

# Spring

# 2024 PROGRAM



LSSD  
CONTINUING  
EDUCATION

*The Flame of knowledge lights  
the path to your future*

## JOIN US AND HAVE SOME FUN!

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

### REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

## CONTINUING EDUCATION PROGRAMS REGISTER NOW!

### Swim Registration Opens Sunday, Mar. 17th at 8 AM

Lord Selkirk School Division  
Continuing Education Classes  
221 Mercy St., Selkirk, Mb. R1A 2C8  
Melissa Nietrzeba ~ Program Director

Phone 204-904-7163

<https://coned.lssd.ca/>

# PERSONAL INTEREST

## ACTING & THEATRE for Adults \$75

**Mondays, Apr. 8 – Jun. 3**

**NO CLASS: May 20**

**7:15 – 8:15 pm (8 sessions)**

**Mature teens and older welcome!** Do you miss your imagination from when you were a child? Are you looking for an outlet to have fun and act silly in a safe place? Adult acting classes are a great way to leave the stress at the door and let loose in a way you may not have in years! Jump into the world of theatre and let your imagination run wild through exercises and games aimed at exploring humanity and getting back to that child-like sense of play. All you need is an open mind and a little creativity!

**Theatre**

## LINE DANCING

**Tuesdays, Apr. 9 – Jun. 4**

**(9 sessions each)**

Spring is in the air, let's put a spring in your step! Grad is coming, weddings, socials and let's not forget the summer outdoor bands!

**Cafeteria**



## BEGINNER'S \$100

**5:30 – 6:30 pm**

Let's line dance to the original AND the "New" Boot Scoot and Boogie, Cadillac Ranch, or Cowboy Cha Cha. Want some Latin flavor? We've got too and more! You can take any of these line dances and put them to rock, Brittany, Adele.... you don't have to wait for the right song to play to get up and dance anymore!

## HIGH BEGINNER'S \$100

**7:00 – 8:00 pm**

Line dance with hit songs like Ed Sheeran's Shivers and Miley Cyrus' Flowers or a little Latin flavor with Havana Cha. These dances are higher level beginners, but we're taking the full 9 weeks to learn all 3 and more.

## BEGINNER GOLF \$90

**Tuesdays, Apr. 30 – May 28**

**6:30 – 7:30 pm OR 7:30 – 8:30 pm**

**(5 sessions)**

**Interested in Intro to the Game of Golf at an affordable price?** Your instructor will guide you through the basics of the game including stance, grip and swing. Students will get an opportunity to practice all the skills of the game including putting, chipping, approach shots and driving. Will be open to all but tailor to beginners. Adults and mature teens welcome.

**High School Gym/Surrounding Field**



## CONVERSATIONAL SPANISH

**(Level 1) \$75**

**Thursdays, Apr. 11 – Jun. 13**

**6:00 – 7:00 pm**

**(10 sessions)**

Start speaking Spanish as quickly as possible. Learn important phrases for travel and how to express yourself in a variety of practical situations. We will learn common themes like greetings, numbers, family, calendar and colours, with emphasis on conversation and pronunciation.

**Room 147**



## INTERMEDIATE SPANISH

**(Level 2) \$110**

**Thursdays, Apr. 11 – Jun. 13**

**7:00 – 8:30 pm**

**(10 sessions)**

For those who have already practiced some basics and are ready to advance your Spanish Language. We will focus on a solid grounding in grammar, and will continue learning more of the important verbs, and vocabulary, with emphasis on conversation, pronunciation and more useful conversation for travel.

**Room 147**

## MEXICAN CUISINE with Aurora

**Egesz \$175**

**Saturdays, May 4 – Jun. 15**

**NO CLASS: May 18**

**10:00 am – Noon**

**(6 sessions)**

**ALL Ingredients Included for a Meal Each Class! Join us for Saturday Lunch Dates!**

Traditional and authentic Mexican dishes each week! Be sure to bring a container for left-overs.

**Room 172**



## WELDING \$190

**Mondays and**

**Thursdays, Apr. 8 - 25**

**5:30 – 7:30 pm**

**(6 sessions)**

**No Experience Necessary!**

You will learn how to do basic welding procedures in Arc, Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in and dirty, or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class. **Please bring safety glasses and gloves.**

**Metals Shop**



**BONUS: Stay for both and save \$5! (Maple Syrup and Growing Mushrooms)**

## MAKING MAPLE SYRUP \$20

**Thursday, Apr. 11**

**6:00 – 7:00 pm**

**(1 session)**

**The sap is flowing! Make For fun or profit!**

Do you have a maple or birch tree on your property? Learn how to make your own syrup from local Manitoba maple and birch trees. Hands-on demonstration will include tree identification and selection, tapping the tree, boiling off the sap, bottling, storing the syrup and how-to instructions. Enjoy making your own "sweet treat". Manitoba Maple Syrup - A Taste of Manitoba. Taps will be available for sale following the hands-on presentation (\$2.50 each).

**Room 141**



## GROWING MUSHROOMS \$20

**Thursday, Apr. 11**

**7:00 – 8:00 pm**

**(1 session)**

**Learn to grow specialty mushrooms in your backyard.**

Do you have access to oak branches? Learn how to "plant" the mushroom spawn and grow your own Shiitake mushrooms on oak logs. Hands-on demonstration will show how to inoculate the logs with mushroom spawn. A biological process you'll love – growing your own mushrooms backyard style. Mushroom Grow Kits will be available for sale following the hands-on presentation (\$65 each).

**Room 141**



## DOG OBEDIENCE

**Tuesdays, Apr. 9 – May 14**

**(6 sessions each)**

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school.

**Lower Multi-Purpose Room**



## PUPPY CLASSES \$90

For Puppies up to 1 year old

**6:00 – 7:00 pm**

## BASIC MANNERS \$90

**7:15 – 8:15 pm**

All ages are accepted. But recommend very young dogs (up to a year) do a puppy class first.

# YOUTH CLASSES

## KID'S INTRO TO ACTING

**(Ages 5 – 7) \$75**

**Mondays,**

**Apr. 8 – Jun. 3**

**NO CLASS:**

**May 20**

**4:45 – 5:45 pm**

**(8 Sessions)**

Are you looking for a safe place for your child to use their imagination and learn how to create their own stories? Come and join Intro to Acting where we will explore exercises, games, song, and dance as an outlet for wild imaginations and learning to build foundations of storytelling. Make friends and jump outside your comfort zone to gain confidence both onstage and off!

**Theatre**



## YOUTH ACTING & THEATRE (Ages 8 – 12) \$75

**Mondays, Apr. 8 – Jun. 3**

**NO CLASS: May 20**

**6:00 – 7:00 pm**

**(8 Sessions)**

"Have you ever wondered how to play a specific character for a play? Or how to improvise a scene? Or are you simply wanting to just gain confidence? Come join Beau on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!" (Adult class available for mature teens and older)

**Theatre**



## BABYSITTING SAFETY \$60

**Saturday, Jun. 1 9:00 am – 5:00 pm**

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and wallet certificate. Please bring a doll and a bagged lunch.

**Library**

## HOME ALONE \$45

**Ages 8 & up**

**Tuesday, May 28 6:00 – 8:30 pm**

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone.

**Room 142**

## HEALTH & WELLNESS

### YOGA FLOW with Heather \$100

Thursdays, Apr. 11 – Jun. 6  
6:00 – 7:00 pm  
(9 sessions)

Flow yoga class is a mixture of meditation, breath-work and energizing movement. It begins with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. You will be taken through seated and standing poses which can be adjusted to be harder or easier depending on your level of fitness. While previous yoga experience is helpful, beginners are welcome as instruction for the poses are explained throughout the class.

Library

### HATHA YOGA with Cecilia \$90

Mondays, Apr. 8 – Jun. 3  
NO CLASS: May 20  
5:30 – 6:30 pm  
(8 Sessions)

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/or towel and any props you may have.

Library

### \*NEW - SOUND BATH MEDITATION \$100

Mondays, Apr. 8 – May 13  
7:00 – 8:00 pm  
(6 sessions)

A sound bath is a full body meditative experience where those in attendance are "bathed" in soothing sounds, vibrations and sound waves. The practice aims to help people relax and let go of stress, anxiety, worries and concerns. Participants find deep connection between mind, body and soul well-being. Please bring a yoga mat and wear comfortable clothing. Options to also bring a blanket, bolster, eye mask and water. \$20 drop-ins welcome.

Library



### TAI CHI \$50

Tuesdays, Apr. 9 – May 7  
6:00 – 7:00 pm  
(5 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.

Library

### PILATES \$95

Wednesdays, Apr. 10 – Jun. 5  
7:00 – 8:00 pm  
(9 sessions)

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.

Library

### BLOCK THERAPY \$135

Wednesdays, Apr. 10 – Jun. 5  
5:30 – 6:45 pm  
(9 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.

Library



## ARTS & CRAFTS

### \*NEW - THE POWER OF RIBBON SKIRTS \$120

Saturday, Apr. 13  
9:00 am – 3:30 pm  
(1 session)

Ribbon skirts are about empowering yourself, and connecting to who you are. All supplies included to make your very own ribbon skirt.

Please join Marlena Muir for a day of teachings and ribbon skirt making, in a relaxed and informative atmosphere. Marlena is a 2Spirit Community Cultural Helper (Skaabe) in and around Selkirk, and has been doing cultural work and programming for just over 10 years. She firmly believes in the power of identity through clothing, and believes that part of our healing comes through connecting and understanding.

Sewing Lab Room 175



### \*NEW - ACRYLIC POUR PAINTING \$60

Thursday, Apr. 18  
6:00 – 7:30 pm  
(1 session)

No experience required! Learn how to create beautiful, customized acrylic pour paintings!

Perfect for beginners. Local artist Monique Rainville will guide you through the process! Be creative, and use colors YOU LOVE... there are no rules! There will be lots of time for socializing! All supplies are provided! Canvas size options will be available; participants will receive an email ahead of time to make selections.

Cafeteria



### \*NEW - TERRARIUM BUILDING \$70

Thursday, May 16  
6:00 – 7:30 pm  
(1 session)

Just follow along, step-by-step/layer by layer, in creating your own, customized little succulent garden! There will be MULTIPLE OPTIONS for succulents, rocks, and decor... there are no rules! Everything will be provided for your use while you enjoy a creative and relaxing time with your favorite people! (Feel free to fly solo too) Containers, decor, and plants are ALL subject to availability and may vary. Each participant receives: 3 succulents, 1 container, dirt/substrate, their choice of rocks and decor, and teaching on care of the succulent babies! Join us for a fun evening!

Cafeteria



## COMPUTERS & TECHNOLOGY

### TECHNOLOGY FOR BEGINNERS \$75

Wednesdays, Apr. 10 – May 1  
OR

Wednesdays, May 8 - 29

6:00 – 8:00 pm  
(4 sessions)

For those who fear new technology, computers, phones or tablets! We will go over everything you'll need from buying a computer to being able to comfortably use it, with hands on training. Setting up a new phone and even just using a tablet at home to play games on. Sending emails, managing photos, virus protection, printers and more. Question and answer period regarding anything with a power button for the last 30 minutes of each class.

Room 148

### \*NEW - INSTAGRAM MARKETING \$75

Wednesdays, Apr. 10 – May 1  
6:00 – 8:00 pm  
(4 sessions)

Learn how to create Instagram posts, stories and reels in this fun beginner level course. You will learn how to create engaging content for your business, organization or family fun event. Students should come to class with an existing Instagram account and the desire to post.

Room 284



## SAFETY FIRST

### BOATER SAFETY LICENSE \$70

Saturday,  
Apr. 6  
8:30 am –  
4:30 pm  
(1 session)

**ALL boat operators are now required to possess a Pleasure Craft Operator Card (PCOC) regardless of age of the operator or size of boat operated.** Attend our Transport Canada approved course just before the boating season starts. Minimum age to attend – 8 years old. Children under 12 must be accompanied by an adult. Please bring snacks as there is no lunch break. **Course includes your Transport Canada test and competency card (PCOC).**

Course manuals will be available during the class at no charge but may also be purchased from instructor day of class for \$13.00.

Room 141

### CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$170

Saturday, Apr. 13  
OR  
Saturday, Apr. 27  
9:00 am – 5:00 pm  
(Plus Exams)  
(1 session)

Minimum Age 12

**Please Bring Government issued ID & lunch. Students ages 12-17 need to have consent from their legal guardian.** This 8 hour course is followed by a written exam and then practical testing. As each student needs to be tested individually, the practical testing will continue into the evening. Upon successful completion you will be able to apply for your PAL. Increase your chances of passing by reading the manual in advance. For questions or to purchase a hardcopy manual, please email [KatiesFirearmSafety@outlook.com](mailto:KatiesFirearmSafety@outlook.com)

