

Please Contact Aimee McIntosh at the Programs Office
amcintosh@sd62.bc.ca Or 250-642-6371 for more information

Sushi: Edible Art

Learn how to make stunning and edible art pieces that will impress anyone. Yourself included.
Naturally colour your food and make perfect sushi rice!
Saturday, Feb 16th. 12pm-230pm. Cost \$28

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 23rd-24th. 9am- 5pm. \$175 * Cost includes Red Cross certification fee of \$20