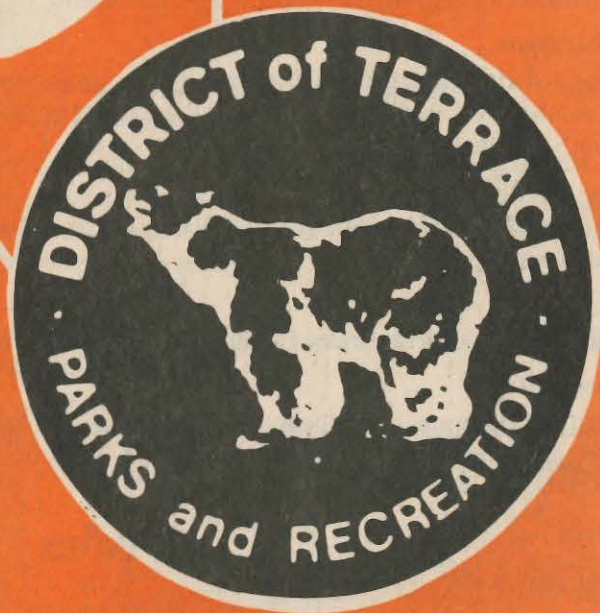




**NORTHWEST
COMMUNITY
COLLEGE**



1982 FALL PROGRAMS

TERRACE PARKS & RECREATION DEPARTMENT



OFFICE:

Located in Arena — 3320 Kalum Street
Open Monday to Friday, 8:30 a.m. to 4:30 p.m.
Telephone: 638-1174

YOUR RECREATION STAFF:

Superintendent of Parks & Rec. Al McNiven
Arena Supervisor Dale McFadden
Program Co-ordinator Elaine Parmenter

MAILING ADDRESS:

No. 5 - 3215 Eby Street, Terrace, B.C., V8G 2X6

REGISTRATION DATE:

Saturday: September 11 from 10:00 a.m. to 1:00 p.m. — Arena Banquet Room

Registration Procedures:

All registrations are on a first-come, first-served basis with no prior registration or registration accepted by mail. Many activities have a limited enrolment, therefore prompt registration is advised. Fees and registration will not be accepted at the program unless otherwise indicated. The Parks and Recreation Department reserves the right to cancel a program due to insufficient enrolment.

Late Registration:

Will be accepted at the Recreation Office in the Arena from September 13 up until a few days before the specific program commences if enrolment space is still available in the class. The Recreation Office is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

Refunds:

Absolutely NO REFUNDS will be given without a Doctor's Certificate. However, full refunds will be given if a program is cancelled.

Holidays:

Classes will not be held on Statutory Holidays (Thanksgiving, Remembrance Day).

When Classes Start:

Most Recreation Programs start the week of September 20. Aquatic programs start the week of September 27. Please check each write-up to be sure you come to the 1st class.

INDEX

PRE-SCHOOL PROGRAMS

Baby Gym	4
Dance with Your Baton	4
Enjoying Baby's 2nd Year	4
Paint & Putter	5
Parent & Tot Gym Time	4
Post-Natal Program	5
Kidnastics — Beginners	4
Kidnastics — Intermediate	4
Kinderdance	5
Time for Tots — 2½ - 3½ Years	5
Time for Tots — 3 - 5 Years	5
Tots on Ice	5

YOUTH PROGRAMS

Girl Guides of Canada	6
Kids in the Kitchen	6
Red Cross Babysitting Program	6
Stuffed Animal Toys for Kids	6
Terrace Blueback Swim Club	6
Terrace Peaks Gymnastics Club	6

CULTURAL, SOCIAL & GENERAL INTEREST

Advanced Stained Glass	7
Ballroom Dance	7
Ballroom Dancing II	7
Bargello	7
Dog Obedience	7

Felting	7
Stained Glass for Beginners	7
Tap Dancing	7
Traditional Quilting	7

WORKSHOPS & SHORT COURSES

Cross-Country Skiing Information Night ..	8
Fitness is Ageless	8
Introduction to Framing	8
Shiatsu	8
Mushroom Collecting	8
National Coaching Certification	8
Quick Point	8
Stretching & Blocking Needlework	8

FITNESS & SPORTS

Badminton Lessons — Beginners	10
Body Shaping	10
Body Shaping — Intermediate	10
Clubs & Leagues	11
Co-ed Fitness	9
Early Bird Fitness	9
Fitness Testing	9
Fun & Fitness	9
Ladies' Keep Fit	9
Noon Hour Fitness (Co-ed)	9
Noon Hour Hockey	10
Noon Hour Skate	10
Noon Hour Skate — Lessons	10

Pre-Natal Fitness	9
Women's Self Defence	10
Yoga	10

TERRACE SWIMMING POOL

Registration	12
Grand Opening	12
Adult Aquatic Programs	16
Advanced Aquatic Programs	17
Babysitting Services	17
Birthday Parties	17
Christmas Break Schedule	18
Fall of '82 Swim Times	18
Family Swims	17
Kids' Christmas Party	18
Parents & Tots	15
Pre-School Lessons	15
Private Rentals	17
Red Cross & Royal Life Saving Society ..	13
Saturday Morning Lessons	14
Teen Programs	14
Swim Fit	12

TERRACE ARENA

COMMUNITY ORGANIZATIONS

TERRACE PARKS & RECREATION DEPARTMENT

PARKS & RECREATION COMMITTEE OF COUNCIL:

Molly Nattress (chairperson)
David Gellately
Marguerite Clarkson
Gordon Galbraith

TERRACE ADVISORY RECREATION COMMISSION:

Flavio Cervo	Linda Lee
Glenn Thomsen	Gary Baker
Mike Brady	Dennis Fisher
Julius Komlos	Don Dunster

District of Terrace Representative:

Molly Nattress

School Board Representative:

Claudette Sandecki

The Advisory Recreation Commission consists of a cross section of community members and is appointed by Council to assist in the development and improvement of Recreation for our community.

Public meetings are held at 8:00 p.m. on the 2nd Wednesday of the month. For location call 638-1174. The main purpose of the Commission is to act as a sounding board for community opinion and then make suggestions to the District of Terrace Council. The Commission, through the District of Terrace Council, is dedicated to facilitating, co-ordinating and providing a comprehensive system of leisure facilities and program opportunities for all citizens of the Terrace area.

If you have any suggestions or opinions regarding recreation in Terrace, please call one of your Committee of Council members or Commission members listed above.

Program Announcements, Arena or Pool Events

**Watch the local
NEWSPAPERS!**

**NEWS ADVERTISER
DAILY HERALD**

**Listen to Radio
CFTK's Datebook**

Arena and Pool Schedules

**Available at Arena Office
or call our
24-Hour**

**Recorded Information Line:
635-9212**

INSTRUCTORS REQUIRED

The District of Terrace, Parks and Recreation Department, is looking for the most talented and motivated people to teach a wide variety of subjects. Your hobby or special expertise can be a source of a part-time income, and a pleasant way to meet interesting new friends.

If you would like to offer a class, send us a course description and your qualifications. Before listing your class, we'll want to meet you in a personal interview. If you are new to teaching but have a practical skill or craft to offer, we'll help you plan and organize your class.

If interested, phone 638-1174, or send your course description and qualifications to:

Recreation Program Division
District of Terrace
Parks & Recreation Department
No. 5 - 3215 Eby Street, Terrace, B.C.
V8G 2X6

Pre-School Programs

DANCE WITH YOUR BATON

A fun activity for 3 - 5 year olds that combines basic baton twirling and dance. Great for co-ordination and timing.

INSTRUCTOR: Maureen Therrien
TIME: Fri., 1:00 - 2:00 p.m.
DATES: October 8 - December 10
LOCATION: Arena Banquet Room
FEE: \$15.00 plus \$12.00 for baton

ENJOYING BABY'S 2ND YEAR

This discussion/activity will focus on the positive, fun aspects of parenting a 12 - 24 month old child. Topics include music, art, books, play, discipline, as well as the general aspects of living with this age of child. Babies are invited to accompany their parents. The instructor is a mother of 2 children and a former Public Health Nurse.

INSTRUCTOR: Carol Harrison
TIME: Mon., 9:30 - 10:30 a.m.
DATES: October 4 - November 15
LOCATION: Skeena Health Unit
FEE: \$10.00

BABY GYM

Gym fun for 1½ - 2½ year olds. An opportunity to develop co-ordination through exercises, games, tumbling. Parents required to participate.

INSTRUCTOR: Eva Komlos

SESSION I

TIME: Mon. & Wed., 10:15 - 10:45 a.m.
DATES: September 20 - November 1
LOCATION: Arena Banquet Room
FEE: \$8.00

SESSION II

TIME: Mon. & Wed., 10:15 - 10:45 a.m.
DATES: November 3 - December 13
LOCATION: Arena Banquet Room
FEE: \$8.00



PARENT & TOT GYM TIME

Gym fun for 3 year olds. An opportunity to explore movement skills, co-ordination and balance through fun activities and games. Parents must attend each session.

INSTRUCTOR: Eva Komlos

SESSION I

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon
DATES: September 20 - November 1
LOCATION: Arena Banquet Room
FEE: \$17.00

SESSION II

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon
DATES: November 3 - December 13
LOCATION: Arena Banquet Room
FEE: \$17.00

KIDNASTICS — Beginners

For ages 4 - 5 only, this is a program for building strength, co-ordination, and flexibility. Through various exercises and tumbling, balance will be emphasized. An excellent program to start a youngster off into any sport.

INSTRUCTOR: Eva Komlos

SESSION I

TIME: Mon. & Wed., 1:00 - 2:00 p.m.
DATES: September 20 - November 1
LOCATION: Arena Banquet Room
FEE: \$17.00

SESSION II

TIME: Mon. & Wed., 1:00 - 2:00 p.m.
LOCATION: Arena Banquet Room
FEE: \$17.00
DATES: November 3 - December 13

KIDNASTICS — Intermediate

For those 4 and 5 year olds who have taken 2 or more kidnastics classes and want a more in-depth class. Maximum of 10.

INSTRUCTOR: Eva Komlos

SESSION I

TIME: Mon. & Wed., 2:15 - 3:15 p.m.
DATES: September 20 - November 1
LOCATION: Arena Banquet Room
FEE: \$17.00

SESSION II

TIME: Mon. & Wed., 2:15 - 3:15 p.m.
DATES: November 3 - December 13
LOCATION: Arena Banquet Room
FEE: \$17.00

TIME FOR TOTS — 2½ - 3½ Years

This program is for those who have never participated in a pre-school recreation program before. Program includes free play, arts and crafts, games, sing-song, story time and other socializing activities. Parents are asked to assist for 1 duty day. Maximum: 12 children.

SESSION III

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.
DATES: September 21 - October 28
LOCATION: Arena Banquet Room
FEE: \$35.00

SESSION IV

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.
DATES: November 2 - December 14
LOCATION: Arena Banquet Room
FEE: \$35.00

TIME FOR TOTS — 3 - 5 Years

This creative pre-school variety program includes arts, crafts, games, sing-songs, story time and free play, with an emphasis on socialization. Please bring your child's birth certificate to pre-registration. Parents are asked to assist for one duty day. Maximum: 16 children.

SESSION I

TIME: Tues. & Thurs., 1:00 - 3:00 p.m.
DATES: September 21 - October 28
LOCATION: Arena Banquet Room
FEE: \$35.00

SESSION II

TIME: Tues. & Thurs., 1:00 - 3:00 p.m.
DATES: November 2 - December 14
LOCATION: Arena Banquet Room
FEE: \$35.00

PAINT & PUTTER

A variety of art and craft experiences for the 4 - 6 year olds.

INSTRUCTOR: Pat Stone
TIME: Thurs., 3:00 - 4:00 p.m.
DATES: September 23 - December 1
LOCATION: To be announced
FEE: \$15.00

POST-NATAL PROGRAM — SKEENA HEALTH UNIT

This program offers mothers with infants a chance to get together to share successes and frustrations in the post-partum period. Topics to be discussed: nutrition, growth, development, health and fitness, family adjustments, plus much more. This 2 hour class will include a 45 minute special exercise program for both Moms and Tots. Program starts every 4 weeks with the 1st session starting Wednesday, September 22 at 1:15 p.m. Fee: \$6.00 for exercise classes. For more information, call the Skeena Health Unit at 638-0311.

KINDERDANCE

An introduction to movement, music and rhythm through dance and musical games. For 4 and 5 year olds.

INSTRUCTOR: Pat Stone
TIME: Tues., 3:00 - 4:00 p.m.
DATES: September 21 - November 23
LOCATION: To be announced
FEE: \$15.00

TOTS ON ICE

This course emphasizes learning basic skating skills through progressive levels. Before registering, please check the Tots on Ice progressions listed in the box. **Children must wear helmets.** All classes offered Tuesdays & Thursdays for 4 weeks.

SET I October 5 - October 28
SET II November 2 - November 30
SNOWBALLS 9:00 - 9:30 a.m.
ICICLES 9:30 - 10:00 a.m.
ICE CUBES 10:00 - 10:30 a.m.
ICE CUBES 10:30 - 11:00 a.m.
LOCATION: Terrace Arena
FEE: \$8.00

TOTS ON ICE

* All skaters must wear helmets.

ICE CUBES (beginners)

- 1) standing on skates with knees well bent
- 2) walking on ice — take 5 or 6 steps
- 3) falling down on ice, landing on backside
- 4) getting up by themselves
- 5) skating with arms stretched out to the sides
- 6) standing still, touch toes
- 7) lifting one foot and balancing on other for count of 3
- 8) jumping on 2 feet, without falling

ICICLES (intermediates)

- 1) take 12 steps on ice
- 2) glide on 2 feet
- 3) glide on 2 feet and grab ankles/touch toes
- 4) scooping — both feet
- 5) t-push off and glide on 1 foot
- 6) snowplow stop
- 7) jump while moving on ice
- 8) skate width of ice

SNOWBALLS (advanced)

- 1) skate length of ice
- 2) backward skating
- 3) backward scooping
- 4) backward gliding
- 5) skating around cones
- 6) t-stop
- 7) jumping 2 feet, forward to backward
- 8) skating to a rhythm
- 9) forward pumping on circle

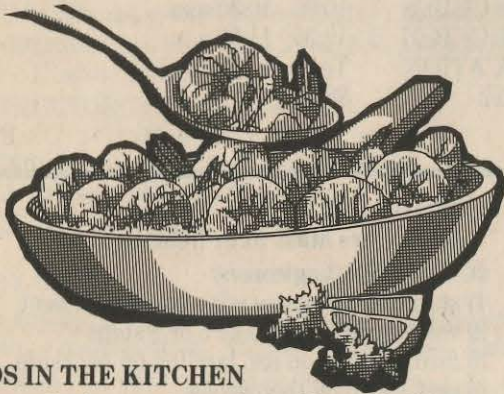
Youth Programs

INSTRUCTORS REQUIRED

Instructors are required to teach children's programs. If you are interested in instructing:

- arts and crafts
- puppetry
- guitar
- sports
- and much more

Call the Terrace Parks and Recreation Department at 638-1174 for more information.



KIDS IN THE KITCHEN

Learn all about mixing ingredients, baking, nutrition and, best of all, eating your own creations. Different recipes are used in each class. For ages 8 - 12.

INSTRUCTOR: Cathy VanDyk
TIME: Tues., 6:30 - 8:30 p.m.
DATES: September 21 - October 26
LOCATION: Caledonia Sr. Sec. — Foods Room
FEE: \$17.00 plus \$12.00 lab fee

RED CROSS BABYSITTING PROGRAM

The Terrace Kinettes are sponsoring a 6 week babysitting course for ages 12 and up. Registration is September 28 at 4 p.m., at Skeena Junior High School — Room 26. For more information phone Gail Wade at 635-9253. Fee: \$2.00

TERRACE BLUEBACK SWIM CLUB

Enter your son or daughter to develop their swimming skills and experience competition. This club offers regular coaching for all children 6 to 19 years of age who can swim a minimum of 1 pool length. Special low rates for novice or try-out swimmers are available. Registration is Saturday, September 11, at 10:00 a.m. to 1:00 p.m. in the Senior Citizens' Room of the Arena. For more information call Cathy at 635-7049 or Joyce at 635-5024.

STUFFED ANIMAL TOYS FOR KIDS

8 - 12 year olds will enjoy making a 12 inch stuffed animals. All sewing is done by hand and materials are provided. Choices include a skunk, beaver or elephant. Tell us your choice at registration. Fee includes stuffed animal.

INSTRUCTOR: Cathy VanDyk
TIME: Wed., 6:30 - 8:00 p.m.
DATES: October 6 - November 10
LOCATION: Caledonia Sr. Secondary
 — Sewing Room
FEE: \$18.00

GIRL GUIDES OF CANADA

Join the fun of Guiding. Adults and girls 6 years of age and up will find our program challenging and rewarding. Opportunities are explored and experienced in the home, the community, the world and the out-of-doors. An exciting leadership development program is offered to adults.

Age groups are as follows:

Brownies	—	6 - 9
Guides	—	9 - 12
Pathfinders	—	12 - 15
Rangers	—	15 - 19
Cadets	—	15 - 19
Junior Leaders	—	15 - 19
Guiders	—	19 and up

For further information, phone Mrs. Ethel Jackson at 635-5046 or Mrs. Reggie Balabanov at 635-4890 (after 6:00 p.m.).

TERRACE PEAKS GYMNASTICS CLUB

The club offers classes to boys and girls, 6 years of age and older. For more information, call 638-1884 or 635-5798 or write Box 777, Terrace. Information sheets can also be picked up at the Terrace Arena. New coaches are always welcome. Fee: \$25.00 for 10 classes.

OTHER ACTIVITIES FOR YOUTH

'Many local clubs and sports groups offer activities for this age group. Check our COMMUNITY GROUPS listing on page 20 to find a club or sport your child might be interested in.

Cultural, Social & General Interest

BALLROOM DANCE

Have lots of fun while learning the fox trot, waltz, tango and rhumba. Time permitting, other dances will also be taught. It's advisable to sign up with a partner, but not necessary.

INSTRUCTOR: Maureen Therrien
TIME: Tues. & Thurs., 7:30 - 9:30 p.m.
DATES: September 21 - October 14
LOCATION: Terrace Arena Banquet Room
FEE: \$22.50

BALLROOM DANCING II

Polish up your dances and learn new steps including the cha-cha. This class is designed for the more advanced dancer who has had at least 1 prior set of lessons.

INSTRUCTOR: Maureen Therrien
TIME: Tues. & Thurs., 7:30 - 9:30 p.m.
DATES: October 19 - November 16
LOCATION: Terrace Arena Banquet Room
FEE: \$22.50

TAP DANCING

If you are interested in basic tap dancing, call the Recreation Department at 638-1174 and we'll arrange a class if enough people are interested.

STAINED GLASS FOR BEGINNERS

Make your own project under the guidance of an expert. Cost of materials ranges from \$30.00 upwards depending on materials chosen. Bring a 12" ruler to the first class. Proper glass cutters are provided.

INSTRUCTOR: Matt Ehses
TIME: Thurs., 7:30 - 9:30 p.m.
DATES: September 23 - November 18
LOCATION: 4820 Halliwell
FEE: \$30.00 plus cost of supplies

ADVANCED STAINED GLASS

For those who have taken a previous course and need a location to work at and occasional instruction. Bring your own ideas or projects. (Supplies not included in fee.)

INSTRUCTOR: Matt Ehses
TIME: Wed., 7:30 - 9:30 p.m.
DATES: September 22 - November 10
LOCATION: 4820 Halliwell
FEE: \$30.00

BARGELLO

This straight up and down stitch forms an infinite variety of patterns so simple to learn that even beginners can make their own patterns. This 2 session course will teach the basis of bargello and give you a choice of designs that, once begun, you can easily finish at home. (Supplies extra.)

INSTRUCTOR: Line Mohr
TIME: Mon. & Wed., 7:30 - 9:30 p.m.
DATES: September 27 & September 29
LOCATION: Caledonia Sr. Secondary
FEE: \$10.00

TRADITIONAL QUILTING

Enjoy designing and making patchwork quilts. Practise with doll-sized quilts, cushions or wall hangings, and finish with a large-size quilt.

INSTRUCTOR: Sue Nelson
TIME: Thurs., 7:30 - 10:00 p.m.
DATES: September 23 - November 11
LOCATION: Skeena Jr. High School
FEE: \$30.00

FELTING

The felting process has remained unchanged for thousands of years. This workshop will include a brief history of felting, the techniques used to interlock loose wool fibres into firm felt cloth, and a discussion of design and usage for your felt cloth.

INSTRUCTOR: Linda Smith
TIME: Sat. & Sun., 9:00 a.m. - 5:00 p.m.
DATES: November 6 & 7
LOCATION: To be announced
FEE: \$45.00

DOG OBEDIENCE

Do you want a more obedient dog? Are you interested in obedience trial work? This 10-week course starts September 15 at 7:00 p.m. For more information or to register, call 638-1226 or 635-2040.

Fee: \$30.00



Workshops & Short Courses

NATIONAL COACHING CERTIFICATION PROGRAM — Theory Level II

This workshop, of interest to all coaches and would-be coaches, will be offered 1 weekend in early November. For more information, contact the Terrace Parks and Recreation Department at 638-1174.

STRETCHING AND BLOCKING NEEDLEWORK

Don't hide your needlework away in the back of a cupboard. Join us and learn how to stretch and block your work (needlepoint, crewel, embroidery).

INSTRUCTOR: Kay Ehse
TIME: Tues., 7:30 - 9:30 p.m.
DATES: October 12 & October 19
LOCATION: 4820 Halliwell
FEE: \$10.00

MUSHROOM COLLECTING

Learn how to identify edible mushrooms native to the Terrace area (Pine, Hedge Hog, Shaggy Mane, etc.). Brief discussion and slide presentation of identifying features and learning skills necessary to use mushroom books, followed by an afternoon field trip to collect edible mushrooms. Bring rain gear, adequate footwear, a lunch and paper bags to collect in. Limited to 20 people.

INSTRUCTOR: Leslie Gottesfeld
TIME: Sat., 9:30 a.m. - 3:30 p.m.
DATE: September 25
LOCATION: Arena Banquet Room
FEE: \$15.00

SHIATSU

Shiatsu — a therapeutic touch technique, a pressure therapy to relieve fatigue, generate pleasant sensations and stimulate the body to use its innate, natural powers of recuperation. Learn proper application (based on Japanese accupressure methods) of important points over muscles, bones, nerves, blood vessels, and glands of the endocrine system. Shiatsu helps the body recover its own strength and involves only pleasant results and a feeling of rejuvenation and restored energy. Wear loose clothing and bring a blanket.

INSTRUCTOR: Eva Williamson
TIME: Fri., 7:30 - 9:30 p.m.
Sat., 10:00 a.m. - 4:00 p.m.
Sun., 10:00 a.m. - 4:00 p.m.
DATES: October 1, 2 & 3
LOCATION: Arena Banquet Room
FEE: \$40.00

FITNESS IS AGELESS

Designed for seniors and those who are interested in offering fitness classes for the elderly. Shirley Carter, B.A., M.A., R.S.W., is an exercise consultant for seniors and a workshop specialist. She will be offering both lectures and practical sessions on all aspects of fitness for the elderly. Topics include physical fitness and adaptation of the elderly, finding the right level of activity, aquatic exercises, nutrition and diet, and much more.

INSTRUCTOR: Shirley Carter
DATES: October 15, 16 & 17
LOCATION: Terrace Arena Banquet Room
and Pool
FEE: \$15.00

INTRODUCTION TO FRAMING

Lecture and demonstration, and a chance to frame your own art work. Bring along a print, photo, etc. and learn how to put it all together and create something special.

INSTRUCTOR: Matt and Kaye Ehse
TIME: Tues., 7:30 - 9:30 p.m.
DATES: November 9 & November 16
LOCATION: 4820 Halliwell
FEE: \$10.00

QUICK POINT

You will learn 8 different stitches and incorporate them into a pillow. This form of needlepoint is done very quickly and is an excellent alternative for those who do not wish to do small work. Supplies extra.

INSTRUCTOR: Line Mohr
TIME: Tues., 7:30 - 9:30 p.m.
DATES: September 21 - October 19
LOCATION: Caledonia Sr. Sec.
FEE: \$15.00

CROSS-COUNTRY SKIING INFORMATION NIGHT

Gary Baker, who possesses an extensive background in cross-country skiing, will cover equipment required for ski touring and mountaineering (skis, poles, boots, survival, etc.), as well as show films on skiing techniques — Diagonal Stride, Double Poling, Climbing and Downhill, Turning, Waxing and Trail Sense.

INSTRUCTOR: Gary Baker
TIME: Wed., 7:00 - 10:00 p.m.
DATE: December 1
LOCATION: Caledonia Sr. Sec. — Lecture Theatre
FEE: No Charge

Fitness & Sports

EARLY BIRD FITNESS (CO-ED)

Start your day with a fitness class just for you early risers. Enjoy a well-rounded program with emphasis on flexibility, muscle tone, strength and endurance. Get in shape and start the day with a smile on your face. The showers and sauna at the pool will be available upon presentation of your pool pass or for a small fee.

INSTRUCTOR: Betty Ann Story
TIME: Mon. & Wed., 7:30 - 8:15 a.m.
DATES: September 20 - December 8
LOCATION: Terrace Arena Banquet Room
FEE: \$24.00

FUN AND FITNESS

A morning fitness class for all of you who want to get away from it all and have fun, and get fit at the same time. Betty Ann will be combining a fitness and aerobic dance class to help you develop strength, flexibility, and generally tone up your body. Babysitting is available at the Terrace Pool Board Room. (See page 17 for details.)

INSTRUCTOR: Betty Ann Story
TIME: Mon. & Wed., 9:00 - 10:00 a.m.
DATES: September 20 - December 8
LOCATION: Arena Banquet Room
FEE: \$32.00

NOON HOUR FITNESS (CO-ED)

Don't let winter get you down. Keep in shape during the fall and winter in a program that is geared to the working person. The program includes strength, flexibility, cardiovascular and cool-down exercises. Shower and change rooms available.

INSTRUCTOR: Betty Ann Story
TIME: Mon., Wed. & Fri., 12:15 - 12:45 p.m.
DATES: September 20 - December 8
LOCATION: Terrace Arena Banquet Room
FEE: \$24.00

CO-ED FITNESS

These classes include cardiovascular activities to strengthen the heart and lungs, and stretching and strengthening exercises. Bring along your friend, spouse or relative, or just join yourself and enjoy the benefits of getting fit with others.

INSTRUCTOR: Denise Garneau
TIME: Mon. & Wed., 7:30 - 8:30 p.m.
DATES: September 20 - December 8
LOCATION: Uplands Elementary School
FEE: \$32.00

FITNESS TESTING

Fitness testing, designed to assess your physical work capacity and the efficiency of your heart and lungs, will be conducted this fall by trained Terrace Parks and Recreation Department staff. We suggest that you have a test before you start a fitness course, and another one 3 months later to measure the changes in your body as you exercise. Fitness testing is free for participants of Terrace Parks and Recreation fitness programs. There will be a small charge for those wishing this test and not presently enrolled in a Terrace Parks and Recreation Department program. For more information, call 638-1174.

PRE-NATAL FITNESS

A specially designed class for the woman who is 2 to 7 months pregnant. This class will involve a gentle workout, designed especially for you, that involves exercises for flexibility, muscle toning, and promotes continuing good health.

INSTRUCTOR: Lee Coxford
TIME: Mon. & Wed., 7:00 - 7:45 p.m.
DATES: September 20 - December 8
LOCATION: To be announced
FEE: \$24.00 or Drop-In Fee of \$1.50

LADIES' KEEP FIT

All exercise programs involve continuous exercise to taped music and a variety of strength, flexibility, muscle toner and relaxation exercises.

SESSION I (Mild to Moderate Exercises)

INSTRUCTOR: Kathy Samuel
TIME: Mon. & Thurs., 7:30 - 8:30 p.m.
DATES: September 20 - December 13
LOCATION: Thornhill Primary School
FEE: \$32.00

SESSION II (Moderate to Vigorous Exercises)

INSTRUCTOR: Betty Ann Story
TIME: Mon. & Wed., 6:30 - 7:30 p.m.
DATES: September 20 - December 8
LOCATION: Uplands Elementary School
FEE: \$32.00

SESSION III (Moderate to Vigorous Exercises)

INSTRUCTOR: Betty Jean Goodwin
TIME: Mon. & Thurs., 6:30 - 7:30 p.m.
DATES: September 20 - December 13
LOCATION: Mon. — Thornhill Elementary School
Thurs. — Thornhill Primary School
FEE: \$32.00

FREE DEMONSTRATION CLASSES TUESDAY, SEPTEMBER 7 AT THE ARENA

Call 638-1174 for times and more information.

BODY SHAPING

If you'd like better health, strength and a new body image — take 6 weeks and see what Body Shaping can do for you. Exercises, free weights and the universal gym complete this program.

INSTRUCTOR: Betty Ann Story

SESSION I

TIME: Mon. & Wed., 8:30 - 9:30 p.m.
DATES: September 20 - November 1
LOCATION: Caledonia Sr. Sec. School
FEE: \$18.00

SESSION II

TIME: Mon. & Wed., 8:30 - 9:30 p.m.
DATES: November 3 - December 13
LOCATION: Caledonia Sr. Sec. School
FEE: \$18.00

BODY SHAPING — INTERMEDIATE

Participants must have taken a previous body building course before registering for this one.

INSTRUCTOR: Linda Lee

TIME: Mon. & Wed., 7:30 - 8:30 p.m.
DATES: October 4 - November 15
LOCATION: Caledonia Sr. Sec. School
FEE: \$18.00

YOGA

For more peace of mind, get together in a group to limber up and learn the importance of relaxation and breath control. Wear loose clothing and bring a blanket.

INSTRUCTOR: Eva Williamson

SESSION I

TIME: Mon., 8:00 - 9:30 p.m.
DATES: September 20 - December 13
LOCATION: Arena Banquet Room
FEE: \$25.00

SESSION II

TIME: Tues., 10:00 - 11:30 a.m.
DATES: September 21 - December 7
LOCATION: Terrace Library Basement
FEE: \$25.00

BADMINTON LESSONS — BEGINNERS

Basic skills, conditioning drills and game rules are covered. All adults welcome.

INSTRUCTOR: Chuck Cey

TIME: Tues. & Thurs., 6:30 - 7:30 p.m.
DATES: October 5 - October 28
LOCATION: Thornhill Jr. Sec. School
FEE: \$11.00

NOON HOUR SKATE

A great way to get in shape (11 laps — 1 mile) and have a lot of fun doing so. Get your friends and business associates together and come on out to the noon hour skate.

TIME: Tues. & Thurs.,
11:30 a.m. - 12:45 p.m.

DATES: October - April

LOCATION: Terrace Arena

FEE: \$1.50 a session or
10 tickets for \$12.00
or season's pass — \$36.00

NOON HOURS SKATE — SKATING LESSONS

For October only, we will have a skating instructor available for those adults who would like to learn to skate or brush up on their skills. Look for our instructor wearing a green Terrace Parks and Recreation jacket.

TIME: Tues. & Thurs.,
12:00 noon - 12:30 p.m.

FEE: No charge

NOON HOUR HOCKEY

An opportunity to drop in at noon for a game of informal hockey. A lightweight puck is used and all business people are encouraged to leave their desks and join in for some fun and exercise. Change rooms and showers are available. Limited to the first 20 participants each day.

TIME: Mon., Wed. & Fri.,
11:30 a.m. - 12:45 p.m.

DATES: October - April

LOCATION: Terrace Arena

FEE: \$1.50 a session
or 10 tickets for \$12.00

WOMEN'S SELF DEFENCE

This skills-oriented course, sponsored by the Terrace Women's Resource Centre, will focus on learning and practising a variety of self-defence skills — kicks, punches, jabs and throws. Call 638-0228 between 12:00 noon and 4:00 p.m. weekdays for further information.

INSTRUCTOR: Joe Mandur

TIME: Tues. & Thurs., 7:30 - 9:30 p.m.

DATES: September 21 - December 9

LOCATION: Jack Cook School

FEE: \$20.00

MEN'S BASKETBALL

The Terrace Basketball Association is a competition league which operates from October to March. If you are interested in joining, call Mark Wilcox at 635-2982 (a.m.) or 638-8400 (p.m.)

WOMEN'S DROP-IN BASKETBALL

Fun and exercise for women 17 years of age and older. Includes warm-up exercise, practice drills and games. To register or for more information, call the Terrace Parks and Recreation Department at 638-1174.

CO-ED VOLLEYBALL

Workouts and games for everyone aged 17 and over with previous playing experience. For further information, call Donna at 635-3648.

TERRACE BOXING CLUB

Open to all males 12 years of age and older. This club offers training and skill development for boys interested in amateur competition. For more information, call Ken at 635-6820.

MEN'S INDOOR SOCCER

Off-season skill and fitness training for adult soccer players. For more information, call Peter Simpson at 635-7664.

WOMEN'S INDOOR SOCCER

For all women 17 years of age and older. This club will offer off-season skill and fitness training. Call Gail at 635-4754 for more information.

WHEELCHAIR BASKETBALL

Open to both disabled and able-bodied men and women. Join this group, have a great time and learn the skills of wheelchair basketball. For more information, call Paul at 635-4668 or 638-1221.

FLAG FOOTBALL

Get a team together and join the Flag Football League. This is a great opportunity for fun and exercise. The organizational meeting will be Tuesday, September 14, at 8:00 p.m. in the Arena Banquet Room.

SKEENA ARCHERS

The Skeena Archers invite all archers to their informal shoot nights. For more information, call Ed Morris at 635-5829.

BADMINTON CLUB

The Terrace Badminton Club meets for informal practice and play Tuesday and Thursday at Thornhill Jr. Sec. School. Any adult is welcome to come out to play and eventually join the club if they wish. Call Jim Condon at 638-1523 for further information.

TERRACE SCRUB VOLLEYBALL LEAGUE

An excellent opportunity for men and women 19 and over to have fun and exercise while playing volleyball. No playing experience is necessary.

Team registration is Wednesday, September 15, at 8:00 p.m. in the Terrace Arena Banquet Room. For further information, call Carole at 635-2627.





Terrace Swimming Pool

3320 Kalum Street

638-1174

Aquatic Program Registration

Saturday, September 11, from 10:00 a.m. to 1:00 p.m.
at the Terrace Arena Banquet Room

REGISTRATION PROCEDURES:

If your child was previously registered in our Learn to Swim program, or if they took lessons through their school, they will have received a Personal Record Card. You **MUST** bring this card to registration in order to proceed quickly to our registration table.

If you forget to bring this card or happen to lose it, it will be necessary for you to proceed to our Master File Table where we will fill out a new Personal Record Card.

If you have not had your child in the new Red Cross Learn to Swim program or you have lost your card, come to the pool **before** September 11 and we will transfer your child's information onto a new Evaluation Card.

REMEMBER: Not having a new Red Cross Personal Record Card will only further increase your time spent at registration and increase the chance of your child not being registered for the class you desire.

GRAND OPENING '82-'83 SEASON

SUNDAY, SEPTEMBER 26

After the annual shutdown, the pool will again open on September 26 for the '82-'83 season. It's going to be a great year! There are new programs for every age group, as well as lots of open swim time for recreational swimming.

To start the season we are having an open house Sunday, September 26. Everyone is invited, but those of you who haven't seen the pool yet are especially encouraged to come by. Our opening is the perfect opportunity to find out about the facility, what services we have available, how our programs run and which courses would be best for you. Bring your swim suits for the free swim.

Plan to come and see us Sunday, September 26.

Time:	Open House	1:00 to 3:00 p.m.
	Free Swim	3:00 to 4:00 p.m.

SWIM FIT

Terrace Aquatic Fall Fitness Campaign

WHO: Any teen or adult who can swim 2 lengths of the Pool.

WHAT: Swimfit is a means of getting or keeping in shape through the medium of water. It is also a means of finding out more about the rules and components of fitness.

WHEN: During any designated "Fitness Swim".

WHERE: At the pool — naturally.

WHY: Mostly for fun, but you'll learn a lot too.

Near Christmas we will end the program by certifying all those who want to swim **The Mile Swim Award**.

HOW: Just register as a swim fit member. Come swimming during any fitness swims for the regular admission fee. A special registration fee of \$5.00 will cover weekly handouts on fitness tips, swimming strokes, and training workouts.

It will be fun, you'll meet other swimmers and you'll get into shape — so join us in our world of Swimfit. Swimming has been declared the fitness sport of the eighties. Become involved.



Red Cross and Royal Life Saving Swim Lessons



Only children 5 years and older will be accepted in these classes. The R.L.S.S. classes are now an important part of the lesson progression and must be taken in sequence with other classes.

The progression is as follows:

- YELLOW** The child will explore and familiarize himself with shallow water. The class focuses on enjoyment and water safety.
- ORANGE** The student is taught the basic principles of propulsion in shallow water.
- RED** The student begins simple exercises in deep water. The student is shown how to use life-jackets.
- SURVIVAL** Front crawl is introduced. Basic survival techniques are introduced.
- MAROON** Front crawl is practised. Rescue breathing, personal assists and H.E.L.P. are taught.
- BLUE** Student will improve front crawl. Back crawl is introduced.
- GREEN** Elementary back stroke is introduced, while improving strokes already learned.
- LIFESAIVING I** This award introduces principles of self rescue and basic techniques in the rescue of others.
- GREY** Student is now ready to learn breast stroke. Shallow dives and surface dives are taught.
- LIFESAIVING II** This award emphasizes more complex rescues, still emphasizing the rescuer's safety.
- WHITE** At this level, the student achieves competence in all areas.
- LIFESAIVING III** This award is designed to give candidates experience dealing with the rescue of various types of victims.



Set I September 28 - November 5
Set II November 9 - December 17

Tuesdays & Thursdays

3:30 p.m. Yellow, Orange, Maroon
4:00 p.m. Yellow, Red, Grey, White
4:30 p.m. Survival, Blue, Orange

Wednesdays & Fridays

3:30 p.m. Yellow, Orange, Maroon
4:00 p.m. Red, Green, Lifesaving I, Lifesaving II
4:30 p.m. Maroon, Yellow, Red

Mondays & Wednesdays

Set I only

5:00 - 5:30 p.m. Survival, Lifesaving III
5:30 - 6:00 p.m. Lifesaving I, Lifesaving II

Fees: Yellow to Blue \$16.00
 Green to Lifesaving II \$18.00
 White to Lifesaving III \$20.00

Saturday Morning Lessons

One set only

October 2 to December 18

Fee: \$16.00 for ½-hr.
\$20.00 for 1-hr. classes

9:00 - 9:30 a.m.	Pre-School Splashers & Starfish
9:30 - 10:00 a.m.	Yellow, Orange
10:00 - 10:30 a.m.	Red, Maroon
10:30 - 11:00 a.m.	Teen Beginner & Advanced
11:00 - 12:00 a.m.	Synchro, Springboard Diving

Synchro Swim B.C.

Synchro swimming is the performance of a series of movements, including stylized figures, strokes, sculling.

These are practised separately or arranged into a sequence or routine which may be done to music. The sport can be enjoyed by women, men, girls and boys of all ages. Synchronized swimming provides a new water challenge and physical fitness to aquatic enthusiasts.



Springboard Diving

The Canadian "Learn to Dive" program will be introduced at our pool. Qualified instructors will teach basic diving skills. These include the 3 hurdle, front and back dives, front and back somersaults.

This program teaches the fundamental skills which lead to more complex diving.



TEEN PROGRAMS

Teen Lessons

These classes are specially designed for 12 to 16 year olds who would like to improve their swimming ability. There will be two classes: the first for those who can't swim, the second for those who are able to swim but need some practice. Both levels will cover basic water safety, water rescue and practical sessions on the various strokes.

October 2 - December 18

Saturday mornings

10:00 - 10:30 a.m.

Fee: \$16.00

Teen Swim

Every Friday and Sunday night the pool is reserved for teenagers. During the swim we will be introducing a variety of water sports and games. So plan to come with your friends. Water polo, underwater hockey, volleyball are all going to be a part of the fun.

Friday: 8:00 - 9:00 p.m.

Sunday: 5:30 - 6:30 p.m.

Pre-School Lessons

For all children aged 3 - 5 years, we are introducing 3 new swimming levels:

Level I Splashers

Level II Starfish

Level III Seahorses

The new levels will take the child through basic progressions leading up to the first Red Cross Level.

Set I September 28 - November 4

Set II November 9 - December 16

Saturday only lessons — October 2 - December 18

Time: 9:00 - 9:30 a.m. Splashers & Starfish

Monday only lessons — September 27 - December 13

Time: 3:30 p.m. Splashers & Starfish

 4:00 p.m. Splashers & Seahorses

Tuesdays & Thursdays — Set I & II

Time: 10:30 - 11:00 a.m. Splashers & Starfish

Tuesdays & Thursdays — Set I & II

Time: 2:30 - 3:00 p.m. Splashers & Starfish

 3:00 - 3:30 p.m. Splashers & Seahorses

Wednesdays & Fridays — Set I & II

Time: 2:30 - 3:00 p.m. Splashers & Starfish

 3:00 - 3:30 p.m. Splashers & Seahorses

Fee: For all classes \$16.00



Parents & Tots

A relaxed, unstructured class which introduces children under 3 years to the magic of water, and introduces parents to basic techniques of swimming which they can teach their children.

Set I September 28 - November 4

Set II November 9 - December 16

Times: Tuesdays & Thursdays

 10:00 - 10:30 a.m.

Fees: \$16.00

Parent & Tot Recreational Swim

Introduce your child to the water in a relaxed and unstructured atmosphere.

Monday to Friday 8:30 - 9:00 a.m.

Monday only 4:30 - 5:00 p.m.

No pre-registration required.

Fee: Regular admission

Advanced Parent & Tot Swim Class

This class is especially for 3 year olds and their parents. The child will follow the pre-school progressions. The parents will be guided by the instructor to encourage and teach basic skills to their children.

Set I only — September 27 - November 3

Mondays & Wednesdays

6:30 - 7:00 p.m.

Fee: \$16.00

Adult Aquatic Programs

Aquasizes

Exercise in the water! These classes are fun and they offer great exercise without undue stress and strain on muscles and joints.

Set I	September 27 - November 5
Set II	November 8 - December 18
Times:	Mondays, Wednesdays & Fridays — 11:15 - 11:45 a.m. Mondays & Wednesdays — 8:00 - 9:00 p.m.
Fees:	\$24.00

Pre-Natal Classes

All mothers-to-be are encouraged to attend the classes. You will learn easy and safe exercises on land and in the water. There will be time to relax and swim a few lengths after every class.

Set I	September 27 - November 3
Set II	November 8 - December 15
Times:	Mondays & Wednesdays — 7:30 - 8:30 p.m. Mondays & Wednesdays — 10:45 - 11:45 a.m.
Fees:	\$24.00

Adult Lessons

For beginner, intermediate and expert swimmers. The classes are based on the Red Cross and Royal Life Swim progressions.

Set I	September 27 - November 4
Set II	November 8 - December 16
Times:	Mondays & Wednesdays — 8:45 - 9:30 p.m. Tuesdays & Thursdays — 11:00 - 11:45 a.m.
Fees:	\$24.00

Senior Citizens' Swim Fit

For swimmers and non-swimmers alike. This is a chance for all senior citizens in the area to become familiar with our facility. An instructor will demonstrate basic swimming techniques and exercise tips.

Set I	September 28 - November 4
Set II	November 9 - December 16
Times:	Tuesdays & Thursdays — 11:00 - 11:45 a.m.
Fees:	\$16.00

Babysitting Services

Chalk and Crayon Sessions

Babysitting services are available Monday to Friday for Adult Morning Swim Lessons and Fitness Programs. The children will be well supervised and will have a good assortment of toys, games and craft supplies to play with.

Fee: \$1.50 child/hour
.75 for each additional child
Minimum charge of 1 hour

Birthday Parties

Celebrate your child's birthday by renting the Terrace Swimming Pool. After swimming for an hour, you can continue the party in the boardroom. We will provide juice and party favours.

Total Cost: \$60.00 per hour
Maximum number of kids: 16

Private Rentals

The Pool is available for rental by private groups and clubs. Bookings must be made at least one week in advance. For more information on times available, please call the Pool at 638-1177.

Fee:
\$50.00 per hour



Family Swims

Throughout the weekly schedule there are several pool times available for families. Parents and children are encouraged to swim together. Come as a family to the swims — it is a fun and inexpensive way to spend time together.

Monday & Wednesday	7:00 - 8:00 p.m.
Saturday & Sunday	3:30 - 5:30 p.m. 7:00 - 8:00 p.m.
Cost per family:	\$2.25

Advanced Aquatic Courses

Bronze Medallion

Prerequisites: 14 years old.
Ability to swim all strokes.

Monday & Wednesday: 5:30 - 8:00 p.m.
September 27 - November 3

Minimum Registration: 6 candidates

Fee: \$40.00

Red Cross Leader's Award

Successful completion of this course will enable the candidate to help teach Red Cross swim lessons. It is the first step in becoming a certified Red Cross Instructor.

Topics include:
Physical principles of swimming
Beginner progressions
Safety supervision
Lesson planning

October 2 - October 30
Saturday & Sunday
8:00 a.m. - 12:00 noon
Fee: \$40.00

Fall of '82 Swim Times

Early Bird	Monday to Friday	6:30 a.m. -	9:00 a.m.
Noon Hour Swim	Monday to Friday	11:45 a.m. -	1:00 p.m.
	Saturday & Sunday	12:00 noon -	1:00 p.m.
Family Swim	Monday & Wednesday	7:00 p.m. -	8:00 p.m.
	Saturday & Sunday	3:30 p.m. -	5:30 p.m.
Public Swim	Tuesday & Thursday	7:00 p.m. -	8:00 p.m.
	Friday	6:00 p.m. -	7:00 p.m.
	Saturday & Sunday	1:00 p.m. -	3:00 p.m.
		6:30 p.m. -	7:30 p.m.
Fitness Swims	Monday & Wednesday	9:30 p.m. -	10:30 p.m.
	Tuesday & Thursday	8:00 p.m. -	9:00 p.m.
	Friday	7:00 p.m. -	8:00 p.m.
	Saturday & Sunday	7:30 p.m. -	8:30 p.m.
Teen Swims	Friday	8:00 p.m. -	9:00 p.m.
	Sunday	5:30 p.m. -	6:30 p.m.

Christmas Break Schedule

December 20 - 24

Early Bird Swim	7:30 - 9:00 a.m.
Adult Noon Swim	12:00 - 1:00 p.m.
Public Swim	1:00 - 3:00 p.m.
Family	3:30 - 5:30 p.m.
Fitness	5:30 - 6:30 p.m.

(not held December 24)

Closed December 25 and 26

December 27 - 31

Early Bird Swim	7:30 - 9:00 a.m.
Adult Noon Swim	12:00 - 1:00 p.m.
Public Swim	1:00 - 3:00 p.m.
Family	3:30 - 5:30 p.m.
Fitness Swim	5:30 - 6:30 p.m.

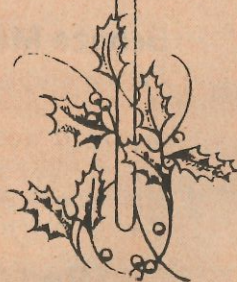
(Not held December 31)

Closed January 1 - Happy New Year.

The regular schedule will resume January 2, 1983.

Season's Greetings

AND BEST WISHES FOR THE NEW YEAR



Kids' Christmas Party

DECEMBER 24

10:00 - 11:30 a.m.

The first annual aquatic Christmas Party for kids aged 7 to 12. There will be games, prizes and lots of fun for everyone.

Limit of 40 children

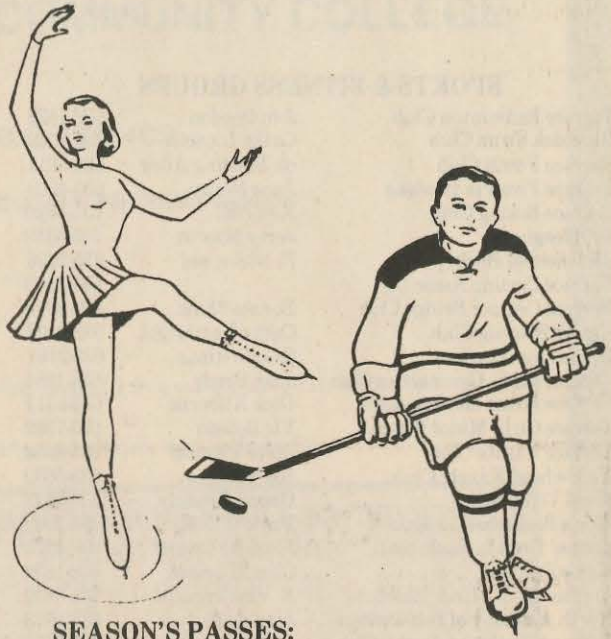
Fee: \$2.00 per child

TERRACE ARENA

3320 Kalum Street

Public Skating Schedule

MONDAY:	11:30 a.m. - 12:45 p.m.	Noon Hockey
	2:00 p.m. - 3:00 p.m.	Public Skate
TUESDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate
	7:00 p.m. - 8:00 p.m.	Public Skate
WEDNESDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate
	6:30 p.m. - 7:30 p.m.	Family Skate
THURSDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate
	7:00 p.m. - 8:00 p.m.	Public Skate
FRIDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate
SATURDAY:	1:00 p.m. - 2:00 p.m.	Public Skate
SUNDAY:	1:00 p.m. - 2:00 p.m.	Family Skate
	7:00 p.m. - 8:00 p.m.	Public Skate



PUBLIC SKATING FEES:

Child	.60
Student	.80
Adult	1.50
Senior Citizen	.60
Family	2.25

STRIP TICKETS:

Child	10/4.75
Student	10/6.50
Adult	10/12.00
Senior Citizen	10/4.75

SEASON'S PASSES:

Child	14.50
Student	19.25
Adult	36.00
Senior Citizen	14.50
Family	54.00

COST OF SEASON'S
PASSES DECREASES
EVERY TWO MONTHS

Times Available for Private Bookings

MONDAY:	12:15 a.m. - 5:00 a.m.
TUESDAY	12:45 a.m. - 6:00 a.m.
WEDNESDAY	12:45 a.m. - 5:00 a.m.
THURSDAY	1:00 a.m. - 6:00 a.m.
SATURDAY	8:15 p.m. - 10:15 p.m.
	1:00 a.m. - 5:00 a.m.
SUNDAY	2:15 p.m. - 5:15 p.m.
	12:45 a.m. - 5:00 a.m.

PRIVATE ICE RENTALS

12:00 noon - 12:00 midnight	\$55.00 per hour
12:00 midnight - 2:00 a.m.	\$41.25 per hour
2:00 a.m. - 5:00 a.m.	\$27.50 per hour

All rates subject to change September 1,
1982

THE BANQUET ROOM IS ALSO AVAILABLE FOR BOOKINGS. For more information, apply at the arena office or phone 638-1174 Monday - Friday, 8:30 a.m. - 4:30 p.m.

COMMUNITY ORGANIZATIONS

SPORTS & FITNESS GROUPS

Terrace Badminton Club	Jim Condon	638-1523
Blueback Swim Club	Cathy Linseth	635-7049
Terrace Youth Club	c/o Bowling Alley	635-5911/
Terrace Five Pin Bowling	June Norby	635-4508
Terrace Boxing Club	Ken Doll	635-6820
Bushleaguers	Jerry Martin	635-6158
Commercial Hockey	P. Nickerson	635-2436
Terrace Curling Assoc.		635-5583
Terrace Contact Bridge Club	Bonnie Shaw	635-6970
Figure Skating Club	Cathy Lambricht	635-2903
Golden Age Bowlers	Giselle Rioux	635-2161
Terrace Peaks Gymnastics Club	Joan Brady	638-1884
Terrace Minor Hockey Assoc.	Dick Kilborne	635-6511
Terrace Girls' Minor Softball	Vic Boteau	635-7389
Terrace Karate Club	Steve Thomas	635-2554
Yellowhead Karate Club	Joe Vienneau	635-5692
Co-ed Volleyball	Donna Lindsay	635-3648
Men's Basketball League	Mark Wilcox	635-2982
Ladies' Drop-In Basketball	Jennifer Cooper	638-1573
Men's Fastball	Glen Thomsen	638-1854
Terrace Boys' Minor Baseball	B. Vandergucht	635-5339
North Academy of Self-Defence	Jean Galli	635-5313
Terrace Northmen Rugby Club	B. Kormendy	635-9528
Skeena Hang Gliders	Dave Toop	635-2723
Skeena Valley Marathoners' Club	N. Fleischmann	638-8206
Terrace Ladies' Softball	Lynn Boule	638-0281
Girls' Minor Soccer	Gail Sheasby	635-4754
Women's Senior Soccer League	Gail Sheasby	635-4754
Youth Soccer	Rick Terleski	635-9606
Terrace Sky Divers' Club	Tom Simpson	635-7738
Terrace Stock Car Club	B.A. Woocock	635-9245
Terrace Tennis Club	Chuck Cey	635-3564
Terrace Ladies' Water Polo	Barry Davis	635-2485
Terrace Men's Water Polo	Barry Davis	635-2485
Western Martial Arts Assoc.	Don Hong	635-4583
Spring Board Diving Club	Bob Garrett	635-7438
Master Swim Club	John Dando	635-6316
N.W. Scuba Diving Club	Bill Webster	635-6316
Terrace B.M.X. Club	N. Orbell	635-5323
Terrace Minor Girls' Softball	V. Buteau	635-7389

OUTDOOR GROUPS

Terrace Hiking Club	V. Kryklywys	635-2935
Kermode Fourwheelers	W. Thickett	635-5867
Kitsumkalum Ski Club	Gordon Watmough	635-6989
Northern Chapter of Steelhead	Jim Culp	635-9471
Northwest Trappers' Assoc.	Otto Lindstrom	635-2489
Recreational Canoeing Assoc.	Fred Philpot	635-6441
Terrace Rod & Gun Club	Bob Garrett	635-7438
Skeena Archers	Ed Morris	635-5829
Skeena Valley Snowmobile Club	E. Thomas	635-6760
Timberline Cycle Assoc.	D. Ridler	635-9081

CULTURAL GROUPS

Terrace & District Arts Council	Ken Morton	635-7507
Terrace Lapidary Club	Karle Schulte	635-5191
Terrace Machine Knitters	Pat Colongard	638-1409
Terrace Model Airplane Club	J. Greaves	week home 635-6480
Pacific N.W. Music Festival Soc.	Norah Ferguson	798-2424
Terrace Pipes & Drums	John Halley	635-2456
Northwest Reg. Arts Council	Val George	635-4751
Terrace Arts Assoc.	Rod Taylor	635-2744
Terrace Coffee House Soc.	Andy Maikapar	635-9409
Terrace Concert Society	Mr. & Mrs. N. Hope	635-4228
Terrace Little Theatre Assoc.	Ken Morton	635-7507
Terrace Thornhill Band Parents	Irma Brewer	635-3744
Chess Club	Joe Mandur	635-5419
Terrace & Kitimat Amat. Radio	Don Morehouse	635-3655

GENERAL INTEREST GROUPS

Goat Owners' Assoc.	Ed Chaplow	635-5740
Quarter Horse Club	Leo DeJong	635-7286
Skeena Valley Fair Assoc.	Marg Waldbauer	635-5615
Totem Saddle Club	Allan Cage	635-4066
4-H Club	c/o Skeena Valley Fair	635-5615
Kermode Friendship Centre	Viola Thomas	635-4906
Terrace Dog Club	June Kozlowski	638-1720
Candy Stripers	Marg Petrick	635-2211
747 Royal Canada Air Cadets	Derek R. Hales	635-5455
Scout District Commissioner	c/o F. Martin	635-7955
Brownies & Guides, Skeena Dist.	Reggie Balabanov	635-4890
Kitsumgallum Guide Dist.	Ethel Jackson	635-5046

HAPPY GANG CENTRE

The B.C. Old Age Pensioners' Organization, "Happy Gang Centre", located at 3226 Kalum Street, offers all Senior Citizens of our community a variety of activities that any senior may enjoy who drops into the centre. A television and stereo are also there for entertainment. Tea and coffee are served and sandwiches, soups and desserts are available for \$1.50 from 12:00 noon to 1:00 p.m. The centre is open Monday to Friday from 10:00 a.m. to 4:00 p.m. Visitors are always welcome.

Outside activities include bowling, skiing, curling, etc.

Call the centre at 635-9090 if you have any questions.

CANADIAN PARENTS FOR FRENCH — TERRACE CHAPTER

This local chapter promotes the best possible French language learning opportunities through immersion classes starting at the kindergarten level for all interested Canadian children.

For more information call Kathie Morgan at 635-2151.



REGISTRATION AND GENERAL INFORMATION

NORTHWEST COMMUNITY COLLEGE

Office: 5331 McConnell

Telephone 635-6511

Mailing Address: P.O. Box 726, Terrace, B.C., V8G 4C2

- DAYS:** September 7 on, at the College Centre, for **Vocational and Part-Time Programs**
— 8:00 a.m. - 4:00 p.m. Mon. - Fri.
- EVENINGS:** September 2 on at the College
— 4:00 - 8:00 p.m. Mon. - Thurs. only
- SATURDAY:** September 11 at the Arena
— 10:00 a.m. - 1:00 p.m.
- PHONE:** Sorry — registration will not be accepted by phone. Do feel free to call for up-to-date information regarding available space.

Payment for courses, textbooks or other materials may be made by cash, cheque, Visa or MasterCard.

Pre-registration is important for all courses. If we don't know you are planning to attend, we may cancel your course because we think there will not be sufficient enrollment.

NORTHWEST COMMUNITY COLLEGE PHYSICAL RECREATION CENTRE OPEN FOR PUBLIC USE

FACILITIES INCLUDE:

2 Racquetball Courts, Sauna, Whirlpool and various pieces of weight and exercise equipment.

MINIMUM AGE IS 16 YEARS.

FOR FURTHER INFORMATION, PHONE THE CENTRE AT 635-4009.

INDEX

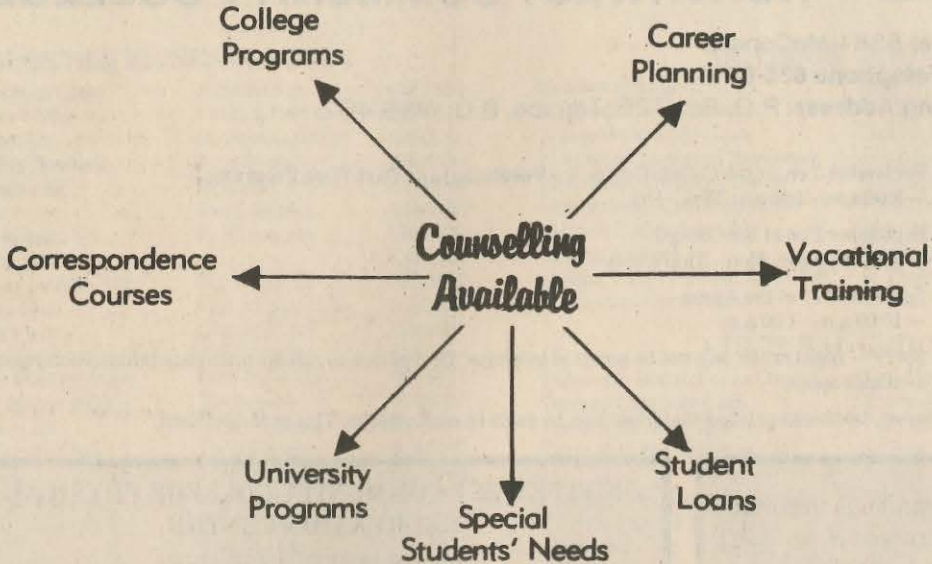
ACADEMIC		HEALTH CONTINUING EDUCATION FOR PROFESSIONALS	
Anthropology	25	Coronary Care	34
Biology	25	Crisis Counselling	34
Chemistry	25	Dealing with the Alcoholic Client	34
Computer Science	25	Palliative Care	34
Economics	25	RN Refresher	34
English	25		
French	25	PEOPLE'S LAW SCHOOL	
History	26	Separation & Divorce	37
Mathematics	26	Welfare Rights & GAIN Legislation ...	37
Physics	26		
Political Science	26	R.E.M. LEE THEATRE SCHEDULE . . .	39
Psychology	26		
Sociology	26	REGISTRATION	21
Workers' Education	26	OPEN LEARNING INSTITUTE	24
ADULT BASIC EDUCATION		SUPERVISORY MANAGEMENT	
Adult Special Ed. Programs	23	Full-Time Course	38
BTSD (Adult Upgrading)	23	Introduction to Small Business	
GED (General Education Development) .	23	Bookkeeping	38
		Managing Your Own Business	38
BUSINESS EDUCATION PROGRAMS			
— Full-Time		VOCATIONAL & TRADES TRAINING (Full-Time)	29
Business Administration	29		
Business Careers	29	VOCATIONAL & TRADES TRAINING EVENING COURSES	
		Air Brakes	30
BUSINESS EDUCATION (Evening)		Cabinet Construction	30
Accounting 101	31	Electronics	30-31
Bookkeeping (Acct 101)	32	House Framing	30
		Log House Building	30
		Small Engine	30
		Welding (Basic)	30
Bookkeeping (Acct 102)	32		
Commercial Law	32		
Computers (Introduction)	32		
Data Processing	32		
Principles of Business Management ...	32		
Typing, Advanced	32		
Typing, Beginners	31		
Vocational Mathematics	31		
COOKING			
Cake Decorating	33		
Meat Cutting	32		
COMMUNITY EDUCATION SERVICES			
Ceramics (Raku) Workshop	35		
A Child & Death	37		
Conversational Spanish	36		
Coping with Inflation	35		
Defensive Driving	36		
Marriage Preparation	37		
Marriage that Can Work	37		
Migraine Control Workshop	37		
Mixology	35		
Nutrition & Vegetarian Cooking	36		
Power Chain Saw Safety & Maintenance	35		
Printmaking (Silkscreen)	36		
Quit Smoking Clinic	36		
Wholistic Health	36		
Winterize Your Yard & Garden	36		
Woodstove Installation	36		
HEALTH			
CPR	33		
Heartsaver	33		
First Aid (Basic)	33		
First Aid (Survival)	33		



NORTHWEST COMMUNITY COLLEGE

5331 McConnell, P.O. Box 726, Terrace, B.C., V8G 4C2
Phone: 635-6511

College Counsellors are available for appointments, to discuss and advise on the following matters:



Phone the Counselling Centre, 635-6511, for information

The Counselling Centre has a wide variety of career information and College and University calendars. The Centre also has CHOICES, a computer terminal, helpful in career decision making. We're here to help!

KNOWLEDGE NETWORK

KNOWLEDGE NETWORK FALL 1982

Northwest Community College is working cooperatively with the Knowledge Network of the West Communications Authority (KNOW) to bring a variety of credit and non-credit programs to communities throughout the Northwest. These programs represent a wide range of general viewing for both children and adults, as well as telecourses of specific interest, and several live courses and seminars where telephone interaction is available. Anyone may view Knowledge Network programs and participate in educational television.

Knowledge Network program guides will be available at the College office in early September. We urge people who are interested in KNOW programs to write the Knowledge Network and ask to be put on its mailing list. Current guides and scheduling information will be sent directly to your home without charge. The address for this service is Knowledge Network, 2206 East Mall, University of British Columbia, Vancouver, B.C., V6H 1W5.

There will be a preview week on the Knowledge Network for courses being offered by various institutions in the province for the fall 1982 season. A schedule will be arriving at the College soon and will be posted there. Please contact your Knowledge Network clerk at the Northwest Community College office for further information.

Look for a complete schedule and course listing in your local newspaper September 7.

MICROCOMPUTER COURSE

FEE:	\$125.00
DEPOSIT:	\$250.00 Certified Cheque
START DATE:	Waiting list
COMPLETION DATE:	Computer must be returned precisely 6 weeks after the student receives it.

A COMPLETE MICROCOMPUTER PACKAGE:

A student taking the NWCC course, "Introduction to Personal Computing", receives a print package of course materials, a TRS-80 colour computer and the tutor support system. This course provides the student with a "hands on" introduction to computers. The TRS-80 hooks up to any home television and enables the student to learn introductory computer programming, the possible uses of small computers and how to select and purchase equipment.

Students wishing to use the cassette memory option will be required to provide their own cassette recorder (small portable variety) and cassette.

We encourage the entire family to use the computer!

Adult Basic Education

“YOU NEVER STOP LEARNING”

Improve your basic skills or start right from the beginning.

ENGLISH, MATH & SCIENCE UPGRADING (BTSD)

For adults who did not complete secondary school, these concentrated courses will allow you to acquire the necessary skills to gain grade 10 or 12 standing for entrance into vocational or trades training in the shortest possible time. Work on an individualized program tailored to meet your goals. Students begin at their own level and works at their own speed. College certificates are awarded for successful completion of Level 2 (grade 8), Level 3 (grade 10) and Level 4 (grade 12).

YOU MAY ENROLL AT ANY TIME AS SPACE PERMITS.

Monday to Friday: 8:00 a.m. - 3:00 p.m. at the College
Fee: \$30.00 per month
Book Deposit (refundable): \$25.00
Student Association Fee: \$1.00 per month.

BASIC UPGRADING — EVENINGS

This is a BTSD program offered on a part-time basis for students who cannot attend during the day, or who wish to work on only one subject area.

Date: Mon. & Wed., Sept. 27 - Dec. 1
Time: 7:00 - 10:00 p.m. at the College
Fee: \$18.00
Instructor: Bob Sullivan

GENERAL EDUCATION DEVELOPMENT (G.E.D.) TESTS

G.E.D. is a series of tests which provide an opportunity for adults who did not graduate from secondary school to acquire an official document stating that they have a grade 12 secondary school equivalency standing. Costs of these tests are \$10.00 for the series. Applicants must be 19 years of age or older and out of school for one year. Applications are available at the College and must be sent to the Ministry of Education in Victoria. THE NEXT G.E.D. EXAM IN TERRACE IS DEC. 10 & 11, 1982. ENQUIRE AT THE COUNSELLING OFFICE FOR DATES, LOCATIONS IN THE NORTHWEST REGION. YOU MAY PURCHASE TEXTS AT THE COLLEGE BOOKSTORE PRIOR TO CLASS, OR FOR HOME STUDY.

G.E.D. ASSISTANCE COURSES

Qualified teachers will assist you with your study and provide lessons on English, Math, Social Studies and Science.

Location: Caledonia High
Instructor: Eila George and Lynn Turner
Dates: Tues., Sept. 21 - Dec. 7
Time: 7:30 - 10:00 p.m.
Fee: \$10.00 plus Books

STUDENTS WITH SPECIAL NEEDS

Any student who feels he/she may require assistance for any need should contact the Adult Special Education Coordinator at 635-6511, local 240.

Experience-Based Vocational Preparation Program

This is a new full-time eight-month program to prepare mentally handicapped adults for competitive employment. Further information may be obtained from Bob Phillips at 635-6511, local 240. tained by contacting Bob Phillips at 635-6511, local 240.

Community Living Skills Programs

This is a part-time program consisting of specific courses aimed at teaching basic skills essential to living self-sufficiently in the community. Students may register in one or more courses but enrollment in any course is limited to eight students. Which courses are offered depends largely on student need. Some examples of possible courses are listed below. Further information may be obtained by contacting Bob Phillips at 635-6511, local 240.

A) Functional Reading

Students will learn a sightword vocabulary of words commonly encountered in the community.

B) Community Awareness

Students will learn how to identify, locate, obtain and utilize needed services, stores and recreational facilities in Terrace.

C) Telling Time

Students will learn how to tell time, and estimate time required for various activities. Some emphasis may be placed on time management and planning, depending on students' abilities.

D) Money Management — 3 Levels

1. Students will learn how to make change as well as basic concepts such as "earning" and "saving" money.
2. Students will learn how to use the services of a bank and credit union.
3. Students will learn budgeting and be introduced to buying services such as insurance and making credit purchases.

E) Consumer Fundamentals

Students will learn shopping skills, including comparison of prices and skills useful in shopping for one person.

F) Using a Pocket Calculator

Students will learn the four basic operations (+ - × ÷) and percentages on the calculator.

English Language Training

PLEASE REGISTER IN ADVANCE AT NORTHWEST COLLEGE OR THE DOWNTOWN CENTRE.
NEW STUDENTS MAY TAKE A PLACEMENT TEST WHEN THEY REGISTER.

ADULT ENGLISH CLASSES

ΑΓΓΛΙΚΑ ΜΑΘΗΜΑΤΑ

CLASAS PARA ADULTOS

COURS D'ANGLAIS

成人英語班

AIKUISTEN ENGLANNIN LUOKKA

ਦੀਤਮ ਦਾਸ਼ ਮੰਗਿਰੀ ਦੀਮਾਂ ਸਮਾਤ

POUR ADULTES

INTRODUCTORY ENGLISH

Oral practice of everyday English. Includes listening and speaking skills, and some written practice.

Location: Cassie Hall School
Time: 7:30 - 9:30 p.m.
Days: Tues. & Thurs.
Dates: Sept. 21 - Dec. 13
Fees: \$14.00
Sessions: 24

INTERMEDIATE ENGLISH

Includes written and oral work, vocabulary development and pronunciation practice.

Location: Downtown Centre
Time: 7:30 - 9:30 p.m.
Days: Tues. & Thurs.
Dates: Sept. 21 - Dec. 13
Fees: \$14.00
Sessions: 24

FULL-TIME ENGLISH:

Daytime Classes

Contact Canada Employment Centre if you want to study English full-time. You may apply to Manpower.



**OPEN
LEARNING
INSTITUTE**

3304 Kalum Street

Registration Mail Deadlines: **Oct. 1, Dec. 1**

Study at home with the Open Learning Institute! Now you can get your high school diploma, study towards a university degree, or start on a whole new career program. In Terrace, call the OLI Advisor, 635-4961, or stop by the Downtown Centre. Information may also be obtained at Northwest Community College.

ADVANCED ENGLISH

Includes written and oral work, vocabulary development and pronunciation practice. "Geared to the student's level and interest."

Location: Downtown Centre
Time: 7:30 - 9:30 p.m.
Days: Mon. & Wed.
Dates: Sept. 20 - Dec. 8
Fees: \$14.00
Sessions: 24

AFTERNOON ENGLISH

Includes child care for pre-school children. Open to any adult who wants to attend a part-time course during the day. Level: Introductory.

Location: Downtown Centre
Time: 1:00 - 3:00 p.m.
Days: Mon. & Wed.
Dates: Sept. 20 - Dec. 8
Fees: \$14.00
Sessions: 30

CITIZENSHIP

ANY GROUP THAT WISHES TO INSTRUCT ITS MEMBERS IN CITIZENSHIP IS WELCOME TO CONTACT THE COLLEGE FOR ASSISTANCE. WE WILL PROVIDE FILMS AND/OR AN INSTRUCTOR.

PLEASE CALL 635-6511, LOCAL 238.

HELP WANTED

Do you have a course subject that you would like to see offered at Northwest Community College? Interested in teaching a Community Education Course?

Northwest Community College is looking for new concepts and instructors. Let us know what YOU would like to take or teach — please contact Continuing Education, 635-6511, local 238. We welcome your ideas and input anytime.

Academic Program

ANTHROPOLOGY 111-2: Native Peoples of Canada

A course dealing with the nature and diversity of Canadian Indian and Inuit traditional cultures and lifestyles. We will also examine the history of European colonialism in Canada and the impact it had on Canadian native peoples. Finally, we will review some of the important issues in contemporary native affairs.

Instructor: Paul Sneed
Time: Wed., 1:00 - 4:00 p.m.

BIOLOGY 101-3: Introductory Biology I

A basic introductory course in general biology. The course covers the origin of life, cell biology, a survey of the kinds of living things including micro-organism, plants and animals, DNA and RNA and Mendelian genetics. There will be a weekend field trip to the coast to study intertidal life. The laboratory will cover classification of living things, use of the microscope, and a survey of micro-organisms, fungi, plants and invertebrate animals based on microscopic and macroscopic study. Techniques for identification will be included. (3, 3, 0)

Instructor: Allen Gottesfeld
Time: Tues., 10:30 a.m. - 12:00 noon; Fri., 9:00 - 10:30 a.m.

BIOLOGY LAB I (Allen Gottesfeld) — Thurs., 1:00 - 4:00 p.m.

BIOLOGY LAB II (Instructor TBA) — Fri., 1:00 - 4:00 p.m.

CHEMISTRY 082-1½: Chemistry Prep I

This is an introductory course in Chemistry designed for people who have little or no knowledge of the subject. It is intended not only to provide the necessary background for those who later might wish to take a first-year university course, but also to give the student some insight into the importance of Chemistry in our society. (1½, 1½, 0)

Pre- or Co-requisite: Alg 11 or Math 11 or Math 082.

Instructor: Carlyle Jagdeo
Time: Tues., 7:00 - 10:00 p.m.

CHEMISTRY 101-3: Introductory Chemistry I

This is a basic first-year course in Chemistry which will enable students to pursue further courses in all areas of Science and in Engineering.

Topics will include: a review of some basic principles, basics of quantum mechanics and electronic configurations, the periodicity of chemical and physical properties, chemical bonding, thermochemistry, properties of gases, and chemical equilibrium in both gases and solutions. (4, 3, 0)

Prerequisite: Chemistry 11 or Chemistry 083, and Math 12 or Math 083/084.

Instructor: Carlyle Jagdeo
Time: Tues., 9:00 - 11:00 a.m.; Thurs., 1:00 - 3:00 p.m.

CHEMISTRY 101 LAB (Instructor TBA) — Tues., 1:00 - 4:00 p.m.

CPSC 151-3: Computer Literacy I

A one-semester course directed towards those who have little or no computer experience but wish to know how a computer can be used and what it can do. The course includes history of the development of the computer, its impact on society, computer applications, a look at some of the software available (e.g. games, educational and business applications) and computer graphics. Students will be learning to write simple programs in BASIC and using the IBM microcomputer. (3, 3, 0)

Prerequisite: Grade 11 Algebra or Math Prep. I

Instructor: Jim Stone
Time: Tues., 7:00 - 10:00 p.m.

COMPUTER SCIENCE LAB I (Instructor: Jim Stone)

— Wed., 1:00 - 4:00 p.m.

COMPUTER SCIENCE LAB II (Instructor: Jim Stone)

Time: Wed., 7:00 - 10:00 p.m.

ECONOMICS 202-3: Principles of Macroeconomics

This course will provide a survey of economic activities and institutions, and will centre on an analysis of the production and distribution of wealth in the capitalist system. Specific items include: production and market mechanisms, national income accounts, economic growth, international trade and capital flows, government policies (budget, taxes, money supply, trade unions). Theoretical tools and conceptual models from various schools of thought will be used as guidelines and will be tested for realistic validity in a historical perspective. (3, 0, 0)

Instructor: Peter Weber
Time: Mon., 1:00 - 4:00 p.m.

ENGLISH 101-3: Literature and Composition I

Reading and discussion of modern autobiography, fiction, and poetry. Lectures on grammar and style. Written assignments based on analysis of the literature read, personal experience, and subjects of general interest. (3, 0, 0)

ENGLISH 101A

Instructor: Maureen Bostock
Time: Mon., 1:00 - 4:00 p.m.

ENGLISH 101B

Instructor: Maureen Bostock
Time: Tues., 9:00 - 10:30 a.m.; Thurs., 10:30 a.m. - 12:00 noon

ENGLISH 101C

Instructor: George Stanley
Time: Wed., 7:00 - 10:00 p.m.

ENGLISH 151-3: Technical Writing I

Methods and forms of technical writing, including letters, resumes, short reports, and communications with media. Lectures and exercises in grammar, vocabulary, and style. Students will also read and discuss some modern literature. (3, 0, 0)

Instructor: Maureen Bostock
Time: Mon., 9:00 a.m. - 12:00 noon

ENGLISH 203-3:

Canadian Literature to World War II

The English literature of Canada from the early 19th Century to World War II. Reading and discussion of works by Susanna Moodie, Stephen Leacock, Sinclair Ross, Emily Carr, and others. Written assignments based on the works read. (3, 0, 0)

Instructor: George Stanley
Time: Thurs., 1:00 - 4:00 p.m.

FRENCH 101-3: Introductory French I

This is a beginning French course for College students, which stresses the opportunity to communicate immediately. Texts used are based on natural everyday French, and approximately equal emphasis is given to the four language skills: understanding, speaking, reading and writing. Though the French used is basic, reading content is gauged to interest mature students.

Instructor: TBA
Time: Mon., Wed. & Fri., 9:00 - 10:30 a.m.

HISTORY 211-3: Ancient Greece (800 - 200 B.C.)

This course will focus on the interrelation of the economic foundations with the social and political structures in various city states and their reflections in cultural achievements. The major aspects of Philosophy and Literature will be studied through selected readings in translation; special visual sessions will be devoted to developments in Art and Architecture. (3, 0, 0)

Instructor: Peter Weber

Time: Thurs., 7:00 - 10:00 p.m.

MATH 082-3: Math Prep I

A one-semester course in which the class meets twice per week. The topics covered are those prescribed in the Algebra 11 course. (5, 0, 0)

Prerequisite: Math 10.

Instructor: TBA

Time: Tues. & Thurs., 7:00 - 9:30 p.m.

MATH 083-3: Math Prep II

A two-semester course in which the class meets twice per week to cover the topics prescribed in the Algebra 12 course. (5, 0, 0)

Prerequisite: Math 11 (or Math 082)

Instructor: Carolyn Williston

Time: Tues. & Thurs., 7:00 - 9:30 p.m.

MATH 101-4½: Calculus I

An introduction to the basic techniques of calculus, designed to meet the needs of Science and Engineering students at a first-year university level. (4½, 0, 1)

Prerequisite: Math 12, Alg 12 or Math 083/084

Instructor: Carolyn Williston

Time: Mon., Wed. & Fri., 9:00 - 10:30 a.m.

MATH 130-3: Finite Math

A course designed for those who need a science/math elective and who are planning to take courses in economics, business, sociology, political science, psychology and biology. This course will also prepare the student for more specialized courses in the social sciences, such as statistics and econometrics. Topics will include: linear equations, linear programming, matrices, set theory, probability, combinations. (3, 0, 0)

Prerequisite: Algebra 11 or equivalent

Instructor: Carlyle Jagdeo

Time: Mon., 10:30 a.m. - 12:00 noon;
Thurs., 9:00 - 10:30 a.m.

PHYSICS 082-1½: Physics Prep I

A course designed for those without any previous Physics background. Topics are as prescribed in grade 11 Physics. (1½, 1½, 0)

Pre- or Co-requisite: Math Prep I or Algebra 11

Instructor: TBA

Time: Wed., 7:00 - 10:00 p.m.

PHYSICS 101-3: Introductory Physics I

An introductory survey of mechanics and heat; kinematics and dynamics of particles, work, energy, momentum, rotational motion, simple harmonic motion, temperature scales, thermal expansion, heat transfer, specific heat. (3, 3, 0)

Prerequisite: Physics 11 and Algebra 12 or Math 083/084

Instructor: Jim Stone

Time: Wed. & Fri., 10:30 a.m. - 12:00 noon;
Tues., 1:00 - 2:30 p.m.

PHYSICS LAB I (Instructor TBA) — Mon., 1:00 - 4:00 p.m.

PHYSICS LAB II (Instructor TBA) — Tues., 1:00 - 4:00 p.m.

POLITICAL SCIENCE 203-3: International Politics

An introduction to the study of international politics. This course will examine the existing international political system through the study of topics such as alliance systems and the balance of power, international trade and development, multinational enterprises and international finance, arms control, and international organizations. (3, 0, 0)

Instructor: Gail Emmerson

Time: Thurs., 9:00 a.m. - 12:00 noon

PSYCHOLOGY 101-3: Introductory Psychology I

A survey of major findings in psychology with an emphasis on psychological techniques. Selected topics include: scientific inquiry; physiological basis of behaviour; learning theories; communication and memory; thinking, reasoning and creativity. (3, 0, 0)

PSYCHOLOGY 101A

Instructor: Andre Klingner

Time: Thurs., 7:00 - 10:00 p.m.

PSYCHOLOGY 101B

Instructor: Andre Klingner

Time: Fri., 9:00 a.m. - 12:00 noon

PSYCHOLOGY 201-3: Human Development

In this course, the physiological and psychological development of infants is the subject matter. Topics include pre- and post-natal development, perception, learning, language acquisition, thinking and personal development. (3, 0, 0)

Instructor: Andre Klingner

Time: Wed., 1:00 - 4:00 p.m.

PSYCHOLOGY 221-3: Abnormal Psychology

This course offers an overview of the contemporary theories of psychopathology — behavioural, humanistic, psychodynamic and biophysical, as well as a perspective on research, classification and treatment of affective, social, psychotic and organic disorders.

Prerequisite: Psychology 101 and 102 or permission of Instructor

Instructor: Sara Collinson

Time: Fri., 9:00 a.m. - 12:00 noon

SOCIOLOGY 101-3: Introductory Sociology I

An examination of the structure of society through the major topics in the discipline of sociology: culture, socialization, primary groups, status and role associations. (3, 0, 0)

Instructor: Jake Muller

Time: Tues., 1:00 - 4:00 p.m.

LABOUR STUDIES 161: Leadership

Designed to give skills and understanding needed for leadership positions within the local union, public speaking, rules of order, taking minutes, delegate responsibility, elementary bookkeeping, etc. Eight weeks.

Instructor: John Jensen

Time: Tues., 7:00 - 10:00 p.m.

HUMAN SERVICE WORKER PROGRAM

THE HUMAN SERVICE WORKER PROGRAM is a full-time career-technical program in the Academic Division, offered as a 1-year Certificate and 2-year Diploma program, providing you with basic training for working in the social services. You can also take the courses on a part-time basis, either for credit towards the Certificate and Diploma, or for **general interest**. Some of the Certificate courses can also be taken on a modularized basis (one week out of each month).

With the HSW training, you could, among other possibilities, be a financial aide worker, a teacher's aide, a social service worker in a Band, a group home or community worker. And you can go on to the University of Victoria with credit obtained from the program and earn a Bachelor of Social Work degree.

To enter the full-time HSW program, you need to be interested in helping others, mature and responsible, at least 19 by graduation, complete the College and HSW applications, provide 2 letters of reference and proof of medical health, and come for an interview.

The following are the courses offered in 1982-83:

Level I (Certificate) (Fall and Spring)

HSW 153 — Human Growth and Development
HSW 155 - 156 — Community Services I and II
HSW 164 — Behaviour Management Skills
HSW 191 - 192 — Fall and Spring Practicum
Psychology 101 - 102

The following courses will be available to students in the modularized format in 1982-83 (as well as to the full-time students).

HSW 151 - 162 — Helping Communications I and II
HSW 163 (ECE 104) — Health and Nutrition (including College First Aid Certificate)
English 151 — Written Communications
HSW 166 — Working in Community Services

Level II (Diploma) (Fall and Spring)

HSW 251 - 262 — Helping Skills I and II
HSW 291 - 292 — Fall and Spring Practicum
Sociology 101 - 102
Abnormal Psychology 221
Clinical Psychology 222
Anthropology 102
3 University Transfer sections (electives)

For more information, see the College Calendar or contact the Registrar.

HSW INSTRUCTORS:

Jake Muller Sara Collinson Dora Fitzgerald
Telephone: 635-6511, local 255

HSW 153 — Human Growth and Development

The course offers a study of the growth and development of people, taking a lifespan approach — from pre-natal development to birth and infancy, to childhood, to adolescence, to adulthood, and to old age. Special focus will be placed on the role of the family in development, as well as the processes of birth and death. Growth is seen as an ongoing human process with different physical, emotional and social aspects at each age and phase. (3, 0, 0)

Instructor: Jake Muller

Time: Wed., 1:00 - 3:00 p.m.; Fri., 10:00 a.m. - 12:00 noon

HSW 155 — Community Services — Introductory

This course will introduce the student to the range of human services, both private and public, within the community. The development of human services will be examined from the historical context in which they originated and evolved to establish an understanding of the rationale for existing services. It will also look at the ongoing process of change which human services undergo reflecting the changing attitudes and priorities of our society. (3, 0, 0)

Instructor: Jake Muller

Time: Mon., 1:00 - 3:00 p.m.; Tues., 10:00 a.m. - 12:00 noon

HSW 191 — Practicum I

This course provides an introduction to the agencies and facilities that provide human services in the community. The emphasis is on firsthand field experiences with visits to a wide variety of community resources and meeting the professional personnel who provide the services. Each practicum day will include classroom seminars focussing on the student's role within the various agencies as practicum settings. (3, 6, 0)

Instructor: Sara Collinson

Time: Thurs., 9:00 a.m. - 12:00 noon

HSW 251 — Helping Skills

The student will develop interpersonal skills in helping relationships including advanced empathy, problem-solving and group leadership skills, with emphasis on specific applications and developing a conceptual framework. (3, 0, 0)

Instructor: Dora Fitzgerald

Time: Mon., 7:00 - 10:00 p.m.

HSW 291 — Practicum III

This course provides the opportunity for a practicum program geared to the special interests and learning needs of the student. It will allow for further development of interpersonal, group and community skills within the context of the practicum agency or service. Seminars, workshops and supervisory sessions with agency personnel and instructor will provide discussion feedback and assessment of student practicum performance. (3, 6, 0)

Prerequisite: Permission of Instructor

Instructor: Sara Collinson

Time: Thurs., 1:00 - 4:00 p.m.

Early Childhood Education

EARLY CHILDHOOD EDUCATION 101: Program Development I

An introduction to planning and development of programs for pre-school centres, principles of guidance, use of materials and equipment, routines of play. (6, 0, 0)

ECE 101A

Instructor: Larisa Tarwick
Time: Mon., 9:00 - 10:30 a.m.; Wed., 10:30 a.m. - 12:00 noon

ECE 101B

Instructor: Larisa Tarwick
Time: Thurs., 1:00 - 4:00 p.m.

EARLY CHILDHOOD EDUCATION 102: Curriculum Workshop I

An introduction to curriculum elements as related to child development; includes language, literature, art, music, science and social studies. (3, 3, 0)

ECE 102A

Instructor: Rosemarie Goodwin
Time: Mon., 10:30 a.m. - 12:00 noon; Wed., 9:00 - 10:30 a.m.

ECE 102B

Instructor: Rosemarie Goodwin
Time: Thurs., 9:00 a.m. - 12:00 noon

EARLY CHILDHOOD EDUCATION 104: Health and Nutrition

Methods of fostering sound health and nutrition practices in the young child. Special emphasis on day care and menu planning. Introduction to first aid and common childhood disorders. (3, 0, 0)

Instructor: Rosemarie Goodwin
Time: Tues., 7:00 - 10:00 p.m.

EARLY CHILDHOOD EDUCATION 125: Practicum I

Opportunities for observation and recording child behaviour. The student is exposed to a variety of education and care facilities for young children. A four-week practicum in which a student will model behaviours of a competent aide. (0, 6, 1)

ECE 125A

Instructor: Rosemarie Goodwin
Time: Tues., 9:00 a.m. - 12:00 noon

ECE 125B

Instructor: Rosemarie Goodwin
Time: Fri., 9:00 a.m. - 12:00 noon

EARLY CHILDHOOD EDUCATION 134: Introduction to Child Development

A study of child growth and development looking at ages and stages, and theories in the early years. Conception, pregnancy, birth through five years of age. Also, the class will examine and use a number of observation methods to develop a broad repertoire of data-collecting ideas. (3, 0, 0)

Instructor: Larisa Tarwick
Time: Tues., 1:00 - 4:00 p.m.



Women of the Northwest Needs Survey

Please return this form to Northwest Community College, 820 3rd Ave. West, Prince Rupert

- 1) Which mode of delivery do you prefer?
- 1) Individual workshops or seminars _____
 - 2) Series of workshops or seminars _____
 - 3) Mini-course (lasting 1 or 2 weekends) _____
 - 4) University transfer course in Women's Studies lasting 15 weeks _____
 - 5) Women's Studies component as part of traditional courses. For example, Women in Canadian History in Canadian History Course _____
 - 6) Other _____
- 2) Do you prefer _____
- afternoon courses _____
- evening courses _____
- 3) Do you need day care? Yes _____ No _____
- 4) Which type of course would you like to have offered in your area?
- Women in Canadian History _____
 - Women and Work — a socioeconomic examination of class stratification and sexual inequality _____
 - Women in Canadian Literature _____
 - Psychology of Women _____
 - Cross-Cultural Comparison of Women _____
 - Other _____
- 5) Workshops — Please indicate which ones interest you
- | | | |
|-------------------------------|-----------------------------------|------------------------------------|
| Creative Job Search _____ | Women and the Chip _____ | Killing Us Softly — Women _____ |
| Women and Communication _____ | (a look at technology) _____ | and Advertising _____ |
| Public Speaking _____ | Sexism — What is It — Where _____ | Leadership Skills _____ |
| Sexual Harassment _____ | is It — How to Cope _____ | Incest: The Victim Nobody _____ |
| Organizing a Collective _____ | Menopause _____ | Believes _____ |
| Being Happily Single _____ | Women and the Law _____ | How to Deal with Bureaucracy _____ |
| Women and Education _____ | Female Sexuality _____ | Women and Work _____ |
| Financial Management _____ | Women and Pensions _____ | Other _____ |
| Journal Writing _____ | Affirmative Action _____ | _____ |
| Violence Against Women _____ | Growing Older in Canada _____ | _____ |

Vocational and Trades Training

FULL-TIME COURSES

GENERAL MECHANICS (Continuous Intake)

This program has been restructured for the fall. The course has been organized into packaged modules of instruction to ensure maximum flexibility for individualized training.

The core program includes a series of modules common to all areas of specialization, such as safety, hand tools, etc.

Specialties

1. Core plus Automotive option
(College certificate in Automotive Repair)
2. Core plus Heavy Duty Module 1 option
(College certification in Heavy Duty)
3. Core plus Small Engine Repair option
(College certificate in Small Engine Repair)
4. Core plus Marine Engine Repair option which includes outboard, inboard/outboard, diesel engine
(College certificate in Marine Engine Repair)

General Mechanics: Completion of core plus Automotive, Heavy Duty and Small Engine Repair will provide a student with a General Mechanics certificate.

ELECTRONICS TECHNICIAN

This program is designed to provide students with the skills and knowledge necessary to enter a rewarding career in a variety of areas within the electronics field. The core of 26 weeks will provide training in the basics of electrical and electronics theory and related practical assignments. Over the next 16 weeks the student will receive training in stereo, colour TV, video systems servicing techniques, telecommunications, microprocessors, by instructional demonstrations, lectures and practical "hands on" experience.

PROFESSIONAL COOK TRAINING (Continuous Intake)

The objective of Professional Cook Training is to prepare students in all the basic skills necessary to gain employment in the hospitality industry. For students who have an interest in working with the general public and a desire for permanent gainful employment. Opportunities are plentiful for graduates.

- | | |
|-----------------------------|------------------|
| General Program | — 12 months |
| Camp Cooking Program | — 6 months |
| Short Order Cooking Program | — 3 months |
| Upgrading Program | — Up to 3 months |

FEES ON THE FOREGOING COURSES

Tuition	\$30.00
Tool or Book Deposit	50.00
Student Association	1.00 per month

MODULAR WELDING PROGRAM (Continuous Intake)

This course has been organized into package modules to ensure maximum flexibility for individualized training. Students enter the program on a continuous basis and progress at their own speed.

Module "C" is the first level of training and takes approximately 7 months. Module "B" will begin in the fall. Please see the College calendar for details.

MARINE EMERGENCY DUTIES (MED1)

A safety-oriented course for small engine vessel operators and crew. This course was designed by the Canadian Coast Guard (Ship's Safety Branch) specifically for the small boat operator and fisherman, and consists of the practical and theoretical application of life saving, survival, fire fighting and seamanship. An MoT certificate will be issued on completion of the course. Note: This certificate is a requirement for the Fishing Master III-IV certificate of competency.

Fee:	\$40.00
Duration:	4-5 days, offered dependent upon student registrations

For further information, contact your local centre or Captain Ben West, Prince Rupert, 624-6054.

BUSINESS EDUCATION PROGRAMS

BUSINESS CAREERS

Courses begin on the first Monday of every second month beginning September 7, 1982. Courses are offered in:

Clerk-Typist	— 4-6 months
Clerk Bookkeeper	— 4-6 months
Accounting	— 9-11 months
Medical Steno	— 10 months
Legal Steno	— 10 months
Industrial Records & First Aid	— 5 months

FEES

Tuition	\$30.00
Book or Tool Deposit	25.00
Student Association	1.00 per month

BUSINESS ADMINISTRATION

(9-month programs beginning September 7, 1982.)

- 1 Year Certificate
- 2 Year Diploma

FEES

Tuition	\$30.00
Student Association	1.00

FOR MORE DETAILED INFORMATION ON ALL VOCATIONAL COURSES, PLEASE REFER TO THE COLLEGE CALENDAR OR CONTACT THE VOCATIONAL DIVISION

EVENING COURSES

TRADES

AIR BRAKES

To prepare drivers for a written and practical test on the operation and maintenance of air brake systems for either on-highway or off-highway vehicles. Successful completion will give a driver's licence air endorsement. Those taking off-highway exams will be required to pay the Ministry of Transport an examination fee.

Starting Dates: Sept. 20, Oct. 18, Nov. 15
Time: Mon. & Wed., 7:00 - 10:00 p.m.
Fee: \$45.00
Place: Room 111, Shops Building
Total Hours: 24 each course

BASIC WELDING

For trades workers who require some welding skills for their jobs. Both oxy-acetylene and electric arc welding are taught.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 10:00 p.m.
Fee: \$150.00
Place: Room 107, Shops Building
Total Hours: 72

BASIC CABINET CONSTRUCTION

This program covers the basic operations of hand and power tools as used in the construction of kitchen and bathroom cabinets. This course also covers the construction of drawers and doors for cabinets and the application of arborite materials.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$45.00 plus supplies
Place: Carpentry Shop
Total Hours: 30

BASIC HOUSE FRAMING

This course covers the basic theory of house framing and includes the knowledge required to lay out floors, walls, rafters, stairs and concrete forms. This is mainly a classroom course and includes limited shop time.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$45.00 plus book
Place: Room 107, Shops Building & Carpentry Shop
Total Hours: 30

SMALL ENGINES

Two-cycle and four-cycle engines are covered, with an emphasis on boat applications. Items of study will include engine components, lubrication, carburetors, ignition, storage of engines, charging systems and power transmission.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 10:00 p.m.
Fee: \$90
Place: Marine Engine Shop
Total Hours: 60

LOG HOUSE BUILDING

A course in the skills required to form a log house. Content: Use of tools, layout, roof systems, finishing, scribing notches, V grooves, blueprint reading, preparing for roof structure.

Starting Date: Oct. 7
Times: Thurs., 7:00 - 10:00 p.m.;
Sat. & Sun., 9:00 a.m. - 6:00 p.m.
Fee: \$142.50 plus supplies
Classroom: Room 108, Shops Building
Enrollment: 12 students maximum
Total Hours: 95

ELECTRONICS

ELECTRONICS COURSES

The number of hours listed for each course are averages and some students may require more or less time. Students will work at their own rate and, after payment of a basic fee of \$75.00 for 50 hours of instruction, will be charged \$1.50 for each additional hour. Students may work consecutively through several courses at \$1.50 per laboratory hour after paying the basic fee.

These courses are Heath Continuing Education self-study programs containing numerous lab experiments and unit tests as well as 33½ rpm introductory records. In some areas, supplementary lessons have been added.

A pre-test for any of the above courses will establish prerequisites. The pre-test and the final exam for each course all consist of 50 multiple-choice questions and require a 60% score to pass. Courses are conducted concurrently and students may study at their highest level of qualifications.

All Electronics Courses:

Start: Sept. 20
Time: 7:00 - 10:00 p.m.
Days: Mon. & Wed.
Place: Electronics Lab, Shops Building

1. DC Electronics

No prerequisite required other than a knowledge of algebra. Discusses matter, atoms, current flow, voltage, drops, series and parallel circuits, magnetic fields, meters and their use, 20 lab experiments.

Fee: \$75.00
Total Hours: 50

2. AC Electronics

Prerequisites — Course 1 or equivalent knowledge. Discusses wave forms, period, frequency, AC meters, oscilloscope, series and parallel circuits. RC filters, phase shifts, reactance, vectors, transformers, trigonometry, resonance, 8 experiments. Supplementary lessons — vector algebra (complex numbers as applied to AC circuits).

Fee: \$75.00
Total Hours: 50

3. Semiconductor Devices

Prerequisites — Courses 1 and 2 or equivalent knowledge. Discusses diodes, zener diodes, bipolar transistor operation, field effect transistor operation, thyristors, unijunction transistors, special diode circuits, integrated circuits, optoelectronic devices and applications, 11 experiments. Supplementary information — bipolar transistor parameters.

Fee: \$75.00
Total Hours: 50

4. Electronic Circuits

Prerequisites — Courses 1 to 3 or equivalent knowledge. Discusses amplifier functions and configurations, classes of operation, audio, video, RF, IF amplifiers, voltage amplifiers, voltage regulation, power supplies, oscillators, RC wave shaping circuits, AM, FM, SSB, modulation, extensive use of meters and oscilloscopes to perform 18 experiments.

Fee: \$112.50
Total Hours: 75

5. Advanced Digital Techniques

Prerequisites — Courses 1 to 4 or equivalent knowledge. Discusses TTL, ECL, CMOS, PMOS, NMOS integrated circuits, SSI, MSI and LSI, ROM'S, AND PLA's microprocessors and microcomputers. Designing logic circuits through the use of truth tables, Boolean algebra and Karnaugh mapping. Also includes flip-flops and registers, sequential and combinational logic circuits, frequency counters. There will be 24 experiments.

Fee: \$150.00
Total Hours: 100

6. Microcomputer and Microprocessor

Prerequisite — Advanced Digital Techniques. The course contents are as follows: Number Systems and Codes, Microcomputer Basics, Executing Programs, Addressing, Boolean Algebra, Computer Arithmetic, including Two's Complements. Introduction to Programming, Branching, Conditional Branching, Algorithms, the 6800 Architecture, Instruction Set, Addressing Modes, Stack Operation, Sub-routines, Interrupts, Programming Experiments, Straight Line, Arithmetic and Logic Instructions, Address Modes, Stack Operations and Sub-routines, Interfacing Experiments, include Memory Circuits, Clock, Addressing, Decoding, Data Output, Data Input, Peripheral Interface Adaptor, Audio Output, Key Marris and Parallel-to-Serial, D/A and A/d Conversions.

Fee: \$225.00
Total Hours: 150



7. Telecommunications & Digital Techniques Upgrading

This course is designed specifically for persons working in telecommunications. Course content: Communications Fundamentals; Noise and Bandwidth; Amplitude Modulation; AM Transmission; AM Reception; Single Sideband Communications; Angle Modulation; Frequency Modulation Transmission; FM Reception; Communications Techniques; Digital Techniques; Pulse Modulation; Digital Communications; Antennas; Communications Systems; Television; Introduction of Video Tape Recorders; Microwave Techniques — General Carrier; Microwave Techniques — Satellite Systems; Microwave Techniques — Radar Theory; Microcomputer — A 6800 Base System; Calculus.

Copies of the detailed course outline are available from the College on request.

Starting Date: Sept. 21.
First semester 13 weeks, Sept. 21 - Dec. 16;
Second semester 17 weeks, Jan. 11 - May 7, 1983.
Time: Tues. & Thurs., 6:30 - 9:30 p.m.
Fee: \$450.00 plus books. \$195.00 payable on Sept. 21 and \$255.00 on Jan. 11, 1983
Place: Electronics Classroom, Shops Building
Duration: 180 hours

BUSINESS

Accounting 101 Prerequisite

A course designed for people without previous Commercial training or experience, or for people who have been out of school for several years. This course covers the operation of a ten-key adding calculator, business arithmetic and record keeping. It is recommended that students complete this course before taking ACCT 101.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 9:00 p.m.
Fee: \$60.00 plus books
Place: Room 113, Administration Building
Total Hours: 40

Vocational Mathematics

This course is oriented towards Business and Trades people. It is designed to help those who need a refresher course or who have specific problems with shop or business mathematics. It will cover fractions, decimals, percentage, measurement, problem solving and metrication.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 9:00 p.m.
Fee: \$60.00
Place: Room 202, Administration Building
Total Hours: 40

Typing for Beginners

This is a course for persons who have never used a typewriter before. Students will be taught the keyboard and begin learning the many specialized applications of typewriting. Speed development and timing will be emphasized.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 9:00 p.m.
Fee: \$60.00 plus book
Place: Room 111, Administration Building
Total Hours: 40

Advanced Typewriting

More complex routine typewriting functions are studied in this course. Students will begin the Northwest College assignment requirements for T101. Completion carries credit towards a College Certificate. A transcript will also be issued to successful students. Prerequisite: Typing for Beginners or considerable experience to be assessed by the Instructor.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 9:00 p.m.
Fee: \$60.00
Place: Room 106, Administration Building
Total Hours: 40

Commercial Law (BLAW 150)

This course will examine the law related to everyday business situations. Topics for study include: Introduction to Law; Contracts; Sale of Goods and Consumer Protection; Secured Transactions and Creditor's Rights; Agency and Partnership; Corporations; Torts and Insurance; Real Property; Labour Law; Tax Legislation. Completion of this course carries credit towards a Northwest College Business Certificate and the Society of Management Accountants.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$90.00 plus books
Place: Room 217, Administration Building
Total Hours: 60

Principles of Business Management (MGMT 150)

An introductory course in the principles and practices of management designed for those who are developing an interest in management and for those whose careers may be advanced by additional training or a refresher course. Areas of study will include: Organizing; Budgeting; Planning; Scheduling; Motivation; Coordinating; Regulating; Deciding and Leadership. Completion of the course carries credit towards a Northwest College Business Certificate.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$90.00 plus books
Place: Room 108, Administration Building
Total Hours: 60

Bookkeeping (ACCT 101)

This is an introductory course in the fundamentals of bookkeeping. It is identical to our regular day course and requires a considerable number of home assignments. Routine profit and loss, balance sheets and payroll calculations are included. Completion of this module carries credit towards a Northwest College Business Certificate. Students should have access to a ten-key adding machine.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$90.00 plus book
Place: Room 113, Administration Building
Total Hours: 60

Bookkeeping (ACCT 102)

Students who have previously completed ACCT 101 may enroll for ACCT 102, which is also identical to our day program. Areas of study will include: Accounts Payable; Accounts Receivable; Cash Flow; Bank Reconciliation; Promissory Notes and Adjustments. Completion of this module carries credit towards a Northwest College Business Certificate.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$90.00 plus book
Place: Room 113, Administration Building
Total Hours: 60

Introduction to Computers

This course is intended for people who have little or no experience with computers. The object is to introduce the student to computers, their use and limitations. The student should complete the course with the ability to feel comfortable in a computer environment and to do elementary programming in the BASIC language. The course includes substantial "hands-on" computer experience.

Starting Date: Sept. 20
Time: Mon. & Wed., 7:00 - 9:00 p.m.
Fee: \$70.00 plus books
Place: Computer Lab, Room 109
Enrollment: 12
Total Hours: 40

Business Data Processing (DATA 150)

This course will provide students with sufficient knowledge of data processing, computers and management information systems to prepare them for a successful working relationship with such systems in their future careers. Specific topics include: principles of data processing, programming in the BASIC language, survey of hardware and software, survey of applications of modern computerized information systems in organizations. Completion of this module carries credit towards a Northwest College Certificate and The Society of Management Accountants of B.C.

Starting Date: Sept. 21
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$105.00 plus books
Place: Computer Lab, Room 109
Enrollment: 12
Total Hours: 60

COOKING

Meat Cutting

The fundamentals of meat cutting. Includes sharpening and maintenance of various knives, sanitation and the actual cutting of meat. Enrollment is limited to 10 students.

Starting Dates: Sept. 20, Oct. 25
Time: Mon. & Wed., 7:00 - 10:00 p.m.
Fee: \$45.00
Place: Cafeteria
Total Hours: 30

Cake Decorating, Beginner

Covers all basic concepts of cake decorating. Border Design; Flowers, Tube Writing; Sugar Molds; Fundamental Decorating Techniques; Special Techniques. Enrollment limit: 10 students.

Starting Dates: Sept. 21, Oct. 26
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$45.00 plus supplies
Place: Cafeteria
Total Hours: 30

HEALTH

Survival First Aid

Emergency care of an injured person pending the arrival of qualified first aid or medical personnel. Courses offered on Saturdays when sufficient applications have been received, and are open to those employed where certification is relevant or to students in vocational courses.

Starting Dates: Sept. 25 and each Saturday following to satisfy demand. 12 students maximum.
Time: Sat., 9:00 a.m. - 6:00 p.m.
Fee: \$20.00, including examination
Place: Room 215, Administration Building
Total Hours: 8

Basic First Aid

Instructional areas: WCB Survival First Aid, pressure points, slings, transportation, poison, diabetes, epilepsy, heart attack (no CPR), eye examination and obstructed airway. Successful students receive a WCB Survival First Aid Certificate and a College First Aid Certificate.

Starting Dates: Sept. 21, Oct. 12
Time: Tues. & Thurs., 7:00 - 10:00 p.m.
Fee: \$25.00
Place: Room 215, Administration Building
Enrollment: 12 students maximum
Total Hours: 15

CPR PROGRAMS

Cardiopulmonary Resuscitation is one part of basic cardiac life support program developed by the Canadian Heart Foundation and directed in B.C. by Emergency Health Services Commission (EHS).

Heartsaver

This is a four-hour (minimum) course for anyone who has never had CPR instruction. It includes:

- Risk factors in Heart Disease
- Signs and symptoms of heart attack and choking
- The technique of one-person CPR
- The technique of managing a conscious person choking

Starting Date: Mondays, beginning Sept. 20. Courses will be held as registrations accumulate.

Time: 6:00 - 10:00 p.m.
Fee: \$20.00
Place: Room 215, Administration Building
Enrollment: 12 students maximum (2 instructors)

CPR Basic I Course

This is an eight-hour (minimum) course for persons with previous CPR training or health care workers. It will include:

- Heartsaver content
- Two-person CPR
- Unconscious victim choking procedures
- Infant CPR and management of choking
- Written exam
- Pre-reading material given out at registration time
- Students may certify at Basic II Level if the required tape is produced.

Starting Date: Tuesdays, beginning Sept. 21. Courses will be held as registrations accumulate.

Time: Tues. & Thurs., 6:00 - 10:00 p.m.
Fee: \$25.00
Place: Room 208, Administration Building
Enrollment: 12 students maximum (2 instructors)

CPR Basic I and II Re-certification

Is it time to update and re-certify your CPR skills? This five-hour course is for persons certified in Basic I or II over the last 12 months, who need re-certification. Please phone the College for additional information. Re-certification is also available for Heartsaver.



Health Continuing Education

The role of Health Programs in the Continuing Education Division at NWCC is:

1. To provide for continuing education which attempts to both maintain and upgrade the standards of the broad spectrum of health worker, both professional and paraprofessional, in the whole of the College region, such as nurses, social workers, counsellors, homemakers, dental assistants, long-term care aides, etc.
2. To provide consultative and planning assistance for the ongoing educational needs of community health support groups such as Foster Parents, Diabetes Society, etc.
3. To act as a consultant to CES Coordinators in each centre of NWCC with regard to preventive health courses for the general public.

It is preferable to use local professional instruction wherever possible, and in this regard, any health professional in the area who would like to share his/her expertise in any field to teach a continuing education program is invited to contact the coordinator for Health Continuing Education, EMILY ROZEE, at the College Centre in TERRACE, 635-6511, local 277.

A FEW PROGRAMS IN THE PLANNING STAGES FOR FALL INCLUDE:

Professional Development

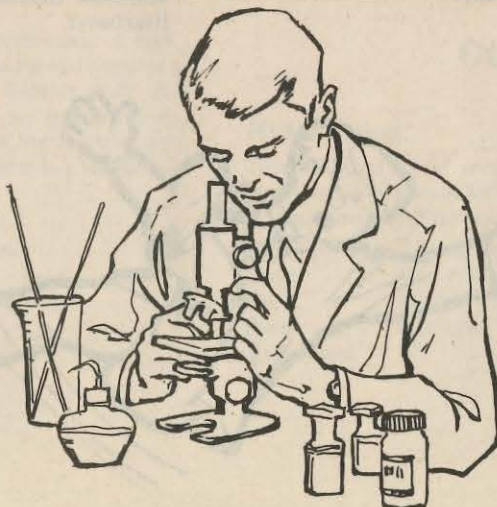
1. Dealing with the Alcoholic Client — Prince Rupert and Terrace
2. Palliative Care — Smithers
3. Coronary Care — Queen Charlotte Islands
4. Crisis Counselling — Terrace
5. RN Refresher (1983)

“MEMO TO ALL NURSES IN THE NORTHWEST COMMUNITY COLLEGE REGION”

Northwest Community College would like to know the number of nurses in the Northwest Community College region who would be interested in a self-study RN Refresher Program which would include 10 weeks directed study with tutorial assistance and 5 weeks practicum in a local hospital, with RN Preceptors. This course would be directed towards nurses who have been out of practice for a few years, and would like to re-enter nursing. You must be eligible for registration with the RNABC.

If you are interested, please leave your name, address and telephone number at your local College Centre or with:

EMILY ROZEE, Coordinator, Health Continuing Education
Northwest Community College, P.O. Box 726
5331 McConnell Avenue, TERRACE, B.C., V8G 4C2
PHONE: 635-6511, local 239





Community Education Services

COPING WITH INFLATION

Have you experienced the day-late, dollar-short syndrome lately? During these hard economic times, NWCC is eager to give **you** the necessary tips, insights and knowledge that will help you regarding your basic concerns of housing, finances and food.

Community Education Services will be programming a day-long seminar in October, utilizing provincial agencies and local businesses to provide you with pertinent information in helping your stretch your dollars. Some of the topics to be covered include: mortgages, landlord/tenant laws, money management, budget, shopping on a limited budget, how to get your \$\$\$'s worth, and much more!

Child care may be provided at a charge of \$1.00 per child, so please let us know ASAP your intention of attending this FREE informative lecture.

For further information, Please contact Karen Birkedal, 635-6511, local 238, or watch your local newspapers for further details.

Let's work together and help beat the high cost of living.



MIXOLOGY FOR THE HOME BARTENDER

Just in time for the holiday season! This home bartending course will teach you to correctly prepare 50 cocktails, and instruct you in the etiquette and knowledge of wines. Class enrollment is limited, so pre-register now.

Instructor: Andrew Watson
Location: NWCC
Date: Mon. & Wed., Sept. 27 - Oct. 18
Time: 7:30 - 9:30 p.m.
Fee: \$20.00

CERAMICS (RAKU) WEEKEND WORKSHOP II

This workshop will provide emphasis on one's internal physical and emotional balance and how it influences one's clay expressions. Workshops will cover basic skills to allow a range of expression, and attention will be paid to the importance of integrating form and decoration.

Instructor: Denys James, Emily Carr College of Art
Location: 4005 Benner
Dates: Sept. 24, 25, 26
Time: TBA
Fee: \$30.00 plus materials

POWER CHAIN SAW SAFETY AND MAINTENANCE

Essential information if you intend to buck your own firewood. Chain filing, routing maintenance and safety practices in a comprehensive two-evening course including theory and practice. Enrollment is limited to 15 participants.

Instructor: Colin Orbell
Location: NWCC, Room 206
Dates: Tues. & Wed., Sept. 21 & 22
Time: 7:30 - 9:30 p.m.
Fee: \$10.00

PRINTMAKING (Silkscreen) WEEKEND WORKSHOP

The focus of this workshop is to introduce students to the screen printing process by means of an illustrated discussion, some reading materials, demonstration, instruction on a one-to-one basis and group evaluation. Ideal for beginners and all levels.

Instructor: Richard Reid
Location: NWCC
Dates: Fri., Sat. & Sun., Nov. 5, 6 & 7
Time: TBA
Fee: \$30.00 plus materials.

QUIT SMOKING CLINIC

Northwest Community College is offering this course to enable you to finally "Kick the Habit". Films, slides, discussion group support, and HELP based upon the Five-Day Quit Smoking Plan. Learn how to control your desire to smoke.

Instructor: Dr. Dean Burtch
Location: 200 - 4619 Park Avenue
Dates: Mon. - Fri., Oct. 18 - 22
Time: 7:00 p.m. - 9:00 p.m.
Fee: \$10.00

CONVERSATIONAL SPANISH

This course emphasizes the basic vocabulary and phrases required for travel purposes. For those interested in pursuing further study in pronunciation and grammar on their own, the instructor will be happy to assist you. Workbook provided.

Instructor: Leydi Noble
Location: Caledonia School
Dates: Mon. & Wed., Sept. 27 - Dec. 6
Time: 7:30 - 9:30 p.m.
Fee: \$30.00

WINTERIZE YOUR YARD AND GARDEN

This course is designed to help you prepare your trees and shrubs for winter. Topics to be covered include: compost, bulbs, roses, perennials, annuals, your root cellar, and storage of vegetables and herbs.

Instructor: Jack Atkinson
Location: Room 208, NWCC
Dates: Tues., Sept. 21 - Oct. 5
Time: 7:30 - 9:30 p.m.
Fee: \$10.00

WOODSTOVE INSTALLATION

Putting in a woodstove? Help make it safe. This course is designed to give practical information to the homeowner of the economics of converting to wood, fuel types, principles of combustion and heat transfer, creosote, fireplaces, B.C. building regulations and much more! Class workbooks will be available from the instructor at a cost of \$5.75 each.

Instructor: Finn Larsen
Location: NWCC, Room 206
Dates: Mon. & Tues., Oct. 4 & 5
Time: 7:30 - 9:30 p.m.
Fee: \$10.00

WHOLISTIC HEALTH WORKSHOP

This workshop is designed as a basic introduction to the practice of wholistic health. The workshop will focus upon nutrition and diet, usage of herbs, your anatomy, and a demonstration of the science of Kinesionics.

Instructor: Bob VanHorlick
Location: Terrace Public Library (Downstairs)
Date: Tues., Sept. 21
Time: 6:00 - 10:00 p.m.
Fee: \$13.00

NUTRITION AND VEGETARIAN COOKING

Tired of the same old thing — meat and potatoes? Want to learn how to cook exciting, innovative dishes? This course will teach you to prepare wholesome, balanced meals with proper vitamins and minerals, and you will save on grocery bills at the same time.

Instructor: Dawna Ganson and Elaine Duncan
Location: Caledonia School
Dates: Mon., Oct. 18 - Nov. 15
Times: 7:00 - 9:00 p.m.
Fee: \$30.00

DEFENSIVE DRIVING COURSE

Learn to drive defensively, cope with adverse road conditions and avoid accidents caused by other drivers' mistakes. This is a classroom course involving theory and films to show you the techniques to "accident-proof" yourself. DDC certificate is awarded upon completion of course.

Instructor: Robert Kidd
Location: NWCC, Room 208
Dates: Mon., Oct. 18 - Nov. 8
Time: 7:00 - 9:00 p.m.
Fee: \$10.00 plus \$5.00 material fee

A SPECIAL THANK YOU

This goes to all the school maintenance personnel, support staff and School District 88 officials for their kind cooperation in letting us utilize school and facilities this past year. It helps make Community Education programs possible. Thanks.

People's Law School

The People's Law School is a non-profit society providing FREE public legal education for the public. These programs are not intended to provide individual legal advice, but rather to help **you** to learn more about the laws that govern us and our rights and responsibilities.

PLS provides you with accurate, unbiased information on legal procedures, issues and new legislation. Familiarity with the law enables **you** to understand your own legal problems and deal more effectively with the judicial system.

NWCC is offering the following courses this fall. Come join us!

WELFARE RIGHTS AND GAIN LEGISLATION

A course designed to focus on understanding eligibility; G.A.I.N.; rates, special allowances; extra earnings; appeal procedures and fraud; and how to deal with problems. Enrollment is limited, so please phone 635-6511, local 238, to **pre-register**.

Location: Kermode Friendship Centre
Date: Mon., Oct. 18
Time: 7:30 - 9:30 p.m.

SEPARATION AND DIVORCE

This course will focus on understanding legal separation; separation agreements; divorce procedure; child custody and access; division of property; the role of lawyers and the courts. Enrollment is limited, so call 635-6511, local 238, to **pre-register**.

Location: Kermode Friendship Centre
Date: Mon., Nov. 15
Time: 7:30 - 9:30 p.m.

MARRIAGE THAT CAN WORK

This short course is for anyone interested in a healthy marriage or a meaningful relationship. Each requires hard work. Topics include:

- 1) Definition of a meaningful marriage
- 2) Goals — realistic or "pie in the sky"
- 3) The role of our past in the present
- 4) Listening and talking skills

Instructor: Dennis Boyd, psychologist. Dennis Boyd is a psychologist who is committed to the institution of marriage and sees it as a potentially liberating and growthful experience. He counsels couples in conflict and works as a consultant-trainer for groups interested in relationship skills.

Location: NWCC, Room 208
Date: Tues., Oct. 12
Time: 7:00 - 10:00 p.m.
Fee: \$10.00 each or \$15.00 a couple. Pre-registration is required. Enrollment limited to 25.

A CHILD AND DEATH

This course will consider the concept of death as seen by both the healthy and the dying child. Practical suggestions will be made about how to deal with the topic and skills should be enhanced. The course is open to anyone with any interest in the topic: family members, health care workers, professionals, teachers, anyone who will be visiting children, etc.

Objectives: Participants will have an opportunity to learn:

- how children understand death
- skills to help normal children accept death and dying children with dying
- parental support — how to give and get it

Instructor: Denis Boyd is a consulting psychologist in private practice. He is founder of "Pilgrimage", an organization of lay people who visit the dying.

Location: NWCC, Room 208
Date: Wed., Oct. 13
Time: 7:00 - 10:00 p.m.
Fee: \$10.00 (includes handouts & coffee)

For more information on the above courses, contact **EMILY ROZEE**, Coordinator, Health Continuing Education, NWCC — 635-6511, local 239.

MARRIAGE PREPARATION

An excellent opportunity to share feelings and ideas as a couple. You will participate in a wide range of subjects including: communication skills, conflict resolution, finances, leisure time, sexuality and much more! This course is not designed to advise, criticize or ridicule, but to teach you **skills** and relay pertinent information that you will use and practise in YOUR primary relationship. Ideal for **any couple** regardless of their marital status.

Northwest Community College is eager to again offer this positive, worthwhile experience. For more information, please contact the College at 635-6511, local 238.

"I've certainly learned how to listen to my partner and actually hear what he has to say."
"You can express my feelings to my partner more freely, exciting."
"Positive, optimistic, and this course is really great."
"I will recommend this course to singles and married friends."
"Worth attending."

"Before this course I wasn't communicating very well with my partner."
"Excellent."
"If I know of any couple who are getting married, I will recommend this course."
"Opened up my mind and made me realize how much couples lack communication."
"It helped me understand that communication is the BIG point to a good marriage."

MIGRAINE CONTROL WORKSHOP

This workshop is designed to assist the medically diagnosed migraine sufferer. Simple and effective relaxation and biofeedback exercises are taught. These help reduce migraine pain and help identify personal triggers of migraine. You will be given practical instruction on how to do the exercises and on how to control the migraine triggers.

Instructor: Dr. John Marton, Registered Psychologist
Location: NWCC, Room 208
Dates: Thurs. & Fri., Sept. 23 & 24
Time: 7:00 - 10:00 p.m.
Fee: \$30.00 includes \$10.00 biofeedback device which you take home.



Federal Business Development Bank **Banque fédérale de développement**

The Federal Business Development Bank and Northwest College are co-sponsoring the following seminars.



MANAGING YOUR OWN BUSINESS

Avoid costly mistakes others have made by learning the ins and outs of marketing your own product, setting up your own books and how to take advantage of tax benefits.

This course will teach you the advantages and disadvantages of sole proprietorship, partnership and incorporation.

Instructor: John Campbell
Location: NWCC, Room 208
Dates: Mon. & Wed., Nov. 29 & Dec. 1
Time: 7:30 - 10:00 p.m.
Fee: \$20.00 (includes materials)

AN INTRODUCTION TO SMALL BUSINESS BOOKKEEPING

This course will focus on the practical aspects of bookkeeping, with an emphasis on immediate application — in short, it takes the mystery out of bookkeeping.

You will learn how to:

1. Set up journals
2. Record transactions
3. Post to the general ledger
4. Prepare worksheets
5. Prepare financial statements

This training event is intended for individuals considering a small business venture as well as those currently engaged in a small business.

Instructor: John Campbell
Location: NWCC
Dates: TBA — Total 6 hours (2 evenings)
Time: TBA
Fee: \$45.00

For further information, call Karen Birkedal, Coordinator Continuing Education NWCC, 635-6511, local 238.

SUPERVISORY MANAGEMENT TRAINING

The Management Skills for Supervisors program is currently being offered throughout the College region. We offer a broad range of courses in various topics, e.g.:

- Effective Written Communications
- Time Management
- Basic Instruction Techniques, etc.

We can arrange for seminars and workshops in a variety of topics that will meet employee training requirements in industry/business, including government agencies, private and public corporations, professional and volunteer organizations and individuals.

Why not call us at 635-6511, local 245, and let us assist in meeting your employee training needs.

AN OVERVIEW OF THE EMPLOYMENT STANDARDS ACT

Employers: Are you aware of the requirements of the Employment Standards Act? Concerning "just cause", severance pay, annual vacation, hours of work, overtime. Focus is on NON-UNION SHOPS.

Employees: Are you aware of your rights at your place of employment? Annual vacation, pay in lieu of notice, maternity leave, overtime. If you are not — then plan to attend.

A free seminar at NWCC to advise you of these obligations and rights.

Instructor: Edna Foresman
Location: NWCC, Room 208
Date: Wed., Oct. 20
Time: 7:00 - 10:00 p.m.

AN OVERVIEW OF THE LABOUR CODE OF B.C.

This overview is ideal for management personnel, trade union reps, interested employees or other persons.

Topics to be highlighted include application for certification, unfair labour practices, union failing to represent trade union members. Discussions and questions.

Full day follow-up for interested parties.

Instructor: Edna Foresman
Location: NWCC, Room 208
Date: Wed., Oct. 27
Time: 7:00 - 10:00 p.m.

FOR MORE INFORMATION REGARDING THESE SEMINARS, PLEASE CONTACT AUDUN BIRKEDAL, 635-6511, local 245.

R.E.M. LEE THEATRE

BOX 460, TERRACE, B.C., CANADA V8G 4B5
PHONE (604) 635-2101

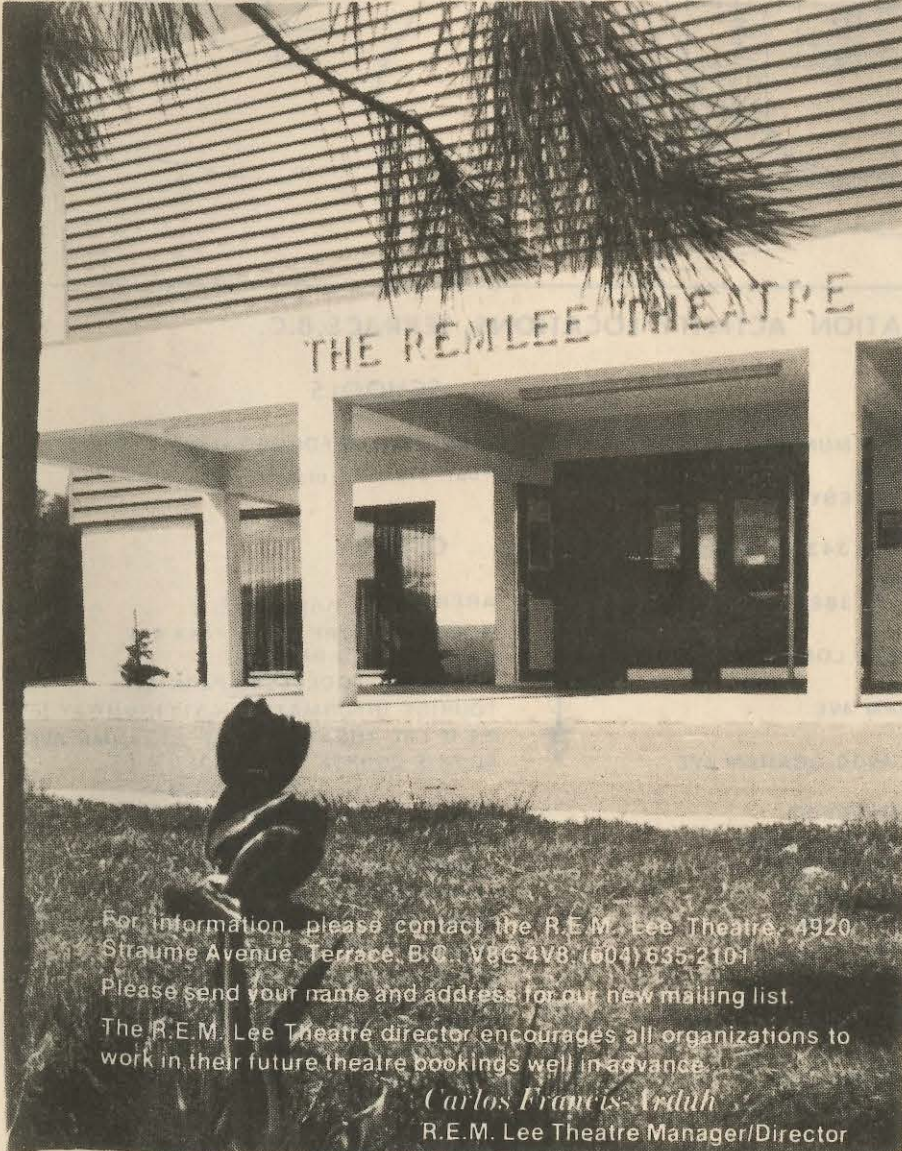
HIGHLIGHTS 1982-83

1982

- September 30
Teachers' Conference
- October 1
School District #88 Conference
- October 8
A Touch of Brass — School Performance
- October 9
A Touch of Brass — Open to Public
- October 15, 16, 17
World Wide Pictures — "Jony, A True Story"
- October 23
Randy Raire Reish
- October 30
Mulberry Senior Jazz Band
- November 5
Susana Singer (Pianist) Concert
School Performance
- November 6
Susana Singer Concert —
Free to the Public
- November 8
Susana Singer Concert —
School Performance
- November 13
Symphony Canadiana
- November 21
Irish Rovers
- November 27
Co-op Talent Show

1983

- January 21
Walter Hautzig (Pianist)
- January 22
Co-op Talent District Final
Show
- February 8, 9, 10, 11
Chinese Magic Circus of
Taiwan
- March 5
Quintette Hindemith from
Chile — Open to General
Public
- March 7
Quintette Hindemith — School
Performance
- March 12
Paula Ross Dance
- March 14 to 26
Pacific Northwest Music
Festival
- April 16
Bell Canto Quartet — Open to
General Public
- April 19
Bell Canto Quartet — School
Performance
- April 22
Dance Review '83



THE REM LEE THEATRE

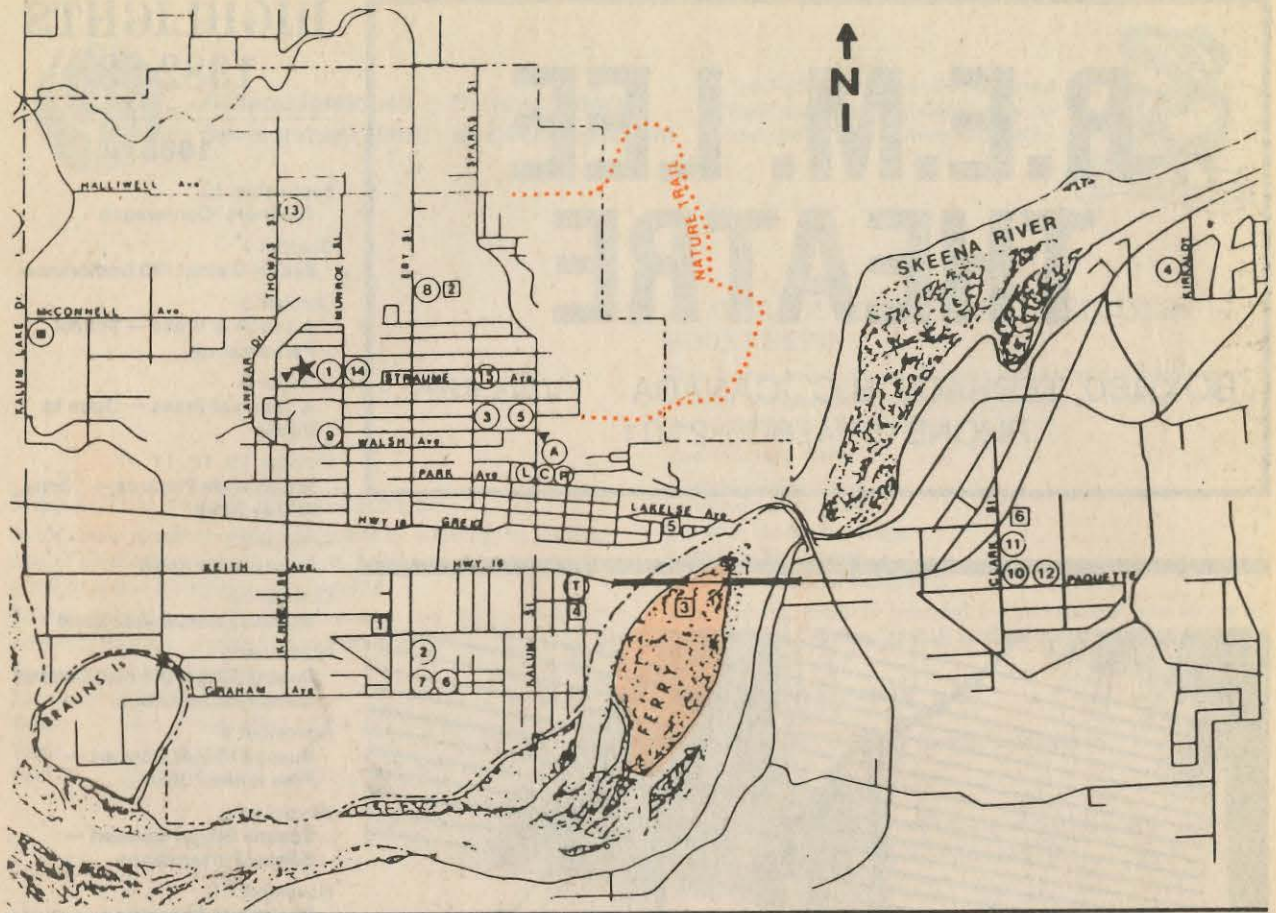
For information, please contact the R.E.M. Lee Theatre, 4920
Straume Avenue, Terrace, B.C. V8G 4V8, (604) 635-2101.

Please send your name and address for our new mailing list.

The R.E.M. Lee Theatre director encourages all organizations to
work in their future theatre bookings well in advance.

Carlos Francis Arduh

R.E.M. Lee Theatre Manager/Director



RECREATION ACTIVITY LOCATIONS, TERRACE, B.C.

SCHOOLS

SCHOOLS

- ① CALEDONIA Sr. HIGH, 3605 MUNROE ST.
-ball diamonds, soccer field
- ② CASSIE HALL ELEM., 2620 EBY ST.
-ball diamond, soccer field
- ③ CLARENCE MICHIEL ELEM., 3430 SPARKS ST.
-ball diamond, soccer field
- ④ COPPER MOUNTAIN ELEM., 3883 KIRKALDY ST.
-ball diamond, playground
- ⑤ E.T.KENNEY PRIMARY, 4620 LOEN AVE.
-ball diamond, playground
- ⑥ JACK COOK, 4720 GRAHAM AVE.
-playground
- ⑦ KITI K'SHAN PRIMARY, 4730 GRAHAM AVE.
-playground
- ⑧ PARKSIDE PRIMARY, 3824 EBY ST.
-ball diamond, soccer field, playground
- ⑨ SKEENA Jr. HIGH, 3411 MUNROE ST.
-soccer fields, ball diamonds & track
- ⑩ THORNHILL ELEM., 2906 CLARK
-ball diamond, soccer field
- ⑪ THORNHILL Jr., 3120 HIGHWAY 16 E
-ball diamond, soccer field
- ⑫ THORNHILL PRIMARY, 3860 PAQUETTE AVE.
-playground
- ⑬ UPLANDS ELEM., 4110 THOMAS ST.
-ball diamond, soccer field, playground
- ⑭ VERITAS, 4836 STRAUME AVE.
-playground

- ⑮ CHRISTIAN REFORMED, 3602 SPARKS
-ball diamond, playground

OTHERS

- A ARENA, 3320 KALUM ST.
- C WOMEN'S CENTRE, 4542 PARK AVE.
LIBRARY, 4610 PARK AVE.
- L SWIMMING POOL, 4540 PARK AVE.
- P TOURIST INFORMATION, 4511 HIGHWAY 16 W
- T R.E.M. LEE THEATRE, 4902 STRAUME AVE.
TENNIS COURTS, 3320 KALUM ST.
3614 THOMAS ST.
- 1 AGAR PARK, 4800 BLK. AGAR AVE.
-3 ball diamonds, playground
- 2 CHRISTY PARK, 3800 SPARKS ST.
-ball diamond
- 3 FERRY ISLAND, 4400 HIGHWAY 16 E
-campground, X-country ski trail
- 4 ROTARY PARK, 2800 CRAMER ST.
-ball diamond, playground, picnic tables
- 5 RIVERSIDE PARK, 3216 BONSPIEL CRES.
-ball diamond, BMX track
- 6 LIONS PARK, 3100 BLK. HIGHWAY 16 E
-rodeo grounds
- N.W. COMMUNITY COLLEGE, 5330 McCONNELL
-soccer field