



EDMONTON PUBLIC SCHOOLS
metro continuing education



Get ready for a year full of new experiences, lots of learning and heaps of fun!

Manage Your Future ... One Course at a Time

Let Metro help you in achieving your financial goals this year by registering in one of Metro's informative money-wise courses. We have everything you'll need to assist you in household budgeting, investing, educational savings, pension plans and more!



[Budget Boot Camp \(43000019\)](#)

In these tough economic times, it's important to learn strategies that enable you to stretch every dollar earned. Discover how to increase your cash flow within your existing budget and develop habits that will ensure your financial independence and security. You'll also learn to distinguish between good and bad debt.

Starts: Feb 6, 2010

[View all Business & Management courses](#)



[Education Savings: Understanding your Options \(43000020\)](#)

Investing in a child's education is one of the ways to provide peace of mind when it comes to saving for the future. Contributions for a child's post-secondary education are tax-free and can grow surprisingly quickly. There will be a detailed discussion on options available to new parents and parents with school-aged children.

Starts: Mar 20, 2010

[View all Business & Management courses](#)

[The Basics of Investing \(43000034\)](#)

Think investing is just for financial wizards? This course is ideal for beginners and covers RRSPs and RESPs, as well as the stock market, mutual funds and tax considerations. Presented in plain language, this non-promotional course discusses important investing topics and provides you with a solid base from which to make well-informed investment decisions.



Starts: Jan 16, Mar 13, Apr 14, 2010

[View all Business & Management courses](#)

Reconnect with Well-Being ... One Course at a Time

De-stress from the holiday hype and make this the year for a new and improved healthy lifestyle. Learn to relax, pamper yourself and feel good. Now is the time!



[Yoga: Mixed Levels \(43160010\)](#)

This alternative form of exercise offers the benefits of improved flexibility, relaxation, enhanced fitness and strength, and relief from stress. Instruction includes breathing exercises, basic meditation and concentration techniques. This course is excellent for beginners and will also challenge people who are advanced in yoga.

Starts: Jan 11, Jan 13, Apr 12, Apr 14, 2010

[View all Fitness & Sports courses](#)



[Eastern Head & Shoulder Massage \(44140045\)](#)

Learn ancient techniques originating in Thailand and India to massage the head, neck, shoulders, face and arms for healing and extreme relaxation. This technique is done seated and fully clothed, making it an extremely versatile massage treatment. PARTNER NOT REQUIRED

Starts: Mar 9, Apr 8, 2010

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



[Healthy Cooking \(44010011\)](#)

Who says healthy has to be boring? Learn to prepare healthy meals and explore ways to adapt your favorite recipes—from soups to main courses—for optimum taste and nutritional value. Hands-on/demonstration course.

Starts: Jan 21, 2010

[View all Cooking courses](#)



[Diva Dancing \(43160002\)](#)

Jump-start your cardio with attitude and confidence as you learn to combine sensuality and strength techniques in this aerobic dance-based class. You'll enhance your flexibility, strength and balance through a series of choreographed movements unique to each session. This exhilarating fitness program promotes an overall body awareness and toning that will have you strutting with purpose. Appropriate for all fitness levels.

Starts: Jan 25, Apr 6, 2010

[View all Fitness & Sports courses](#)



[Zumba® \(43160011\)](#)

Zumba® is a fusion of Latin and international rhythms that creates a dynamic and energetic fitness workout. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. These rhythms include the merengue, salsa, reggaeton, samba and cumbia. It's a great workout for everybody, regardless of age, size and fitness level.

Starts: Jan 16, Jan 21, Apr 10, 2010

[View all Fitness & Sports courses](#)

Resolve to Improve Your Grades This Year



Step into 2010 with Academic Success! Accomplish your goals, finish high school credit courses, get into post-secondary or take up a trade. The sky is the limit! Metro has a number of high school credit courses starting soon.

Throughout January we will be offering Brain Booster courses for students who are needing extra prep for their high school diploma exams. For junior high and elementary school students, Saturday Cool School starts at the end of January.

[For dates, times or other information see our online calendar .](#)

A promotional banner with a dark blue background. On the right side, there is a photograph of an iPod. The text on the left reads: 'Register for any Metro high school credit course by January 29, 2010 and you will be entered for a chance to win an iPod. click here to register online. Contest closes January 29, 2010. One entry per person.' The iPod screen shows a music player interface with the song 'Just Feel Better' by Santana.

Register for any Metro high school credit course by January 29, 2010 and you will be entered for a chance to win an iPod. [Register online 24/7 at metrocontinuingeducation.ca.](#)

Contest closes January 29, 2010. One entry per person. iPod may not be the same as in the above picture.



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