



# GENERAL INTEREST

## Digital Photography

### POINT AND SHOOT CAMERAS I: CAMERA BASICS

The first in a trio of point-and-shoot camera courses from RDC. This is THE course to give you confidence with using YOUR camera! Investigate your camera's features, functions, and controls. Learn how and when to use ALL of your shooting modes, Navigate menus with ease and confidence.

Equipment to bring to class: Camera, fully charged batteries, memory card, and owner's manual

Prerequisite: None

Course #2482

Jan 30 & Feb 1

Mon & Wed, 6:30 – 9:00 pm

\$129 + GST

Course #2483

Apr 3 & 5

Tues & Thurs, 6:30 – 9:00 pm

\$129 + GST

Course #1581

May 8 & 10

Tues & Thurs, 6:30 – 9:00 pm

\$129 + GST

### POINT AND SHOOT CAMERAS II: BEYOND BASICS

Move beyond the pre-programmed modes to tap into the potential of your camera. Learn about Exposure Compensation, Flash Compensation, Picture Styles, color saturation, contrast,

Enhancements (black & white, vivid, etc.), White Balance, and how to shoot under low light with higher ISO.

Equipment to bring to class: Camera, fully charged batteries, memory card, and owner's manual

Prerequisite: Point and Shoot Cameras I: Camera Basics

Course #1582

May 15 & 17

Tues & Thurs, 6:30 – 9:00 pm

\$129 + GST

Course #1583

Jun 5 & 7

Tues & Thurs, 6:30 – 9:00 pm

\$129 + GST

### POINT AND SHOOT CAMERAS III: ADVANCED FEATURES AND FUNCTIONS

This third in a trio of point-and-shoot camera courses for those with higher-end, super-zoom-type cameras (without a removable lens). Learn how to use Aperture Priority, Shutter Priority, Manual and specialty creative modes. Learn how to access and apply functions including Advanced White Balance, Custom Enhancements, Exposure Bracketing, Metering, Shooting in RAW, RAW processing, Drive Modes, and more.

Equipment to bring to class: Camera, fully charged batteries, memory card, and owner's manual

Prerequisite: Point and Shoot Cameras II: Beyond Basics

Course #1584

June 18 & 20

Mon & Wed, 6:30 – 9:00 pm

\$129 + GST

## Digital Photography Certificate

### OVERVIEW

**Whether you are just starting out, or wanting to take your current skills to the next level, this program is for you!**

Explore the rapidly expanding world of digital photography. Embrace new photography technology and develop a fundamental knowledge of digital cameras, lighting, exposure, and composition. Learn digital image editing techniques and workflow. Not interested in the certificate? All courses are available to take as stand-alone courses. Take one course of interest, or work on the entire certificate at your own pace.

### REQUIRED COURSES

- DSLR Cameras 1: Camera Basics
- DSLR Cameras 2: The Creative Modes
- Adobe Photoshop for Photographers

### ELECTIVE COURSES

(Three Required)

- DSLR Cameras 3: Advanced Features and Functions
- Natural Light Portrait Photography
- Taking Better Landscape, Seascape and Travel Photographs
- Close-Up Nature Photography
- Sports Photography
- Studio Photography (Fall 2012)

# Required Courses

## DSLR CAMERAS 1: CAMERA BASICS

ONLINE

Learn the fundamental operating skills and practical knowledge necessary to operate any make or model of DSLR camera. Field assignments assist students in applying camera/compositional knowledge. A detailed equipment overview is provided and DSLR interfacing with external devices is explained.

Required: A DSLR Camera

Course #2430	Course #2431
Feb 1 – Apr 30	Mar 1 – May 31
Online	Online
\$355 + GST	\$355 + GST
Course #2432	
Apr 1 – Jun 30	
Online	
\$355 + GST	

## DSLR CAMERAS 2: THE CREATIVE MODES

ONLINE

This follow-up to the DSLR Cameras 1: Camera Basics course offers an in-depth, task-based exploration of the Creative Modes: Programmed Auto, Shutter Priority, Aperture Priority and Manual mode, as well as Exposure Compensation, White Balance and ISO. Photographic composition and essentials of Depth of Field are introduced and Field Assignments assist students in applying knowledge.

Prerequisite: DSLR Cameras 1: Camera Basics

Required: A DSLR Camera

Course #2433	Course #2434
Feb 1 – Apr 30	Apr 1 – Jun 30
Online	Online
\$355 + GST	\$355 + GST

## ADOBE PHOTOSHOP FOR PHOTOGRAPHERS

Photographers of any level can learn how to make their photos stand out with Adobe Photoshop, the industry standard in professional image editing. We'll help you understand key digital darkroom concepts including workflow, colour correction, retouching and repairing photos, and tonal correction. You'll learn how to choose the right tools and successfully apply them to your own images.

Prerequisite: Microsoft Windows or equivalent experience.

Course #2435	Course #1569
Feb 25 - Mar 17	Jun 2 - 10
Sat, 9:00 am – 4:00 pm	Sat & Sun, 9:00 am – 4:00 pm
\$475 + GST	\$475 + GST

# Elective Courses

## DSLR CAMERAS 3: ADVANCED

ONLINE

### FEATURES AND FUNCTIONS

This DSLR camera course (for Nikon and Canon DSLR owners/users) takes your camera knowledge and shooting expertise to the uppermost level. Capture accurate, expressive, creative images under the most challenging conditions using advanced functions of your camera.

Prerequisite: DSLR Cameras 2: The Creative Modes

Required: A DSLR Camera

Course #1568	
Jun 1 – Aug 31	
Online	
\$355 + GST	

## TAKING BETTER LANDSCAPE, SEASCAPE AND TRAVEL PHOTOGRAPHS

ONLINE

Learn how to make outstanding images the way professional travel photographers do. Explore three "must know, must have" factors, including:

- Compositional Framework: The Rule of Thirds and how to easily apply it for more interesting and creative compositions;
- Creative Plan of Action: Develop the Photographic Artist in You; and
- Adding Proven Techniques to Your Everyday Photography Repertoire: Learn the techniques that take images from the ordinary into the extraordinary.

Prerequisite: DSLR Cameras 1:

Camera Basics

Required: A Digital Camera

Course #2539	Course #1603
Apr 1 – Jun 30	Jun 1 – Aug 31
Online	Online
\$355 + GST	\$355 + GST

## CLOSE-UP NATURE PHOTOGRAPHY

Find beauty in the smallest details! From your garden to Canada's great outdoors, nature provides incredible opportunities to create stunning close-up photographs. Explore the natural world up close and learn professional techniques for macro photography.

Prerequisite: DSLR Cameras 1: Camera Basics or equivalent experience

Required: A DSLR Camera and tripod

Course #1604	Course #1237
Jun 16 - 23	Jul 21 - 28
Sat, 9:00 am – 4:00 pm	Sat, 9:00 am – 4:00 pm
\$275 + GST	\$275 + GST

## SPORTS PHOTOGRAPHY

Capture the action! Explore the challenges of sports photography. Learn hands-on the importance of equipment, exposure, composition, and timing when shooting in a fast-paced setting.

Prerequisite: DSLR Cameras 1:

Camera Basics

Required: A DSLR Camera (Monopod or tripod is recommended)

Course #1238	Course #1239
Jul 7 & 14	Aug 18 & 25
Sat, 9:00 am – 4:00 pm	Sat, 9:00 am – 4:00 pm
\$275 + GST	\$275 + GST

## NATURAL LIGHT PORTRAIT PHOTOGRAPHY

Focus on taking photographs using the greatest source of light - the sun! Whether you want to photograph children, families, grandparents or friends, learn how to comfortably interact with your subjects, ensuring great results and a positive experience for all.

Prerequisite: DSLR Cameras 1:

Camera Basics

Required: A DSLR Camera and tripod

Course #1602	
May 2 - 23	
Wed, 6:00 – 9:00 pm	
\$275 + GST	

\*Online courses are offered over a period of 12 weeks, students should anticipate approximately 3 hours per week, including field assignments to apply learning.

# Visual Arts

Visual Arts classes are located in RDC's new Centre for Visual Arts which features state-of-the-art studios in ceramics, sculpture and painting/drawing.

Classes are available for students of all skill and experience levels. Try something new or expand your skills in your favourite medium to let your creative juices flow!

Supply lists for visual arts courses can be found online at [www.rdc.ab.ca/continuingeducation](http://www.rdc.ab.ca/continuingeducation)



Pick up a copy of our Visual Arts booklet!

## WHEEL-THROWING BASICS

This beginner's course offers a solid foundation in the skills of wheel-throwing. You will learn to throw many different forms, including bowls and vases. Trimming techniques and surface decoration will also be covered. No previous experience is necessary.

Course fee includes a ½ a box of clay and a basic clay tool kit.

Course # 2182  
Jan 25 – Mar 14  
Wed, 6:00 – 9:00 pm  
\$249 + GST  
Instructor: Dawn Candy

## WHEEL-THROWING: THE NEXT STEP

If you have experienced the basics of wheel-throwing and are ready to learn some new skills, this course is for you. Emphasis will be on throwing larger forms (including plates), adding lids and handles to your creations, and altering thrown pieces.

Course fee includes a full box of clay.

Course #2187  
Feb 2 – Mar 22  
Thurs, 6:00 – 9:00 pm  
\$249 + GST

## WHEEL-THROWING AND HAND-BUILDING WEEKEND (INTERMEDIATE)

This intense workshop is designed for those with some experience who want to expand their knowledge in clay and increase their technical skills. Your instructor will take you through a refresher of wheel-thrown basics such as mugs and bowls while teaching you to maximize volume in your forms, as well as altering techniques, adding lids, spouts and handles, and design ideas for surface decoration.

Course fee includes 1 box of clay for each student.

Course # 2339  
Mar 10 & 11  
Sat & Sun, 9:00 am – 5:00 pm  
\$225 + GST  
Instructor: Brenda Danbrook

## HAND-BUILDING TECHNIQUES

Learn various hand-building techniques suitable for making both sculptural and functional forms. You will explore slab construction, pinching, coiling, and using molds to complete several projects. Surface finishing techniques including sprigging, carving, inlaying slip and glazing will also be addressed.

Course fee includes ½ a box of clay for each student.

Course # 2337  
Mar 28 – May 16  
Wed, 6:00 – 9:00 pm  
\$249 + GST

## WHEEL-THROWING AND HAND-BUILDING WEEKEND (BEGINNER)

This intense workshop is designed for those with little or no ceramic experience who want to expand their knowledge in clay and increase their technical skills. You will learn the techniques of centering, maximizing volume, trimming and different options for handles and finishing work. You will also learn to create a functional hand-built teapot set and apply surface decoration techniques.

Course fee includes 1 box of clay for each student. All necessary tools will be provided.

Course # 2338  
Jan 21 & 22  
Sat & Sun, 9:00 am – 5:00 pm  
\$225 + GST  
Instructor: Brenda Danbrook



## SURFACE DESIGN FOR CERAMICS

Artists of all levels of experience will want to take part in this intense workshop designed to give you a taste of the most fundamental yet creative aspect of ceramics: surface embellishment. Learn to put distinctive marks and decorations on your work to create a unique piece. Explore design elements such as texture, color and pattern as we incorporate them on the surface. Demonstrations will be given on a wide variety of techniques including millefiori, impress, sprig, incise, model appliqué, tissue transfer, creative ways of working with resist and slip, and a variety of glazing methods.

Course fee includes 1 box of clay for each student and all necessary glazing materials.

Course # 2531  
Apr 28 & 29  
Sat & Sun, 9:00 am – 5:00 pm  
\$225 + GST  
Instructor: Brenda Danbrook

## SPRIG MOLDS, PLASTER BATS & HUMIDORS

Incorporating these three items into your ceramic practice will make a world of difference!

Sprigs add that special decorative element that is missing in your pots. Share your found objects with the class and go home with an arsenal of decorating possibilities.

The Plaster Bat method of throwing plates is one you will wish you knew years ago. You will learn to make your own bats (that you can take home and continue to use in your own studio) and will never look back.

If you've ever had the experience of missing the handle attachment to a piece simply because you couldn't get back to it before it dried, you know how frustrating it can be. Storing your pieces in a humidior will enable you to work on your pots when it is convenient for you.

Course # 2530  
Feb 18  
Saturday, 9:00 AM – 5:00 PM  
\$149 + GST

## DRAWING FOUNDATIONS – LEVEL 1

Develop your 'seeing' skills and draw with confidence! Learn to use a variety of mediums such as charcoal, graphite, conté and pencils as you explore various drawing techniques with a professional artist.

Course # 2189  
Jan 31 – Mar 20  
Tues, 6:00 – 9:00 pm  
\$225 + GST  
Instructor: Tanya Zuzak

## DRAWING FOUNDATIONS – LEVEL 2

Now that you understand the importance of seeing we will apply and expand your technical skills. Now focus on seeing the potential in your subject and the dramatic effects of composition. Investigate the amazing potential in a line and all the fantastic things it can describe, idealize, or exaggerate. By combining technical exploration with material experimentation you will compliment your drawing ability with creativity.

Course # 2534  
Feb 2 – Mar 22  
Thurs, 6:00 – 9:00 pm  
\$225 + GST  
Instructor: Tanya Zuzak

## GO BIG AND GO HOME!

One day of painting with big brushes and big canvases! You will be working with acrylic paints to create big bold designs with energy and lots of fun.

Course # 2536  
Mar 17  
Sat, 9:00 – 5:00 pm  
\$169 + GST  
Instructor: Jean Pedersen

## FX CRASH COURSE

This one day workshop will be jam packed with many ideas for using acrylics, mediums and pastes in your paintings. Try out several layering techniques in small sample sizes and have a great resource to take home for future reference.

Course # 2535  
Apr 14  
Sat, 9:00 – 5:00 pm  
\$199 + GST  
Instructor: Jean Pedersen

## METAL CREATIONS

Learn introductory silver-smithing techniques, such as fold-forming, raising and riveting and transform ordinary sheets of copper into extraordinary objects. Take away at least one completed piece – jewellery, sculpture or a metal container such as a box or a bowl.

All supplies included. No previous experience necessary.

Course # 2199  
Apr 14 & 15  
Sat & Sun, 9:00 am – 5:00 pm  
\$269 + GST  
Instructor: Greg Lavoie

## INTRODUCTION TO METAL CASTING FOR JEWELRY AND SCULPTURE

This hands-on introductory course will teach you the basics of metal casting for small sculpture or jewellery pieces. Choose to work with either bronze or silver to create small sculptures, rings, or pendants. Included techniques are cuttlefish and lost wax casting.

Some additional cost for bronze or silver per student may apply, depending on size of work.

All other supplies are included and will be provided by your instructor.

No previous experience is necessary.

Course # 2532  
Mar 10, 16 & 17  
Sat, Sat & Sun  
\$269 + GST  
Instructor: Greg Lavoie

## METAL JEWELRY FOR TEENS

Ever wanted to make your own metal jewelry? In just three hours you will learn some basic metalworking techniques and leave the class with a small project.

All supplies included. No previous experience necessary.

Course #2533

Apr 13

Fri, 6:00 – 9:00 pm

\$99 + GST

Instructor: Greg Lavoie

## FILM & TV AUDITION TECHNIQUES LEVEL II

Build confidence with these audition techniques and skills to ensure every audition is done professionally and to your full advantage. Included will be work on longer scenes, multiple scenes as well as cold principal reads.

Course #2356

Jan 30 – Mar 5

Mon, 7:00 – 9:00 pm

\$219 + GST

Instructor: Lori Ravensborg

## SOCIAL DANCE

Getting married? Just want to have fun? Learn basic dance steps including the waltz, fox trot, jive, cha-cha and rumba.

Course #407

Jan 30 – Apr 9 (no class Feb 20)

Mon, 8:00 – 9:30 pm

\$55/person + GST

Course #1904

Feb 7- Apr 10

Tues, 8:00 – 9:30 pm

\$55/person + GST

## MUSIC LESSONS

Don't settle for anything but the best! We offer music lessons on most instruments for every age and ability level with an instructor that is perfect for you. Take your musical training to the next level and experience what it's really like to succeed.

We offer lessons in Voice, Piano, Guitar, Classical Guitar, Bass Guitar, Drums, Flute, Clarinet, Saxophone, French Horn, Trumpet, Low Brass, and Theory/History

Call us at 403-356-4900 to get more information or to schedule a lesson time.

**Parents & Grandparents**  
Music lessons are a terrific gift idea. Call 403.342.3132 to arrange for a gift card.

# Performing Arts

## RDC Performing Arts Adult Group Courses

### Something for Everyone!

## BASIC BLUES GUITAR

Learn the basics of blues guitar including how to make chord changes and the art of rhythm guitar. Perfect for those who took Group Guitar Level 1.

Course# 2264

Feb 1 - Apr 4

Wed 8:00 – 9:00 pm

\$129

Instructor: Shannon Frizzell

## BEGINNER & LEVEL II IMPROVISATION FOR GUITARISTS

Learn to improvise on your guitar according to the style of music you play. Learn what chords are safe bets and which ones to avoid. A must for all guitar players.

Instructor: Lee Cocolicchio

Beginner Improvisation

Course #2244

Feb 4 - 25 (no class Feb 18)

Sat 1:00 – 3:00 pm

\$89

Level II Improvisation

Course #2360

Mar 10 - 24

Sat, 1:00 - 3:00 pm

\$89



For more information on these courses check out our website at [www.rdc.ab.ca/continuing\\_education/performingarts](http://www.rdc.ab.ca/continuing_education/performingarts) or call Continuing Education 403.356.4900 or email [continuingeducation@rdc.ab.ca](mailto:continuingeducation@rdc.ab.ca)



## BALLET

Dance at RDC. Whether you are just starting your ballet training, want an additional technique class or are more advanced we have a class for you. Increase your strength, coordination, flexibility and balance. Everyone will be involved in our Spring Dance Gala.

Instructor: Shanda Aalbers – a caring, knowledgeable master teacher, many of Ms. Aalbers students have gone onto careers in dance. Her original choreography and attention to detail ensure all dancers work to their full potential.

Parents & Grandparents  
Dance lessons are a terrific gift idea. Call 403.342.3132 to arrange for a gift card.

## BALLET TECHNIQUE FOR BEGINNERS

Quality non-competitive training that focuses on developmentally appropriate ballet movement, music and skills, creating a class that will expose you to the joy of dance.

Course #449  
Kinder Ballet (age 4)  
Feb 4 – May 26 (no class Apr 7)  
Sat, 10:00 – 10:30 am  
\$99

Course #2544  
Beginner Ballet (ages 5-7)  
Feb 4 – May 26 (no class Apr 7)  
Sat, 10:30 – 11:15 am  
\$129

Course #2541  
Ballet Technique A – ages 8-10  
Feb 1 – May 23 (no class Apr 11)  
Wed, 4:45 – 5:45 pm  
\$199

Course #2542  
Ballet Technique B – ages 11-13  
Feb 1 – May 23 (no class Apr 11)  
Wed, 7:00 – 8:00 pm  
\$199

Course #2543  
Ballet Technique C – ages 14 & older  
Feb 2 – May 24 (no class Apr 12)  
Thurs, 4:45 – 5:45 pm  
\$199

## BALLET TECHNIQUE FOR EXPERIENCED DANCERS

Quality training for dancers with a minimum of 2 years dance experience. Suitable for enhancing and furthering ballet training without the commitment of competition.

Course #2545  
Ballet Technique D – ages 8-10  
Feb 1 – May 23 (no class Apr 11)  
Wed, 5:45 – 6:45 pm  
\$ 199

&/or

Course #2546  
Feb 4 – May 26 (no class Apr 7)  
Sat, 12:30 – 1:30 pm  
\$199

Course #2547  
Ballet Technique E – ages 11-13  
Feb 1 – May 23 (no class Apr 11)  
Wed, 8:00 – 9:00 pm

&/or

Course #2548  
Feb 4 – May 26 (no class Apr 7)  
Sat, 1:30 – 2:30 pm  
\$199

Course #2549  
Ballet Technique F – ages 14-17  
Feb 2 – May 24 (no class Apr 12)  
Thurs, 5:45 – 6:45 pm  
\$199

&/or

Course #2550  
Feb 4 – May 26 (no class Apr 7)  
Sat, 3:45 – 4:45 pm  
\$199

Course #2556  
Ballet Technique G – ages 18 & older  
Feb 1 – May 23 (no class Apr 11)  
Wed, 9:00 – 10:00 pm  
\$199 + GST

Course #2555  
Pointe (must have assessment by instructor)  
Feb 4 – May 26 (no class Apr 7)  
Sat, 2:45 – 3:45 pm  
\$199

## MUSICAL THEATRE

Get basic movement experience while learning song and dance in the Broadway style. Have fun, increase your confidence and gain experience. No previous training necessary. This class is suitable for both aspiring performers as well as recreational students. Perfect for school or community theatre productions.

Course #2553  
10 – 14 years  
Feb 2 – May 24 (no class Apr 12)  
Thurs, 7:00 – 8:00 pm  
\$199 + GST

Course #2554  
15 years and older  
Feb 2 – May 24 (no class Apr 12)  
Thurs, 8:00 – 9:00 pm  
\$199



## RELAX & REJUVENATE THROUGH BALLET STRETCH – ADULTS – 18 YEARS & OLDER

Take an hour just for you! Enjoy gentle stretching to soothing music. Focus on increasing your flexibility and gain motivational ideas in a calm and relaxing environment.

Course #1157  
Feb 2 – Apr 5  
Thurs, 9:00 – 10:00 pm  
\$129 + GST

## STRETCH & CONDITIONING FOR DANCERS

Are you a dancer that wants to improve your strength and flexibility? Just one hour each week will help you reach your goal! Each class will include a cardio warm-up followed by stretching for the entire body and conditioning exercises specific to dancers' needs.

Pre-requisite: minimum of 1 year dance experience.

Course #2552  
Stretch & Conditioning A – ages 8-12  
Feb 4 – May 26 (no class Apr 7)  
Sat, 11:30 am – 12:30 pm  
\$199

Course #2551  
Stretch & Conditioning B – ages 13 & older  
Feb 4 – May 26 (no class Apr 7)  
Sat, 4:45 – 5:45 pm  
\$199

### Continuing Education Funding

There may be funding available for the Continuing Education course or program that you are interested in!

The following programs qualify for both full-time government student loans or full-time government grants:

- Multimedia Web Design Certificate
- Pre-Employment Trades Certificates
- English as a Second Language (Grant funding only)

TIP: Don't forget about Awards & Scholarships! Check out RDC's Awards & Scholarships [www.rdc.ab.ca/scholarships](http://www.rdc.ab.ca/scholarships). Research external sites as well!

# Languages and General

## AMERICAN SIGN LANGUAGE (ASL)

Level 1

You will learn basic receptive and expressive ASL skills that you can apply in the workplace.

Course #1757  
Apr. 10 – June 26  
Tues, 6:00 – 9:00 pm  
\$395 + GST

Level 2

You will expand your conversational range to giving directions and making requests.

Course #2055  
Apr 12 – June 28  
Thurs, 6:00 – 9:00 pm  
\$395 + GST

## GENERAL IELTS TEST PREPARATION

ONLINE

This International English Language Testing System (IELTS) Prep course will help you improve your listening, reading, writing, speaking, grammar, and vocabulary whether you are taking the IELTS test for the 1st time or if you are repeating it. The course is mostly online, but you will also have contact with your instructor through a live on-line classroom and do one on one speaking and listening through Skype. Your instructor will give you feedback on your written assignments. The course contains 100 hours of Reading, Writing, Speaking, and Listening activities. Applicants must have a MINIMUM Canadian Language Benchmark of 5 and sufficient computer and keyboarding skills to complete and submit assignments and to access various websites and Skype.

Course #2528  
Jan 16 – Apr 13  
Online  
\$795 + GST

Course #1601  
May 1 – July 20  
Online  
\$795 + GST

## CREATING A HARMONIOUS HOME WITH FENG SHUI

Make your home a comforting, modern oasis using the Chinese bagua and the 5 Elements to create balance and harmony. Discover the colors, symbols and designs relevant for health, relationship, wealth & career. Let Feng Shui guide your decorating decisions, optimizing and bringing luck to your home!

Course #2558  
March 24  
Sat, 10:00 am – 4:30 pm  
\$149 + GST

Course #1606  
June 2  
Sat, 10:00 am – 4:30 pm  
\$149 + GST

## WEDDING PLANNING WORKSHOP

I Do... now what? Plan Your Special Day in a Day.

The multitude of wedding industry options can be confusing and overwhelming for you as a bride and for your wedding party. Learn the ins and outs of planning your wedding day, working with industry professionals and certified wedding planners, budgeting, décor, entertainment, & stress management. Receive expert advice, planning worksheets, and more, to prepare you to plan your perfect day.

Course #2529  
Jan. 21  
Sat, 8:30 am – 4:30 pm  
\$149 + GST

## MIXOLOGY

Everything you wanted to know about Mixology, but were afraid to ask! You will learn the art of shaking and straining as you prepare and sample a variety of cocktails, martinis, shooters and hot coffees.

Requirements: Participants must be a minimum of 18 years of age.

Course #1518  
May 8 – 31  
Tues & Thurs, 7:00 – 8:30 pm  
\$289 + GST  
Instructor: Bill Alcorn



## Teaching English to Speakers of Other Languages (TESOL)

English language teaching jobs are advertised all over the world, and you, as an English speaker with a recognized and accredited English language teaching credential, will have the opportunity to see the world or to stay at home and teach the world!

Prerequisites: Grade 12 (A bachelor's degree is not required to take the course, but is necessary to receive the TESL Canada Accreditation. Proof of English proficiency may be required.)



2012 Programs include:

- 100 hours of instruction with additional 10-hour or 20-hour practicum options
- TESL Canada Certification - Professional Standard 1

\*Students complete the practicum hours that are set up through the program outside of class time.

Course #2403

Jan 24 – March 24

Tues & Thurs,

6:30 – 9:45 pm

(offered face to face at RDC and also through video-conference to Rocky Mountain House, Drumheller, Stettler, Olds, Sundre, Innisfail, and Three Hills)

and

Sat, 9:00 am – 4:00 pm

(all learners must attend face to face at RDC)

\$1995 + GST

Course #1236

July 3 – Aug. 3

Mon. – Fri. 1:00 – 5:30 pm

(face to face at RDC)

\$1995 + GST



CONTINUING EDUCATION

For more information and prerequisites | [www.rdc.ab.ca](http://www.rdc.ab.ca) | 403.356.4900

## English as a Second Language Certificate

You will learn all of the language skills required to successfully live, work and study in Canada. Courses may be taken individually, but certification requires completion of Level 5.

Each level is 14 weeks in length and classes are held Monday to Friday, 9:00 a.m. - 1:00 p.m. with homework required outside of class time.

Classes run throughout the year, beginning in Sept., Jan. & May and you may be able to receive funding. Call 403.356.4900 or visit [www.rdc.ab.ca/esl](http://www.rdc.ab.ca/esl) for more information and contact the RDC Funding Office at 403.314.2472 to see if you are eligible for funding.



## Travel the world with RDC

So, you're looking to share unique experiences and see new locales with a like-minded group of travelers... why not enrich your global perspective and have the time of your life on an RDC tour!

This year's adventures include: the Toronto Film Festival; New York; Mexico; London, England; and Kenya.

Visit [www.rdc.ab.ca/studytours](http://www.rdc.ab.ca/studytours) or call 403.356.4900 for more information.



CONTINUING EDUCATION

For more information | [www.rdc.ab.ca/studytours](http://www.rdc.ab.ca/studytours)

GENERAL INTEREST

Register Now! | 403.357.3663

# Fitness & Wellness

## SATURDAY MORNING CIRCUIT

Want a class that you can take with a friend or your spouse; a class that is challenging enough for every ability yet a beginner can take? This one is for you! This popular circuit training class combines weight training with cardio. This is a full body workout using machines, free weights, treadmills, bikes and other cardio equipment.

Course #954  
Jan 7 – Mar 10  
Sat, 9:00 – 10:00 am  
\$75 + GST

## SWING INTO SPRING

Course #2559  
Mar 12 – Apr 5  
Mon & Thurs, 7:00 – 8:15 pm  
\$199 + GST

## HOOPS



**January 28 – March 24**

**Cost: \$98**

**KS Gym at Red Deer College**

**Knights:** Ages 6 - 7  
(no experience)

Saturdays, 9:30 - 10:30 AM  
Course #2385

**Knights:** Ages 8 - 9  
Saturdays, 10:45 - 11:45 AM  
Course #2386

**Warriors:** Ages 10 - 11  
Saturdays, 12:00 - 1:00 PM  
Course #2388

**Kings & Queens:** Ages 12 & 13  
Saturdays, 1:15 - 2:15 PM  
Course #1508

## Certification & Testing

### ALBERTA FITNESS LEADERSHIP CERTIFICATION ASSOCIATION (AFLCA)

AFLCA sets the standard for group exercise leadership in Alberta. To become certified you will need to take the AFLCA Exercise Theory course and either Resistance Training or Group Exercise Specialty, or both. You will need to pass an exam offered monthly at RDC and complete a practical assessment with an AFLCA Trainer. If you have taken Group Exercise Specialty you can complete further training in different styles of exercise classes such as Cycle, Step, and Portable exercise.

AFLCA Exercise Theory  
Course #691  
Jan 23 – Feb 8  
Mon & Wed,  
6:00 – 10:00 pm  
\$215 + GST

Course #692  
Feb 3 - 5  
Fri, 6:00 – 10:00 pm  
Sat & Sun, 8:30 am – 5:30 pm  
\$215 + GST

AFLCA Group Exercise Specialty  
Course #2178  
Mar 16 & 17  
Fri, 6:00 – 10:00 pm  
Sat, 8:30 am – 5:30 pm  
\$165 + GST

AFLCA Resistance Training  
Course #2181  
Mar 3 & 4  
Sat & Sun, 8:30 am – 5:30 pm  
\$235 + GST



AFLCA Step Designation  
Course #2352  
Apr 7  
Sat, 8:30 am – 5:30 pm  
\$98 + GST

AFLCA Portable Exercise Equipment  
Course #2186  
Mar 18  
Sun, 8:30 am – 5:30 pm  
\$98 + GST

AFLCA Recertification  
Course #2572  
Mar 31  
Sat, 8:30 am – 5:30 pm  
\$105+ GST



**National Coaching Certification Program**

## NATIONAL COACHING CERTIFICATION PROGRAM

### Introduction Module - Part A

Part A covers modules relating to Introduction to Coaching, Making Ethical Decisions, Planning a Practice and Nutrition.

Course #1191  
Mar 24 & 25  
Sat & Sun, 9:00 am – 5:00 pm  
\$100 + GST

### Introduction Module - Part B

Progress to modules that focus on Designing a Basic Sport Program, Teaching and Learning and Basic Mental Skills.

Prerequisite: It is recommended that you have completed Part A.

Course #708  
Apr 14 & 15  
Sat & Sun, 9:00 am – 5:00 pm  
\$100 + GST



### Competition Development Module – Psychology of Performance

Course #2568  
Jan 21  
Sat, 9:00 am – 5:00 pm  
\$100 + GST

### Competition Development Module – Coaching and leading Effectively

Course #2569  
Feb 24 & 25  
Fri, 6:00 - 9:00 pm  
Sat, 9:00 am – 5:00 pm  
\$140 + GST

## OCCUPATIONAL TESTING

This testing is for all other individuals who need occupational testing or school entrance testing, but do not require PARE or CFR.

Course #1544  
Jan 3 – Apr 30  
\$65 + GST

Course #1614  
May 1 - Jun 30  
\$65 + GST

## Fitness Appraisal Services

A Certified Exercise Professional will assess your:

- Body Composition
- Cardiovascular Capacity
- Muscular Strength and Endurance
- Flexibility
- Health Risk (ie. Nutrition, heart disease, cancer, diabetes and stress)

Please call 403.357.3663 to book your appraisal or 403.357.3612 for more information about Fitness Appraisal Services.

## P.A.R.E. (PHYSICAL ABILITY READINESS EVALUATION)

The P.A.R.E. test is for individuals applying to the RCMP or other police forces in Canada. **Photo ID and a medical clearance form signed and stamped by your physician must be presented in order for you to run the PARE.** See your employer for appropriate forms.

Course	Date	Time
#1442	Jan 10	11:00 am – 1:30 pm
#1450	Jan 24	11:00 am – 1:30 pm
#1454	Feb 7	11:00 am – 1:30 pm
#1455	Feb 23	11:00 am – 1:30 pm
#1456	Mar 6	11:00 am – 1:30 pm
#1457	Mar 22	11:00 am – 1:30 pm
#1458	Apr 3	11:00 am – 1:30 pm
#2537	Apr 10	11:00 am – 1:30 pm
#1607	May 1	5:30 pm – 8:00 pm
#1608	May 22	5:30 pm – 8:00 pm
#1609	June 12	5:30 pm – 8:00 pm
#1610	June 26	5:30 pm – 8:00 pm

\$55 + GST  
Location: KS Gym

## POLAR BODY AGE

Discover your real age with this interactive fitness and lifestyle appraisal – only one of two in the province and the only one in central Alberta! The Polar BodyAge assessment provides you with a score indicating whether you are above or below your current biological age while measuring your current fitness levels to determine your strengths and identify areas for improvement. Find out what you can do to make yourself look younger and feel younger!

### Polar Body Composition

Measures weight, height, waist circumference, skin folds, Body Mass Index (BMI) and body fat percentage. Overall body composition health is calculated from the test results. This is a half hour appointment.

Course #1536 Jan 3 – Apr 30 \$37.50 + GST	Course #1616 May 1 - Jun 30 \$37.50 + GST
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## Polar Full Fitness Appraisal

Includes body composition and tests for aerobic fitness, muscular strength, endurance and flexibility. All results are calculated during the hour and a half assessment. A full explanation of results and counselling will be provided.

Course #2384  
Jan 3 – Apr 30  
\$80 + GST

Course #1613  
May 1 - Jun 30  
\$80 + GST

## Polar Full Fitness Appraisal Re-Assessment

If you have had a Polar Full Fitness Appraisal within 6 months we will provide you a re-assessment at a reduced rate so you can track your changes and see how much progress you have made!

Course #1027  
Jan 3 – Apr 30  
\$65 + GST

## Polar BodyAge Assessment with a Program Design

Follow up your BodyAge assessment with a one hour session by our nationally certified staff. A personal trainer will design a training program for you based on Polar BodyAge assessment results and your personal goals.

Course #2345  
Jan 3 – Apr 30  
\$150 + GST

Course #1614  
May 1 - Jun 30  
\$150 + GST

**STANDARD FIRST AID HCP CPR**

Course #2562  
Feb 4 & 5  
Sat & Sun, 8:30 am – 6:30 pm  
\$140 + GST

Course #1620  
May 26 & 27  
Sat & Sun, 8:30 am – 6:30 pm  
\$140 + GST

**HEALTH CARE PROVIDER****CPR-RE-CERT**

Course #2563  
Feb 16  
Thurs, 6:00 – 10:00 pm  
\$60 + GST

Course #2564  
Mar 19  
Mon, 6:00 – 10:00 pm  
\$60 + GST

Course #1618  
June 12  
Tues, 6:00 – 10:00 pm  
\$60 + GST

**CPR LEVEL C/ & CPR-HCP**

Course #2570  
Mar 24  
Sat, 8:30 am – 5:30 pm  
\$100 + GST

Course #1619  
Jun 3  
Sun, 8:30 am – 5:30 pm  
\$100 + GST

**CPR C RE-CERT**

Course #2571  
Apr 24  
Tues, 6:00 – 10:00 pm  
\$60 + GST

**CPR and First Aid**

PLEASE SEE WEBSITE FOR  
FULL DETAILS

- Standard First Aid – HCP/CPR
- Health Care Provider CPR – Recertification
- CPR Recertification

**CERTIFIED PERSONAL TRAINER  
RE-CERTIFICATION**

Course #2561  
Jan 21  
Sat, 9:00 – 1:00 pm  
\$75 + GST

For complete course  
information and  
details, please visit:  
[www.rdc.ab.ca](http://www.rdc.ab.ca)

**VO2 MAX TEST – ADULT**

A VO2 Max is a maximal test to determine the aerobic capacity of an individual. It determines the maximal rate at which oxygen can be taken in, transported and utilized for muscular work. This is a great test for athletes looking to determine more effective training zones. The VO2 Max is a very strenuous test and is not intended for individuals with any health concerns that may be made worse by maximal exercise. Group testing is also available.

Course #1326  
Jan 3 – Apr 30  
\$129 + GST

Course #1615  
May 1 – Jun 30  
\$129 + GST

VO2 Max testing is available in partnership with the Alberta Sport Development Centre Central.



# summer camps



experience  
expression  
escape

## Spend Your Summer at RDC – Something for Everyone! | Summer Camps – 2012

**Artstrek Exploration I & II:** July 8-13 or July 15-21 – The summer provincial theatre experience for teens aged 13-18. Explore all facets of theatre.

**Teen Video Intensive** Week I or II: July 8-14 or July 15-21 – Learn from the pros about film making and working on a real film set in this “hands-on” residential workshop for teens.

**MusiCamp** Week 1: July 22-28, Week 2: July 29-August 4 or Week 3: August 5-11 - *The Summer Music Experience* - the summer provincial music workshop for teens; Symphonic Band, Intermediate Band, Piano Workshop Junior and Senior Musical Theatre; world class instructors nightly concerts; loads of fun.

**Adventures in Summer Music:** August 13–17 – Get a head start on your fall band classes! Learn a new instrument! Meet new people! This day camp is an exciting way to learn music in a positive, encouraging environment.

**SummerScapes:** August 5–11 - Get really creative this summer at RDC's Teen Artists in Residence Summer Workshop. This one week program is a chance for students to work with some of Alberta's finest artists in drawing, painting, sculpture and printmaking!

**Summer String Workshop:** August 20–24 – This day camp is open to violin, viola and cello students both in Suzuki and Traditional methods. Be a part of concentrated summer study that compliments the work you are doing during the year.

**Sport Camps:** We offer a variety of sport camps for youth which work to improve their skills through a series of fundamental drills and team play. We offer Sports Camps taught by professional and qualified instructors in basketball, soccer, hockey, ringette and volleyball.

**Science Camps:** July 9-August 17 – Explore science beyond the textbook. Classes are hands-on fun with interactive discovery which will spark enthusiasm and imagination.

[www.rdc.ab.ca/summercamps](http://www.rdc.ab.ca/summercamps)