

Shoreline Community School Program Guide

Winter 2010



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We are happy to bring you our Winter 2010 Program Guide. **Please note that we have a new web address. You can visit us at shoreline.booking.ca** Take advantage of early-bird, online registration which starts December 21, 2009. General, telephone registration will be available beginning January 4, 2010.

This winter, our Computer Course selection includes two new classes: An Introduction to Office 2007 and WordPress Blog Building. These great courses are packed full of information and guided hands-on experience. We are also very pleased to offer Kayaking for Kids, with paddling expert, Tim Marks. This course is specifically for middle school-aged youth. Wear warm clothes, work hard, learn some great paddling and maneuvering skills, and have a blast! Need a part-time job? Take the Red Cross Babysitting Course and start earning extra spending money! Check out our selection of Arts and Crafts classes. Take this opportunity to learn some fun new skills with friends. Don't forget – You now need your Safe Boating certification to operate any motorized watercraft. Get your Pleasure Craft Operator's Competency (PCOC) certificate here this winter before boating season begins. This course is geared for all the boaters in the family (12 – adult). If you are interested in getting into the Victoria Real Estate Market, or Selling Your Own Home, join local expert, Tony Joe, as he shares his knowledge and experience in two very enlightening seminars. We all want to stay healthy, but there's just so much information out there! Learn all about Alternative Medicine options with local practitioner, Muriel Hill, as she presents 2 full evenings explaining the benefits of several different modalities. If you find the cold, rainy days of winter make it hard for you keep motivated, join one of our fitness classes. Triathletes and Cyclists, you can Wind Train at Shoreline with Coach and National Triathlete, Kelly Guest. We also offer Drop-in Volleyball, Yoga, Jazzercise, Aikido and laido. Stay fit or get fit this winter – right here in the neighbourhood!

SCSA is happy to welcome The View Royal Garden Club as a community partner at Shoreline. We anticipate some "beautiful new growth" in the future! See details on page 6.

SHORELINE COMMUNITY SCHOOL ASSOCIATION MISSION STATEMENT:

To build our community by providing lifelong access for all to education, recreation and community support.

OUR VALUES:

By embracing the diversity within our community, which includes the Songhees and Esquimalt peoples, Shoreline Community School Association addresses evolving community needs with innovative programming that:

- provides a positive and progressive influence in the community
- maintains a strong working relationship with Shoreline Middle School
- ensures and expands accessibility to this public facility
- builds strong working relationships with community partners

EMPLOYMENT & BUSINESS

Foodsafe Level 1

Jan 26&28

2 sessions

Feb 19

1 session

Mar 27

1 session

Cost: \$68

Tu&Th

6-10pm

Fri

8:30am-4:30pm

Sat

9am-5pm

G. Loiselle

Foodsafe is a requirement for individuals working with food and is designed for the average restaurant & deli worker. See www.foodsafe.ca for more information. A province-wide registry is maintained by the BC Ministry of Health. Certification upon successful completion.

Typing Assessments are available at Shoreline - see pg 3 for times and dates

Basic Bookkeeping

Jan 26-Apr 1

(excl. Feb 15&18 and Mar 16&18)

16 sessions

Cost: \$255

+ manual (\$130 with tax)

This bookkeeping course will explore the basic fundamentals of credits and debits for journal entries, preparing trial balances, balance sheets and income statements. You will be introduced to general and subsidiary ledgers, analysis of accounts receivable and payable, bank reconciliation statements and payroll. This will provide the information needed to understand basic manual bookkeeping and is ideal for students wanting to move on to Simply Accounting or Quick Books.

Please bring a calculator to class.

Mon&Th

6:30-8:30pm

April Oglloff

Traffic Controller

Feb 20&21

2 sessions

Cost: \$230

Sat&Sun

9am-5pm

Roadmasters

More consistent, safer work practices are the expected outcome of the NEW Government-approved standardized training of traffic control persons throughout BC. The two-day course covers the basic theory and practical skills required to become a competent, qualified traffic control person. **Registration deadline is the Wed before start date. Participants must provide the instructor with a passport style photo and wear work boots for the practical on day 2. Work boots must be CSA Approved to protect the toe, sole and ankle with a minimum 4" ankle height. (Running shoes&hiking style footwear NOT acceptable).** PLEASE NOTE - THIS COURSE IS HELD AT CENTENNIAL BUILDING, WESTSHORE PARKS & REC, 2805 CARLOW ROAD, LANGFORD

Computers

Tutorials – Do you need to learn a specific MS skill or skills for a job? Do you need a refresher but can't commit to a course? If our scheduled classes don't work for you, you can book an individual or small group tutorial, in MS Word, Access, Excel, Mail Merge, Outlook, Power Point or Publisher, with one of our instructors, tailored exactly to your needs and your schedule. Computer time is available day or evening throughout the week and on Saturdays. Please call Dianne at (250) 386-8367 ext 3 for more information and to book a session. Cost: \$50/hr on or off site. Min: 2 hours. All manuals may be purchased for \$15 each.

CAP – Shoreline is a community access site. We have computers and internet access available to the public free, between 10am and 7pm, Monday to Thursday, and from 9am to noon on Saturdays.

Introduction to Office 2007

Jan 16 Sat
Feb 13 Sat
1 session 9:30am-noon
Cost: \$38
(inc. taxes)

Explore Office 2007 – what's different? What's the same? Navigate the changes quickly and easily, navigating a smooth transition into efficiency.
Prerequisite: Proficiency in Windows

Word 2007 Level 1

Jan 23&30 Sat
2 sessions 9am-2:30pm
(please bring a lunch)
Feb 23-Mar 4 Tu&Th
4 sessions 6:30-9pm
Cost: \$175
(inc. taxes & manual)

Start creating, editing, formatting and printing documents with this powerful software program. Enhance your work by applying borders, bullets, and inserting pictures. Learn to use tabs and more!
Prerequisite: Proficiency in Windows

Word 2007 Level 2

Mar 23-Apr 1 Tu&Th
4 sessions 6:30-9pm
Cost: \$175
(inc. taxes & manual)

A great course for those who have completed our Word Level 1 or for anyone who has a good basic knowledge of the program. You will learn and practice the more advanced skills by creating columns, tables, mail merges, inserting graphics, using templates, macros and more!
Prerequisite: Word Level 1 or equivalent

Dreamweaver

Mar 23-Apr 1 Tu&Th
6 sessions 6:30-9pm
Cost: \$255
(inc. taxes)

Discover Dreamweaver, learn the underlying language of webpage design and use this powerful design program to its potential. Understand the basics of document creation and how to insert and format text, images, hyperlinks, tables, multimedia files and other types of Web page content. Explore design concepts and learn to avoid common layout errors. Upload your design to a server and maintain your site after it's published.
Prerequisite: Basic computer and internet knowledge is required

WordPress Blog Building

Jan 26&28 Tu&Th
Feb 16&18 Tu&Th
1 session 6:30-9pm
Cost: \$78
(inc. taxes)

This introductory course will teach you how to use the WordPress dashboard to customize your blog and maximize its impact. Learn how to apply free templates to personalize your site, how to add pictures and how to automatically upload your posts to Facebook and Twitter to share with others. Also, learn what plug-ins are, which ones are most beneficial to your site, and how to install and configure them.

Excel 2007 Level 1

Jan 23&30 Sat
2 sessions 9am-2:30pm
(please bring a lunch)
Feb 22-Mar 3 Mon&Wed
4 sessions 7:15-9:45pm
Cost: \$175
(inc. taxes & manual)

Find out how quick and easy spreadsheets can be using graphs, charts and mathematical calculations. Includes: creating, editing, labelling, formulas and numbers, addressing, saving, retrieving and printing, spreadsheets and graphs.
Prerequisite: Proficiency in Windows

Excel 2007 Level 2

Mar 22-31 Mon&Wed
4 sessions 7:15-9:45pm
Cost: \$175
(inc. taxes & manual)

Improve on your Excel skills and get more from the program. Use autofilter, comments, conditional formatting, custom lists, custom number formats and sorting. Increase your charting skills. Link cells from other workbooks and objects from other programs like Word. Explore macros and pivot tables. Create your own templates.
Prerequisite: Excel Level 1 or equivalent

Office Skills 2007 Comprehensive

Jan 18-Mar 3 Mon&Wed
14 sessions 6:30-9pm
Cost: \$355
(inc. taxes & manuals)

Learn or update your computer skills and be able to put them to use in a modern office setting. This is a practical program that will start with file management. Learn how to set up a filing system, create, rename, move, copy, sort, find and delete files and folders. Be organized and know where to find things in a snap! We will explore word processing. Create, edit, format and print documents to be proud of. Become comfortable with some of the "extra" features, too. After mastering the basics, enhance your skills with templates, headers and footers, columns, tables and mail merge. Next is Excel. Create and edit spreadsheets using numbers and text. Insert rows/columns, move, copy and format – make things look as they should – professional! Other features we will explore include autofilter, comments, conditional formatting, custom number formats, sorting, charting, linking and templates. This course ends with Outlook Email: creating, sending, attaching files, receiving and replying to email. Amaze yourself by making your documents and data look wonderful, clear, and easy to use! By the end of this 35 hour session you will have the tools you need to produce files that get the job done and understand how Word and Excel complement each other by working together!
Prerequisite: Basic computer knowledge is required

PowerPoint

Feb 27 Sat
1 session 9am-2:30pm
(please bring a lunch)
Cost: \$93
(inc. taxes & manual)

Make your next presentation your best! Create an on-screen slide show with colour, animated text, graphs and pictures. Make your speaker notes into audience handouts and adapt your presentation to overhead transparencies. *Prerequisite: Proficiency in Windows*

ACCESS

Tutorials are available by request. Please call Dianne or Elaine at 250-386-8367 ext 3 to book a training session – min 2 hrs.

Computers

Outlook

Mar 31

1 session

Cost: \$35

(inc. taxes)

Send and receive email, organize your mail, your files and yourself! This introduction to the OUTLOOK program will provide you with the information you need to communicate, sort, save and stay on top of your "to do" list. *Prerequisite: basic computer knowledge*

MS Publisher

Jan 25&27

2 sessions

Cost: \$88

(inc. taxes)

Newsletters, brochures, signs, business cards, calendars.... the list is endless of what you can do in MS Publisher. Learn how easy it is to create great-looking documents. Discover design tips, template options and more. Enhance your documents with graphics (photos, clip art, auto shapes and word art). This is a hands-on practical computer workshop.

Prerequisite: No previous experience in Publisher is necessary but basic word processing and computer knowledge is required.

Simply Accounting

Jan 19-Feb 11

8 sessions

Cost: \$300

(inc. taxes & manual)

Convert your manual bookkeeping system to Simply Accounting. There is a considerable amount of data entry in this course to explain how to post to the general, accounts payable, accounts receivable and payroll ledgers, using time slips, preparing inventory and account reconciliations and using departments and foreign currency features.

Prerequisite: Basic bookkeeping and proficiency in Windows

Quick Books

Feb 16-Mar 11

8 sessions

Mark Asser

This course provides a comprehensive overview of Quick Books software. Navigate through the program, create files and lists, set up for inventory, taxes and sales, create statements, process payments and refunds, and manage payroll and accounts. Learn about the handy tools available in this user-friendly accounting program.

Prerequisite: Basic bookkeeping and proficiency in Windows

Filter Magic/Photoshop Elements

Feb 6

1 session

Cost: \$68

(inc. taxes)

Turn any photo image into a great photograph or an outstanding piece of art. Learn from a digital artist the many applications of using Photoshop Elements filters and layers to create unusual and beautiful effects. You are welcome to bring your own laptop, if you have one, as this will facilitate the learning process. Also bring images from your digital camera that you would like to use. This is optional as we will provide everything you need. *Knowledge of the workings of the program is an asset.*

Intro to Digital Collage/Photoshop Elements

Feb 27

1 session

Cost: \$68

(inc. taxes)

Using Photoshop Elements, students will learn to scan, edit and filter images from magazines, photos and other sources to create art collages. Emphasis is on using and manipulating layers. Elements and principles of design will be applied to the process. Digital collage may be used for creating illustrations for cards, CD/DVD covers, posters, advertising and artwork. It is easier than it appears. *Prerequisite: Students must have an understanding of Photoshop or Photoshop Elements.*

Wed

6:30-9pm

Mon&Wed

6:30-9pm

Tu&Th

6:30-9pm

Tu/Th

6:30-9 pm

Sat

9:30am-2:30pm

Sat

9:30am-2:30pm

Seniors Computers

Jan 25-29

5 sessions

Feb 2-9

3 sessions

Cost: \$78

(inc. taxes & manual)

If you're not concerned with fancy computer language this class is for you. Discover what is on your computer, investigate the START menu and take a closer look at programs you will find. Search the Internet for basic information and enjoy an introduction to email. Non-threatening, non-technical, at your pace, the instructor will show you what you'd like to learn about computers. In the final class we will take the time to review and cover questions.

- Introduction to Microsoft Windows XP
- Introduction to Internet
- Introduction to Microsoft Outlook Email 2007

Seniors Computers, Take 2

Feb 22-26

3 sessions

Mar 22-29

5 sessions

Cost: \$68

(inc. taxes - bring your Level 1 manual or purchase one for \$15)

Are you ready to take the next step? This class will introduce you to preparing some simple documents in Microsoft Word. We move onto to next level by expanding our skills using Email and the Internet. Send files (photos) with your Emails and fine-tune those searching skills on the Internet. You won't find any fancy computer language here!

- Introduction to Microsoft Word 2007
- More on Microsoft Outlook Email 2007
- More on Internet

Prerequisite: Seniors Lv 1 or equivalent

Seniors Computers Level 3

Mar 22-26

5 sessions

Cost: \$68

(inc. taxes - bring your Level 1 manual or purchase one for \$15)

Is it time to move on? Do you need a place to save your work? During this session create a simple filing system so you know where your files are stored. Polish up your Windows skills by making your desktop look the way it should, your mouse speed set correctly and move in and out of programs easily. Finish with discovering more of the handy features in Microsoft Word that help make files look terrific. The objective is to add to the wonderful skills you already have.

- Create a simple filing system
- More on Microsoft Windows XP
- More on Word

Prerequisite: Seniors Level 1 and 2 or equivalent

Windows & File Management

Jan 19&21

2 sessions

Feb 15&17

2 sessions

Cost: \$93

(inc. taxes & manual))

Explore more about files, folders and your operating system. Create, copy, move, rename, sort, find, delete files and folders. This course will get you on the road to an organized filing system and a better understanding of how your computer operates. *Prerequisite: basic computer knowledge*

Mail Merge

Feb 6

1 session

(please bring a lunch)

Cost: \$35

(inc. taxes)

Use the powerful merge feature in Word. Merge names and addresses onto letters, envelopes, labels and more. This course is worth its weight in gold for the busy office pro.

Prerequisite: Proficiency in Windows

Mon-Fri

9-10:30am

Tu,Th,Tu

6:30-9pm

Mon-Fri

9-10:30am

Mon,Wed,Mon

6:30-9pm

Mon-Fri

9-10:30 am

Tu&Th

6:30-9pm

Mon&Wed

7:15-9:45pm

Sat

9am-2:30pm

COMPUTERS

Typing For Beginners/Speedbuilding

Feb 1-Mar 3

10 sessions

Cost: \$130 (inc. taxes)

Mon&Wed

5:30-7pm

For Beginners: Are you tired of using the “hunt and peck” method of typing? Want to be able to touch type and not look at your fingers or the keyboard? Learn all the letters of the alphabet (using MS Word) plus the commonly used symbols.

For Speedbuilders: Improve your keyboarding skills on the computer (using MS Word) and build both accuracy and speed. Industry standard timings will be used at each class. Clean up bad habits, use a variety of drills to master good technique and build strength. Learn how to “beat” timing test anxiety.

TYPING ASSESSMENTS ARE AVAILABLE by appointment on Monday and Wednesday afternoons from 4:15 to 4:45 or 4:45 to 5:15 pm, Feb 1 – Mar 3. Assessments must be booked and paid for 24 hrs prior to appointment time. Please call (250) 386-8367 and press 3 for community school.

Youth

NIGHTS ALIVE* will resume, for 2010, on Wednesday, January 13th, 6:30-8:30 pm, for Middle School students and Thursday, January 14th, 8:00 to 9:30 pm for High School students. This is a fun, free, drop-in program for all youth in the community that allows kids to gather in a safe and supervised environment. We have the gym, stage/mats room, and cafeteria open for your enjoyment. Play games or sports, listen to music, make a craft, have a snack or just hang out with friends – it’s your call! We have an awesome team of leaders who have lots of cool and creative ideas and activities for you to enjoy. Drop by and meet: Kruz, Deano, Steve, Daniel, Nonie, Beth, Katrina, and Heather on Wednesday or Thursday, here at Shoreline. Please remember to enter at the GYM DOORS ONLY. AND, this is one time when you can come on time or LATE - as there is no early bird admittance. See you soon!

*Funding for this program is provided by the Town of View Royal and Shoreline Community School Association

THE WEDNESDAY CLUB* In cooperation with The Boys and Girls Club of Greater Victoria, Shoreline Community School is pleased to offer this once weekly after-school program for Shoreline Middle School students. The fee is \$65 per month (\$35 for March). We have had a great start to the 09/10 school year and there is still room for 2 more students to join in on the fun! Don’t miss out - call now!

Contact Dianne or Elaine @ (250)386-8367 for further information.

Thanks to Thrifty Foods for providing an 8 week session of their “Young Chefs on the Run” for participants in The Wednesday Club and to West Shore Parks and Recreation for their support in programming.

*Funding for this program is provided by the Town of View Royal, Township of Esquimalt and Shoreline Community School Association.

RHYTHMIC GYMNASTICS CLASSES & CLUB

Dance, gymnastics and the use of hand held apparatus such as ribbon, hoop, ball, rope and scarves all rolled into one! Children will learn body awareness and coordination through basic tumbling, music, apparatus and fun games. Participants will also practice and learn routines to music.

See Club practice schedule on our facilities calendar and email Barb Fetherstonhaugh at victoriaRG@shaw.ca for registration information.

Red Cross Babysitting

Jan 30&Feb6

2 sessions

Cost: \$40

Sat

9:30am-2:30pm

Kim Lamb

Kayaking For Kids (ages 11-14)

Feb 9–Mar 30

6 sessions

Cost: \$135

Tu

4-5:30 pm

Tim Marks

This comprehensive course will cover babysitting basics, safety, handling emergencies, activities for young children, and more! Bring a pen and note paper to class. Course includes the Red Cross Babysitter’s Manual and mini first aid kit.

This is an introduction to paddling that can lead you to some great adventures on the river and/or the ocean, or even on a slalom or sprint race course! Find out if there is a competitive future for you in this sport or just enjoy kayaking as a recreational, fitness experience. Join our nationally certified coach and learn basic paddling and maneuvering skills over this six week course. Boats, paddles and pfd’s are supplied. Please wear appropriate, warm clothing and have a change of dry clothes for after class.

MUSIC

Community Choir

The Allegra Singers are a community based, non-auditioned choir. We sing everything from classical to jazz...show tunes to pop music. We hold a winter and a spring concert each year as well as participating in local festivals and singing in small venues such as care facilities. A portion of the proceeds from our concerts are given to charity. In addition, the Allegra Singers support Shoreline Community Middle School with an annual donation for musical programming. For information and registration please contact **Terry Jaye at 250 383-0446.**

Arts & Crafts

Intro to Jewelry making

Jan 30 Sat
Feb 27 Sat
Mar 27 Sat
 1 session 9:30-11:30am
Cost: \$43 Sheila Smedley,
 (Inc. materials kit) Sarabande Treasures

This introduction to the art of jewellery making will give you the techniques and inspiration to create your own unique jewellery pieces. You will learn the step-by-step basics of jewellery construction including the essential tools and materials required to start, and a useful beader's glossary of terms. Your initial workshop projects will give you the skills to pursue a fascinating and creative hobby well beyond this informative session. All materials are provided. Just bring your imagination and enthusiasm! Participants will go home with one pair of earrings and a bracelet

Advanced Jewelry Making

Jan 30 Sat
Feb 27 Sat
Mar 27 Sat
 1 session 12:30-2:30pm
Cost: \$43 Sheila Smedley,
 (Inc. materials kit) Sarabande Treasures

In this class you will build upon the basic skills acquired in the level one jewellery making program. The wire wrapping technique will be introduced and once again will lend itself to the production of both earrings and a charm-style bracelet within the two hour session. Participants will further develop their knowledge of design in relation to colour combining, texture and form. Exploring the use and availability of a diverse range of jewellery making components will allow for further creativity well beyond the classroom. Come and get inspired!
Prerequisite: Introduction to Jewellery Making or equivalent experience

Fun with Watercolour

Mar 27 Sat
 1 session 10am-3pm
 (please bring a lunch) Alesha Davies Fowlie
Cost: \$53 www.artwithalesha.blogspot.com
www.alesha.etsy.com

Would you like to try a fun and non-fussy approach to watercolour? Learn bold and bright methods to this medium while working on wet paper and using water-soluble crayons and pencils with colourful inks and watercolour paints. Leave this class with a variety of small paintings or hand-painted greeting cards. This technique is suitable for both the beginner and more experienced artist looking to "loosen up". Bring watercolour supplies or a \$10 supply fee to cover materials.

NEEDLE FELTING – Doll Making Series

Jan 27 – Mar 3 Wed
 6 sessions 6:30-8:30 pm
Cost: \$125 plus \$25 material fee

Transform raw silk, yarn and unspun wool into beautiful imaginative creations. No experience necessary! In just one class, you can be a competent needle felter. Come and learn the foundation skills to create dolls, tapestries, puppets and more.

Needle felting provides hours of pleasure and endless possibilities for creating art as well as household items. In these classes we will create gnomes, fairies, angels, animals, folklore figures and more with just one tool.

Week 1	Tapestry
Week 2	Mawata Silk Prayer Doll
Week 3	Stickwick Doll
Week 4	Animals
Week 5	Elder Doll
Week 6	Elder Doll

Pamela Bourque has been a professional fiber artist since 1976 with a concentration in doll and puppet making for the past twenty five years. She presently works for the Greater Victoria School District and shares her love of arts and crafts in both elementary and middle school.

Paverpol Mixed Media Canvas

Jan 30 Sat
 1 session 10am-3pm
 (Please bring a lunch)
Cost: \$39 Kathy Fudge
PLUS \$45 kit fee payable in cash to instructor

Create your own unique 3D art piece on canvas using Paverpol, fabrics and embellishments. It's fun and easy and no previous experience is required.

Student Supply List: (1) An old light colored 100% cotton T-shirt (2) A few other fabric scraps to add interesting textures such as ribbing, eyelet, silk, doilies (all Natural fibers) (3) Embellishments such as old jewelery, shells, beads, marbles, etc. (a pkg will be available in class for an additional \$5.00) (4) Latex gloves (optional) (5) A rag or old towel to dry your hands (6) A large garbage bag to take your piece home in. Please wear old clothes or apron as this is messy. If you have any questions email kathrynfudge@hotmail.com

Paverpol Basic Fabric Sculpture

Feb 2&4 Tu&Th
 2 sessions Tu=6-9pm,Th=6-9:30pm
Mar 27 Sat
 1 session 9am-4:30pm
Cost: \$58 Kathy Fudge
PLUS \$40 kit fee payable in cash to instructor

Learn how to make a beautiful garden sculpture from an old t-shirt in just one day. Using Paverpol (a water based, non-toxic textile hardener), a wire armature and strips of old t-shirt, you will create a sitting figure in black or bronze then highlighted with the paint color of your choice. After two weeks of curing your statue is ready for the outdoors and completely weatherproof for all seasons.

Student Supply List: (1) 1 or 2 light colored % 100 cotton t-shirts (2) Something to sit your doll on such as: a 10"-12" post (available in class for \$2) or a rock approx 6"x6"x6" (3) Embellishments such as old jewelry, beads, dried or silk flowers (optional) (4) Latex Gloves (optional) (5) A rag or old towel to dry your hands (6) a box and plastic garbage bag is useful to take your doll home in. Please wear old clothes or apron as this is messy. If you have any questions email kathrynfudge@hotmail.com

Paverpol Advanced Fabric Sculpture

Feb 27 Sat
 1 session 9am-4pm
 (Please bring a lunch)
Cost: \$58 Kathy Fudge
PLUS \$45 kit fee payable in cash to instructor

Student supply list: 1 or 2 old white t-shirts (100% cotton), any other fabrics, lace or trim desired for clothing, jewellery, beads, etc for embellishing (optional), rags or old towel, apron, latex gloves (optional)

For more information please contact Kathryn Fudge at kathrynfudge@hotmail.com

Photographic Composition - Beyond the Snapshot

Mar 27 Sat
 1 session 9:30am-2:30pm
Cost: \$68 Carol Priamo
 (inc. taxes)

This workshop is intended for those who have taken the digital camera basics course or who already know their camera. This day course presents an in-depth look at what makes a photograph great – the elements and principles of composition, including the effective use of line, form, lighting, colour, pattern and texture to create "fine art" photographs. Photography sessions outside and in will be a main focus of this workshop with follow-up review and assistance given on an individual basis. Any digital camera can produce excellent shots. This class is suited to anyone who wants to step up a level from basic to "WOW" photography.

SHORELINE: Where school & community meet
 and great things happen!

First Aid

CPR Level "C" & AED Renewal

Feb 18 **Th**
1 session 6-9pm
Cost: \$45

This refresher course is for people that hold a current certification for CPR Level "B" and "C." This course covers all age groups. Material covered will include primary assessment, choking management, CPR (Adults, Children & Infants), shock management and introduction to AEDs (Automated External Defibrillators) NO PRE-READING required.

OFA Level 1 (Workplace for BC)

Feb 19 **Fri**
1 session 8:30am-4:30pm
Cost: \$85

This 8 hour course is an Adult Care orientated program for employers looking for a quality one-day first aid course that meets the requirements for Work Safe BC. Material covered includes the ability to identify and perform appropriate interventions for CPR and choking on adults, introduction to AEDs (Automated External Defibrillators), spinal and neck injuries, burns, minor soft tissue injuries and more. Emphasis is also placed on personal protection by using gloves and pocket masks effectively. NO PRE-READING required. Please bring a lunch.

CPR Level "C" & AED

Feb 20 **Sat**
1 session 8:30am-4:30pm
Cost: \$70

The focus of this course is on providing lifesaving skills on ALL age groups. Material covered will include: primary assessment, updated standards of CPR and choking for adults, children and infants, introduction to AEDs (Automated External Defibrillators), control deadly bleeding, shock treatment, and more. NO PRE-READING required. Please bring a lunch.

Standard First Aid & CPR "C"

Feb 20&27 **Sat**
2 sessions 8:30am-4:30pm
Cost: \$125

This 16 hour course meets the requirements for those who study in the health sciences (i.e.: Nursing, Medicine, Dentistry, Chiropractic, Rehabilitation, Resident Care Attendant). Material covered includes updated standards of CPR and choking for adults, children and infants, introduction to AEDs (Automated External Defibrillators), controlling bleeding, assessing and treating bone and joint injuries, respiratory problems, allergic reactions, seizures, spinal injuries and more. Two certificates issued on successful completion: Standard First Aid & CPR Level "C". NO PRE-READING required. Please bring a lunch.

Standard First Aid & CPR C Renewal

Mar 27 **Sat**
1 session 8:30am-4:30pm
Cost: \$85

This program is for people who only need to review the skills from a current recognized Standard First Aid course. **A.E.D. (Automated External Defibrillator) certification included.** No pre-reading required, books are handed out on course day and **proof of previous certification is required.** Two certificates issued upon successful completion Standard and CPR "C"/AED Renewal.

Child Care First Aid

Mar 27 **Sat**
1 session 8:30am-4:30pm
Cost: \$85

This EMP Canada - Pediatric course is ideal for those studying in the child sciences programs, daycare workers, parents and grandparents. It meets all the requirements for First Aid and CPR training in a daycare setting and is accepted by the Provincial Child Care Licensing Board of British Columbia. It covers CPR and choking for ALL age groups, introduction to AEDs (Automated External Defibrillators), bone and joint injuries, respiratory problems, seizures, allergic reactions and more. Emphasis is also placed on personal protection including using pocket masks for rescue breathing. NO PRE-READING req'd. Please bring a lunch.

General Interest

Pleasure Craft Operator Competency Certification Course (PCOC)

Jan 30 **Sat**
Feb 19 **Fri**
1 session 8:30am-4:30pm
Cost: \$83 B. Hodgkin, Fairwinds Boat Services

As of September 2009, you must possess a PCOC certificate to drive ANY powered pleasure craft – including your jet ski! Get it done now before boating season begins. This National Safe Boating course includes 8 hours of instruction, a PCOC test and card upon successful completion of the course and exam. It provides all of the essential safe boating information you'll need and more. Students need to bring picture ID to class. Please bring a lunch.

Pleasure Craft Operator Competency Certification Course (Youth)

Feb 19 **Fri**
1 session 8:30am-4:30pm
Cost: \$78 B. Hodgkin, Fairwinds Boat Services

If you are between 12 and 16 years of age, to operate a powered pleasure craft with no more than 40 hp, you are required by law to have PCOC certification. The National Safe Boating course is geared for youth and provides all the essential safe boating information you will need. Upon successful completion of the course and a test, you will receive your PCOC card. Please bring a lunch.

Real Estate Crystal Ball

Feb 15 **Mon**
1 session 7-8:30pm
Cost: \$10 Tony Joe, 2008 President Victoria Real Estate Board

It's a whole different market out there right now! Over the past 12 months we have been riding a real estate roller coaster. Learn about the history of escalating prices, plateaus, dips in the market and future forecasts: Why is Victoria still so expensive? Are the high prices sustainable in the long-term? Where are prices going in the immediate future? When is a good time to buy? Sell? Join Tony as he presents statistics, graphs and stories that will help put our community housing values into perspective.

FSBO - For Sale By Owner

Feb 16 **Tu**
1 session 7-8:30pm
Cost: \$10 Tony Joe, 2008 President Victoria Real Estate Board

Don't miss this opportunity to learn valuable industry secrets to make your home sale as efficient and worry-free as possible. Tony Joe will share marketing tips, negotiation tactics and timing strategies with those who want to go-it on their own in the real estate market. Don't worry- this is not a sales pitch so bring your questions for frank and straight forward answers and advice.

Digital Camera Basics

Jan 20 **Wed**
Feb 23 **Tue**
1 session 6:30-9pm
Cost: \$33 Carol Priamo/Chris Motherwell
(inc. taxes)

Did you get a camera for Christmas? Are you feeling a little intimidated? This is your opportunity to get to know all about your new equipment! Bring your camera, manual and charged batteries and join professional photographer, Carol Priamo, and technical specialist, Chris Motherwell, for this interesting and informative session. It is a stress-free class designed to help you understand your equipment; become familiar with common features and the ones that are unique to your camera. You will also learn how to take pictures in any condition. This course is designed to raise your comfort level with your camera and manual.

Did you know that View Royal has a garden club?

The View Royal Garden Club has been in existence for over 60 years and currently has approximately 100 members. Starting in January, the VRGC will be holding its Meetings and Shows in the Shoreline Community School. Meetings are held on the fourth Wednesday of each month, excluding July, August and December. Meetings consist of a short business agenda followed by a variety of presentations focusing on all aspects of gardening. Also, VRGC stages three major shows a year—a Spring Flower show, a Rose Show and an Annual Fall Show.

Bill Spriggs, Head Gardener of the Vegetable group at the Victoria Horticultural Society, will be speaking talk about growing winter veggies and getting ready for summer at the January meeting.

Visitors and new members are always welcome. For more information, call the President, Maureen Thompson at 250-474-3780

Fitness and Wellness

Shoreline Community School Fitness Schedule				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga, 7:30-9pm register or \$10 drop in	Jazzercise, 6:30-7:30pm fees collected in class (starts Jan 5) Drop-In Volleyball 7:45- 9:45pm (starts Jan 5) \$4 drop in	Nights Alive (Middle School) 6:30 - 8:30pm Free *Wind Training 6:30-7:30pm \$10 drop in	Jazzercise fees collected in class 6:30-7:30pm Nights Alive (High School) 8:30 - 10pm Free	*Drop-In Volleyball 7-9pm \$4 drop in

*Please pay at the General Office before you attend your class

DROP-IN FUN AT SHORELINE

Come join us for 2 SOLID hours of play – great gym space with a spring wood floor! **Volleyball** happens on Tuesday evenings from 7:45-9:45pm and Friday evenings from 7-9pm. This is a great opportunity to get together with friends or come out and meet new people, improve your skills and keep fit! First night is free and the regular drop-in price is \$4. You can also purchase a sheet of 11 tickets for \$40. Thank you to Mary Anne for heading up this program – great job! Play has taken place at Shoreline for more than 15 years! We're looking for another volunteer to take over the "reigns". This involves attending regularly, collecting and submitting fees, overseeing set up and dismantle of nets and reporting any equipment problems to the Community School staff. In return, you play free!

Iyengar Style Yoga

Jan 18-Mar 29

(excl. Mar 15)

10 sessions

Cost: \$90

Mon

7:30-9pm

J. Merrifield

The focus is on yoga postures, alignment and inviting calmness within. There are many health benefits from yoga. It promotes flexibility, correct breathing and deep relaxation while toning and strengthening. Who should attend? Anyone who is interested in maintaining their health, flexibility and strength. Please bring a mat, pillow and a cotton belt.

Wind Training

Jan 13-Feb 24

7 sessions

Cost: \$65 or Drop-In \$10

Wed

6:30-7:30pm

Kelly Guest

Here we are, in the short dreary days of winter. If you feeling a little less motivated these days, come on in! This is an excellent way to maintain your fitness, improve your cycling technique and have some fun in a relaxed group environment. Each class will combine aerobic and anaerobic training with drills and speed work. Bring your own bike and stationary trainer (computer and heart rate monitor are optional but if you have them bring them, too.)

Everything You Wanted To Know About Alternative Medicine

Feb 1&8

2 sessions

Cost: \$49

Mon

6:30-8:30pm

Muriel Hill

Discover a natural approach to getting healthy and fight disease-without drugs or adverse side effects. Learn what Alternative medicine can do for you, including: How it can relieve pain and tension, and improve your immune system. How it can bring your mind/ body/ and soul into balance, and Simple techniques to relieve pain and tension, this will include handouts to take home with you.

The treatment modalities that will be discussed are:

Acupuncture – Insertion of fine needles.

Auricular Therapy – Acupuncture on the ears.

Acupressure – Like Acupuncture but without needles.

Reflexology – A natural healing art mostly done on the feet.

Acutonics - Healing with sound and vibration with tuning forks.

For more information, contact Muriel Hill, Registered Acupuncturist and Certified Reflexologist, at 250-370-7853 or 250-888-5219, email:

www.murielhill.com

VOLUNTEER: It makes a difference

Introduction to Aikido

Jan 6-Feb 13

Feb 13-Mar 31

12 sessions

***Sats = 10:30-11:30am**

Cost: \$75/adult or \$60/student

(18 and under)

Wed&*Sat

Wed&*Sat

7:45-8:45pm

Maggie Kay

Aikido is a modern Japanese martial art derived from traditional Jujitsu and swordsmanship. Using one's body like a sword is a strong theme in this art. We will study basic moves in both body arts and weapons work (bokken and jo). Paired encounters will be taught in both. The heart of Aikido is in dealing with the dynamic in an encounter with resilience and grace in both body arts and weapons. In Aikido an attacker's force is neutralized by blending with them. This non-competitive art cultivates connection and cooperation. It provides an excellent form of self-defense, fitness, and self-discipline.

Aikido and Iaido Club

Practices are Tuesday, Wednesday and Thursday, 6:30-8:45 pm and Saturdays from 10:15 – 11:45 am, and will resume Tuesday, January 5th. Please note that there will be no practices held during the School District spring break from March 13 to 20 or during the Easter weekend, Saturday April 3rd, due to building closure.

***New students may join the Club after completing this 6 week introductory course. For more information please contact Maggie Kay at 250-480-9558 or ianthekay@hotmail.com**

Jazzercise Tue & Thu 6:30 - 7:30pm
starts Jan 5

Results come easy when you love your workout! Jazzercise combines elements of jazz dance, resistance training, pilates, yoga and kickboxing to keep things interesting and to create a truly effective program for people of all ages and fitness levels. Bring in this brochure and get one free week on us! FOR INFORMATION AND REGISTRATION CALL Vicki at 474-6602.

The Program Tue & Thu 5:30-6:15pm
starts Jan 5

This 8 week guided course is for anyone who is looking for that extra motivation and support in reaching a healthier, fitter place! The information is really nothing new, rather a compilation of 20 years experience and education in the health and fitness industry – and, it works! People come away with a changed point of view and an understanding of what does and doesn't work for them. Give yourself that extra boost. Step into healthy and energetic living today! FOR INFORMATION AND REGISTRATION CALL Vicki at 474-6602

Online registration starts Dec 21st, 2009 - Phone-in registration starts Jan 4, 2010

Mail in or Drop in: 2750 Shoreline Drive, Victoria BC, V9B 1M6

(We are located ½ block west of the Admirals/Craigflower intersection, just off of the Old Island Highway. Bus route #14).

Telephone: 250 386-8367 ext 3

Email: ddennis@sd61.bc.ca or eabbott@sd61.bc.ca

Please note – You will be contacted if your course is full, cancelled or changed. Classes are not held on statutory holidays.

ALL COURSE PRICES INCLUDE GST

1. Shoreline Community School reserves the right to cancel courses due to insufficient enrolment. The decision to cancel a course will be made 48 hours prior to the start date unless otherwise noted. In these cases, a FULL refund will be given.
2. If a participant cancels 48 hours prior to the start date, a 10% administration fee will be deducted from the registration refund. With less than 48 hours notice, a 50% administration fee will be deducted from the registration refund.
3. If withdrawing after the first session, a pro-rated refund will be given and a 10% administration fee will be charged. No refund will be given for withdrawal after the second session, but credit may be given on a case by case basis. No-shows are not entitled to a refund. If cancellation is due to a medical reason, a doctor's note must be submitted.
4. Class dates and times may be subject to change. A refund will be issued under these circumstances.
5. Please allow 2-3 weeks for refunds to be processed.
6. A \$25 service charge will be applied to NSF cheques.

To avoid disappointment, REGISTER AT LEAST ONE WEEK BEFORE YOUR COURSE START DATE!!

If you are interested in renting a space at Shoreline for your group contact Dianne Dennis at 250 386-8367 ext 3 or email ddennis@sd61.bc.ca for information, rates and availability.



THANK YOU



Our thanks to the Town of View Royal, the Township of Esquimalt, Westshore Parks & Recreation and School District #61 who work together with Shoreline Community School Association to provide the broad range of recreational and educational programs offered in this Program Guide. We would also like to acknowledge a new partner, The Boys & Girls Club of Greater Victoria, for their help in the pilot of The Wednesday Club. We hope to see this vital service grow.

For more information contact Dianne Dennis, Program Manager, Shoreline Community School at 386-8367 or ddennis@sd61.bc.ca

Thank you to these community-minded businesses and organizations for their valued support:

Canadian Tire

Thrifty Foods (Admirals Walk)

Scotiabank (Admirals Walk)

The Dollar Store (Admirals Walk)

Shoreline Community School Association Board of Directors

Pete's Tent and Awning

SHORELINE COMMUNITY SCHOOL ASSOCIATION MISSION STATEMENT:

To build our community by providing lifelong access for all to education, recreation and community support.

OUR VALUES:

By embracing the diversity within our community, which includes the Songhees and Esquimalt peoples, Shoreline Community School Association addresses evolving community needs with innovative programming that:

- provides a positive and progressive influence in the community
- maintains a strong working relationship with Shoreline Middle School
- ensures and expands accessibility to this public facility
- builds strong working relationships with community partners

Upcoming Community Events

Virtues, Complaint Free Programs, Enrich your family life

Youth Events, Pot Luck Dinners, Family Dances

Sign up now for the very popular Guitar Church

All Saints View Royal Community Hall

More info call 250 479-3542

Victoria Rhythmic Gymnastics

Training for kids ages 3 to adult,
Check out the website for
Free coaching workshops,
Strength and Flexibility personal training

Vancouver Island Championships and Special O
Garden City on Feb 20 and 21

Hosting 2010 Western Canadian Rhythmic
Gymnastics Championships Apr 21 -25 @ PISE
And travel to Europe with us to perform in 2011
email: victoriag@shaw.ca www.victoriarg.com
250-888-5801

The Shoreline Community School Association (SCSA) is always seeking your input. If you can spare ONE hour per month for 8-10 months each year and would like to make a big contribution to this community, we have a job for you! Join our Board of Directors. Regular meetings are on the second Tuesday of each month. Our next meeting will be held at Shoreline on January 12th at 5 pm. Please feel free to drop in and find out what we're all about. To **volunteer**, call Dianne or Elaine at 250-386-8367.