

**PLEASE CALL 519-323-4840 TO REGISTER FOR FERGUS COURSES.**

## ARTS & CRAFTS

### ACRYLICS FOR ADULTS\*\*\*

This medium is simple and tools and materials are easy to use. Acrylic is water based and dries fast. In this course the students will learn the right use of differently shaped brushes, mixing colours, creating art by learning about composition, proportion, light and shadow effects, perspective, and so on. No need to buy or bring anything, all tools and materials will be provided. Only need to bring your love for art and willingness to learn. Material fee of \$30 is payable to the instructor on the first night of classes.

**Instructor: Melitta Toth**

**Monday, Jan. 16 for 6 wks, 6:30-8 pm**  
**Centre Wellington District High School**  
**Fee: \$65.00**

### THREAD CATCHER & PINCUSHION\*\*\*

Sew up this handy pincushion and thread-catcher. Thread catcher is a quick spot to put cut threads from your sewing machine or serger fabric scraps while sewing. Attached pincushion gives extra convenience. Handy for quilt makers and seamstresses alike. Bring to class 1 fat quarter of 100% cotton material, 1 foot of 1/4 inch webbing, coordinating thread, small amount of sand for pin cushion and sewing machine.

**Instructor: Sandi Moseley**

**Thursday, Feb. 16 for 1 night, 7-9:30 pm**  
**Centre Wellington District High School**  
**Fee: \$25.00**

### CREATIVE WORLD OF PAPER CRAFTING\*\*\*

Ever wondered how and wanted to create your own card, scrapbook page or perhaps even a party favor? I welcome everyone to this fun, fresh course which teaches many aspects of the papercrafting world and allows you the opportunity to find your inner creativity. Just imagine the personal warmth of giving a handmade card, the lasting memory of a scrapbook page or the unique touch of a papercrafted party favor, made by you! Please bring a \$20.00 supply fee to the first class.

**Instructor: Margaret de Witt**

**Monday, Jan. 30 for 3 wks, 7-9 pm**  
**Centre Wellington District High School**  
**Fee: \$50.00**

## FOCUS ON DRAWING

Build a strong foundation for your explorations in visual art. This course covers the fundamentals of good drawing technique. New techniques will be introduced each class, followed by the opportunity to explore using them in a full drawing. Lots of personal guidance from the instructor is available and full utilization of all learned techniques is encouraged.

**Instructor: Jane Finoro**

**Thursday, Jan. 19 for 8 wks, 7:30-9:30 pm**  
**Centre Wellington District High School**  
**Fee: \$95.00**

## BUSINESS

### BASIC BOOKKEEPING & ACCOUNTING

This beginner's course focuses on the accounting cycle of a service business. Learn how to analyze transactions to be entered in the general journal, how to post to ledger accounts, and how to prepare a trial balance. Payroll entries and government reporting requirements will be briefly covered. At the end of the course you will be able to calculate the adjusting entries for capital cost allowance, prepare a worksheet and financial statements, and close the appropriate ledger accounts to be ready for the next period. Supplies are included in the course fee.

**Instructor: Rosa Maria Melendez**

**Tuesday, Jan. 17 for 9 wks, 6-8 pm**  
**Centre Wellington District High School**  
**Fee: \$100.00**

## CPR & FIRST AID

### STANDARD FIRST AID & CPR C - ST. JOHN AMBULANCE\*\*\*

Using the latest standards for First Aid and CPR, St. John offers a combination of Standard First Aid and Basic Rescuer CPR (Level C) to create one course for convenience and economy. The Standard First Aid course is designed to provide comprehensive first aid training for general public interest or workplace requirements. Wide ranges of topics are included in the course from emergency Scene Management to choking, bleeding, AED, fractures, and medical conditions. The Basic Rescuer CPR will teach you techniques for adult (one and 2 rescuer), infant and children CPR. Mannequins are provided for individual practice. Nationally recognized certificates are valid for three years and are issued upon

successful completion. This course gives participants, through hands on practice, critical knowledge and confidence to effectively manage an emergency. Textbook included in the course price. Certificates accepted by WSIB, Ontario Coaches Association and the Ontario Hockey Association. For those entering Nursing, we also offer the Heath Care Professional Course module at an additional cost. All courses now include an AED module.

**Instructor: St. John Ambulance**

**Saturday & Sunday 8 am - 5 pm**  
**Choose between the following dates:**

**Jan. 28 & 29**

**Feb. 25 & 26**

**St. John Ambulance Hall - 66 Wellington Rd. 7, Unit 3, Elora**  
**Fee: \$135.00**

## FITNESS & DANCE

### LATIN DANCE

Spicy! Inspired by Social Ballroom techniques this course quickly turns to the Latin Night Club Styles. With several flavours (NY, Cuban, and Central American) of Salsa as the main focus, we add Merengue and the refined Cha Cha to give you a comprehensive base of Latin dance techniques. This class teaches partner dance fundamentals based on leading and following ideals with an emphasis on style. There can be a lot of spinning - for both sides!

**Instructor: Gabreil Spiegelschrift**

**Wednesday, Feb. 1 for 4 wks, 7-8:30 pm**  
**Victoria Terrace Public School**  
**Fee: \$75.00**

### LADIES BODY CONDITIONING BOOTCAMP

This is a class for the fitness enthusiast looking to take their workout to the next level. Using authentic MMA techniques, participants will work through strength training, agility training, cardio training and core.

**Instructor: James Watson, Certified Personal Training Specialist, Black Belt Level Instructor, Certified Fitness Kickboxing Instructor.**

**Wednesday, Jan. 25 for 8 wks, 8:30-9:15 pm**  
**Studio at 275 Gordon St. Fergus**  
**Fee: \$55.00**

**For more info about Fergus courses go to [www.ugdsb.on.ca](http://www.ugdsb.on.ca), click Continuing Education and click Centre Wellington.**

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### LADIES FITNESS KICKBOXING

Learn self-defence and experience authentic kickboxing training without sparring. The cardiovascular, toning, conditioning and motor skill enhancements gained make fitness kickboxing a tremendous option to sport - competitive kickboxing. The program will promote self-confidence; teach basics in self-defence and help individuals strive to attain personal fitness goals. Please wear comfortable workout attire and bring a water bottle.

**Instructor: James Watson Certified Personal Training Specialist, Black Belt Level Instructor, Certified Fitness Kickboxing Instructor**  
**Tuesday, Jan. 10 for 8 wks, 8-9 pm**  
**Studio at 275 Gordon St. Fergus**  
**Fee: \$55.00**

### TOTAL BODY CONDITIONING

Do you want to work on your A.B.T.'s (abdomen, butts and thighs)? Included in this workout will be exercises to improve your flexibility, strength and balance. The upper body will also be challenged using free weights. Please bring two 2-5 lb hand weights, a towel or mat and water bottle to each class. Wear comfortable clothing and a pair of athletic shoes.

**Instructor: Steve Higgins**  
**Monday, Jan. 9 for 8 wks, 7-8 pm**  
**John Black Public School**  
**Fee: \$65.00**

### FLOW YOGA FOUNDATIONS - SALEM

This class will give the new student an introduction to a wide array of yoga postures as well as a brief introduction to some basic yogic breathing techniques and some gentle meditation practice. Each class will feature an introduction to a series of related postures as well as a gentle and flowing warm-up. This class is designed for beginners to flow yoga or for those wishing to re-establish their practice. Expect to be challenged, but to leave feeling refreshed and relaxed. Bring a yoga mat and a blanket (or 2). Dress in layers.

**Instructor: Grace Rosewarne**  
**Wednesday, Jan. 18 for 8 wks, 6:30-7:45 pm**  
**Salem Public School**  
**Fee: \$70.00**

### GENTLE YOGA

Gentle Yoga is ideal both for those new to yoga and for the experienced yogi who enjoys a gentle, relaxing practice to melt away tension, and unwind for the evening. Please bring a yoga mat, belt (or tie) and 2 yoga blocks (optional).

**Instructor: Paayal Burman**  
**Thursday, Jan. 19 for 8 wks, 6-7 pm**  
**Centre Wellington District High School**  
**Fee: \$70.00**

### YOGA - SALEM

General Hatha Yoga - this is a general hatha yoga class including standing and floor gentle and moderate poses. We will explore both movement and stillness in this practice. Also included will be some pranayama (yoga breathing practices) and brief quiet meditative seated postures. Wring out tension from your body, stretch and build personal strength leaving the day behind and easing into relaxation. Please bring a yoga mat, a blanket and a yoga belt (or an old tie).

**Instructor: Paayal Burman**  
**Monday, Jan. 9 for 8 wks, 6:30-8 pm**  
**Salem Public School**  
**Fee: \$70.00**

### YOGA FUNDAMENTALS

This course is designed for beginners as well as more experienced students who wish to explore their mind/body dialogue, through a nurturing, playful and meditative style. You will improve your awareness, balance, strength, and flexibility. Relaxation and breathing techniques will leave you feeling relaxed and renewed. Please bring a mat and yoga block to class. Contact the instructor at [jill@rasayana.ca](mailto:jill@rasayana.ca) if you have any questions about your suitability for this class.

**Instructor: Jill Davey**  
**Tuesday, Jan. 10 for 9 wks, 6:30-8 pm**  
**Centre Wellington District High School**  
**Fee: \$85.00**

## HEALTH & WELLNESS

See also Special Interest

### THERAPEUTIC TOUCH™ - LEVEL 3\*\*\*

This day begins with a comprehensive review of all that has been studied so far. As the last basic level, you will have established a comfort with your assessment and work in the energy field. We will add new areas to explore, including the Chakra/Endocrine system, the emotional field, as well as working at a distance. Therapeutic Touch will enhance your understanding of the subtle field that surrounds us all. An \$80 fee is payable to the instructor on the day of class.

**Instructor: Deborah Gould RN, of Peace of Mind**  
**Saturday, Jan. 21 for 1 day, 8:30 am-4:30 pm**  
**Home of D. Gould, Elora**  
**Fee: \$20.00**

## HORSES

### INTRODUCTION TO HORSES - ADULTS

Nervous around horses? Have you had a bad experience? Have you always wanted to be around horses, but scared of their size? Come to this workshop to have a "re-introduction" to these magnificent animals. Get insight into how horses think so you can better read their behaviour. Get to know our safe horses at your own pace without pressure. You'll come away with less fear and more knowledge! \$15 payable to the instructor on the day of class.

**Instructor: Beth Gordon**  
**Saturday, Jan. 21 for 1 day, 1-2:30 pm**  
**New Hope Youth Ranch**  
**Fee: \$15.00**

**Fergus Courses at a Glance**

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# Fergus Courses at a Glance

## KID'S CORNER

### BABYSITTING

If you are at least 12 years of age, and are planning to start babysitting, then sign-up for this course that is approved by the Hospital for Sick Children. This course includes 12 hours of in-depth instruction where you will learn basic first-aid, diaper changes, how to respond to emergency situations, basic baby and child care, and advice on becoming a responsible babysitter. Upon successful completion of the course, students will be issued a certificate. Please bring a pen and highlighter to class.

**Instructor: Jessica Terpstra**  
**Wednesday, Jan. 25 for 6 wks, 6:30-8:30 pm**  
**Centre Wellington District High School**  
**Fee: \$60.00**

### CHILDREN'S ART CLASS - AGES 8-12\*\*\*

These classes offer a mixture of activities for children ages 8-12, and will help them to learn the use of different materials incorporating in beautiful art works. We will have fun with paints, pencils, construction paper, clay, etc. The goal here is to develop imagination, build your artist confidence, compose, create and enjoy by attacking interesting topics. All materials and tools will be provided, no need to buy and bring anything only your love for art. Material fee of \$30 is payable to the instructor on the first night of class.

**Instructor: Melitta Toth**  
**Thursday, Jan. 26 for 6 wks, 5:30-7 pm**  
**Centre Wellington District High School**  
**Fee: \$50.00**

### DRAWING FOR YOUTH - AGES 11-16\*\*\*

These lessons will be the most important art lessons for those who are really interested in learning the basics to later build upon. Acquire the freedom for drawing freehand but controlled lines, using various tools like soft pencils, chalk coal, ink markers, etc. This course will develop deep observation, eye-hand coordination, understanding creativity, character and personal differences in art works. We will deal with lines, forms, texture, proportion, perspective and light. Material fee of \$25 is payable to the instructor on the first night of classes.

**Instructor: Melitta Toth**  
**Wednesday, Jan. 18 for 6 wks, 6:30-8 pm**  
**Centre Wellington District High School**  
**Fee: \$50.00**

## LANGUAGES

### SPANISH II

Have you taken a basic Spanish course but would like to increase your level of competency? Learn how to interact in native Spanish. You will learn how to travel around the cities and towns, order food, and communicate with Spanish-speaking people. Areas to be covered in this course include speaking, reading and listening.

**Instructor: Rosa Maria Melendez**  
**Monday, Jan. 9 for 9 wks, 6-8 pm**  
**Centre Wellington District High School**  
**Fee: \$105.00**

## PHOTOGRAPHY

### BETTERPHOTOS.COM - DIGITAL/SLR PHOTOGRAPHY

This course offers the basic skills enabling you to check and adjust camera settings and modes on your DSLR or digital camera. Learn how to apply basic compositional rules to your photography to make your images appear more dramatic. Also includes photo tips to avoid common shooting problems in a lively mix of weekly lessons, practical assignments, interesting discussions and photo critiques. Bring your digital camera, lenses, manual and a tripod.

**Instructor: Janette Gajic**  
**Tuesday, Jan. 17 for 8 wks, 7-9:30 pm**  
**Centre Wellington District High School**  
**Fee: \$135.00**

## SPECIAL INTEREST

### BEGINNER BRIDGE 2

A continuation from Beginner Bridge 1 that will take you beyond the basics and bring you to a level where you can feel comfortable playing bridge with friends, acquaintances or at your local club. This course would also suit the basic bridge player who would like to improve their game.

**Instructor: Monica Skinner ACBL Accredited Bridge Teacher**  
**Wednesday, Jan. 18 for 7 wks, 7-9:45 pm**  
**Centre Wellington District High School**  
**Fee: \$70.00**

## RIGHT BRAIN, LEFT BRAIN

Ancient Egyptians used to think the heart was the centre of thinking, and modern scientists used to call it the 'black box' as they labored to unlock the mental processes behind behavior. This processing powerhouse weighs less than 5lbs, and we do actually use 100% of it! This intro course offers you a sneak peak into the fascinating study of neuroscience and science's latest discoveries about the human brain. \$40 payable to the instructor on first night of classes.

**Instructor: Jelena Ovari**  
**Wednesday, Feb. 22 for 3 wks, 8-9 pm**  
**Centre Wellington District High School**  
**Fee: \$18.00**

## SPORTS

### BADMINTON - ALMA

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Person In Charge: Linda Wilkinson**  
**Monday, Jan. 9 for 8 wks, 7:30-9 pm**  
**Alma Public School**  
**Fee: \$40.00**

### BADMINTON - ELORA

No formal lesson, just a non-competitive night of fun. Bring your own racquet and wear indoor non-marking running shoes. Class size limited – register early!

**Person In Charge: Ross Langlands**  
**Thursday, Jan. 12 for 11 wks, 8-10 pm**  
**Elora Public School**  
**Fee: \$55.00**

### MEN'S BASKETBALL - AGES 18 & UP

No formal lesson, just come out and have a fun night of basketball. Wear non-marking indoor athletic shoes.

**Person In Charge: Erik Gitter**  
**Thursday, Jan. 12 for 9 wks, 6:15-7:45 pm**  
**Elora Public School**  
**Fee: \$40.00**

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