

Fall 2014

Learn ExploreDiscover!

Career and Certificate Programs



eLearning • Day and Evening Credit • General Interest • Literacy and Basic Skills

English as a Second Language • International Languages



ADULT & COMMUNITY EDUCATION
DISTRICT
SCHOOL BOARD
OF NIAGARA

WELCOME...

.....to "Learn, Explore, Discover!"

- your guide to meeting your unique learning goals.

LEARN

Diplomas, skill training, ESL and more!

Join the DSBN community to achieve your personal goals. Whether you want to get your high school diploma, prepare for college or university, improve your English language or literacy skills, or upgrade your training for a new career, there are countless options available to you. We have learning centres across Niagara, so you are sure to find the courses that meet your needs close to where you live or work.

EXPLORE

Looking to learn a new hobby, keep your mind fit or keep your body moving? From cake decorating to website design to hip hop for health, our General Interest courses offer fun and creative ways for you to explore your talents and interests.

DISCOVER

Can't find what you need... let us help you. Give us a call, email us, or visit our website -- to keep it simple, we have listed our contact information at the bottom of this page. We want to keep in touch with you, so we can meet your needs, and the needs of our community. We can help you Learn, Explore and Discover your potential!

Ed Stavnitzky

Administrator

Adult & Community Education

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TO REQUEST YOUR ONTARIO STUDENT TRANSCRIPT

If you are a former student of the DSBN and have been out of school **LESS THAN 5 YEARS**, contact your former Secondary School for your official transcript.

If you are a former student of the DSBN and have been out of school **MORE THAN 5 YEARS** or your school is now closed go to www.dsbn.org/community and select Get Your Transcript, or call Transcript Services at 905-641-2929 ext. 54157 for more information.

If your last school attended was not a DSBN school please contact the last school you attended to request your transcript.

ADULT & COMMUNITY EDUCATION

District School Board of Niagara
905-687-7000
CommunityEd@dsbn.org
www.dsbn.org/community

ADULT & COMMUNITY EDUCATION LOCATIONS

CREDIT COURSES

Fort Erie Secondary School
7 Tait Avenue, Fort Erie

Grimsby Secondary School
5 Boulton Avenue, Grimsby

Lifetime Learning Centre
535 Lake Street, St. Catharines

Port Colborne High School
211 Elgin Street, Port Colborne

Stamford Collegiate
5775 Drummond Road, Niagara Falls

St Catharines Collegiate
34 Catherine Street, St. Catharines

Welland Centennial
240 Thorold Road West, Welland

Westlane Secondary School
5960 Pitton Road, Niagara Falls

GENERAL INTEREST

Beamsville District SS
4317 Central Avenue, Beamsville
905-563-8267 x. 818709

Eden High School
535 Lake Street, St. Catharines
905-646-9884 x. 81893

Fort Erie SS
7 Tait Avenue, Fort Erie
905-871-4610 x. 81890

Grimsby SS
5 Boulton Avenue, Grimsby
905-945-5416 x. 62522

Lakeview Public School
33 Olive Street, Grimsby
905-945-5416 x. 62522

Port Colborne High School
211 Elgin Street, Port Colborne
905-835-1186 x. 81891

Welland Centennial
240 Thorold Road West, Welland
905-734-0700 x. 81892

Westlane SS
5960 Pitton Road, Niagara Falls
905-356-2401 x. 81894

BY MAIL:



August 25th - September 10th, 2014
VISA/MASTERCARD, cheque or money order, complete the form on back page and send to:
Adult & Community Education
Lifetime Learning Centre
535 Lake St., St. Catharines, Ontario L2N 4H7
One form per course. Mail-in registrations processed as received.

If you are delivering registration forms in person during the registration period, please drop it off at Lifetime Learning Centre – 535 Lake Street – Room 101 (Lake St. & Linwell Rd.) between 9:00am to 3:30pm

BY PHONE:



August 25th - September 10th, 2014
VISA/MASTERCARD, Call 905-687-7000
between 9:00am to 3:30pm

BY FAX:



August 25th - September 10th, 2014
VISA/MASTERCARD, Fax to 905-646-7042

IN PERSON:

Monday, September 15th, 2014, 6:30-8:30 pm
Cash, cheque or money order only. Applicants must register at the school where the course is to be held.

Note:

* For courses at Lakeview Public register at Grimsby SS

FEES:

- Fees listed include HST (receipt will show HST)
- Asterisk (*) indicates material costs are extra
- Seniors Discount (65 yrs+) is 25% on course fee only

ACCESS FOR PHYSICALLY CHALLENGED:

The physically challenged are encouraged to inquire about accessibility at the time of registration.

CANCELLATION OF CLASSES/REFUNDS:

- Refunds will be granted **prior** to the SECOND scheduled class
- A charge of \$15.00 will be deducted to offset registration costs
- Minimum of 20 students per course
- The District School Board of Niagara reserves the right to terminate, combine or transfer to another school, any courses in which enrolment falls below the acceptable level
- Requests for refunds must be directed to the local General Interest site supervisor
- Registration receipts must accompany all refund requests

HOLIDAYS (no classes)

Thanksgiving

October 13th, 2014

Christmas Break

December 22nd, 2014 -

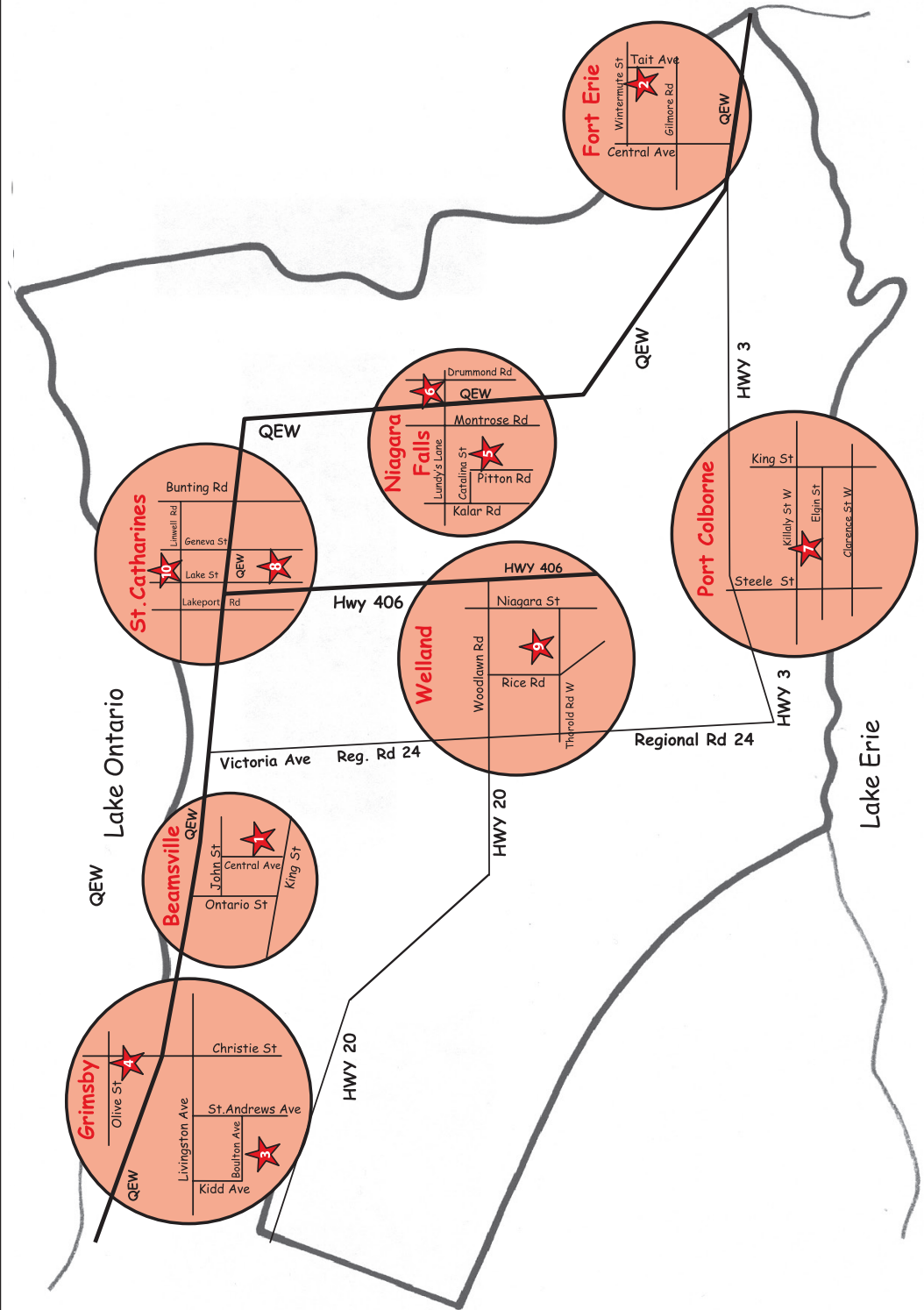
January 2nd, 2015



Places you can find us:

1. Beamsville District Secondary School (**Beam**)
2. Fort Erie Secondary School (**Fort**)
3. Grimsby Secondary School (**Grims**)
4. Lakeview Public School (**Lake V**)
5. Westlane Secondary School (**West**)
6. Stamford Collegiate
7. Port Colborne High School (**Port**)
8. St. Catharines Collegiate
9. Welland Centennial Secondary School (**Cent**)
10. Lifetime Learning Centre + Eden High School (**Eden**)

See page 1 for location addresses and phone numbers.



THE DIPLOMA MAY BE CLOSER THAN YOU THINK

To recognize learning which takes place outside the classroom, the Ministry of Education allows the awarding of equivalency credits to Mature Students (persons 18+ and out of school for at least one year). All applicants for equivalency standing must earn a minimum of the last four credits (these credits must be at the Senior Level – Grade 11 or 12) after becoming a mature student, before a diploma will be issued. Assessments for diploma requirements are completed on an individual basis, and require a transcript of your credits from your last school. Consideration may be given for Work and Life Experience (maturity credits) and through Prior Learning Assessment and Recognition (PLAR). Further diploma requirements may need to be satisfied and will be discussed after your assessment.

Please note that many employers in the Niagara Region require applicants to have a high school diploma to be considered for offers of employment.

FOR MORE INFORMATION AND COUNSELLING CALL: 905-687-7000

eLEARNING PROGRAM

You may enrol in eLearning secondary school credit courses, as an alternative to night-school or self-study, if you are eligible to attend a provincially funded school in Ontario and if you are:

- in need of secondary school credit courses in order to obtain an Ontario Secondary School Diploma, or
- upgrading secondary school credits required for entry into a program or the workforce

NOTE: If eligible, day school students require an eLearning Application form, signed by the day school and community education principals, for each credit course. These forms are available in your guidance office.

Fees:

A non-refundable fee of \$50 (cash only) is required for registration.

Course Enrolment:

September 24 – February 27, 2015
Courses end: May 7, 2015

For more information about registration please call: 905-687-7000.

SELF-STUDY PROGRAM

For mature students and part-time high school students wishing to earn high school credits while studying independently. Work at home on independent learning materials. \$100 cash only registration fee (cheques will not be accepted). \$85 will be refunded within 3-4 weeks, after all materials have been returned.

Niagara Falls Program at Stamford C.V.I.
5775 Drummond Rd., Niagara Falls
Wednesdays, 6:00 - 8:00pm

To book an appointment at Stamford, or for more info call: 905-687-7000

Fort Erie Secondary School
Room 1085, 7 Tait Ave., Fort Erie
Wednesdays 6:00 - 8:00pm
No appointment needed at Fort Erie S.S.
Must bring updated transcript with you.

(Please do not call Stamford C.V.I. or Fort Erie S.S. for information)

Course Enrolment:

September 24, 2014 – May 6, 2015.
(continuous intake)

(PLEASE NOTE NEW HOURS FOR STAMFORD SELF STUDY 6:00-8:00 P.M.)

NIGHT SCHOOL PROGRAMS COUNSELLING

Educational counseling is available to Night School Students who are not enrolled in a day school to discuss Requirements for the Ontario Secondary School Diploma or College/University Applications. Adult students may take advantage of this service at the In-Person Registration at St. Catharines Collegiate on Monday, September 15th, 6:30-8:30 p.m. and throughout the semester.

FEES

There is no registration fee for credit courses. Credit courses may require a textbook deposit charge payable IN CASH at the time of issue by the teacher. Students will receive this information from their teacher on the first night of school. Upon return of the textbook, the student will receive a full refund by cheque in the mail.

CANCELLATION OF CLASSES

A minimum enrolment of 22 students is required for a course to be offered. The District School Board of Niagara reserves the right to terminate, combine or offer an alternative mode of delivery (such as correspondence materials) to any course in which enrolment falls below the acceptable level.

DAY SCHOOL STUDENTS

Day school students require a Night School Application form, signed by their Day School Principal, for each course request. These forms are available from your Guidance office. Completed forms should be submitted to the Guidance Office at your Day School.

See pages 4 and 5 for available evening credit courses. Call: 905-687-7000

For a list of eLearning and Self Study Courses

VISIT OUR WEBSITE:
www.dsbni.org/community



**The following
Credit Courses are
SEMESTERED**

Evenings: Tuesday & Thursday

Time: 6:30 p.m. to 9:30 p.m.

Duration: September 23, 2014 to
January 15, 2015

No Classes: Winter Break

December 22 – January 2, 2015.

Location: St. Catharines Collegiate
34 Catherine Street

Course Fee: There is no fee to
take a credit course at night school.

TEXTBOOK DEPOSIT

Students may be required to pay a textbook deposit. If a textbook is required for the course your teacher will collect your deposit in class. When you return the textbook, you will be mailed a cheque for the full amount of your deposit.

**LAW (CLU3M1)
UNIVERSITY/COLLEGE
PREPARATION**

This course explores Canadian law with a focus on legal issues that are relevant to people's everyday lives. Students will investigate fundamental legal concepts and processes to gain a practical understanding of Canada's legal system.

Prerequisite: CHC2P1 or CHC2D1



**CHALLENGE AND CHANGE IN
SOCIETY (HSB4M1)
UNIVERSITY/COLLEGE
PREPARATION**

This course examines the theories and methodologies used in anthropology, psychology, and sociology to investigate and explain shifts in knowledge, attitudes, beliefs, and behaviour, and their impact on society. *Prerequisite:* Any University, University/College or College preparation course in Canadian and World Studies, English, or Social Sciences and Humanities.

**HISTORY – THE WEST AND
THE WORLD (CHY4U1)
UNIVERSITY PREPARATION**

This course investigates the major trends in Western civilization and world history from the sixteenth century to the present. Students will learn about the interaction between the emerging west and other regions of the world. *Prerequisite:* Any University, University/College or College preparation course in Canadian and World Studies, English, or Social Sciences and Humanities.

**ARABIC (LYBAD1)
Level 1 - Academic**

This is an introductory course in which students will learn vocabulary and grammar essential for reading and communicating orally and in written form. Students will explore aspects of the Arabic culture including social customs and the arts.

**ENGLISH (ENG3C1)
COLLEGE PREPARATION**

This course emphasizes the development of literacy, communication, and creative thinking skills. An important focus will be on using language with precision and clarity. *Prerequisite:* ENG2P1

**ENGLISH - MEDIA STUDIES
(EMS3O1) – GRADE 11 OPEN**

This course emphasizes knowledge and skills to enable students to understand media communication in the 21st century and to use media effectively and responsibly. Students will develop critical thinking skills, aesthetic & ethical judgement and skills in viewing, representing, listening, speaking, reading and writing. *Prerequisite:* ENG2P1 or ENG2D1

Night School Applications
are available at www.dsbni.org/community
NIGHT SCHOOL CREDIT COURSES

**ENGLISH (ENG4C1)
COLLEGE PREPARATION**

Students will analyse a variety of informational and graphic texts, as well as literary texts from various countries and cultures, and create oral, written, and media texts in a variety of forms. *Prerequisite:* ENG3C1

**ENGLISH (ENG4U1)
UNIVERSITY PREPARATION**

Students will analyse a range of challenging literary texts from various periods, countries, and cultures; interpret and evaluate informational and graphic texts; and create oral, written, and media texts in a variety of forms. *Prerequisite:* ENG3U1

**ONTARIO SECONDARY
SCHOOL LITERACY COURSE
(OLC4O1)**

This course is designed to help students acquire and demonstrate the cross-curricular literacy skills that are evaluated by the Ontario Secondary School Literacy test. Students who successfully complete the Literacy Course will meet the provincial literacy requirement for graduation.

**MATHEMATICS - FOUNDATIONS
FOR COLLEGE (MBF3C1)**

Students will extend their understanding of quadratic relations; investigate exponential growth; solve problems involving compound interest, and financial concerns with vehicle ownership; connect probability and statistics; and solve problems in geometry and trigonometry. *Prerequisite:* MFM2P1

**MATHEMATICS OF COLLEGE
TECHNOLOGY (MCT4C1)**

COLLEGE PREPARATION
Students will investigate and apply properties of polynomial, exponential, and trigonometric functions and continue to extend their knowledge of functions. *Prerequisite:* MCF3M1

**MATHEMATICS-DATA
MANAGEMENT (MDM4U1)**

UNIVERSITY PREPARATION
Students will apply methods for organizing large amounts of information, solve problems involving probability and statistics; and carry out a culminating project that integrates statistical concepts and skills. *Prerequisite:* MCR3U1 or MCF3M1

MATHEMATICS - ADVANCED FUNCTIONS (MHF4U1)

UNIVERSITY PREPARATION

Students will investigate and apply properties of polynomial, rational, logarithmic, and trigonometric functions, broaden their understanding of rates of change, and develop facility in applying these concepts and skills.

Prerequisite: MCR3U1 or MCT4C1

MATHEMATICS - CALCULUS & VECTORS (MCV4U1)

UNIVERSITY PREPARATION

This course builds on students' previous experience with functions and their developing understanding of rates of change. This course is intended for students who plan to study mathematics in university and who may choose to pursue careers in fields such as science, engineering, economics, and some area of business.

Prerequisite: MHF4U1

BIOLOGY (SBI3C1)

COLLEGE PREPARATION

Students will learn concepts and theories as they conduct investigations in the areas of cellular biology, microbiology, genetics, the anatomy of mammals, and the structure of plants and their role in the natural environment.

Prerequisite: SNC2P1 or SNC2D1

BIOLOGY (SBI3U1)

UNIVERSITY PREPARATION

Students will study theory and conduct investigations in the areas of biodiversity, evolution, genetic processes, the structure and function of animals, and the anatomy, growth and function of plants.

Prerequisite: SNC2D1

BIOLOGY (SBI4U1)

UNIVERSITY PREPARATION

Students will study theory and conduct investigations in the areas of biochemistry, metabolic processes, molecular genetics, homeostasis, and population dynamics.

Prerequisite: SBI3U1

CHEMISTRY (SCH3U1)

UNIVERSITY PREPARATION

Students will study the properties of chemicals and chemical bonds, chemical reactions and quantitative relationships in those reactions, solutions and solubility, and atmospheric chemicals and the behaviour of gases.

Prerequisite: SNC2D1

CHEMISTRY (SCH4C1)

COLLEGE PREPARATION

Students will study organic chemistry, electrochemistry, chemical calculations, and chemistry as it relates to the quality of the environment.

Prerequisite: SNC2P1 or SNC2D1

CHEMISTRY (SCH4U1)

UNIVERSITY PREPARATION

The focus is on the study of organic chemistry, the structure and properties of matter, energy changes and rates of reaction, equilibrium in chemical systems, and electrochemistry.

Prerequisite: SCH3U1

PHYSICS (SPH3U1)

UNIVERSITY PREPARATION

Students will explore kinematics, with an emphasis on linear motion, different kinds of forces, energy transformations, the properties of mechanical waves and sounds, and electricity and magnetism.

Prerequisite: SNC2D1

PHYSICS (SPH4C1)

COLLEGE PREPARATION

Students will explore the concepts of physics with respect to motion; mechanical, electrical, electromagnetic, energy transformation, hydraulic, and pneumatic systems, and the operation of commonly used tools and machines.

Prerequisite: SNC2P1 or SNC2D1

PHYSICS (SPH4U1)

UNIVERSITY PREPARATION

Students will continue their exploration of energy transformations and the forces that affect motion, and will investigate electrical, gravitational, and magnetic fields and electromagnetic radiation, the wave nature of light, quantum mechanics, and special relativity.

Prerequisite: SPH3U1



NEW CREDIT COURSE

HOSPITALITY AND TOURISM (TFJ3C)

Can be used as a Co-op Credit or SHSM Hospitality & Tourism Credit

This Credit Course is Semestered

Evenings: Thursday

Time: 5:00 p.m. to 8:00 p.m

Location: St. Catharines Collegiate

Duration:

Semester One: Sept. 25, 2014 —

Jan. 15, 2015 - **0.5 credit**

No Classes: Winter Break

December 22 — January 2, 2015

Semester Two: Feb. 19, 2015 —

June 4, 2015 - **0.5 credit**

No Classes: March Break

March 16, 2015 — March 20, 2015

This course enables students to develop or expand knowledge and skills related to hospitality and tourism, as reflected in the various sectors of the tourism industry.

Students will learn about preparing and presenting food, controlling inventory, serving and restaurant management, and marketing and managing events and activities, and will investigate customer service principles.

Students will develop an awareness of health and safety standards, environmental and societal issues, and career opportunities in the hospitality and tourism industry.

For further course information

www.dsbn.org

Schools

Secondary Course Calendar

Night School Applications
are available at

www.dsbn.org/community

NIGHT SCHOOL CREDIT COURSES





credit courses daytime

Adult Computer & Business Programs

ALL COURSES FEATURING MICROSOFT OFFICE!

WELLAND

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory or advanced Microsoft Office 2010 (including Word, Excel, PowerPoint and Access); Windows XP; Internet; Email; Accounting; Windows MovieMaker; and Desktop Publishing with MS Word and MS Publisher; and career skills.

Classes run September 4, 2014 – January 27, 2015
Centennial Secondary School, 240 Thorold Rd. W., Welland

REGISTER by attending a public information session at 1:00 pm, on Wednesday, August 27, September 3, or 10
Centennial Secondary School, room 226
or call 905-735-0700 x.60711

FORT ERIE

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced Microsoft Office 2010 (including Word, Excel, Access, PowerPoint); Windows XP; Internet; Email; Desktop Publishing with MS Word and MS Publisher; Accounting; and career skills. Co-op may be available.

Classes run September 4, 2014 – January 27, 2015
Fort Erie Secondary School, 7 Tait Ave., Fort Erie

REGISTER by attending a public information session at 1:00 pm, on Wednesday, August 27, September 3, or 10
Fort Erie Secondary School, room 1049
or call 905-871-4610 x.61923

PORT COLBORNE

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced Microsoft Office 2010 (including Word, Excel, Access, PowerPoint); Windows XP; Internet; Email; Web Page design; Windows Photo Story and Desktop Publishing with MS Word and MS Publisher; Accounting; and career skills. Co-op may be available.

Classes run September 4, 2014 – January 27, 2015
Port Colborne High School, 211 Elgin St., Port Colborne

REGISTER by attending a public information session at 1:00 pm, on Wednesday, August 27, September 3, or 10
Port Colborne High School, room 321
or call 905-835-1186 x.54442

NIAGARA FALLS

Half-day, tuition-free* program (total of 6 credits available over 2 terms) in introductory to advanced Microsoft Office 2010 (including Word, Excel, Access, PowerPoint); Desktop Publishing with MS Word and MS Publisher; Windows XP; Internet; Email; and career skills. There will be a focus on Introduction to Computers and the Internet. Co-op may be available.

Classes run September 4, 2014 – January 27, 2015
Westlane Secondary School, 5960 Pitton Rd., Niagara Falls

REGISTER by attending a public information session at 1:00 pm, on Wednesday, August 27, September 3, or 10
Westlane Secondary School, room 1077
or call 905-356-2401 x. 66735

ARE YOU ELIGIBLE FOR FUNDING?

You may be eligible to receive funding or income support for your participation in many of the Business, Computers, Career and Certificate programs offered through the DSBN. Your eligibility may depend on your chosen occupational goals and/or individual needs. Some sources of individual funding include Employment Ontario (Second Career and Ontario Skills Development), Aboriginal Funding, Ontario Works (OW), Ontario Disability Support Program (ODSP), Workplace Safety and Insurance Board (WSIB), or Work Link (NCIL).

Please contact your employment counselor or caseworker for more information on your eligibility.



The DSBN reserves the right to change the curriculum from listing. *Minimal activity fee and/or refundable book deposit may apply.

www.dsbni.org/community | district school board of niagara | 905-687-7000

GRIMSBY

Half-day, tuition free* program (total of 6 credits available over 2 terms) in introductory to advanced Microsoft Office 2010 (including Word, Excel, Access, PowerPoint); Internet; E-mail; Social Media; Webpage design; Desktop Publishing with MS Publisher and MS Word; Windows Movie Maker and Photostory; Multimedia applications with Macromedia Studio MX; photo-editing with Photoshop; Accounting; and career skills. Co-op may be available.

Classes run September 4, 2014 – January 27, 2015
Grimsby District Secondary School, 5 Boulton Ave., Grimsby

REGISTER by attending a public information session at 1:00 pm, on Wednesday, August 27, September 3, or 10
Grimsby District Secondary School, room 422
or call 905-945-7733

Lifetime Learning Centre...

Whatever your path, whatever your goal,
Lifetime Learning Centre will help you get there.

Credit, Career and Certificate Training

If you want to complete your high school diploma, pursue a personal interest, explore new career options or expand your knowledge and skills to help re-enter the work force, Lifetime Learning Centre offers innovative programs and supports to help you achieve your goals.

Lifetime Learning Centre is a DSBN school that serves adult learners who are 18 and older. Our tuition-free programs are delivered by Ontario Certified Teachers and are designed to meet the unique needs of adult learners.

What's Unique About Lifetime Learning Centre?

A Diploma May Be Closer Than You Think

An individualized assessment by our expert counselors will help determine if you are eligible for an accelerated process to complete your Ontario Secondary School Diploma. Recognition may be given for Work & Life Experiences, and for Prior Learning.

Tuition-Free, Flexible Programming

Upgrade your skills or retrain for a new career with our flexible, tuition-free programs. If you are interested in continuing to work while in school, there may be an opportunity to earn and learn through Cooperative Education.

A Team that Works for Your Success

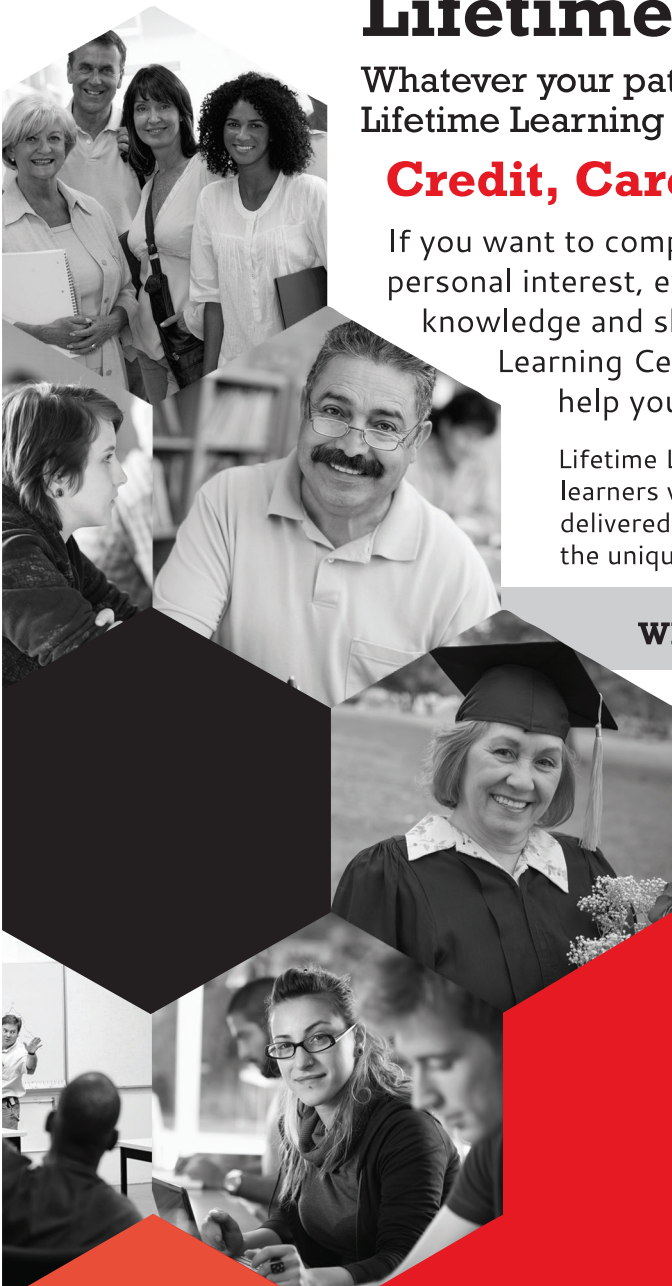
Our Ontario Certified Teachers understand and teach to a variety of different learning styles. We offer additional support through expert counseling, flexible programming and childcare at an onsite daycare.

A Friendly, Welcoming Environment

We understand the unique needs of adult learners, and we offer support, flexibility and friendship as we work with you to achieve your learning goals.

Specialized & Generalized Programs

We offer specialized certificate programs in Computer Software and in Personal Support Worker Training, in addition to courses in Math, Science, English, and Social Sciences. Attend an information session to find out more.



Get started today!

Attend an information session:

August 20 and 27 at 1:00 p.m.
and every Wednesday (September thru April)

Lifetime Learning Centre
535 Lake St., St. Catharines

Call us:
(905) 646-3737

Email us:
llc@dsbn.org

Visit our website:
www.lifetimelearning.ca

Find us on Facebook:
www.facebook.com/LifetimeLearning



credit, career and certificate training

PERSONAL SUPPORT WORKER (PSW)

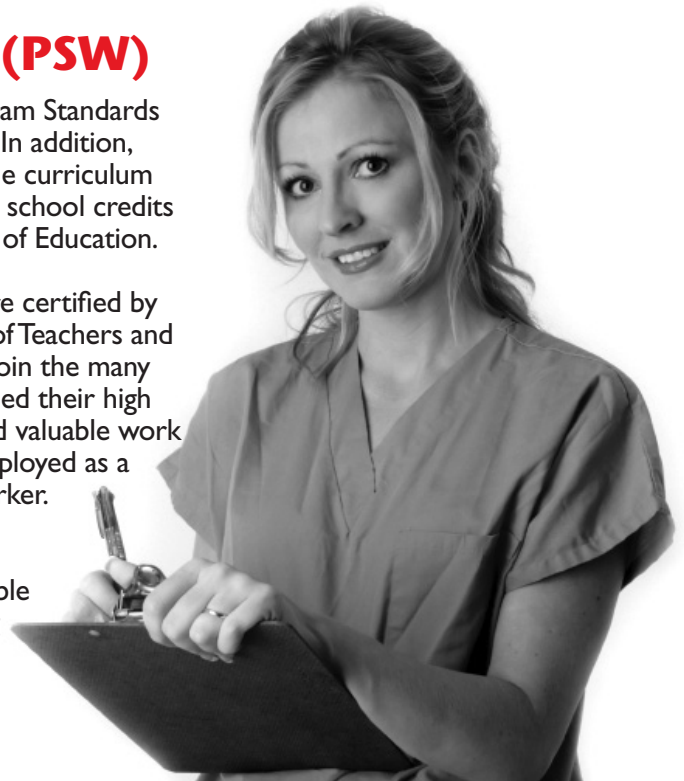
A Personal Support Worker is someone who provides direct personal and health care assistance to the aged, chronically ill or disabled including all age groups. There is a growth trend in the demand for Personal Support workers in long term care facilities, in community (home) care environments, and in hospitals. For the past several years, the District School Board of Niagara has graduated hundreds of individuals with an average of 90% placement rate into jobs in the Niagara Region now paying \$12-\$19 per hour.

The Personal Support Worker Program provided by the DSBN has met all professional and educational requirements as outlined by the

PSW Education Program Standards and is ACCREDITED. In addition, the program meets the curriculum requirements for high school credits as set by the Ministry of Education.

Our PSW teachers are certified by the Ontario College of Teachers and are R.N.s or R.P.N.s. Join the many others who have earned their high school diploma, gained valuable work skills, and become employed as a Personal Support Worker.

Funding from various sources may be available if eligible (see Funding Note page 6.)
psw@dsbn.org



All PSW programs run from September through June
PSW programs fill quickly. Recruitment begins annually in March.
Watch for the Winter 2015 Guide for Information Session dates in March, April and May.
If you have additional questions, please email them to psw@dsbn.org
or call 905-687-7000.

TRANSITION TO EMPLOYMENT

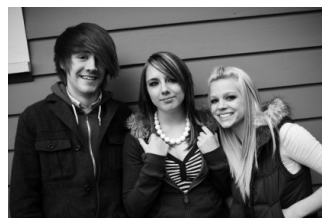


For Individuals with disabilities. TTE is a program that assists individuals 16+ years of age, who have a disability, to gain access to employment opportunities. It prepares applicants for employment during one-on-one sessions with an employment counsellor followed by a 1-5 week on-site trial period with an employer. Scheduling is flexible. The program is approved by the Ontario Disability Support Program.

EDVANCE OUTREACH

A tuition-free credit program for students 18 years of age and older who need an alternative to the mainstream secondary school setting in order to complete their credit requirements towards an Ontario Secondary School Diploma. Students must be available to attend the program in their community on the scheduled days.

EdVance Outreach offers continuous intake to students from September through April, and allows students to complete credits one at a time to maximize success. To learn more about registering in EdVance Outreach and are under 21, please contact your current secondary school guidance counselor for a referral. If you are no longer enrolled in school, please contact the EdVance Outreach Counselor at 905-646-3737 or at EDVANCE@dsbn.org



**It's for you
if you want to work!**
**Multiple intakes throughout
the year.**
Call **905-682-0756** for information
or email TTE@dsbn.org

LITERACY AND BASIC SKILLS

For the Deaf

Niagara Adult Literacy for the Deaf
Normandy Resource Centre
 111 Church St., St. Catharines
Contact: NALD@dsbn.org
 Instruction is given in ASL

For the Learning Disabled

Normandy Resource Centre
 111 Church St., St. Catharines
Contact: LD@dsbn.org
 905-328-4664

All programs are offered at no cost.
Financial assistance may be available
for transportation and child care.
Other locations may become available.

For the Developmentally Disabled

Normandy Resource Centre
 111 Church St., St. Catharines
Contact: LBS@dsbn.org
 905-988-1450 x 1

Welland Community Wellness Complex
 145 Lincoln St., Welland
Contact: LBS@dsbn.org
 905-735-5506

Westlane Secondary School
 5960 Pitton Rd., Niagara Falls
Contact: LBS@dsbn.org
 905-641-2929 x.82223 or x.82232

Call Shirley Henley at
905-988-1450 x. 2 for more information.

We specialize in programs for individuals who are:

- Deaf or Hearing Impaired
- Developmentally Disabled
- Learning Disabled

For individuals 19yrs+ who want to upgrade their language, math, computer and social skills to take on new opportunities in the community, employment and education.

We offer:

- Assessment of skills
- Reading assistance
- Computer training
- Links to employment programs
- Goal setting
- Writing assistance
- Math
- Small group instruction



ENGLISH AS A SECOND LANGUAGE (ESL)

For New Canadians, 18 years of age and over. English as a Second Language (ESL) non-credit classes are available as day or evening courses. Offered at various levels of proficiency, for individuals who wish to improve English language skills. Daycare is available at some centres.

NIAGARA FOLK ARTS MULTICULTURAL CENTRE
 85 Church Street, St. Catharines 905-685-6589

WELLAND HERITAGE COUNCIL & MULTICULTURAL CENTRE
 26 East Main Street, Welland 905-732-5337

MULTICULTURAL NETWORK OF NIAGARA FALLS
 6841 Morrison Street, Niagara Falls 905-356-2249
 or 1-888-746-9041

INTERNATIONAL LANGUAGES

For Elementary-aged students (Day & Evening).

International Language instruction provided in co-operation with the St. Catharines Folk Arts Council and affiliated groups. These programs are non-credit, tuition-free or for a nominal fee, and are offered after school and on weekends.

ARABIC	
Islamic Society of St. Catharines	289-668-7771
Islamic Society of St. Catharines	905-688-8834
Niagara Falls Sudanese Community	905-354-9674
Al Mahdi Islamic Organization	905-341-0751
ARMENIAN	
Armenian Relief Society	905-682-6178
CAMBODIAN	
Samateansel Khmer Community	289-668-1810
CHINESE	
St. Catharines Chinese School	905-353-9129
GERMAN	
Niagara German School	905-468-7158
GREEK	
Greek Community of St. Catharines	905-685-3028
Greek Community of Smithville	289-396-4059
KOREAN	
Niagara Korean Language School	289-696-1098
POLISH	
Canadian Polish Society	905-938-1781
SERBIAN	
Serbian Club	905-321-8201
SPANISH	
Latin American Club of Niagara	905-646-5676
Latin Immigrant Niagara Community Assoc.	905-988-6070
UKRAINIAN	
Ivan Kotliarevsky Ukrainian School	905-934-7352



interest courses index

COURSE CHART GUIDE

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

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

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

Locations:
Location codes refer to map on page 2.

* Course material costs are extra

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

M	3198	Bagpiping Ages 8+- Adult	Port	T	6:00-7:00	16	Sep.30	10	\$55.00+\$92	12
	3234	Belly Dancing	Beam	T	5:30-6:30	Drama	Sep.30	10	\$55.00	12
	3152	Card Making*	Grims	Th	6:30-8:00	Art	Oct.2	10	\$82.50	12
	3110	Crocheting - Beginner*	Fort	Th	6:00-7:30	Rm 153	Oct.2	8	\$66.00	12
	3111	Crocheting - Advanced*	Fort	Th	7:30-9:00	Rm 153	Oct.2	8	\$66.00	12
	3200	Crochet for Adults	Port	W	7:00-8:00	310	Oct.1	10	\$55.00+\$10	12
C	3201	Crochet for Kids Ages 7-13	Port	W	6:00-7:00	310	Oct.1	10	\$55.00+\$10	12
	3153	Dancing - Ballroom	LakeV	M	8:00-9:30	Gym	Sep.29	10	\$82.50	12
	3154	Dancing - Social - Beginners	LakeV	M	6:30-8:00	Gym	Sep.29	10	\$82.50	12
	3155	Dancing - Social - Beginners	LakeV	Th	6:30-8:00	Gym	Oct.2	10	\$82.50	12
	3157	Dancing - Social - Intermediate	LakeV	Th	8:00-9:30	Gym	Oct.2	10	\$82.50	12
	3269	Drawing Foundations*	Eden	T	6:30-9:30	154	Sep.30	8	\$132.00	12
C	3293	Early Release Day Workshop: Calligraphy	Port	F	1:00-4:00	323	Sep.12	1	\$22.50+\$10	12
	3259	Floral Design*	Eden	T	7:00-9:00	140	Sep.30	10	\$110.00	12
	3261	Floral Design - Christmas*	Eden	M	7:00-9:00	140	Nov.3	5	\$55.00	12
M	3236	Guitar for Beginners 10+- Adults	Beam	W	7:45-8:45	Music	Oct.1	10	\$55.00	12
M	3264	Guitar Adult - Beginners	Eden	T	8:00-9:15	157	Sep.30	8	\$55.00	12
	3265	Guitar Adult - Beyond Beginners	Eden	Th	8:00-9:15	157	Oct.2	8	\$55.00	12
	3270	Improvisation Drama	Eden	T	7:00-9:00	155	Sep.30	10	\$110.00	12
	3160	Japanese Calligraphy	Grim	M	8:00-9:30	206	Sep.29	10	\$82.50	12
C	3207	Jazz/Hip Hop Ages 7-13	Port	Th	6:00-7:00	309	Oct.2	10	\$55.00	12
T	3208	Jazz/Hip Hop Ages 14-18	Port	Th	7:15-8:15	309	Oct.2	10	\$55.00	12
	3271	Landscape Painting with Acrylics*	Eden	W	6:30-9:30	154	Oct.1	8	\$132.00	12
C	3209	Mixed Media Arts for Kids - Ages 7-13	Port	Th	6:30-7:30	323	Oct.2	10	\$55.00+\$10	12
	3210	Model Railroad Building for Adults	Port	T	8:00-9:00	323	Sep.30	10	\$55.00+\$15	12
C	3294	P.A. Day Workshop:T-Shirt Creation -Ages 7-14	Port	F	9:00-3:00	323	Oct.10	1	\$45.00+\$10	12
C	3295	P.A. Day Workshop:Ages 7-14	Port	F	9:00-3:00	323	Nov.14	1	\$45.00+\$10	13
	3127	Photography - Beginners	Cent	T	6:30-8:30	103	Sep.30	10	\$110.00	13
	3238	Photography - Beginners	Beam	T	6:00-7:30	2-210	Sep.30	10	\$82.50	13
	3125	Photography - Beginners	Eden	T	7:00-9:00	133	Sep.30	10	\$110.00	13
	3239	Photography - Advanced Technique	Beam	T	7:30-9:00	2-210	Sep.30	8	\$66.00	13
	3212	Public Speaking	Port	Th	7:00-8:00	310	Oct.2	10	\$55.00	13
	3279	Rock/Blues Guitar	Eden	M	6:30-8:00	157	Sep.29	10	\$82.50	13
	3170	Scrapbooking - Introduction*	Grims	T	6:30-8:00	Art	Sep.30	10	\$82.50	13
C	3213	Sketching & Drawing Kids Ages 7-13	Beam	Th	6:00-7:00	1-206	Oct.2	10	\$55.00+\$10	13
C	3214	Sketching & Drawing Kids Ages 7-13	Port	T	6:00-7:00	323	Sep.30	10	\$55.00+\$10	13
	3240	Sketching and Drawing for Adults	Beam	Th	7:00-8:00	1-206	Oct.2	10	\$55.00+\$10	13
	3215	Sketching & Drawing for Adults	Port	T	7:00-8:00	323	Sep.30	10	\$55.00+\$10	13
	3128	Stained Glass - Beginners*	Cent	T	6:00-9:00	104	Sep.30	10	\$165.00	13
	3129	Stained Glass - Advanced*	Cent	Th	6:00-9:00	104	Oct.2	10	\$165.00	13
C	3217	Theatre Games for Kids - Ages 7-12	Port	T	5:30-6:30	310	Sep.30	10	\$55.00	13
C	3218	Theatre Games for Teens- Ages 13-18	Port	T	6:45-7:45	310	Sep.30	10	\$55.00	13
	3244	Ukulele for Beginners	Beam	M	7:45-8:45	Music	Sep.29	10	\$55.00	13
M	3225	Vocal for Adults Ages 14+	Port	W	7:45-8:45	16	Oct.1	10	\$55.00	13
C	3246	Vocal for Kids - Ages 7-13	Beam	M	6:00-7:00	Music	Sep.29	10	\$55.00	13
C	3223	Vocals for Kids - Ages 7-13	Port	W	6:30-7:30	16	Oct.1	10	\$55.00	13
	3282	Watercolours - Beginners*	Eden	M	6:30-9:30	154	Sep.29	8	\$132.00	13
	3283	Watercolours - Intermediate	Eden	Th	6:30-9:30	154	Oct.2	8	\$132.00	13
C	3106	You Go Girl Hip Hop - Ages 6-12	Fort	Th	6:00-7:00	Upper Gym	Oct.2	10	\$55.00	13

COMPUTERS

C	3235	Computer Animation - Beg. -Ages 8-14	Beam	M	6:00-7:30	3-207	Sep.29	10	\$82.50+\$10	13
	3181	Computers - Beginners	Beam	M	7:30-9:00	3-207	Sep.29	10	\$82.50+\$10	13
	3199	Computers - Beginners	Port	Th	7:15-8:15	217	Oct.2	10	\$55.00+\$10	13
	3183	Computers - Beginners	West	M	6:00-8:00	1077	Sep.29	10	\$110.00+\$10	13
S	3253	Computers for Seniors	Eden	T	6:30-8:30	126	Sep.30	10	\$110.00+\$10	13
	3118	Computers & Handheld Technology	Cent	T	6:00-8:00	226	Sep.30	10	\$110.00+\$10	13
	3237	Handheld Technology - Beginners	Beam	T	6:00-7:00	2-210	Sep.30	8	\$44.00	13
	3206	Handheld Technology - Beginners	Port	Th	6:00-7:00	217	Oct.2	10	\$55.00	13
	3166	Microsoft Excel/Word 2010 - Beginners	Grims	M	6:30-8:00	404	Sep.29	10	\$82.50+\$10	14
	3167	Microsoft Excel/Word 2010 - Intermediate	Grims	M	8:00-9:30	404	Sep.29	10	\$82.50+\$10	14
	3272	Mobile Devices Operation	Eden	Th	7:00-8:30	230	Oct.2	10	\$82.50+\$10	14
	3274	MS Office 2010 Basics	Eden	W	6:30-9:00	206LLC	Oct.1	8	\$110.00+\$10	14
	3168	Photoshop Elements - Beginners	Grims	T	6:30-8:00	404	Sep.30	10	\$82.50+\$10	14
	3277	Photoshop Elements - Beginners	Eden	M	6:30-9:00	126	Sep.29	8	\$110.00+\$10	14
	3169	Photoshop Elements - Advanced	Grims	T	8:00-9:30	404	Sep.30	10	\$82.50+\$10	14
	3174	Website Design	Grims	Th	7:00-8:30	404	Oct.2	10	\$82.50+\$10	14
	3284	Website Design - Introduction	Eden	W	6:30-8:00	126	Oct.1	10	\$82.50+\$10	14



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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HEALTHY LIVING, LIFESTYLE AND SPORTS

3101	Aquafit	Fort	M	7:15-8:15	Pool	Sep.29	10	\$66.00	14
3102	Aquafit	Fort	Th	6:30-7:30	Pool	Oct.2	10	\$66.00	14
3117	Badminton	Cent	T	6:30-8:30	Gym A/B	Sep.30	10	\$110.00	14
3232	Basketball - Men's Recreational (30+)	Beam	T	8:00-9:30	Dbl Gym	Sep.30	10	\$82.50	14
3257	Fitness Bootcamp	Eden	M	7:00-8:15	175	Sep.29	10	\$68.75	14
3119	Golf - All Levels	Cent	T	6:30-7:30	Gym C	Sep.30	10	\$55.00	14
3120	Golf - All Levels	Cent	T	7:30-8:30	Gym C	Sep.30	10	\$55.00	14
3184	Kick Fit	West		7:00-8:00	Dbl Gym	Sep.29	20	\$110.00	14
C 3105	Martial Arts - Kids - Ages 5-12	Fort	M	7:15-8:15	Upper Gym	Sep.29	10	\$55.00	14
3273	Movement for Disabilities	Eden	M	7:00-9:00	110	Sept.29	6	\$66.00	14
3211	Pilates	Port	T	5:30-6:30	309	Sep.30	10	\$55.00	14
S 3185	Pilates 50+- Beginners	West	T	6:00-7:00	Gym C	Sep.30	10	\$55.00	14
3186	Pilates in a Chair	West	Th	6:00-7:00	1089	Oct.2	10	\$55.00	14
3104	Stability Ball Blast	Fort	M	6:00-7:00	Upper Gym	Sep.29	10	\$55.00	14
3193	Tai Chi	West	W	7:00-8:30	1089	Oct.1	10	\$82.50	14
3221	Totally Fit Adults!	Beam	T	6:00-7:00	SGym	Sep.30	10	\$55.00	14
3222	Totally Fit Adults!	Port	Th	7:00-8:00	SGym	Oct.2	10	\$55.00	14
C 3219	Totally Fit Kids! Ages 7-13	Beam	T	5:00-6:00	SGym	Sep.30	10	\$55.00	14
C 3220	Totally Fit Kids! Ages 7-13	Port	Th	6:00-7:00	SGym	Oct.2	10	\$55.00	14
3172	Volleyball - Co-ed.	Grims	M	7:00-8:30	D.Gym	Sep.29	10	\$82.50	14
3173	Volleyball - Co-ed.	Grims	M	8:30-10:00	D.Gym	Sep.29	10	\$82.50	14
3247	Volleyball - Co-ed. Recreational	Beam	Th	7:00-8:30	D.Gym	Oct.2	10	\$82.50	14
3146	Yoga	Cent	T	7:00-8:00	148	Sep.30	10	\$55.00	14
3147	Yoga	West	M	6:00-7:00	1089	Sep.29	10	\$55.00	14
3148	Yoga	Eden	Th	6:30-7:45	Library	Oct.2	10	\$68.75	14
3149	Yoga	Cent	T	5:45-6:45	148	Sep.30	10	\$55.00	14
3226	Yoga	Port	T	6:35-7:35	309	Sep.30	10	\$55.00	14
3251	Yoga	Beam	T	6:45-7:45	Drama	Sep.30	10	\$55.00	14
3252	Yoga-Budokon Style	Beam	Th	8:00-9:00	Drama	Sep.30	10	\$55.00	14
3176	Yoga-Gentle Hatha - Beginners	Grims	Th	6:00-7:30	Lower Gym	Oct.2	10	\$82.50	14
3178	Yoga-Gentle Hatha - Intermediate	Grims	Th	7:45-9:15	Lower Gym	Oct.2	10	\$82.50	15
3103	Zumba	Fort	T	7:30-8:30	Upper Gym	Sep.30	10	\$55.00	15
3180	Zumba	Grims	T	7:00-8:30	22	Sep.30	10	\$82.50	15
3196	Zumba	West	W	5:30-6:30	1089	Oct.1	10	\$55.00	15
3205	Zumba	Eden	T	7:15-8:30	174	Sep.30	8	\$55.00	15
C 3107	Zumba - Kids Ages 7-12	Fort	T	6:30-7:30	Upper Gym	Sep.30	10	\$55.00	15

COURSE CHART GUIDE

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

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

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

Locations:
Location codes refer to map on page 2.

* Course material costs are extra

HISTORY, HOME AND GARDEN

3268	Baking Introduction*	Eden	W	6:30-8:30	113	Oct.1	8	\$88.00	15
3255	Cake Decorating*	Eden	T	8:00-9:30	113	Sep.30	8	\$66.00	15
3151	Cake Decorating*	Grims	T	6:30-8:30	305	Sep.30	10	\$110.00	15
3275	Cooking 101*	Eden	M	6:30-9:00	113	Sep.29	8	\$110.00	15
3288	Financial Planning - Beyond Investing	Eden	W	7:00-8:30	236	Oct.1	8	\$66.00	15
3266	History Just Around the Corner	Eden	T	7:00-9:00	110	Sep.30	10	\$110.00	15
3161	Japanese Cuisine*	Grim	Th	6:30-8:00	305	Oct.2	10	\$82.50	15
3276	Nutritional Cooking Introduction	Eden	Th	6:30-8:30	113	Oct.2	8	\$88.00	15
3278	Residential Design & Renovations	Eden	W	7:00-9:00	149	Oct.1	10	\$110.00	15

LANGUAGE

3202	ESL Conversational	Port	Th	7:45-8:45	317	Oct.2	10	\$55.00+\$5	15
3203	French Conversational	Port	Th	6:30-7:30	317	Oct.2	10	\$55.00+\$5	15
3205	French for Parents	Port	Th	5:30-6:30	317	Oct.2	10	\$55.00+\$5	15
3262	French for Travellers	Eden	T	6:30-8:00	109	Sep.30	10	\$82.50	15
3267	Italian for Travellers	Eden	W	7:00-9:00	235	Oct.1	10	\$110.00	15
3162	Japanese Culture & Language - Beginners	Grim	M	6:30-8:00	206	Sep.29	10	\$82.50	15
3241	Spanish - Beginners	Beam	W	6:00-7:30	3-207	Oct.1	10	\$82.50+\$5	15
3187	Spanish - Beginners	Eden	M	7:00-9:00	235	Sep.29	10	\$110.00	15
3188	Spanish - Beginners	West	M	6:00-8:00	1105	Sep.29	10	\$110.00	15
3289	Spanish - Conversational	Port	T	7:00-8:00	317	Sep.30	10	\$55.00+\$5	15
3242	Spanish for Travellers - Beginners	Beam	W	7:30-9:00	3-207	Oct.1	10	\$82.50+\$5	15
3280	Spanish for Travellers - Beginners	Eden	Th	6:30-8:00	133	Oct.2	10	\$82.50	15
3192	Spanish for Travellers - Beginners	West	W	6:00-8:00	1105	Oct.1	10	\$110.00	15
3281	Spanish for Travellers - Intermediate	Eden	Th	8:00-9:30	133	Oct.2	10	\$82.50	15
3216	Spanish For Kids - Ages 7-13	Port	T	6:00-7:00	317	Sep.30	10	\$55.00+\$5	15



ARTS, CRAFTS & MUSIC

BAGPIPING AGES 8+ – ADULTS

Course No. 3198*

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

BELLY DANCING

Course No. 3234

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

CARD MAKING

Course No. 3152

The basics of card making and design will be taught. The use of card stock, rubber stamp and die cutting will be explored. Designing cards, gift bags and tags for all occasions. *An extra fee \$25 will be collected first class to pay for materials. Teacher will provide adhesive.

CROCHETING — BEGINNERS

Course No. 3110

Learn how to crochet by yourself. Learn the basics and knit yourself a hat, scarf or socks. *\$20 extra fee will be collected first class to pay for materials.

CROCHETING — ADVANCED

Course No. 3111

For those participants that already have some crocheting experience and would like to learn some new skills. An extra fee will be collected first class to pay for materials.

CROCHETING FOR ADULTS

Course No. 3200*

A relaxed class for a relaxing skill, this class will work for both those with crocheting experience and those looking to learn the fundamentals.

CROCHETING FOR KIDS — AGES 7-13*

Course No. 3201

For kids who have fallen under the spell of the Rainbow Loom Bands, this course will build upon their self-taught skills and introduce them to where "Looming" came from, and where they can go with it!

DANCING — BALLROOM

Course No. 3153

This an introduction to various types of ballroom dances. You too can dance like the stars!

DANCING — SOCIAL BEG. & INT.

Course No. 3154, 3155, 3157

You will learn to dance to all kinds of music. This is the only class you will need in order to dance at any social dance.

DRAWING FOUNDATIONS

Course No. 3269

Basic drawing skills will be introduced & advanced concepts to skilled artists. Learn to create the illusion of 3D using values and apply them to finished drawings from still life, photos etc. *Supplies are extra and will be communicated to you by the teacher.

EARLY RELEASE DAY WORKSHOP: CALLIGRAPHY — AGES 7-14*

Course No. 3293

Students are taught the fundamentals of this ancient and beautiful communicative art form. Many students never have an opportunity to learn cursive writing, so this 3-hour workshop allows for uninterrupted focus to develop enough skill to be able to continue practice at home. ADVANCED REGISTRATION ONLY.

FLORAL DESIGN

Course No. 3259

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

FLORAL DESIGN — CHRISTMAS

Course No. 3261

Centrepieces, wreaths, fresh urns, etc will be taught. Fresh & artificial flowers are used. *Extra small fee weekly for cost of flowers.

GUITAR — BEGINNERS AGES 10+ - ADULTS

Course No. 3236

For children and adults aged 10+. Learn guitar basics such as tuning, cords, notes, rhythm and more.

GUITAR — ADULTS BEGINNERS

Course No. 3264

For teens and adults aged 15+. Learn guitar basics such as tuning, cords, notes, rhythm and more.

GUITAR — ADULTS BEYOND BEGINNERS

Course No. 3265

This course works off the fundamentals of the beginners class. It is strongly recommended to have taken Beginners Guitar first. Focus on learning songs and refining techniques from the previous class.

IMPROVISATION DRAMA

Course No. 3270

A beginner's guide to improvisation. Learn to accept offers, raise the stakes of a scene and create theatre out of nothing.

JAPANESE CALLIGRAPHY

Course No. 3160

This is a workshop based Japanese calligraphy course. The students will produce calligraphic works each week after a short introduction to basic concepts of calligraphy and brushwork by the instructor. No Japanese knowledge is required.

JAZZ /HIP HOP — AGES 7-13

Course No. 3207

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

JAZZ /HIP HOP — AGES 14-18

Course No. 3208

Students are provided instruction on the basics of Jazz and Hip-Hop steps, styles and movements, and are given the freedom to creatively experiment with choreography, all while taking chances on the dance floor.

LANDSCAPE PAINTING WITH ACRYLICS

Course No. 3271

Learn acrylic painting techniques, how to use a grid system to recreate compositions, and step-by-step in layers, how to paint landscapes. *A shopping list of supplies to buy will be given by teacher.

MIXED MEDIA ARTS FOR KIDS AGES 7-13

Course No. 3209*

A course featuring techniques for working with a variety of materials such as wax, glue, wood, stone, rubber, and more (exact materials dependent upon availability).

MODEL RAILROAD BUILDING FOR ADULTS

Course No. 3210*

For the grown-up kid! Learn techniques, expand upon prior knowledge, and spend time with like-minded people honing this richly historic craft.

P.A. DAY WORKSHOP: T-SHIRT CREATION — AGES 7-14*

Course No. 3294

A one-day event for kids in need of an activity on the PA Day in October! Design, create and wear your very own personalized graphic t-shirt using the silkscreen method. You may choose to bring your own t-shirt to ensure a good fit, otherwise shirts are available for purchase. Students must bring their own nut-free lunch. ADVANCED REGISTRATION ONLY.

P.A. DAY WORKSHOP: CREATING COMICS & CARTOONS AGES 7-14*

Course No. 3295

A one-day event for kids in need of an activity on the PA Day in November! Learn about the tricks and tools of making stories come to life in comics and cartoons, then dream up your own story and draw it with all of the Zap! and Pow! you've got to offer! Students must bring their own nut-free lunch.

ADVANCED REGISTRATION ONLY.

PHOTOGRAPHY — BEGINNERS

Course No. 3127, 3238

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

PHOTOGRAPHY — BEGINNERS

Course No. 3125

Learn how to use your camera to its full potential. Camera operation, shutter speeds, f/ stops and composition are just some of the many areas covered. A DSLR or film SLR camera is required.

PHOTOGRAPHY — ADVANCED TECHNIQUE

Course No. 3240

A course that builds on material taught in Beginners' (digital) Photography courses. Learn the advanced tricks of the trade from a professional photographer that will take your digital images from every day to stunning professional quality.

PUBLIC SPEAKING

Course No. 3212

If the mere mention of "Public Speaking" in this guide makes you nervous, then come out for this class to increase your confidence and presence when performing onstage or in a conference room. Learn through the study of famous speeches or monologues, acting exercises and vocal techniques.

ROCK/BLUES GUITAR

Course No. 3279

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

SCRAPBOOKING

Course No. 3170

For beginner scrapbookers. Learn the lingo, techniques and how to use all the tools to create a lasting memory with your photos. Learn about cropping, embellishing, journaling, layering, matting, double layouts, linking and stamping. Learn about making cards and mini albums. *Material Fee of \$30.00 to be collected the first night.

SKETCHING & DRAWING AGES 7-13

Course No. 3213*, 3214*

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

SKETCHING & DRAWING FOR ADULTS

Course No. 3215*, 3240*

Never being too late to start, or to old to stop, come and learn the best way to maximize your natural sketching and drawing skills while learning new techniques for capturing the world around you on paper.

STAINED GLASS — BEGINNERS

Course No. 3128

Learn the basics of stained glass using the copper foil technique. Instruction includes, design, cutting, grinding, foiling, soldering and finishing techniques. Students can complete several projects of their own designs at their own pace. *There is an additional fee for the "Starter Kit" if required.

STAINED GLASS — ADVANCED

Course No. 3129

Students with previous experience will advance to learn the traditional leaded technique used in making stained glass windows. Also, learn how to make lamps, boxes, and stained glass mosaics. *Extra tools required can be purchased through the instructor.

THEATRE GAMES — AGES 7-12

Course No. 3217

Students will be introduced to dramatic techniques such as tableaux, mime, and mask work, developing voice and movement skills. Fun activities and games build kids' confidence through performance in small and large group settings.

THEATRE GAMES — AGES 13-18

Course No. 3218

For those with a special interest in comedic theatre and improv performance, with an opportunity to build confidence, trust, and quick-thinking through fun activities and games in small and large group settings.

UKULELE FOR BEGINNERS

Course No. 3244

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

VOCAL FOR ADULTS 14+

Course No. 3225

This class will focus on discovering and training specific muscles to enhance your natural singing voice. Participants will learn how to increase range and power and how to use proper breathing techniques. Voice recovery and stage fright will also be covered. No prior training required!

VOCAL FOR KIDS — AGES 7-13

Course No. 3223, 3246

This course welcomes children 7-13 who love to sing. Warm up routines, breathing techniques and vocal performance skills will be addressed.

WATERCOLORS — BEGINNERS

Course No. 3282

Learn to paint beautiful watercolors through a series of exercises. Complete finished painting with instructor's assistance. *A \$30.00 list of supplies to purchase will be given by the instructor.

WATERCOLORS — INTERMEDIATE

Course No. 3283

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

YOU GO GIRL HIP HOP — AGES 6-12

Course No. 3106

Kids will experience the fun and high energy style and steps of hip hop dance. Participants will work towards a dance performance at the end of the session.

COMPUTERS

COMPUTER ANIMATION BEGINNERS — AGES 8-14

Course No. 3235*

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

COMPUTERS — BEGINNERS

Course No. 3181*, 3183*, 3199*

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

COMPUTERS FOR SENIORS

Course No. 3253*

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

COMPUTERS & HANDHELD TECHNOLOGY — BEGINNERS

Course No. 3118*

Learn computers and the world of iPads, tablets and smartphones. Learn to maximize your usage and deepen your understanding of the power you hold in your hands! Bring in your own device to personalize instruction.

HANDHELD TECHNOLOGY — BEGINNERS

Course No. 3206, 3237

For those new to the world of Smartphones, GPS, Tablets, and other devices. Learn to maximize your usage and deepen your understanding of the power you hold in your hands! Bring in your own device to personalize instruction.

MICROSOFT WORD/EXCEL 2010 BEGINNERS

Course No. 3166*

Course will take you through the different menus and basic functions of Excel and Word. Basic keyboarding skills an asset but are not required for this introductory course. Students will be shown how to produce spreadsheets and/or letters.

MICROSOFT WORD/EXCEL 2010 INTERMEDIATE

Course No. 3167*

Students will learn how to integrate Word and Excel. Learn specifically how to "embed" spreadsheet into Word document. Previous experience with the programs required.

MOBILE DEVICES OPERATION

Course No. 3272

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

MS OFFICE 2010 BASICS

Course No. 3274*

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

PHOTOSHOP ELEMENTS BEGINNERS

Course No. 3168*, 3277*

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

PHOTOSHOP ELEMENTS ADVANCED

Course No. 3169*

This course is a continuation of the beginners course. Learn how to manipulate photographs, more in-depth touch-ups, color, backgrounds etc.

WEBSITE DESIGN

Course No. 3174*

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

WEBSITE DESIGN - INTRODUCTION

Course No. 3284*

Learn to make simple websites from the ground up. There are no turnkey systems or templates here. Included: Introduction to HTML and XHTML, basic image manipulation, basic JavaScript, introduction to complex editors, domain names, and web hosting.

HEALTHY LIVING, LIFESTYLE & SPORTS

AQUAFIT

Course No. 3101, 3102

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

BADMINTON

Course No. 3117

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

BASKETBALL - MENS RECREATIONAL 30+

Course No. 3232

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

FITNESS BOOTCAMP

Course No. 3257

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

GOLF — ALL LEVELS

Course No. 3119, 3120

Stay on top of your game or learn stance, grip and swing. Instructor will teach a variety of shot techniques

KICK FIT

Course No. 3184

Kick, punch, move, stretch and tone. It will be a quick hour with high energy.

MARTIAL ARTS FOR KIDS - AGES 5-12

Course No. 3105

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

MOVEMENT FOR DISABILITIES

Course No. 3273

Learn to support individuals with disabilities. Students will learn to assess an individual's movement needs and based on those needs, develop a movement program that can be used anywhere. Very practical and hands on.

PILATES

Course No. 3211

Develop strength through core body exercises. Working back, abdomen and hips and increasing strength and flexibility.

PILATES 50+

Course No. 3185

Basic Pilates movements and exercises will form the basis for this introductory course. Designed for people 50+ to help develop core strength, work your back, abdominal and hips, and increase strength and flexibility. No previous experience with Pilates necessary. You may bring your own Pilates mat or use one of ours.

PILATES IN A CHAIR

Course No. 3186

This low impact Pilates course is done using a chair. A great workout for people who have limited mobility. Improve your strength, flexibility and wellness.

STABILITY BALL BLAST

Course No. 3104

A really fun and effective total body workout! A stability ball is incorporated in both cardiovascular and body sculpting components. All levels welcome. Please bring a stability ball and exercise mat.

TAI CHI

Course No. 3193

Participants will practice Tai Chi movements and postures. Notice improvements in balance, strength and mental focus.

TOTALLY FIT ADULTS!

Course No. 3221, 3222

This total package of training provides fitness across the whole body: Cardio & Respiratory, Endurance, Strength, Flexibility, Power, Speed, Coordination, Agility, Balance, and Accuracy. Varied, high-intensity exercises give you total fitness!

TOTALLY FIT KIDS! — AGES 7-13

Course No. 3219, 3220

A strength and conditioning program to help kids and teens develop a lifelong love of fitness. Exercises are varied to provide a broad, inclusive workout, focusing on the basic elements of sport and play, setting kids up for success no matter their path in life.

VOLLEYBALL – CO-ED. RECREATIONAL

Course No. 3172, 2173, 3247,

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

YOGA

Course No. 3146, 3147, 3148, 3149, 3226, 3251,

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

YOGA – BUDOKAN

Course No. 3252

An exciting new program that blends the traditional components of yoga with the circular movements and philosophy of martial arts.

YOGA – GENTLE HATHA — BEGINNERS

Course No. 3176

This gentle style of yoga will help you to relax and breathe. You will learn techniques for improving your balance, flexibility and strength as well as exercises for expanding your lungs and slowing down your mind. Yoga mat and a blanket are required.

YOGA — GENTLE HATHA - INTERMEDIATE

Course No. 3178

This class is for continuing students or students with some basic yoga knowledge. This is still a Gentle Hatha Yoga class with balance, flexibility and stress relief.

ZUMBA

Course No. 3103,3180,3196,3205

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

ZUMBA FOR KIDS — AGES 7-12

Course No. 3107

The ultimate dance-fitness party for young Zumba fans ages 7-12. This program features age appropriate music and moves that get kids moving to the Latin beat.

HISTORY, HOME & GARDEN

BAKING — INTRODUCTION

Course No. 3268

Intro to tools, ingredients, & baking tricks. New recipe every night with variety, e.g. pies, bread, cakes, cookies, brownies, soufflés, muffins. *Food costs extra.

CAKE DECORATING

Course No. 3255

Students will learn the basic skills necessary for decorating unique and creative cakes. Classes will focus on the use of buttercream, building and shaping using fondant, as well as using decorating tips and piping bags. *Students will bring a cake to class and there will be an extra small weekly fee for the cost of icing & decorations supplied by teacher.

CAKE DECORATING

Course No. 3151

This introductory course will teach you the techniques of icing, trimming, flower designing, writing techniques and theme cakes. *Materials extra.

COOKING 101

Course No. 3275

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

FINANCIAL PLANNING BEYOND INVESTING

Course No. 3288

Comprehensive Financial Planning involves more than just investments. Through detailed case study, students will be take through the process of creating a comprehensive financial plan.

HISTORY JUST AROUND THE CORNER

Course No. 3266

Three centuries of Niagara's history – from muskets through mustard gas to this new millennium! These are Niagara's stories, in words and images. Come and share them with us.

JAPANESE CUISINE

Course No. 3161

Learn to make Japanese home cuisine, such as sushi, tempura, miso soup, obento (Japanese style lunch box), gyoza, chicken karaage, etc. *Extra fee (\$25) will be collected at first class to cover cost of groceries.

NUTRITIONAL COOKING INTRODUCTION

Course No. 3276

Discussion & cooking for different diets & how to cook for a healthier lifestyle. Ex. Recipes to lower blood pressure, diabetes, an active lifestyle, healthier kids, etc. *Food costs extra.

RESIDENTIAL DESIGN & RENOVATIONS

Course No. 3278

Do it Yourself for the average homeowner. Focus is how to renovate areas of your home while creating a design that meets code. Design fundamentals, budgeting, material selection, and creating a pleasing decorating scheme. Uses computer design. fundamental conversational skills for those wishing to learn this romantic language.

LANGUAGES

ESL CONVERSATIONAL

Course No. 3202*

This class is designed as a starter class for those planning on engaging in formal study for ESL, for those already in a class looking for extra practice in conversation, or anyone who wants to spend some time brushing up their skills.

FRENCH CONVERSATIONAL

Course No. 3203*

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

FRENCH FOR PARENTS

Course No. 3205*

A course designed specifically for parents or guardians whose children are studying Core French or French Immersion in school. An overview of the curriculum and the basics that will let you be the best help to the student at home will be presented.

FRENCH FOR TRAVELLERS

Course No. 3262

Students will learn the vocabulary, grammar, and phrases necessary to function and navigate successfully when travelling to French speaking areas. Students will learn to read signs, menus, and use language to understand and communicate using French. Classes will focus primarily on oral speaking skills, with some reading and writing.

ITALIAN FOR TRAVELLERS

Course No. 3267

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

JAPANESE CULTURE & LANGUAGE — BEGINNERS

Course No. 3162

This course introduces Japanese language and culture to students with no background in Japanese. The focus is to learn Japanese daily expressions, essential grammar and culture.

SPANISH - BEGINNERS

Course No. 3187,3188, 3241*

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

SPANISH – CONVERSATIONAL

Course No. 3289*

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

SPANISH FOR TRAVELLERS — BEGINNERS

Course No. 3192,3242*,3280

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

SPANISH FOR TRAVELLERS — INTERMEDIATE

Course No. 3281

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

SPANISH FOR KIDS — AGES 7-13

Course No. 3216*

The very basics of the language are passed on to kids through fun and engaging activities, giving them an opportunity to develop skills not only in



REGISTRATION

Registrations must be received no later than September 10th, 2014. Registrations will be processed on a daily basis.
FAX – 905-646-7042 – VISA or Mastercard only.

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

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

PLEASE PRINT ALL INFORMATION

Last Name		First Name		Middle Initial
Street No.	Street Name		Apt. No.	
City	Postal Code	Home Telephone No.	Business Telephone No.	
Day School Student:	Yes	No	If Yes, name of school:	
Course No.	Course Title		Course Location	
Day of Week	Time	Start Date	Fee	
Birthdate (DD/MM/YYYY):		Have you taken a night school credit course previously?		Year(s)
		Yes	No	

PAYMENT INFORMATION

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

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Day of Week	Time	Start Date	Fee	
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		Yes	No	

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<input type="checkbox"/> Master Card		/		<input type="checkbox"/> Cash	
Cardholder's Name			Signature	Date	Total Amount \$

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www.dsbn.org/cuos

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community use at our DSBN facilities.**

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