



REGISTRATION
AUG. 10 AT 8:30 A.M

FALL REGISTERED PROGRAMS



ENGAGING · EXCITING · ENERGIZING

No membership fee to participate.
Open to everyone 55 Plus or better!

SESSION STARTING SEPT 12

700 RIVER ST. & 1914 W. ARTHUR ST.

www.thunderbay.ca/55plus



RECREATION & CULTURE
DIVISION

THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

FALL 2022 REGISTERED PROGRAMS

REGISTER ONLINE OR CALL THE HOTLINE (807) 625-8463 • THERE WILL BE NO CLASSES ON SEPT 30, OCT 10 AND NOV 11

FITNESS AND WELLNESS

EVENING ENERGIZER GOLD *with Lisa Mork-Guerts*

With a mix of cardio, stretching, & toning using a variety of equipment and get moving to some fantastic music!

CODE	DAY	TIME	DURATION	COST
7678	Monday & Thursday (No class Oct 10)	5:15pm-6:15pm	26 sessions	\$135.46

FELDENKRAIS *with Oliver Reimer*

Lying down, participants engage in precisely structured movements that involve thinking, sensing, moving and imagining. Lessons consist of comfortable, easy movements that gradually develop into greater range and complexity. This challenges the body and brain to new ways of understanding in the way your body moves.

CODE	DAY	TIME	DURATION	COST
7679	Friday (No class Sept 30 & Nov 11)	12:30pm-1:30pm	11 sessions	\$65.45

F.I.T. (Functional Interval Training) *with Anne Parr*

Learn to work the core, become strong from the inside out. Specific exercise taught to strengthen weak muscles, ligaments and tendons, correct balance, alignment & posture. This progressive class will challenge cardiovascular & muscular strength, endurance, flexibility, co-ordination and agility.

CODE	DAY	TIME	DURATION	COST
8040	Tuesday & Friday (No class Sept 30 & Nov 11)	1:30pm-2:30pm	24 sessions	\$115.20

FUNCTIONALLY FIT *with Lisa Winter*

Using weights, balls and bands, this class is a mix of cardio and strength training to maintain the whole body for real life activities. The class will consist of a combination of both chair and standing exercises.

CODE	DAY	TIME	DURATION	COST
7680	Tuesday	11:00am-12:00pm	13 sessions	\$68.12
7681	Thursday	12:30pm-1:30pm	13 sessions	\$68.12

FUSION FITNESS *with Lisa Mork-Guerts*

This class will fuse all the movements of YOGA and PILATES together. You will metabolize, gain muscle and get into waist management in this amped up Body Resistance Workout...no weights...just sweat and smiles! All you need is a yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.

CODE	DAY	TIME	DURATION	COST
7682	Tuesday & Thursday	8:45am-9:45am	26 sessions	\$130.25
7683	Saturday	11:00am-12:00pm	13 sessions	\$67.73

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GETTING TO THE CORE *with Gary Hoogsteen*

Canceled - sorry for any inconvenience.

HOOP IT UP! *with Lisa Mork-Guerts*

This cardio interval exercise class focuses on strengthening the core while burning belly fat, and getting a great cardio workout. Made up of warmup, cardio/muscle training and cool down/stretching, and is for everyone!

CODE	DAY	TIME	DURATION	COST
7685	Friday (No class Sept 30 & Nov 11)	11:30am-12:30pm	11 sessions	\$64.68

JOY OF LATIN DANCING - BEGINNER *with Armin Del Rosario*

Line dancing isn't just country and western anymore! It's modern, sophisticated, flowing waltz and night club rhythm with Latin flavour. It is FUN, GREAT EXERCISE and YOU DON'T NEED A PARTNER. Learn new and traditional line dances in a comfortable, welcoming class. For beginners and those who feel they have two left feet.

CODE	DAY	TIME	DURATION	COST
7686	Thursday (No class Oct 13)	9:00am-10:00am	12 sessions	\$76.56

JOY OF LATIN DANCING - INTERMEDIATE *with Armin Del Rosario*

If you have already taken the Joy of Line Dancing at the beginner level, it is time to move on to the next steps. . . .enjoy moving and grooving with Armin with new moves and more complex steps.

CODE	DAY	TIME	DURATION	COST
7687	Thursday (No class Oct 13)	10:30am-11:30am	12 sessions	\$76.56

JUST FOR GUYS *with Derek Ortgiese*

Help increase your cardiovascular fitness level along with toning and stretching. You will use a variety of equipment to help you reach those fitness goals! This class is geared towards men only.

CODE	DAY	TIME	DURATION	COST
7688	Monday & Wednesday (No class Oct 10)	9:00am-10:00am	25 sessions	\$120.00
7689	Tuesday & Thursday	9:30am-10:30am	26 sessions	\$124.80

BEGINNER JAZZ *NEW* *with Lynda DePiero*

It's ever too late to learn to dance. Join Lynda DePiero for her fall session of beginner jazz dancing. Learn basic dance steps and combinations. Music dance selections include pop, jazz, country & Broadway musicals. No previous dance experience is required. Improve your co-ordination, balance & physical fitness. Enhance your brain skills while have fun socializing.

CODE	DAY	TIME	DURATION	COST
8371	Monday (starting Sept 19) (No class Oct 10)	11:30am-12:30pm	10 sessions	\$63.80

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KEEP MOVING WITH PARKINSON'S *with Karen Gorst-Vigliarolo & Derek Ortgiese*

This class is specifically designed for those with Parkinson's disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. Must have been assessed by St. Joe's, call St. Joe's at 346-2334.

CODE	DAY	TIME	DURATION	COST
7690	Monday & Wednesday (No class Oct 10)	11:15am-12:15pm	23 sessions	\$120.52
7691	Friday (No class Sept 30 & Nov 11)	9:15am-10:15am	11 sessions	\$57.64

LOW IMPACT AEROBICS *with Lisa Mork-Guerts*

A gentle warm-up, 20 minutes of a low impact cardio, use of light hand weights, bands and other equipment.

CODE	DAY	TIME	DURATION	COST
7693	Monday & Wednesday (No class Oct 10)	1:30pm-2:30pm	25 sessions	\$120.00

METABOLIC POLE WALKING *with Anne Parr*

If you enjoy walking outdoors, join this fun group and learn how to use proper techniques for pole walking and all the numerous benefits that come with it! Weather permitting; you will walk at various outdoor trails around the city. First class takes place at the Centre, meet outside on the back patio.

CODE	DAY	TIME	DURATION	COST
7696	Wednesday	12:30pm-1:30pm	13 sessions	\$73.32

MORNING ENEGIZER GOLD *with Lisa Mork-Guerts*

With a mix of cardio, stretching, & toning using a variety of equipment, get moving to some fantastic music and get your morning energized!

CODE	DAY	TIME	DURATION	COST
7697	Mon, Wed & Fri (No class Sept 30, Oct 10, Nov 11)	8:45am-9:45am	36 sessions	\$147.24
7699	Mon, Wed & Fri (No class (No class Sept 30, Oct 10, Nov 11))	10:00am-11:00am	36 sessions	\$147.24

SEATED BENDER BALL *with Anne Parr*

This low impact class uses the little ball that does it all! Bender Balls are highly effective for strengthening your core muscles, relaxing tight muscles, increasing your range of motion, improving your posture & body awareness. All levels welcome.

CODE	DAY	TIME	DURATION	COST
7700	Thursday	1:30pm-2:30pm	13 sessions	\$73.32

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SIMPLY STRETCHING with Lisa Mork-Guerts

This beginner stretch class will start your day with flowing movements of Tai chi, energizing postures of Yoga and gentle stability of Pilates. All fitness levels welcome in this fun and functional class.

CODE	DAY	TIME	DURATION	COST
7701	Tuesday & Thursday	10:15am-11:15am	26 sessions	\$115.25
7702	Saturday	9:30am-10:30am	13 sessions	\$59.93

SIT AND BE FIT with Lisa Winter

This gentle seated exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. It includes rhythmic movement, range of motion, strength and stretching exercises.

CODE	DAY	TIME	DURATION	COST
7703	Tuesday	12:15pm-1:15pm	13 sessions	\$73.32
7704	Thursday	11:00am-12:00pm	13 sessions	\$73.32

STRENGTH IN MOTION with Karen Gorst-Vigliarolo

Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. You can use a chair for support if needed.

CODE	DAY	TIME	DURATION	COST
7705	Monday (No class Oct 10 & 24)	10:00am-11:00am	11 sessions	\$57.31
7706	Wednesday (No class Oct 12)	10:00am-11:00am	12 sessions	\$62.52
7707	Thursday (No class Oct 13)	4:30pm-5:30pm	12 sessions	\$62.52

TAIJI with Oliver Reimer

This class is suitable for learners at any stage. We begin with loosening movements of the joints and learn to find the relaxed, fluent and strong ways of moving. We move into the 8 and 16 Forms choreography according to participants. In the last 1/2 hour of the class we move into the 24 & 48 Forms. The class is adapted to participants.

CODE	DAY	TIME	DURATION	COST
7708	Monday (No class Oct 10)	10:30am-12:00pm	12 sessions	\$67.32

TAIJI GIGONG FOR HEALTH with Sandra MacKenzie

Coordinate breathing with gentle movements to improve your health and wellness with Sandra MacKenzie.

CODE	DAY	TIME	DURATION	COST
7709	Friday (No class Sept 30 & Nov 11)	11:00am-12:00pm	11 sessions	\$61.71

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ZUMBA GOLD *with Karen Gorst-Vigliarolo*

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

CODE	DAY	TIME	DURATION	COST
7710	Tuesday	2:30pm-3:30pm	12 sessions	\$62.88
7711	Saturday	10:30am-11:30am	12 sessions	\$62.88

YOGA AND MEDITATION CLASSES

CHAIR SEATED YOGA *with Kaija Makinen*

One hour of stretching, toning, breathing exercises, smiling and laughing. Using the chair, we learn basic yoga postures and breathing techniques designed to de-stress, strengthen and bring flexibility to your body and mind. All levels of ability welcome.

CODE	DAY	TIME	DURATION	COST
7712	Tuesday	9:30am-10:30am	13 sessions	\$73.32
7713	Tuesday	11:00am-12:00pm	13 sessions	\$73.32
7714	Wednesday	9:30am-10:30am	13 sessions	\$73.32
7715	Friday (No class Sept 30 & Nov 11)	9:00am-10:00am	11 sessions	\$62.04

GO WITH THE FLO-YOGA *with Lisa Mork-Guerts*

Join Lisa Mork-Guerts in a gentle "flo-yoga" moving practice. For this one hour class bring your mat to go through a peaceful and relaxing stretching to start your day. Modifications will be adapted.

CODE	DAY	TIME	DURATION	COST
7716	Monday & Wednesday (No class Oct 10, 12, 24)	11:30am-12:30pm	23 sessions	\$119.83

INCLUSIVE YOGA *NEW* *with Maureen Mauro*

For beginners and experienced practitioners alike, offering options and approaches to postures and techniques. Aligning the body with breath will be our base. Directives are encouragement to work at your own pace, related to everyone's personal range of motion, current energy levels, and desired approaches to create a unique individualized practice. Guided relaxations and commitment to a harmonious, meditative communal well being.

CODE	DAY	TIME	DURATION	COST
7721	Friday (No class Sept 30 & Nov 11)	1:30pm-2:30pm	11 sessions	\$57.64

MEDITATION - ADVANCED *with Kaija Makinen*

If you previously enjoyed beginner meditation, get ready to take your skills up a notch with our advanced classes. Must have taken beginner meditation previously.

CODE	DAY	TIME	DURATION	COST
7717	Wednesday	11:00am-12:00pm	13 sessions	\$71.37

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MEDITATION - BEGINNER *with Kaija Makinen*

Join our certified yoga teacher to embrace the power of meditation in this beginner class. Learn the art of breathing, focusing and find your inner calm.

CODE	DAY	TIME	DURATION	COST
7718	Wednesday	12:00pm-1:00pm	13 sessions	\$71.37

YOGA *with Irene Hauta*

Canceled - sorry for any inconvenience.

YOGA FIT – HATHA YOGA *with Marisa Levanto-Gleeson*

An intermediate fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement and strength training.

CODE	DAY	TIME	DURATION	COST
7722	Wednesday & Friday (No class Sept 30 & Nov 11)	10:30am-12:00pm	24 sessions	\$157.44

WORKSHOPS

BEGINNER SWEDISH WEAVING *with Valerie Zhiha*

Also known as Huck Weaving, this art is simple and easy to learn. In this 4 week class, you will learn to weave patterns on cloth to produce a table runner or similar items. All materials can be purchased from the instructor for \$30.00.

CODE	DAY	TIME	DURATION	COST
7760	Thursday (Oct 6, 13, 20, 27)	1:00pm-4:00pm	4 sessions	\$32.68

GREETING CARDS *with Pat Lloyd*

This workshop is suitable for the beginner as well as more accomplished card makers. You will create 3 Christmas cards and learn different processes and techniques in designing your cards. Please bring a pair of scissors, all other supplies provided

CODE	DAY	TIME	DURATION	COST
7765	Wednesday, Oct 5	1:00pm-4:00pm	1 session	\$26.20
7766	Wednesday, Nov 16	1:00pm-4:00pm	1 session	\$26.20
7768	Wednesday, Dec 7	1:00pm-4:00pm	1 session	\$26.20

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FAB'S SPACE ART WORKSHOPS *with Fabiana Velenzuela*

Join Fabiana's art workshops to create unique handmade products for you and your home or a great present idea. Each workshop is open to any crafting level. All supplies included.

CODE	WORKSHOP	DAY	TIME	COST
7769	Christmas Coasters	Friday, Dec 9	1:00pm-4:00pm	\$35.00
7770	Countdown Xmas	Friday, Nov 25	1:00pm-4:30pm	\$60.00
7771	Centre Table Tray	Friday, Oct 14	1:00pm-3:30pm	\$50.00
7772	Découpage Pumpkin	Friday, Sept 16	1:00pm-3:30pm	\$35.00
7773	Gnome	Friday, Nov 18	1:00pm-4:00pm	\$40.00
7774	Mandala Paint	Friday, Oct 21	1:00pm-4:00pm	\$40.00
7775	Skull Decor	Friday, Oct 28	1:00pm-3:30pm	\$40.00
7776	Thankful Plaque	Friday, Sept 23	1:00pm-3:30pm	\$30.00
7777	Trio Fabric Pumpkin	Friday, Oct 7	1:00pm-4:30pm	\$40.00
7778	Wood Piece Decoupage	Friday, Nov 4	1:00pm-3:30pm	\$35.00
7779	Wood Tree Trio	Friday, Dec 2	1:00pm-4:00pm	\$35.00

PARTNER YOGA *with Kathleen Baleja*

As with most yoga classes, we will begin with some warm ups, stretching and breathing exercises. Then the fun begins! We will experiment with synchronized breathing, assisted stretches, two person poses, scarf juggling and some Thai yoga massage. You and a friend must register separately for the workshop. Some yoga experience is helpful. You must be able to kneel in table top pose.

CODE	DAY	TIME	DURATION	COST
7785	Saturday, October 15	10:00am-12:00pm	1 session	\$31.44

WELLNESS WORKSHOPS *with Susan Whatley-Halverson*

Join Susan Whatley-Halverson, certified Health and Life Coach as guides those that are ready to change their and lifestyle so they can live their healthiest life possible.

CODE	WORKSHOP	DAY	TIME	COST
7780	Find Ways to a Better Sleep	Saturday, Oct 15	11:00am-12:00pm	\$15.00
7781	Find Ways to Stress Less During Challenging Times	Saturday, Oct 1	11:00am-12:00pm	\$15.00
7782	Kick The Sugar Habit	Saturday, Sept 24	11:00am-12:00pm	\$15.00
7784	Transform Your Eating to Heal and Nourish	Saturday, Sept 17	11:00am-12:30pm	\$15.00

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VISUAL ARTS

ADVANCED WATERCOLOUR *with Biljana Baker*

In this fast paced course you will complete at least 5 paintings while honing your skills as a watercolour artist. Learn more about the art of watercolour painting with a great instructor. Please bring your own supplies.

CODE	DAY	TIME	DURATION	COST
7831	Thursday (Sept 15, 22, 29, Nov 17, 24, Dec 1)	1:00pm-4:00pm	6 sessions	\$73.36

BEGINNER WATERCOLOUR *with Biljana Baker*

This class is designed to show you the ins and outs of how to paint with watercolours. Learn the basic techniques, terms and how to mix colours and blend to create your own work of art. Supplies will be for sale at the first class.

CODE	DAY	TIME	DURATION	COST
7832	Tuesday (Nov 22, 29, Dec 6, 13)	9:00am-12:00pm	4 sessions	\$48.92

INTERMEDIATE WATERCOLOUR *with Biljana Baker*

If you took beginner watercolours in the past and want to move on to the next steps in your artistic skill building, then this class is for you! Please bring your own supplies.

CODE	DAY	TIME	DURATION	COST
7833	Thursday (Sept 15, 22, 29, Nov 17, 24, Dec 1)	9:00am-12:00pm	6 sessions	\$73.36

GENERAL INTEREST

BEGINNER FRENCH *with Mariette Langevin*

Ces't la vie! Join our fun and knowledgeable French instructor to learn some basic French to help you in your travels!

CODE	DAY	TIME	DURATION	COST
7834	Wednesday	1:00pm-3:00pm	13 sessions	\$102.71

GUITAR LESSONS –BEGINNER *with Tara O'Brien*

Learn to read music and tablature and starting chords and playing melodies on guitar. No experience required. Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
7841	Wednesday	11:00am-12:00pm	13 sessions	\$158.86

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GUITAR LESSONS – PURPLE GROUP *with Tara O'Brien*

Must have taken the Summer Purple Group Session or equivalent. Participants in this lesson will read guitar notation and are presently learning chords, rhythms and song arrangements Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
7842	Tuesday	11:00am-12:00pm	13 sessions	\$158.86

GUITAR LESSONS – RED GROUP *with Tara O'Brien*

Must have taken the Summer Red Group Session or equivalent. This group will read guitar notation, play chords and work on song arrangements. Must bring own guitar and music stand.

CODE	DAY	TIME	DURATION	COST
7843	Tuesday	9:30am-10:30am	13 sessions	\$158.86

UKELELE – ADVANCED *with Marie Morrow*

Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Must have taken Beginner class previously. Additional fee will be required for music. Some classes outside weather permitting.

CODE	DAY	TIME	DURATION	COST
7844	Tuesday	3:15pm-4:15pm	6 sessions	\$42.95

UKELELE – BEGINNER *with Marie Morrow*

Learn to play the Ukulele with our experienced instructor. Please bring your own Ukulele. Additional fee will be required for music. Some classes outside weather permitting.

CODE	DAY	TIME	DURATION	COST
7845	Wednesday	1:00pm-2:00pm	6 sessions	\$42.95

TECHNOLOGY

ALL ABOUT PHOTOS FOR iPad *with Donna Brown*

In this detailed course you will learn how to organize your photos into albums and folders, different methods of backup, photo enhancing, People App and much more.

CODE	DAY	TIME	DURATION	COST
7855	Tuesday (Oct 25 - Nov 29)	1:00pm-3:00pm	6 sessions	\$97.92

BASIC ANDROID PHONE CLASS *with Gayle Reguly*

This course will teach you how to text, make phone calls easily, and adjust settings to hear your phone ringing and see your phone screen.

CODE	DAY	TIME	DURATION	COST
7856	Tuesday & Thursday (Oct 4 - 20)	10:00am-12:00pm	6 sessions	\$97.92

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FACEBOOK EXPLAINED *with Donna Brown*

This course will give you basic knowledge to improve your comfort level, and better understanding of how it works. We will cover posting, editing, sharing, and security measures to protect your account from being hacked.

CODE	DAY	TIME	DURATION	COST
7857	Tuesday (Sept 27 - Oct 11)	1:00pm-3:00pm	3 sessions	\$48.96

iPAD – BEGINNER *with Donna Brown*

In this beginner class you will learn about basic settings, email, text messaging, Facetime, Siri, photos and more.

CODE	DAY	TIME	DURATION	COST
7858	Wednesday (Sept 14 - Oct 19)	1:00pm-3:00pm	6 sessions	\$97.92

iPAD – INTERMEDIATE *with Donna Brown*

For those with iPad experience we will expand on the beginner course and cover more advanced features such as Widgets, Saving Files, Photo Editing, iCloud vs iPad Storage and more.

CODE	DAY	TIME	DURATION	COST
7859	Wednesday (Sept 14 - Oct 19)	10:00am-12:00pm	6 sessions	\$97.92

iPAD REFRESHER – ADVANCED *with Donna Brown*

Apple iPadOS 16 was just released in September of this year. We will cover the features and updates to your favourite apps, which include Smart Tools for the Mail App, Live Text, and new Weather App.

CODE	DAY	TIME	DURATION	COST
7860	Tuesday (Oct 25 - Nov 29)	10:00am-12:00pm	6 sessions	\$97.92

iPHONE IN DEPTH – ADVANCED *with Donna Brown*

Must have basic iPhone knowledge. In this course we will learn about iCloud, File Management, Data Backup, and Photo editing.

CODE	DAY	TIME	DURATION	COST
7868	Thursday (Sept 15 - Oct 20)	1:00pm-3:00pm	6 sessions	\$97.92

iPHONE 101 *with Donna Brown*

This course will cover basic settings, using the internet, Siri, text messages, email, camera and App Store

CODE	DAY	TIME	DURATION	COST
7869	Thursday (Sept 15 - Oct 20)	10:00am-12:00pm	6 sessions	\$97.92

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SPAM, SCAMS, FRAUD AND IDENTITY THEFT *with Donna Brown*

Learn how to navigate the web while avoiding these threats.

CODE	DAY	TIME	DURATION	COST
7870	Thursday (Nov 3 - 17)	1:00pm-3:00pm	3 sessions	\$48.96

WINDOWS 11 *with Gayle Reguly*

This course covers the new changes introduced with Windows 11. This course covers e-mail, settings, searches and basic computer skills. Good for beginners and those who have some computer skills already. Participants may use the centre's computers or bring their own laptops.

CODE	DAY	TIME	DURATION	COST
7871	Tuesday & Thursday (Sept 13 - 29)	10:00am-12:00pm	6 sessions	\$83.84
7872	Tuesday & Thursday (Nov 15 - Dec 1)	10:00am-12:00pm	6 sessions	\$83.84

WEST ARTHUR COMMUNITY CENTRE

YOUR SOUTH SIDE LOCATION FOR 55 PLUS PROGRAMS!

FITNESS, WELLNESS & YOGA

YOGA FIT – HATHA YOGA *with Marisa Levanto-Gleeson*

An intermediate fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthen-ing using movement and strength training.

CODE	DAY	TIME	DURATION	COST
7873	Thursday	10:30am-12:00pm	13 sessions	\$85.28

ZUMBA STRETCH *with Lisa Mork-Guerts*

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

CODE	DAY	TIME	DURATION	COST
7874	Friday (No class Sept 30 & Nov 11)	1:30pm-2:30pm	11 sessions	\$57.64

VISUAL ARTS

ACRYLIC PAINTING *with Lynne Lindsey*

This class is designed for those who are starting out with acrylics. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.

CODE	DAY	TIME	DURATION	COST
7875	Friday (No class Sept 30 & Nov 11)	9:00am-12:00pm	10 sessions	\$120.53

WEST ARTHUR COMMUNITY CENTRE, 1914 ARTHUR STREET WEST

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COLOURED PENCILS – ADVANCED *with Lee Fidler*

These classes are for those who have experience with coloured pencil or have taken the beginners classes. You'll continue to advance and gain experience using a variety of techniques and you will receive an introduction to different surfaces and supplies. You may work independently on your own design with guidance from the instructor or follow along with instruction on assigned projects.

CODE	DAY	TIME	DURATION	COST
7876	Thursday	1:00pm-4:00pm	10 sessions	\$120.53

COLOURED PENCILS – BEGINNER *with Lee Fidler*

This course is designed for those with little or no experience. Coloured pencil is accepted as a fine art medium that has grown in popularity worldwide. Instruction will include colour theory, composition, techniques and materials. Enjoy working in this versatile, clean and portable medium in a fun and relaxing atmosphere. Supplies will be discussed at the first class.

CODE	DAY	TIME	DURATION	COST
7877	Thursday	9:00am-12:00pm	10 sessions	\$120.53

WATERCOLOUR FOR THE FUN OF IT *with Pat Iszak*

Beginners - Learn the basics of applying water and colour to your paper – just for fun. We will explore a variety of techniques to create the magic of watercolour.

CODE	DAY	TIME	DURATION	COST
7878	Tuesday	9:00am-12:00pm	6 sessions	\$73.36

WATERCOLOUR – LET'S PUT THAT TALENT TO WORK *with Pat Iszak*

Intermediate to Advanced. We will explore a variety of techniques and mediums to create landscapes and florals.

CODE	DAY	TIME	DURATION	COST
7880	Tuesday	1:00pm-4:00pm	6 sessions	\$73.36

WATERCOLOUR - FLORAL AND BIRDS *with Lee Fidler*

This class is for artists with watercolour painting experience. It will include colour theory, using the colour wheel for mixing colours, and, various painting techniques with the focus being on a direct/realistic style. Flowers and birds are the main subjects covered.

CODE	DAY	TIME	DURATION	COST
8130	Friday (No class Sept 30 & Nov 11)	9:00am-12:00pm	10 sessions	\$120.53

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