



EDMONTON PUBLIC SCHOOLS
metro continuing education

Metro has many options for you this Valentine's Day

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 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 many adult continuing education courses that you can enjoy with your significant other or good friend.

Dance



- Ballroom Dance
- Jive/Swing
- Latin American Dance
- Country & Western
- Line Dance
- Two-Step
- Belly Dance
- Irish Dance

Cooking



- Baking
- Barbecue
- Basic
- Entertaining
- Chinese
- Vietnamese
- Thai
- Indian

Wine Tastings & Toastings



- Chocolate & Wine
- Just a Wee Dram
- Top Wines Under \$20
- Wine & Cheese Pairing
- Wine Appreciation

Art



- Drawing
- Metal Art
- Airbrushing
- Painting
- Stained Glass

Improve grades and study skills with Metro's Cool School.

Cool School

(K-9)

STARTS JANUARY 31, 2009

Invest in your child's future now with Cool School

Starts January 31, 2009

Metro Continuing Education's Cool School is a one-of-a-kind academic enrichment program for Kindergarten to Grade 9 students. Based on provincial curricula, it is designed to improve grades, strengthen study skills and build lifelong learning strategies. Whether your child has difficulty in a particular subject area, wants to reinforce basic concepts or needs to be challenged with more difficult material, Saturday Cool School is the answer.

Term 1: Jan 31 - March 21; Term 2: April 18 - June 6

Math (1-9)	Animated Literacy (K)
Language Arts (4-9)	Art Explorations (1-6)
Science (7-9)	Handwriting (1-6)
Numberpalooza (K)	Reading (1-3)

[Register online now](#)

High School Upgrading



Whether you or someone you know needs to improve marks for post-secondary requirements or finish a course to complete a high school diploma, Metro Continuing Education can help! Part-time classes are available during the evening or on Saturdays and are delivered in a friendly, adult learning environment. And, we know that people's lives can be hectic, so we offer upgrading through traditional classroom learning or on your own time through self-directed learning. Also, if you're under a time crunch, Metro's Fast Track program gives you the opportunity to finish a course in as little as 8 weeks.

Classes are filling quickly.

[Click here to display Course Schedule.](#)

Did you Know?

If you're born after September 1, 1988, your tuition will be covered by the government of Alberta. (some fees apply) If you're over 20 years of age, you may qualify for funding. Call Metro Student Services at 780.917.8675 for more information.

Albertans with a high school diploma, college, trades or university training make up to \$38,000 more per year than those with less than a high school diploma. -- 2006 Census, Statistics Canada --

Are you on Facebook®? Join us! Click "Become a fan" on Metro Continuing Education's Facebook page to get the latest news on upcoming classes and events. Also, as a fan, you'll have the chance to win free stuff like Metro classes and an iPod. See you there!

[Click here to become a fan of Metro on Facebook.](#)



Metro's Floral Arrangement & Design Program

For over 20 years, Metro Continuing Education has been the sole provider of Floral Arrangement & Design training in the Edmonton area. Designed for those looking for a career in the floral industry and those who simply want to learn how to make beautiful floral arrangements for themselves and loved-ones, the program gives students the opportunity to learn the elements and principles of floral design and the basic art of arranging flowers through hands-on projects.

Valentine's Day Floral Arrangements

Romance your sweetheart and impress your friends this Valentine's Day with a long lasting, beautifully aromatic floral arrangement that you can order today and pick up on Friday, February 13th!

Choose from two spectacular arrangements:



One dozen spectacular long stemmed red roses in a tall vase with tree fern, salal and leather leaf!

\$79.00
60 Available



A delightful grass arrangement with six pink roses! A sweet little something for someone special.

\$49.00
40 Available

All orders must be received by Friday, Jan 30, 2009

To order call Norene at 780.917.8671.

Arrangements are available for pick up at: Metro Continuing Education, 8205-90 Avenue, Edmonton, Floral Lab, Room 126, on Friday, February 13th from 1 PM to 5:30 PM.

Payment Accepted: Mastercard, Visa, or pay in person via debit or cash at the Metro Registration Office.