

Jan/15 - Jun/15

nextSTEP



NEXT STEP

CONTINUING EDUCATION

EDUCATION REVOLVING AROUND you



Your Life in Balance

DANCE, PAINT, MEDITATE PAGES 9-13

Experience Woodworking

Page 10

GET COOKING

Spice it up in the kitchen

Pages 15-17

Will & Estate Planning

Page 16

Career Development

PAGES 20 - 21

CONNECT WITH OTHERS...SHARE THE EXPERIENCE

"BRING A FRIEND" DISCOUNTS



Find balance in your life.

Welcome to Next Step Continuing Education!

Whether you want to

- unleash the power of your camera or iPad
- enjoy a new cuisine
- boost your employability with computer training
- conquer high school through upgrading
- build understanding in legal matters
- or explore a new pastime

we welcome you to browse through our catalogue for inspiration, or visit us online at www.eipscontinuinged.ca to register for a course that revolves around you.

You will be provided with top quality programs, taught by highly skilled instructors who are dedicated to helping you achieve your goals.

If you have a particular area of expertise you would like to share, we invite you to call us at (780) 467-7292.

Let us help you find balance in your life at Next Step!

A handwritten signature in black ink, appearing to read 'P. Pallister'.

Paul Pallister, Principal
Next Step Continuing Education
Elk Island Public Schools

What's Inside

Open House	3
What's New	4
Photography	6
Life & Leisure	9
Golf	14
Cooking	15
Language	18
Law	19
Career Development	20
Computer	22
Diploma Exam Prep	26
Extreme Night School	26
Registration Information	27
Course Calendar	28
Summer School	30
Registration Form	31



Sign up for our free newsletter!

Scan the QR or go to eipscontinuinged.ca

Warm up your winter with Next Step!

Join us on **Tuesday, January 20** for our **Open House**,
an evening of **FREE** courses.

Two sessions of each class to choose from: 6 - 7 pm or 7:15 - 8:15 pm

Be sure to register early as these classes fill quickly!

TIPS & TRICKS FOR A GREAT VACATION

Should I pay for advance seat selection? Should I book tours in advance or when I get there? Carry on or baggage check? Uncover practical travel tips and advice for a positive vacation experience.

Course ID: TTVAC

USING YOUR SLOW COOKER

The humble slow cooker! This hard-working appliance can help take the pressure off dinner preparation, free up oven space during large gatherings, and save both time and money. Discover slow cooker recipes that might surprise you in this demonstration session. Offered in partnership with ATCO Blue Flame Kitchen.

Course ID: SLWCK

SOCIAL MEDIA 101

We've all heard how valuable social media can be. Explore popular social media platforms like Facebook, Twitter, Google+, LinkedIn & Instagram and more!

Course ID: SOCIAL

SPANISH FIESTA

Heading to Mexico this winter? Jetting away to Barcelona? Add a few handy Spanish phrases to your backpack so you can eat, meet and greet en espanol! Our experienced Spanish teacher is just the person to get you started!

Course ID: SPANI

COMPUTER TIPS & TRICKS

Explore the basics of Windows 8 and discover the capabilities of Microsoft Office, Word, Excel and PowerPoint in this demonstration. This session ends with time for questions and answers about our computer courses.

Course ID: CMPQA

HAND MASSAGE

Hand massages are quick and effective at relieving stress, promoting relaxation, improving wrist and finger range of motion, and enhancing circulation. Join our Registered Massage Therapist as she shows you how to give - and get - an easy, yet relaxing hand massage.

Course ID: HNDMS

DANCING DELIGHT

First we will demonstrate the waltz, cha cha, rumba and jive. Then you will have an opportunity to move your dancing feet while learning the waltz and jive!

Course ID: DANFR



Register at 780-467-7292



BREAK OUT OF THE ORDINARY!

heART Paint Café

Supporting local charities in our community.
Find out more on Page 11.

YOU
PAINT
&
WE
DONATE

Share the experience...

Bring a friend and you both receive 10% off registration fees! See inside for plenty of fun opportunities.



Adults 60+

Receive 20% off registration fees on all courses this spring!

Earn a **CE Professional Certificate and enhance your career opportunities!**

Whether you're looking to focus on your leadership strengths or equip yourself with tools to work more efficiently, find a certificate program for you.

- Office Skills (page 20)
- Office Professional (page 20)
- Leadership (page 21)
- Project Management (page 21)

"This course is a must do for anyone considering condo living. The instructor was excellent and provided the legal information in a clear and concise way. It was a steal of a deal to get four hours with such an individual who had a wealth of knowledge and was able to simplify it and explain it extremely well. At a minimum anyone who is on a condo board should be required to take this course!"

- Student, Law Courses: Condominium Lifestyle

What's new this spring!

- Take a field trip with your camera in our **Take it to the Street** series. *Page 7*
- Get the practice time you've been looking for with our **Ballroom Mixer**. *Page 9*
- Find creativity from the heart! Join your friends for an evening of **heART Paint Café**. *Page 11*
- Bring along a friend or family member to any of our **Law courses** at no additional cost! *Page 19*
- Enjoy a casual cup of coffee with an instructor at your **community café** while honing your fluency in French or Spanish. *Page 18*
- No time to waste? Enhance your skills faster with **Word** or **Excel Accelerated** *Page 25*
- Get it done sooner with **Night School Extreme**. Complete a 30 level diploma course in as little as eight weeks! *Page 26*
- Even more enjoyable, new courses to experience found throughout these pages.

Enter our photography contest!



Win a free photography course and a chance to have your photo featured in our next catalogue!

Check out our website for details.

Take it to the Street

Looking for a unique opportunity to experience photography on location under the guidance of an expert instructor?

Be sure to check out **Take it to the Street** photography classes on Page 7.

The meeting place will be arranged with the instructor prior to the start of class. There are three Edmonton locations to choose from:

- **Downtown core**
- **Muttart Conservatory**
- **River valley**

Register at 780-467-7292

PHOTOGRAPHY

TURN ON TO PHOTOGRAPHY

The Very Basics

Unlock your camera's true potential for taking great pictures. Explore the basics of digital photography by discovering how to operate your camera, learning settings to use for quality pictures and uploading them to your personal computer. Bring your camera and USB cord.

Instructor: Tiffany Hemmingway
Course ID: DIGCA

SAL \$39 | 2 Hrs
Feb 18 (W) 6:30 - 8:30 pm
Apr 29 (W) 6:30 - 8:30 pm

DSLR Fundamentals

Go beyond AUTO and take the first step towards understanding the full potential of your DSLR camera. This is an introduction to fundamental photography concepts such as shutter speed, aperture and ISO.

Instructor: Tiffany Hemmingway
Course ID: BFUND

\$105 | 6 Hrs
Mar 16, 18 (M/W) 6 - 9 pm
May 11, 13 (M/W) 6 - 9 pm

The Art of Photography

Taking great pictures isn't just about knowing how to use your camera, it's an art! Join Tiffany as she guides you through more advanced camera concepts such as composition, lighting, the use of different lenses and flash photography.

Instructor: Tiffany Hemmingway
Course ID: ARTPH

SAL \$75 | 4 Hrs
Apr 13, 15 (M/W) 6:30-8:30 pm
May 25, 27 (M/W) 6:30-8:30 pm

NEW Practice Makes Perfect

Put your photography skills to practice with the guidance of a knowledgeable photographer. In a casual hands-on learning environment, you have the unique opportunity to practice your skills and ask the instructor photography questions. For the best experience, you should be comfortable using your camera's settings and navigating its menus.

Instructor: Edna Dach
Course ID: FOCUS

SAL \$39 | 2 Hrs
Feb 23 (M) 6:30 - 8:30 pm
Apr 22 (W) 6:30 - 8:30 pm

NEW Restore & Retouch

Find out the basics of digital photo retouching. Using online software, you will have hands-on practice on how to crop, adjust color tones, control highlights and shadows, fix red eye, clone areas of a photo, and convert photos to black & white. Bring your own computer to this class or use one of ours.

Instructor: Edna Dach
Course ID: RSTRR

SAL \$39 | 2 Hrs
Mar 2 (M) 6:30 - 8:30 pm

Know Your Camera**LEISURELY PACED**

Learn the basics of your digital SLR camera at a comfortable pace. Larry will guide you through shutter speeds, lenses and the use of flash then teach you the basics of photo composition. Bring your camera and manual to class. The Saturday class will be held at Salisbury Greenhouse in Sherwood Park.

Instructor: Larry Fowler
Course ID: KYCA1

SAL \$105 | 6 Hrs
Jan 27, Feb 3 (T) 6:30 - 8:30 pm plus
Jan 31 (Sa) 10 am - noon
Apr 14, 21 (T) 6:30 - 8:30 pm plus
Apr 18 (Sa) 10 am - noon

**NEW Classic Pose**

You can look great in every photo. Just in time for grads and weddings! Explore angles, colors, clothes, poses and more in order to look your best when someone says cheese! This is a hands-on experience with before & after photo shoots. You may also be interested in *Trendy Hair Styles* and *Makeup & Makeovers* on Pg 12.

Instructor: Edna Dach
Course ID: CPOSE

SAL \$39 | 2 Hrs
Apr 27 (M) 6:30-8:30 pm

"I learned exactly what I came for plus more. Thank you, very much enjoyed!"

Student, DSLR Fundamentals

Mastering Your DSLR Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings and more.

📺 Online \$119

ed2go | Learn More

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

NEW Pet Photography

Your pet's body language and eyes tell a story. Discover terrific tips about photographing pets that will capture their personalities and unlock those little nuances you love so much about them. Bring your camera and manual to class.

Instructor: Edna Dach
Course ID: PETPH

SAL \$39 | 2 Hrs
Jun 1 (M) 6:30 - 8:30 pm

Introduction to Digital Scrapbooking

Learn to use digital editing techniques to show off your photos and memorabilia. Using Photoshop Elements 11, 12, or 13, explore your scrapbooking talents and artistic ideas when you combine traditional and digital scrapbooking.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,
May 21, Jun 18

LARRY FOWLER

Larry has been a professional photographer for over 40 years. He holds the Certified Professional Photographer designation from the professional Photographers of America. Larry enjoys sharing his knowledge with anyone willing to explore the wonderful world of photography.

Photographing Nature

Just in time for the sparkle of winter and the beauty of spring! Learn how to use your digital camera to take stunning nature photos, including landscapes, flowers, animals and even macro shots.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,
May 21, Jun 18

Travel Photography

Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,
May 21, Jun 18

Enter in our photography contest!

See details at eipscontinuinged.ca

**TAKE IT TO THE STREET****NEW The River Valley**

Experience the beautiful Edmonton river valley under the guidance of our photography expert. You will find out how waiting for the right light as it falls on the land will create powerful landscape images. You will also discover how to use the Rule of Thirds to choose the focal point, and then incorporate those lines of composition to contribute to the flow, balance and aesthetic value of the image. Bring your camera (manual and tripod are recommended).

Instructor: Edna Dach
Course ID: STRT1

TBD \$39 | 2 Hrs
May 21 (Th) 6:30 - 8:30 pm

NEW Close up at the Muttart

Discover how to use your camera settings beyond Auto, as well as how to use your surroundings and available light sources to create the best image. You will be able to practice what you learn within the tranquil setting of the Muttart Conservatory. Bring your camera (manual and tripod are recommended).

Instructor: Edna Dach
Course ID: STRT2

MUT \$39 + \$12 admission | 2 Hrs
May 24 (Su) 10 am - noon

NEW Street Photography

Experiment with settings and subjects in Edmonton's downtown core through a mix of spontaneity and careful observation. Our photography expert will show you how to use your camera and the surroundings to capture whatever appears in your viewfinder – unplanned! Bring your camera (manual and tripod are recommended).

Instructor: Edna Dach
Course ID: STRT3

TBD \$39 | 2 Hrs
May 28 (Th) 6:30 - 8:30 pm

iPhone-ography

A cell phone is the camera in your pocket that lets you capture important and spontaneous moments wherever you are. Learn how to take great photos with your iPhone. Discover how to edit, transfer and print your photos - all from your device! Bring your iPhone with the most recent software update for a hands-on experience.

Instructor: Edna Dach

Course ID: HOLPH

SAL \$39 | 2 Hrs

Mar 9 (M) 6:30 - 8:30 pm

Making Movies (iPad/iPhone)

Discover a new and fun purpose for your iPad or iPhone! Learn how to document all of life's memories in moving colour. Taking movies on your iPad/iPhone allows you to conveniently store your movies and creatively edit them all in the palm of your hands!

Instructor: Edna Dach

Course ID: MVIPD

SAL \$39 | 2 Hrs

Feb 18 (W) 6:30 - 8:30 pm

Photoshop Elements 12 for the Digital Photographer

Learn how to use Adobe Photoshop Elements 12 to successfully edit and fix your photos and digital images. Part II also available!

📖 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Introduction to Lightroom 5

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

📖 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

"A lot of content presented in a clear manner that was easy to follow. I feel so much more comfortable using this program to edit my photos. I enjoyed the convenience of going through the lessons on my own time. I will definitely take another online course from you!"

Student, Photoshop Elements 12 for the Digital Photographer

Turn on to Photography Recommended Class Path

Do you have a DSLR camera and need to know how to use its settings, operate simple functions and get photos on to your computer?

Turn on to Photography
- The Very Basics

Turn on to Photography
- DSLR Fundamentals

Turn on to Photography
- The Art of Photography

Do you have a DSLR camera and want to further explore its settings, menus, and functions?

Turn on to Photography
- DSLR Fundamentals

Turn on to Photography
- The Art of Photography

- Practice Makes Perfect
- Take it to the Street Series

Do you feel comfortable using your DSLR camera settings, menus and functions and want to learn more about photography?

Turn on to Photography
- The Art of Photography

- Practice Make Perfect
- Take it to the Street Series

- Pet Photography
- Restore & Retouch

LIFE & LEISURE

Brave Enough for Ballroom

Ballroom dancing – find out what all the fuss is about! Waltz, cha cha, rumba, jive – it's all here. Each night we will conquer both a standard and a latin dance. You'll do more than just have fun - learning to dance gives you the confidence to get out on the dance floor at weddings and other special occasions! Please register as a couple and bring non-marking indoor shoes.

Instructor: Jordan Motz

Course ID: BLLRM

CAM \$199 per couple | 12 Hrs

Jan 27 - Mar 24 (T) 6:15 - 7:45 pm

Ballroom, Beyond the Basics

Ready to move up to some more challenging footwork? Take your dancing skills to the next level and expand your dancing experience from Brave Enough for Ballroom. Plus, discover some new dances! You'll be ready for Dancing With the Stars in no time. Please register as a couple and bring non-marking indoor shoes.

Instructor: Jordan Motz

Course ID: BLLR2

CAM \$199 per couple | 7.5 Hrs

Apr 14 - May 12 (T) 6:15 - 7:45 pm

NEW Ballroom Mixer

Staying after class was never this much fun! Get more time with our instructors to polish your moves and enhance your cha-cha to CHA CHA CHA! Don't worry if you are not in one of our ballroom classes: everyone with ballroom experience is welcome to register for these fun, friendly sessions. Please register in couples and bring non-marking shoes.

Instructor: Jordan Motz

Course ID: BLLMX

CAM \$65 per couple | 12 Hrs

Jan 27 - Mar 24 (T) 7:45 - 9:15 pm

CAM \$39 per couple | 7.5 Hrs

Apr 14 - May 12 (T) 7:45 - 9:15 pm

NEW Favourite Patio Cocktails

From patio parties and backyard BBQ's to just escaping the sizzling heat – learn how to entertain effortlessly with the latest and most delicious summer cocktails. Expect to interact, have fun and, of course, learn a lot!

Instructor: Sandra McFadyen

Course ID: PATCK

SUB \$35 + \$20 | 1.5 Hrs

Jun 4 (Th) 7:00-8:30 pm

Wine & Cheese Appreciation

Unlock the mysteries of wine and begin to build a strong base for lifelong wine appreciation. Sensory training, wine vocabulary, and tasting major varietals help build your ability to discern the distinct flavours and nuances from many types of wine. Learn about label information, wine aging and choosing perfectly paired cheeses.

Instructor: Amy Holden

Course ID: WNCHS

SUB \$39 + \$20 supplies | 2 Hrs

Feb 12 (Th) 6:30-8:30 pm

Register online!

It's quick, easy, and secure.

**Happy & Healthy Pregnancy**

Find out how the stages of pregnancy affect your body, emotions, and budget and how to prepare yourself and your family to welcome your new baby.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

“Super fun! A great intro to archery. Appreciated the classroom session at the beginning, then had lots of fun working on skills in the gym.

Thank you for the experience!”

Student, Archery

Pole Trekking

Turn a simple walk around the block or track into an efficient, effective, aerobic total-body workout! It's fun and easy for everyone– from the casual, average walker to the serious, athletic walker, including those with joint problems. Plenty of practice time outdoors included!

Instructor: Alison Drohan

Course ID: POLTR

SAL \$69 | 4.5 Hrs

May 26, 28, Jun 2 (T/Th) 6:30-8:00 pm

Archery

You will gain an understanding of the basic techniques and disciplines involved in archery. Learn skills to shoot with relative accuracy. Hands-on experience!

Instructor: Christopher Taylor

Course ID: ARCHR

BFH \$59 + \$10 equipment fee | 3 Hrs

May 26, 27 (T/W) 7 - 8:30 pm

Register at 780-467-7292

NEW Dog Grooming Advanced

Explore dog grooming beyond the basics with our professional dog groomer. Learn about canine facial structures and skin types. Also find out about the art of blending, contouring and highlighting using simple tools and techniques. Also see our *Pet Photography* class on Pg 7.

Instructor: Stefani Sellsted

Course ID: DOGGR

SAL \$42 | 2.5 Hrs

May 11 (M) 6:00-9:00 pm

NEW Introduction to Stand Up Comedy

A safe, intimate and diversified introduction for those who would like to overcome the common fear of speaking in front of a crowd or for those who want to cross "stand up comedian" off their bucket list. Find out about the construction of a joke, creative comedic writing styles, microphone techniques, and understanding the different forms of comedy. A fun, open experience for everyone who likes to laugh.

Instructor: Ken Hicks

Course ID: STCOM

SAL \$75 | 6 Hrs

Feb 19, 26, Mar 5 (Th) 6:30 - 8:30 pm

NEW Finding the Funny in Life

Come enjoy a session with comedian Ken Hicks! Even with all the pressure and stress life brings, he believes that if you can't find the funny in life, you're not looking hard enough. You are sure to leave with a new outlook on how to face the everyday in life.

Instructor: Ken Hicks

Course ID: FDFUN

SAL \$35 | 2 Hrs

Apr 16 (Th) 6:30 - 8:30 pm

NEW Woodworking for Everyone

The wood lathe is a wonderful and rewarding entry point to working with hardwoods for women and men alike. Experience the basics of faceplate turning on a wood lathe by creating a small, highly polished black walnut dish. You will also gain experience using a table saw, mitre saw and router when you create a small cutting board made up of a variety of hardwoods.

Instructor: Fred Rempel

Course ID: WDWKE

SCA \$109 + \$25 supplies | 9 Hrs

Feb 11, 18, 25 (W) 6 - 9 pm

NEW Furniture Woodworking

Create a table you will be proud to keep or give away as a special gift! Begin by designing your table from scratch, then choose from either oak or maple hardwood and finally build your design from the ground up! No previous experience is required.

Instructor: Fred Rempel

Course ID: WOODW

SCA \$179 + \$40 supplies | 15 Hrs

Apr 8-May 6 (W) 6:00-9:00 pm

Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Managing Life as a Single Parent

Get the insights, resources, strategies, and support every single mom and dad needs for doing the toughest job on earth—parenting children on your own.

 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

"Eva's courses have so much info packed into 12 lessons. You can literally go out into the world and start a new career after taking them. Thanks so much for offering these courses and keeping it affordable."

Student, Writerific: Creativity Training for Writers



Follow us on Facebook



NEW Watercolours II

Awaken your creative side with more basics in watercolour painting. Explore colour mixing and brush strokes through discussion, demonstration and hands-on practice. By the end you will have painted three gorgeous Willie Wong original creations. All levels of experience are welcome. Supply list will be provided upon sufficient enrollment.

Instructor: Willie Wong

Course ID: WTCL2

SAL \$159 | 12 Hrs

Feb 4 - 25 (W) 6:30 - 9:30 pm

Drawing for the Absolute Beginner

Gain a solid foundation in drawing and become the artist you've always dreamed you could be!

📧 Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Beginning Writers Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

📧 Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Writeriffic: Creativity Training for Writers

Banish writer's block forever with these tricks from the published writer's toolbox.

📧 Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Bring a friend and save!

Register two or more people in a class to receive a 10% discount off registration fees.

Call us to take advantage of this offer.

NEW heART Paint Café

In our ongoing commitment to give back to our community, we've created heART Paint Café. Enjoy a fun evening with friends at Sherwood Park's community coffeehouse, create a beautiful painting in just three hours and make a difference for people in our region. Thirty percent of the registration proceeds from heART Paint events are donated to local non-profit organizations. Give from the heART!

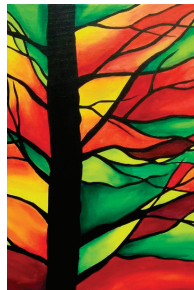


Artist/Instructor: Sheena DeLong

CGC \$39 + \$* supplies | 3 Hrs

Feb 27 (F) 6 - 9 pm

Partake on this evening in support of Valour Place, a temporary home away from home for all Canadian Forces members, Families of the Fallen, Veterans and RCMP along with their families who require medical treatment in Edmonton, and live outside the area. Valour Place provides a warm, welcoming and supportive environment, at no cost.

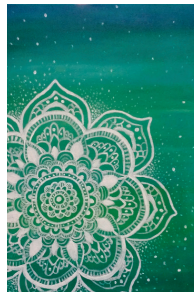


Artist/Instructor: Sheena DeLong

CGC \$39 + \$* supplies | 3 Hrs

Mar 13 (F) 6 - 9 pm

Paint in support of Boys and Girls Clubs of Canada! One of this country's leading national, youth-serving organizations dedicated to providing high-quality services that promote the healthy growth and development of young Canadians and their families. Our local chapter is devoted to serving children and youth throughout Strathcona County.



Artist/Instructor: Sheena DeLong

CGC \$39 + \$* supplies | 3 Hrs

Apr 17 (F) 6 - 9 pm

Bring a friend and enjoy painting together in support of A Safe Place, a local shelter for abused women and their children. The shelter is guided by the philosophy that individuals have the right to security and protection under the law, have the right to live free from abuse and that no person should be forced to remain in an abusive home because of lack of alternatives.



Artist/Instructor: Willie Wong

CGC \$39 + \$* supplies | 3 Hrs

May 22 (F) 6 - 9 pm

Enjoy an evening of creativity in support of Dreamcatchers Nature-Assisted Therapy Association. This local ranch offers a variety of traditional and unique therapies to help children, youth and adults coping with issues such as physical and developmental delays, brain injury and mental health diagnoses to find healing, balance, joy and personal growth.

NEW Healthy Brain

Uncover natural ways to treat and prevent Alzheimer's, Parkinson's, dementia and neurodegenerative disease, all while promoting your best brain (healthy brain) functionality.

Instructor: Dr. Tamara Eriksen
Course ID: HTHBR

SAL \$65 | 4 Hrs
Mar 5, 12 (Th) 6:30-8:30 pm

NEW Self Reiki

Reiki's effectiveness lies in its simplicity and is limitless in its potential. Find out how to invite happiness into your everyday life by uncovering what Reiki is and how to apply it to one of the most important people in your life - YOU!

Instructor: Hazel Butterworth
Course ID: SREIK

SAL \$59 + \$5 materials | 6 Hrs
Mar 11, 18, 25 (W) 6:30-8:30 pm

REIKI - LEVEL 1 CERTIFICATE

Upon completion of both Self Reiki and Reiki for Others, you are eligible to receive a Certificate in Level 1 Reiki.

NEW Reiki for Others

Expand your Reiki skills and find out how you can share them with family and friends to assist them with their needs. No previous experience required.

Instructor: Hazel Butterworth
Course ID: OREIK

SAL \$59 | 6 Hrs
May 6, 13, 20 (W) 6:30-8:30 pm

NEW Mindful Meditation

What is mindfulness meditation? It is "being aware of your thoughts and actions in the present moment, without judging yourself, as a means of reducing the effects of stress and improving your mood and boosting your immune system." Gain practice and practical tips in meditation to improve your life and feel great.

Instructor: Hazel Butterworth
Course ID: MDFLM

SAL \$59 | 6 Hrs
Apr 8, 15, 22 (W) 6:30-8:30 pm

Massage for Couples

Pamper your partner! Put a new spin on Valentine's Day by learning how to treat your date to a therapeutic and relaxing massage. Taught by a Registered Massage Therapist - you are sure to impress! Please register in pairs.

Instructor: Natasha Vetoshin
Course ID: MSSCP

SAL \$39 per couple | 2 Hrs
Feb 18 (W) 6:30 - 8:30 pm

NEW Head, Neck & Shoulder Massage

Learn proper massage techniques through hands-on practice to alleviate tension and stress. Please register in pairs.

Instructor: Natasha Vetoshin
Course ID: HNMSG

SAL \$39 per couple | 2 Hrs
Mar 17 (T) 6:30 - 8:30 pm

NEW Trendy Hair Styles

Discover the top trends in hair styling and gain confidence through hands-on practice in recreating these styles on your own. Visit our website for tools you may bring to enhance your experience. Join with a friend or family member and you both receive 10% off the registration fee!

Instructor: Stephanie Carr
Course ID: TRNDH

SAL \$39 | 2 Hrs
Apr 15 (W) 6:30 - 8:30 pm

NEW Makeup & Makeovers

Freshen up your look for spring. Explore different styles for day, evening and special events. Please bring your own applicators and makeup such as foundation, blush, eye liner and mascara.

Instructor: Erinn Yakimchuk
Course ID: MKUPM

SAL \$39 | 2 Hrs
Apr 21 (T) 6:30 - 8:30 pm

Online Travel Planning

Planning and booking travel online is becoming a very efficient and cost effective method for many. Learn about different websites that offer these services such as Expedia, Red Tag, and Travelocity, how to navigate them and what to watch out for.

Instructor: Edna Dach
Course ID: ONTRP

SAL \$29 | 1.5 Hrs
Feb 9 (M) 6:30-8:00 pm



"Hazel is a wonderful instructor who shared many methods of meditation and helped us find methods that worked for each of us. She is inspiring!"

Student, Meditation for All

Other classes you may find of interest...

(View on Page 19)

- Will & Estate Planning
- Being an Executor
- Navigating Divorce

Plan your winter escape...

These courses are offered in partnership with



NEW Travelling in Europe

Do you want to visit Europe but aren't sure what would be the best way? Explore the difference between independent travel, coach tours, and river cruises.

Instructor: Taylor Barnowski

Course ID: TRVEU

SAL \$20 | 2 Hrs

Jan 29 (Th) 6:30 - 8:30 pm

NEW All About Iceland

Is Iceland really all ice? Come in and find out the answer to this question and discover why Iceland is the new destination of choice for so many!

Instructor: Shelley Stevens

Course ID: ICELN

SAL \$20 | 2 Hrs

Mar 5 (Th) 6:30 - 8:30 pm

NEW Luxury Cruising

What is luxury cruising and is it for you? If you are a fan of cruising or luxurious travel, come on in to learn more about this fascinating holiday!

Instructor: Shelley Samyia

Course ID: LXCERS

SAL \$20 | 2 Hrs

May 27 (W) 6:30 - 8:30 pm



Superfoods & Smoothies

Superfoods and smoothies are the new healthy version of "fast food"! Our naturopath will spend the first class teaching you about superfoods and their benefits for improving your overall health. In the second class, enjoy sampling tasty smoothies that are nutritious and easy to make on your own.

Instructor: Dr. Tamara Eriksen

Course ID: SMOOT

SAL \$65 | 4 Hrs

Feb 19, 26 (Th) 6:30-8:30 pm

Lose Weight and Keep it Off

Discover how to establish a healthy approach to successful weight loss and weight maintenance for a lifetime.

Online \$119

| [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Where Does All My Money Go?

Ever get frustrated that you never seem to get ahead? Learn how to get control of your money once and for all.

Online \$119

| [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

"Tamara is very knowledgeable! She made the class fun, fascinating and educational. Loved it!"

Students, Superfoods & Smoothies

NEW Supporting Children with Autism

Explore supports and strategies for working or living with children aged 3 – 12 years with Autism Spectrum Disorder. This course is designed for parents, Educational Assistants, childcare workers and those who want to learn more about this subject.

Instructor: Shane Hewitt, M. Ed.

Course ID: AUTIS

SAL \$55 | 3 Hrs

Feb 19 (W) 6 - 9 pm

NEW Supporting Children with Challenging Behaviours

Explore supports and strategies for working or living with children aged 3 – 12 years who demonstrate challenging behaviours. This course is designed for parents, Educational Assistants, childcare workers and those who want to learn more about this subject.

Instructor: Shane Hewitt, M. Ed.

Course ID: CHLBV

SAL \$55 | 3 Hrs

Mar 19 (W) 6 - 9 pm

Register early!

To ensure a spot in your favourite class!

Register at 780-467-7292

GOLF

Rain-outs will be made up the same weekday and time in the fifth week. There is a maximum of 6 students per session.

Location: Long Shotz Range, 53139 Hwy 21
(2 km N of Baseline Rd, Sherwood Park)

Swing into Spring

For adults of all skill levels including novices! Improve your core fundamentals and swing technique. Relax and have fun while you learn golf at your own pace.

Fee: \$130 | 4 Hrs

Apr 20, 27, May 4, 11 (M) 6 - 7 pm
Apr 21, 28, May 5, 12 (T) 7:15 - 8:15 pm
May 2, 9, 16, 23 (Sa) 11 am - noon
May 25, Jun 1, 8, 15 (M) 7:15 - 8:15 pm
May 26, Jun 2, 16, 23 (T) 6 - 7 pm
Jun 6, 13, 20, 27 (Sa) 11 am - noon
Jun 29, Jul 6, 13, 20 (M) 6 - 7 pm
Jul 7, 14, 21, 28 (T) 7:15 - 8:15 pm

Get a Grip on Your Short Game

Improve your skills in putting, chipping, pitching and bunker play. You will find a better short game is the easiest way to cut down your score and frustration. Bring your putter to the first lesson.

Fee: \$130 | 4 Hrs

Apr 29, May 6, 13, 20 (W) 6 - 7 pm
Apr 30, May 7, 14, 21 (Th) 7:15 - 8:15 pm
June 3, 10, 17, 24 (W) 7:15 - 8:15 pm
June 4, 11, 18, 25 (Th) 7:15 - 8:15 pm



Junior Golf Swing

Get your kids up to par! Basic swing technique and fundamentals as well as short game shots will be introduced. Rules and etiquette are also discussed. The goal is to have fun while gaining skills!

Fee: \$119 | 4 Hrs

JUNIOR 1 (AGES 5 - 9):

May 2, 9, 16, 23 (Sa) 12:15 - 1:15 pm
June 6, 13, 20, 27 (Sa) 1:30 - 2:30 pm

JUNIOR 2 (AGES 10-16):

May 2, 9, 16, 23 (Sa) 1:30 - 2:30 pm
June 6, 13, 20, 27 (Sa) 12:15 - 1:15 pm

STEVE LAUDER, CPGA

Steve has worked in many facets of the golf industry throughout his career. From working in pro shops, golf course maintenance, to sales representative, and finally turning professional, Steve has over 15 seasons sharing his golf expertise in the Sherwood Park area.

Register online!

It's quick, easy, and secure.

NIGHT SCHOOL EXTREME

Do you need to upgrade a class for post-secondary but are short on time or don't know where to start?

Reach your goals with Night School Extreme where you have the opportunity to complete a 30 level high school course in just eight weeks! We offer small class sizes and quality instruction with two intensive sessions to choose from.

See details on how to register at Page 26.

COOKING

WHAT TO BRING:

We recommend bringing these items to your cooking class:

- apron • containers for leftovers
- hair tie • note paper/pen

Spring Chicken

One chicken, several meals! Experience deboning a whole chicken and use the meat to make several different dishes. Complete the evening by enjoying your culinary creations at a sit down meal.

Instructor: Bill Taylor
Course ID: CHIKN

SAL \$59 + \$30 supplies | 3 Hrs
May 5 (T) 6 - 9 pm

NEW Make'n Take Dinners

Leave plenty of time for your "to do" list by making a week's worth of meals in one day! As a group you will create six dinners such as roasted chicken in cream sauce, swedish meatballs, lasagne and more. You will also have time to create two bread and dessert selections. At the end of class you will have six meals that easily freeze until you need them.

Instructor: Sandy Spates
Course ID: MKDIN

SAL \$79 + \$70 supplies | 6 Hrs
Mar 21 (Sa) 9 am - 3:30 pm

Superfoods & Smoothies

Superfoods and smoothies are the new healthy version of "fast food"! Our Naturopath will spend the first class teaching you about superfoods and their benefits for improving your overall health. In the second class enjoy sampling tasty smoothies that are nutritious and easy to make on your own.

Instructor: Dr. Tamara Eriksen
Course ID: SMOOT

SAL \$65 + \$15 supplies | 4 Hrs
Feb 19, 26 (Th) 6:30 - 8:30 pm

Let's Do Brunch

A seasonal favourite! From casual to elegant, brunch is the perfect time to gather family and friends around the table. With thoughts turning to springtime ingredients, seasonally inspired brunch dishes will be offered with a focus on "do-in-advance" that lets you enjoy your guests.

Instructor: Herb & Margaret Hess
Course ID: BRUNC

SAL \$59 + \$15 supplies | 3 Hrs
Mar 25 (W) 6 - 9 pm

Crepes

Ooh la la! Discover the art of making the perfect crepe and different ideas for fillings it with. From dinner to dessert, your mouth will be watering by the time you sit down to enjoy your creations at the end of class.

Instructor: Bill Taylor
Course ID: CREPE

SAL \$59 + \$20 supplies | 3 Hrs
Apr 22 (W) 6 - 9 pm

Get cooking with Atco Blue Flame Kitchens**In a Pickle (Pickling)**

Discover the newest and safest pickling procedures. From delicious dill pickles and pickled peppers to Grandma's pickled beets and trendy pickled asparagus, this session is packed with information and how to demonstrations.

Course ID: PICKL

SAL \$25 + \$15 supplies | 2 Hrs
Apr 28 (T) 6:30 - 8:30 pm

Getting Ready to Jam

Homemade jams and jellies are rewarding and fun - perfect for sharing with family and friends too! Explore the how to's of making jam or jelly in your own kitchen using luscious summer fruit. Enjoy a discussion and demonstration of jams with pectin, quick small batch refrigerator jams, freezer jams, how to process in a boiling water bath and more.

Course ID: BFFJAM

SAL \$25 + \$15 supplies | 2 Hrs
Jun 2 (T) 6:30 - 8:30 pm

Quick Dinners & Leftover Lunches

With school and extra-curricular activities, planning and preparing a healthy meal for your family can be a challenge. Find out the benefits of menu planning to simplify meal time and great recipe ideas that can be turned into tasty leftover lunches your family will actually eat. Young adults who have recently moved out will also appreciate this course! This is a demonstration class with plenty of samples; bring your appetite!

Course ID: QDLLOL

SAL \$25 + \$15 supplies | 2 Hrs
Feb 10 (T) 6:30 - 8:30 pm

"Bill's courses are so informative, fun and hands-on. Exceeded expectations! Would recommend to anyone."

Student, Spring Chicken



Sign up for our free newsletter!

Scan the QR or go to eipscontinuinged.ca

Summer Entertaining!

Impress your guests this summer with new and interesting ideas for your next patio party from these new courses:

- **Patio Cocktails**
- **Al Fresco**
- **Tapas**
- **Garden Party**

Share the experience with a friend or family member and you will both receive 10% off your registration fees! Call us to take advantage of this offer.

Authentic Mexican

Experience cooking an authentic Mexican fiesta! First, discover the basics of popular Mexican dishes such as tortillas, tostadas, sopes, gorditas and marinades like Adobo and Pipian. Then complete your fiesta by using the preparations and skills learned on the first night to create these authentic dishes. You won't want to miss this fiesta of the senses!

Instructor: Imelda Dykstra
Course ID: MEXIF

SAL \$59 + \$20 supplies | 6 Hrs
Jun 4 (Th) 6 - 9 pm

NEW Vietnamese

Discover how to prepare the fresh flavours of Vietnamese cooking. Create salad rolls and shrimp spring rolls, as well as the dipping peanut and fish sauces. If time permits, you will also make savory Vietnamese meatballs with French bread.

Instructor: Khai Bui
Course ID: VIETN

SAL \$59 + \$20 supplies | 3 Hrs
Mar 4 (W) 6 - 9 pm

Southern Style

Come and savour those southern favourites you've heard about and always wanted to taste. Chicken & waffles, jambalaya, shrimp cakes and hush puppies...just to name a few. Other dishes will be demonstrated if time permits.

Instructor: Sandy Spates
Course ID: SOUTH

SAL \$59 + \$20 supplies | 3 Hrs
Feb 25 (W) 6 - 9 pm

Savour the Flavour

EAST INDIAN CUISINE

Create flavourful East Indian foods such as pea pulao, chicken curry, dal makhani, rotis or chappatis, curried cauliflower and potatoes rice kheer. Cook, eat and enjoy!

Instructor: Bernie Gomms
Course ID: SAVO2

SAL \$59 + \$20 supplies | 3 Hrs
Jan 29 (Th) 6:30 - 9:30 pm

Introduction to Sushi

Enjoy making this popular Japanese cuisine. You'll never settle for supermarket sushi again! Prepare sushi rice properly, then make a variety of sushi including nigiri, maki and temaki. Bring your appetite as you will finish off the night eating a prepared meal including a variety of vegetable, cooked seafood and fish sushi.

Instructor: Bill Taylor
Course ID: SUSHI

SAL \$59 + \$20 supplies | 3 Hrs
Feb 4 (W) 6 - 9 pm

Greek Cuisine

Create an entire Greek feast! The class will prepare Greek salad, moussaka, spanakopita, pork souvalaki, lemon oven roasted potatoes, stuffed peppers and egg plant with cheese sauce. And for dessert...baklava. Cook, eat and enjoy!

Instructor: Bernie Gomms
Course ID: GREEK

SAL \$59 + \$25 supplies | 3 Hrs
Mar 10 (T) 6:30 - 9:30 pm





CHERYL BRACKENBURY

Cheryl Brackenbury has been in the baking business since high school. Starting as a part-time cake decorator at Safeway, she expanded her skills through studying at NAIT and learning alongside other bakers. For the past 18 years she has been the baker in the Culinary Arts Program at Bev Facey High School.

Thai it up!

Experience Thai cooking! Learn to make chicken satay with peanut sauce, Thai white rice, Thai shrimp curry and Thai salad. Cook, eat and enjoy!

Instructor: Bernie Gomms

Course ID: THAI1

\$59 + \$20 supplies | 3 Hrs

Feb 17 (T) 6:30 - 9:30 pm

Thai it up again!

Create Thai cuisine including bok choy salad, Thai beef salad with chili and lime, pad Thai noodles, green chicken curry and Thai rice. Cook, eat and enjoy!

Instructor: Bernie Gomms

Course ID: THAI2

\$59 + \$20 supplies | 3 Hrs

Apr 8 (W) 6:30 - 9:30 pm

NEW Tapas

Tapas cover a wide variety of appetizers and snacks in Spanish cuisine. In Mexico, similar dishes are called "botanas". You will prepare a variety of easy and delicious little bites to share at your own fiesta!

Instructor: Imelda Dykstra

Course ID: TAPAS

SAL \$59 + \$20 supplies | 3 Hrs

May 13 (W) 6 - 9 pm

Luscious, Low-fat, Lightning-Quick Meals

Join a registered dietitian and discover how easy it can be to prepare meals that are both delicious and nutritious!

 Online \$119

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,

May 21, Jun 18

 | [Learn More](#)

NEW Al Fresco

Not only is eating al fresco one of the hottest food trends but it is also one of the best ways to enjoy our fabulous Canadian summers. Menu ideas will feature seasonal produce, small dishes meant for nibbling as well as meat, seafood and vegetable dishes that can be easily grilled even while visiting with your guests. Ideas for the perfect picnic, with tips for keeping the food safe, will also be presented.

Instructor: Herb & Margaret Hess

Course ID: ALFRS

SAL \$59 + \$15 supplies | 3 Hrs

May 21 (Th) 6 - 9 pm

NEW Garden Party

Impress your family and friends with a garden party like no other. Get hands-on experience on how to make Italian almond cookies, sour cream scones served with raspberry preserves, iced lavender lemon shortbread cookies and lemon curd tarts made with a pecan coconut base. This class is delightfully delicious!

Instructor: Cheryl Brackenbury

Course ID: GRDNP

SAL \$59 + \$20 supplies | 3 Hrs

Apr 14 (T) 6 - 9 pm

Register early!

To ensure a spot in your favourite class!

"These courses are so much fun and well worth the money. I learned a lot of new skills."

Student, Southern Style



Follow us on Facebook

Register at 780-467-7292

LANGUAGE

Basic Spanish (Level 1)

Learn Spanish pronunciation, basic sentence structures and vocabulary for greetings, food, ordering a meal, seasons, time, asking for directions, identifying and describing yourself, others, objects, and pastimes. The cultures of Spanish speaking countries will also be explored. Language of instruction will be primarily English.

Instructor: Teresa Castro Albarracin or Imelda Dykstra
Course ID: SPAN1

SAL \$199 | 20 Hrs
Jan 26 - Apr 20 (M) 6:30 - 8:30 pm
Feb 11 - Apr 22 (W) 6:30 - 8:30 pm

Basic Spanish (Level 2)

Increase your fluency, vocabulary and idiomatic expressions in the Spanish language. Using the textbook, *Easy Spanish Step By Step*, you will learn the following conversational topics: family, shopping, restaurants and entertainment. We will also expand our understanding of the cultural aspects of Spanish speaking countries.

Instructor: Teresa Castro Albarracin or Imelda Dykstra
Course ID: SPAN2

SAL \$125 + \$10 materials | 10 Hrs
Apr 30 - May 28 (Th) 6:30 - 8:30 pm

NEW Spanish Café

Hola! Expand your vocabulary, enhance your fluency and broaden your circle of friends! Here's an opportunity to practice your Spanish in Sherwood Park's community coffeehouse, Common Ground Café. For everyone, from the newest learners to those who want to polish their pronunciation, our long-time instructor is ready to get the conversation going! Take advantage of our special "Bring an Amigo/Amiga" discount and save 10% on your registration fee.

Instructor: Imelda Dykstra
Course ID: SPACF

CGC \$39 | 4.5 Hrs
Mar 10, 17, 24 (T) 7 - 8:30 pm
May 5, 12, 19 (T) 7 - 8:30 pm

Spanish for Travellers

Gain practical communication tools for travelling to Spanish speaking countries. You will learn vocabulary about typical travel activities such as finding your way around cities, booking hotels, eating in restaurants, and talking to your new *amigos*. No previous knowledge of Spanish is required.

Instructor: Imelda Dykstra
Course ID: SPANT

SAL \$89 | 5 Hrs
Jan 28, Feb 4 (W) 6:30 - 9 pm

Instant Italian

Learn Italian from the comfort of your home in this fun and enjoyable online course.

 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Basic French (Level 1)

Parlez-vous français? Designed for adults with little or no previous French language training, you will learn French pronunciation, basic vocabulary, grammar, simple sentences and useful expressions. You will also have an opportunity to practice simple conversations.

Instructor: May Viney
Course ID: FREN1

SAL \$199 | 20 Hrs
Jan 26 - Apr 20 (M) 6:30 - 8:30 pm

NEW French Café

Salut! Expand your vocabulary, enhance your fluency and broaden your circle of friends! Here's an opportunity to practice your French in Sherwood Park's community coffeehouse, Common Ground Café. For everyone, from the newest learners to those who want to polish their pronunciation, our experienced instructor is ready to get the conversation going! Take advantage of our special "Bring an Ami/Amie" discount and save 10% on your registration fee.

Instructor: Beverly Shields
Course ID: FRNCF

CGC \$39 | 4.5 Hrs
Mar 11, 18, 25 (W) 7 - 8:30 pm

Register online!

It's quick, easy, and secure.

"Material covered was perfect. Gave us enough language rules to understand basic Spanish. The instructor was outstanding - I would take a course with her anytime."

Student, Basic Spanish Level 1



LAW

Alberta **LAW**
FOUNDATION

The Law courses listed below are offered in partnership with the Alberta Law Foundation.

These courses do not provide legal advice but are instead intended to provide the public with education regarding basic legal principles.

Being an Executor

What is involved in being an executor and probating a will? Know whether to accept or decline an offer to be an executor and when to seek legal and accounting advice.

Instructor: Wanda Fawcett, B.A., LL.B.

Course ID: EXCTR

SAL \$20 | 2.5 Hrs

May 7 (Th) 6 - 8:30 pm

Will & Estate Planning

Why do you need a will? Find out about the importance of a will and the essentials of estate planning for you and your family. Learn how to plan for joint ownership, designated beneficiaries, personal directives and more.

Instructor: Wanda Fawcett, B.A., LL.B.

Course ID: WILES

SAL \$20 | 2 Hrs

Apr 9 (Th) 6:30 - 8:30 pm

Enduring Powers of Attorney and Personal Directives

What happens if you become temporarily or permanently incapacitated by way of unforeseen circumstances? Discover the benefit of an Enduring Power of Attorney to your personal planning. You will also learn what a Personal Directive is, how to obtain one and how it impacts your wishes and your loved ones when you are unable to make medical decisions in a time of crisis.

Instructor: Wanda Fawcett, B.A., LL.B.

Course ID: EPOAT

SAL \$20 | 2 Hrs

May 12 (T) 6:30 - 8:30 pm

New! Bring an extra person to all Law courses at no additional charge! Be sure to register early to reserve a spot in the class.

NEW **Condominium Lifestyle - Part II**

Are you considering purchasing a condominium? Discover what you need to know before you buy. Explore condominium basics, home warranty issues and amendments to the legislation.

Instructor: Hugh Willis, B.A., LL.B.

Course ID: COND2

SAL \$20 | 4 Hrs

Mar 4, 11 (W) 6:30 - 8:30 pm

Legal Aspects of Living Together

Gain an overview of the laws relating to unmarried persons who live together in a relationship of interdependence. We will also cover the topic of cohabitation agreements.

Instructor: Vincent Tong, B.A., LL.B. /

Barry King, B.Sc., LL.B.

Course ID: LIVIN

SAL \$20 | 1.5 Hrs

Feb 12 (Th) 6:30 - 8 pm

Buying & Selling Your Home Privately

Commission free real-estate is a popular route among many home owners. Learn what you need to know about the legal process and paperwork needed in order to facilitate a smooth sale or purchase of real-estate without a realtor.

Instructor: Vincent Tong, B.A., LL.B. /

Barry King, B.Sc., LL.B.

Course ID: PRVHM

SAL \$20 | 2 Hrs

Apr 28 (T) 6:30 - 8:30 pm

Family Law 101

Understand the basic principles of matrimonial property law, separation agreements, divorce, custody, child support and spousal support.

Instructor: Katherine Palmer, B.A., LL.B. /

Barry King, B.Sc., LL.B.

Course ID: FAMIL

SAL \$20 | 2 Hrs

Feb 24 (T) 6:30 - 8:30 pm



"My husband and I are wanting to update our wills. Wanda is very approachable and made things clear and understandable. Very much appreciated the course."

Student, Will & Estate Planning

NEW **Navigating Divorce**

Wondering where to start? Find guidance and answers to questions involving custody, parenting, division of property, child and spousal support.

Instructor: Katherine Palmer, B.A., LL.B. /

Barry King, B.Sc., LL.B.

Course ID: NVGDV

SAL \$20 | 2 Hrs

Apr 15 (W) 6:30 - 8:30 pm

Legal Aspects of Being a Landlord

Thinking of owning a residential rental property? Learn the ins and outs of being a landlord included in the Residential Tenancies Act, and your legal rights and obligations when renting your property to tenants.

Instructor: Katherine Palmer, B.A., LL.B. /

Barry King, B.Sc., LL.B.

Course ID: LANDL

SAL \$20 | 2 Hrs

Mar 24 (T) 6:30 - 8:30 pm

Register at 780-467-7292

CAREER DEVELOPMENT

NEW Back to the Workplace

Gain an overview of Windows, Excel, Word and PowerPoint. This is perfect for people who have been out of the workplace for a while and want to update their skills using the current software. Prerequisite: know how to use a mouse.

Instructor: Joanne Swensrude

Course ID: BKWRK

SAL \$135 + \$10 materials | 8 Hrs

Mar 9, 11, 16, 18 (M/W) 6:30 - 8:30 pm

Resume Writing Workshop

Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Jump Start Your Career with LinkedIn

Learn how to use LinkedIn, a free and popular job search and career development tool, and gain the power of the Internet to expand your professional network.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Individual Excellence

Master twelve career-enhancing skills including goal setting, time management, personal organization and creativity.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Achieving Success with Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors and relatives.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal lives.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Fundamentals of Supervision & Management

Learn the people skills required to motivate and delegate, and the tools for solving problems and resolving conflicts.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

High Speed Project Management

Learn to deal with the realities of managing projects at supersonic speeds despite truncated timelines, inadequate staffing, and skimpy budgets.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Using Social Media in Business

Learn to deal with the realities of managing projects at supersonic speeds despite truncated timelines, inadequate staffing, and skimpy budgets.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

📧 Online \$119

 | [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

**Office Skills
CE Professional Certificate**

Gain entry level skills for a variety of office environments. Complete all four of the following blend of classroom and online courses to earn a Continuing Education Professional Certificate in Office Skills:

- Word 2013 Level 1
- Excel 2013 Level 1
- Grammar Refresher
- Individual Excellence

Contact us at (780) 467-7292 for registration details.

 | [Learn More](#)

**Office Professional
CE Professional Certificate**

Expand your portfolio and gain skills for the career you deserve! Complete all four of the following blend of classroom and online courses to earn a Continuing Education Professional Certificate as Office Professional:

- Word 2013 Level 2
- Excel 2013 Level 2
- Effective Business Writing
- Achieving Success with Difficult People

Contact us at (780) 467-7292 for registration details.

NEW Supporting Children with Autism

Explore supports and strategies for working or living with children aged 3 – 12 years with Autism Spectrum Disorder. This course is designed for parents, Educational Assistants, childcare workers and those who want to learn more about this subject.

Instructor: Shane Hewitt, M. Ed.
Course ID: AUTIS

SAL \$55 | 3 Hrs
Feb 19 (W) 6 - 9 pm

NEW Supporting Children with Challenging Behaviours



Explore supports and strategies for working or living with children aged 3 – 12 years who demonstrate challenging behaviours . This course is designed for parents, Educational Assistants, childcare workers and those who want to learn more about this subject.

Instructor: Shane Hewitt, M. Ed.
Course ID: CHLBV

SAL \$55 | 3 Hrs
Mar 19 (W) 6 - 9 pm



A Year of Inspiring Preschool Lessons

Learn how to develop creative and balanced preschool lesson plans for every month of the school year.

 Online \$119  [Learn More](#)
Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18



Building Teams that Work

What are the secrets to managing successful teams in the workplace? Explore communication techniques and problem-solving skills that will help you get your team on track in no time.

 Online \$119  [Learn More](#)
Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18



Skills for Making Great Decisions

Learn how to make excellent everyday decisions from an experienced counselor and life coach.

 Online \$119  [Learn More](#)
Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18



Keys to Effective Editing

If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction.

 Online \$119  [Learn More](#)
Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Write Effective Web Content

Learn how to write Web content and produce multimedia elements to make your website or blog a must-visit site on the Internet.

 Online \$119  [Learn More](#)
Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18



**Leadership
CE Professional Certificate**

Stand out from the crowd by enhancing your leadership potential. Complete these four online courses to earn a Continuing Education Certificate in Leadership:

- Skills for Making Great Decisions
- Fundamentals of Supervision & Management
- Building Teams that Work
- Leadership

Contact us at (780) 467-7292 for registration details.

**Project Management
CE Professional Certificate**

Expand your executive potential! Complete these three online courses to earn a Continuing Education Professional Certificate in Project Management:

- Project Management Fundamentals
- Project Management Applications
- High Speed Project Management

Contact us at (780) 467-7292 for registration details.

Register online!

It's quick, easy, and secure.

Register at 780-467-7292

COMPUTER

iPad I

Join us for an exploration of the iPad's capabilities as a device for reading and manipulating digital media. We'll explore various capabilities, apps and accessories. Also included will be some tips and tricks. Participants must bring their own iPad devices to class.

Instructor: Edna Dach or Aaron Tuckwood

Course ID: IPAD1

SAL \$49 | 2.5 Hrs

Jan 26 (M) 6:30-9:00 pm

Mar 18 (W) 6:30-9:00 pm

iPad II

Prerequisite: Familiarity with your iTunes account and password.

If you are comfortable using your iPad, join this class to uncover some of the advanced capabilities of your device. Come to class with your iPad fully charged.

Instructor: Edna Dach

Course ID: IPAD2

SAL \$49 | 2.5 Hrs

Feb 2 (M) 6:30-9:00 pm

Word 2011 for Mac

Learn to use the world's most popular word processor for creating documents and formatting text, now available on the Macintosh.

📧 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,

May 21, Jun 18

Mac, iPhone and iPad Programming

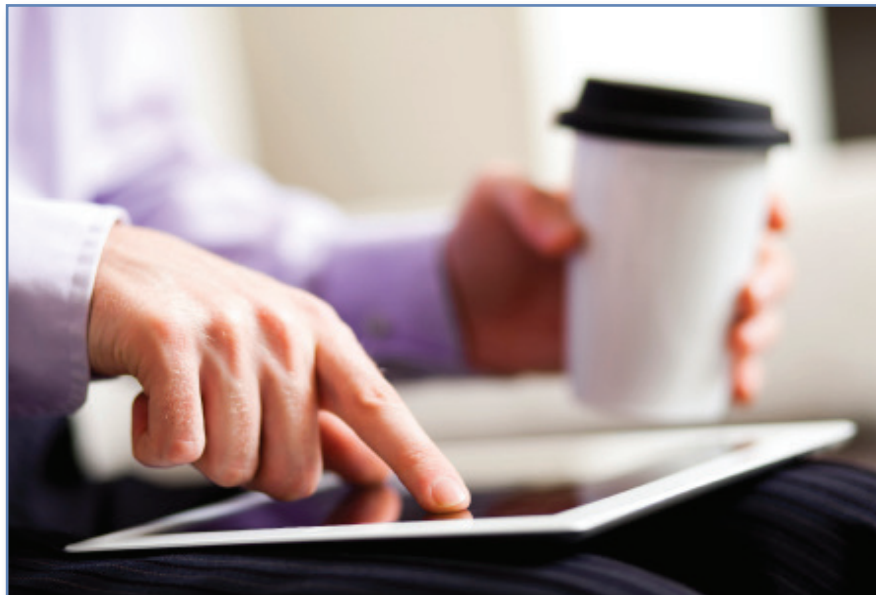
Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler.

📧 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,

May 21, Jun 18

**AARON TUCKWOOD**

Aaron completed his bachelor's degree at the University of Alberta and holds a Masters Degree in Educational Technology from the University of Calgary. For the past 8 years he has been a technology consultant with Elk Island Public Schools.

Making the Most of Your Tablet

Enjoy a practical introduction to using a tablet. Gain knowledge in the basics of your operating system, how to customize settings and how to complete basic tasks. Bring your fully charged tablet to class.

Instructor: Aaron Tuckwood

Course ID: TABLT

SAL \$49 | 2.5 Hrs

Jan 28 (W) 6:30 - 9 pm

Making Movies (iPad/iPhone)

Discover a new and fun purpose for your iPad or iPhone! Learn how to document all of life's memories in moving colour. Taking movies on your iPad/iPhone allows you to conveniently store your movies and creatively edit them all in the palm of your hand! To register for this course online, find it under "Photography".

Instructor: Edna Dach

Course ID: MVIPD

SAL \$39 | 2 Hrs

Feb 18 (W) 6:30 - 8:30 pm

Online Travel Planning

Planning and booking travel online is becoming a very efficient and cost efficient method for many. Learn about different websites that offer these services such as Expedia, Red Tag, and Travelocity, how to navigate them and what to watch out for. To register for this course online find it under "Life & Leisure".

Instructor: Edna Dach

Course ID: ONTRP

SAL \$29 | 1.5 Hrs

Feb 9 (M) 6:30-8:00 pm

Intro to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.

📧 Online \$119

 [Learn More](#)

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,

May 21, Jun 18

Course Fee Subsidies

Through the generous support of the Community Adult Learning & Literacy Society (CALLS), we offer subsidies to support low-income learners for some of our computer courses. A listing of all CALLS supported courses can be found on our website under "Program Info". For additional information, contact us at (780) 467-7292.



Into the Cloud

Where is this cloud and what is its purpose? In the forever evolving digital world, software companies are making it more convenient than ever for you to store and access your digital documents from anywhere and on any device. Explore the digital cloud, what it is capable of and how it can make your digital life easier.

Instructor: Edna Dach

Course ID: CLOUD

SAL \$39 | 2 Hrs

May 20 (W) 6:30 - 8:30 pm

NEW All Google!

Google tools can be a powerful time saver in your workplace and every day life. Explore the benefits of Gmail, Calendar, Docs, Drive, and Google+, as well as how they work together to increase your productivity. You will also learn how you can share your work with others through these convenient tools.

Instructor: Edna Dach

Course ID: AGOOG

SAL \$39 | 2 Hrs

May 25 (M) 6:30 - 8:30 pm

Intro to PC Security

Security expert teaches the fundamentals of PC and network security. Advanced PC Security also available.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

InDesign CS6

Learn how to use Adobe InDesign CS6, the industry-standard desktop publishing software program, to design professional-quality letterheads, brochures, eBooks, and more.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Dreamweaver CS6

Learn to create Web pages, layouts, and websites using CSS formatting options and other tools with Adobe's industry-standard Web design application.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Intro to Quickbooks 2014

Gain control of your business as you learn to use this powerful accounting software to create and print invoices, track your payables and receivables, and more.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

"As I travel a great deal on business, I appreciate the ease of being able to access the lessons wherever I am in the world."

Student, Ed2Go Next Step Continuing Education



PowerPoint 2013

Learn how to use Microsoft PowerPoint 2013 to create animated presentations formatted with color, text, pictures shapes, charts, and text and object hyperlinks.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Publisher 2013

Learn how to design professional publications, including newsletters, fliers, and brochures, with Microsoft Publisher 2013.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18

Outlook 2013

Get up to speed including how to manage your email, calendar and contacts, and how to get the most out of program tools such as Search Folders and Quick Steps.

Online \$119



Start dates: Jan 15, Feb 19, Mar 19, Apr 16, May 21, Jun 18



Sign up for our free newsletter!

Scan the QR or go to eipscontinuinged.ca

Register at 780-467-7292

JOANNE SWENSRUDE

Joanne is a Microsoft Office Specialist and has been teaching people how to use their computers since 1988. She has a passion for showing people how to shave hours off their daily tasks!.

Computer Basics (Using Windows 7 - Leisurely Paced)

Learning to use computers can be a lot of fun and very useful! Designed for the person who has limited computer experience, this course covers computer basics and is taught at a comfortable pace with guided hands-on practice. By the end you will feel more at ease with your home computer!

Instructor: Gordon Millard
Course ID: LP1W7

SAL \$135 | 8 Hrs
Feb 10, 12, 17, 19 (T/Th) 1 - 3 pm

Internet Basics (Using Windows 7 - Leisurely Paced)

Prerequisite: Leisurely Paced Computer Basics 1 or some exposure to the Internet.

Don't be intimidated! Discover how useful the internet can be along with the basics of electronic mail at a comfortable pace with guided hands-on practice. Search internet websites, organize favourite websites, change the startup home page, use internet multimedia and become aware of security and privacy issues. Understand how to create and manage electronic mail messages, attach pictures and files to messages, and use e-mail address books and automatic e-mail signatures. In addition, the course will briefly explore how to access and view newsgroup messages on the internet.

Instructor: Gordon Millard
Course ID: LPINT

SAL \$135 | 8 Hrs
Apr 14, 16, 21, 23 (T/Th) 1 - 3 pm

Register early!

To ensure your spot
in the class.

Computers for Beginners (Using Windows 7 - Regular Paced)

If you are new to using computers and would like to learn the basics, this class is a great place to start. Using the Windows 7 operating system, you will learn to navigate your computer through simple programs such as emailing, accessing the internet, and storing photos and documents. No previous computer experience is required.

Instructor: Gordon Millard
Course ID: COMU1

SAL \$135 | 8 Hrs
Apr 14, 16, 21, 23 (T/Th) 6:30 - 8:30 pm

Windows 8 (Bring Your Own Device)

This course is perfect for anyone who is familiar with how to use their computer and wants to know how to navigate Windows 8 more efficiently. Bringing your own Windows 8 device will allow you to become familiar with your particular device's hardware as you navigate the new operating system.

Instructor: Edna Dach
Course ID: WIND8

SAL \$75 | 4 Hrs
Apr 13, 20 (M) 6:30 - 8:30 pm

Outlook 2013

Get up to speed with the latest developments in Outlook, including how to manage your email, calendar, and contacts and how to get the most out of program tools such as Search Folders and Quick Steps.

 Online \$119

 Learn More

Start dates: Jan 15, Feb 19, Mar 19, Apr 16,
May 21, Jun 18

NEW What's New in Office 2013

Prerequisite: Computers for Beginners or equivalent computer knowledge.

Every few years, Microsoft comes out with a new version of Microsoft Office. Find out what's changed in this version and where to find all the new goodies. You will spend some time looking at the new way to save/open documents and the new features in Word and Excel. This is a course for people who are already using the programs and just want to know the differences between their current version and the new one.

Instructor: Joanne Swensrude
Course ID: OFF13

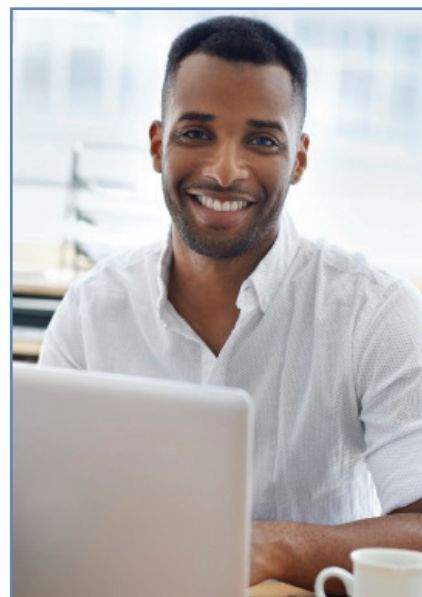
SAL \$45 + \$10 materials | 2 Hrs
Jan 26 (M) 6:30 - 8:30 pm

NEW Back to the Workplace

Gain an overview of Windows, Excel, Word and PowerPoint. This is perfect for people who have been out of the workplace for a while and want to update their skills using the current software. Prerequisite: know how to use a mouse.

Instructor: Joanne Swensrude
Course ID: BKWRK

SAL \$135 + \$10 materials | 8 Hrs
Mar 9, 11, 16, 18 (M/W) 6:30 - 8:30 pm



Word 2013 Level 1

Suitable for Word 2010 users

Anyone wanting to learn how to use the world's most popular word processor, come and spend some hands-on hours with us! This course is for beginners needing to know how to create a document and add some pizzazz to it using font and paragraph formatting. The only prerequisite is that you can use a mouse.

Instructor: Joanne Swensrude
Course ID: WL113

SAL \$105 + \$10 materials | 6 Hrs
Feb 2, 4 (M/W) 6:00-9:00 pm

NEW Word 2013 Level 1 Accelerated

Suitable for Word 2010 users

If you are currently a Microsoft Word user and have never taken any formal training (or it's been awhile), this course is for you. Learn how to quickly format and enhance your document and line text up properly with margins, tabs and tables. You won't believe the time you'll save with all the keystroke shortcuts that will be covered. This is a fast paced course for experienced Word users.

Instructor: Joanne Swensrude
Course ID: WDA13

SAL \$59 + \$10 materials | 3 Hrs
Feb 20 (F) 1 - 4 pm
Apr 17 (F) 1 - 4 pm

Word 2013 Level 2

Prerequisite: Word 2013 Level 1

Uncover more secrets of Word. Learn how to do a mail merge to send a personalized letter or create labels for many recipients. We'll also cover how to use Styles to control the formatting in your document as well as how to generate a table of contents. You won't believe how efficient you'll become using Autotext and Autocorrect. Course manual is \$10 and is payable directly to the instructor on the first day of class.

Instructor: Joanne Swensrude
Course ID: WL213

SAL \$105 | 6 Hrs
Apr 20, 22 (M/W) 6 - 9 pm

Excel 2013 Level 1

Suitable for Excel 2010 users

If you have never built a spreadsheet or consider yourself a newbie in this area, this course is for you! Learn to create a spreadsheet and put in some basic formulas to make Excel do the math for you! We'll also cover sorting and printing techniques. Everybody can do it, it's easy! The only pre-requisite is that you know how to use a mouse.

Instructor: Joanne Swensrude
Course ID: XL113

SAL \$105 + \$10 materials | 6 Hrs
Feb 9, 11 (M/W) 6 - 9 pm
Mar 13 (F) 9 - 3:30 pm

NEW Excel 2013 Level 1 Accelerated

Suitable for Excel 2010 users

Do you currently use Excel for basic tasks? Would you like to learn some faster ways to get your spreadsheet working for you? You will review formulas, including absolute references, printing techniques, as well as dozens of tips regarding sorting, copying cells, autofill, formatting and more. It will give you a whole new appreciation for Excel! This is a fast paced course for experienced Excel users.

Instructor: Joanne Swensrude
Course ID: XLA13

SAL \$59 + \$10 materials | 3 Hrs
Feb 20 (F) 9 - noon
Apr 17 (F) 9 - noon

Excel 2013 Level 2

Suitable for Excel 2010 users

Prerequisite: Excel 2013 Level 1 or equivalent experience.

If you're comfortable with basic and absolute formulas, now it's time to explore IF, NOW, ROUND and more. You will also find out how to name ranges and use them in formulas as well as working with multiple worksheets. Course manual is \$10 and is payable directly to the instructor on the first day of class.

Instructor: Joanne Swensrude
Course ID: XL213

SAL \$105 | 6 Hrs
Apr 27, 29 (M/W) 6 - 9 pm

Excel 2013 Level 3

Suitable for Excel 2010 users

Prerequisite: Excel 2013 Level 2 or equivalent experience.

This course is all about organizing and summarizing long lists of data! Explore advanced sorting, filtering, pivot tables, subtotaling and functions such as COUNTIF and SUMIF. You should be at ease using Excel formulas and autosum before taking this course. Course manual is \$10 and is payable directly to the instructor on the first day of class.

Instructor: Joanne Swensrude
Course ID: XL313

SAL \$105 | 6 Hrs
Feb 10, 12 (T/Th) 6 - 9 pm
May 27 (W) 9 am - 3:30 pm

Microsoft Office Specialist**NEW Word 2013 MOS Prep**

Gain the skills you need to advance your career! Become a Microsoft Office Specialist in Word 2013. Learn many of the same topics as Word Levels 1 and 2, but with a few extras you need to know to write the MOS exam. Prior experience in Word would be beneficial as there is a lot of material to cover!

Instructor: Joanne Swensrude
Course ID: MOSWD

SAL \$149 + \$10 materials | 9 Hrs
May 5, 7, 12 (T/Th) 6 - 9 pm

NEW Excel 2013 MOS Prep

Gain the skills you need to advance your career! Become a Microsoft Office Specialist in Excel 2013. Learn many of the same topics as Excel Levels 1 and 2, but with a few extras you need to know to write the MOS exam. Prior experience in Excel would be beneficial as there is a lot of material to cover!

Instructor: Joanne Swensrude
Course ID: MOSEX

SAL \$149 + \$10 materials | 9 Hrs
May 19, 21, 26 (T/Th) 6 - 9 pm

DIPLOMA EXAM PREP

Review major curriculum topics and master test-writing strategies for the diploma exams. Familiarity with course content is expected. Bring a lunch/snack for the weekend classes - 1/2 hour break provided.

English 30-1 Part A

SAL \$48 | 6 Hrs
Jun 6 (Sa) 9 am - 3:30 pm

English 30-1 Part B

SAL \$48 | 6 Hrs
Jun 13 (Sa) 9 am - 3:30 pm

English 30-2

SAL \$48 | 6 Hrs
Jun 7 (Su) 9 am - 3:30 pm

Social 30-1

SAL \$96 | 12 Hrs
Jun 3, 4 (T/Th) 5:30 - 8:30 pm
plus Jun 6 (Sa) 9 am - 3:30 pm

Social 30-2

SAL \$48 | 6 Hrs
Jun 8, 9 (M/T) 5:30 - 8:30 pm

Chemistry 30;

SAL \$120 | 15 Hrs
Jun 8, 9, 10 (M/T/W) 5:30-8:30 pm
plus Jun 7 (Su) 9 am - 3:30 pm

Biology 30; Physics 30

SAL \$120 | 15 Hrs
Jun 17, 18, 19 (W/Th/F) 5:30 - 8:30 pm
plus Jun 20 (Sa) 9 am - 3:30 pm

Math 30-1; Math 30-2

SAL \$120 | 15 Hrs
Jun 12 (F) 5:30 - 8:30 pm
plus Jan 13, 14 (Sa/Su) 9 am - 3:30 pm





NIGHT SCHOOL EXTREME

Go to extremes! This is an intensive academic program for students who are able to focus their efforts in and out of class. Attend class three times a week and complete your 5-credit 30 level course in just eight weeks.

Small class sizes and quality instruction make Next Step Continuing Education your community evening credit class choice for over 25 years.

Where to Register?

Registrations for Night School Extreme are accepted:

-  In person
-  Fax **780-449-3530**
-  By email eips.conted@eips.ca
-  Mail

at Next Step Continuing Education, 20 Festival Way (Salisbury Composite High School), Sherwood Park, AB, T8A 4Y1.

Extreme Schedule

- **Session 1:**
Biology 30; English 30-1;
Social Studies 30-1 & 30-2
Feb 7 - Mar 28 (T/Th) 6 - 9 pm,
plus (Sa) 9 am - 2:15 pm
- **Session 2:**
All 30 level diploma credit
Apr 18 - Jun 9 (T/Th) 6 - 9 pm,
plus (Sa) 9 am - 2:15 pm

Fees

Payment of all Night School Extreme course fees are required at time of registration.

- **Registration fee** – \$80 for students born after Sept. 1/94
- **Registration fee for Mature Students** – \$580 for students born on or before Sept. 1/94
- **Lab fee** – \$20 for each science course
- **Textbook Rental** – \$125 (Fully refunded after return of textbook in good condition)

For course descriptions, visit our website at www.eipscontinuinged.ca/courses/night-school



Follow us on Twitter!

@eipsnextstep

Alternative Flexible Program

Not able to attend Night School? Check out Next Step's Alternative Flexible Program designed for students who require flexible, individualized learning in order to complete their high school diploma.

At Next Step you will find a welcoming and safe environment, where you experience **choices** in your schedule, **feedback** from caring teachers, a sense of **connection**, and **accountability** for your own learning, including the ability to move on to the next course topic when **you** are ready. Campuses are located in Sherwood Park, Fort Saskatchewan and Vegreville.

Contact us today to find out more. Visit eipsnextstep.ca for details on courses offered and registration information.

Register at www.eipscontinuinged.ca

REGISTRATION INFO

The Next Step Continuing Education office is located at **20 Festival Way, Sherwood Park, Alberta, T8A 4Y1** (in Salisbury Composite High School).



Download registration forms here or go to eipscontinuinged.ca.

Registrations are accepted:

- Online (not applicable for high school credit courses)
- By mail
- By phone **780-467-7292**
- By fax **780-449-3530**
- By email eips.conted@eips.ca
- In person

Office Hours

Our office hours are:

- Monday through Thursday 8:30 am - 7:30 pm
- Friday 8:30 am - 3 pm
- Closed between 1 - 4:30 pm the first Wednesday of every month for a staff meeting

We follow the Elk Island Public Schools district calendar therefore our offices are closed on the following dates:

- Jan 30
- Feb 5, 6, 16, 27
- Mar 6
- Mar 27-Apr 6
- May 1
- May 15 & 18

Age Requirements

All classes are designed for adult learners over the age of 18 unless otherwise noted. In certain circumstances younger children are admitted to a course subject to administrative approval.

Register early!

To ensure a spot in your favourite class!



Register online!

It's quick, easy and secure.

Payment

All fees are due at the time of registration with the exception of specified instructor manuals. Registration is confirmed when payment is processed. You will receive confirmation of registration by email or mail.

Cancellation

We do our very best to make sure all of our courses run for your enjoyment, however sometimes we do end up cancelling a class due to the unexpected or low enrollment. In this case, we make every effort to accommodate you in another course. If there is no other course which is satisfactory to you, you will receive a full refund. For our full refund policy visit: <http://www.eipscontinuinged.ca/pages/refunds>.

Refund Policy

Visit eipscontinuinged.ca/pages/refunds to view the Refund Policy for all courses.

Other Fees

High School Credit courses are GST exempt. For all other courses, GST is calculated on the registration fee plus additional materials/supplies/textbook fees.

NSF cheques and credit card chargebacks are subject to an administration fee equal to bank costs.

Location

Unless otherwise stated, programs will be held at Salisbury Composite High School, 20 Festival Way, Sherwood Park, Alberta. T2A 4Y1.

COURSE LOCATIONS

- BFH Bev Facey High School, 99 Colwill Boulevard, Sherwood Park
- CAM Campbelltown Elem, 271 Conifer Street, Sherwood Park
- CGC Common Ground Cafe, 50 Brentwood Boulevard, Sherwood Park
- SAL Salisbury Composite High, 20 Festival Way, Sherwood Park
- SCS Strathcona Christian Secondary, 1011 Clover Bar Road, Sherwood Park
- SUB Sublime Wines, 104, 160 Broadway Boulevard, Sherwood Park
- TBA To Be Announced

Register at 780-467-7292

YOUR SPRING AT A GLANCE...

pick a month, pick a date, pick a class!

JANUARY

## UGotClass Online Courses	Various
20 Open House	Pg 03
21 Ed2Go Online Courses	Various
26 Basic French Level 1	Pg 18
26 Basic Spanish Level 1	Pg 18
26 iPad I	Pg 22
26 What's New in Office 2013	Pg 24
27 Brave Enough for Ballroom	Pg 09
27 Ballroom Mixer	Pg 09
27 Know Your Camera (Leisurely Paced)	Pg 06
28 Making the Most of Your Tablet	Pg 22
28 Spanish for Travelers	Pg 18
29 Travelling in Europe	Pg 13
29 Savour the Flavour-East Indian Cuisine	Pg 16

FEBRUARY

## UGotClass Online Courses	Various
02 iPad II	Pg 22
02 Word 2013 Level 1	Pg 25
04 Intro to Sushi	Pg 16
04 Watercolours II	Pg 11
07 Extreme Night School	Pg 26
09 Excel 2013 Level 1	Pg 25
09 Online Travel Booking & Planning	Pg 12
10 Excel 2013 Level 3	Pg 25
10 Computer Basics (Leisurely Paced)	Pg 24
10 Quick Dinners Leftover Lunches	Pg 15
11 Basic Spanish Level 1	Pg 18
11 Woodworking for Everyone	Pg 10
12 Legal Aspects of Living Together	Pg 19
12 Wine & Cheese Appreciation	Pg 09
17 Thai It Up!	Pg 17
18 Ed2Go Online Courses	Various
18 Massage for Couples	Pg 12
18 Making Movies (iPad/iPhone)	Pg 08

18 The Very Basics	Pg 06
19 Introduction To Stand Up Comedy	Pg 10
19 Superfoods & Smoothies	Pg 15
20 Excel 2013 Level 1 - ACCELERATED	Pg 25
20 Word 2013 Level 1 - ACCELERATED	Pg 25
23 Practice Makes Perfect	Pg 23
24 Family Law 101	Pg 19
25 Southern Style	Pg 16
27 heART Paint Café	Pg 11

MARCH

## UGotClass Online Courses	Various
02 Restore & Retouch	Pg 06
04 Condo Lifestyle - Part II	Pg 19
04 Vietnamese	Pg 16
05 All About Iceland	Pg 13
05 Healthy Brain	Pg 14
09 Back into the Workplace	Pg 24
09 iPhone-ography	Pg 08
10 Spanish Café	Pg 18
10 Greek Cuisine	Pg 16
11 French Café	Pg 18
11 Self Reiki	Pg 12
13 Excel 2013 Level 1	Pg 25
13 heART Paint Cafe	Pg 11
16 DSLR Fundamentals	Pg 06
17 Head, Neck & Shoulder Massage	Pg 20
18 Ed2Go Online Courses	Various
18 iPad I	Pg 22
21 Make 'n Take Dinners	Pg 15
24 Legal Aspects of Being a Landlord	Pg 19
25 Let's Do Brunch	Pg 15

APRIL

## UGotClass Online Courses	Various
08 Mindful Meditation	Pg 12
08 Thai it Up Again!	Pg 17
08 Furniture Woodworking	Pg 10
09 Will & Estate Planning	Pg 19

13 The Art of Photography	Pg 06
13 Windows 8 - Bring Your Own Device	Pg 24
14 Ballroom, Beyond the Basics	Pg 09
14 Ballroom Mixer	Pg 09
14 Computers for Beginners	Pg 24
14 Garden Party	Pg 17
14 Internet Basics (Leisurely Paced)	Pg 24
14 Know Your Camera (Leisurely Paced)	Pg 06
15 Ed2Go Online Courses	Various
15 Trendy Hair Styles	Pg 12
15 Navigating Divorce	Pg 19
16 Finding The Funny In Life	Pg 10
17 Excel 2013 Level 1 - ACCELERATED	Pg 25
17 Word 2013 Level 1 - ACCELERATED	Pg 25
17 heART Paint Café	Pg 11
18 Night School - Extreme	Pg 26
20 Swing into Spring	Pg 14
20 Word 2013 Level 2	Pg 25
21 Makeup & Makeovers	Pg 12
21 Swing into Spring	Pg 14
22 Crepes	Pg 15
22 Practice Makes Perfect	Pg 06
22 Classic Pose	Pg 06
27 Excel 2013 Level 2	Pg 25
28 Buying & Selling Your Home Privately	Pg 19
28 In A Pickle (Pickling)	Pg 15
29 Get a Grip on Your Short Game	Pg 14
29 The Very Basics	Pg 06
30 Basic Spanish Level 2	Pg 18
30 Get a Grip on Your Short Game	Pg 14

MAY

## UGotClass Online Courses	Various
02 Junior Golf Swing (Ages 5-9)	Pg 14
02 Junior Golf Swing (Ages 10-16)	Pg 14
02 Swing into Spring	Pg 14
05 Word 2013 MOS Prep	Pg 25
05 Spanish Café	Pg 18
05 Spring Chicken	Pg 15

06	Reiki for Others	Pg 12
07	Being an Executor	Pg 19
11	Dog Grooming Advanced	Pg 10
11	DSLR Fundamentals	Pg 06
12	EPAs & Personal Directives	Pg 19
13	Ed2Go Online Courses	Various
13	Tapas	Pg 17
19	Excel 2013 MOS Prep	Pg 25
20	Into the Cloud	Pg 23
21	Al Fresco	Pg 17
21	The River Valley	Pg 07
22	heART Paint Café	Pg 11
24	Close up at the Muttart	Pg 07
25	All Google!	Pg 23
25	Swing into Spring	Pg 14
25	The Art of Photography	Pg 06
26	Archery	Pg 09
26	Pole Trekking	Pg 09
26	Swing into Spring	Pg 14
27	Excel 2013 Level 3	Pg 25
27	Luxury Cruising	Pg 13
28	Street Photography	Pg 07

JUNE

##	UGotClass Online Courses	Various
01	Pet Photography	Pg 07
02	Getting Ready to Jam	Pg 15
03	Get a Grip on Your Short Game	Pg 14
04	Authentic Mexican	Pg 16
04	Get a Grip on Your Short Game	Pg 14
04	Favourite Patio Cocktails	Pg 09
06	Junior Golf Swing (Ages 5-9)	Pg 14
06	Junior Golf Swing (Ages 10-16)	Pg 14
06	Swing into Spring	Pg 14
17	Ed2Go Online Courses	Various
29	Swing into Spring	Pg 14

JULY

06	Summer School begins	
07	Swing into Spring	Pg 14

NEXT STEP
CONTINUING EDUCATION

www.ed2go.com/eipsconted

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comfort of home!



Online learning... just a click away!

Photographing Nature

See Page 7

Courses for Writers

See Page 11

Learn a new Language

See Page 18

Develop Office Skills

See Page 20

Instructor-Facilitated
Online Learning



Course
Fees Start
at Just
\$119

SUMMER SCHOOL 2015

JULY 6 - 31

Go to camp? My 15 year old son thought it was going to be "lame" for lack of better words. He came home from camp and had nothing but amazing things to say about the experience. He talked about how amazing the games, the food, the teachers and the helpers were. In fact, he's already told me he would do it again next summer!

- Mom, Student of Extreme CALM/Phys Ed

Lego Robotics

Minecraft

Basketball

Extreme CALM/Phys Ed

Cooking Camps

Volleyball

and more!



Registration begins February 23

Registration Form - General Interest Courses

High School Credit courses: This registration form is for all courses with Next Step Continuing Education excepting high school credit courses. You may download the High School credit course registration form off our website under the tab "Registration Info".

Course Information

Course Name _____ Course Code (if available) _____

Starting Date _____ Days of the Week _____

Student Information

First Name _____ Last Name _____

Address _____

City _____ Postal Code _____

Phone (Home) _____ Phone (Business/Cell) _____

E-mail Address _____

Gender M | F _____ Year of Birth _____

How did you hear about this course?

Please indicate where you first saw or heard about the course you are registering for:

Newspaper Community Sign Brochure School Friend/Family Work Other

If you have any comments or ideas about courses you would be interested in taking through Continuing Education please indicated so here:

Payment Information

Please indicate method of payment _____ Cheque* Visa Mastercard

Contact our office if payment by credit card _____

*Cheques are payable to Next Step Continuing Education (remember to include GST)

Information Disclosure: We ask for this information in order to register you in the class that you have selected. Elk Island Public School's employees, Board of Trustees, and agents (eg. legal counsel) may have access to this registration information on a need-to-know basis. If you have any questions about the collection of this information, you may contact the Assistant Principal of Continuing Education at 780-467-7292.

Register at 780-467-7292

Paint, Create and Donate!

Have you been looking for creative inspiration?
Need a night out that's out of the ordinary?

Spend an evening painting with friends at your local café. No experience necessary!

We will donate a portion of registration fees collected to a local charity.
It's that easy to have fun, get creative and support your community!

Find out more on Page 11.

heart Paint Café

In support of these charities:

- ◆ *Dreamcatcher Nature Assisted Therapy*
- ◆ *Boys & Girls Club of Strathcona*
- ◆ *A Safe Place*
- ◆ *Valour Place*

Offered in partnership with...

