

**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. – Wednesday July 10th, 2019 . 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. June 22<sup>nd</sup>-23<sup>rd</sup> and Wednesday- Thursday. July 24<sup>th</sup>-25<sup>th</sup>. 9am- 5pm. \$175 \* Cost includes Red Cross certification fee of \$20

### **Cooking with Nour From Nature**

#### **\*Workshop Series\*\***

Learn to cook wholesome, nutritious foods using local, seasonal, and fresh ingredients! Nour has a deep passion for cooking and is a graduate from the Institute for Integrative Nutrition and is a member of the International Association for Health Coaches.

**Time** 12-2:30pm. **Cost:** \$40 per class\*. \* Save \$5 per class when you register for 2 or more at the same time!

#### **Clean Desserts (Adults 16+)**

Learn to use clean ingredients that nourish you and satisfy your sweet tooth. Wednesday, July 10.

#### **Pizza From Scratch II (Adults 16+)**

Learn how to make your own pizza, including the dough! Saturday, Sept 7.

#### **Healthy Snacks for Families (Family Class - All Ages)**

Bring your child and learn how to make healthy snacks for the school year! Saturday, Sept 21.

### **Macramé Day Camp**

July 8-12. 9am – 12pm. Ages 8-14 . Cost \$50/5 days

Learn to make basic knots and make some beautiful crafts with this new hobby your kids will love. Learn to make beaded bracelets, necklaces, plant holders, and even a dream catcher. A day camp your kids will remember, and a new hobby they'll love.

### **Kids Yoga**

Tuesday & Thursday. July 2- July 30. Cost : \$48/ 9 classes

Ages: 3-5. Times: 1pm-1:45pm

Ages: 6-10 Times: 2pm – 3pm

Being a kid can be a busy and stressful time. Children benefit from peace and relaxation to help balance their busy life with all their summer time activities. Certified Kids Yoga Instructor: Alysa McIntosh, will teach them fun and playful ways for developing methods to calm their minds and bodies in their everyday life.

