

Keep the spark alive this Valentine's Day through dance!



In this day and age, there are many demands on our time. It is often incredibly difficult to find time for ourselves, to stay healthy and fit and to spend quality time with our spouse, family and friends. It is easy to allow the everyday pressures of life to pull us in twenty different directions and to lose sight of ourselves and our relationships.

Let Valentine's Day be a reminder of the importance of relationships; take the time and rekindle the spirit of romance with your partner or revive the bond of friendship with your closest pal. Metro has the perfect solution: the gift of dance. Metro offers many dance classes, from ballroom to belly dancing and everything in between. For those who are single, movin' and groovin' opens the doors to many romantic possibilities; you'll never know who you'll meet through dance and you will never have to say "no" to a dance invitation

again. For couples, you can reach new levels of intimacy by learning how to dance. Dancing can help to make a partnership grow stronger because it is a skill that you will share for the remainder of your lives. Dancing can also replenish the spark for those that have been together for a long time; trying something new will help to keep the relationship interesting and fun. Furthermore, lessons provide a designated time each week where you can be together and re-connect with your significant other while learning something new.

Dancing is not just a social activity; it also provides the perfect outlet to keep fit and exercise. On top of providing a mild aerobic workout it also has the following benefits:

- » Builds endurance and stamina
- » Helps with weight loss
- » Relieves stress
- » Increase energy
- » Helps you release toxins via sweating
- » May help lower blood pressure and improve cholesterol levels
- » Encourages gentle stretching
- » Increase self-confidence
- » Renewed interest in life.

For a complete list of Metro's dance courses, see below. Gift certificates are available and make the perfect Valentine's Day gift. They are available from Metro Continuing Education at 8205 90 Ave. For more information, call (780) 428-1111 or click here to visit www.metrocontinuingeducation.ca.

[Click here to register for a Metro course.](#)

"Excellent, enthusiastic coaching. Lots of encouragement including a relaxed atmosphere conducive to learning how to dance."

- Alexandra Lapko,
Latin American Dance Level 1

"Lots of fun. I really enjoyed learning some of the more complicated steps. The music is infectious and the atmosphere is fun."

- Charissa Kennedy,
Irish Dance

[Ballroom Dance Level 1](#)

[Ballroom Dance Level 2](#)

[Dance Practise](#)

[Waltz Level 1](#)

[Jive/Swing Workshop Level 1](#)

[Latin American Dance Level 1](#)

[Country & Western Dance Beginner](#)

[Line Dance level 1](#)

[Two-Step Introduction](#)

[Belly Dance Level 1](#)

[Belly Dance Level 2](#)

[Flambelly](#)

[Flamenco Dance Level 1](#)

[Irish Ceili Dance](#)

[Irish Dance Sean Nos](#)

[Salsa Dance Level 1](#)

[Salsa Dance Level 2](#)

[Woezo Africa Jo Dance](#)



"CANADA GOES ON A DATE"



This Valentine's Day, join Metro Continuing Education instructor and comedian Barbara North as she dishes on everything regarding love, dating,

mating & marriage! This free event will be held at CBC Centre Stage, 12 pm, on February 14, 2008. Take part in a love obstacle course, hear the story of a couple married for over 60 years and win exciting prizes.

Barbara North's high-energy stand-up comedy has been making audiences laugh across Canada for over 10 years. Catch Barbara's award-winning comedy on radio, television, and stage, from Just For Laughs to her own CBC TV comedy special, *Amy Brats*. This special was directed by Royal Canadian Air Farce director, Perry Rosemond. For years, Barbara's also been Canada's female character announcer, with a thousand cartoon voices for Teletoon! Barb has won awards for her comedy and writing for TV and print. She's also a popular keynote speaker.

Watch for her brand new comedy TV series, *A Total Write-Off!*. Barb created and stars in this quirky 13-episode series which airs across Canada on CHUM TV stations. Visit www.clt.ca for show times.

Check out Barbara North's courses at Metro Continuing Education:

[Dating 101: A Stand-Up Comic Teaches Dating](#)

Speed dating, Internet dating, video dating, blind dating or desperate dating: what are your choices, and how do you date successfully? You will be led through the maze of love with laughter, learning and lots of practical tips and information.

Thu Apr 10	07:00PM	Harry Ainlay
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[Comedic Writing NEW](#)

Create funny non-fiction works of writing or humorous short stories with stand-up comedian and TV writer Barbara North. You'll enjoy plenty of laughs as class members work toward completing laughs as class members work toward completing one comedic essay or short story. As well as examining the genre, structure and character development of comedic works, we'll also review some of literature's funniest writers. Markets for your writing will also be discussed.

Tue Apr 8	07:00PM	Harry Ainlay
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Featured Valentines Day courses

[Massage for Couples](#)

Instructor: Carri Fisher, RMT

Enhance your relationship or your friendship by learning and applying basic massage techniques as a couple. *Massage for Couples* is an ideal way to reconnect with your partner. The course focuses on one another in such an intimate way through touch so we can sooth the mind and help the body. Couples at any stage in their relationship share special moments and learn to give to one another again. It's a great way to spend a full day with your partner with no outside interruptions not to mention the added bonus of giving and getting massages.

Sat Feb 9	09:00AM	Amiskwaciy Academy
Sat Mar 8	09:00AM	Amiskwaciy Academy
Sat Apr 12	09:00AM	Amiskwaciy Academy
Sat May 24	09:00AM	Amiskwaciy Academy
Sat Jun 21	09:00AM	Amiskwaciy Academy

[Presence in Relationships](#)

Sarah Barrett, contemplative psychotherapist

The inevitable difficulties we all experience in relationships can become golden opportunities for transformation and healing once we're ready to move beyond reactivity and judgment. Help is a simple shift away! Explore the power of presence and learn how to connect more intimately with yourself and others.

Tue Feb 26	07:00PM	Amiskwaciy Academy
Tue Jun 3	07:00PM	Amiskwaciy Academy

METRO COURSES MAKE GREAT VALENTINE'S DAY GIFTS!

For him or for her, Metro courses make the ideal gift for Valentine's day. With everything from Do-it-yourself courses to art, photography, cooking and health and wellness courses, there is something for everyone.

GREAT GIFT IDEAS!

Give the gift of knowledge or attend a course with someone special. Purchase a Metro gift certificate today!





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