

Winter 2012											
January 9 - March 31, 2012											
No classes on Monday, February 20th - Family Day											
Max											
Course #	Course Name	Reg	Dates of course	# Of Days	Day of Course	Time of Course	Instructor	Room	Fee	No-mem Surchage	Comments
A01	Locomotion & Balance Training	12	Jan 9 - March 26	11	Mon	11:15 - 12:15 pm	Dan Leung	Gym	\$ 25.00	\$20.00	No class on February 20
A02	Strength Training	12	Jan 12 - March 29	12	Thurs	11:15 - 12:15 pm	Ann Nuell	Gym	\$ 25.00	\$20.00	
A03	Gentle Seated Yoga I	15	Jan 11 - Feb 15	6	Wed	2:00 - 3:00 pm	Caroline Bees	311	\$ 15.00	\$20.00	
A04	Gentle Seated Yoga II	15	Feb 22 - March 28	6	Wed	2:00 - 3:00 pm	Caroline Bees	308	\$ 15.00	\$20.00	
A05	Revitalizing Yoga 1	15	Jan 16 - Feb 13	5	Mon	2:30 - 3:30 pm	Caroline Bees	205	\$ 25.00	\$20.00	
A06	Revitalizing Yoga 2	15	Feb 27 - March 26	5	Mon	2:30 - 3:30 pm	Caroline Bees	308	\$ 25.00	\$20.00	
A07	Be STRONG!!	15	Feb 8 - Mar 28	8	Wed	11:15 - 12:00 pm	Tammie Yearwood	205	\$ 25.00	\$20.00	Cancelled
A08	Monday Fitness	50	Jan 9 - March 26	11	Mon	10:05 - 11:00 am	Dan Leung	Gym	\$ 35.50	\$20.00	No class on February 20
A09	Wednesday Fitness	50	Jan 11 - March 28	12	Wed	10:05 - 11:00 am	Dan Leung	Gym	\$ 35.50	\$20.00	
A10	Muscle Strength and Core Balance	25	Jan 13 - March 30	12	Fri	9:30 - 10:20 am	Dan Leung	Gym	\$ 38.50	\$20.00	
A11	Zumba Gold	30	Jan 9 - March 26	11	Mon	2:00 - 3:00 pm	Fran Plamondon	Gym	\$ 50.00	\$20.00	No class on February 20
A12	Agility Challenge	12	Feb 10 - March 30	8	Fri	11:15 - 12:00 pm	Tammie Yearwood	205	\$ 25.00	\$20.00	
A13	Functional Strength - Wed/Fri	25	Jan 11 - March 30	24	Wed/Fri	10:10 - 11:10 am	Tammie Yearwood	205	\$ 77.00	\$20.00	
A14	Energizing Yoga I	12	Jan 11 - Feb 15	6	Wed	9:00 - 10:00 am	Caroline Bees	205	\$ 30.00	\$20.00	
A15	Energizing Yoga II	12	Feb 22 - March 28	6	Wed	9:00 - 10:00 am	Caroline Bees	205	\$ 30.00	\$20.00	
A16	Belly Dancing - Beginners	15	Jan 10 - March 27	12	Tues	12:45 - 2:00 pm	Angela Grell	205	\$ 48.00	\$20.00	Cancelled
A17	Belly Dancing - Next Steps	15	Jan 10 - March 27	12	Tues	2:00 - 3:15 pm	Angela Grell	205	\$ 48.00	\$20.00	
A18	Line Dance Beginners	25	Jan 12 - March 29	12	Thurs	1:00 - 2:00 pm	Ann Nuell	Gym	\$ 38.50	\$20.00	
A19	Line Dance Beyond the Basics	18	Jan 12 - March 29	12	Thurs	2:15 - 3:15 pm	Ann Nuell	Gym	\$ 38.50	\$20.00	
A20	Tai Chi - Mondays	25	Jan 9 - March 26	11	Mon	9:00 - 10:00 am	Adrian Buczek	Gym	\$ 35.50	\$20.00	No class on February 20
A21	Tai Chi - Wednesdays	25	Jan 11 - March 28	12	Wed	2:00-3:00 pm	Adrian Buczek	205	\$ 35.50	\$20.00	
A22	Boot Camp	25	Jan 12 - March 29	12	Thurs	9:30 - 10:30 am	Tammie Yearwood	Gym	\$ 38.50	\$20.00	Cancelled
Course #	Course Name	Max Reg	Dates of Course	# Of Days	Day of Course	Time of Course	Instructor	Room	Fee	No-mem Surchage	Comments
	Spanish Beginner/Intermediate/Advanced Textbook: Dicho Y Hecho, 6th Edition (Available from Amazon)										
B01	Beginners Spanish	18	Jan 9 - March 26	11	Mon	10:00 - 12:00 pm	Marlene Linares	311	\$76.00	\$20.00	No class on February 20
B02	Beginners Canvesacion	18	Jan 10 - March 27	12	Tues	1:00 - 3:00 pm	Marlene Linares	311	\$83.00	\$20.00	
B03	Intermediate Spanish	18	Jan 10 - March 27	12	Tues	10:00 - 12:00 pm	Norah Hutchinson	311	\$83.00	\$20.00	
B04	Intermediate Canvesacion	18	Jan 13 - March 30	12	Fri	1:00 - 3:00 pm	Norah Hutchinson	311	\$83.00	\$20.00	Cancelled
B05	Advanced Spanish	18	Jan 9 - March 26	11	Mon	1:00 - 3:00 pm	Norah Hutchinson	311	\$76.00	\$20.00	No class on February 20
B06	Advanced Canvesacion	18	Jan 12 - March 29	12	Thurs	1:00 - 3:00 pm	Norah Hutchinson	311	\$83.00	\$20.00	
B07	Functional Memory	12	February 2, 2012	1	Thurs	10:00 - 12:00 pm	Irene Brannan	125	\$8.00	\$20.00	
B08	Meditation	12	February 9, 2012	1	Thurs	10:00 - 12:00 pm	Irene Brannan	125	\$8.00	\$20.00	
B09	Spirituality & Health	12	February 16, 2012	1	Thurs	10:00 - 12:00 pm	Irene Brannan	125	\$8.00	\$20.00	

B10	Change & You	12	February 23, 2012	1	Thurs	10:00 - 12:00 pm	Irene Brannan	125	\$8.00	\$20.00	
B11	Arthritis 101	12	January 19, 2012	1	Thurs	10:00 - 12:00 pm	Arthritis Society	Chandler	\$3.00	\$20.00	
B12	Understanding Arthritis	12	March 1, 2012	1	Thurs	10:00 - 11:00 pm	Arthritis Society	125	\$3.00	\$20.00	
B13	Chronic Pain Maagement	12	March 29, 2012	1	Thurs	10:00 - 12:00 pm	Arthritis Society	125	\$3.00	\$20.00	
B14	The Songsters	18	Jan 10 - March 27	12	Tues	10:30 - 11:30 am	Alison Demeter	Dining	\$41.50	\$20.00	
B15	The Kerby Chorus	30	Jan 12 - April 5	13	Thurs	1:00 - 2:30 pm	Alison Demeter	Lounge	\$67.00	\$20.00	
B16	Prep for Performance	18	Jan 12 - April 5	13	Thurs	10:30 - 12:00pm	Alison Demeter	311	\$67.00	\$20.00	
B17	Music Appreciation	15	Jan 24 - March 27	10	Tues	9:30 - 11:30am	Jennifer Paulson	125	\$69.00	\$20.00	
B18	Basic Drawing	18	Jan 9 - March 26	11	Mon	1:00 - 3:00 pm	Janey Luc-German	313	\$76.00	\$20.00	No class on February 20
B19	Calligraphy	18	Jan 10 - Feb 7	5	Mon	1:00 - 3:00 pm	Kerri Forster	313	\$35.00	\$20.00	Cancelled
B20	Acrylics-Winter Warm-Up	18	Jan 10 - Feb 14	6	Tues	10:00 - 12:00 pm	Kathy Aldons-Schleindl	313	\$41.50	\$20.00	
B21	Acrylic-Flowers, Fruit and Furry Friends	18	Feb 21 - March 27	6	Tues	10:00 - 12:00 pm	Kathy Aldons-Schleindl	313	\$41.50	\$20.00	
B22	Watercolour-Sunrise/Sunset	18	Jan 25 - Feb 22	5	Wed	10:00 - 3:00 pm	Katy Morris	313	\$69.00	\$20.00	
B23	Watercolour-Bright, Brash & Bold	18	Feb 29 - March 28	5	Wed	10:00 - 3:00 pm	Katy Morris	313	\$69.00	\$20.00	
B24	Water Media-Make Your Grandkids Your /	18	Jan 27 - Feb 24	5	Fri	10:00 - 3:00 pm	Katy Morris	313	\$69.00	\$20.00	
B25	Water Media-Coast to Coast in Canada	18	March 2 - March 30	5	Fri	10:00 - 3:00 pm	Katy Morris	313	\$69.00	\$20.00	
B26	Women in Aviation	20	February 7, 2012	1	Tues	1:00 - 2:30 pm	Allan Gallant	Bdroom	\$6.00	\$20.00	
B27	103 Years of Canadian Aviation	20	February 14, 2012	1	Tues	1:00 - 2:30 pm	Allan Gallant	Bdroom	\$6.00	\$20.00	
B28	Canada's Bush Pilots	20	February 21, 2012	1	Tues	1:00 - 2:30 pm	Allan Gallant	Bdroom	\$6.00	\$20.00	
B29	American RCAF flyers in WWII	20	February 28, 2012	1	Tues	1:00 - 2:30 pm	Allan Gallant	Bdroom	\$6.00	\$20.00	
B30	Beginner's Bridge	16	Jan 24 -March 13	8	Tues	10:00-12:00pm	Rae Haaland	Chandler	\$64.00	\$20.00	
		Max									
Course #	Course Name	Reg	Dates of Course	# Of Days	Day of Course	Time of Course	Instructor	Room	Fee	No-mem Surcharge	Comments
	"C" Courses										
C01	Intro to Basics	9	Jan 25 - Feb 8	5	Mon/Wed	12:30 - 2:00 pm	Pat Seifert	312	\$105.00	\$20.00	
C02	Absolutely Terrified	9	Jan 9 - Feb 8	10	Mon/Wed	10:00 - 11: 30 am	Pat Seifert	312	\$157.50	\$40.00	
C03	Level 1++	9	Feb 13 - Feb 27	5	Mon/Wed	10:00 - 11: 30 am	Pat Seifert	312	\$105.00	\$20.00	
C04	Internet	9	Feb 13 - Feb 27	5	Mon/Wed	12:30 - 2:00 pm	Pat Seifert	312	\$105.00	\$20.00	
C05S1	How to Use your Laptop 1	5	Jan 9 - Jan 23	5	Mon/Wed	12:30 - 2:00 pm	Pat Seifert	312	\$157.50	\$40.00	No Macs
C05S2	How to Use your Laptop 2	5	Mar 5 - Mar 19	5	Mon/Wed	10:00 - 11:30 am	Pat Seifert	312	\$157.50	\$40.00	No Macs
C06	Social Media, Social Networking & Interne Technologies	9	Feb 14 - Feb 23	4	Tues/Thurs	1:00 - 2:30 pm	Brian Fryk	312	\$105.00	\$20.00	
	Computer Workshops										
C07	Intro to Internet	9	February 29, 2012	1	Wed	12:30 - 3:30 pm	Pat Seifert	312	\$36.00	\$20.00	
C08	Maintaining Your Computer	9	March 5, 2012	1	Mon	12:30 - 3:30 pm	Pat Seifert	312	\$36.00	\$20.00	
C09	Adventures in Email Using Shaw/Telus or	9	March 7, 2012	1	Wed	12:30 - 3:30 pm	Pat Seifert	312	\$36.00	\$20.00	
C10	File Management	9	March 12, 2012	1	Mon	12:30 - 3:30 pm	Pat Seifert	312	\$36.00	\$20.00	
C11	Managing Your Photo Library	9	March 14, 2012	1	Wed	12:30 - 3:30 pm	Pat Seifert	312	\$36.00	\$20.00	
C12	How to Build a Simple Webpage	9	February 28, 2012	1	Tues	12:00 - 3:00 pm	Sharon Mulroney	312	\$36.00	\$20.00	

