

Please Contact Aimee McIntosh at the Programs Office
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Food Safe

Learn to avoid Food Borne illnesses through food safety techniques in the kitchen and gain a sense of food safety culture. Receive BC Recognized Certificate from VIHA , Valid for 5 years, upon successful completion of final quiz. – Saturday May 18th . 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. May 11th-12th. 9am- 5pm. \$175 * Cost includes Red Cross certification fee of \$20

Food Chi Fermentation

Nature's chef would like to sow some seeds with you, tips and tricks on how to preserve the spring abundance. Come learn some healthy gut remedies and how to strengthen your immune system throughout the year with some amazing flavors! Make your own soda! Take homes included.
Saturday. April 13th. 11am-4pm, Cost \$80 single or \$ 140/couple – Take homes 1 per single/couple

Guitar for Beginners- Next Step

Have the basics but still needing some teaching? This is the class for you!
Guitar for Beginners – Next step is just that, the next level in the beginning stages of learning guitar.
Taught by our own “Cougar Annie” Kat Kadoski.
Thursdays. April 4- May 9th. 7pm-830pm. Cost \$99/6