













Metro Continuing Education offers thousands of adult continuing education classes every year, and continually brings you new courses covering the latest trends and information. We have a great mix of brand new and tried-and-true courses in every area.

**The following courses are beginning in the next two weeks.**

**[REGISTER TODAY TO GUARANTEE YOUR SPOT.](#)**

<p><b>Dance</b></p> <p>One, two, three...one, two, three...Come join our expert dance instructors and step into a dance class today. Have fun, get fit! Let's dance!</p> <ul style="list-style-type: none"> <li>» <a href="#">Woezo Africa Jo Dance</a></li> <li>» <a href="#">Belly Dance Level 1</a></li> <li>» <a href="#">Belly Dance Level 2</a></li> <li>» <a href="#">Two-Step Introduction</a></li> <li>» <a href="#">Flambelly</a></li> </ul> 	<p><b>Mind, Body &amp; Soul</b></p> <p>Journey into a balanced sense of health and well-being and pamper yourself with serenity.</p> <ul style="list-style-type: none"> <li>» <a href="#">Reflexology Workshop 1</a></li> <li>» <a href="#">Facelift</a></li> <li>» <a href="#">Reiki First Degree</a></li> </ul> 	<p><b>Photography</b></p> <p>Metro offers an extraordinary group of talented and award-winning instructors who bring years of photographic and instructional experience and impart their passion for this art in each class.</p> <ul style="list-style-type: none"> <li>» <a href="#">Lighting Techniques for Portraits Level 1</a></li> <li>» <a href="#">How to Use Your Digital Camera</a></li> <li>» <a href="#">How to Choose your New Digital Camera</a></li> </ul> 	<p><b>Business &amp; Management</b></p> <p>These hard-hitting, fact-filled courses will help you to develop your skills, provide professional development and enhance your career, or give you the knowledge to start your own business.</p> <ul style="list-style-type: none"> <li>» <a href="#">Mortgage Strategies</a></li> <li>» <a href="#">Stock Trading</a></li> <li>» <a href="#">Personal Shorthand (PS)</a></li> <li>» <a href="#">Bookkeeping Level 1</a></li> <li>» <a href="#">Managing Workplace Politics</a></li> <li>» <a href="#">Wedding Planner</a></li> </ul> 
<p><b>Communication Arts</b></p> <p>Enhance your communication skills and explore the world of possibilities in creative writing, performing arts and public speaking.</p> <ul style="list-style-type: none"> <li>» <a href="#">Ease into Public Speaking</a></li> <li>» <a href="#">Public Speaking: Absolute Beginner "Scared Stiff"</a></li> <li>» <a href="#">Voicing 101</a></li> <li>» <a href="#">Stand-Up Comedy</a></li> </ul> 	<p><b>Floral Design</b></p> <p>Experience the pleasure that working with flowers brings. Did you know that Metro offers the ONLY Floral Design training in Edmonton and area and that after successful completions of Levels 1-4 you can be employed in the Floral industry?</p> <ul style="list-style-type: none"> <li>» <a href="#">Floral Design Level 1 Part A</a></li> </ul> 	<p><b>Languages</b></p> <p>If you are planning on traveling or want to broaden your career opportunities, we have the classes to help you reach your destination.</p> <ul style="list-style-type: none"> <li>» <a href="#">Survival Business Mandarin</a></li> <li>» <a href="#">Italian Level 1</a></li> <li>» <a href="#">Spanish Level 3</a></li> <li>» <a href="#">Ukrainian Level 2</a></li> <li>» <a href="#">Absolutemente Espanol Parte Dos</a></li> </ul> 	<p><b>Law for the Layperson</b></p> <p>Learn about the laws of Alberta and how they apply to you. Lawyers teach the courses and answer your questions in these value-priced sessions.</p> <ul style="list-style-type: none"> <li>» <a href="#">Before you Build: Legal Tips</a></li> <li>» <a href="#">Seniors Law: The Challenges of Aging</a></li> </ul> 
<p><b>Passions &amp; Pastimes</b></p> <p>Indulge your passion for crafts, music, travel, sewing or brush up on your favourite pastimes.</p> <ul style="list-style-type: none"> <li>» <a href="#">Backpacking Basics</a></li> <li>» <a href="#">Basic Sewing Beginner</a></li> <li>» <a href="#">Latin Percussion &amp; Hand Drumming 1</a></li> </ul> 	<p><b>Interior Design Residential</b></p> <p>Our homes should be functional, aesthetically pleasing and reveal our character and personality. Learn how to plan and decorate any home with flair and panache.</p> <ul style="list-style-type: none"> <li>» <a href="#">Colour Boards: Design Studio</a></li> <li>» <a href="#">Basic Drawing for Residential Design 1</a></li> <li>» <a href="#">Interior Design – Residential – Second Course</a></li> </ul> 	<p><b>Fitness &amp; Sports</b></p> <p>Create an active lifestyle and have some fun! Learn a new sport or get fit by learning the art of exercise. Your body will thank you.</p> <ul style="list-style-type: none"> <li>» <a href="#">Cardio Shimmy</a></li> <li>» <a href="#">Target your Energy Fitness Challenge</a></li> </ul> 	<p><b>Computer &amp; Internet Learning Centre</b></p> <p>Enhance or prepare for the world of business by developing computer technology skills vital to the workplace. Learn to produce business documents using word processing, spreadsheet, database and presentation software at entry and intermediate levels.</p> <ul style="list-style-type: none"> <li>» <a href="#">Microsoft Office 2007 Level 1</a></li> <li>» <a href="#">Tips and Tricks Office 2007</a></li> <li>» <a href="#">Web Design and Layout</a></li> <li>» <a href="#">Word 2003 Level 1</a></li> </ul> 

Have you checked out the recently updated Metro website?

See our all new [gallery images](#) and find out all about your instructor in the [Meet Your Metro Instructor Page](#).

## ACADEMIC SUCCESS PROGRAMS

**Want to improve your chances for career advancement?**

**Do you need to raise your marks to meet post secondary entry requirements?**

**Try Metro's Academic Success Programs.**

They're perfect for anyone wanting to complete high school courses or upgrade course marks for post-secondary education. You can learn from experienced, caring instructors in a flexible learning environment and choose how you want to learn; either in a classroom or on your own time.

**With Fast Track Programs, you can complete a course in only 8 weeks!**

Winter classes start February 2, 2008. **To register, call (780) 428-1111 or [click here](#).**