

DISTRICT SCHOOL BOARD of NIAGARA
Achieving Success Together
at BEAMSVILLE DISTRICT SECONDARY SCHOOL!!
Courses for Winter, 2009

Registration begins **JAN.5/09 @ 8:30 am**
Call DSNB Office @ 905-687-7000, VISA/ M.C., Fax, Mail-In
CHILDREN(C)! TEENS (T)! ADULTS (A)!

The Stability Ball: Mon. 6-7:30 pm Wing 3 Wt. Rm. & Adjoining Hall, cost: \$60, start: Feb.2 (A, T)
Group Personal Training: Abs & Total Body Sculpting: Mon. 7:30-9 pm & Wed. 6-7:30 pm Wing 3 Wt. Rm. & Adjoining Hall, cost: \$60 per course, start: Feb.2, Feb.4 (A, T) * **EXTRA COURSE NIGHT ADDED DUE TO PUBLIC INTEREST!** *
NEW! Group Personal Training: Performance Training for Golf: Wed. 7:30-9 pm Wing 3 Hall & wt. Rm., cost: \$60, start: Feb.4 (A, T)
Co-ed. Boxercise & Free Weights Workout: Tues.6-7 pm & Thurs.6-7 pm Wing 3 Double Gym, cost: \$40 per course, start: Feb.3, Feb.5 (A, T) ***EXTRA COURSE NIGHT ADDED DUE TO PUBLIC INTEREST!** *
Rec. Volleyball: Thurs. 7:30-9 pm Wing 3 Double Gym, cost: \$60, start: Feb.5 (A, T)
BACK BY POPULAR DEMAND! Conversational German: Wed. 7-8:30 pm Rm. 204, cost: \$60, start: Feb.4 (A, T)
Co-ed. Ballet- Level 1, Ages 5-7 yrs.: Mon. 6-7 pm Wing One Cafeteria, cost: \$40, start: Feb.2 (C)
Co-ed. Ballet- Ages 8-12yrs.: Mon. 7-8 pm Wing One Cafeteria, cost: \$40, start: Feb.2 (C)
Beginners Conversational Spanish: Starting Feb.23, Mon.6:30-8 pm, Rm. 204, Wing 3, cost:\$60 (A,T) ***NEW APPROACH!**
RE-FORMATTED! NEW PROGRAM! ACTIVE CONVERSATION! *
Intermediate Conversational Spanish: Starting Feb.23, Mon. 8-9:30 pm, Rm. 204, Wing 3, cost:\$60 (A,T) * **NEW APPROACH!**
RE-FORMATTED! NEW PROGRAM! ACTIVE CONVERSATION! *
Beginners Guitar for Kids: Ages 8-13 yrs., Wed. 6-7:30 pm, Rm. 203 Wing 3, cost: \$60, start: Feb.4
Beginners Guitar for Adults: Wed. 7:30- 9pm, Rm. 203, Wing 3, cost: \$60, start: Feb.4 (A, T)
Guitar for Adults-Beyond Beginners: Mon. 7:30- 9 pm, Wing 3 Rm. 203, cost: \$60, start: Feb.2 (A, T)
NEW! Guitar for Kids-Beyond Beginners, 8-13 yrs: Mon.6-7:30 pm, Wing 3, Rm. 203, cost: \$60, start: Feb.2
Golf: Mon. 6:30-8 pm, 8-9:30 pm S. Gym Wing One, cost: \$60, start: Feb.2 (A, T)
Golf: Tues. 7-8:30 pm, 8:30- 10 pm. D. Gym Wing 3, cost: \$60, start: Feb.3 (A, T)
Digital Photography for Adults: Thurs.6-7:30 pm., Rm. 209 Wing 3, cost: \$ 60+10, start: Feb.5 (A, T)
Artistic & Technical Photography Skills:Thurs.7:30- 9 pm,Rm.209,Wing 3,cost:\$60+10,start:Feb.5(A,T)
Digital Drawing in Photography: Wed.7:30-9 pm Rm. 209 Wing 3, cost: \$60+10, start: Feb.4 (A, T)
Photography for Teens: Wed. 6-7:30 pm Rm. 209 Wing 3, cost: \$60 +10, start: Feb.4 (C, T)
NEW! Recreational Band for Adults: Mon. 6:30-8 pm Music Rm. Wing One, cost: \$60+10, start: Feb. 2. Note: extra cost if renting an instrument, contact: 905-563-8267, K. McNeil, Music Dept, B.D.S.S.) (A, T)
*****TENTATIVE: Due to the overwhelming response, a 2nd "Beginners Guitar For Kids, 8-13 yrs." may be opening on: MONDAY EVENINGS. Call number listed below for details!! *****
Supervisor, Adult & Continuing Ed. Eve. Program @ B.D.S.S.: Katherine Preston 905-563-8267 ext. 463 OR: 905-562-7861
*** 1 class per wk., 10 classes per term, \$4 PER HOUR!**

*****SPACES ARE LIMITED!!*****

First come, first served basis!

DON'T DELAY- REGISTER TODAY!!

*****Walk-in Registration: MON. JAN. 26/09*****

BEAMSVILLE DISTRICT SECONDARY SCHOOL, Front lobby
6:30-8:30 pm, payment by cash or cheque only.

Seniors' Discount!