Fabric lab  $72

Sew a warm and cozy poncho-blanket set for cool fall or winter nights. 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 upon registration.

**Cut-away Rag Quilting: Wall Hanging and Pillow**

**(ages 8–14)**

**FY19** 8 Sat., Sept. 25, 2–4 p.m.
SMP: 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 inches square and the wall hanging will be approximately 24x18. The cut-away technique is fun and easy for the beginner or experienced student. Supply list available upon registration.

Find courses online.

www.LOCALcourses.com
KIDS GET ACTIVE! DANCE, SPORTS AND FITNESS

Basketball—Level I (ages 7–9)
FY20 8 Mon., beg. Sept. 27, 6–7 p.m.
JDG: Gym $49

Basketball—Level I (ages 10–12)
FY21 8 Mon., beg. Sept. 27, 7–8 p.m.
JDG: Gym $49

Come improve your basketball skills in a fun, recreational environment. Each evening, participants will get to join in drills to practice their shooting, passing and dribbling, as well as have the opportunity to put those skills to work in a game. Wear non-marking-soled gym shoes. Instructor: Kaeri Rempel

Ballet—Level I (ages 6–9)
FY22 8 Mon., beg. Sept. 27, 6:15–7:15 p.m.
CP: Theatre $55

Develop strength, balance, poise, flexibility, discipline and self-confidence in a fun environment. Learn the quality of movement, gain an understanding of classical technique and lay the foundation for other disciplines such as jazz, tap, hip hop, modern and gymnastics. Instructor: Elyse MacLean

Ballet Prep (ages 5–7)
FY23 8 Thurs., beg. Sept. 30, 6–7 p.m.
BW: Stage gym $55

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 can develop a sense—and hopefully a love—of ballet! Instructor: Justine Ducharme

Creative Movement (ages 3–4)
FY24 8 Thurs., beg. Sept. 30, 5–6 p.m.
BW: Stage gym $55

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
All Monday classes are at EMU (Ecole Margaret Underhill) and all Wednesday/Thursday classes are at EM: EM (Emerson)

Gymnastics for Fun! (ages 4–5)
FY25 8 Wed., beg. Sept. 22, 5–6 p.m.
EM: Gym $49

FY26 8 Thurs., beg. Sept. 23, 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. No class: Wed. Oct. 27

Gymnastics—Recreational (ages 6–8)
FY27 8 Mon., beg. Sept. 20, 5:30–6:30 p.m.
EMU: Gym $49

FY28 8 Wed., beg. Sept. 22, 6–7 p.m.
EM: Gym $49

FY29 8 Wed., beg. Sept. 22, 7–8 p.m.
EM: Gym $49

Get moving, have fun and develop skills in the four Olympic events—floor, vault, beam and bars. No class: Wed. Oct. 27

Gymnastics—Recreational Beginner (ages 9–12)
FY30 8 Mon., beg. Sept. 20, 6:30–7:30 p.m.
EMU: Gym $49

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

NEW! Gymnastics—Recreational Advanced (ages 9–12)
FY31 8 Mon., beg. Sept. 20, 7:30–8:30 p.m.
EMU: Gym $49

This class is for students who have already know how to do the basics of gymnastics and want to focus on learning new and more advanced skills. Like a real gymnastics club, some flexibility training and strength development will be included. Students should have attended at least one recreational gymnastics program as a prerequisite and be comfortable doing handstands and cartwheels.

Hip Hop—Taking It to the Street (ages 6–8)
FY32 8 Thurs., beg. Sept. 30, 7–8 p.m.
BW: Stage gym $55

(ages 9–12)
FY33 8 Thurs., beg. Sept. 30, 8–9 p.m.
BW: Stage gym $55

Ideal for beginners, students can look forward to a fun time learning the latest moves, prepare for an end-of-session 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)
FY34 8 Tues., beg. Sept. 28, 6–7 p.m.
Way: Gym $49

FY35 8 Thurs., beg. Sept. 30, 6–7 p.m.
JDG: Gym $49

(ages 8–10)
FY36 8 Tues., beg. Sept. 28, 7–8 p.m.
Way: Gym $49

FY37 8 Thurs., beg. Sept. 30, 7–8 p.m.
JDG: 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: TBA

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)
FY38 8 Tues., beg. Sept. 28, 6–7 p.m.
NC: Gym $49

FY39 8 Thurs., beg. Sept. 30, 6–7 p.m.
Rad: Gym $49

Here’s a great chance for your child to explore martial arts, get active and develop self-discipline, concentration and flexibility. Instructor: Ivan Castillo

Kenpo Karate Advanced (ages 7–12)
FY40 8 Tues., beg. Sept. 28, 7–8 p.m.
NC: Gym $49

For students who have been promoted to the next level by instructor Ivan Castillo, this class continues to cultivate advanced skills in this martial art.

NEW! Kenpo Karate for Kids and Family (ages 6–adult) *
FF28 8 Wed., beg. Sept. 22, 6–7 p.m.
Rad: Gym

Family group rates:
for two $70; for three $90; for four $100
This is a great new way for you and your child (nephew, niece, etc.) to explore martial arts in this unique, relaxed family-based activity. You will get conditioned and build strength and flexibility, and your child will get active and increase his or her concentration and discipline. For beginner fitness levels. Instructor: Ivan Castillo No class: Oct.27

Retrieved Continuing Education course booklets also available at local area libraries and ACCESS Centres, as well as 530 McLeod Ave. and 130 Regent Ave. E.
NEW! Salsa Kids (ages 4 & up)
FY42 8 Sat., beg. Sept. 25, 10:30–11:15 a.m.
Miles Mac: Gym B  $110
Salsa Kids gets little ones playing games, singing songs and dancing along to the Latin beat. Featuring original songs by Ricky Franco, kids use their imagination, experiment with tempo and rhythm, and are introduced to Latin culture and Spanish vocabulary.
Course Instructor: Taryn Fowlans

NEW! Salsa Tots (toddlers up to age 4)
FY43 8 Tues., beg. Sept. 28, 6:15–7 p.m.
PE: Gym  $110
For little ones ready to dance on their own two feet! This parent-and-tot class features fun tropical songs and steps with lively Latin rhythms that parents and kids can both enjoy. Fee includes cost of CD. Instructor: Fabiola Flores-Snell

Ultimate Play for Kids (ages 5–8)
FY44 8 Thurs., beg. Sept. 30, 6–7 p.m.
Don: Gym  $55
Enter the world of low organized games and engage in some individual and team activities! Participants will be surrounded by a positive and fun environment in which co-operation and teamwork are the main focus. Activities will include the use of small equipment, such as scoops, gator balls, hoops, skipping ropes, parachutes and much more! Instructor: Britt Hilton

Ultimate Sports for Youth (ages 9–12)
FY45 8 Thurs., beg. Sept. 30, 7–8 p.m.
Don: Gym  $55
Explore the world of sports and increase your cardiovascular activity, as we engage in a variety of sports and games, including: basketball, volleyball, soccer, badminton, floor hockey, sponge polo, ultimate Frisbee and many others. Come and join our fun atmosphere and learn a few new and exciting sports. Instructor: Britt Hilton

Volleyball I (ages 10–13)
FY46 8 Thurs., beg. Sept. 30, 6–7 p.m.
EM: Gym  $49
FY47 8 Thurs., beg. Sept. 30, 7–8 p.m.
EM: 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: TBA

Wrestling—Introduction to Olympic Freestyle
Boys & Girls (ages 6–10)
FY48 8 Mon., beg. Sept. 27, 6–7 p.m.
SV: Large Gym  $45
FY49 10 Tues., beg. Sept. 21, 6–7 p.m.
BW: Stage gym  $45
Boys & Girls (ages 9–13)
FY50 8 Mon., beg. Sept. 27, 7–8 p.m.
SV: Large Gym  $45
FY51 10 Tues., beg. Sept. 21, 7–8 p.m.
BW: Stage gym  $45
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. Reduced fee for classes at Bernie Wolfe location available with support from the T4 Wrestling Club. Instructors: Allanah Smith (Sun Valley Large Gym); Tim Nanassy (Bernie Wolfe stage gym)

BRING A FRIEND TO COMPUTER CLASS!
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 up at 667-6193, visit our website at www.retsd-conted.com or come down to our office at 530 McLeod Ave. to register.

ed2go courses are taught online by experts in their field. All classes 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 Fall 2010 classes start on the following dates, regardless of course:

FY01 Sept. 15  FG02 Oct. 20  FG03 Nov. 10  FG04 Dec. 8
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.

Wondering what’s popular at ed2go? Take a look....

Project Management Fundamentals
Solving Classroom Discipline Problems
Introduction to Dreamweaver CS3
Computer Skills for the Workplace
Introduction to Java Programming
Secrets of Better Photography
Beginning Writer’s Workshop
Discover Digital Photography
Introduction to Networking
Effective Business Writing
Ready, Set, Read!
Get Assertive!

Speed Spanish
Everyday Math
Mystery Writing
Writing for Children
Creating Web Pages
Grammar Refresher
Write Fiction Like a Pro
Microsoft® Access® 2007
Breaking into Sitcom Writing
Introduction to PHP and MySQL
Introduction to QuickBooks® 2009
Luscious, Low-fat, Lightning-quick Meals
**SCHOOL LOCATIONS**

**ENTRY DOORS**
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 (south east) 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
RETSD 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

LAST NAME FIRST NAME
ADDRESS CITY POSTAL CODE
PHONE (HOME) WORK CELL E-MAIL

COURSE ID COURSE TITLE

DAY OF WEEK TIME PLACE FEE

☐ Cash/Interac (in person only) ☐ Employer invoice

☐ Cheque: Make cheques payable to “River East Transcona School Division” and send to:

RETSD Continuing Education
530 McLeod Ave.
Winnipeg, MB R2K 0B5

☐ Visa ☐ MasterCard

Number Expiry

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@retsd-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
Learn to paint like this!

www.retsd-conted.com