



EDMONTON PUBLIC SCHOOLS  
**metro** continuing education



Add a little spice into your life this February with a Metro course. You'll be sure to shake off the winter chills as you cook, dance and relax your way through the end of winter and into the spring.



#### [Latin Heat \(43170014\)](#)

Learn to dance the L.A. Salsa (a flashy salsa style influenced by swing and mambo), Merengue (a two-beat Dominican Republic dance) and the Bachata, a four-beat dance that requires additional body movement skills and coordination. Get ready to become a salsero/salsera and have a blast learning new dance moves, getting fit to sensual, high energy Latin rhythms. Please register in couples.

**Starts:** February 11, 2010

[View all Dance courses](#)



#### [Argentine Tango \(43170013\)](#)

Experience the beauty, passion and sophistication of the Argentine Tango. This course will cover the basic steps, with an emphasis on posture, technique, leading and following skills, and interpretation of the music. These beginner elements of the tango are essential to gaining the confidence needed to dance on a social level. Please register in couples.

**Starts:** April 12, 2010

[View all Dance courses](#)



#### [Massage for Couples \(44140009\)](#)

A truly great massage is therapeutic, relaxing and brings couples closer together. Enhance your relationship by learning and applying basic massage techniques as a couple. Supplies are needed. Please register in couples.

**Starts:** February 6, March 6, April 10, 2010

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



#### [Wine Appreciation \(44150013\)](#)

Chardonnay, Merlot, white, red, dry, Chile, California – it's enough to make your head spin! This course will cover the major red and white grape varieties in our market, with a focus on popular wines. Write notes using wine descriptor vocabulary. We'll cover food pairing, cellaring, wine quality and our industry today. You'll learn to navigate the selections in a wine store. This course will include a practical tasting of seven wines.

**Starts:** February 9, March 15, 2010

[View all Passions & Pastimes courses](#)



## Melt Those Winter Blues

Combat the winter blues by doing something different this year! Take a Metro course to brighten your days and focus your energy on learning something new.



#### [Stand Up Comedy \(46210004\)](#)

Discover your unique sense of humour! Use it at all times and in any situation. Develop it further to use as a means for well-being. You'll also have the opportunity to perform at The Laugh Shop. This is an optional activity, so you may either observe or participate on that evening.

**Starts:** April 27, 2010

[View all Communication Arts courses](#)



#### [Facelift \(44140022\)](#)

Take years off your face with a professionally instructed makeup make-over. This course is designed for women over 40 whose skin needs have changed. Your instructor will give you and your face a lift with easy-to-do skin care and makeup techniques.

**Starts:** February 22, March 22, April 19, 2010

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



#### [Travel Photography \(46000019\)](#)

Taking a vacation? Discover how to record your trip with a variety of visually rewarding photographs. Learn how to design and construct interesting and varied visual themes and stories, what equipment to travel with and how to protect it.

**Starts:** February 9, 2010

[View all Photography courses](#)

## Academic Success Programs Winter Term

The winter term for Metro's Academic Success Programs, High School Credit Courses will begin February 6, 2010. Metro offers students the flexibility to take high school credits courses in the evening and weekends while still attending to regular commitments during the day. Classes are taught in a mature learning environment with qualified, experienced instructors.

- [Traditional Term - complete a 5-credit course in 16 weeks](#)
- [Fast Track - complete a 5-credit course in eight weeks](#)



### What's Coming?

Metro's Academic Success Programs, Summer Cool School and Summer High School Program dates and times will be posted on the Metro website in late February 2010. Continue to check our website at: [metrocontinuingeducation.ca](http://metrocontinuingeducation.ca)

Look for Metro's Academic Success Programs and Adult Continuing Education Summer classes supplement in grocery stores this April.