



Metro's Winter Adult Continuing Education Calendar has arrived!

Registration NOW open for winter courses.

Enrich, energize and rejuvenate this winter with over 45 new courses and hundreds of long-time favourite adult continuing education classes. Whether you're looking for a new hobby or wanting to impress your boss by upgrading your computer or business skills, Metro has something to help you realize your full potential.

Metro courses make great gifts! Gift certificates available.



Art	Home & Garden
Business & Management	Interior Design Residential
Communication Arts	Languages
Cooking	Law for the Layperson
Dance	Mind, Body & Soul
Fitness & Sports	Passions & Pastimes
Floral Arrangement & Design	Photography

» [View NEW classes](#) » Register online 24/7 or call 780.428.1111.

What's Happening in December?



Need some help getting ready for the holidays? Want to upgrade your computer skills? Would you like to learn how to make unique gifts? Check out the many courses starting in December.

Airbrushed Christmas Cards	Spanish in a Day
Etched Copper Bracelet	Online Law Made Simple
Airbrushed T-Shirts	Word 2007 Level 2
Glass Blowing: FriendsBalls	Access 2003 Level 1
Self-Leadership	Body Booty Baskets
Holiday Entertaining	Massage for Couples
Mrs. Claus' Bake & Take	Stained Glass: Fused Tree Ornaments
Christmas Sugar Ball	Chocolate and Wine
Welcome Wreath	Bubble Bath
Holidays at Home	Stained Glass: Lead Came Christmas Ornaments
Adobe Photoshop	Stained Glass: Snowflakes
Windows Vista	3-D Nativity
Computer Essentials Basics 2003	

Brain Booster!
DIPLOMA EXAM PREP

Let the experts help you prepare to write your diploma exams. *Great marks guaranteed!*

Classes start January 6th

Brain Booster

Classes filling quickly. Register today!

Metro's Brain Booster program can help students achieve great diploma exam marks by reviewing major topics, writing sample exams and learning exam-writing strategies.

Metro offers you:

- Qualified and experienced teachers
- Small class sizes
- Individual help
- Affordable courses

"Overall, it was a great experience, great teaching and was definitely worth the money. Thanks, Metro!"

- past Brain Booster student

» [Class and time information](#)

Metro facts



Did you know?

Each year, Metro's English Language Institute provides English training to hundreds of newcomers to Canada. Metro's students originate from over 60 countries all over the world.



Did you know?

Students from Metro's English Language Institute move into a wide variety of trades, services and post-secondary placements at NAIT, Grant MacEwan and the University of Alberta.

Sensational Student Stories



Ruth Hyrve

Each year, thousands of Edmonton residents take adult continuing education courses through Metro. This is the story of one student, Ruth Hyrve. She shares her story below and challenges others to step outside their comfort zone and try learning something new.

- » [View SHAW TV's interview with Ruth](#)
- » [View Ruth's paintings](#)

From the time I was a young girl, I wanted to learn to paint. My mother was an accomplished pianist and taught music in the family home and although I asked for art classes, I was encouraged to learn to play the piano. Unfortunately, the piano did not fulfill my desire to paint and the years passed, I never took the step.

» [read more](#)

Have you taken a class with Metro? We'd love to hear from you! To share your stories and experiences, please contact Michelene Deck at michelene.deck@epsb.ca or by calling 780.917.8670.