

Please Contact Aimee McIntosh at the Programs Office
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Food safe Certification

Learn the cause of and how to avoid food borne illnesses through food safety techniques while developing a sense of food safety culture.

Receive BC recognized Certificate from VIHA upon passing final quiz.

Courses run on Sundays: Oct 20th . 9am -430pm. Cost: \$75

Standard First Aid & CPR C Certification

2 Day comprehensive course covers Head, spine, bone and joint injuries, poisoning. A written test is required at the end of 2nd day. Certification is valid for 3 years.

A prerequisite for anyone wanting to become a lifeguard.

Courses Run on Saturday & Sunday: Nov 24-25th . 9am-5pm. Cost: \$155/2days

Food Chi Fermentation Workshop

Nature's Chef would like to show you some tips and tricks on how to preserve some of your fall harvest! Learn how to make your own sauerkraut and natural soda using local, wild ingredients with help of your own personal chef! Take home ferments included!

Workshop runs Saturday, October 13th – 12pm-4pm. Cost \$80/per person or \$140/for Two.

Taste of Latin Dance

Try a little 'Taste' of Latin dance. This Introductory mini course is only 5 weeks long and will show you a variety of easy steps designed to get you up and having fun quickly. Signing up with a partner is preferable – Significant other, friend or family member.

Course runs Wednesday: Nov 7th-Dec 5th . 7pm-8pm. Cost \$ 48/5classes