

**NORTHWEST
COMMUNITY
COLLEGE**

1983 SPRING PROGRAMS



TERRACE PARKS & RECREATION DEPARTMENT

OFFICE:

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

MAILING ADDRESS:

#5 - 3215 Eby Street, Terrace, B.C., V8G 2X6

YOUR RECREATION STAFF:

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

TERRACE ADVISORY RECREATION COMMISSION

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 7:30 p.m. on the 3rd 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 recommendations 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 our Committee of Council members or Commission members.

Members of Terrace Advisory Recreation Commission

Glenn Thomsen
Mike Brady
Pete Peterson
Elizabeth Metzmeier

Gary Baker
Julius Komlos
Linda Lee
Bob Park

Program Announcements, Arena or Pool Events

Watch the local
NEWSPAPERS!

**NEWS ADVERTISER
DAILY HERALD**

Listed 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 talented and motivated people to teach a wide variety of subjects.

If you would like to offer a class, as either a volunteer or a paid instructor — call us at 638-1174. 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. Instructors are required for all areas — preschool, children, fitness and sport, and cultural programs.

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

TERRACE PARKS & RECREATION DEPARTMENT

REGISTRATION PROCEDURE



REGISTRATION DATE:
Saturday, March 26, 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 registration prior to March 26 and no registration accepted by mail. Many activities have a limited enrolment, therefore prompt registration is advised. Fees and registration will be accepted at the program only if there is space available. 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 March 28 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, 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 (Easter, May Day).

When Classes Start

Most Recreation Programs start the week of April 11. Aquatic programs (Set I) also start the week of April 11. Please check each write-up to be sure you come to the first class.

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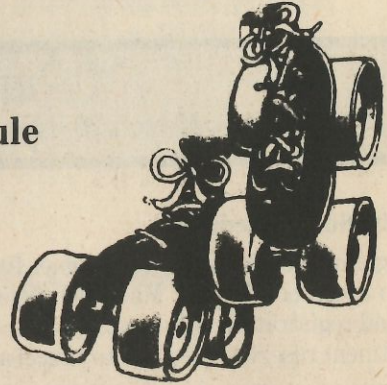
FOR FACILITY LOCATIONS — SEE BACK COVER

TERRACE ARENA

3320 Kalum Street

Roller Skating Schedule

MONDAY	(April 18 - July 25) except May 2, 16 4:30 - 6:00 p.m. — 13 under 6:30 - 8:00 p.m. — Everyone Welcome 8:30 - 10:00 p.m. — 16 and over
WEDNESDAY	(April 20 - July 27) except April 27 6:30 - 8:00 p.m. — Everyone Welcome 8:30 - 10:00 p.m. — 16 and over
FRIDAY	(April 22 - July 29) except April 29, May 6, 20, June 17 6:30 - 8:00 p.m. — Everyone Welcome 8:30 - 10:00 p.m. — Teen Night



Doors open 15 minutes before each session. Admission charge to cover all people entering the building, I.D. required for all persons renting roller skates — 13 and under, school picture with name and address and phone number.

	Admission	Rental
Adult	\$1.60	\$1.05
Student	\$.85	\$1.05
Children/Seniors	\$.65	\$.80
Family	\$2.35	—

Private Rental Times Available

Private rentals \$26.25 per hour. Contact the Recreation Office at 638-1174 — 8:30 a.m. to 4:30 p.m., Monday to Friday, for more information.

24-HOUR INFORMATION SERVICE: 635-9212

1983-84 ICE SEASON

Anyone wishing information on booking ice time for the 1983-84 season, please phone the Arena office at 638-1174 before May 21, 1983.

BANQUET ROOM is available for bookings. Rates are as follows:

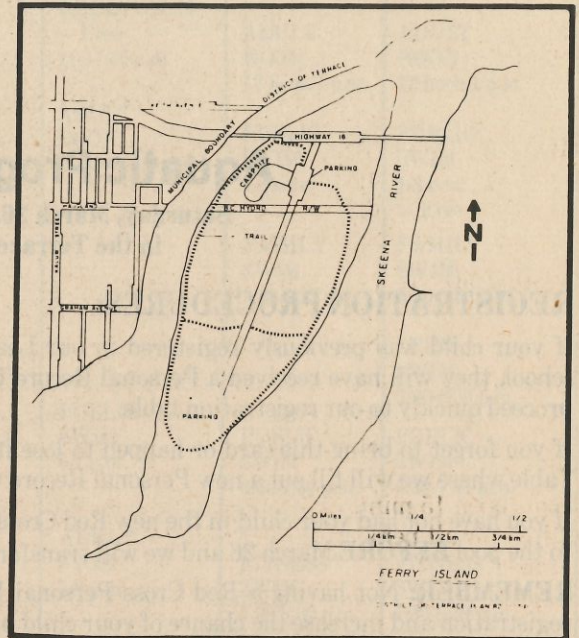
LOCAL NON-PROFIT	Evenings (6:00 p.m. - 2:00 a.m.)	\$125.00
	Other times	\$ 10.50 per hour
COMMERCIAL OR OUT OF TOWN	Evenings (6:00 p.m. - 2:00 a.m.)	\$250.00
	Other times	\$ 15.00 per hour

**FOR MORE INFORMATION APPLY AT THE ARENA OFFICE OR PHONE 638-1174
MONDAY TO FRIDAY 8:30 a.m. - 4:30 p.m.**

FERRY ISLAND

Great for

- Picnics
- Walks & Hikes
- Fishing
- Camping



Ball Fields

- Christie Park — 1 diamond
3900 Block on Eby Street
- Elks Agar Avenue Park — 3 diamonds
4800 Block on Agar Avenue
- Kerr Rotary Park — 1 diamond
4500 Block on Feeney Avenue
- Riverside Park — 1 diamond
4300 Block on Legion Avenue

To book these fields, contact the Terrace Parks and Recreation Dept. at 638-1174 for booking procedures.

Terrace Tennis Courts

Locations:

- Kalum Avenue (below the Arena)
- Straume and Thomas Street

Public use: Every day, dawn to dusk, when not in use for lessons or tournaments.

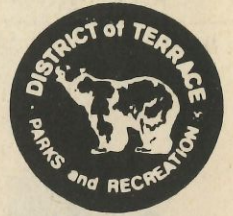
- Rules:
- Please wear tennis shoes.
 - Play restricted to one set or ½-hour practice.
 - If courts are in use, please wait alongside.
 - Play on a first-come, first-served basis.



TERRACE SWIMMING POOL

3320 Kalum Street

638-1174 — 8:30 - 4:30 p.m., Monday - Friday
638-1177 — after 4:30 p.m. and weekends



Aquatic Program Registration

Saturday, March 26, from 10:00 a.m. to 1:00 p.m.
in 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 if you have lost your card, come to the pool **BEFORE** March 26 and we will transfer your child's information onto a new Evaluation Card.

REMEMBER: Not having a 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.

National Aquatic Day

- WHO: Everyone interested in aquatics
WHAT: A free swim along with short demonstrations of various water sports
WHERE: Terrace Swimming Pool
WHEN: Monday, May 16, between 5 and 7 p.m.



TERRACE SWIMMING POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EARLY BIRD 6:30-9 a.m.	EARLY BIRD 6:30-9 a.m.	EARLY BIRD 6:30-9 a.m.	EARLY BIRD 6:30-9 a.m.		
				ADULT SWIM - Free 11-11:45 a.m.	ADULT NOON 12 noon-1 p.m.	ADULT NOON 12 noon-1 p.m.
	ADULT NOON 11:45 a.m.-1 p.m.	ADULT NOON 11:45 a.m.-1 p.m.	ADULT NOON 11:45 a.m.-1 p.m.	ADULT NOON 11:45 a.m.-1 p.m.	PUBLIC SWIM 1-3 p.m.	PUBLIC SWIM 1-3 p.m. - Free
					FAMILY SWIM 3:30-5:30 p.m.	FAMILY SWIM 3:30-5:30 p.m.
						TEEN SWIM 5:30-6:30 p.m.
				PUBLIC SWIM 6-7 p.m.	PUBLIC SWIM 6:30-7:30 p.m.	PUBLIC SWIM 6:30-7:30 p.m.
FAMILY SWIM 7-8 p.m.	PUBLIC SWIM 7-8 p.m.	FAMILY SWIM 7-8 p.m.	PUBLIC SWIM 7-8 p.m.	ADULT SWIM 7-8 p.m.	FITNESS * SWIM 7:30-8:30 p.m.	FITNESS * SWIM 7:30-8:30 p.m.
ADULT SWIM 9:30-10:30 p.m.	FITNESS * SWIM 8-9 p.m.	ADULT SWIM 9:30-10:30 p.m.	FITNESS * SWIM 8-9 p.m.			

* Fitness swims are open to both adults and teens.

SWIM ADMISSION	STRIP TICKETS	SEASON'S PASSES (6 months)
Child \$.65	10/\$ 5.00	\$21.00
Student .85	10/ 6.80	26.25
Adult 1.60	10/ 12.60	42.00
Senior Citizen .65	10/ 5.00	21.00
Family 2.35		63.00

USE OF THE SUN SOLARIUM, WEIGHT ROOM WITH UNIVERSAL GYM AND SAUNA IS INCLUDED WITH THE REGULAR SWIM ADMISSION

FREE SWIM TIMES

FRIDAY 11 - 11:45 a.m.

FRIDAY 11 - 11:45 a.m.

SUNDAY 1 - 3 p.m.

ADULT SWIM
PUBLIC SWIM

Weight Room

For your use, we have a universal gym and some free weights. Patrons must be 16 years of age and older. Admission is included in the admission fee for the pool.

HOURS

Monday	4:00 p.m. - 6:30 p.m. 9:30 p.m. - 10:00 p.m.
Tuesday	6:30 a.m. - 9:00 p.m.
Wednesday	6:30 a.m. - 6:30 p.m. 9:30 p.m. - 10:00 p.m.
Thursday	6:30 p.m. - 9:00 p.m.
Friday	6:30 p.m. - 7:30 p.m.
Saturday	12:00 noon - 8:00 p.m.
Sunday	12:00 noon - 8:00 p.m.

CALL 635-9212 for regular and holiday schedules

Red Cross Swim Lessons



Fees:	Yellow to Blue	- ½ hour	\$16.00
	Green	- ¾ hour	18.00
	Grey/White	- 1 hour	20.00

Tuesday and Thursday

3:30 p.m. Yellow, Orange, Maroon
 4:00 p.m. Red, Blue, Green
 4:30 p.m. Orange, Red, Maroon

Wednesday and Friday

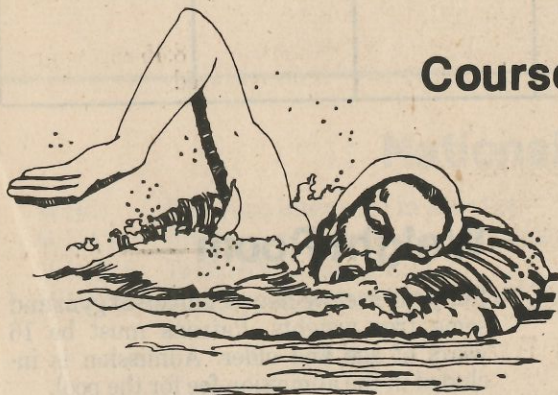
3:30 p.m. Yellow, Orange, Maroon
 4:00 p.m. Red, Maroon, Grey/White
 4:30 p.m. Yellow, Orange, Blue

Saturday Only

9:00 a.m. Yellow, Orange
 9:30 a.m. Red, Maroon
 10:00 a.m. Green, Esso Swim Canada
 10:30 a.m. Teen Lessons
 11:00 a.m. Springboard Diving

SET I April 12 - May 12

SET II May 17 - June 16



Courses of Special Interest

Teen Lessons

Teens: Be prepared for this summer at the beach. Take swimming lessons now so you can be a part of all the fun.

There are lessons available for all levels...for beginners, intermediates and advanced.

Fee: \$18.00



Diving

The Canada "Learn to Dive Program" is taught at our pool with qualified instructors teaching basic diving skills. These include the 3-step hurdle, front and back dives, and front and back somersaults. This program teaches the fundamental skills which can lead to more complex dives.

Fee: \$18.00



Esso Swim Canada Program

These lessons will introduce your child to the skills of competitive swimming. Dive starts, racing turns, lane control and use of a pacing clock will all be taught. As well, we will teach basic stroke mechanics in the four competitive strokes — butterfly, backstroke, breaststroke and freestyle.

These classes are suitable for any child who has completed Maroon level Red Cross lessons. They will provide excellent strength and stroke mechanics training. If your child would like a change from Red Cross lessons, he will enjoy these classes.

Fee: \$18.00

Adult Aquatic Programs

Pre-Natal Exercise Class

An exercise class to help you through your pregnancy. The class does ½-hour of carefully planned dry-land exercise before going into the water for another ½-hour of exercise. You do not have to know how to swim.

FEE: \$24.00

SET I April 11 - May 11

SET II May 16 - June 15

MONDAY & WEDNESDAY 7:30 - 8:30 p.m.

Aquasizes

Even if you cannot swim, come to the pool and join us in this fitness class. It is fun and informative. We do simple but effective exercises which will help you with your fitness program.

FEE: \$24.00

SET I April 11 - May 12

SET II May 16 - June 16

TUESDAY & THURSDAY

9:15 - 10:00 a.m.

MONDAY & WEDNESDAY

8:00 - 8:45 p.m.

Adult Swimming Lessons

Learn to swim before the summer. Improve your swimming skills. Increase your knowledge of water safety. Progress at your own rate in a class of your own level.

FEE: \$24.00

SET I April 11 - May 12

SET II May 16 - June 16

TUESDAY & THURSDAY 11:00 - 11:45 a.m.

Beginner/Intermediate

MONDAY & WEDNESDAY 8:45 - 9:30 p.m.

Beginner/Intermediate/Advanced

Kayaking Lessons

For information — see page 14.

Improve Your Swimming Skills

During any Adult, Fitness, Early Bird or Noon Hour Swim, the lifeguards are available to give you tips on how to improve your swimming skills. If you have any questions or inquiries, please ask the lifeguards on deck.

How Can I Swim if the Pool is Crowded?

Always swim in a counterclockwise direction within your lane, staying on the right side as if you were driving. Find a lane with swimmers that swim about the same speed as you. You can pass on the left if you're faster.

Why is it best to swim three times a week?

According to studies, your body needs aerobic exercise approximately every 60 hours in order to maintain your level of fitness.

TERRACE PARKS & RECREATION DEPARTMENT

Pre-School Lessons

FEE: \$16.00 — ½-hour class

SET I April 12 - May 12

SET II May 17 - June 16

TUESDAY & THURSDAY

10:30 a.m. Starfish

2:30 p.m. Starfish/Splashers

3:00 p.m. Starfish/Seahorses

WEDNESDAY & FRIDAY

2:30 p.m. Seahorses/Splashers

3:00 p.m. Seahorses/Starfish



Parents and Tots

For children (ages 6 months to 3 years) and for Moms and Dads. Parents, teach your children to enjoy the water. The emphasis is on fun and water orientation.

FEE: \$16.00

SET I April 12 - May 12

SET II May 17 - June 16

TUESDAY & THURSDAY

10:00 - 10:30 a.m.

10:30 - 11:00 a.m.

1:00 - 1:30 p.m.

Parent and Tot Recreational Swim

A special swim reserved just for parents and tots.

WEDNESDAY 10:00 - 10:30 a.m.

No pre-registration required.

Regular Admission



BABYSITTING SERVICE

Babysitting services are available for many of the daytime courses. The children are well supervised and will have a good assortment of toys, games and craft supplies to play with.

FEE: \$1.50 per child per hour
.75 for each additional child

Minimum charge of 1 hour.

PROGRAM DIVISION

Pre-School

BABY GYM

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

INSTRUCTOR: Eva Komlos

Session I

TIME: Mon. & Wed., 10:15 - 10:45 a.m.

DATES: April 11 - May 11

LOCATION: Arena Banquet Room

FEE: \$10.00

Session II

TIME: Mon. & Wed., 10:15 - 10:45 a.m.

DATES: May 16 - June 20

LOCATION: Arena Banquet Room

FEE: \$10.00



PRE-SCHOOL GYM TIME

Developed for 3 - 5 year olds, this program builds co-ordination, strength and flexibility through use of gymnastics equipment (balance beam, bar-ladder, trampoline) and through fun activities and games. The ideal program for parents with 1 or more pre-schoolers at home. Special Family Rate \$18.00 for 1st child registered, \$10.00 each additional child.

INSTRUCTOR: Eva Komlos

Session I

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon

DATES: April 11 - May 11

LOCATION: Arena Banquet Room

FEE: \$18.00

Session II

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon

DATES: May 16 - June 20

LOCATION: Arena Banquet Room

FEE: \$18.00

TIME FOR TOTS — 3 - 5 YEAR OLDS

This 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: 16 children.

INSTRUCTOR: Lucy Silva Carrita

Session I

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.

DATES: April 12 - May 12

LOCATION: Arena Banquet Room

FEE: \$30.00

Session II

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.

DATES: May 17 - June 16

LOCATION: Arena Banquet Room

FEE: \$30.00

TODDLERS' TUNE TIME

Enjoy music with your baby or child. Learn new songs, poems, action rhythms and musical games to play again and again at home. As well as being fun, music activities help a child's social, emotional, language and motor development. Class is for both the child (2 years and under) and parent. Maximum: 10.

INSTRUCTOR: Carol Harrison

TIME: Fri., 10:15 - 11:00 a.m.

DATES: April 15 - May 20

LOCATION: Arena Banquet Room

FEE: \$9.00



TERRACE PARKS & RECREATION DEPARTMENT

Youth

BEGINNER GUITAR

For 9 - 12 year olds. Come and learn to play the guitar — chords, picking, strumming and note playing. A continuation of the winter class, or for those children who know the basics.

INSTRUCTOR: Roseann Pearce
TIME: Tues., 4:00 - 5:30 p.m.
DATE: April 12 - June 6
LOCATION: Arena Banquet Room
FEE: \$15.00

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 Van Dyk
TIME: Tues., 6:30 - 8:30 p.m.
DATES: April 12 - May 17
LOCATION: Caledonia Sr. Sec., Foods Room
FEE: \$17.00 plus \$12.00 lab fee

TENNIS LESSONS

Lessons will include basic strokes, scaring and game strategy. Purchase of racquets recommended after the first class. Lessons held at the Tennis Courts by the Arena. For information on both child and adult lessons — phone 638-1174.



ROLLER SKATING LESSONS — YOUTH

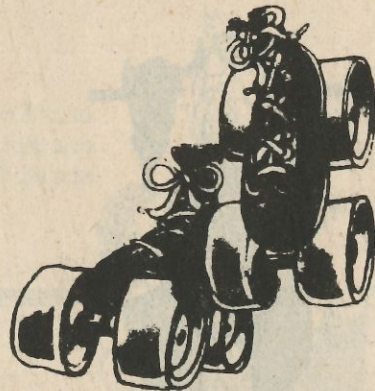
Learn the basics of roller skating and enjoy it all summer long. Rental of skates is included in the fee.

INSTRUCTOR: Robert Regimbald
TIME: Tues. & Thurs.,
4:00 - 4:30 p.m. — under 10s or ly
or 4:30 - 5:00 p.m. — 9 to 13 years old
DATES: April 19 - May 12
LOCATION: Terrace Arena
FEE: \$12.00

ROLLER SKATING LESSONS — ADVANCED

Learn turns, butterflies, backward skating, etc.

INSTRUCTOR: Robert Regimbald
TIME: Tues. & Thurs., 5:00 - 5:45 p.m.
DATES: April 19 - May 12
LOCATION: Terrace Arena
FEE: \$18.00

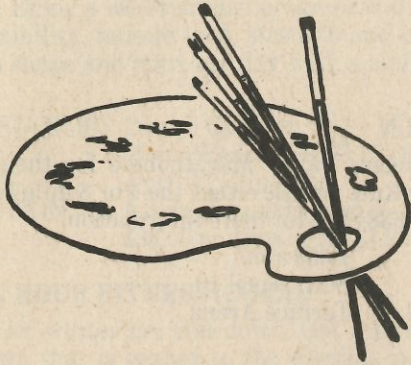


For a comprehensive listing of Terrace clubs and organizations — see page 17.

INSTRUCTORS NEEDED

Instructors are always needed to teach or supervise children's and pre-school programs. If you are interested in a volunteer or paid position, please call us at 638-1174.

Cultural, Social & General Interest



OIL PAINTING FOR PLEASURE

A course designed for adults who do not have time for laborious exercises. New techniques to help you create your own original landscapes, still lifes or seascapes quickly and enjoyably.

INSTRUCTOR: Adolphus R. Burton

Session I — for Beginners

TIME: Wed., 7:00 - 9:30 p.m.
DATES: April 13 - June 22
LOCATION: Caledonia Sr. Sec., Room 105
FEE: \$45.00

Session II — for Beginners

TIME: Fri., 1:00 - 3:30 p.m.
DATES: April 15 - June 24
LOCATION: Arena Banquet Room
FEE: \$45.00

Session III — for Secondary Level Students

For those who have taken some classes before or have previous experience.

TIME: Mon., 7:00 - 9:30 p.m.
DATES: April 11 - June 20
LOCATION: Caledonia Sr. Sec., Room 105
FEE: \$45.00

STAINED GLASS FOR BEGINNERS

Make your own project under the guidance of an expert. Cost of materials ranges from \$30.00 upward, 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 a.m.
DATES: April 14 - June 2
LOCATION: 4820 Halliwell
FEE: \$30.00 plus cost of supplies

MAKING QUALITY HOMEMADE BEER

Can you make homemade beer? Anyone can with an introduction to home beer products. This course provides practical information, demonstrations and important facts needed for good-quality beer.

INSTRUCTOR: Merle Robinson
TIME & DATES: Mon., April 18, 7:00 - 10:00 p.m.
Mon., April 25, 7:00 - 9:00 p.m.

LOCATION: Terrace Arena Kitchen
FEE: \$22.00 (includes starter kit)

INTRODUCTION TO INDIAN ART

Learn about the design, carving and culture of Indian Art of this region in this short lecture/demonstration given by Frieda Desing. Maximum: 20 participants.

TIME: Tues., 7:30 - 9:00 p.m.
DATE: March 29
LOCATION: 4820 Halliwell
FEE: \$5.00

BEGINNER GUITAR — ADULT

Basic guitar instruction for beginners. Bring your own guitar and learn skills in picking, strumming, chords, note playing. Maximum: 6.

INSTRUCTOR: Chris Poole
TIME: Wed., 7:00 - 8:30 p.m.
DATES: April 13 - June 1
LOCATION: Caledonia Sr. Sec., Room 3
FEE: \$25.00

GUITAR

A continuation of the winter course.

INSTRUCTOR: Chris Poole
TIME: Wed., 8:30 - 10:00 p.m.
DATES: April 13 - June 1
LOCATION: Caledonia Sr. Sec., Room 3
FEE: \$25.00

UKRAINIAN COOKING

Come and taste the pyrogy, delicious nalysnyk (crepes), holopchi and much more. New dishes will be demonstrated in each of the 6 lessons, giving students a sample of the great variety of cuisine common to the Ukraine. Limited to 12.

INSTRUCTOR: Rose Strumecki
TIME: Fri., 1:00 - 3:00 p.m.
DATES: April 15 - May 20
LOCATION: Terrace Arena Kitchen
FEE: \$45.00

Workshops, One-Day Events, Etc.

EDIBLE PLANTS AND SPRING WILDFLOWERS

Bring the whole family along and learn how to identify and gather edible plants and gorgeous wildflowers of the Skeena Region. Thursday evening will be a slideshow and talk. Emphasis on Saturday is how and where to collect, with practical instructions given during a field trip. Bring a lunch, wear boots and bring plastic bags to collect edibles in on Saturday.

INSTRUCTOR: Leslie Gottesfeld
TIME: Thurs., 7:30 - 9:30 p.m.
Sat., 9:30 a.m. - 3:00 p.m.
DATES: May 26 and 28
LOCATION: Terrace Pool Board Room
FEE: \$20.00 a person or \$40.00 a family;
\$5.00 — Thursday evening only

NUTRITION AND EXERCISE

This exciting workshop, geared to fitness instructors and physically active people, will give you information on:

- Why nutrition is important
- What energy balance is all about
- Our basic nutrients
- The question on weight loss
- Nutrition and the physically active person

Ann Campbell, Director of Physical Education at the Surrey YM-YWCA, will be giving a very informative talk on the above topics. Ann has a very practical knowledge base from her past experience and personal studies. An excellent course for those wanting more information on nutrition as it relates to physical activity and weight loss. Ann will also conduct an early-morning fitness class for those interested, from 11:00 to 11:45 a.m.

INSTRUCTOR: Ann Campbell, B. Ph.E — UBC
LOCATION: Terrace Arena Banquet Room
TIME: 1:00 - 5:00 p.m.
DATE: Sat., April 23
FEE: \$15.00

SPRING RUN

Join the Skeena Valley Marathoners for their annual Spring Run. Choose either the 4 or 8 mile route. Call Neil at 638-8206 for more information.

TIME: 10:00 a.m.
DATE: Sun., April 10
LOCATION: Terrace Arena

ROLLER SKATING LESSONS — ADULT

Learn the basics of roller skating this spring so you can enjoy it all summer long.

INSTRUCTOR: Robert Regimbald
TIME: Tues. & Thurs.,
6:00 - 6:30 p.m.
or 6:30 - 7:00 p.m.

DATES: April 19 - May 12
LOCATION: Terrace Arena
FEE: \$12.00

ROLLER SKATING LESSONS — ADVANCED

Learn turns, butterflies, backward skating, etc.

INSTRUCTOR: Robert Regimbald
TIME: Tues. & Thurs., 7:00 - 8:00 p.m.
DATES: April 19 - May 12
LOCATION: Terrace Arena
FEE: \$24.00

TENNIS LESSONS

Lessons will include basic strokes, scaring and game strategy. Purchase of racquets recommended after the first class. Lessons held at the Tennis Courts by the Arena. For information on both child and adult lessons — phone 638-1174.

INTRODUCTION TO KAYAKING

Course will cover strokes, Eskimo rolls, rescue techniques, knowledge of equipment, safety, entry and exit, etc.

INSTRUCTOR: Allan Stradeski
TIME: Sun., 8:00 a.m. - 1:00 p.m.
DATES: April 24 & May 1
LOCATION: Terrace Pool
FEE: \$35.00

Fitness & Sport

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.

INSTRUCTOR: Denise Garneau
TIME: Mon., Wed. & Fri., 7:15 - 8:00 a.m.
DATES: April 11 - June 24
LOCATION: Arena Banquet Room
FEE: \$33.00 or drop-in fee \$1.25

NOON HOUR FITNESS (CO-ED)

Don't let winter get you down. Get into shape 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: Marilyn Grant
TIME: Mon., Wed. & Fri., 12:15 - 12:45 p.m.
DATES: April 11 - June 24
LOCATION: Terrace Arena Banquet Room
FEE: \$21.00 or drop-in fee of \$1.00

AEROBIC DANCE

Have fun! Learn numerous aerobic dances while benefiting from a conditioning program that includes strength, flexibility, cardiovascular endurance and cool-down exercises. Aerobic dance offers a program that is active, challenging, creative, fun and **effective**.

Aerobic Dance — Advanced

INSTRUCTOR: Marilyn Grant
TIMES: Tues. & Thurs., 6:30 - 7:30 p.m.
DATES: SET I — April 12 - May 19
 SET II — May 24 - June 30
LOCATION: Terrace Arena Banquet Room
FEE: \$18.00

Aerobic Dance — Co-ed — Men Welcome

TIMES: Tues. & Thurs., 7:45 - 8:45 p.m.
DATES: SET I — April 12 - May 19
 SET II — May 24 - June 30
LOCATION: Terrace Arena Banquet Room
FEE: \$18.00

Aerobic Dance — Beginner

A specially designed class for the older women or those who are slightly overweight or suffer from other minor physical problems.

INSTRUCTOR: Marilyn Grant
TIMES: Mon. & Wed., 1:00 - 1:45 p.m.
DATES: SET I — April 11 - May 18
 SET II — May 23 - June 29
LOCATION: Terrace Arena Banquet Room
FEE: \$13.00

EXERCISES FOR THE OVERWEIGHT

If you are 25 lbs. or more above your ideal weight, this is for you! Designed just for the heavier woman, this mild fitness program will include exercises for stretching, strengthening, muscle toning and a more energized you. For more information, call the Terrace Parks and Recreation Department at 638-1174.

INSTRUCTOR: Denise Garneau
LOCATION: Arena Banquet Room
TIME: Tues. & Thurs., 1:00 - 1:45 p.m.
DATE: Ongoing
FEE: \$9.00 per month or \$1.25 per class — drop-in fee



FITNESS & AEROBIC DANCE — ADVANCED

A morning fitness class for all of you who want to have fun and get fit at the same time. Marilyn will be combining fitness and aerobic dance classes to help you develop strength, flexibility and generally tone up your body. Babysitting available.

INSTRUCTOR: Marilyn Grant
TIME: Mon. & Wed., 9:00 - 10:00 a.m.;
 Fri., 9:00 - 10:00 a.m. (optional — your choice)
DATES: SET I — April 11 - May 18
 SET II — May 23 - June 30
LOCATION: Arena Banquet Room
FEE: \$18.00 for Mon. & Wed.,
 \$25.00 for Mon., Wed. & Fri.

TERRACE PARKS & RECREATION DEPARTMENT

WOMEN'S FITNESS (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

INSTRUCTOR: Betty Jean Goodwin
TIME: Mon. & Wed., 6:30 - 7:30 p.m.
DATES: April 11 - June 29
LOCATION: Uplands Elementary School
FEE: \$30.00

SESSION II

INSTRUCTOR: Denise Garneau
TIME: Mon. & Thurs., 6:30 - 7:30 p.m.
DATES: April 11 - June 30
LOCATION: Mon. — Thornhill Elementary School
Thurs. — Thornhill Primary School
FEE: \$30.00

BODY SHAPING — BEGINNERS (CO-ED)

This class is for those who have not exercised in the past 6 months or more. It will concentrate on warm-ups and cool-down exercises, specific body part exercises and the basics of dumbbell, barbell and universal gym use.

INSTRUCTOR: Betty Ann Story
TIME: Mon. & Wed., 6:30 - 7:30 p.m.
DATES: April 11 - May 11 — Set I
May 23 - June 29 — Set II
LOCATION: Terrace Pool
FEE: \$25.00

BODY-SHAPING — LEVEL II

This class is designed for those who have a basic knowledge of weight training and have taken the beginner course.

INSTRUCTOR: Betty Ann Story
TIME: Mon. & Wed., 8:00 - 9:00 p.m.
DATES: April 11 - May 18 — Set I
May 23 - June 24 — Set II
LOCATION: Terrace Pool
FEE: \$25.00

BODY SHAPING — INTERMEDIATE

This class is for those who are committed to body shaping and want to explore the concepts of training routines, nutrition and advanced exercises. Participants must have taken a previous body shaping course.

INSTRUCTOR: Linda Lee
TIME: Mon. & Wed., 6:30 - 7:45 p.m.
DATES: April 13 - May 18
LOCATION: Caledonia Sr. Sec.
FEE: \$25.00

AEROBIC FITNESS (CO-ED)

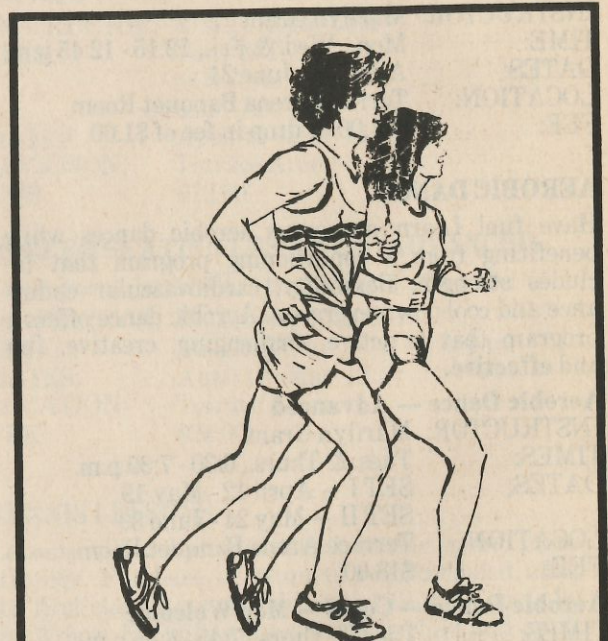
A moderate to vigorous exercise class for those of you who want to get in top-notch shape for summer. (Fridays — optional)

INSTRUCTOR: Denise Garneau
TIME: Mon., Wed. & Fri., 5:00 - 6:00 p.m.
DATES: April 11 - June 29
LOCATION: Terrace Arena Banquet Room
FEE: \$35.00 for Mon. & Wed.,
\$50.00 for Mon., Wed. & Fri.
Drop-in — \$1.50

FITNESS FOR SENIORS

A fun-filled exercise program led by May McFarland.

TIME: Tues. & Thurs., 2:00 - 2:30 p.m.
DATES: Ongoing
LOCATION: Happy Gang Centre
FEE: 50¢ per class



INTRODUCTION TO RUNNING

The Skeena Valley Marathoners are conducting this short workshop. Topics include how to run, stretching, clothing and motivation, and will be followed by a short run. Wear running shoes and comfortable clothing. For more information call Neil at 638-8206.

TIME: Sun., 1:30 - 4:30 p.m.
DATE: March 20
LOCATION: Arena Meeting Room
FEE: No Charge

COMMUNITY ORGANIZATIONS

SPORTS AND COMMUNITY GROUPS

Skeena Archers	Ed Morris	635-5829
Terrace Badminton Club	Jim Condon	638-0321
Men's Basketball League	Mark Wilcox	635-2982
Ladies' Drop-in Basketball	Shannon Murdock	635-9141
Wheelchair Basketball	Paul Clark	635-4668
Terrace Boys' Minor Baseball	B. Vandergucht	635-5339
Terrace Men's Fastball & Slow Pitch	Glenn Thomsen	638-1854
Terrace B.M.X. Club	Mark Butler	638-1909
Terrace Youth Bowling Club	Marg Mumford	635-5911
Terrace 5-Pin Bowling	June Norby	635-4508
Golden Age Bowlers	Giselle Rioux	635-2161
Terrace Boxing Club	Ken Doll	635-6820
Recreational Canoeing Assoc.	Fred Philpot	635-6441
Terrace Contact Bridge Club	Bonnie Shaw	635-6970
Terrace Curling Assoc.	Russ Kirk	635-3926
Springboard Diving Club	Bob Garrett	635-7438
Terrace Figure Skating Club	Sharlene Butler	635-5338
Kermode Fourwheelers	Wanda Thickett	635-5867
Terrace Peaks Gymnastics Club	Joan Brady	638-1884
Skeena Hang Gliders	Dave Toop	635-2723
Terrace Hiking Club	F. Sweeting	635-7303
Bushleaguers	Jerry Martin	635-6158
Terrace Commercial Hockey	Pete Nickerson	635-2436
Terrace Minor Hockey Assoc.	Jim Greyeyes	638-0333
Terrace Women's Hockey Assoc.	Frances Birdsell	635-2436
Northern Academy of Self-Defence	Jean Galli	635-9316
Terrace Karate Club	Norm Goodlad	635-3322
Yellowhead Karate Club	J.N. Vienneau	635-3867
Girls' Minor Softball	Vic Buteau	635-7398
Terrace Ladies' Softball	Lynn Boule	638-0281
Girls' Minor Soccer	Gail Sheasby	635-4754
Women's Sr. Soccer League	Gail Sheasby	635-4754
Youth Soccer	Rick Terleski	635-9606
Men's Indoor Soccer	Jim Reed	635-7825
Terrace Sky Diving Club	Tom Simpson	635-7738
Northern Chapter of Steelhead Assoc. of B.C.	Jim Culp	635-9471
Terrace Stock Car Club	B.A. Woodcock	635-9245
Blueback Swim Club	Cathy Linseth	635-7049
Master Swim Club	John Dando	635-5637
Skeena Valley Marathoners	Sue Walker	635-9091
Western Martial Arts Assoc.	Don Hong	635-4583
Terrace Northmen Rugby Club	B. Kormendy	635-9528
Terrace Rod and Gun Club	Bob Garrett	635-7438
Kitsumkalum Ski Club	Chris Johnson	635-5596
Skeena Valley Snowmobile Club	John Reneerkens	635-4902
Terrace Tennis Club	Swann Mann	638-1505
Northwest Trappers' Assoc.	Otto Lindstrom	635-2489
Co-ed Volleyball League	Donna Lindsay	635-3648
Terrace Water Polo Assoc.	John Dando	635-5637
Scrub Volleyball League	Holly Olson	635-5082

GENERAL INTEREST GROUPS

747 Royal Canada Air Cadets	Derek R. Hales	635-7323
Mills Memorial Hospital		
Candy Strippers Assoc.	Marg Petrick	635-3143
Terrace Dog Club	June Kozlowski	635-1720
4-H Club	Marg Waldbauer	635-5615
Skeena Valley Fair Assoc.	M. Waldbauer	635-5615
Canadian Parents for French	Carol Greenwood	635-5693
Goat Owners' Assoc.	Ed Chapplow	635-5740
Kitsumkalum Guide District	Ethel Jackson	635-5046
Skeena District Guides and Brownies	Reggie Balabanov	635-4890
Morgan Horse Club	Laurie Forbes	635-7448
Totem Saddle Club	John Jackson	635-5046
Scout District Commissioner	F. Martin	635-7955

CULTURAL AND CRAFT GROUPS

Terrace Arts Assoc.	Ken Morton	635-7507
Northwest Regional Arts Council	Val George	635-4751
Terrace and District Arts Council	Ken Morton	635-7507
Terrace Thornhill Band Parents	Sherry Anderson	635-3052
Chess Club	George Braun	635-5995
Terrace Christian Choir	Jim Floris	638-1706
Terrace Coffee House Society	Alan Weston	635-2942
Terrace Concert Society	Neville Hope	635-4228
Terrace Lapidary Club	Karl Schulte	635-5191
Terrace Public Library Assoc.	Ed Curell	638-8177
Terrace Machine Knitters	Pat Colongard	638-1409
Terrace Model Airplane Club	J. Greaves	635-6480
Pacific N.W. Music Festival	Norah Ferguson	798-2424
Terrace-Kitimat Amateur Radio	Don Morehouse	635-3655
Terrace Little Theatre Assoc.	Ken Morton	635-7507
Terrace Pipes and Drums	John Halley	635-2456
Terrace Group for Nuclear Disarmament	George Stanley	635-7043

COMMUNITY SERVICE GROUPS

Beta Sigma Phi	Karen Bryson	638-8259
Terrace and District Chamber of Commerce	Terry Morris	635-2063
East Indian Club	Bajga Jaspal	635-5422
Order of the Eastern Star	Betty Ann Muller	635-3884
Benevolent and Protective Order of the Elks	Al McGown	635-2577
B.P.O. Elks Lodge #425	Jim LeCleir	635-6790
Italian Canadian Club	Carlo Stella	635-2732
Terrace Jaycees	Geri Schultz	638-1365
Terrace Jaycees	Mike Roy	635-9354
International Order of Job's Daughters	Cathy Lambright	635-2903
Kinette Club of Terrace	Gail Wade	635-9253
Kinsmen Club of Terrace	Bob Tiedje	635-5587
Knights of Columbus	Henry Nuyten	635-3891
Royal Canadian Legion	Dave Mallett	635-4635
Royal Canadian Legion Ladies' Auxiliary	Emily Karpshyn	635-2873
Lakelse Lake Lions	Jerry Niemi	798-2549
Terrace Centennial Lions	Doug McLeod	635-2987
Terrace Downtown Lions	Arno Brenner	638-1992
Terrace Masonic Assoc.	E.E. McFadden	635-2392
Skeena Valley Rebekah Lodge #68	Renee Cox	635-2470
B.C. Old Age Pensioners	Gladys Oliver	635-2794
Rotary Club	Willy Schneider	635-6146
Order of the Royal Purple	Shirley Kormendy	635-4588
Terrace-Kitimat Shrine Club #18	Ron Coleman	798-2494
Variety Club	Bill Young	638-8111
Terrace Women's Resource Centre	Frances Birdsell	638-0228
Welcome Wagon	Nancy Gourlie	635-7877
Terrace Cerebral Palsy Assoc.	Daisy Malden	635-9388
Terrace Childbirth Education Assoc.	Marg Dediluke	635-4873
Terrace and District Community Services	Tom Keane	635-3178
Terrace Assoc. for the Mentally Retarded	Anne Taylor	635-5102
Terrace Volunteer Fire Dept.	Jim Stainton	635-2251
Thornhill Volunteer Fire Dept.	Jim Piper	638-1466
Thornhill Community Centre	Betty Piper	638-1466
Kermode Friendship Society	Viola Thomas	635-4906
Ukrainian Hall	Nancy Van Herk	635-9432



REGISTRATION AND GENERAL INFORMATION

NORTHWEST COMMUNITY COLLEGE

OFFICE: 5331 McConnell
TELEPHONE: 635-6511

MAILING ADDRESS: P.O. Box 726, Terrace, B.C.

REGISTRATIONS WILL BE ACCEPTED AT THE FOLLOWING TIMES:

- DAYS:** At the College Centre, for VOCATIONAL & PART-TIME PROGRAMS
— 8:00 a.m. - 4:00 p.m. (Mon. - Fri.)
- SPECIAL REGISTRATION:** March 26 — 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.

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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



NORTHWEST COMMUNITY COLLEGE

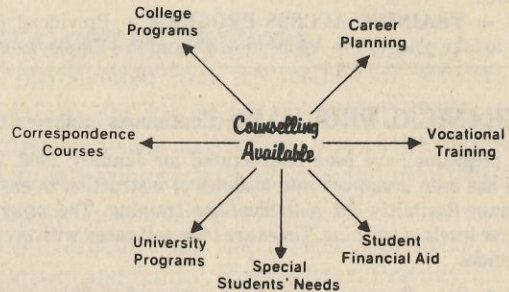
5331 McConnell, P.O. Box 726, Terrace, B.C., V8G 4C2

Phone: 635-6511

College Counsellors are available 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!



ACADEMIC DIVISION

WOMEN'S STUDIES WORKSHOPS — April 25 - 29

A series of five workshops of particular interest to women will be offered from April 25 to April 29 inclusive. You may register for all the workshops OR the workshops of interest to you.

WORKSHOP I

Women and Communication

An analysis of women and language — the way women use English and the way the English language treats women.

DATE: Monday, April 25

TIME: 7:00 - 10:00 p.m.

WORKSHOP II

Women and Communication

An analysis of non-verbal communication. Body language, facial expression, eye contact, use of space, etc., will be examined.

DATE: Tuesday, April 26

TIME: 7:00 - 10:00 p.m.

WORKSHOP III

Assertiveness

Training for women — learn how to know what you feel, say what you mean and get what you want.

DATE: Wednesday, April 27

TIME: 7:00 - 10:00 p.m.

WORKSHOP IV

Public Speaking Skills

Through actual practice, participants will learn to make their message memorable, organize their thoughts and reduce their nervousness.

DATE: Thursday, April 28

TIME: 7:00 - 10:00 p.m.

WORKSHOP V

Leadership Skills for Women

Through values clarification, various leadership styles, participants will learn which leadership style suits them.

DATE: Friday, April 29

TIME: 7:00 - 10:00 p.m.

FEE FOR ALL COURSES: \$5.00 per workshop or \$15.00 for ALL workshops.

INSTRUCTOR FOR ALL WORKSHOPS: Gail Emmerson

MENOPAUSE WORKSHOP

This informative workshop will teach you how to deal positively with the physical and psychological changes that mid-life brings to women.

FACILITATOR: Gillian Hodge, M.D.

LOCATION: NWCC

DATE: APRIL 14 (Thursday)

TIME: 7:00 p.m.

For further information on any of these workshops, phone Gail Emmerson, 635-6477.

VOCATIONAL AND TRADES TRAINING

FULL-TIME COURSES

FULL-TIME PROGRAMS offered at Terrace campus with modules to be delivered in other centres as needs and facilities are identified.

TRAC — TRAINING ACCESS PROGRAM — Provincial programs to take place of Pre-Apprenticeship and Pre-Employment.

MECHANICAL PROGRAMS (Continuous intake/exit)

These programs have been restructured for January 1983. The course has been organized into modules of instruction to ensure maximum flexibility for individualized training. The program has three levels of training. Times are to be self-paced with overall time guides.

Common Core Program: Includes a series of modules that is common to all trade specialties and is transferable to other programs in the province as well as all entry level courses offered at the Terrace campus.

Occupational Core: Covers all modules that are common to the mechanical cluster indicated below.

Specialties: Students who have successfully completed common core and mechanical occupational core can select one or more of the following specialties:

1. Automotive Specialty
2. Heavy Duty Module I
3. Small Engine Repair
4. Marine Engine Repair

General Mechanics: Completion of common core, occupational core plus Automotive, Heavy Duty Module I and Small Engine Repair will provide a student with a General Mechanics certificate from Northwest Community College.

CARPENTRY (Feb. 21, 1983)

Pre-Apprenticeship Carpentry is being phased out and the entry level carpentry program is being implemented. Provincially, it will cover the same basic material but will be divided into three levels.

Common Core: Includes a series of modules that is common to all trade specialties and is transferable to other programs in the province as well as all entry level courses being offered at the Terrace campus.

Construction Occupational Core: Covers all modules that are common to the construction cluster of programs.

Specialty: Students who have successfully completed common core and constructional occupational core can select:

1. Carpentry (Terrace campus)
2. Other construction specialties offered in other colleges throughout the province.

MODULAR WELDING PROGRAM (Continuous intake)

This course has been organized into packaged 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 September 1983. Please see the College calendar for details.

For more detailed information on all vocational courses, please refer to the College calendar or contact the Vocational Division.

ELECTRONICS TECHNICIAN (Jan. 31 - Oct. 25, 1983)

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

BUSINESS EDUCATION PROGRAMS

BUSINESS CAREERS

Courses begin on the first Monday of every second month beginning January 4, 1983. 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
— Starts Jan. & Sept., 1983, Only	

FEES

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

BUSINESS ADMINISTRATION

1-Year Certificate	— Start Dates Jan. & Sept., 1983
2-Year Diploma	— Start Date Sept. 1983

FEES

Tuition	\$30.00 per month
Student Association	\$1.00 per month

MARINE EMERGENCY DUTIES (MED 1)

A safety-oriented course for small 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, 627-7598.



COMMUNITY EDUCATION SERVICES

BASIC AUTO CARE

Course designed for the novice car owner. Concentration will be on basic mechanical and electrical operations of a car. Learn maintenance and PREVENTATIVE maintenance to save you \$\$\$\$.

Pre-register. Pre-pay.

INSTRUCTOR: Wayne Wyatt
LOCATION: NWCC, Shops
DATES: Apr. 18 - May 2; May 9 - June 13
(no class May 23)
TIME: 7:00 - 9:00 p.m.
FEE: \$25.00

BASIC GARDENING

Growing a garden this year can SAVE you on your grocery bill and need not be expensive or complicated. Course is designed to cover topics from planting to mulches, pest control and pollination.

Pre-register. Pre-pay.

INSTRUCTOR: Jack Atkinson
LOCATION: NWCC, Room 208
DATE: Tues., Apr. 19 - May 3
TIME: 7:00 - 9:00 p.m.
FEE: \$10.00



CONVERSATIONAL CANADIAN FRENCH II

Enjoy this basic course in spoken French. Learn grammar and build your vocabulary. (Text required.)

Pre-register. Pre-pay.

INSTRUCTOR: Elaine Boudreault
LOCATION: Caledonia Sr. Sec.
DATES: Tues., Apr. 12 - June 28
TIME: 7:00 - 10:00 p.m.
FEE: \$35.00

GENEALOGY WORKSHOPS

This introduction into the method of researching your family tree will consist of two workshops:

The first workshop will inform you of the necessary steps to gathering your documents and information.

The follow-up workshop will teach you how to compile and organize all the information about your forefathers and family.

Pre-register. Pre-pay.

INSTRUCTOR: Brenda Lee Reid
LOCATION: Kermode Friendship Centre
DATES: Mon., May 18 & June 20
TIME: 7:00 - 9:00 p.m.
FEE: \$5.00

LANDSCAPING WITH FLOWERS

This course is designed to acquaint gardening enthusiasts with the wide range of flowering annuals and perennials useful in creating a continuously colourful landscape. Plants will be extensively illustrated by means of slides, and the cultural needs of each plant and how best to use them will be discussed.

Pre-register. Pre-pay.

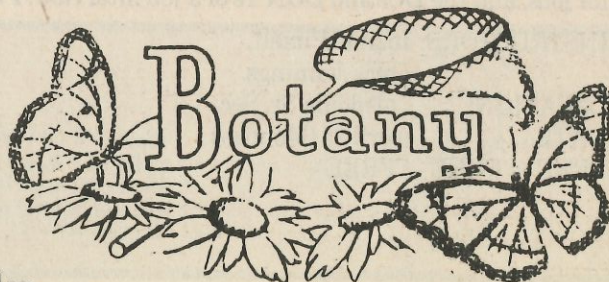
INSTRUCTOR: Nancy Ross
LOCATION: NWCC, Room 208
DATES: Tues., Apr. 19 & 26
TIME: 7:00 - 10:00 p.m.
FEE: \$10.00

LOCAL BOTANY

Join this local hobby-botanist for his informative presentation on Northwest plants. Topics include the medicinal functions, superstitions and food usages of local wild plants.

Pre-register. Pre-pay.

INSTRUCTOR: Lee Oates
LOCATION: NWCC, Room 208
DATE: Sat., May 7
TIME: 9:00 a.m. - 1:00 p.m.
FEE: \$8.00



PAINTING — EXPLORATIONS (ACRYLIC)

The workshop aims at bringing students to explore some ideas of process and methodology within the framework of expressive documentation of the image. Ideal for all levels of painters.

Enrollment limited to 15.

PRE-REGISTER early.

SMALL CLAIMS WORKSHOP I

This workshop is designed for local business personnel to come and learn correct Small Claim Procedures and ask questions of the Court Registry. This workshop is not to advise on legalities but rather to inform and "de-mystify" the process and enable you and your personnel to understand and utilize the courts' small claims. **Pre-register. Pre-pay.**

INSTRUCTOR: Joanne Pitzell, Court Registrar
LOCATION: NWCC, Room 208
DATE: May 10 (Tuesday)
TIME: 1:30 - 4:30 p.m.
FEE: \$2.00

TIME MANAGEMENT

Learn to become more productive in your business, social and home lives through the effective management of time available to you. Interested persons **pre-register early** as space is limited.

INSTRUCTOR: Neil Jones
DATE: TBA
TIME: TBA
FEE: \$55.00

JOB SEARCH TECHNIQUES

Explore your options. Participate in this informative workshop and learn helpful tips to assist you in "selling yourself" to any prospective employer.

Learn how to write out appropriate job applications, resumes, WHERE to look for jobs, and the DOs and DON'Ts of a job interview. **Pre-register.**

INSTRUCTORS: Joanne Pitzell,
Chris Jennings
LOCATION: Caledonia Sr. Sec.
DATE: April 25 (Monday)
FREE — FREE — FREE



HEALTH CONTINUING EDUCATION

Northwest Community College offers a service of organizing and delivering continuing education programs for health/human service workers in all communities in the college region. Preventive health programs for the general public are also offered. To access this service, please contact Emily Rozee, Coordinator, Health Continuing Education, Northwest Community College, TERRACE, 635-6511, local 239.

Courses in the planning stages for spring include:

VALUES CLARIFICATION

The objective of this workshop is to develop an understanding/awareness of one's own value system, and how this affects our helping relationship in health care.

INSTRUCTOR: Linda Tarrant of the Canadian Training Resources Group, Vancouver, B.C.
LOCATION: NWCC, Hazelton
DATE: Tentatively, March 11, 1983

TIME: 8:30 a.m. - 4:30 p.m.
FEE: \$30.00
TARGET GROUP: Health and human service workers, teachers, clergy, etc.

ADOLESCENT SEXUALITY

This workshop will deal with sexual development and expression in young children, issues of adolescence, strategies for discussing sexuality, including sexuality and multi-culturalism.

INSTRUCTOR: TBA
LOCATION: Kitimat
DATE: TBA

TIME: TBA
FEE: TBA
TARGET GROUP: Health and human service workers, teachers, clergy

For further information contact Emily Rozee, 635-6511, local 239.

UPDATE PROGRAM FOR FOOD SERVICE WORKERS

This one-day workshop is for line (not supervisory) workers in a food service area.

Topics to include: — nutrition and the elderly — providing for a sanitary environment
— working efficiently — safe preparation and storage of foods

INSTRUCTOR: Carol Hartnett, dietician and nutritionist
LOCATION: NWCC, Terrace

DATE: TBA
TIME: TBA
FEE: \$30.00

Minimum number to run this course is 15. Please contact the college to express interest.

DEALING WITH THE DEPRESSED CLIENT

This workshop will deal with the following topics:

- intervention strategies in dealing with the depressed person
- effects on the family where one family member is depressive, and ways of helping family members deal more effectively with their situation
- use of drugs in treatment

INSTRUCTOR: University of Victoria
LOCATION: Smithers

DATE: TBA
FEE: TBA

TREATMENT FOR MEN WHO BATTER

This two-day workshop will include an overview of the problem of wife-battering and how to set up self-help groups. The target group is health/human service workers, especially those in the front-line services dealing with wife-battering.

INSTRUCTOR: Dale Trimbell, Justice Institute of B.C.
LOCATION: NWCC, Terrace

DATE: March 23 & 24
FEE: \$20.00

NORTH COAST CHILD SEXUAL ABUSE CONFERENCE

Co-sponsored by the Justice Institute, Mental Health, Ministry of Human Resources and NWCC.

DATES: May 17 & 18
LOCATION: Crest Hotel, Prince Rupert
RESOURCE PERSONS: Lucy Berliner, Brenda Knight, Stacy Holloway, Amy Napier-Hemy, Judge Graham

FEE: \$50.00
TARGET GROUP: Health and human service professionals, RCMP, all counsellors

There will be a public address on the evening of May 17.

Pre-registration by April 30, at NWCC, Prince Rupert, 820 - 3rd Ave. West, V8J 3S1.

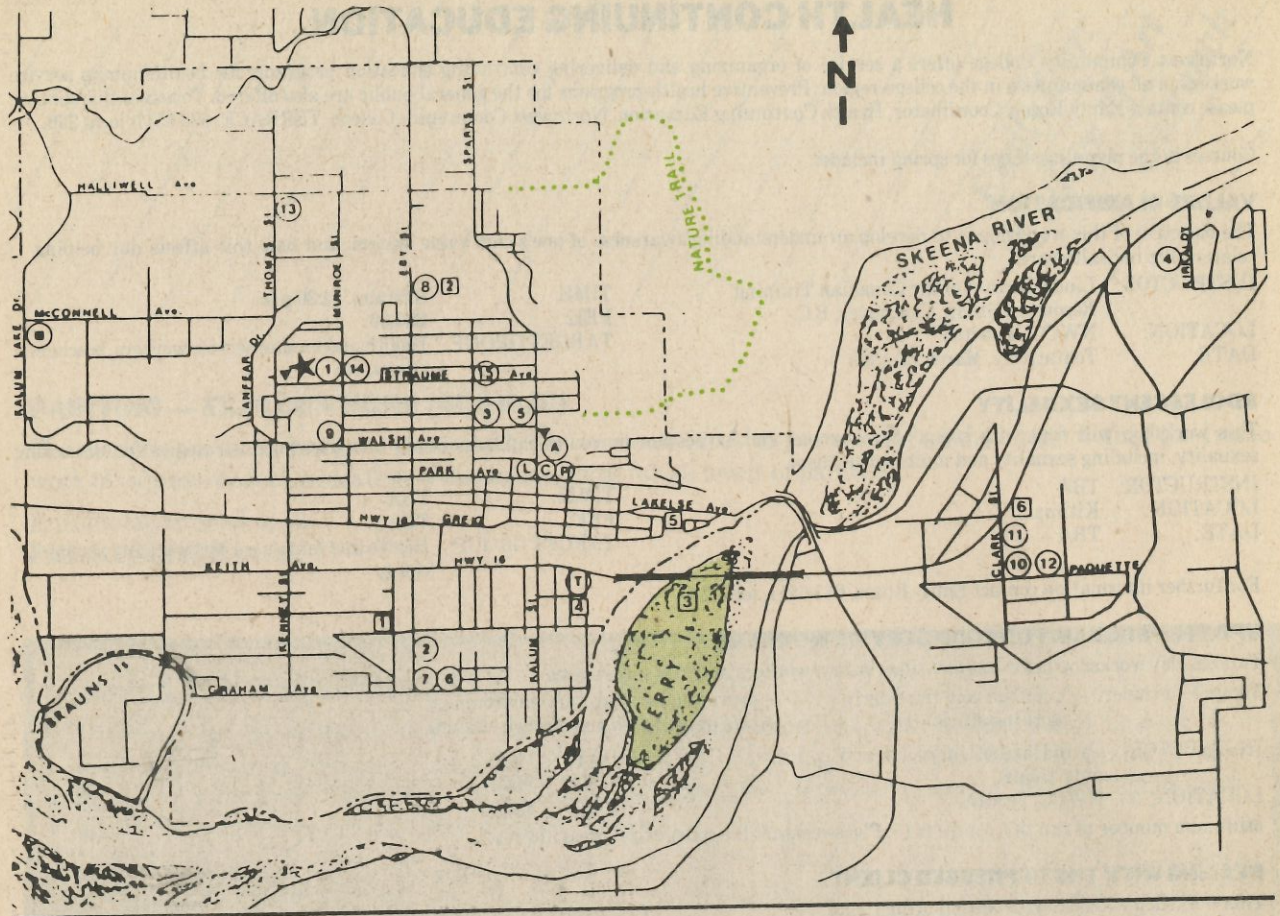
For further information and registration details for any of the above courses, please contact **Emily Rozee**, 635-6511, local 239, or leave your name and phone number to be contacted.

ATTENTION

REGISTERED NURSE DIPLOMA PROGRAM

Northwest Community College is presently researching the need for a two-year Registered Nurse diploma program. Persons who would be interested in enrolling in such a program are asked to contact NWCC Terrace (635-6511, local 241 or 208) and leave their name, address, phone number and level of education attained. This program will only be offered if there are sufficient candidates.





RECREATION ACTIVITY LOCATIONS, TERRACE, B.C.

SCHOOLS

- ① CALEDONIA St. HIGH, 3605 MUNROE ST.
-ball diamonds, soccer field
- ② CASSIE HALL ELEM., 2620 EBY ST.
-ball diamond, soccer field
- ③ CLARENCE MICHEL 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

SCHOOLS

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

OTHERS

- A ARENA, 3320 KALUM ST.
- C WOMEN'S CENTRE, 4542 PARK AVE.
- L LIBRARY, 4610 PARK AVE.
- P SWIMMING POOL, 4540 PARK AVE.
- T TOURIST INFORMATION, 4511 HIGHWAY 16 W
- ★ 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