



**COURSES,
CAMPS &
CREDITS
FOR STUDENTS
OF ALL AGES**



Learning... *at the speed of life.*

Let the good times roll this summer with Metro Continuing Education's diverse mix of student course choices.



Beat the Heat with Metro's Summer Cool School



Beginning in July, Metro's Summer Cool School 2009 will offer one-of-a-kind day programs for elementary and junior high students. These day programs include courses in core academic areas, English as a Second Language classes and Sports & Adventure camps. Students may take individual courses or choose to customize their own one, two or three week day camp program.

Metro's Academic summer classes offer students an opportunity to catch up or get ahead in Math or Language Arts or, there is always Metro's Adventure Camps which cater to those wanting to discover a new hobby or sharpen an old one. These camps are jam-packed with a variety of sports options and courses in photography, cooking, computers and more. As well, for the Canadian newcomer or those looking to improve their English language communication skills, Metro also hosts English as a Second Language courses for children and teens.

[View Summer Cool School courses](#)

Make Summer Memories Last a Lifetime



"The main thing I want students to walk away with (in Summer Cool School) is the ability to take great photos no matter what kind of camera they own. This will be taught by having them understand the concept, of light, colour, depth of field, and good composition."

- Arwen Aubrey-Hebert, photography instructor

Metro is renowned for its adult education classes in photography. With such a record of success, why not add a class for the shutterbug kids? Metro has done just that in this year's Summer Cool School camps for junior high and elementary students.

Teacher, Arwen Aubrey-Hebert, comes equipped with a background in both photography and teaching. Before becoming a teacher, she graduated with a photographic technology diploma and has at least ten years of experience in the field of photography. Aubrey-Hebert has an excellent understanding of film and digital cameras, as well as the technical and creative side of camera work.

For the first two weeks of summer school, junior high photography classes will be taught all afternoon, while photography classes for Grades 4-6 will be taught all morning. Students must come to class with their own camera. For more information about Summer Cool School courses or to register call 780.428.1111 or register online 24/7 at metrocontinuingeducation.ca

[View Summer Cool School courses](#)

Quick Courses = Quick Credit

With Metro Continuing Education's Summer School, you can complete a five-credit high school course in as little less than four weeks. Choose from a variety of 10-, 20-, 30- level subjects to upgrade your marks or create more flexibility in your regular school year timetable. Summer school classes are also open to students who need to upgrade or complete their high school diploma requirements for post-secondary pursuits.

The 7 Benefits of Summer School

1. More time to learn basic concepts students may have missed, in a particular subject, during the school year.
2. More relaxed environment with smaller classes and student-to-teacher ratios.
3. Opportunity for high school students to gain needed credit, open up their schedule to more flexibility, or boost their grade point average.
4. Gives gifted students, struggling students or ESL students a chance to focus on improving or excelling in one particular subject – lowers the workload usually seen in a regular school year.
5. Reinforces information students have been taught throughout the school year.
6. An opportunity to be active in a safe environment with qualified leaders.
7. Chance to develop social skills and make new friends.

[View Summer Cool School courses](#)



Build Brain Power with the Grade 9 PAT Prep

In May and June, Metro's Grade 9 Provincial Achievement Test Prep courses will be offered. These core subject classes will give students the opportunity to review key concepts, practice important questions and learn specific exam-writing strategies as they prepare to complete their provincial achievement test.

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

- Student, Brain Booster

[View Grade 9 PAT Prep course schedule](#)

Gearing-up for the Grade 12 Diploma Exams



In June and August, Metro's Diploma Prep courses will assist Grade 12 students in reviewing key concepts and topics, writing sample exams and learning specific exam-writing strategies as they prepare to complete their exams. Diploma review courses are available in Math, Science, Social Studies, English, Chemistry, Physics and Biology. These courses give students an excellent introduction and head start to the diploma exams as they prepare to enter post-secondary institutions.

"I have learned many things that I was not sure about. I feel very confident to write the diploma exam now. The teacher was excellent, very informative and had a great way of explaining topics."

- Student, Brain Booster

[View Grade 12 Diploma Prep course schedule](#)

Dad's Day Out

Was your dad the one who always made sure you had your homework done, you weren't skipping school and you were achieving optimal grades? If so, maybe it's time to return the favour by registering dad for one of Metro's many continuing education adult summer classes. Metro's array of courses will assist in sprucing up dad's golf swing, developing his taste for good wine or teaching him the basics of a new language. Register him yourself or purchase a gift certificate. Metro gift certificates never expire and can be used for courses anytime of the year, including the next class calendar scheduled for release in August. Oh yes, don't forget to remind dad that in these classes there is no homework, grades or tests.



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We Recommend:



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

Get ready to hit the fairways in classes designed for beginners or those who want to improve their handicap. 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

Starts: June 10, 2009 or June 13, 2009 – Runs for three Wednesdays or three Saturdays.

[View all Fitness & Sports classes](#)



[Spanish in a Day \(0089454\)](#)

If you are travelling to a Spanish speaking country and want to be able to ask directions, order meals, count change, barter and learn the most important vocabulary to communicate politely and effectively, this intensive one-day course is perfect for you! This class will focus on building your Spanish vocabulary and pronunciation skills and you will also receive invaluable cultural tips to make your vacation even more memorable.

Instructor: Litzzy Baeza, MA Latin American Studies

Starts: June 10, 2009 – Runs for one full Friday

[View all Language 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. Write notes using wine descriptor vocabulary. We will cover food pairing, cellaring, wine quality and our industry today. 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

Starts: June 11, 2009 – Runs for one Thursday evening

[View all Passions & Pastimes courses](#)



[Fundamentals of Digital Cameras](#)

If you have a limited understanding of your digital camera this class is ideal for you. Improve the pictures you take by learning about the major components of your camera, and how to adjust the white balance, ISO, and shutter speed dependant on lighting conditions. Also, gain an understanding of the principles of composition. This course is for SLR cameras, or any digital camera that has aperture and shutter controls. Three hours of practice per week is suggested.

Instructor: Nathan Burge

Starts: June 3, 2009 – Runs for four Wednesday evenings

[View all Photography courses](#)