



**Archbishop Anthony Meagher
Catholic Continuing Education Centre**



Winter/Spring 2012 General Interest Courses

[Register Online](#)

Business and Personal

Course Name	Code	Location	City	Start Date	Time	# of Wks	Day	Fee
eBay Buying & Selling	GEB2A	Notre Dame	Ajax	Jan 31	7:00 - 9:00 pm	6	Tues	\$65

This course presents a full understanding of all aspects of the methods and techniques used for buying and selling on the Internet through eBay. You will also learn how you can supplement your income through selling items you already own or where to source others.

Online Buying & Selling	GBS2A	Notre Dame	Ajax	Apr 3	7:00 - 9:00 pm	6	Tues	\$65
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Whether you are just clearing out your closets and garage or running a small business, this course will be of interest to you. This hands-on class will cover all aspects of both buying and selling on eBay, through the basics and beyond to the advanced techniques. Alternative methods of selling, including many of the current venues, such as etsy.com, kijiji.ca and amazon.ca to name a few, will also be reviewed. You will be encouraged to bring to class some of the items you wish to sell for photo demonstrations and listing description techniques.

Starting Your Own Business	GSB2A	All Saints	Whitby	Feb 7	7:00 - 9:00 pm	6	Tues	\$65
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This course provides an intimate look at things you should consider from a personal perspective before starting your own business. Other topics covered will be understanding your market and the importance of planning a market strategy, the value of a business plan, sources and types of financing for a new business, and finally what you will need to get your business up and running, and more.

Income Tax Prep	GTP2A	Notre Dame	Ajax	Feb 8	7:00 - 9:00 pm	6	Wed	\$65
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We will use non-technical language to guide you to prepare personal and small business income tax return forms. You will learn the fundamentals of manual tax return, e.g., exemptions, dependents, deductions, various income sources, retirement plans, and credits. An introduction to the use of RRSP, and REIT for your benefit in saving income tax. Computer software may be used in this course.

Cooking

Course Name	Code	Location	City	Start Date	Time	# of Wks	Day	Fee
Gum Paste & Fondant*	GFD2A	Notre Dame	Ajax	Jan 10	7:00 - 9:00 pm	4	Tues	\$60

Gum Paste and Fondant is a collection of the best techniques from two current classes into a fun and challenging experience. This class teaches you how to cover cakes with fondant, make fondant bows and borders and excel in gum paste flowers. Pre-requisite: Decorating Basics. Course books will be available for sale at a cost of \$8.00, on the first evening of class.

Cake Decorating Basic*	GFD2B	Notre Dame	Ajax	Feb 9	7:00 - 9:00 pm	4	Thurs	\$60
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Decorating Basics is your starting point for cake decorating and will cover topics such as fundamentals in baking a cake, making icing and using a decorating bag. From there you will use a variety of decorating tips to make stars, borders, flowers and pipe messages. Course books will be available for sale at a cost of \$8.00, on the first evening of class.

Adv. Gum Paste & Fondant*	GFD2C	Notre Dame	Ajax	Feb 14	7:00 - 9:00 pm	4	Tues	\$60
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Cake Decorating Basic*	GFD2D	Notre Dame	Ajax	Apr 3	7:00 - 9:00 pm	4	Tues	\$60
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Decorating Basics is your starting point for cake decorating and will cover topics such as fundamentals in baking a cake, making icing and using a decorating bag. From there you will use a variety of decorating tips to make stars, borders, flowers and pipe messages. Course books will be available for sale at a cost of \$8.00, on the first evening of class.

Flower & Cake Decoration* GFD2E Notre Dame Ajax Apr 5 7:00 - 9:00 pm 4 Thurs \$60
 Flowers and Cake Design encompasses both traditional and contemporary design. It focuses on making flowers primarily with royal icing. Additionally, you will learn how to choose colors for your cake as well as positioning the elements of decoration – the message, flowers and embellishments, borders and side treatments - which will all impact the final look and ultimately the success of your cake design. Pre-requisite: Decorating Basics
 Course books will be available for sale at a cost of \$8.00, on the first evening of class.

Vegan Cooking GVC2A Notre Dame Ajax Feb 8 7:00 - 9:00 pm 4 Wed \$60
Vegan Cooking GVC2B Notre Dame Ajax Apr 4 7:00 - 9:00 pm 4 Wed \$60
 This cuisine helps to lower cholesterol consumption and helps to prevent heart disease. There are many health benefits from this plant based cuisine. Learn how to combine beans, legumes, grains, fruits, and vegetables to meet the Canada Food Guide's nutritional requirements. Vegan Cooking ingredient fee is \$10.00 payable to instructor at the first class.

***Note:** Cake Decorating Basic & Gum Paste – Supplies are extra. A list of required supplies will be provided prior to the first class. Course book is \$8.

Fitness and Sports

Course Name	Code	Location	City	Start Date	Time	# of Wks	Day	Fee
Abs and Back Training	GAB2A	All Saints	Whitby	Feb 8	6:30 - 7:30 pm	10	Wed	\$90

Develop a strong core by working out your back muscles, gluteus, oblique, and what you consider your "abs". Please bring your own mat. Weights may be used to strengthen your back.

Boot Camp Exercise	GBC2A	Mother Teresa	Ajax	Feb 6	6:30 - 7:30 pm	10	Mon	\$90
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Boot camp: an intensive exercise class that incorporates interval training. Cardio and Strength training will be complimented by balance and agility exercises to achieve a workout that promotes weight loss, muscle toning, increased balance, flexibility and cardiovascular endurance.

Fitness for 50+	GFF2A	Paul Dwyer	Oshawa	Feb 8	6:00 - 7:00 pm	10	Wed	\$90
Fitness for 50+	GFF2B	St Francis de Sales	Ajax	Feb 6	6:00 - 7:00 pm	10	Mon	\$90

A class specially designed for the 50+ group. Includes light cardio exercises, muscle conditioning, flexibility and balance development. Bring a pair of light dumbbells and a resistance band.

Pilate 1**	GPL2A	St Francis de Sales	Ajax	Feb 6	7:00 - 8:00 pm	10	Mon	\$90
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Pilate 1**	GPL2C	Paul Dwyer	Oshawa	Feb 8	7:00 - 8:00 pm	10	Wed	\$90
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Create a leaner looking you! Improve your posture! Discover and strengthen your deep core muscles and learn to move safely with a stable base of support. Protect yourself against lower back pain and injury. This course will start with the foundations behind the classical Matwork Pilates exercises focusing on stabilizing the core. Good for all ages and fitness levels. Students must bring their own mat. Shoes are not worn in this class.

Tai Chi	GTA2A	Notre Dame	Ajax	Feb 7	7:00 - 8:30 pm	10	Tues	\$99
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Yang Style is the most commonly practiced style. Pacing is uniformly slow throughout the form, with no variation in speed during transitions. Continuity, without break, is the key. The hand form is loose and open for the most part; fists are not clenched during punches.

Yoga	GYG2A	All Saints	Whitby	Feb 6	7:00 - 8:30 pm	10	Mon	\$99
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Join this class to learn how to keep your body and mind in balance. You will learn yoga postures, breathing, and relaxation techniques. Please bring a small exercise mat to class.

Languages

Course Name	Code	Location	City	Start Date	Time	# of Wks	Day	Fee
Conversational Spanish 1	GSP2A	St. Mary	Pickering	Feb 7	7:00 - 9:00 pm	10	Tues	\$99

Ideal for people traveling to Spanish speaking countries for business, pleasure, or both. No previous knowledge of the language is required. This course covers listening, speaking, reading, and writing. Hispanic culture, dance instruction, field trips, and much more.

Conversational Spanish 2 GSP2B St. Mary Pickering Feb 6 7:00 - 9:00 pm 10 Mon \$99

This course focuses on conversation. Basic knowledge of the language is required. Course includes role playing, Hispanic culture, translation, field trips, dance instruction, games, and more.

Conversational Spanish 3 GSP2C St. Mary Pickering Feb 8 7:00 - 9:00 pm 10 Wed \$99

Spanish immersion. Students and instructor interact mainly in Spanish. Speak with confidence. Read and write short stories, newspaper articles, and a daily journal. Describe illustrations, write letters, and much more!

Conversational Spanish 1 GSP2D Paul Dwyer Oshawa Feb 7 7:00 - 9:00 pm 10 Tues \$99

Ideal for people traveling to Spanish speaking countries for business, pleasure, or both. No previous knowledge of the language is required. This course covers listening, speaking, reading, and writing. Hispanic culture, dance instruction, field trips, and much more.

Conversational Spanish 2 GSP2E Paul Dwyer Oshawa Feb 8 7:00 - 9:00 pm 10 Wed \$99

This course focuses on conversation. Basic knowledge of the language is required. Course includes role playing, Hispanic culture, translation, field trips, dance instruction, games, and more.

French - Beginner GFC2A Notre Dame Ajax Feb 7 7:00 - 9:00 pm 10 Tues \$99

Basic listening and speaking skills are emphasized. A variety of class activities will simulate the practical experience.

French - Intermediate GFC2B Notre Dame Ajax Feb 8 7:00 - 9:00 pm 10 Wed \$99

A conversational approach to French to enable students to communicate in everyday situations. The main emphasis is on speaking and listening.

Sign Language 1 GSL2A All Saints Whitby Feb 8 7:00 - 9:00 pm 10 Wed \$99

This course includes history, origin, and instruction in ASL (American Sign Language), and signing in English. Upon completion of this course, you should have a vocabulary of approximately 500 - 600 words and be able to converse in basic conversation.