

Wilderness Survival

Basic Wilderness Navigation

Come out and join a Search and Rescue (SAR) Manager on the Island in this SAR approved course. This workshop is for anyone who spends time in the wilderness. This class will teach you the basics of what you need, what you should have with you and what you should do and should not do. We will also cover some intermediate skills in fire and shelter building. You will get some hands-on experience with a variety of survival equipment and learn the pros and cons of common survival items. Though not required, feel free to bring your own survival kit if you have one, as you will learn some handy items to put in it. A Certificate of Completion will be provided. There will be 48-hour wilderness survival kits available for purchase at the end of the class.

Saturday | Mar 4 | 9:00 a.m. - 12:00 p.m.
1/\$48 | Code: 52206

Basic Wilderness Survival Course

Come out and learn from a Search and Rescue professional with 30 years' experience. This is for the day-hiker, back-country hiker, forager, hunter, fisher, or anyone who spends time in the wilderness off the beaten track. You will learn some basic and intermediate wilderness navigation skills, as well as some tips and hints on "how not to get lost in the woods". You will also learn map and compass skills with some hands-on practice and the various technology-assisted navigation aids, including GPS, SPOTs, inReach, satellite assisted, and others. We will review and try some of the common cell phone apps that aid in navigation (both online and offline). Learn which ones the Search and Rescue professionals use when they go hiking, and why. A Certificate of Completion will be provided. Please bring a compass if you have one.

Saturday | Mar 4 | 9:00 a.m. - 12:00 p.m.
1/\$48 | Code: 52206

Handy Knots & Hitches for the Outdoor Enthusiast

Come learn some handy knots and hitches that can help you when you are enjoying the outdoors. Basic, intermediate, and advanced knot tying - there will be something for everyone. There will be lots of hands-on practice, and lots of resource material to help you. Go home with handy reference sheets and links to the best 'learning' videos. Please bring a 4-6' length of rope/cord with you.

Thursday | Mar 9 | 6:30 p.m. - 8:30 p.m.
1/\$45 | Code: 52207

Helpful, Harmful & Medicinal Plants that West Coasters Should Know

This is an introduction to some of the common plants on our west coast that can be helpful, harmful and/or medicinal. If you spend time outside, start to become familiar with the 'best' plants and the 'worst' plants that are quite common in our area. We'll cover some common 'survival' edibles, and some non-toxic medicinal plants.

Thursday | Mar 30 | 6:30 p.m. - 8:30 p.m.
1/\$45 | Code: 52208

Weather Forecasting, Tides & More for the Outdoor Enthusiasts

This class is for hikers, kayakers, campers, and anyone who spends time outside. We will review some critical cloud interpretation to determine the short-term weather forecast, and explain when (and why) the forecast by the professionals is less dependable. We will also cover some "local, west coast, micro climate" specific weather situations, how to interpret tide tables for water levels and currents, weather forecast tools, and some of the most popular weather apps for your device.

Thursday | Mar 2 | 6:30 p.m. - 8:30 p.m.
1/\$45 | Code: 52204

General Interest

Introduction to Fly Fishing

This class covers all the basic aspects of fly-fishing, from equipment to techniques. A three-hour practical casting day is included after the classroom casting lesson (a Saturday or Sunday, date TBD).

Thursdays | Mar 2 - Apr 6 | 6:30 p.m. - 9:00 p.m.
6/\$150 | Code: 51925

Bee Friendly

There are more than bumblebees, honeybees and yellow jackets in our gardens. Come and learn about the wild bees and how we can create and preserve an environment that offers a "livelihood" for a variety of bees throughout the Spring, Summer and Fall. Presented through power point, photos, hands-on and handouts.

Thursday | Mar 30 | 6:30 p.m. - 8:30 p.m.
1/\$30 | Code: 52119

Check out our Dance & Yoga, Arena and Sports Programs Pamphlets for more exciting adult programs.

Cowichan Community Centre

2687 James Street
Duncan, BC V9L 2X5
250.748.7529 | tcentre@cvrld.bc.ca

ONLINE REGISTRATION:

To use online registration you will need login information, and a credit card. Please contact your local recreation centre to set up your family's account. You can access online registration from our website www.cvrld.ca

 @mycvrd

 [facebook.com/cvrldrec](https://www.facebook.com/cvrldrec)





General Interest

COWICHAN COMMUNITY CENTRE



  

cvrd.ca

Creative Arts

Drawing your Pet for Beginners

Build confidence exploring your own style of drawing your pet in a small, supportive, passion-driven workshop. Bring a sketchbook, pens, pencils, eraser, and plenty of pet photos. More supply options will be discussed at first class.

Saturdays | Feb 18 - Mar 11 | 1:30 p.m. - 3:00 p.m.
4/\$64 | Code: 53042
Instructor: Penny Boden

Mondays | Mar 6 - 27 | 1:30 p.m. - 3:00 p.m.
4/\$64 | Code: 53043
Instructor: Penny Boden

Intermediate Watercolour Workshop

Participants will enjoy diving deeper into the captivating colours and techniques of watercolour painting. Join our professional instructor for tips and lessons suitable for those that have started watercolour painting and want to expand their skill set. This workshop will have a short lunch break and it is suggested that you bring a lunch. A supply list will be provided in advance.

Saturday | Feb 11 | 10:00 a.m. - 3:00 p.m.
1/\$85 | Code: 51749
Instructor: Cim MacDonald

Beginner Guitar

Join this guitar class for beginners with little or no experience. With regular practice, participants will be able to strum a few songs. Please bring your own guitar.

Thursdays | Feb 2 - Mar 9 | 6:30 p.m. - 8:00 p.m.
6/\$92 | Code: 51752
Instructor: Brian Hicks

Self-Publishing in Canada

This fast-paced informative workshop will answer your questions about self-publishing and allow you to decide if it is the right choice for you. If you want to publish independently, this workshop will make the process easy to understand through a step-by-step guide to publishing your own book. Our instructor, Suzanne Anderson, is the author of the nationally acclaimed book *Self Publishing in Canada: A Complete Guide to Designing, Printing and Selling Your Book*.

Sunday | Apr 2 | 9:00 a.m. - 4:00 p.m.
1/\$75 | Code: 51726
Instructor: Suzanne Anderson

Languages

Beginner Spanish 2

If you have had some Spanish or have taken the Beginner Spanish class with us then this class is for you. It is geared to expand the short conversations and vocabulary that you previously learned. Emphasis will be on proper pronunciation and you will learn to use vocabulary and grammar in different situations. Please bring a notebook and a pen.

Tuesdays | Jan 31 - Mar 7
10:30 a.m. - 12:00 p.m. | 6/\$80 | Code: 51565
6:00 p.m. - 7:30 p.m. | 6/\$80 | Code: 51566
Instructor: Miriam Beechey

Beginner Spanish

This class is based on and geared to short conversations and basic vocabulary to help you communicate when in a Spanish speaking country. Emphasis will be on proper pronunciation and you will learn to use vocabulary and grammar for different situations. Please bring a notebook and a pen.

Wednesdays | Feb 1 - Mar 8 | 6:00 p.m. - 7:30 p.m.
6/\$80 | Code: 51567
Instructor: Miriam Beechey

Technology

Intro to iPhones/iPads

Are you new to the iPhone/iPad or do you just want to learn to manage it better? Learn the basic features of the device: how to manage updates, automate backups, add/delete apps, and how to get the most from the built-in communication apps. Have your questions answered! Please bring your own iPad and/or iPhone to class.

Fridays | Jan 27 - Feb 10 | 10:30 a.m. - 12:00 p.m.
3/\$99 | Code: 52296
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan

Intro to Samsung (Android) Phones and Tablets

Learn the basic features of your Samsung (Android) phone/tablet. Learn how to manage updates, backups, add/delete apps, find files, add memory, and how to get the most from the built-in communication apps. Have your questions answered! Please bring your own smart phone and/or tablet to class.

Fridays | Jan 27 - Feb 10 | 12:30 p.m. - 2:00 p.m.
3/\$99 | Code: 52293
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan

Through the iPhone Lens

Come and learn how to take amazing photos using your iPhone camera! The first week we will be classroom learning, discovering lighting, composition and other features that will make 'picture taking' way more interesting than just point and click! The second week we will actually go to an outside location to put what we've learned into practice! You will leave with the confidence to continue capturing those amazing places and moments in life, making memories for a lifetime. iPhone must have iOS 13, 14 or 15 updates.

Thursdays | Feb 16 - Mar 2 | 4:30 p.m. - 6:00 p.m.
3/\$99 | Code: 52295
Instructor: Christine Cretchley
3248 Cowichan Valley Highway, Duncan

Beginner MS Word

Learn the basics of this powerful word processing program that is a staple in business and education. Please bring a laptop with MS Word on it.

Fridays | Feb 17 - 24 | 10:30 a.m. - 12:00 p.m.
2/\$80 | Code: 52299
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan

Beginner MS Excel

Learn the basics of this powerful spreadsheet/data program that is a staple in business and education. Please bring a laptop with MS Excel on it.

Fridays | Feb 17 - 24 | 12:30 p.m. - 2:00 p.m.
2/\$80 | Code: 52301
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan

Beginner Apple Computers

Welcome to the world of Mac computers. Learn your way around the Mac as this class explores the operating system, basic computer skills, and built-in communication, photo, and organization apps. You need to bring a computer to this class! Please contact the instructor if you need to borrow a laptop.

Fridays | Mar 3 - 17 | 10:30 a.m. - 12:00 p.m.
3/\$99 | Code: 52298
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan

Beginner Windows 11

Would you like to know how to find your way around Windows 11? Review the basics of using a computer and learn simple tips to managing your Windows 11 system. You need to bring a computer to this class.

Fridays | Mar 3 - 17 | 12:30 p.m. - 2:00 p.m.
3/\$99 | Code: 52297
Instructor: WestView Learning
3248 Cowichan Valley Highway, Duncan