



2012 Spring Programs

Thorhild & District Community Adult Learning Council

Registration deadlines are one week prior to program commencement. All fees include GST and to be considered registered we must receive payment before program begins. **Please contact the County of Thorhild Community Services Office at (780) 398-3978 for more information or to register.**

CORE (Absession)

January 30—March 19

Tired of doing the same basic crunches and sit-ups? In this strength training workout, we'll lead you through a variety of exercises designed to work your entire abdominal area. You'll build muscles you never even knew you had, while developing core strength that will support you in a wide variety of activities. (no class February 20)

Time: Mondays from 6:15 PM to 6:45 PM
Fee: \$55
Location: Thorhild Central School Gym
Instructor: Coreen Rivard from Inspire



Minimum: 15

ZUMBA FITNESS

January 30-March 19

When participants see a Zumba class in action, they can't wait to give it a try. This class features exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating. (no class February 20)



Time: Mondays from 7 PM to 8 PM
Fee: \$85
Location: Thorhild Central School Gym
Instructor: Coreen Rivard from Inspire

Minimum: 15

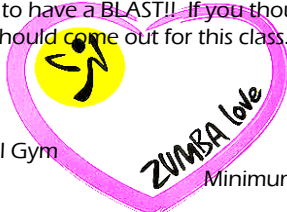
****anyone over the age of 13 can come out and join the Zumba fun!!!**

ZUMBA

January 31—March 20

Come out and join Kayla and Ralayne for an exhilarating, effective, easy to follow, Latin-inspired dance-fitness class. Bring your sneakers, water and be prepared to have a BLAST!! If you thought fitness couldn't be fun then you should come out for this class..

Time: Tuesdays from 7 PM—8 PM
Fee: \$100
Location: Thorhild Central School Gym
Instructors: Ralayne and Kayla



Minimum: 20

BOOTCAMP

February 1—March 21

Don't be scared by the word Bootcamp...Inspire doesn't have drill sergeants, instead we offer you support and encouragement every step of the way! This group exercise class mixes traditional calisthenics, body weight and weighted exercises with interval training, tabata training and strength training to give you the ultimate workout experience! Boredom is not something you will experience in this class!



Time: Wednesdays from 7 PM to 8 PM
Fee: \$100
Location: Thorhild Central School Gym
Instructor: Coreen Rivard from Inspire

Minimum 15

SHAPE-UP (daytime class)

February 2—March 22

Shape up is a dynamic full body work out designed to whip you into shape. Sounds crazy I know - however the class will start slower and build up as the weeks progress to gradually get you into shape!

Time: Thursdays from 9:30 AM to 10:30 AM
Fee: \$100
Location: Upstairs at the Thorhild Agriplex
Instructor: Coreen Rivard from Inspire

Minimum: 15

WORKOUT SPECIAL:

For every additional fitness class added you save \$5/class you are registered in. Register for 3 sessions and save a total of \$20. Look forward to seeing you at our workout sessions.

RESTRICTED FIREARM SAFETY COURSE

February 8

This course is for those individuals applying for their Restricted Firearms License as a follow up to their Non-Restricted License. Study manual available through the Community Services Office to borrow.

Time: Wednesday Night from 6:30 PM to 9:30 PM
Fee: \$100
Location: County of Thorhild—Council Chambers
Instructor: Jack Reader



Maximum: 5

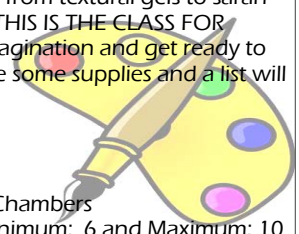
INTERMEDIATE WATERCOLOR COURSE

February 21—March 27

If you have dabbled in watercolor, but want to know how to "jump out of the box" and experiment with other media, processes, styles and new ideas working with everything from textural gels to saran wrap, found objects to encaustic wax -THIS IS THE CLASS FOR YOU!! So dust off your creativity and imagination and get ready to have some fun. You will have to provide some supplies and a list will be given to you upon registration.

Time: Tuesdays from 7 PM to 10 PM
Fee: \$165
Location: County of Thorhild—Council Chambers
Instructor: Jean Warren

Minimum: 6 and Maximum: 10



ADULT DROP-IN SOCCER

February 2—March 22

Grab a friend and drop in to our weekly indoor soccer night and have some fun!! Please bring indoor sneakers, water and ENERGY!
(no class February 16)



Time: Thursdays from 7 PM to 8:30 PM
Fee: \$2 per evening—collected each night or \$10 for the whole session
Location: Thorhild Central School

RURAL WOMEN'S CONFERENCE **February 24**

Come out and join the fun at the 25th Annual Thorhild & District Rural Women's Conference for a great evening of fun, food, entertainment and of course the best medicine of all...LAUGHTER! We are very happy to be celebrating 25 years of Living, Laughing, Loving and Learning with you.

Watch for the pink flyer coming in your mailbox soon! Registration deadline will be February 10, 2012.



NON -RESTRICTED FIREARM SAFETY COURSE

Thursday March 1

This program is aimed at individuals applying for their Firearm Acquisitions and Possession License or Possession License for minors. Course content includes the safe storage, handling and transportation of firearms. If looking to have your license before winter this is the session for you!!!

Time: 6:30 pm to 9:30 pm

Fee: \$100 for course and \$26.75 for manual

Location: County of Thorhild—Council Chambers

Instructor: Jack Reader



Maximum: 5

NON & RESTRICTED COMBO FIREARM SAFETY COURSE

Saturday March 10

This program is aimed at individuals applying for their Firearm Acquisitions and Possession License Course as well as obtaining the Restricted License as well. Content includes the safe storage, handling and transportation of firearms. If looking to have your license before winter this is the session for you!!!

Time: 9 AM—5 PM

Fee: \$165 for course and \$26.75 for manual

Location: County of Thorhild—Council Chambers

Instructor: Jack Reader

Minimum: 5

BASICS OF GRANT WRITING

March 14

If you need to write a letter of intent or a general grant proposal for a project of your not-for-profit organization where no application form is provided, this video conference session is for you.

Time: 11:30 AM—1:00 PM

Fee: \$ 5

Location: County of Thorhild—Council Chambers



STANDARD FIRST AID & CPR WITH AED TRAINING

Interest List

If you are interested in taking this two-day program (Saturday/Sunday) please let us know as we will schedule a class once we have 10 on the interest list.. A St. John's Ambulance instructor will facilitate the training.



STAYING COOL AT MENOPAUSE

March 20

As a woman approaching menopause, you may be familiar with its uncomfortable symptoms and are seeking options for relief. With the help of Kim Small via video conference, a Health Educator from the Regional Menopause Program, we will explore menopause and hormone therapy; what happens in our bodies around the time of the last menstrual cycle; the latest scientific of both the benefits and risks of hormone therapy, bioidentical hormone therapy; and options to manage symptoms.



Time: 6:30 PM to 8:30 PM

Fee: \$ 10

Location: County of Thorhild—Council Chambers

TITANIC, THE MUSICAL

April 4

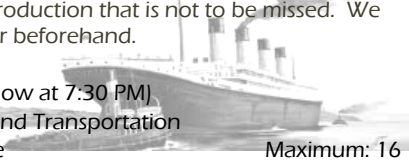
Hop the bus to experience the sinking of the Titanic. The early hours of April 15, 1912 remains one of the definitive disasters of the last century. Broadway Productions, with special guests Anna Beaumont and the Edmonton Metropolitan Chorus, is proud to mark the Titanic's centennial anniversary with this Tony award winning musical this is a production that is not to be missed. We will be stopping for supper beforehand.

Bus Departs at 4:00 PM (show at 7:30 PM)

Fee: \$45 includes Ticket and Transportation

Location: Winspear Centre

Maximum: 16



MEETING SKILLS FOR RESULTS

April 5

The video conference session focuses on the issues, 'what works' and practical strategies that help meetings produce results. Topics explored are : 6 different meeting types; meeting governance and goals; meeting dynamics; using agendas for advantage; methods for recording meeting minutes; and tips for chairing and/or facilitating a meeting.

Time: 1:00 PM to 3:00 PM

Fee: \$ 10

Location: County of Thorhild—Council Chambers

DOG TRAINING

April 26—May 31

Bring your DOG along with you to this course and learn how to get them to listen and respond to you. If having a well trained pet is important to you than this is the class for you.

Time: Thursdays from 5:30 PM to 6:30 PM

Fee: \$ 110/participant and dog

Location: Thorhild Rodeo Grounds

Instructor: Christopher Barr

Maximum: 10 pairs



Course Registration Information

- ◆ You are NOT registered until your fee is paid. Classes are filled in the order that fees are received.
- ◆ You may register for courses by calling 398-3978 or registering in person at the Agriculture & Community Services Office at the County Administration building.
- ◆ Payment may be made by cash, cheque or debit/credit card. Debit/credit card payments may be made weekdays only during regular office hours.
- ◆ Unless otherwise indicated, the deadline to register for any program is one week prior to program start date.
- ◆ Refunds will be given for programs cancelled due to lack of registration. NO refunds will be issued after the registration deadline; however consideration will be given to special circumstances.
- ◆ Refund requests prior to registration deadline will be subject to an administration fee.
- ◆ You will be notified if a program is cancelled.
- ◆ For full day courses, each participant is responsible for their own lunch, unless otherwise indicated.
- ◆ Adult learning programs must have over 50% participant registrants that are over the age of 18.

