

Winter 2015

Learn ExploreDiscover!

Literacy and Basic Skills • Career and Certificate Programs



Day and Evening Credit • English as a Second Language • International Languages

eLearning • General Interest



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

CONTENTS

HOW TO REGISTER - GENERAL INTEREST

Register by phone, fax, mail, in-person	1
Adult & Community Education Locations	2
Registration Forms	16

SECONDARY SCHOOL CREDIT COURSES

eLearning, Self-Study, EdVance	3
Night School, Credit Courses	4-5
Daytime Credit Courses	6-7

CREDIT & CERTIFICATE PROGRAMS

Personal Support Worker (PSW)	8
Welding Certification	8
Transition to Employment	8

LITERACY AND LANGUAGE PROGRAMS

Literacy and Basic Skills	9
English as a Second Language for Adults (ESL)	9
International Languages	9

GENERAL INTEREST COURSES

Course Index	10-11
Course Descriptions	12-15

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

GENERAL INTEREST REGISTRATION



ADULT & COMMUNITY EDUCATION LOCATIONS

GENERAL INTEREST

Beamsville District SS

4317 Central Avenue, Beamsville
905-563-8267 x. 81709

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
905-845-5416 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

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

BY MAIL:



January 12th - 28th, 2015
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 Ave.) between 9:00am to 3:30pm

BY PHONE:



January 12th - 28th, 2015
VISA/MASTERCARD, Call 905-687-7000
between 9:00am to 3:30pm

BY FAX:



January 12th - 28th, 2015
VISA/MASTERCARD, Fax to 905-646-7042

IN PERSON:

Monday, February 2nd, 2015
Cash, cheque or money order only. Applicants must register at the school where the course is to be held. No credit cards will be accepted on site.

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
- 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)

Family Day – February 16, 2015
March Break – March 16 -20, 2015
Easter – April 3 - 6, 2015
Victoria Day – May 18, 2015

4 EASY WAYS TO REGISTER . . .

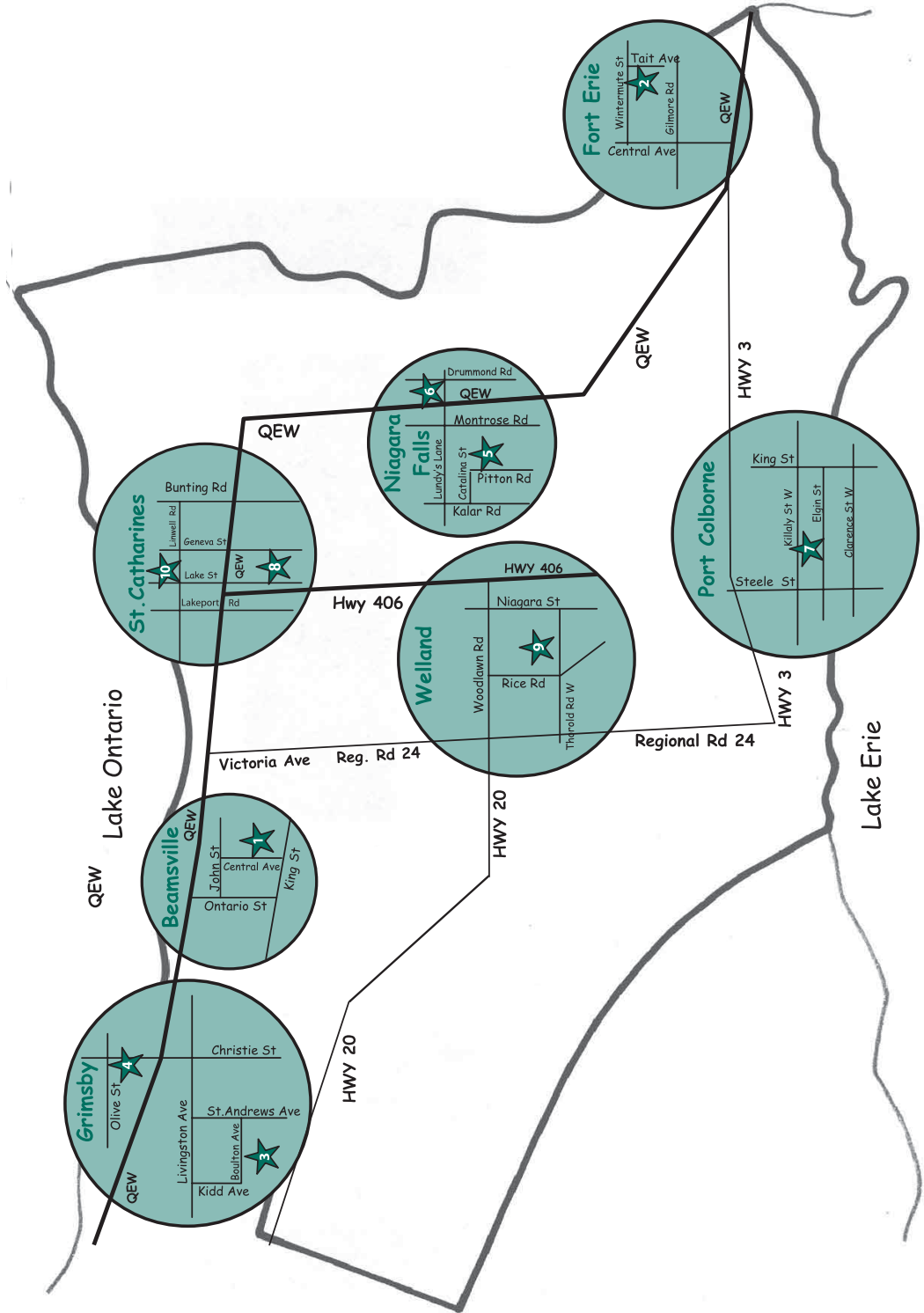


adult & community education locations

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 | 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

For mature students and part-time high school students who wish to earn high school credits while studying independently online, at your own pace.

Individuals enrolled in eLearning must have regular access to a computer with internet access to be successful in this program.

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.

The Adult & Community Education eLearning program is different than the e+Learning offered through high schools. For more information on e+Learning, please contact your school's guidance department.



SELF-STUDY PROGRAM

For mature students and part-time high school students who wish to earn high school credits while studying independently. Work at home on independent learning materials, at your own pace.

Fees:

\$100 cash only registration fee (cheques will not be accepted).
\$85 will be refunded within 3-4 weeks, after all materials have been returned.

Course Enrolment:

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

Locations:

St. Catharines Program at Lifetime Learning Centre
535 Lake Street
Mondays 6:00 – 8:00 pm

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

To book an appointment for the Niagara Falls or St. Catharines site please call:
905-687-7000

Fort Erie Program at Fort Erie Secondary School
Room 1085, 7 Tait Avenue
Wednesdays 6:00 - 8:00pm

No appointment is needed at Fort Erie S.S. You must bring updated transcript with you.

Please do not call Lifetime Learning Centre, Stamford C.V.I., or Fort Erie S.S. for information or appointments.

EDVANCE OUTREACH PROGRAM

For mature students not enrolled in a high school program who wish to earn high school credits in a supportive learning environment. Students complete self-paced credits, one at a time, to maximize success.

Students must be available to attend the program in their chosen community on the scheduled days at the scheduled times.

Fees:

A tuition-free program

Course Enrolment:

September 2014 – April, 2015
(continuous intake)

Locations:

Grimsby	Port Colborne
St. Catharines	Welland
Niagara Falls	Fort Erie

To learn more about EdVance Outreach:

- If you are 18 – 20 years old, please contact your current DSBN secondary school guidance counselor for a referral.

- If you are 21 years old and older, or did not attend a DSBN high school, please contact the EdVance Outreach Counselor at 905-646-3737 or at EDVANCE@dsbn.org

VISIT OUR WEBSITE:
www.dsbn.org/community



credit courses night school

The following Credit Courses are SEMESTERED

Evenings: Tuesday & Thursday

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

Duration: February 17, 2015 to June 4, 2015

No Classes: March Break
March 16 to March 20, 2015.

Location: St. Catharines Collegiate
34 Catherine Street

Course Fee: There is no fee to register for night school

TEXTBOOK DEPOSIT

Students may be required to pay a textbook deposit if a textbook is required. 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.

Day School Students

require a Night School Registration form, signed by their day school Principal, for each course request. These forms are available from your Guidance office. Completed forms are to be sent from the Guidance office of your day school.

Walk in Registration & Counselling

is available to discuss requirements for a Ontario Secondary School Diploma, if you are not attending a day school program. In person registration will be on Tuesday, February 10, 2015 6:00-8:00 pm at St. Catharines Collegiate.

Students will only be contacted if a class is CANCELLED

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) for any course in which enrolment falls below the acceptable level.

VISIT OUR WEBSITE:
www.dsbni.org/community



ARABIC (LYBAD/LYBBD) LEVEL 1 & 2 - ACADEMIC

The main objective of this course is to improve writing skills through usage and sentence structure. Selected models of essays, short stories and poetry will develop speaking skills as well as reading and listening to diverse types of Arabian language.

Prerequisite for LYBBD: is LYBAD

CHALLENGE AND CHANGE IN SOCIETY (HSB4U)

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 (CHY4U)

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.



LAW (CLU3M) 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: CHC2P or CHC2D

ONTARIO SECONDARY SCHOOL LITERACY COURSE (OLC40)

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.

Prerequisite: None

ENGLISH (ENG3C) 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: ENG2P

ENGLISH - MEDIA STUDIES (EMS30) – 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: ENG2P or ENG2D

ENGLISH (ENG4C) 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: ENG3C

ENGLISH (ENG4U) 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: ENG3U

MATHEMATICS FOUNDATIONS FOR COLLEGE (MBF3C)

Students will extend their understanding of quadratic relations; investigate exponential growth; solve problems involving compound interest, and financial concerns with vehicle ownership; develop their ability to reason by collecting, analysing, and evaluating data involving one variable; connect probability and statistics; and solve problems in geometry and trigonometry.

Prerequisite: MFM2P

MATHEMATICS OF COLLEGE TECHNOLOGY (MCT4C)

COLLEGE PREPARATION

Students will investigate and apply properties of polynomial, exponential, and trigonometric functions and continue to extend their knowledge of functions.

Prerequisite: MCF3M

MATHEMATICS – DATA MANAGEMENT (MDM4U)

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: MCR3U or MCF3M

MATHEMATICS – ADVANCED FUNCTIONS (MHF4U)

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: MCR3U or MCT4C

MATHEMATICS – CALCULUS & VECTORS (MCV4U)

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: MHF4U

BIOLOGY (SBI3C) 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: SNC2P or SNC2D

BIOLOGY (SBI3U) 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: SNC2D

BIOLOGY (SBI4U) UNIVERSITY PREPARATION

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

Prerequisite: SBI3U

CHEMISTRY (SCH3U) 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: SNC2D

CHEMISTRY (SCH4C) COLLEGE PREPARATION

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

Prerequisite: SNC2P or SNC2D

CHEMISTRY (SCH4U) 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: SCH3U

PHYSICS (SPH3U) 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: SNC2D

PHYSICS (SPH4C) 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: SNC2P or SNC2D

PHYSICS (SPH4U) 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. Students will study the impact of technological applications of physics on society and the environment.

Prerequisite: SPH3U

For further course information
www.dsbnschools.org
Secondary Course Calendar



Night School Applications are available at
www.dsbnschools.org/community
Adult & Community Education
Night School Credit Course Forms
Course Registration Form

Learn, Explore, Discover!
5



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 to advanced Microsoft Office 2010 (including Word, Excel, PowerPoint and Access); Windows 7; Internet; Email; Accounting; Windows MovieMaker; and Desktop Publishing with MS Word and MS Publisher; and career skills.

Classes run February 2nd - June 19th, 2015
Centennial Secondary School, 240 Thorold Rd. W., Welland

REGISTER by attending a public information session at 1:00 pm, on Wednesday, January 21, 28, or February 4, 2015
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 7; Internet; Email; Desktop Publishing with MS Word and MS Publisher; Accounting; and career skills. Co-op may be available.

Classes run February 2nd - June 19th, 2015
Fort Erie Secondary School, 7 Tait Ave., Fort Erie

REGISTER by attending a public information session at 1:00 pm, on Wednesday, January 21, 28, or February 4, 2015
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 7; 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 February 2nd - June 19th, 2015
Port Colborne High School, 211 Elgin St., Port Colborne

REGISTER by attending a public information session at at 1:00 pm, on Wednesday, January 21, 28, or February 4, 2015
Port Colborne High School, room 321
or call 905-835-1186 x.64242

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 7; Internet; Email; Web-Page Design and career skills.

Classes run February 2nd - June 19th, 2015
Westlane Secondary School, 5960 Pitton Rd., Niagara Falls

REGISTER by attending a public information session at at 1:00 pm, on Wednesday, January 21, 28, or February 4, 2015
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.

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 Word and MS Publisher; 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 February 2nd - June 19th, 2015
Grimsby District Secondary School, 5 Boulton Ave., Grimsby

REGISTER by attending a public information session at at 1:00 pm, on Wednesday, January 21, 28, or February 4, 2015
Grimsby District Secondary School, room 422
or call 905-945-7733



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

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

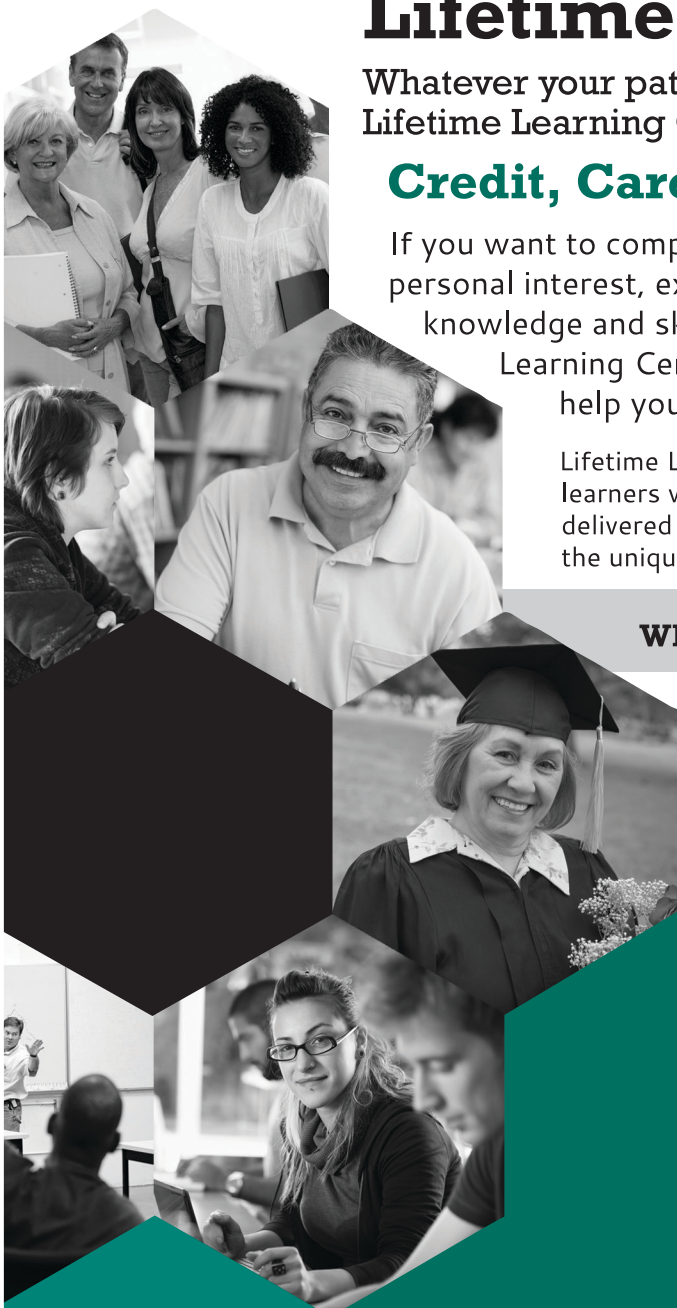
Our Ontario Certified Teachers understand and teach to a variety of different learning styles. We offer additional support through expert counseling, flexible programming and childcare at an onsite daycare.

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:

January 14, 21, 28 at 1:00pm
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 \$13-\$21 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 have health care experience. 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 7.)
psw@dsbn.org or call 905-687-7000



For information on Registration, please attend an information session for your preferred site. All PSW programs run from September through June PSW programs fill quickly. Recruitment begins annually in March.

PSW Complete Programs

Daytime

Lifetime Learning Centre
535 Lake Street, St. Catharines

March 24, 2015 at 1:00 pm
April 21, 2015 at 1:00 pm
May 19, 2015 at 1:00 pm

Port Colborne High School
211 Elgin Street, Port Colborne

March 24, 2015 at 1:00 pm
April 21, 2015 at 1:00 pm
May 19, 2015 at 1:00 pm

Eve/Wkd

Westlane Secondary School
6747 Oakwood, Niagara Falls

March 24, 2015 at 8:00 pm
April 21, 2015 at 8:00 pm
May 19, 2015 at 8:00 pm

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.

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**



WELDING CERTIFICATION PROGRAM

Does this sound like you:

- 18 years of age or older
- Enjoy working with your hands
- Have good hand-eye coordination
- Enjoy learning new skills
- Want to build things that matter
- Enjoy being a problem solver
- Looking to improve your employment prospects



If so, a career in welding may be the right choice for you. This training program is for individuals interested in learning Welding Fundamentals. The program meets curriculum requirements for high school credits and has been designed based on supports from the Canadian Welding Bureau to earn participants the Certification they need for employment.

This exciting new program is expected to fill quickly. The Program will run during the day from Feb. 9, 2015 to May 28, 2015.

For more information, email **CommunityEd@dsbn.org** or call **905-687-7000**

Information Session
Grimsby Secondary School
5 Bolton Ave., Grimsby
Tues., January 13 - 1:00 pm
Tues., January 20 - 1:00 pm
Tues., January 27 - 1:00 pm

LITERACY AND BASIC SKILLS

For the Deaf

Niagara Adult Literacy for the Deaf

Normandy Resource Centre
111 Church St., St. Catharines

Contact by email:

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 Program

Contact: LBS@dsbn.org

905-735-5506

Westlane Secondary School

5960 Pitton Rd., Niagara Falls

Contact: LBS@dsbn.org

905-933-0180

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

5853 Peer St., Niagara Falls

905-358-3452

WELLAND HERITAGE COUNCIL & MULTICULTURAL CENTRE

26 East Main Street, Welland

905-732-5337

YMCA LANGUAGE ASSESSMENT CENTRE (CLARS)

YMCA Newcomer Services provide language level assessment and referral to appropriate programs.

289-213-5311

or 289-407-3682

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

905-329-8587

Niagara Falls Sudanese Community

905-354-9674

Al Mahdi Islamic Organization

905-359-8191

ARMENIAN

Armenian Relief Society

905-682-6178

CAMBODIAN

Samateansel Khmer Community

289-668-1810

CHINESE

St. Catharines Chinese School

905-685-1112

GERMAN

Niagara German School

905-468-7158

GREEK

Greek Community of St. Catharines

905-685-3028

Greek Community of Smithville

905-957-1450

KOREAN

Niagara Korean Language School

905-938-0609

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
M : 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	3367	Bagpiping Ages 8 to Adult	Port	T	6:15-7:15	16	Feb.24	10	\$55.00+\$92	12
	3436	Belly Dancing	Beam	T	5:30-6:30	Drama	Feb.24	10	\$55.00	12
	3487	Birthday Card Workshop	Grims	W	6:00-9:00	Art	Mar.01	1	\$25.00+\$10	12
	3369	Card & Table Games	Port	Th	5:30-7:30	310	Feb.26	5	\$55.00	12
	3460	Card Making*	Grims	Th	6:30-8:00	Art	Feb.26	10	\$82.50	12
	3485	Card Making-All Occasions-Workshop	Grims	W	6:00-9:00	Art	Feb. 25	1	\$25.00+\$10	12
M	3425	Crocheting-Beginners Ages 13+*	Fort	Th	6:00-7:30	1085	Feb.26	8	\$66.00	12
	3370	Crocheting-Beginners	Port	W	6:00-7:00	103	Feb.25	10	\$55.00+\$10	12
	3372	Crochet-Advanced	Port	W	7:05-8:05	103	Feb.25	10	\$55.00+\$10	12
	3426	Crochet Project Class	Fort	Th	7:30-9:00	1085	Feb.26	8	\$66.00	12
	3373	Digital Scrapbooking	Port	Th	5:30-6:30	216	Feb.26	10	\$55.00+\$10	12
C	3374	Early Release Day-Music Ages 5-9	Port	F	1:00-4:00	16	Feb.13	1	\$22.50	12
	3488	Easter Card Workshop	Grims	W	6:00-9:00	Art	Mar.25	1	\$25.00+\$10	12
	3345	Floral Design-Introduction*	Eden	T	7:00-9:00	140	Feb.24	10	\$110.00	12
	3344	Floral Design-Intermediate*	Eden	Th	7:00-9:00	140	Feb.26	10	\$110.00	12
	3348	Guitar-Beginners Adult	Eden	T	8:00-9:15	157	Feb. 24	8	\$55.00	12
	3378	Guitar-Beginners Adult	Beam	W	7:45-8:45	Music	Feb.25	10	\$55.00	12
	3379	Guitar-Beginners	Port	W	5:15-6:15	16	Feb.25	10	\$55.00	12
	3349	Guitar-Intermediate Adults	Eden	Th	8:15-9:30	157	Feb.26	8	\$55.00	12
C	3427	Hip Hop for Kids Ages 6-12	Fort	Th	6:00-7:00	U. Gym	Feb.26	10	\$55.00	12
C	3383	Jazz / Hip Hop for Kids Ages 7-13	Port	Th	6:00-7:00	309	Feb.26	10	\$55.00	12
T	3388	Jazz / Hip Hop for Teens Ages 14-18	Port	Th	7:15-8:15	309	Feb.26	10	\$55.00	12
	3249	Knowledge Series:Animal Studies	Port	T	6:00-7:00	212	Feb.24	10	\$55.00	12
	3396	Knowledge Series:Art History	Port	T	5:00-6:00	213	Feb.24	10	\$55.00	12
	3397	Knowledge Series: Classical Mythology	Port	W	6:00-7:00	317	Feb.25	10	\$55.00	12
	3398	Knowledge Series: European History	Port	W	7:05-8:05	317	Feb.25	10	\$55.00	12
	3430	Knowledge Series: Criminology	Port	T	7:05-8:05	212	Feb.24	10	\$55.00	12
C	3390	Mixed Media Arts for Kids 7-13	Port	Th	5:15-6:15	323	Feb.26	10	\$55.00+\$10	12
	3391	Model Railroad Building for Adults	Port	T	8:00-9:00	211	Feb.24	10	\$55.00+\$15	13
C	3393	PA Day-Introduction to Judo Ages 6-14	Port	F	9:00-12:00	SGym	May.15	1	\$22.50	13
	3358	Photography-Beginners-Digital	Cent	T	6:30-8:30	103	Feb.24	10	\$110.00	13
	3394	Photography-Beginners-Digital	Port	Th	7:40-8:40	216	Feb.26	10	\$55.00+\$5	13
	3438	Photography-Beginners-Digital	Beam	Th	6:00-7:30	2-210	Feb.26	10	\$82.50	13
	3356	Photography-Beginners	Eden	T	7:00-9:00	133	Feb.24	10	\$110.00	13
	3421	Photography-Advanced-Digital	Beam	Th	7:30-9:00	2-210	Feb.26	10	\$82.50	13
M	3395	Pipe Band Drumming Ages 8 to Adult	Port	T	5:00-6:00	16	Feb.24	10	\$55.00+\$65	13
	3399	Public Speaking	Port	Th	7:45-8:45	310	Feb.26	10	\$55.00	13
	3359	Rock/Blues Guitar	Eden	M	6:30-8:00	157	Feb.23	10	\$82.50	13
	3464	Scrapbooking-Introduction*	Grims	T	6:30-8:00	Art	Feb.24	10	\$82.50	13
	3400	Self Marketing	Port	T	6:15-7:15	217	Feb.24	10	\$55.00	13
C	3401	Sketching & Drawing Ages 7-13	Beam	W	6:00-7:00	1-206	Feb.25	10	\$55.00+\$10	13
C	3402	Sketching & Drawing Ages 7-13	Port	T	6:00-7:00	323	Feb.24	10	\$55.00+\$10	13
	3403	Sketching & Drawing for Adults	Beam	W	7:00-8:00	1-206	Feb.25	10	\$55.00+\$10	13
	3404	Sketching & Drawing for Adults	Port	T	7:00-8:00	323	Feb.24	10	\$55.00+\$10	13
	3484	Social Media Expertise	Port	T	7:20-8:20	217	Feb.24	10	\$55.00	13
	3421	Stained Glass-Beginners*	Cent	T	6:00-9:00	108	Feb.24	10	\$165.00	13
C	3481	Theatre Games Ages 7-12	Port	T	5:30-6:30	310	Feb.24	10	\$55.00	13
T	3482	Theatre Games Ages 13-18	Port	T	6:45-7:45	310	Feb.24	10	\$55.00	13
	3444	Ukulele-Beginners	Beam	M	7:45-8:45	Music	Feb.23	10	\$55.00	13
M	3474	Vocal Ages 14 to Adult	Port	W	7:45-8:45	16	Feb.25	10	\$55.00	13
C	3475	Vocal for Kids-Intro. Ages 8-13	Port	W	6:30-7:30	16	Feb.25	10	\$55.00	13
	3363	Wedding Florals*	Eden	M	7:00-9:00	140	Mar.30	5	\$55.00	13

COMPUTERS

C	3432	Computer Animation-Beg.-Ages 8-14	Beam	M	6:00-7:30	3-207	Feb.23	10	\$82.50+\$10	13
	3302	Computers-Beginners	Beam	M	7:30-9:00	3-207	Feb.23	10	\$82.50+\$10	13
	3303	Computers-Beginners	Grims	M	6:00-7:00	404	Feb.01	10	\$55.00+\$10	13
	3304	Computers-Beginners	West	M	6:00-8:00	1077	Feb.23	10	\$110.00+\$10	13
	3305	Computers-Beginners	Port	Th	6:05-7:05	217	Feb.26	10	\$55.00+\$10	13
S	3296	Computers for Seniors	Eden	T	6:30-8:30	126	Feb.24	10	\$110.00+\$10	13
S	3297	Computers for Seniors	Cent	T	6:00-8:00	226	Feb.24	10	\$110.00+\$10	13
	3443	Handheld Smart Devices-Introduction	Beam	T	6:00-7:30	2-210	Feb.24	10	\$82.50+\$10	13
	3381	Handheld Technology-Beginners	Port	Th	5:00-6:00	217	Feb.26	10	\$55.00	13
	3384	Microsoft Word/Excel-Beginners	Port	Th	7:10-8:10	217	Feb.26	10	\$55.00+\$10	14
	3385	Microsoft Word/Excel-Beginners	Grims	M	6:30-8:00	404	Feb.23	10	\$82.50+\$10	14
	3461	Microsoft Word/Excel-Intermediate	Grims	M	8:00-9:30	404	Feb.23	10	\$82.50+\$10	14
	3354	Mobile Devices Operation	Eden	Th	7:00-8:30	230	Feb.26	10	\$82.50	14
	3389	Mobile Moviemaking	Port	Th	6:35-7:35	216	Feb.26	10	\$55.00	14



index interest courses



Course #	Course Title	Locale	Day	Time	Room	Start	Lessons	Fee	Page
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COMPUTERS (CONT.)

3352	MS Office Basics	Eden	W	6:30-9:00	206LLC	Feb.25	8	\$110.00+\$10	14
3355	Photoshop Elements-Beginners	Eden	M	6:30-9:00	126	Feb.23	8	\$110.00+\$10	14
3440	Photoshop Elements-Beginners	Beam	T	6:30-9:00	2-210	Feb.24	8	\$110.00+\$10	14
3462	Photoshop Elements-Beginners	Grims	T	6:30-8:00	404	Feb.24	10	\$82.50+\$10	14
3463	Photoshop Elements-Advanced	Grims	T	8:00-9:30	404	Feb.24	10	\$82.50+\$10	14
3362	Website Design-Introduction	Eden	W	6:30-8:00	126	Feb.25	10	\$82.50+\$10	14
3450	Website Design-Introduction	Grims	Th	7:00-8:30	404	Feb.26	10	\$82.50+\$10	14
3451	Website Design-Beginners	Beam	T	7:00-8:30	3-207	Feb.24	10	\$82.50+\$10	14

HEALTHY LIVING, LIFESTYLE AND SPORTS

	3422	Aquafit	Fort	M	6:30-7:30	Pool	Feb.23	10	\$66.00	14
	3423	Aquafit	Fort	Th	6:30-7:30	Pool	Feb.26	10	\$66.00	14
M	3368	Baby & Mom Boot Camp (0-24 months)	Port	Th	4:30-5:30	Library	Feb.26	10	\$55.00	14
	3414	Badminton	Cent	T	6:30-8:30	Gym A/B	Feb.24	10	\$110.00	14
	3434	Basketball-Men's Recreational 30+	Beam	T	8:00-9:30	D.Gym	Feb.24	10	\$82.50	14
	3494	Components to Balanced Health	Eden	M	7:00-9:00	110	Feb.23	8	\$88.00	14
	3300	Fitness Bootcamp	Eden	M	7:00-8:15	S.Gym	Feb.23	10	\$68.75	14
	3415	Golf	Cent	T	6:30-7:30	Gym C	Feb.24	10	\$55.00	14
	3416	Golf	Cent	T	7:30-8:30	Gym C	Feb.24	10	\$55.00	14
	3306	Kick Fit	West	M&W	7:00-8:00	S.Gym	Feb.23	20	\$110.00	14
C	3428	Martial Arts For Kids Ages 5-12	Fort	M	6:30-7:30	U.Gym	Feb.23	10	\$55.00	14
	3392	Pilates	Port	T	5:30-6:30	309	Feb.24	10	\$55.00	14
	3489	Pilates-Beginners Ages 25-50	West	T	7:15-8:15	1089	Feb.24	10	\$55.00	14
S	3307	Pilates for 50+-Beginner	West	W	7:00-8:00	1089	Feb.25	10	\$55.00	14
S	3491	Pilates for 50+-Level 2	West	T	6:00-7:00	1089	Feb.24	10	\$55.00	14
	3308	Pilates in a Chair	West	Th	6:00-7:00	1089	Feb.26	10	\$55.00	14
	3453	Pre and Post Natal Water Workout	Fort	T	7:00-8:00	Pool	Feb.24	10	\$66.00	14
	3316	Tai Chi	West	W	7:00-8:30	Café	Feb.25	10	\$82.50	14
	3455	Therapeutic Water Exercise	Fort	T	6:00-7:00	Pool	Feb.24	10	\$66.00	14
	3478	Totally Fit Adults!	Port	Th	7:00-8:00	S.Gym	Feb.26	10	\$55.00	15
C	3480	Totally Fit Kids! Ages 7-13	Port	Th	6:00-7:00	S.Gym	Feb.26	10	\$55.00	15
	3446	Volleyball Co-ed Recreational	Beam	M	8:00-9:00	D.Gym	Feb.23	10	\$82.50	15
	3300	Yoga	Port	T	6:35-7:35	309	Feb.24	10	\$55.00	15
	3335	Yoga	Cent	T	7:00-8:00	148	Feb.24	10	\$55.00	15
	3336	Yoga	West	M	6:00-7:00	1089	Feb.23	10	\$55.00	15
	3338	Yoga	Cent	T	5:45-6:45	148	Feb.24	10	\$55.00	15
	3452	Yoga	Beam	T	6:45-7:45	Drama	Feb.24	10	\$55.00	15
	3465	Yoga-Gentle Hatha-Beginners	Grims	Th	6:00-7:15	Studio	Feb.26	10	\$68.75	15
	3467	Yoga-Gentle Hatha-Intermediate	Grims	M	7:30-8:45	Studio	Feb.23	10	\$68.75	15
	3339	Zumba	West	W	5:30-6:30	1089	Feb.25	10	\$55.00	15
	3364	Zumba	Eden	T	7:00-8:00	173	Feb.24	8	\$44.00	15
	3456	Zumba	Fort	T	7:30-8:30	U.Gym	Feb.24	10	\$55.00	15
	3457	Zumba	Fort	Th	7:00-8:00	U.Gym	Feb.26	10	\$55.00	15
	3471	Zumba	Grims	T	7:00-8:00	Studio	Feb.24	10	\$55.00	15
C	3458	Zumba For Kids Ages 7-12	Fort	T	6:30-7:30	U.Gym	Feb.24	10	\$55.00	15

HISTORY, HOME AND GARDEN

	3298	Cooking 101*	Eden	M	6:30-9:00	113	Feb.23	8	\$110.00	15
	3350	History Just Around the Corner	Eden	T	7:00-9:00	110	Feb.24	10	\$110.00	15
	3351	International Flavours*	Eden	T	6:30-9:00	113	Feb.24	8	\$110.00	15
	3353	Nutritional Cooking-Introduction*	Eden	W	6:30-8:30	113	Feb.25	8	\$88.00	15

LANGUAGE

	3375	ESL-Conversational	Port	Th	6:30-7:30	317	Feb.26	10	\$55.00+\$5	15
	3376	French-Conversational	Port	Th	7:45-8:45	317	Feb.26	10	\$55.00+\$5	15
	3501	French-Introduction	Beam	Th	5:00-6:30	3-211	Feb.26	10	\$82.50+\$5	15
	3377	French for Parents	Port	Th	5:15-6:15	317	Feb.26	10	\$55.00+\$5	15
	3309	Spanish-Beginners	Eden	M	8:00-9:30	133	Feb.23	10	\$82.50	15
	3310	Spanish-Beginners	West	M	6:00-8:00	1105	Feb.23	10	\$110.00	15
	3405	Spanish-Conversational-Beginners	Port	T	7:05-8:05	317	Feb.24	10	\$55.00+\$5	15
	3406	Spanish Conversational-Beginners	Beam	W	8:00-9:30	3-207	Feb.25	10	\$82.50+\$5	15
	3314	Spanish for Travellers-Beginners	West	W	6:00-8:00	1105	Feb.25	10	\$110.00	15
	3315	Spanish for Travellers-Beginners	Eden	Th	6:30-8:00	133	Feb.26	10	\$82.50	15
	3441	Spanish for Travellers-Beginners	Beam	W	6:30-8:00	3-207	Feb.25	10	\$82.50+\$5	15
	3361	Spanish for Travellers-Intermediate	Eden	Th	8:00-9:30	133	Feb.26	10	\$82.50	15
C	3360	Spanish for Kids Ages 7-13	Eden	M	6:30-8:00	133	Feb.23	10	\$82.50	15
C	3493	Spanish for Kids Ages 7-13	Port	T	6:00-7:00	317	Feb.24	10	\$55.00+\$5	15

COURSE CHART GUIDE

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

S : Seniors
C : Children (Elementary)
T : Teens
M : 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



ARTS, CRAFTS, & MUSIC

BAGPIPING AGES 8 TO ADULTS

Course No. 3367*

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. 3436

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

BIRTHDAY CARD WORKSHOP

Course No. 3487*

Spend an evening making Birthday cards for everyone you know! We will explore different techniques to make up to 9 cards.

CARD & TABLE GAMES

Course No. 3369

This course offers an opportunity to learn, practice, and play a wide variety of new and classic card and table games, from some you know and some you may never have heard of before. *Please note this course will run every other Thursday starting Feb. 26, '14.*

CARD MAKING

Course No. 3460

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.

CARD MAKING ALL OCCASIONS WORKSHOP

Course No. 3485*

Spend an evening making up to 9 different cards. Cards will include Birthday, Thank-you, Thinking of You, Baby, Mother's Day and Father's Day.

CROCHETING BEGINNERS AGES 13+

Course No. 3425

A fun, relaxing class for those looking to learn the basic skills of crocheting. Various projects will be guided by an instructor. Instructor will inform participants of the materials needed.

VISIT OUR WEBSITE:
www.dsb.org/community



CROCHETING – BEGINNERS

Course No. 3370*

Learn how to crochet by yourself. Learn the basics and knit yourself a hat, scarf or socks.

CROCHETING – ADVANCED

Course No. 3372*

Building on the skills learned in the Beginner's course, this class will delve into more complicated technique.

CROCHETING PROJECT CLASS

Course No. 3426

A class for those who already have some crocheting experience and would like to further their skills. Each project is chosen by you and an instructor will lead you through the pattern teaching all the advanced tips and tricks to make your project come together.

DIGITAL SCRAPBOOKING

Course No. 3373*

Learn how to easily capture and transfer photos, negatives, videos, sound recordings, and other memories into a digital format for safekeeping, and produce dynamic computerized collections and keepsakes.

EARLY RELEASE DAY WORKSHOP: MUSIC EXPLORATION AGES 5-9*

Course No. 3374

Primary students are invited to spend the afternoon of the February Early Release Day exploring sound and music for a fun afternoon. **ADVANCE REGISTRATION ONLY!**

EASTER CARD WORKSHOP

Course No. 3488*

Spend an evening making Easter Cards! We will explore different techniques to make up to 9 cards.

FLORAL DESIGN INTRODUCTION

Course No. 3345

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 INTERMEDIATE

Course No. 3344

Advanced floral design will focus on high style and hand ties, Victorian and garden themes. *A small extra weekly charge will be applied to cover floral costs.

GUITAR BEGINNERS ADULTS

Course No. 3348, 3378, 3379

Learn guitar basics such as tuning, cords, notes, rhythm and more.

GUITAR INTERMEDIATE ADULTS

Course No. 3349

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.

HIP HOP FOR KIDS AGES 6-12

Course No. 3427

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.

JAZZ /HIP HOP AGES 7-13

Course No. 3383

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. 3388

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.

KNOWLEDGE SERIES: ANIMAL STUDIES

Course No. 3249

An informative class that tackles the history of human/animal relations, discusses current practices and laws, and looks to the future of how the species of this planet can continue to co-exist.

KNOWLEDGE SERIES: ART HISTORY

Course No. 3396

An informative class delving into the most influential and lasting elements, creations, and artists throughout history.

KNOWLEDGE SERIES: CLASSICAL MYTHOLOGY

Course No. 3397

An informative class reaching back into the past to introduce popular mythological stories, especially those that we reference even today.

KNOWLEDGE SERIES: EUROPEAN HISTORY

Course No. 3398

An informative class providing a survey of European history, focusing on "big picture" elements rather than a timeline synopsis of the past. Understand where our culture is going by way of exploring our past!

KNOWLEDGE SERIES: CRIMINOLOGY

Course No. 3430

An informative class that allows you to critically analyze the criminal justice system, discussing contemporary trends in crime and punishment and looking towards the future to predict the system's direction.

MIXED MEDIA ARTS FOR KIDS AGES 7-13

Course No. 3390*

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. 3391*
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: INTRODUCTION TO JUDO AGES 6-14

Course No. 3393
A broad age group can enjoy this opportunity to spend part of the PA Day trying out the principles and basic elements of Judo, perhaps to see if it's something to continue with on their own, or to just have fun for the day. **ADVANCED REGISTRATION ONLY.**

PHOTOGRAPHY BEGINNERS-DIGITAL

Course No. 3358,3394*,3438
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. 3356
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-DIGITAL

Course No. 3421
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.

PIPE BAND DRUMMING

Course No. 3395*
Course cost includes a starter drum kit to take up this fun, energetic, and popular musical skill. Learn the basics and see where your talent can take you!

PUBLIC SPEAKING

Course No. 3399
If the mere mention of "Public Speaking" 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. 3359
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-INTRODUCTION

Course No. 3464
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.

SELF MARKETING

Course No. 3400
Learn how to present yourself professionally, with precision and effectiveness. This class is for job seekers, self-starters, and anyone who wants to learn how to present themselves to the world.

SKETCHING & DRAWING AGES 7-13

Course No. 3401*,3402*
This course focuses on basic drawing technique. Sketch pad, pencils and eraser required.

SKETCHING & DRAWING FOR ADULTS

Course No. 3403*, 3404*
Never being too late to start, or too 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.

SOCIAL MEDIA EXPERTISE

Course No. 3484
Learn the ins and outs of Social Media, going beyond the basic usage that the majority of people employ, while also learning about how to protect yourself online. Specific focus will be on Facebook, Twitter, and LinkedIn.

STAINED GLASS - BEGINNERS

Course No. 3421
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.

THEATRE GAMES AGES 7-12

Course No. 3481
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. 3482
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 – BEGINNERS

Course No. 3444
Learn and practice the basics of this fun and increasingly popular instrument, including tuning, strumming, chords, songs, and more.

VOCAL AGES 14 TO ADULT

Course No. 3474
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 8-13

Course No. 3475
This course welcomes children 8-13 who love to sing. Warm up routines, breathing techniques and vocal performance skills will be addressed.

WEDDING FLORALS

Course No. 3363
Using fresh & artificial flowers, create wedding bouquets, corsages, hand ties, centrepieces, and pew bows. *Small extra charge weekly to cover floral costs.



COMPUTER ANIMATION BEGINNERS - AGES 8-14

Course No. 3432*
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. 3302*,3303*,3304*,3305*
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. 3296*,3297*
Learn basics of computer operations including email, web browsing, Skype, and MS Office.

HANDHELD SMART DEVICES INTRODUCTION

Course No. 3443*
So, you got a smart device? Now what? Learn to use your iPhone, iPad or Nexus device beyond Facebook and e-mail. Topics include: photos & video, device security, the mobile office.

HANDHELD TECHNOLOGY BEGINNERS

Course No. 3381
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.

For locations, dates, times and course fees, refer to the charts on pages 10-11.
*Material costs are extra.

COMPUTERS (cont'd)

MICROSOFT WORD/EXCEL BEGINNERS

Course No. 3384*,3385*

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

MICROSOFT WORD/EXCEL- INTERMEDIATE

Course No. 3461*

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. 3354

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.

MOBILE MOVIE MAKING

Course No. 3389

Bring in your own tablet or phone and learn how to capture, edit, and publish professional-quality video all on your mobile device.

MS OFFICE 2010 BASICS

Course No. 3352*

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

PHOTOSHOP ELEMENTS BEGINNERS

Course No. 3355*, 3440*,3462*

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

PHOTOSHOP ELEMENTS ADVANCED

Course No. 3463*

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

WEBSITE DESIGN INTRODUCTION

Course No. 3362*,3450*

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.

VISIT OUR WEBSITE:

www.dsb.org/community

WEBSITE DESIGN BEGINNERS

Course No. 3451*

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 AND SPORTS

AQUAFIT

Course No. 3422,3423

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

BABY & MOM BOOT CAMP (0-24 MONTHS)

Course No. 3368

A fun time for babies and their moms to learn and practice exercises that can be done together, specifically geared for grown-up and growing-up bodies!

BADMINTON

Course No. 3414

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. 3434

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.

COMPONENTS TO BALANCED HEALTH

Course No. 3494

A review of balanced health including living foods, supplements, hydration, rest, exercise, detoxification, coping with stress, and creating a healthy home.

FITNESS BOOTCAMP

Course No. 3300

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. 3415,3416

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

KICK FIT

Course No. 3306

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

MARTIAL ARTS FOR KIDS AGES 5-12

Course No. 3428

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.

PILATES

Course No. 3392

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

PILATES BEGINNERS AGES 25-50

Course No. 3489

Basic Pilate's movements and exercises will form the basis for this introductory course. Designed for people 25-50 to help develop core strength, work your back, abdominal and hips, and increase strength and flexibility. No previous experience with Pilate's necessary. You may bring your own Pilates mat or use one of ours.

PILATES FOR 50+ BEGINNER

Course No. 3307

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 FOR 50+ LEVEL 2

Course No. 3491

This course is designed for people 50+ who have some Pilates experience. We will continue to focus on improving core strength, balance, flexibility and endurance. You may bring your own Pilates mat or use one of ours.

PILATES IN A CHAIR

Course No. 3308

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.

PRE AND POST NATAL WATER WORKOUT

Course No. 3453

This program is a medium intensity workout designed for moms and moms to be. Suitable for mothers during pregnancy and after giving birth. Incorporates cardio, toning, and flexibility. Warm water is an ideal safe environment to train.

TAI CHI

Course No. 3316

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

THERAPEUTIC WATER EXERCISE

Course No. 3455

A gentle low impact full body exercise class. Suitable for people with arthritis, fibromyalgia or seniors. Incorporates strengthening, stretching and mild cardio.

TOTALLY FIT ADULTS!

Course No. 3478

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. 3480

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. 3446

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

YOGA

Course No. 3300,3335,3336,3338,3452

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 – GENTLE HATHA
BEGINNERS**

Course No. 3465

This gentle style of yoga will help you to relax and breathe. Poses will focus on improving your balance, flexibility and strength. It is a non-competitive environment where each student is encouraged to adapt the pose to their body. Please bring your own yoga mat and a blanket to class.

**YOGA – GENTLE HATHA
INTERMEDIATE**

Course No. 3467

Each class will explore different themes of physical and energetic movement through a series of poses and breathing exercises. We will promote strength and lengthening while focusing on good alignment and body awareness. Gentle to mid-paced class. Please bring a yoga mat.

ZUMBA

Course No. 3339,3364,3456,3457,3471

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. 3458

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.

For locations, dates, times and course fees, refer to the charts on pages 10-11.

*Material costs are extra.

**HISTORY,
HOME
& GARDEN**

COOKING 101

Course No. 3298

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.

**HISTORY JUST AROUND THE
CORNER**

Course No. 3350

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.

INTERNATIONAL FLAVOURS

Course No. 3351

Join us for a culinary tour of various ethnic foods from around the world. *Small extra weekly charge for food costs.

**NUTRITIONAL COOKING
INTRODUCTION**

Course No. 3353

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

LANGUAGE

ESL – CONVERSATIONAL

Course No. 3375*

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. 3376*

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
INTRODUCTION**

Course No. 3501*

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 for enjoyment or if you have children in the French immersion programs.

FRENCH FOR PARENTS

Course No. 3377*

A course designed specifically for parents or guardians whose children are studying Core French or French Immersion in school, providing an overview of the curriculum and the basics to help you learn right along with them..

SPANISH – BEGINNERS

Course No. 3309,3310

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
BEGINNERS**

Course No. 3405*,3406*

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. 3314,3315,3441*

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. 3361

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. 3360,3493*

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 Spanish but for any future language acquisition, and reading skills to enable students to travel within a Spanish speaking country and enjoy their stay.



Learn, Explore, Discover!
15



REGISTRATION - GENERAL INTEREST

Registrations must be received no later than January 28th, 2015. 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.		
Course No.	Course Title		Course Location		
Day of Week	Time	Start Date	Fee		
Birthdate (DD/MM/YYYY):					
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	
				<input type="checkbox"/> Money Order	
Cardholder's Name		Signature	Date	Total Amount \$	

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PLEASE PRINT ALL INFORMATION					
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City	Postal Code	Home Telephone No.	Business Telephone No.		
Course No.	Course Title		Course Location		
Day of Week	Time	Start Date	Fee		
Birthdate (DD/MM/YYYY):					
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	
				<input type="checkbox"/> Money Order	
Cardholder's Name		Signature	Date	Total Amount \$	

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Any time of year, anywhere in Niagara.

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From January to December, from Grimsby to Crystal Beach, DSBN facilities and equipment* are available at affordable rates for public rental.

Accessible rates, quality spaces.

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Work. Play. Meet. Celebrate!

Host a birthday party in the gym and let the kids play ball, have your corporate event in one of our conference rooms, or make use of our ample meeting space which features plenty of parking for your large community group. We've got the space you need to make sure your program or event is a success!



For a complete listing of available DSBN facilities, rental fees and to use our easy online booking system, visit:

www.dsbn.org/cuos

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at the District School Board of Niagara



**Building vibrant, healthy communities by
providing affordable, quality spaces for
community use at our DSBN facilities.**

*equipment rental varies by location and may be subject to additional fees



**EMPLOYMENT
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Ontario's employment & training network

Laid off?

Looking for a new career?

Second Career is an Ontario government program that will pay your tuition.

The Ontario government is helping laid-off workers get back to work.

You may qualify for up to \$28 000, or more in some cases, to pay for tuition and expenses such as:

- Books
- Living expenses
- Help caring for dependents
- Travel & Transportation
- Disability supports
- Other living and training costs



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YMCA of Niagara
Employment Services
285 Bunting Road
St. Catharines
905-684-3500