

EDMONTON PUBLIC SCHOOLS
metro continuing education



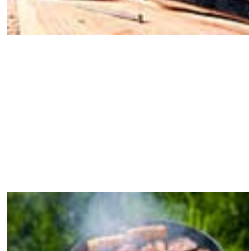
Take a peek at a few of the courses we recommend.

Get your home spring and summer ready!

When it comes to our homes we'd all love to create a dwelling place which expresses comfort and congeniality, spiced with a sense of personal ingenuity. Metro offers a number of courses to help you transform your house into a modern-day comfort zone and your yard into a magical oasis. Tackle those long overdue renovation projects with tricks of the trade from one of Metro's DIY renovation course specialists, or if your home is already in tip-top shape, take a how-to session on creating the ideal backyard dining or barbecuing experience.

This year take advantage of the Canadian Home Renovation Tax credit and save money by undertaking renovation projects yourself.

We Recommend:



[Tape, Mud & Drywall \(0090340\)](#)

Let Keith Day from H&N Technology teach you the art of creating perfectly smooth, paint-ready walls in this hands-on class. Some tools required. Space is limited. Please wear closed solid footwear for protection. Provide your own transportation to the field trip site. Drywall Compound and DVD generously sponsored by CGC.

Instructor: Keith Day

"Fantastic! Keith is a wonderful instructor who takes time with each person so you are confident in class."

- Kelly V., Tape, Mud & Drywall



[Framing 101 \(0090347\) NEW](#)

Make no mistake about it, framing and developing a basement is a big job. Here is the perfect opportunity to learn the basics from a true professional, on-site and as a 'hands-on' experience. You will learn how to lay out your floor plan, order materials, and finish the job with minimum waste and maximum job satisfaction. Register early! Class is limited to ten students.

Instructor: Adrian Sims

[View all Home and Garden courses](#)



[Barbeque A-Z \(64227\)](#)

Try some mouth-watering recipes on your barbecue. Do you want to know how to barbecue steak, chicken, vegetables, desserts or seafood? Would you like some tips on grilling fish? This class will provide you with different methods and foods to expand your barbecuing expertise. This is a hands-on demonstration course.

Instructors: Edward & Barbara Hnytko

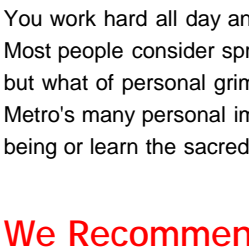


[Patio Dining \(0062064\) NEW](#)

Eating out-of-doors is a must in our short, but lovely summers. This class will get you ready to prepare a fabulous meal using seasonal ingredients, complemented with summer beverage ideas. Recipes to include roasted pear and gorgonzola soup, Italian sandwiches, artisanal cheeses and rustic breads, parmesan chicken, roasted vegetable salad with feta, and something special for dessert. Demonstration course.

Instructor: Gail Hall, Seasoned Solutions

[View all Cooking classes](#)



[Interior Decorating: The Basics 1 \(69010\)](#)

Create a home environment your client wants by using the principles and elements of interior design. The course covers an introduction to colours, patterns, textures, wall treatments, window and floor coverings, lighting and accessories.

Instructor: Jaimie Martin or Bruce Grams

"I really enjoyed the classes and looked forward to trying out new ideas at home."

- Student, Interior Decorating: The Basics 1

[View all Interior Design courses](#)



[Floral Design Level 1 \(67020\)](#)

Learn the elements and principles of floral design and the basic art of arranging flowers. As you work with fresh flowers, you will be introduced to floral accessories that bring designs to life and put a personal touch on all that you create.

Instructor: Lynne McAlpine

"Awesome! I was surprised at how quickly we were doing big arrangements."

- April G., Floral Design Level 1

Need to Revitalize?

You work hard all day and come home at night exhausted, feeling like you're on a spinning wheel to nowhere. Most people consider spring cleaning to be the perfect opportunity to purge the household of grime and dirt, but what of personal grime and dirt - individual revitalization? Renew energy, strength and vitality with one of Metro's many personal improvement classes. Awaken your inner goddess by taking a course on feminine well-being or learn the sacred art of retail therapy - golf, belly dance or hip-hop your way to a fit, toned physique.

We Recommend:



[Shopaholics Anonymous for the Fashion Addict \(0068043\) NEW](#)

Learn how to understand your buying behavior and how to avoid a closet full of new, un-worn clothing with tags still dangling from them. This course is essential for anybody who wants to revamp their closet and learn how to shop frugally and efficiently in order to look great for every occasion.

[View all Mind, Body & Soul courses](#)



[Awakening Venus - Intensive Workshop \(0055242\) NEW](#)

Ladies, begin a powerful six-week journey that will forever change the way you view yourself and your body. Discover your source of power, joy, wisdom and wonder as you develop an emotional intimacy with your body in an interactive, workshop-style of learning. We offer a multidimensional blend of scientific and wholistic knowledge which will lead you to discover connections between your hormonal and menstrual health and your emotional and mental well-being. You'll learn cycle charting, how to detect hormonal imbalances, how to release the PMS blues, how to increase the intimacy in your relationships and how to invoke your Sacred Feminine.

Instructor: Christine Baptiste, HHP

[View all Mind, Body & Soul courses](#)



[Belly Dance Level 1 \(0040181\)](#)

Belly dance is an exciting form of exercise that inspires self-expression. Learn the basic dance steps and veil moves of this historic dance and put them together in a short choreography. Strengthen underused muscles and increase your flexibility with the amazing art of belly dance! PARTNER NOT REQUIRED.

"Vanlee made it really fun - even if I don't make the recital, it was great to put all the pieces together in choreography."

- Eileen H., Belly Dance Level 1

[View all Dance courses](#)



[Swing into Golf Level 1: Outdoor \(0040447\)](#)

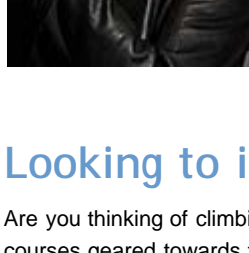
Get ready to hit the fairways and learn how to improve your handicap before the season opens. No more slicing or hooking! Go back to the fundamentals of golf including grip, stance, posture, ball and tee position, driving, alignment, wagging, and basic swing mechanics.

Instructor: Kevin Day

"Kevin was knowledgeable and took the time to show each student the proper way of holding, positioning and swinging the club. It was awesome!"

- Vi, Swing into Golf Level 1: Outdoor

[View all Fitness courses](#)



[Fit Hop \(0040591\) NEW](#)

Learn the hottest moves to the latest music while getting a great total body workout in this funky cardio-style hip hop class. No dance experience necessary. Steps are easily broken down so even the most inexperienced dancers can feel successful.

Instructor: Jessica Bowdin - Griffin

[View all Fitness courses](#)

Bored?

Expand your horizons this summer with a new hobby or interest. Learn valuable techniques for shooting and digitizing photographs by taking a class from one of the largest, most comprehensive photography programs in Canada - only offered at Metro. Or, if you've ever dreamt of becoming the next Monet, you just may have a chance by signing up for one of Metro's many painting classes. If picture play isn't your thing, why not cleverly impress your friends by applying skills learned, from a Metro wine course, in choosing that perfect vintage chardonnay for a breezy summer night?

We Recommend:



[Impressionist Palette Knife Painting \(0080452\)](#)

Using just a palette knife and no brushes you will paint impressionistic landscapes or seascapes. Composition, tone values, color, hard and soft edges will be discussed and demonstrated during the process of rendering a scene in oil. Experience the energetic method of knife painting and keeping things simple. No turpentine or linseed oils used; no odors. Students can paint from own pictures. See gallery for artist's completed works. Beginner to intermediate. Supplies are needed.

Instructor: Doug Downey

[View all Art courses](#)



[Wine Appreciation \(64323\)](#)

Would you like to expand your wine knowledge? This course will cover the major red and white grape varieties in our market with a focus on popular wines. Learn the five S's of tasting while adopting a sophisticated wine descriptor vocabulary. We will cover food pairing, cellaring, wine quality and our today's industry trend. You will learn to navigate the selections in a wine store. This course will include a practical tasting of seven wines.

Instructor: Heather Kingston, ISG, Certified Sommelier

"Both entertaining and informative - a valuable and fun evening."

- Bob W., Wine Appreciation

[View all Passions and Pastime courses](#)



[A Practical Introduction to Digital SLR Photography \(0092023\)](#)

Get comfortable with all the features of your digital SLR camera. You will take dozens of pictures in manual mode, controlling all the elements of exposure, while gaining practical experience with all functions of your camera. This is a highly technical beginners' course for those with some camera familiarity.

Instructor: Susan Hydzik or Krister Temme

[View all Photography courses](#)

Looking to improve your skills?

Are you thinking of climbing the corporate ladder or possibly becoming your own boss? Metro has a number of courses geared towards those looking to improve computer and business management skills. We also offer a budget bootcamp for those wanting some lessons in number-crunching and legal classes on everything from estates and wills to choosing the right lawyer.



[Budget Boot Camp \(0060672\)](#)

There are really only two ways to earn an income; to work for the money or have your money work for you. In these tough economic times, it's important to learn strategies that enable you to stretch a dollar earned. This course will teach you how to increase your cash flow within your existing budget, discover ways to start making your hard-earned money work hard for you, and develop habits that will begin to ensure your financial independence and security. You will also learn to distinguish between good and bad debt.

Instructor: Luis Jepas

[View all Business & Management courses](#)

[Supervision Level 1 \(60190\)](#)

Examine the basic principles and key responsibilities of supervision. Learn functions and concepts related to the role of the supervisor, as well as the various leadership styles and the work environment each style fosters.

Instructor: Pam McCulloch

"Great Instructor! Lots of info and looking forward to Level 1 & 2."

- Preston P., Supervision Level 1

[View all Business & Management courses](#)

Did you know that you can get vital information from practicing lawyers in a variety of subject areas like Separation & Divorce, Contract Law, Being an Executor/ Personal Representative and Wills & Estate Planning Essentials?

All Metro Law for the Layperson are funded by the Alberta Law Foundation which translates into huge savings. Classes range in price from \$15 to \$30.

[View all Law for the Layperson courses](#)

[ASC Launches New On-line Resource to Help Investors](#)

The Alberta Securities Commission (ASC) has launched a new on-line learning tool called, "Who's Taking Care of Your Money?" to help investors explore three questions that should be asked before making any investment decision: Who can I trust?, How do I start?, and What can I do?

Visit www.albertasecurities.com to view the course and enter to win a free gift certificate towards a Metro Continuing Education course.

Invest in your child's future now with Cool School

Starts April 18, 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.

April 18 - June 6

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

[Register online now](#)