

**Please Contact Aimee McIntosh at the Programs Office**  
[amcintosh@sd62.bc.ca](mailto:amcintosh@sd62.bc.ca) Or 250-642-6371 for more information

### **Guitar for Beginners**

This 6 week course is for anyone that is curious and wants to learn to play the guitar. We will learn the basics in chording, and patterns, fingerstyle exercise, and rhythm. Build your skills week by week with tools to play simple songs from all genres!  
Thursdays, January 31<sup>st</sup> – March 7<sup>th</sup>. 7pm – 8:30pm. \$99/6

### **Taste of Ballroom Dance**

Try our mini sessions of ballroom. Just a little taste of things to come!  
Steps designed to get you moving and having fun quickly. Sign up with a partner and create some memories (significant other, friend or family member. Same sex couples welcome!)  
Wednesdays, January 23<sup>rd</sup> – February 20<sup>th</sup>. 7pm-8pm. \$48/5

### **Food Safe**

Learn the cause of food borne illnesses and how to avoid them through safety techniques, develop a sense of food safety and safety culture with this course. Receive BC recognized certificate from VIHA upon successfully passing final quiz, valid for 5 years. Required for food related jobs or careers.  
Saturday, Feb 2<sup>nd</sup>. 9am-4pm. \$75

### **Standard First-Aid and CPR C**

Comprehensive Course covers poisoning, head, spine, bone and joint injuries. Learn how to use an AED, treatment for shock and choking procedures, and so much more. Valid 3 year, red-cross certification, upon successful passing of written test on day 2. A prerequisite for becoming a lifeguard.  
Saturday - Sunday. Feb 23<sup>rd</sup>-24<sup>th</sup>. 9am- 5pm. \$175 \* Cost includes Red Cross certification fee of \$20

**OPEN HOUSE JANUARY 30<sup>TH</sup>, 2019 – District of Sooke Open house for Transportation Master Plan, and Parks and Trails Master Plans.**  
**5pm-9pm. Alternating Workshops for these 2 plans will be held during EMCS open House!**