

## EMCS Fitness/Yoga Schedule January 2012 at a Glance

Monday	Tuesday	Wednesday	Thursday	Saturday
	<b>Lean Team</b> 7:30-8:30am Register or Drop-in		<b>Lean Team</b> 7:30-8:30am Register or Drop-in	<b>Lean Team</b> 9:30-10:30am  <b>Lean Team 2</b> 10:30-11:30am  Register or Drop-in
				<b>Yoga Workshops</b>  *check brochure for dates and times  Register or Drop-in
<b>Yoga Pilates</b> 5:15-6:30pm  Register or Drop-in	<b>Yoga</b> 5-6:pm  Register or Drop-in	<b>Ashtanga Yoga</b> 5:15-6:30pm Register or Drop-in	<b>Lean Team</b> 5:45-6:45pm Register or Drop-in	
<b>Kundalini for a Healthy Lifestyle</b> 6:30-8pm  Register or Drop-in	<b>Lean Team 2</b> 7:30-8:30pm @Ecole Poirier Register or Drop-in	<b>Bellyfit</b> 6:45-7:45pm Register or Drop-in	<b>Jazzercise</b> 7-8pm Call Samantha for details 250-474-6884	
	<b>Jazzercise</b> 7-8pm @Journey Middle School Call Samantha for details 250-474-6884			
	<b>Drop-in Badminton</b> 7:30-9pm Call Gail for details 250-642-3288			

## Edward Milne Community School (EMCS)

Is located at 6218 Sooke Road.

### 3 Easy Ways to Register

#### **By Phone 642-6371**

Pay by Mastercard or Visa

#### **In Person:**

Drop by the Edward Milne Community School

Program Office: 6218 Sooke Road, Sooke BC

Pay by Mastercard, Visa, Cheque, Cash or Interac.

#### **How to register online:**

<http://www.booking.ca/bkemcsspub/index.asp>

-click on courses



**Edward Milne  
Community School**

**Community Education  
Calendar**

**January/February 2012**

**•First Aid • Job Training•Computers•****Standard First Aid and CPR Level C Recertification.**

Sat Feb 11 8:30am-4:30pm 1/\$80

**Emergency Childcare First-Aid and CPR Level C**

Sat Feb 11 8:30am-4:30pm 1/\$90

**Adult Caregiver First-Aid and CPR Level A**

Sat Feb 11 8:30am-4:30pm 1/\$90

**\*\*For this class please register online at <https://www.alertfirstaid.com/first-aid-courses/adult-caregiver-first-aid/sooke> or call 250-595-5323.****Foodsafe – Basic**

Tue/Thur Jan 24, 26 6:00-10:00 pm 2/\$79

**Bookkeeping & Simply Accounting**

Tue/Thur Feb 28-Apr 16 6:30-9:00pm 12/\$305

**Keyboarding**

Mon/Wed Jan 30-Feb 8 7:00-9:00pm 4/\$69

**Facebook and Twitter for Seniors**

Tue/Thurs Jan 24, 26 7:00-9:00pm 2/\$72

**Computers for Older Beginners**

Sat Jan 28-Mar 17 10:00-11:30am 8/\$139

**Word Level 1**

Mon/Wed Jan 30-Feb 15 7:00-9:00pm 6/\$199

**Excel Level 1**

Tue/Thur Jan 31-Feb 16 7:00-9:00pm 6/\$199

**Powerpoint**

Tue/Thur Feb 21-Mar 1 7:00-9:00pm 4/\$169

**•Fitness & Yoga •Health & Wellness•****Lean Team**

Tue/Thur Jan 24-Mar 29 7:15-8:15am 20/\$198

Thur/Sat Jan 26-Mar 31 5:45-6:45pm 20/\$198

**Lean Team 2**

Tues/Sat 6:30-7:30pm/9:30-10:30am Monthly/\$79

**Yoga Pilates**

Mon Jan 9-Mar 12 5:15-6:30pm 10/\$76

**Kundalini Yoga**

Mon Jan 9-Mar 12 6:30-8:00pm 10/\$76

**Yoga**

Tue Jan 10-Mar 13 5:00-6:00pm 10/\$76

**Ashtanga Yoga**

Wed Jan 11-Mar 14 5:15-6:15pm 10/\$76

**Kundalini Yoga for Conquering Sleep Workshop**

Sat Feb 11 10:00-12:00pm 1/\$21

**Bellyfit**Wed Jan 25-Mar 14 6:45-7:45pm 8/\$79  
Students 8/\$39**Intentional Wellness**

Tue Jan 24-Feb 21 7:00-9:00pm 5/\$149

**Changeways Cognitive Behaviour Therapy Group**

Wed Jan 25-Apr 4 6:30-8:00pm 10/\$125

**EFT for Weight Loss**

Tue Jan 31-Mar 5 7:00-9:00pm 6/\$297

**Ballroom Dancing**

Wed Feb 1-Mar 28 7:00-8:00pm 8/\$69

**•Arts • General Interests•****Digital Camera II**

Mon/Wed Jan 23, 25 7:00-9:00pm 2/\$72

**Digital Camera I**

Mon Feb 27 7:00-9:00pm 1/\$37

**iPod/iPad**

Mon Feb 20 7:00-8:30pm 1/\$37

**Music on the Internet**

Wed Feb 22 7:00-8:30pm 1/\$37

**Travel on the Internet**

Wed Feb 29 7:00-8:30pm 1/\$37

**Photoshop Basics**

Mon/Wed Feb 6-15 7:00-9:00pm 4/\$169

**Soft Pastels**

Sat Jan 21-Feb 25 10:00-12:00pm 6/\$130

**Intro to Woodcarving**

Mon Feb 6-Apr 2 7:00-9:00pm 8/\$105

**Woodworking:Beginner & Intermediate**

Mon/Wed Feb 20-Mar 14 7:00-9:00pm 8/\$129

**Guitar for Beginners Level 2**

Mon Jan 9-Feb 27 7:30-9:00pm 8/\$105

**Spanish for Beginners-Level 1**

Tue/Thur Feb 14-Mar 14 7:00-9:00pm 10/\$135

**•Space-Aerodynamics•**

This Introductory Lecture will briefly delve into Basic Aerodynamics as to how planes fly and cover the areas of Aircraft Design, Manufacture, Flight and Ground Testing and Airline Operations. How aerodynamics affects our daily lives, such as in the design of cars, buildings, bridges etc. will also be briefly covered. The lecture will be given in an easily understood format and one does not have to be an Aeronautical Engineer in order to attend.

Wed Feb 15 6:30-7:30pm **FREE****A Short Course in “Aerodynamics and Flight”**

Thur Feb 16-Mar 8 6:30-8:30pm 4/\$25

**ADULT EDUCATION IS COMING TO SOOKE****REGISTER NOW FOR EVENING CLASSES AT EMCS****Call Heather at 250-642-6371 for more information or to book an appointment with an academic advisor****Graduation may be closer than you think!**