## Languages



### 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.

Tuesdays | Jan 30 - Mar 5
10:30 a.m. - 12:00 p.m. | 6/$80 | Code: 66664
6:00 p.m. - 7:30 p.m. | 6/$80 | Code: 66666
Instructor: Miriam Beechey

Tuesdays | Apr 9 - May 14
10:30 a.m. - 12:00 p.m. | 6/$80 | Code: 66668
6:00 p.m. - 7:30 p.m. | 6/$80 | Code: 66667
Instructor: Miriam Beechey

### Beginner Spanish 2

If you know 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.

Mondays | 6:00 p.m. - 7:30 p.m.
Jan 29 - Mar 11 | 6/$80 | Code: 66923
Apr 8 - May 13 | 6/$80 | Code: 66656
Instructor: Miriam Beechey
No session Feb 19

## Technology

### Using your iPhone/iPad

Learn how to manage your iPad/iPhone. Manage updates, visit the app store to download apps, organize your photos apps, and use your calendar, contacts, emails, notes and other Apple apps!

Fridays | Feb 2 - 16 | 1:00 p.m. - 2:30 p.m.
3/$99 | Code: 66705
Instructor: Westview Learning
3248 Cowichan Valley Highway, Duncan

### Using your Tablet/Smartphone

Learn how to use your Samsung/LG/Android tablet and smartphone. Manage updates, visit the Play Store to download apps or rent movies, organize your photos and your apps, and utilize your calendar, contacts and emails!

Fridays | Feb 23 - Mar 8 | 1:00 p.m. - 2:30 p.m.
3/$99 | Code: 66706
Instructor: Westview Learning
3248 Cowichan Valley Highway, Duncan

### Windows 11

Find your way around a Windows 11 computer and learn how to customize the desktop and default apps to your preferences. We will cover managing upgrades, your taskbar, desktop, and more.

Mondays | Mar 11 - 25 | 1:30 p.m. - 3:30 p.m.
3/$99 | Code: 66707
Instructor: Westview Learning
3248 Cowichan Valley Highway, Duncan

### Apple Computer Basics

Find your way around an Apple computer and learn how to customize the desktop and default apps to your preferences. We will cover managing upgrades, your dock, desktop, installing/deleting applications, photos, setting up email and more.

Wednesdays | Mar 13 - 27 | 1:30 p.m. - 3:30 p.m.
3/$99 | Code: 66709
Instructor: Westview Learning
3248 Cowichan Valley Highway, Duncan





### January - April 2024
### COWICHAN VALLEY REGIONAL DISTRICT
## Winter & Spring Recreation Guide

Cowichan Community Centre
Cowichan Lake Recreation
Kerry Park Recreation Centre
Shawnigan Lake Community Centre

Registration Starts December 11 at 9:00 a.m.
Online Registration | reccowichan.ca
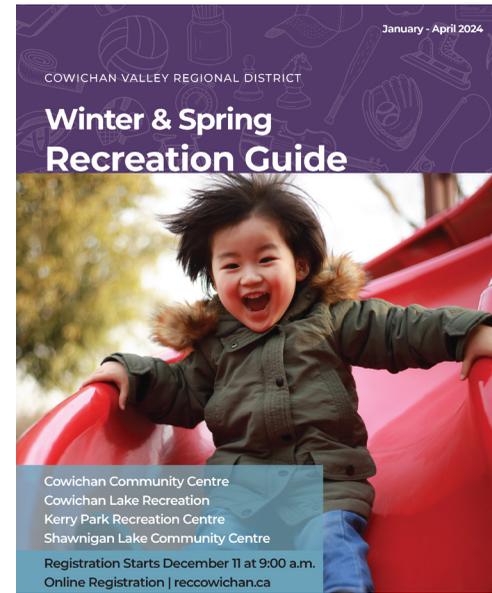
*Check out our Wellness, Arena and Sports Programs Pamphlets for more exciting adult programs.*

**Cowichan Community Centre**
2687 James Street
Duncan, BC  V9L 2X5
250.748.7529 | tcentre@cvrd.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.cvrd.ca

🐦 @mycvrd

f facebook.com/cvrdrec
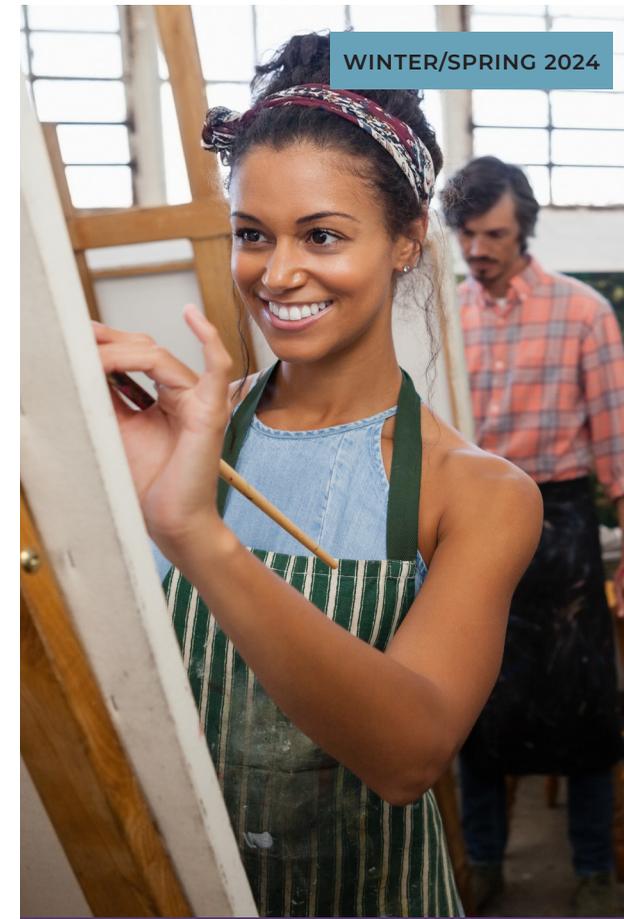
# General Interest

## COWICHAN COMMUNITY CENTRE

CVRD REC

cvrd.ca

# Creative Arts

## Drawing your Pet
Explore our instructor's unique heart-led methods in this small, supportive, passion-driven workshop. Get guidance in basic sketching, expressive line work, and valuable self-critique. Be inspired by fellow pet-lovers as you build confidence and skills for a lifetime of creativity. This class is for beginner to intermediate artists.

Thursday | Feb 8 | 1:00 p.m. - 4:00 p.m.
1/$48 | Code: 66930
Instructor: Penny Boden

Thursday | May 9 | 1:00 p.m. - 4:00 p.m.
1/$48 | Code: 66933
Instructor: Penny Boden

## Pets in Ink & Watercolour
Explore our instructor's unique heart-led methods in this small, supportive, passion-driven workshop as she guides you through basic sketching, expressive linework, and gentle touches of watercolour. Develop confidence and the valuable art of self-critique. Be inspired by fellow pet-lovers and gain skills for a lifetime of creativity. This class is for beginner to intermediate artists. Note: Penny's "Drawing your Pet" class is good background but not required.

Thursday | Feb 22 | 1:00 p.m. - 4:00 p.m.
1/$48 | Code: 66939
Instructor: Penny Boden

Thursday | May 23 | 1:00 p.m. - 4:00 p.m.
1/$48 | Code: 66941
Instructor: Penny Boden

## 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 1 - Mar 21 | 7:00 p.m. - 8:30 p.m.
8/$112 | Code: 66841
Instructor: Brian Hicks

## 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 24 | 10:00 a.m. - 3:00 p.m.
1/$85 | Code: 66931
Instructor: Cim MacDonald

## Eco Printing on Fabric
Take a creative adventure! Find out how to eco print on fabric. We will use a steam and bundle method to create unique eco prints on up-cycled cotton fabric using locally gathered leaves. The resulting personally altered fabric can be used for creative projects or framed as small art pieces. Bring rubber gloves and aprons.

Wednesday | May 29 | 1:00 p.m. - 4:00 p.m.
1/$46 | Code: 67035
Instructor: Nora Ready

# Dance

## Adult Tap Dance
Tap has always been regarded as an inclusive form of dance that welcomes those who are willing to try and is a great class for exercising the mind and body. All skill levels are welcome in this class. Tap shoes are recommended, but indoor runners can be used.

Fridays | 11:15 a.m. - 12:00 p.m.
Jan 12 - Mar 1 | 8/$100 | Code: 66517
Apr 12 - May 31 | 8/$100 | Code: 66518
Instructor: Ricki-Lee Allison

## Social Ballroom Dance Level 1
Join this introductory level dance class that will explore the world of modern ballroom, Latin and swing couple dancing. This is a fun and social activity in a friendly and relaxed environment and a great way to incorporate some moderate exercise. Please sign up with a partner.

Thursdays | 7:00 p.m. - 7:55 p.m.
Jan 18 - Mar 21 | 10/$137 | Code: 66510
Apr 11 - June 13 | 10/$137 | Code: 66522
Instructor: E & R Ballroom Dance

## Social Ballroom Dance Level 2
This class is designed for those who have completed our Social Ballroom Dance Level 1 (or equivalent). The focus is on the introduction of new Level 2 material, along with the relevant technique necessary to enable you to look and feel your best on the dance floor. Please sign up with a partner.

Thursdays | 8:05 p.m. - 9:00 p.m.
Jan 18 - Mar 21 | 10/$137 | Code: 66527
Apr 11 - June 13 | 10/$137 | Code: 66529
Instructor: E & R Ballroom Dance

## Social Ballroom Dance Level 3
The main focus is the introduction of new Level 3 material. We will also continue to focus on technique to improve the overall quality and enjoyment of your dancing. Please sign up with a partner.

Tuesdays | 7:00 p.m. - 7:55 p.m.
Jan 16 - Mar 19 | 10/$137 | Code: 66530
Apr 9 - June 11 | 10/$137 | Code: 66532
Instructor: E & R Ballroom Dance

## Social Ballroom Dance - Pre-Bronze
This class follows the completion of Social Ballroom Dance Level 3. In addition to learning new figures, we will continue to focus on improving the overall quality of our dancing. Samba and quickstep will also be introduced. Please sign up with a partner.

Thursdays | 8:05 p.m. - 9:00 p.m.
Jan 16 - Mar 19 | 10/$137 | Code: 66533
Apr 9 - June 11 | 10/$137 | Code: 66534
Instructor: E & R Ballroom Dance

# General Interest

## Introduction to Fly Fishing
Our instructor is a well-known outdoor writer and photographer and will lead the class in all the basic aspects of fly-fishing, from equipment to techniques and everything in between. This class usually fills quickly, so register early. A three-hour practical casting day is included immediately after the classroom casting lesson (a Saturday or Sunday, date TBD).

Thursdays | Mar 7 - Apr 11 | 6:30 p.m. - 9:00 p.m.
6/$150 | Code: 66693
Instructor: Bill Luscombe

## Introduction to Soil Biology & Composting Methods to Build Healthy Soil
Participants will learn what the soil food web is, why it is important, and gain an understanding of the different types of biology, what they do and how to recognize them. We will also learn about thermophilic composting and the Johnson-Su Method, and practical tips for home composting. Participants are invited to bring in soil sand compost samples to see what is currently living in their soil on the big screen samples.

Wednesdays | Mar 27 - Apr 10 | 6:30 p.m. - 8:00 p.m.
3/$85 | Code: 67033
Instructor: Amy Luck-MacGregor