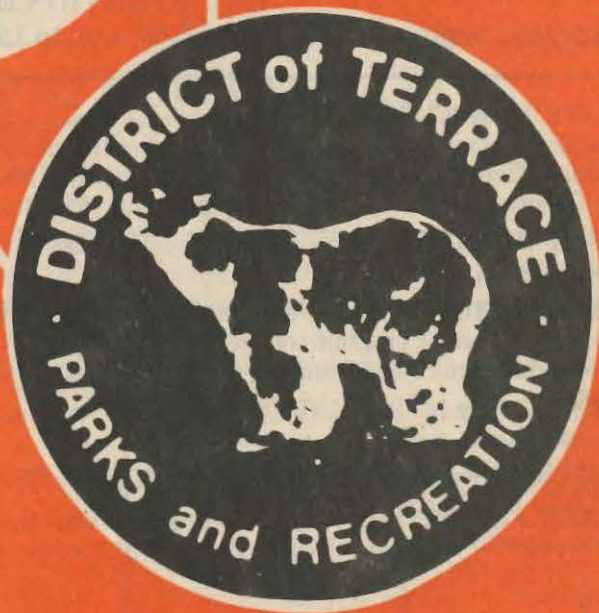




**NORTHWEST  
COMMUNITY  
COLLEGE**



# 1983 FALL 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

# REGISTRATION PROCEDURE

## REGISTRATION DATE:

**Saturday, September 10, 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 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.

**METHODS OF PAYMENT:** Payment can be made by cash, personal cheque made payable to the District of Terrace, or by use of your Visa Credit Card.

**LATE REGISTRATION:** Will be accepted at the Recreation Office in the Arena from September 12 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 19. Aquatic Programs start the week of September 26. Please check each write-up to be sure you come to the first class.

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**FOR FACILITY LOCATIONS — SEE BACK COVER**



# REGISTRATION AND GENERAL INFORMATION NORTHWEST COMMUNITY COLLEGE

Office: 5331 McConnell

Telephone 635-6511

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

## REGISTRATIONS WILL BE ACCEPTED AT THE FOLLOWING TIMES:

**DAYS:** Starting WEDNESDAY, AUGUST 31, at the College MAIN ADMINISTRATION BUILDING for ALL ACADEMIC and VOCATIONAL FULL-TIME AND NWCC PART-TIME COURSES.

**Time:** 10:00 a.m. - 4:00 p.m.

**EVENINGS:** Starting September 6 at the College.

**Time:** 5:00 - 7:00 p.m.

**Days:** Monday - Thursday only

## SPECIAL REGISTRATION DAY

(for all part-time courses)

**Day:** SATURDAY, SEPTEMBER 10

**Place:** ARENA BANQUET ROOM

**Time:** 10:00 a.m. - 1:00 p.m.

**PHONE:** Sorry — registrations will not be accepted by phone. **Interested students need to pre-register by pre-paying at the College, for all courses.** Lack of minimum enrollment one week before a course is scheduled to start can result in cancellation of the course. It is very important that you PRE-REGISTER with us to guarantee a seat in the course.

Payment for courses, textbooks or other materials may be made by cash, cheque, VISA or MASTERCARD.

## Tuition:

ACADEMIC — All Courses	\$15.60 per credit hour per semester
(University Transfer, Early Childhood Education, Human Service Worker)	MAXIMUM \$210.00 per semester
VOCATIONAL — FULL-time CAREER — Full-time	\$50.00 per month, payable on semester basis in advance. (Monthly payments can be arranged.)
A.B.E. — Full-time	\$30.00 per month
VOCATIONAL UPGRADE — Full-time	\$6.00/day \$25.00/week \$75.00/month
PART-TIME (average)	
Community Education Services	\$1.50/hour
Part-time Vocational and Career	\$1.75/hour
Adult Basic Education	\$ .30/hour
Supervisory Management	\$50.00/day
<b>Other Fees:</b>	
Student Association Fee	\$1.00/month
<b>Deposits (Refundable):</b>	
Residence Deposit	\$50.00
Vocational Book & Tool Deposit	\$50.00
Adult Basic Education & Business Careers Program Book Deposit	\$25.00

## 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

# OPEN LEARNING INSTITUTE

3306 Kalum Street  
THE DOWNTOWN CENTRE

CALL 635-4961  
— COLLECT



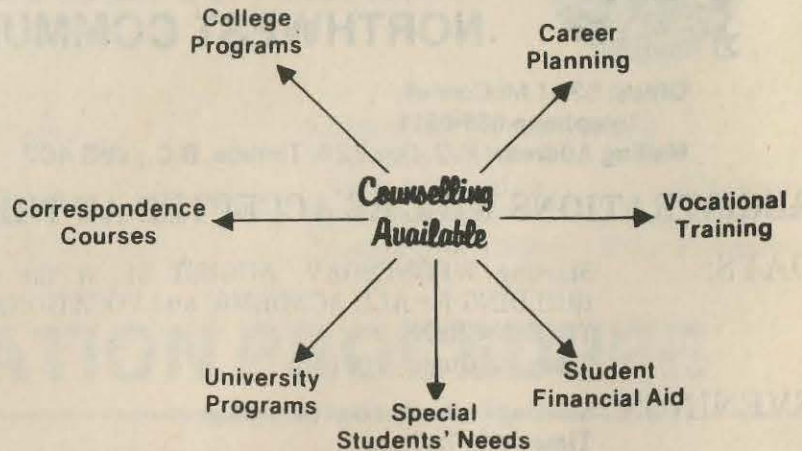
REGISTRATION MAIL  
DEADLINES  
OCT. 1, DEC. 1, FEB. 1

## NORTHWEST COMMUNITY COLLEGE COURSES

# COUNSELLING CENTRE

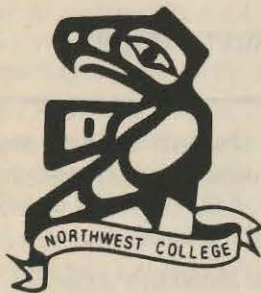
The Counselling Centre has a wide variety of career information and College and University calendars. The Centre also has CHOICES, a computer terminal, helpful in career decision making. We're here to help!

**Phone the Counselling Centre, 635-6511, for information.**

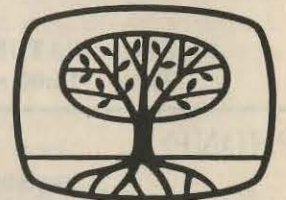


### STUDENTS WITH SPECIAL NEEDS

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



## learn at home DISTANCE LEARNING



**KNOWLEDGE  
NETWORK**

## NORTHWEST COMMUNITY COLLEGE KNOWLEDGE NETWORK PROGRAMS

### NORTHWEST COMMUNITY COLLEGE TELECOURSES

Telecourses are independent study courses which consist of television lessons integrated with texts and a study guide. Some telecourses include personal tutoring by telephone and mail. Consider taking a telecourse in the convenience and comfort of your own home. For information on NWCC telecourses, please call any of the NWCC/KNOW centres listed below.

Education by television can be an exciting and valuable experience. Enroll today in a Northwest Community College telecourse!

### NWCC/KNOW CENTRES

	Telephone Number	Channel		Telephone Number	Channel
Houston	845-7266	13	New Aiyansh	633-2228	—
Smithers	847-4461	13	Stewart	636-2238	13
Hazelton	842-5291	—	Prince Rupert	624-6054	12
Kitwanga	849-5376	10	Haida/Masset	626-3705	2
Kitimat	632-4766	12	Port Clements	559-8471	9
Terrace	635-6511	12	Tasu	556-2211	8
			Queen Charlotte City	559-8471	13

This symbol indicates a Telecourse  
(KNOW — Channel 12)



## NORTHWEST COMMUNITY COLLEGE COURSES

# ACADEMIC DIVISION

### DO YOU KNOW...

- that we offer a variety of first- and second-year university courses?
- that these courses are open to everyone, even if they don't have Grade 12?
- that you can take a course for credit, for interest, intellectual stimulation or just to meet new people?
- that we have Career-Technical programs in Early Childhood Education and Human Service Work which lead to a certificate?
- that we offer diplomas and certificates in Arts and Science?
- that we offer Grade 11 and 12 Science and Math courses for upgrading?

Get a start on a university education or career training!  
Pre-register now to ensure you have a place.

**CLASSES COMMENCE SEPTEMBER 6, 1983**

### REFUND POLICY

#### Academic (Part- and Full-Time)

1. A \$10.00 "late registration" charge will be assessed to any student registering after the second class.
2. Withdrawal after second class - 80% of tuition fees less a \$10.00 administration charge.
3. Withdrawal after third class or fourth class - 50% of tuition fee less a \$10.00 administration charge.
4. Withdrawal after fifth class - NO REFUND.

## UNIVERSITY TRANSFER COURSES

### ANTHROPOLOGY 101

#### Introduction to Physical Anthropology and Archaeology

A general introduction to human biological and cultural history. Students will examine the concepts of evolution, genetics, animal behaviour and race in an attempt to understand what makes us human. (3,3,0)

INSTRUCTOR: Paul Sneed

TIME: Wed., 9:00 a.m. - 12:00 noon

Fee: \$46.80

### BIOLOGY 101

#### 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-organisms, 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: Jon Shepard

TIME: Tues., 9:00 - 10:30 a.m.;  
Thurs., 9:00 - 10:30 a.m.

#### LAB A

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

#### LAB B

TIME: Fri., 1:00 - 4:00 p.m.

Fee: \$46.80

### CHEMISTRY 082

#### Chemistry Prep I

This is an introductory course in chemistry designed for people who have little or no knowledge about the subject. It is intended not only to provide the necessary background for those who might later 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: Norm Webster

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

Fee: \$23.40

## NORTHWEST COMMUNITY COLLEGE COURSES

### **CHEMISTRY 101**

#### **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 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: Norm Webster

TIME: Mon., 1:00 - 3:00 p.m.;  
Thurs., 1:00 - 3:00 p.m.

#### **LAB A**

TIME: Tues., 9:00 a.m. - 12:00 noon

#### **LAB B**

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

Fee: \$46.80

### **COMPUTER SCIENCE 111**

#### **An Introduction to Computers (formerly CPSC 151)**

A survey of current uses of computers, their potential, and their impact on society. The evaluation and use of pre-programmed applications to satisfy a variety of personal, professional and business needs. An introduction to the techniques of problem solving and programming. (3,3,0)

Prerequisite: Algebra 11 or equivalent.

INSTRUCTOR: Jim Stone

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

#### **LAB A**

INSTRUCTOR: Carolyn Williston

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

#### **LAB B**

INSTRUCTOR: Carolyn Williston

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

Fee: \$46.80

### **COMPUTER SCIENCE 121**

#### **Programming in Pascal**

An introduction to computing systems and their principles of operation. Techniques of program design. Programming in the Pascal language. (3,3,0)

Prerequisite: Algebra 12 or equivalent.

INSTRUCTOR: Jim Stone

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

#### **LAB**

INSTRUCTOR: Jim Stone

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

Fee: \$46.80

### **ECONOMICS 202**

#### **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: Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

### **ENGLISH 101**

#### **Literature and Composition I**

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

#### **101A**

INSTRUCTOR: Josephine Patterson

TIME: Tues., 9:00 a.m. - 12:00 noon

#### **101B**

INSTRUCTOR: George Stanley

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

#### **101C**

INSTRUCTOR: George Stanley

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

Fee: \$46.80

### **ENGLISH 151**

#### **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: Gail Emmerson

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

Fee: \$46.80

### **ENGLISH 203**

#### **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., 7:00 - 10:00 p.m.

Fee: \$46.80

# NORTHWEST COMMUNITY COLLEGE COURSES

## FRENCH 101

### 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 in basic reading content is gauged to interest mature students.

Lecture sections are devoted to preparation and comprehension of conversations, articles, etc., followed by practical application both in oral and written form. In the laboratory section, extensive use is made of language tapes with particular emphasis on pronunciation and intonation and variety of listening experience. Tapes are accessible to students for individual listening and tutorial time is available by arrangement. (3,1½,0)

**INSTRUCTOR:** Josephine Patterson  
**TIME:** Mon., 9:00 - 10:30 a.m.;  
Wed., 9:00 - 10:30 a.m.;  
Fri., 9:00 - 10:30 a.m.

Fee: \$46.80

## HISTORY 105

### Canada to the Late 19th Century

This is an attempt to make the more remote past of this country meaningful to us today. We shall look at the historic inheritance of English and French speaking Canada in the context of social and economic structures and by way of comparison with similar developments in Europe and the United States. We shall focus on the works of younger scholars and discuss a variety of interpretations. (3,0,0)

**INSTRUCTOR:** Gail Emmerson  
**TIME:** Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

## MATHEMATICS 082

### Introduction to Algebra and Trigonometry

A one-semester course in which the class meets twice per week. This is a course for students who have completed Math. 10 or more advanced students who have not studied math for some years.

**INSTRUCTOR:** TBA  
**TIME:** Tues., 7:00 - 9:30 p.m.;  
Thurs., 7:00 - 9:30 p.m.

Fee: \$46.80

## MATHEMATICS 111

### College Algebra and Trigonometry I

The first part of a two-semester course in which the class meets twice per week. The topics covered in Math. 111 and Math. 112 include those in Algebra 12. This course prepares students for Math. 101-Calculus. It is strongly recommended that students taking Chem. 082 or Physics 082 or planning to enter any scientific training take this course. Students should consult the counsellor or the instructor about transfer credit for Math. 111/112. (5,0,0)

**Prerequisite:** Algebra 11 or Math. 082.

**INSTRUCTOR:** TBA  
**TIME:** Tues., 7:00 - 9:30 p.m.;  
Thurs., 7:00 - 9:30 p.m.

Fee: \$46.80

## MATHEMATICS 101

### Calculus I

An introduction to the basic techniques of DIFFERENTIAL calculus designed to meet the needs of science and engineering students at a first-year university level. Calculus is the mathematics of change as opposed to algebra, geometry and trigonometry which involve fixed quantities. DIFFERENTIAL calculus involves finding the rate of change of one variable quantity with respect to another. (4½,0,0)

**Prerequisite:** Algebra 12 or Math. 111/112.

**INSTRUCTOR:** Carolyn Williston  
**TIME:** Mon., 9:00 - 10:30 a.m.;  
Wed., 9:00 - 10:30 a.m.;  
Fri., 9:00 - 10:30 a.m.

Fee: \$70.20

## PHYSICS 101

### Motion, Energy and Temperature

An analysis of motion, its causes and consequences. Application of these results to engineering design problems. High-speed motion and Einstein's Special Theory of Relativity. Fundamental properties of fluids and gases. Heat, temperature and entropy. (3,3,0)

**Prerequisite:** Physics 11 and Algebra 12 or equivalent.

**Corequisite:** Students are strongly advised to study Math 101.

**INSTRUCTOR:** Jim Stone  
**TIME:** Mon., 10:30 a.m. - 12:00 noon;  
Thurs., 10:30 a.m. - 12:00 noon

### LAB

**INSTRUCTOR:** Jim Stone  
**TIME:** Wed., 1:00 - 4:00 p.m.

Fee: \$46.80



**Individuals with Special Needs**  
— Reach Out and Take Part

## NORTHWEST COMMUNITY COLLEGE COURSES

### **POLITICAL SCIENCE 101**

#### **Canadian Politics I**

A basic introduction to political science through the study of Canadian government and politics. Part I will concentrate on government and politics at the national level. Topics to be covered include the institutions of parliamentary government, elections and voting behaviour, political parties, ideology and political culture, and sources of political power and conflict. (3,0,0)

INSTRUCTOR: Stan Persky

TIME: Mon., 1:00 - 4:00 p.m.

Fee: \$46.80

### **PSYCHOLOGY 101**

#### **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)

INSTRUCTOR: Andre Klingner

TIME: Mon., 7:00 - 10:00 p.m. (Psyc. 101A);

Thurs., 1:00 - 4:00 p.m. (Psyc. 101B)

Fee: \$46.80

### **PSYCHOLOGY 201**

#### **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 personality development. (3,0,0)

INSTRUCTOR: Sara Collinson

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

Fee: \$46.80

### **PSYCHOLOGY 221**

#### **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: Larry Dickerson

TIME: Mon., 1:00 - 4:00 p.m.

Fee: \$46.80

### **SOCIOLOGY 101**

#### **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 and associations. (3,0,0)

INSTRUCTOR: Stan Persky

TIME: Tues., 9:00 a.m. - 12:00 noon

(Soc. 101A);

Wed., 7:00 - 10:00 p.m. (Soc. 101B)

Fee: \$46.80

### **SOCIOLOGY 207**

#### **Sociology of Labour**

Analysis of how the Canadian Working Class has organized itself in various stages of development.

INSTRUCTOR: Stan Persky

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

Fee: \$46.80

### **SOCIOLOGY 211**

#### **Social Roles and Relationships I**

A sociological examination of the changing social roles and relationships of men and women in contemporary society. Topics include: marriage and child rearing practices, changes in work patterns, women's bodies and challenges to traditional male role models.

INSTRUCTOR: Gail Emmerson

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

FEE: \$46.80



**Individuals with Special Needs — Reach Out and Take Part**



# NORTHWEST COMMUNITY COLLEGE COURSES

## CAREER TECHNICAL PROGRAMS

### EARLY CHILDHOOD EDUCATION

#### **E.C.E. 101**

##### **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)

INSTRUCTOR: Pam Straker

TIME: Mon., 9:00 a.m. - 12:00 noon;  
Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

#### **E.C.E. 102**

##### **Early Childhood Education 102: Curriculum Development I**

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

INSTRUCTOR: Rosemarie Goodwin

TIME: Mon., 1:00 - 4:00 p.m.;  
Wed., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **E.C.E. 125**

##### **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)

INSTRUCTOR: TBA

TIME: Tues., 9:00 a.m. - 12:00 noon;  
Wed., 1:00 - 4:00 p.m.;  
Thurs., 9:00 a.m. - 12:00 noon;  
Fri., 1:00 - 4:00 p.m.

Fee: \$46.80

#### **E.C.E. 127**

##### **Early Childhood Education 127: Practicum III**

To participate as a staff member in one pre-school or day care centre for five weeks. (0,6,1)

INSTRUCTOR: TBA

TIME: Wed., 9:00 a.m. - 12:00 noon;  
Thurs., 9:00 a.m. - 12:00 noon;  
Fri., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **E.C.E. 128**

##### **Early Childhood Education 128: Models and Methods of Parent Involvement**

Topics will include a variety of programs and me-

thods of implementing parent work in different communities and institutional settings. (3,1,0)

INSTRUCTOR: Pam Straker

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

Fee: \$46.80

#### **E.C.E. 131**

##### **Early Childhood Education 131: Program Development III**

A continuation of 122 with an emphasis in the total programming area. Units of planning with themes will be the focus. (3,3,0)

INSTRUCTOR: TBA

TIME: Tues., 1:00 - 4:00 p.m.;  
Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

#### **E.C.E. 132**

##### **Early Childhood Education 132: Curriculum Workshop III**

A continuation of 122 with an emphasis in the total programming area. Units of planning with themes will be the focus. (3,3,0)

INSTRUCTOR: Rosemarie Goodwin

TIME: Mon., 9:00 a.m. - 12:00 noon  
Tues., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **E.C.E. 134**

##### **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: Fri., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **E.C.E. 135**

##### **Early Childhood Education 135: Working with Special Children (HSW 160)**

An introduction to causes of learning handicaps of the communication, physically, learning and severely handicapped. Recognition of behavioural commonalities among exceptional children, including the gifted. (3,0,0)

INSTRUCTOR: Larisa Tarwick

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

Fee: \$46.80

## NORTHWEST COMMUNITY COLLEGE COURSES

### CAREER TECHNICAL PROGRAM

#### HUMAN SERVICE WORKER

FOR MORE INFORMATION ON THE HUMAN SERVICE WORKER PROGRAM AND THE EARLY CHILDHOOD PROGRAM, SEE THE COLLEGE COUNSELLOR OR CONTACT THE COUNSELLING CENTRE.

#### **H.S.W. 151**

##### **Communications I**

The course introduces the student to the basic processes and content of effective communication, so that each student achieves an understanding of what effective communications means as well as a personal understanding of his/her style of communications. Topics to be covered include: active listening, empathy, self-disclosure, giving feedback, understanding and expressing feelings, helpful responding and non-verbal communication. (3,0,0)

INSTRUCTOR: Sara Collinson

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

Fee: \$46.80

#### **H.S.W. 153**

##### **Human Growth and Development**

The course offers a study of the growth and development of people, taking a life-span approach — from prenatal 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: Mon., 1:00 - 4:00 p.m.

Fee: \$46.80

#### **H.S.W. 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., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **H.S.W. 163**

##### **Health and Nutrition (E.C.E. 104)**

Methods of fostering sound health and nutrition. Includes an introduction to first aid. (3,0,0)

INSTRUCTOR: Jake Muller

TIME: Tues., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### **H.S.W. 191/291**

##### **H.S.W. 191: Practicum I**

This course provides an introduction to the agencies and facilities that provide human services in the community. The emphasis is on first-hand 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, as well as classroom instruction. (3,6,0)

Fee: \$46.80

##### **H.S.W. 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: Wed., 9:00 a.m. - 12:00 noon;  
Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

#### **H.S.W. 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: Sara Collinson

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

Fee: \$46.80



**Individuals with Special Needs — Reach Out and Take Part**

NORTHWEST COMMUNITY COLLEGE COURSES

VOCATIONAL AND TRADES TRAINING

FULL-TIME COURSES

REFUND POLICY

Vocational (Full-Time)

1. A \$10.00 "late registration" charge will be assessed to any student registering after the first day of classes in a full-time vocational program.
2. Vocational full-time fees are assessed on a calendar month basis, prorated as necessary in the first and last months:

Entry between:

- 1st - 15th — 100% of monthly fee.
- 16th - 23rd — 50% of monthly fee.
- 24th - 31st — 25% of monthly fee.

Leaving before:

- 1st - 7th — 25% of monthly fee.
- 8th - 15th — 50% of monthly fee.
- 16th - 31st — 100% of monthly fee.

3. Refunds on withdrawal before completion will be 100% of unused tuition (part months prorated as above) less a \$10.00 administration charge. (There will be no administration charge on refunds for students who have completed their program earlier than anticipated when fee payment was made.)

Training Access Program (TRAC)

(This program replaces some programs formerly known as pre-apprenticeship and pre-employment training programs.)

The Training Access Program (TRAC) is an innovative approach to trades training. TRAC provides students with an exposure to the knowledge and skills common to all the various trade specialties within the program from one level to the next. Continuous entry into the program on a 12-month basis is a further feature of this program. A wait-list system is established whereby students are contacted in advance of their anticipated start date.

This program consists of three levels of training.

Each level of training is divided into modules. Each module contains a group of skills. The skills are presented in self-paced learning packages that students will work through at their own individual rate. A realistic time frame will be maintained.

Audio-visual materials with practical assignments supervised by qualified trades persons have been developed.

Students who have had previous training and experience may challenge tests and assignments, and if successful, may move through the program more quickly.

1. LEVEL I — Common Core (approximately 2-3 months)

This level provides students with the necessary skills and knowledge which are common to all trade areas. Competency in common core skills and knowledge must be demonstrated before a student can proceed to one of the occupational core areas which should suit the student's interest and aptitude.

2. LEVEL II — Occupational Core (approximately 2 months)

The second level deals with more specialized skills and knowledge which are common to the following six occupational cores. A student can select one of the following six options:

- Carpentry
- Electrical
- Mechanics
- Metal Fabrication
- Millwright/Machinist
- Piping

Competency in the skill and knowledge in an occupational core is required before moving on to the third level of training — the level of specialty.

3. LEVEL III — Specialty Training (approximately 2 months)

Each of the six occupational cores is divided into several trade specializations. These specialty programs provide the specialized knowledge and skills necessary to become employable at an entry level in a trade area.

At the third level of training, a student will select the specialty within the occupational core that was completed at Level II

Description of TRAC Programs Offered at Northwest College

OCCUPATIONAL CORE		SPECIALTY
COMMON CORE (approx. 2-3 mos.)	MECHANICS (approx. 2 mos.)	Automotive (approx. 2 mos.)
		Marine Engine Repair (Approx. 2 mos.)
		Small Engine Repair (approx. 2 mos.)
		Heavy Duty Mechanic (approx. 2-3 mos.)
		CARPENTRY (approx. 2 mos.)
	Carpentry (approx. 2 mos.)	

# NORTHWEST COMMUNITY COLLEGE COURSES

## Common Core

Common Core: Is designed as an initial training program in approximately 20 trades.

Prerequisite: 1) Grade 10 or equivalent (BTSD Level III)  
2) Successful completion of an English or Math pretest

Length: Approximately 2-3 months

Dates: Continuous intake.

## Occupational Core

**Mechanics Occupational Core:** This program is designed for students wishing to enter one of the following specialties: automotive mechanics, autobody, marine and small engine repair, or heavy duty mechanics.

Prerequisite: Completion of Common Core

Length: Approximately 2 months

Dates: Continuous intake when training spaces are available.

**Carpentry Occupational Core:** This program is designed for students wishing to enter the carpentry, benchwork or joinery specialties.

Prerequisite: Completion of Common Core.

Length: Approximately 2 months

Dates: Continuous Intake when training spaces are available

## TRAC Specialties

**Automotive Repair Specialty:** This program is designed to prepare students for employment in the automotive repair trade.

Prerequisite: Completion of Mechanics Occupational Core

Length: Approximately 2 months

Dates: Continuous intake when training spaces are available

**Marine & Small Engine Repair Specialty:** This program is designed to prepare students for employment in the marine and small engine repair trade.

Prerequisite: Completion of Mechanics Occupational Core

Length: Approximately 2 months

Dates: Continuous intake when training spaces are available

**Heavy Duty Mechanic Specialty:** This specialty prepares students for employment in the heavy duty repair trade.

Prerequisite: Completion of Mechanics Occupational Core

Length: 2-3 months

Dates: Continuous intake when training spaces are available

**Carpentry Specialty:** This program is designed to prepare students for employment in the carpentry trade.

Prerequisite: Completion of Carpentry Occupational Core

Length: Approximately 2 months

Dates: Continuous intake commencing October 1983

## 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 as soon as provincial materials are available. Please see College Calendar for details.

## ELECTRONICS TECHNICIAN

Two intakes per year: Sept. 6, 1983 - June 14, 1984

Feb. 6, 1984 - Nov. 29, 1984

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. Please see College calendar for details.

## 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

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

## BUSINESS EDUCATION PROGRAMS

### BUSINESS CAREERS (Continuous Intake)

Courses begin on Mondays as spaces become available beginning September 6, 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
Word Processing	- 2 - 4 months

Industrial Records & First Aid - 5 months

Start date September 6, 1983

### FEES

Tuition	\$50.00
Book or Tool Deposit	25.00
Student Association	1.00 per month

### BUSINESS ADMINISTRATION

1-Year Certificate - Start Date September 6, 1983  
9-month program

2-Year Diploma - Start Date September 6, 1983

### FEES

Tuition	\$50.00
Student Association	1.00 per month

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

## NORTHWEST COMMUNITY COLLEGE COURSES

### MARINE SKILLS PROGRAM

Northwest Community College has developed a comprehensive Marine Training Program in the areas of certificate preparation and safety education, as well as practical fishing skills.

The following certificate preparation courses are offered by Northwest Community College in Prince Rupert:

**WATCHKEEPING MATE:** Commences Oct. 31, 1983, Mon. - Fri. at 0830 - 1500 hours  
16 weeks at Northwest Community College, Prince Rupert; 4 weeks at Pacific Marine Training Institute, Vancouver.

Fee: \$200.00

**COMMAND ENDORSEMENT:** Commences Sept. 5, 1983 (8 weeks)

Fee: \$100.00

**FISHING MASTER II:** Commences Oct. 31, 1983, Mon. - Fri. at 0830 - 1500 hours

Fee: \$200.00

**FISHING MASTER III:** Commences Oct. 31, 1983, Mon. - Fri. at 0830 - 1500 hours (12 weeks)

Fee: \$150.00

**FISHING MASTER IV:** Commences Oct. 31, 1983, Mon. - Fri. at 0830 - 1500 hours (9 weeks)

Fee: \$112.00

### SELF-STUDY CERTIFICATE PREPARATION

The Northwest Community College is currently producing a series of self-study kits which prepare the student for specific MOT examinations. Their examinations are held monthly in Prince Rupert. One module covers one MOT examination.

Each module consists of lecture notes, exercises, answers and assignments. These modules are designed specifically for the mariners who cannot attend full-time day classes because of the nature of their vocation.

Modules available are the 040 Chartwork and Pilotage; 020 Electronic Navigation Instruments; 060 Navigation Safety (Rules of the Road and Regulations); 161 General Seamanship; and 041 Chartwork and Pilotage. Note: Other modules up to Fishing Master II will be made available as they are developed.

Tuition: \$75.00 per module, including the use of the College facilities, tutor and telephone assistance.

### BASIC NAVIGATION

An introductory course for the person who has very little or no previous knowledge of the subject. The course is designed to provide a foundation from which the certificate programs can be attempted. Subjects covered are Basic Chartwork, Navigation Safety and Electronic Aids.

Tuition: \$75.00

Duration: 6 weeks, full-time

Most courses are offered at the Prince Rupert Campus. Please contact **Captain Ben West** at 627-7598 for further information on any of these courses.

**HAVE YOU PRE-REGISTERED?**

# VOCATIONAL AND TRADES EVENING COURSES

## REFUND POLICY

1. Withdrawals before the second class of a course — 100% of tuition fees less a \$10.00 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to courses labelled as "designated Courses". NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition fee less a \$10.00 administration charge.

## 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 Transportation an examination fee.

STARTING DATES: Sept. 19, Oct. 17, Nov. 14  
TIME: Mon. & Wed., 7:00 - 10:00 p.m.  
FEE: \$50.00  
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. Also for tradesmen and others who need to improve their welding skills. (No theory given.)

STARTING DATE: Sept. 19  
TIME: Mon. & Wed., 7:00 - 10:00 p.m.  
FEE: \$162.00  
PLACE: Welding Shop, Shops Building  
TOTAL HOURS: 72

### BASIC CABINET CONSTRUCTION

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. Intended for those having some knowledge of woodworking or cabinet making.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$52.50 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. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$52.50  
PLACE: Carpentry Classroom & 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 transmissions.

STARTING DATE: Sept. 19  
TIME: Mon. & Wed., 7:00 - 10:00 p.m.  
FEE: \$105.00  
PLACE: Marine Engine Shop  
TOTAL HOURS: 60

### BLUEPRINT READING FOR WELDERS & FITTERS & SYMBOLS FOR WELDERS

Upgrading for tradesmen who use welding in their trades, or for welders with limited background in theory. Also, a refresher for welders with no recent experience in blueprint reading. No shop time in this course.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$75.00 including \$30.00 for books  
PLACE: Room 108, Shops Building  
TOTAL HOURS: 24

# NORTHWEST COMMUNITY COLLEGE COURSES

## ELECTRONICS

### ELECTRONICS COURSES

Courses 1 to 7 are Heath Continuing Education self-study programs containing numerous lab experiments and unit tests as well as 33 $\frac{1}{3}$  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 70% 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: Tues. - Thurs.  
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: \$87.50  
TOTAL HOURS: 50

#### 2. AC ELECTRONICS

Prerequisites — Course 1 or equivalent knowledge. Discusses waveforms, period, frequency, AC meters, oscilloscopes, series and parallel circuits.

FEE: \$87.50  
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.

FEE: \$87.50  
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.

FEE: \$131.25  
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.

FEE: \$175.00  
TOTAL HOURS: 100

#### 6. MICROCOMPUTER AND MICROPROCESSOR

Prerequisite — Advanced Digital Techniques.

FEE: \$262.50  
TOTAL HOURS: 150

#### 7. ELECTRONIC COMMUNICATIONS

Unit 1: Communication Fundamentals; Unit 2: Amplitude Modulation; Unit 3: AM Receivers; Unit 4: Angle Modulation; Unit 5: Pulse Modulation; Unit 6: Antennas; Unit 7: Communication Systems.

This is a self-study course that will provide you with the fundamentals of basic communication systems. There will be basic bread board experiments in each unit except in Unit 6. Prerequisite — Courses 1 to 5.

FEE: \$131.25  
TOTAL HOURS: 75

# HAVE YOU PRE-REGISTERED?

## NORTHWEST COMMUNITY COLLEGE COURSES

### 8. TELECOMMUNICATIONS

This 310-hour, three-semester program is intended to give the beginner in electronics a comprehensive course in Electrical and Electronics fundamentals as well as in analog and digital telecommunications techniques.

The first semester of 105 hours begins September 1983 and treats direct and alternating current principles and circuit analysis. SI units of measurement are used throughout. In addition, differential and integral calculus are used to solve electrical quantities.

Following semester one, semester two presents electronic circuit fundamentals and devices. During this 105-hour period, the student uses hybrid parameters, resistance parameters, and approximations methods in solving circuit problems. Troubleshooting and testing techniques are a significant part of this course.

Semester three of 100 hours' duration will begin September 1984. Here the student will apply his previously gained knowledge in Electrical/Electronics fundamentals in Telecommunications Techniques. The material presented includes modulators and methods of modulation, transmitters, receivers, noise, two-way radio systems maintenance, microwave techniques, transmission systems and methods of communications multiplexing and line communications, digital data transmission.

STARTING DATES: Semester 1 —

Sept. 20, 1983 - Jan. 31, 1984

Semester 2 —

Feb. 2, 1984 - May 31, 1984

TIME:

Tues. & Thurs., 7:00 - 10:00 p.m.

PLACE:

Electronics Classroom

FEE:

\$335.00 per semester

DURATION:

105 hours, 15 weeks

MINIMUM ENROLLMENT: 10

## COOK TRAINING

### 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 DATE: Sept. 19, Oct. 31

TIME: Mon. & Wed., 7:00 - 10:00 p.m.

FEE: \$52.50

PLACE: Cafeteria

TOTAL HOURS: 30

### CAKE DECORATING

Covers all basic concepts of cake decorating. Border design, flowers, tube writing, sugar moulds, fundamental decorating techniques, special techniques. Enrollment is limited to 10 students.

STARTING DATE: Sept. 20, Nov. 1

TIME: Tues. & Thurs., 7:00 - 10:00 p.m.

FEE: \$67.50 plus supplies

PLACE: Cafeteria

TOTAL HOURS: 30

## BUSINESS

### GENERAL BUSINESS 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 having no business experience complete this course before taking ACCT 101.

STARTING DATE: Sept. 19

TIME: Mon. & Wed., 7:00 - 9:00 p.m.

FEE: \$70.00 plus books

PLACE: Room 113, 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. Also recommended as a pre-computer course.

STARTING DATE: Sept. 19

TIME: Mon. & Wed., 7:00 - 9:00 p.m.

FEE: \$70.00 plus book

PLACE: Room 111, Administration  
Building

TOTAL HOURS: 40



**Individuals with Special Needs — Reach Out and Take Part**



## NORTHWEST COMMUNITY COLLEGE COURSES

### ADVANCED TYPEWRITING

More complex routine typewriting functions are studied in this course. Students will begin the Northwest College assignment requirements for TYPG 101. Completion carries credit toward a College Certificate. A transcript will also be issued to successful students. Prerequisites — Typing for Beginners or considerable experience to be assessed by the instructor.

STARTING DATE: Sept. 19  
TIME: Mon. & Wed., 7:00 - 9:00 p.m.  
FEE: \$70.00  
PLACE: Room 106, Administration Building  
TOTAL HOURS: 40

### 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 a credit toward a Northwest College Business certificate. Students should have access to a ten-key adding machine.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$105.00 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 toward a Northwest College Business certificate.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$105.00 plus book  
PLACE: Room 113, Administration Building  
TOTAL HOURS: 60

### INTRODUCTORY FINANCIAL ACCOUNTING (ACCT 150/151)

RIA, CGA credit.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$105.00 plus book  
PLACE: Room 113, Administration Building  
TOTAL HOURS: 60

### INTRODUCTION TO COMPUTERS (OFPR 105)

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. 24  
TIME: Sat., 9:00 a.m. - 1:00 p.m.  
FEE: \$80.00 plus books  
PLACE: Computer Lab, Room 109, Administration Building  
ENROLLMENT: 16  
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 toward a Northwest College certificate and The Society of Management Accountants of B.C.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEES: \$120.00 plus books  
PLACE: Computer Lab, Room 109, Administration Building  
ENROLLMENT: 16  
TOTAL HOURS: 60

# HAVE YOU PRE-REGISTERED?

## NORTHWEST COMMUNITY COLLEGE COURSES

### **BUSINESS DATA PROCESSING (DATA 151)**

A continuation of DATA 150 with emphasis on advanced programming concepts and advanced features of the BASIC language. These concepts and features include: structured programming, "top down" modular approaches, matrices, virtual displays, internal and user-defined functions, input/output operations. Laboratory assignments are typical business problems which must be coded and documented in accordance with accepted standards. Prerequisite: DATA 150. Completion of this module carries credit toward a College certificate.

STARTING DATE: Nov. 29  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$120.00 plus books

PLACE: Computer Lab, Room 109,  
Administration Building  
ENROLLMENT: 16  
TOTAL HOURS: 60

### **COMMERCIAL LAW (BLAW 150/151)**

RIA, CGA credit.

STARTING DATE: Sept. 20  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$105.00 plus book  
PLACE: Room 217, Administration  
Building  
TOTAL HOURS: 60

## HEALTH

### **FIRST AID PROGRAMS**

#### **INDUSTRIAL FIRST AID:**

WCB certification.

##### **Course 1**

STARTING DATE: Sept. 17  
TIME: Sat. & Sun., 8:00 a.m. - 3:00 p.m.  
FEE: \$175.00 including books  
& examination  
PLACE: Room 215,  
Administration Building  
TOTAL HOURS: 60

##### **Course 2**

STARTING DATE: Nov. 7  
TIME: Mon. - Thurs., 7:00 - 10:00 p.m.  
FEE: \$175.00 including books  
& examination  
PLACE: Room 215,  
Administration Building  
TOTAL HOURS: 60

#### **BASIC FIRST AID**

WCB Survival First Aid ticket and College certificate. 8 hours survival first aid and 10 hours general first aid. 12 students maximum.

STARTING DATE: Sept. 20, Oct. 11  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$35.00 including book  
& examination fee  
PLACE: Room 215,  
Administration Building

#### **SURVIVAL FIRST AID**

WCB Certification. Courses will be held as names accumulate. Please leave your name and phone number with the College. Fee \$20.00. Minimum 10 students required.

#### **FIRST AID FOR COACHES & TEACHERS**

(Sports injuries.) WCB Survival First Aid ticket and College certificate. 8 hours survival first aid and 10 hours first aid for sports injuries. 12 students maximum.

This course is being developed. Sessions will be held in December if there is sufficient interest. Fee \$35.00. Please leave your name and phone number with the College.

#### **CPR COURSES**

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

#### **HEARTSAVER**

Four hours minimum. For anyone who has never had CPR instruction. Fee \$22.50.

#### **CPR 1**

Eight hours minimum. For persons with previous health or CPR training. Fee \$27.50.

#### **CPR 2**

Fee \$27.50

#### **CPR 1 & 2 RECERTIFICATION**

Fee \$22.50.

CPR courses will be held as names accumulate. Please leave your name and phone number with the College: 635-6511.

# NORTHWEST COMMUNITY COLLEGE COURSES

## 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 work 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 #6832

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.

Instructor: Bob Sullivan  
Location: NWCC, Room 203  
Date: Mon. & Wed., Sept. 12 - Nov. 29  
Time: 7:00 - 10:00 p.m.  
Fee: \$19.00  
Book Deposit (refundable): \$15.00

### G.E.D. ASSISTANCE COURSES #6827

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

Instructor: Eila George and Lynn Turner  
Location: Caledonia Sr. Secondary  
Dates: Tues., Sept. 13 - Nov. 29  
Time: 7:30 - 10:00 p.m.  
Fee: \$10.00 plus books

### 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. 9 & 10, 1983. 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.

### GENERAL EDUCATIONAL DEVELOPMENT (G.E.D.)



This series of programs forms a major part of the G.E.D. Test Preparatory Program available in B.C. institutions. They are designed as part of a learning system available within institutions which measure as directly as possible the major generalization, ideas, and intellectual skills that are normally gained through 12 years of formal education. If you complete the tests successfully, you will receive a British Columbia Secondary School Equivalency Certificate. You may contact an NWCC Centre for more information.

Schedule: Monday, 10:00 - 11:00 a.m.  
Repeats: Thursdays, 7:00 - 8:00 p.m.

REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.

## ENGLISH LANGUAGE TRAINING

PLEASE REGISTER IN ADVANCE AT NORTHWEST COLLEGE.  
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

दोड़मः दामः नदरिनेरीमिं नमडं

POUR ADULTES

### INTRODUCTORY ENGLISH #6829

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. 13 - Nov. 29  
Fees: \$14.00

### INTERMEDIATE ENGLISH #6830

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

Location: Caledonia Sr. Secondary  
Time: 7:30 - 9:30 p.m.  
Days: Tues. & Thurs.  
Dates: Sept. 13 - Nov. 29  
Fees: \$14.00

## NORTHWEST COMMUNITY COLLEGE COURSES

### ADVANCED ENGLISH #6831

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

Location: Caledonia Sr. Secondary  
Time: 7:30 - 9:30 p.m.  
Days: Mon. & Wed.  
Dates: Sept. 12 - Nov. 30  
Fees: \$14.00

### AFTERNOON ENGLISH #6828

Open to any adult who wants to attend a part-time course during the day. Level: Introductory.

Location: Cassie Hall School  
Time: 1:00 - 3:00 p.m.  
Days: Mon. & Wed.  
Dates: Sept. 12 - Nov. 30  
Fees: \$14.00

## BUSINESS/INDUSTRY SERVICES

Business/Industry Services is offered throughout the College region. We offer a broad range of courses in various topics such as:

### SUPERVISORY MANAGEMENT TRAINING EFFECTIVE WRITTEN COMMUNICATIONS

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

Two new courses designed for business industry that are available to meet your needs are:

### TIME MANAGEMENT BASIC INSTRUCTION TECHNIQUES, ETC.

### DATA PROCESSING CONCEPTS FOR BUSINESS AND INDUSTRY

#### Program Description

To provide sufficient information for the graduate to understand the jargon of the data processing field and to provide the necessary background for exploring many data processing topics in depth.

Also to provide an introduction to the use of the Apple II microcomputer and some basics of the BASIC Language.

#### Course Outline

- History of Computing
- Programming and Programming Languages
- Algorithm Development
- Introducing Basic
- Elements of Computer Data Processing
- Input/Output and Internal Storage
- Hardware
- Program Maintenance and Documentation
- More Basic
- Debugging
- Even More Basic
- Arrays
- Files
- File Handling in Basic

Length of Course: 35 hours.

### INTERMEDIATE COMPUTING FOR BUSINESS/INDUSTRY

#### Program Description

This course brings the participants to the intermediate level in the programming language BASIC. Skills in Basic are enhanced by writing file handling routines developed by the use of Data Directed Design techniques. Graduates of the program will have well-developed Basic programming skills and a good foundation in file handling concepts for industry.

#### Course Outline:

- Structure Diagrams and Data Directed Design
- General Multiple File Processing
- Additions, Deletions and Modifications
- Random Access
- Binary Search Algorithm
- Record Project
- Basic Coding and Testing
- Company Problem Statement and Background
- Company Data Directed Design Development
- Company Basic Coding and Testing

Course Duration: 35 hours

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

## HAVE YOU PRE-REGISTERED?

## NORTHWEST COMMUNITY COLLEGE COURSES

# HEALTH CONTINUING EDUCATION

NWCC offers a service of organizing and delivering continuing education programs for health/human service professionals 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, 635-6511, local 239.

Programs confirmed for the Fall include:

### WORKING WITH GROUPS

DATE: Sept. 8  
PLACE: Prince Rupert

### ADVANCED CARDIAC LIFE SUPPORT

DATES: Oct. 22 & 23  
PLACE: NWCC, Prince Rupert

### MATURITY ONSET DIABETES

DATE: Oct. 13  
PLACE: NWCC, Terrace;  
and  
DATE: Oct. 15  
PLACE: Queen Charlotte City

### ASSESSMENT & MANAGEMENT OF NORMAL LABOUR & ASSESSMENT & MANAGEMENT OF THE HIGH-RISK MOTHER

DATE: Oct. 27  
PLACE: NWCC, Terrace.

### COUNSELLING THE DEPRESSED PATIENT

DATE: Oct. 6  
PLACE: Smithers

### HOMEMAKER UPGRADING PROGRAM

#### "Personal Assistance"

This course, for experienced Homemakers or health care workers, will be presented as a part-time evening course beginning in the Fall (dates, times, etc. TBA).

For further information, please contact Emily Rozee, Coordinator, Health Continuing Education, 635-6511, local 239.

## COMMUNITY EDUCATION SERVICES

### REFUND POLICY

1. Withdrawals before the second class of a course — 100% of tuition fees less a \$10.00 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to courses labelled as "Designated Courses". NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition fee less a \$10.00 administration charge.



KNOWLEDGE  
NETWORK

This symbol indicates a Telecourse (KNOW — Channel 13)



Individuals with Special Needs — Reach Out and Take Part

## NORTHWEST COMMUNITY COLLEGE COURSES

### APPLIED SKETCHING TECHNIQUES



Reviews fundamental elements of freehand drawing and art, introduces the more advanced techniques and concepts, and helps the student develop the ability to progress to more difficult and more interesting forms of drawing. The course is produced as a sequel to the telecourse FREEHAND SKETCHING, but is designed so previous art experience is not necessary or required.

**SCHEDULE:** Tues. & Thurs., 11:00 - 11:30 a.m.  
Starting Sept. 13, 1983  
Repeats: Sat. & Sun., 2:30 - 3:00 p.m.  
Starting Sept. 17, 1983

REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.

### BASIC AUTO CARE #6833

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. Maximum enrollment 15.**

**INSTRUCTOR:** Wayne Wyatt  
**LOCATION:** NWCC, Shops  
**DATES:** Mon., Sept. 12 - Nov. 28 (No class Oct. 10 or Oct. 31)  
**TIME:** 7:00 - 9:00 p.m.  
**FEE:** \$35.00

### BASIC WOODWORKING #6836

Woodworking techniques in a project-oriented course. Bring your own ideas and pencils to the first class. **Pre-register. Pre-pay. Maximum enrollment 12.**

**INSTRUCTOR:** Derek Hales  
**LOCATION:** Shops, NWCC  
**DATES:** Thurs., Sept. 22 - Nov. 24  
**TIME:** 7:30 - 10:30 p.m.  
**FEE:** \$40.00

### BEGINNING SIGN LANGUAGE II #6847

Learn sign language as a beginner, or improve your existing knowledge. This is a valuable course for anyone who is interested in communicating with the hearing-impaired. This 6-week course will lead to an intermediate sign language course in the upcoming Winter Term.

**INSTRUCTOR:** Sheila McCullough  
**LOCATION:** Caledonia School, Room 3  
**DATES:** Mon. & Wed., Sept. 12 - Oct. 26  
(No class Oct. 10)  
**TIME:** 7:00 - 9:00 p.m.  
**FEE:** \$22.00

**HAVE YOU  
PRE-REGISTERED?**

### CHRISTMAS SHOPPING AWARENESS: TOY SAFETY #6845

Toys supply children with an important medium for self-expression and education. It is important, therefore, that toys be safe when used properly, and capable of sustaining a reasonable amount of misuse without becoming hazardous.

Canada was one of the first countries to introduce safety standards for toys. The regulations established design criteria to help reduce the risk of injury to the user of toys under conditions of reasonably foreseeable use.

This one-evening workshop, brought to you by Consumer and Corporate Affairs Canada, will provide you with sensible information about toys so you can make the "safe" choices for your children at Christmas this year.

**INSTRUCTOR:** Ruth Spearin  
**LOCATION:** NWCC, Room 208  
**DATE:** Mon., Oct. 17, 1983  
**TIME:** 7:00 - 9:00 p.m.  
**FEE:** \$2.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS FRI., OCT. 7.**

### DEFENSIVE DRIVING COURSE #6850

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:** Roy Clifford  
**LOCATION:** NWCC, Room 208  
**DATES:** Mon., Oct. 17 - Nov. 14  
(No class Oct. 31)  
**TIME:** 7:00 - 9:00 p.m.  
**FEE:** \$10.00 plus \$5.00 material fee

**LAST DAY TO PRE-REGISTER, PRE-PAY IS OCT. 7**



### THE GROWING YEARS

is a course in child development created as an integrated instructional system to present the interplay of biological factors in human interaction, social structure, and cultural forces in the growing child. The world of childhood and adolescence and the factors that influence the development will be of interest to parents, teachers, social workers and the general public.

**SCHEDULE:** Mon. & Wed., 6:00 - 6:30 p.m.  
Starting Sept. 12, 1983  
Repeats: Sat. & Sun., 12:00 - 1:00 p.m.  
Starting Sept. 17, 1983

REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.

# NORTHWEST COMMUNITY COLLEGE COURSES

## JOB SEARCH TECHNIQUES #6838

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.

INSTRUCTORS: Joanne Pitzell, Chris Jennings

LOCATION: Caledonia Sr. Sec., Room 103

DATE: Wed., Sept. 28

TIME: 7:00 p.m.

FREE - FREE - FREE

LAST DAY TO PRE-REGISTER IS SEPT. 21



## NEEDLECRAFT

Focuses on eight of the most basic, popular and practical skills: knitting, crochet, needlepoint, embroidery, smocking, quilting, sewing and rugmaking. The telecourse is not only for beginning needleworkers, it can also be useful for those who have already acquired some needlework background but who wish to enhance their needlecraft skills. The course can prove helpful to those students who are experts in some of the crafts but who wish to discover and develop skills in other areas of needlecraft.

SCHEDULE: Tues. & Thurs., 9:30 - 10:00 p.m.

Starting Sept. 13, 1983

Repeats: Wed. & Fri., 10:30-11:00 a.m.

Starting Sept. 14, 1983

REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.

## PREPARED CHILDBIRTH CLASSES: A LABOUR OF LOVE! #6846

An 11-week series designed for both couples and single pregnant women. Focus is on learning how to take an active part in the birth of the baby as a family-centred major life event. The course covers emotional as well as psychological aspects with an emphasis on birth as a normal, healthy transition into parenthood. Visualization, birth mapping, intervention, films, library, many informative handouts.

A Labour Support Service is also offered to all class participants. **Maximum enrollment 15.**

INSTRUCTOR: Marianne Weston, International Childbirth Education Association Coordinator

LOCATION: NWCC, Room 213

DATE: Tues., Sept. 20 - Nov. 29

TIME: 7:30 - 9:30 p.m.

FEE: \$20.00 per couple/woman

LAST DAY TO PRE-REGISTER, PRE-PAY IS TUES., SEPT. 13

## SEWING FOR EVERYONE #6835

Ideal for those who have never sewn before or who desire assistance with more advanced projects. **Maximum enrollment 10.**

INSTRUCTOR: Carol Clark

LOCATION: Caledonia School

DATES: Wed., Sept. 28 - Nov. 30

TIME: 7:00 - 9:30 p.m.

FEE: \$35.00

LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., SEPT. 21

## SEWING MACHINE MAINTENANCE #6837

Evening workshop designed to show the basic and simple at-home maintenance you can give your machine and avoid the high cost of unnecessary repair by learning preventive sewing machine maintenance. Learn how to use all your machine attachments and helpful sewing tips. If possible, please bring your portable sewing machine to class for "hands-on" instruction. **Maximum enrollment 15.**

INSTRUCTOR: Daryl Sapp, Carol Glenn

LOCATION: NWCC, Room 203

DATE: Wed., Sept. 21

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

FEE: \$5.00

LAST DAY TO PRE-REGISTER, PRE-PAY IS WED., SEPT. 14



## SEWING POWER

is a television course in wardrobe management and clothing construction which introduces the concepts, vocabulary, tools, materials and skills normally covered in introductory sewing. In addition, Sewing Power is designed to provide students with creative skills in wardrobe analysis and planning, as well as techniques for fabrication and fit. Its primary goal is to enable students to build and integrate for themselves a wardrobe that is both unique and appropriate to their personal lifestyles.

SCHEDULE: Mon. & Wed., 9:30 - 10:00 p.m.

Starting Sept. 12, 1983

Repeats: Tues. & Thurs.,

10:30 - 11:00 a.m.

Starting Sept. 13, 1983

REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.

## FOREIGN LANGUAGES

Northwest Community College has enthusiastic and qualified instructors to teach basic courses in FRENCH, GERMAN AND SPANISH. Each course will be 10 sessions and cost \$45.00 per term. We require a **minimum enrollment of 10 students.**

Contact the College, 635-6511, local 238/241, to register your definite interest in either French, German or Spanish.



Individuals with Special Needs

— Reach Out and Take Part

## NORTHWEST COMMUNITY COLLEGE COURSES



### People's Law School

#### PEOPLE'S LAW SCHOOL

##### **BUYING AND SELLING YOUR HOME #6842**

This informative FREE workshop will include such topics as: types of home ownership; real estate agents; interim agreements; other documents; the land title system; transfer of property; agreement for sale; and mortgages and financing.

LOCATION: Caledonia Sr. Sec.  
DATE: Mon., Sept. 26  
TIME: 7:00 - 10:00 p.m.

**LAST DAY TO PRE-REGISTER IS MON., OCT. 17**

##### **MARRIAGE: LEGAL AND COMMON-LAW #6841**

This free evening workshop will cover aspects of marriage relationship vs. common-law relationship; custody and access of children; support and maintenance of children and spouse; property rights; protection through marriage agreements; and other considerations.

LOCATION: Caledonia Sr. Sec., Room 103  
DATE: Mon., Oct. 24  
TIME: 7:00 - 9:00 p.m.

**LAST DAY TO PRE-REGISTER IS MON., SEPT. 19**

##### **MEDICATION AWARENESS WORKSHOP #6844**

The underlying philosophy of medication awareness is that it is up to the individual to take a personal responsibility to maintain his/her health through a general fitness program, good nutrition, mental stimulation and a generally healthy lifestyle. THIS IS FOR CONSUMER EDUCATION ONLY, THE SOCIETY DOESN'T DO DRUG COUNSELLING.

Along with a short audio-visual presentation, topics to be included in the workshop will be:

- how to communicate more effectively with your doctor and pharmacist;
- the meaning and importance of the doctor's instructions;
- the counselling a consumer should seek from his/her pharmacist;
- interaction of drugs and food;
- alcohol and your medication;
- the importance of proper storage, adequate labelling and detailed instructions about medications;
- the rights and responsibilities of the patient taking medication.

LOCATION: Kermode Friendship Centre  
DATE: Mon., Oct. 3  
TIME: 7:00 p.m.  
FEE: \$10.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., SEPT. 26**

##### **NUCLEAR ENERGY — THE OTHER SIDE #6843**

The nature of radiation. What is radiation, how is it detected and measured, what is natural background radiation — with the emphasis on the biological effects. The levels of radiation that are emitted from a nuclear generation station are put into context with other man-made and natural sources. What are the risks and effects on the human body and the environment? A film entitled "Radiation Naturally" addresses most of these questions.

Waste Management. What are radioactive wastes and how are they managed at present? What are the future plans for disposal of nuclear wastes and what are the potential impacts? The film which addresses these issues is "Nuclear Fuel Waste Disposal: Planning for Tomorrow".

INSTRUCTOR: Mr. M. Dmytriw, Atomic Energy of Canada  
LOCATION: NWCC, Room 208  
DATE: Tues., Oct. 4  
TIME: 7:00 - 10:00 p.m.  
FEE: \$3.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS TUES., OCT. 27**

## HAVE YOU PRE-REGISTERED?



# NORTHWEST COMMUNITY COLLEGE COURSES



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

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



## ADVERTISING AND PROMOTING YOUR SMALL BUSINESS #3778

**Objective:** To provide guidelines for planning, developing, implementing and evaluating a promotion package.

This course is designed to show participants how to make advertising work for them. It is centred around group discussions, real-life case studies and supported by true-to-life promotional ideas. The participants will learn:

- 1) Power of promotion.
- 2) Budget — how much money is enough?
- 3) The message — getting it across.
- 4) Media — selling where selling is good
- 5) Getting the most of your advertising \$\$.
- 6) Measuring results — how well is the promotion paying off?

**INSTRUCTOR:** John Campbell  
**LOCATION:** NWCC, Room 208  
**DATE:** Wed. & Thurs., Nov. 15 & 16  
**TIME:** 7:00 - 10:00 p.m.  
**FEE:** \$47.50

**LAST DAY TO PRE-REGISTER, PRE-PAY IS TUES., NOV. 8**

## INTRODUCTION TO COMPUTERS #6848

This basic computer class is designed to introduce the novice to the Apple Computer, familiarize themselves with computer terminology, concepts and functions. The course will give the student a better understanding of the implications and future of computer technology in both their personal and professional lives.

This 8-week course is ideal for the student who wants the technology and usage of the computer "de-mystified". Class enrollment limited to 15.

**LOCATION:** Caledonia Computer Classroom  
**DATES:** Mon., Sept. 26 - Nov. 28 (No Classes Oct. 10 or Oct. 31)  
**TIME:** 7:30 - 10:00 p.m.  
**FEE:** \$50.00 (includes materials)

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., SEPT. 19**

## FORECASTING FOR BETTER SMALL BUSINESS MANAGEMENT #3771

This is a practical course that steers away from complication mathematical formulas but still helps the owner/manager understand the need for, and gives him/her the tools to develop, an accurate forecast. The participants will:

- 1) Learn how to evaluate the business climate.
- 2) Learn what facts one should base forecast on, and plan the future.
- 3) Develop a forecast.
- 4) Receive material to assist them in preparing their own business forecast.

**INSTRUCTOR:** John Campbell  
**LOCATION:** NWCC, Room 208  
**DATE:** Thurs., Sept. 29  
**TIME:** 7:00 - 10:00 p.m.  
**FEE:** \$26.50

**LAST DAY TO PRE-REGISTER, PRE-PAY IS THURS., SEPT. 22**

## THE BUSINESS OF MANAGEMENT



For the man or woman who has decided upon a career in business, government, or educational management, **THE BUSINESS OF MANAGEMENT** is a valuable introduction to a successful career. It is designed for the managerial candidate who is newly graduated or who has worked but not had formal training in business management. It is intended to provide essential skills in planning and organizing, staffing and directing, controlling, decision making, motivating, communicating, and applying managerial skills to the business organization. Over two years in development and production, this telecourse presents a realistic picture of management in the 1980s. Top management experts throughout the country share their perspectives in the 26 television programs.

**SCHEDULE:** Tues. & Thurs., 9:00 - 9:30 p.m.  
Starting Sept. 14, 1983  
Repeats: Sat. & Sun., 7:00 - 7:30 p.m.  
Starting Sept. 17, 1983

**REGISTER AND PURCHASE TEXTS AT YOUR LOCAL COLLEGE CENTRE.**



**Individuals with Special Needs — Reach Out and Take Part**

## NORTHWEST COMMUNITY COLLEGE COURSES

*Emily Carr  
College of Art  
Outreach*

Emily Carr College of Art in Vancouver and NWCC are again co-operating to offer a series of top-quality art workshops in different mediums for local residents. Enrollment is limited. Register early.

### **WEEKEND WORKSHOP IN BASIC PHOTOGRAPHY #6849**

For beginners.

Enrollment limit 15 - 20 participants. Designated course.

This workshop will present to students the basics of 35mm photography with a concise history of photography as background. The course will emphasize self-reliance or the ability to out-think and creatively manipulate the modern automatic camera. Students will learn how to load and unload, create double exposures, the difference between leaf and focal plane shutters, lenses, depth of field, film, shutters, lighting and some "rules" of composition.

ARTIST-TEACHER: Alex Waterhouse-Hayward  
LOCATION: NORTHWEST COMMUNITY COLLEGE  
DATE: October 29 & 30  
TIME: Saturday, 9:00 a.m. - 4:00 p.m.  
Sunday, 9:00 a.m. - 2:00 p.m.  
FEE: \$35.00. Every student should bring a 35mm camera or similar,  
UNLOADED

**LAST DAY TO PRE-REGISTER, PRE-PAY IS OCTOBER 19**

### **EMILY CARR WORKSHOPS IN NWCC COLLEGE REGION**

<b>KITIMAT</b>	<b>JUDITH FOSTER</b> Weekend Workshop in Printmaking (Monoprint) Nov. 18 - 20
	<b>SALLY GREGSON</b> Design/Colour Oct. 14 - 16
<b>SMITHERS —</b>	<b>WALTER DEXTER</b> Weekend Workshop in Pottery Oct. 22, 23
<b>HAZELTON —</b>	<b>INGRID YUILLE</b> 5-Day Photography Residency Oct. 17 - 22
<b>PRINCE RUPERT —</b>	<b>TOM IRVING</b> Weekend Workshop in Wheel-Throwing (Pottery) Oct. 22, 23
<b>STEWART</b>	<b>GEORGE NORRIS</b> Weekend Workshop in Design (3-Dimensional) Sept. 24, 25

\*Billets can be arranged for out-of-town students in most areas. Please call the College for more information  
— 635-6511, local 241/238

# 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
Aquatic Supervisor	Betty Jean Goodwin

## 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

School Board Representative: Claudette Sandecki  
Terrace Council Representative: Marguerite Clarkson

## Arena and Pool Schedules

Available at Arena Office  
or call our 24-Hour  
Recorded Information Line:  
635-9212

## REGISTRATION INFORMATION

**DATE:** Sat., Sept. 10  
**TIME:** 10:00 a.m. - 1:00 p.m.  
**LOCATION:** Arena Banquet Room  
For more information, turn to page 2  
or call 638-1174

## RECREATION FOR PEOPLE WITH SPECIAL NEEDS



The Terrace Parks and Recreation Department encourages the participation of People with Special Needs in our programs.

Please read through the brochure and select any program that interests you. If you have not had previous experience with a certain program area, we suggest you try the beginner level.

Please help us to ensure that a quality experience occurs by indicating at the time of registration that a Special Needs Person is enrolling in the program.

PLEASE NOTE THAT ALL PROGRAMS ARE OPEN FOR YOU TO PARTICIPATE IN. REACH OUT AND ENJOY YOUR LEISURE HOURS TODAY!

If you feel you would need special assistance or volunteer help, please call the Recreation Office at 638-1174.

# Pre-School Programs



Individuals with special needs  
— reach out and take part



## TIME FOR TOTS (for 3 - 5 YEAR OLDS)

This program includes free play, arts and crafts, games, sing-songs, 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: September 20 - October 27  
LOCATION: Arena Banquet Room  
FEE: \$40.00

### Session II

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.  
DATES: November 1 - December 8  
LOCATION: Arena Banquet Room  
FEE: \$40.00

## KINDERDANCE

Enjoy an introduction to music, rhythm and movement through dance and musical games. For 3 - 5 year olds.

INSTRUCTOR: Pat Stone  
TIME: Fri., 10:15 - 11:00 a.m.  
DATES: Sept. 23 - Nov. 18  
LOCATION: Arena Banquet Room  
FEE: \$12.00



## TOTS ON ICE

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

### SET I

SNOWBALLS 9:00 - 9:30 a.m.  
ICICLES 9:30 - 10:00 a.m.  
ICE CUBES 10:00 - 10:30 a.m.  
LOCATION: Terrace Arena  
FEE: \$10.00

### October 4 - October 27

### SET II

SNOWBALLS 9:00 - 9:30 a.m.  
ICICLES 9:30 - 10:00 a.m.  
ICE CUBES 10:00 - 10:30 a.m.  
LOCATION: Terrace Arena  
FEE: \$10.00

### November 1 - November 24



## TOTS ON ICE

All skaters must wear helmets.

The following will be learned at each level. If your child can do most of the activities, please place him/her in the next level.

### ICE CUBES

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

### ICICLES (intermediates)

- take 12 steps on ice
- glide on 2 feet
- glide on 2 feet and grab ankles/touch toes
- scooping — both feet
- t-pushoff and glide on 1 foot
- snowplow stop
- jump while moving on ice
- skate width of ice

### SNOWBALLS (advanced)

- skate length of ice
- backward skating
- backward scooping
- backward gliding
- skating around cones
- t-stop
- jumping 2 feet, forward to backward
- skating to a rhythm
- forward pumping on circle

## TERRACE PARKS & RECREATION

### BABY GYM

Gym fun for 1½ - 2½ year olds. An opportunity to develop co-ordination through exercises, games, tumbling. Parents required to participate. Maximum 10 participants.

INSTRUCTOR: Eva Komlos

#### Session I

TIME: Mon. & Wed., 10:15 - 10:45 a.m.  
 DATES: September 19 - October 31  
 LOCATION: Arena Banquet Room  
 FEE: \$14.00

#### Session II

TIME: Mon. & Wed., 10:15 - 10:45 a.m.  
 DATES: November 2 - December 12  
 LOCATION: Arena Banquet Room  
 FEE: \$14.00



### PRE-SCHOOLERS' GYM TIME

Developed for 2½ - 3½ year olds, this program builds co-ordination, strength and flexibility through use of gymnastics equipment (balance bar, bar-ladder, mats) and through fun activities and games. Parents required to participate. Maximum 10 participants.

INSTRUCTOR: Eva Komlos

#### Session I

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon  
 DATES: September 19 - October 31  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00

#### Session II

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon  
 DATES: November 2 - December 12  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00

### FREE SKATING TIMES

Monday	2:00 - 3:00 p.m.	Public
Tuesday	11:30 a.m. - 12:45 p.m.	Public
Thursday	11:30 a.m. - 12:45 p.m.	

### KIDNASTICS — Beginners

For ages 3½ - 5 years, this is an active session combining gymnastics, games and exercises to aid the child's gross motor development. Maximum 10 participants.

INSTRUCTOR: Eva Komlos

#### Session I

TIME: Mon. & Wed., 1:00 - 2:00 p.m.  
 DATES: September 19 - October 31  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00

#### Session II

TIME: Mon. & Wed., 1:00 - 2:00 p.m.  
 DATES: November 2 - December 12  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00

### KIDNASTICS — Intermediate

For those 4 and 5 year olds who have taken 2 or more kidnastics classes and want a more advanced class. Maximum 10 participants.

INSTRUCTOR: Eva Komlos

#### Session I

TIME: Mon. & Wed., 2:15 - 3:15 p.m.  
 DATES: September 19 - October 31  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00

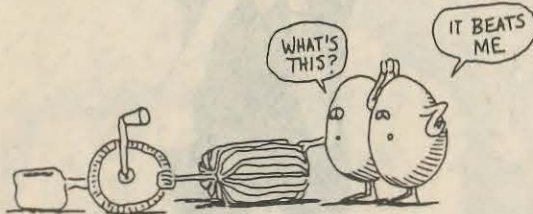
#### Session II

TIME: Mon. & Wed., 2:15 - 3:15 p.m.  
 DATES: November 2 - December 12  
 LOCATION: Arena Banquet Room  
 FEE: \$21.00



**SPECIAL NEEDS INDIVIDUALS**  
 Select any program that interests you.  
 For assistance or information, call 638-1174

# Youth Programs



## 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 - 13 years. Boys welcome!

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Tues., 6:30 - 8:30 p.m.  
**DATES:** October 25 - November 29  
**LOCATION:** Caledonia Sr. Sec., Foods Room  
**FEE:** \$20.00 plus \$12.00 lab fee



## STUFFED TOYS FOR KIDS

8 - 12 year olds will enjoy making stuffed animals or sports items (i.e. soccer ball, monkey). All sewing is done by hand and materials are provided. Samples available at registration where you can tell us your choice. Fee includes stuffed item.

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Tues., 6:30 - 8:00 p.m.  
**DATES:** September 20 - October 18  
**LOCATION:** Caledonia Sr. Sec., Sewing Room  
**FEE:** \$20.00

## BEAT BALLET

From Holland to Terrace, a new type of dance exercise class for all you 16 to 26 year olds. Learn movements that will strengthen your legs and exercise your body, and put them together into dances to the sound of disco music.

**INSTRUCTOR:** Karin Mol

### Session I

**TIME:** Mon., 6:30 - 7:30 p.m.  
**DATES:** October 3 - November 14  
**LOCATION:** Arena Banquet Room  
**FEE:** \$18.00

### Session II

**TIME:** Wed., 6:30 - 7:30 p.m.  
**DATES:** October 5 - November 9  
**LOCATION:** Arena Banquet Room  
**FEE:** \$18.00

## HALLOWE'EN HOOT

The Terrace Parks and Recreation Department Hallowe'en Hoot will be held again this October. For more information on this party for children, call 638-1174. Get your parents to call now and find out the details and date. Party includes pumpkin carving, bobbing for apples, mask making, and much more.



**OTHER ACTIVITIES FOR YOUTH**

Many local clubs and sports groups offer activities for this age group. Check our COMMUNITY GROUPS listing on page 47 to find a club or sport your child might be interested in.



**TERRACE PEAKS GYMNASTICS CLUB**

Terrace Peaks Gymnastics Club offers training for both boys and girls aged 5 and up at a recreational or competitive artistic gymnastic level. Register September 10, 10 a.m. - 1 p.m. at the Terrace Arena - downstairs. For more information, call Eva at 635-5798 or Marta at 635-4274.

**TERRACE BLUEBACK SWIM CLUB**

For children 7 - 18 who can swim one pool length. Enter your child for regular instruction and coaching. It's excellent conditioning for children active in other sports. Special low rates for novice swimmers. For more information, call Joyce or Skip at 635-5024 or Cathy at 635-7049.

Registration Date: September 10,  
10:00 a.m. - 1:00 p.m.  
Registration Location: Terrace Arena,  
Downstairs



**GIRL GUIDES OF CANADA**

Whether you are new in Guiding or were a Brownie or Guide, you are welcome. Guiding offers you leadership development, enabling you to learn about Guiding and your place in it. For more information on Guiding, call Donna at 638-1701 or Ethel at 635-5046.



**TERRACE KINETTES BABYSITTING COURSE**

Call Gail Wade at 635-9253 for more information.

**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.

**HAVE YOU PRE-REGISTERED?**



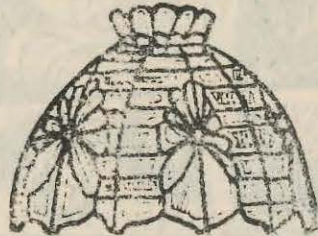
Individuals with special needs  
— reach out and take part

# Cultural, Social & General Interest

## STAINED GLASS FOR BEGINNERS

Make your own project under the guidance of an expert. Cost of materials ranges from \$40.00 upward, depending on materials chosen. Bring a 12" ruler to the first class. Proper glass cutters are provided.

INSTRUCTOR: Matt Ehse  
 TIME: Thurs., 7:30 - 9:30 p.m.  
 DATES: September 22 - November 10  
 LOCATION: 4820 Halliwell Avenue  
 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 Ehse  
 TIME: Wed., 7:30 - 9:30 p.m.  
 DATES: September 21 - November 9  
 LOCATION: 4820 Halliwell Avenue  
 FEE: \$30.00

## 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 11 and October 18  
 LOCATION: 4820 Halliwell Avenue  
 FEE: \$10.00

## NEW

### RICE PAPER LAMPSHADES I

An introductory course on stretching and applying rice paper to metal frames. Braid and fringe of your choice will then be added. For a final personal touch, you can add pressed flowers, butterflies or whatever strikes your fancy or matches your decor. Students must bring 2 plastic containers, small pointed scissors and a blow dryer.

INSTRUCTOR: Dawn Kostelnik  
 TIME: Mon., 7:30 - 9:30 p.m.  
 DATES: October 17 and 24  
 LOCATION: Caledonia Sr. Sec  
 FEE: \$15.00 (materials extra — approx. \$30.00)

### RICE PAPER LAMPSHADES II

The participant will learn how to apply rice paper to more difficult designs in metal frames (inside and outside curves). Cost of materials will depend on individual choice of frames and materials.

INSTRUCTOR: Dawn Kostelnik  
 TIME: Mon., 7:30 - 9:30 p.m.  
 DATE: November 7 and 14  
 LOCATION: Caledonia Sr. Sec.  
 FEE: \$15.00 (materials extra)

## KNITTING

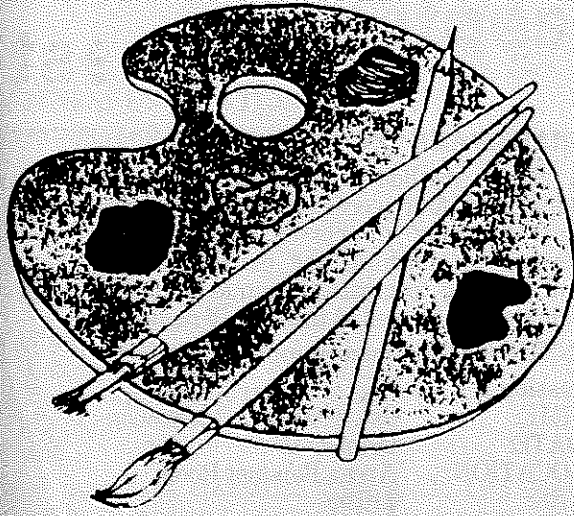
If you've always wanted to knit, now is your chance to learn. Bring knitting needles and light-coloured yarn to the first night.

INSTRUCTOR: Cathy Van Dyk  
 TIME: Mon., 7:30 - 9:30 p.m.  
 DATES: October 31 - December 5  
 LOCATION: Caledonia Sr. Sec.  
 FEE: \$25.00





## TERRACE PARKS & RECREATION



### OIL PAINTING FOR PLEASURE

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

**INSTRUCTOR:** Adolphus R. Burton

#### Beginners

**TIME:** Wed., 7:00 - 9:30 p.m.  
**DATES:** September 28 - November 30  
**LOCATION:** To Be Announced  
**FEE:** \$50.00

#### Beginners

**TIME:** Fri., 1:00 - 3:30 p.m.  
**DATES:** September 23 - December 2  
**LOCATION:** Arena Banquet Room  
**FEE:** \$50.00

#### Intermediate Level Students

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

**TIME:** Mon., 7:00 - 9:30 p.m.  
**DATES:** September 26 - December 5  
**LOCATION:** To Be Announced  
**FEE:** \$50.00



### TERRACE DOG CLUB

Do you want a more obedient dog? Obedience classes for Beginner and Advanced dogs start Tuesday, September 13, at the Thornhill Community Centre. To register, call Sadie at 635-4217.

### 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 an inexpensive, good-quality beer.

**INSTRUCTOR:** Merle Robinson  
**TIME:** Mon., 7:00 - 10:00 p.m.  
**DATE:** September 26  
**TIME:** Mon., 7:00 - 9:00 a.m.  
**DATE:** October 3  
**LOCATION:** To Be Announced  
**FEE:** \$22.00 (includes starter kit)

### CROCHET

Learn to read patterns and crochet basic stitches. Bring some light-coloured wool scraps and a size 4.5 - 6 crochet hook to the first class.

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Mon., 7:30 - 9:30 p.m.  
**DATES:** September 19 - October 24  
**LOCATION:** Caledonia Sr. Sec.  
**FEE:** \$20.00

### INTRODUCTION TO INDIAN ART

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

**TIME:** Tues., 7:30 - 9:00 p.m.  
**DATE:** November 8  
**LOCATION:** 4820 Halliwell Avenue  
**FEE:** \$5.00

### 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 24  
**LOCATION:** Arena Banquet Room  
**FEE:** \$20.00

### BABYSITTING SERVICE

Babysitting services are available for some of the daytime courses. The children are well supervised and will have an 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.



**SPECIAL NEEDS INDIVIDUALS**  
 Select any program that interests you.  
 For assistance or information, call 638-1174

### OFF-LOOM WEAVING

Using hoops, simple frames and found objects, learn how to create "one-of-a-kind" hangings, bags, mats, cushions, etc. Tapestry techniques will be used, plus unusual textural and dimensional effects. Free-form and shape weaving will be included together with interesting finishing details. Supply cost extra but will be minimal.

**INSTRUCTOR:** Joan Humphrey

#### Session I

**TIME:** Tues., 7:00 - 10:00 p.m.  
**DATE:** September 27 - October 18  
**LOCATION:** To Be Announced  
**FEE:** \$25.00

#### Session II

**TIME:** Fri., 1:00 - 4:00 p.m.  
**DATE:** September 23 - October 14  
**LOCATION:** Arena Banquet Room  
**FEE:** \$25.00

### SILK PAINTING

Silk painting, first popularized in France some 10 years ago, is now very much in vogue in North America because of the sumptuous appeal of silk and the brilliant colours obtained with the specially formulated acid dyes from France. Several major techniques will be explored: Gutta and Wax Resist, Direct Painting with Salt, Stencilling with Batik.

The craft is not as difficult as it seems and participants should be able to achieve several silk scarves and/or blouse lengths. Cost of materials dependent upon project — approximately \$20.00 and up. Registration deadline one week prior to first class.

**INSTRUCTOR:** Joan Humphrey

#### Session I

**TIME:** Mon., 7:00 - 10:00 p.m.  
**DATE:** October 17 - November 21  
**LOCATION:** Arena Kitchen  
**FEE:** \$35.00

#### Session II

**TIME:** Tues., 1:00 - 4:00 p.m.  
**DATE:** October 18 - November 22  
**LOCATION:** Arena Kitchen  
**FEE:** \$35.00

### SHAWLS ARE "IN"

A simple method of creating a large triangular shawl with four pieces of wood, a handful of nails, and the yarn of your choice. The second class will be devoted to finishing and embellishing techniques and fringing to create a unique fashion accessory. Samples can be seen at the time of registration.

**INSTRUCTOR:** Joan Humphrey

#### Session I

**TIME:** Sat., 9:00 a.m. - 12:00 noon  
**DATE:** October 15  
**LOCATION:** Arena Banquet Room  
**FEE:** \$10.00

#### Session II

**TIME:** Tues., 9:00 a.m. - 12:00 noon  
**DATE:** October 18  
**LOCATION:** Arena Kitchen  
**FEE:** \$10.00

## REGIONAL WORKSHOPS

### FITNESS LEADERS' WORKSHOP

October 14 & 15 — Kitimat.  
 For more information, call 632-3161.

### PRE-SCHOOL RECREATION WORKSHOP

September 23 & 24 — Kitimat.  
 For more information, call 632-3161.

### EXERCISE MANAGEMENT WORKSHOP

September 25 — Prince Rupert.  
 This is for those interested in water-orientated fitness programs.  
 For more information, call 638-1174.

### COMING EVENTS

We are compiling a calendar of Terrace-Thornhill Coming Events. If your club or organization has an event happening in the near future, call us at 638-1174 with the information.

**HAVE YOU PRE-REGISTERED?**

# Fitness & Sport

## FITNESS EVALUATION

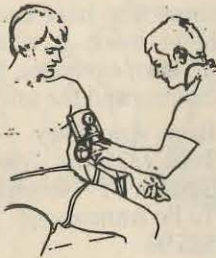
Are you confused about where to begin your fitness program? A controlled and accurate assessment of your present physical fitness level will assist you in determining the best starting point. For approximately 1½ hours of your time, you receive information regarding

- Cardiovascular efficiency
- Muscular endurance
- Body flexibility
- Percentage of body fat
- Strength
- and...

most important, evaluation of the results by a fitness consultant, who will assist you to develop a program to suit your individual needs.

FOR MORE INFORMATION AND AN APPOINTMENT — Call 638-1174.

FEE: \$20.00  
LOCATION: Terrace Pool



## 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: To Be Announced  
TIME: Mon., Wed. & Fri., 7:15 - 8:00 a.m.  
DATES: September 19 - December 2  
LOCATION: Arena Banquet Room  
FEE: \$35.00  
Drop-in \$1.25

## NOON HOUR FITNESS

Keep in shape with a fitness program geared to the working person. The program includes strength, flexibility, cardiovascular and cool-down exercises. Shower and change rooms available.

INSTRUCTOR: Jane Rushton  
TIME: Mon., Wed. & Fri., 12:15 - 12:45 p.m.  
DATES: September 19 - December 9  
LOCATION: Terrace Arena Banquet Room  
FEE: \$25.00 for Mon., Wed. & Fri.  
Drop-in Fee \$1.00 per class

## FITNESS FOR THE OUT-OF-SHAPE

If you have not exercised in a long time, are overweight, or have a minor physical disability, this class is for you. A mild, music-filled exercise program that includes stretching, strengthening, muscle toning will benefit a more energetic you. For more information, call the Terrace Parks and Recreation Department at 638-1174.

INSTRUCTOR: Jane Rushton  
TIME: Tues. & Thurs., 1:00 - 1:45 p.m.  
DATES: September 20 - December 1  
LOCATION: Arena Banquet Room  
FEE: \$26.00  
Drop-in Fee \$1.25 per class

## AEROBIC FITNESS (CO-ED)

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

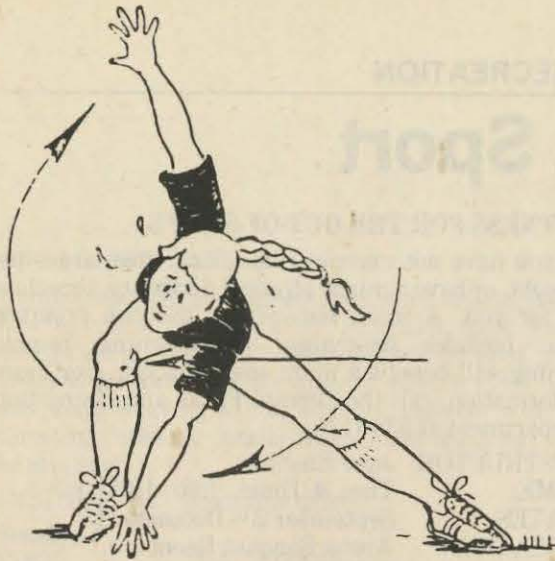
INSTRUCTOR: To Be Announced  
TIME: Mon., Wed. & Fri., 5:00 - 6:00 p.m.  
DATES: September 19 - December 9  
LOCATION: Terrace Arena Banquet Room  
FEE: \$35.00 for Mon. & Wed.  
\$50.00 for Mon., Wed. & Fri.  
Drop-in \$1.50

## FITNESS FOR SENIORS (ELDEROBICS)

Get in shape! Feel good! Exercise to lively music. Lots of fun! Come on a regular basis or drop in when you can.

INSTRUCTOR: May McFarland  
TIME: Tues. & Thurs., 2:00 - 2:30 p.m.  
DATES: From early October on  
LOCATION: Happy Gang Centre  
FEE: 50¢ per class





### 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 Ann Story  
**TIME:** Mon. & Wed., 6:30 - 7:30 p.m.  
**DATES:** September 19 - December 7  
**LOCATION:** Uplands Elementary School  
**FEE:** \$35.00

#### Session II

**INSTRUCTOR:** Jane Rushton  
**TIME:** Mon. & Thurs., 6:30 - 7:30 p.m.  
**DATES:** September 19 - December 8  
**LOCATION:** Mon. - Thornhill Elementary School  
 Thurs. - Thornhill Primary School  
**FEE:** \$35.00

### FITNESS & AEROBIC DANCE

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 to help you develop strength, flexibility and generally tone up your body. Babysitting available. See below.

**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 - September 19 - October 31  
 Set II - November 2 - December 12  
**LOCATION:** Arena Banquet Room  
**FEE:** \$18.00 for Mon. & Wed.  
 \$25.00 for Mon., Wed. & Fri.

### BABYSITTING SERVICE

Babysitting services are available for some of the daytime courses. The children are well supervised and will have an 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.



**Individuals with special needs  
 — reach out and take part**

### 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  
**TIME:** Tues. & Thurs., 6:30 - 7:30 p.m.  
**DATES:** Set I - September 20 - October 27  
 Set II - November 1 - December 8  
**LOCATION:** Terrace Arena Banquet Room  
**FEE:** \$18.00

#### Aerobic Dance — Co-ed — Men Welcome

**TIME:** Tues. & Thurs., 7:15 - 8:45 p.m.  
**DATES:** Set I - September 20 - October 27  
 Set II - November 1 - December 8  
**LOCATION:** Terrace Arena Banquet Room  
**FEE:** \$18.00

### BODY SHAPING — CO-ED (Beginners)

This class is for those who have been exercising for the past 6 months or more. It will concentrate on warm-ups and cool-down exercises, the basics of free weights, circuit training and the universal gym.

**INSTRUCTOR:** Betty Ann Story  
**TIME:** Tues. & Thurs., 7:00 - 8:00 p.m.  
**DATES:** October 11 - November 17  
**LOCATION:** To Be Announced  
**FEE:** \$25.00

### BODY SHAPING — LEVEL II

This class is designed for those who have taken the beginners' course.

**INSTRUCTOR:** Betty Ann Story  
**TIME:** Tues. & Thurs., 8:15 - 9:15 p.m.  
**DATES:** October 11 - November 17  
**LOCATION:** To Be Announced  
**FEE:** \$25.00



## TERRACE PARKS & RECREATION

### B.C. SPORTS AID PROGRAM

This is the core course sponsored by the B.C. Sports Medicine Council. It will cover basic anatomy and physiology, recognition and control of hazardous situations, injury assessment, management of common injuries and much more. This course is geared to those with little or no knowledge of sports injuries. A great course for all you coaches and would-be coaches.

**INSTRUCTOR:** Linda Lee  
**TIME:** Sat., 9:00 a.m. - 4:00 p.m.  
**DATE:** November 5  
**LOCATION:** Northwest Community College,  
Room 208  
**FEE:** \$35.00 (includes manual)



### FREE DAYTIME FITNESS CLASS

Becky Meier will be instructing this class Tuesdays and Thursdays, 10:00 - 11:30 a.m. at Thornhill Community Centre. No admission charge but we need a volunteer babysitter. For more information or to volunteer for babysitting, call 638-1174.

### FREE SKATING TIMES

Monday	2:00 - 3:00 p.m.	Public
Tuesday	11:30 a.m. - 12:45 p.m.	Public
Thursday	11:30 a.m. - 12:45 p.m.	Public

### 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:** November 30  
**LOCATION:** Caledonia Sr. Sec., Lecture Theatre  
**FEE:** \$1.00 for handouts — pay at class



### CROSS-COUNTRY SKIING

A beginner course which will include the how and when of waxing and all the basic skills of cross-country skiing. Enjoyment and safety are emphasized in this short course.

**INSTRUCTOR:** Eric Brurop  
**TIME:** Sat., 9:00 a.m. - 1:00 p.m.  
**DATE:** December 10  
**LOCATION:** Meet at the Terrace Arena  
**FEE:** \$8.00

# HAVE YOU PRE-REGISTERED?



### MEN'S INDOOR SOCCER

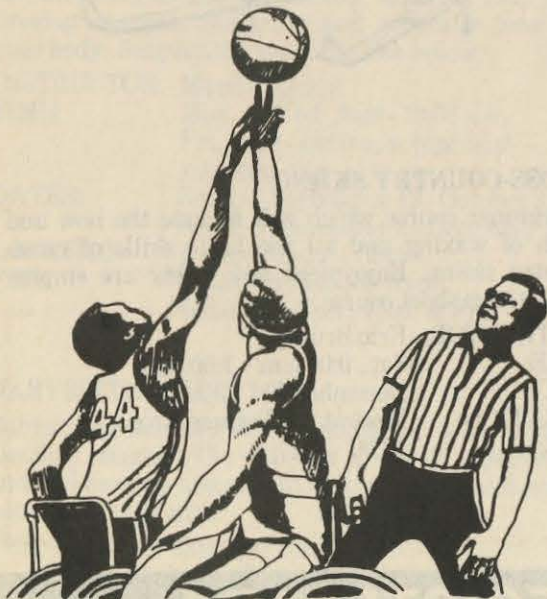
Off-season skill and fitness training for adult soccer players. For more information, call Jim Reed at 635-7823.

### WOMEN'S DROP-IN BASKETBALL

Sessions include warm-up exercises, practice drills, games and fun. For more information and to register, come to the first session at Caledonia Sr. Sec. gym, Tuesday, October 4, at 8:30 p.m.

### WHEELCHAIR BASKETBALL

Open to both disabled and able-bodied people, team practices are held twice weekly with wheelchairs supplied. Join us for practices, games and a good time. For more information, call Paul Clark at 635-4668.

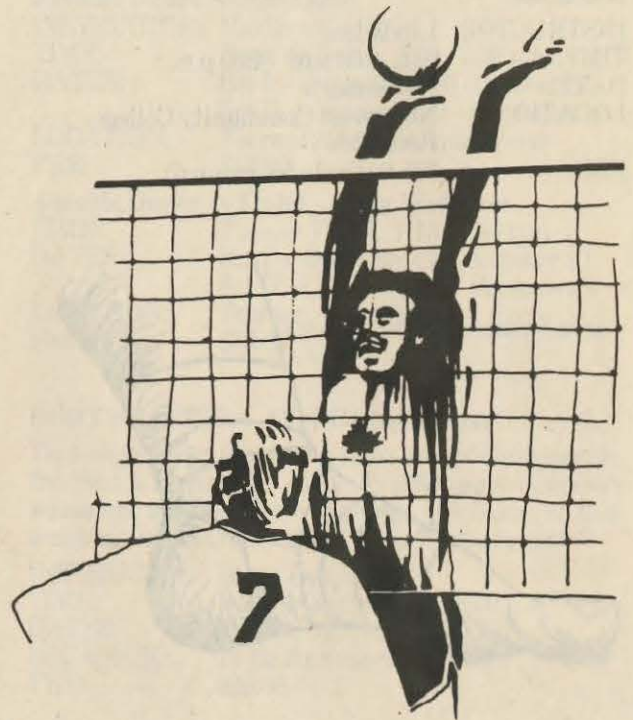


### SPECIAL NEEDS INDIVIDUALS

Select any program that interests you.  
For assistance or information, call 638-1174

### TERRACE SCRUB VOLLEYBALL LEAGUE

A general meeting and team registration will be held on Wednesday, September 14, at 7:30 p.m. The league is open to all men and women, 19 years and older. For more information, call Holly at 635-4287.



### TERRACE BADMINTON CLUB

The Terrace Badminton Club meets for informal practice and play Tuesdays and Thursdays at Thornhill Jr. Secondary. Any adult is welcome to come out to play and join the club if they wish. Classes for beginners will be offered if there is enough interest. Call Diane Cey at 635-3546 for further information.

### TERRACE KARATE CLUB — CHITO RYU STYLE

Open to anyone 9 years and older (including adults). Those under 19 must have parents' approval in writing to register.

REGISTRATION DATE: September 10

REGISTRATION TIME: 10:00 a.m. - 1:00 p.m.

LOCATION:

Terrace Arena —

Downstairs

FEE:

Varies depending on age

## TERRACE PARKS & RECREATION

# TERRACE ARENA

3320 Kalum Street

### PUBLIC SKATING SCHEDULE

Starts Sept. 26, 1983

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 Hockey
	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 Hockey
SATURDAY:	7:00 p.m. - 8:00 p.m.	Public Skate
SUNDAY:	1:00 p.m. - 2:00 p.m.	Family Skate
	2:15 p.m. - 3:15 p.m.	Public Skate

\* Skate sessions marked with an asterisk are offered at no charge.

### PUBLIC SKATING FEES:

Child	\$ .65
Student	.85
Adult	1.60
Senior Citizen	.65
Family	2.35

### STRIP TICKETS:

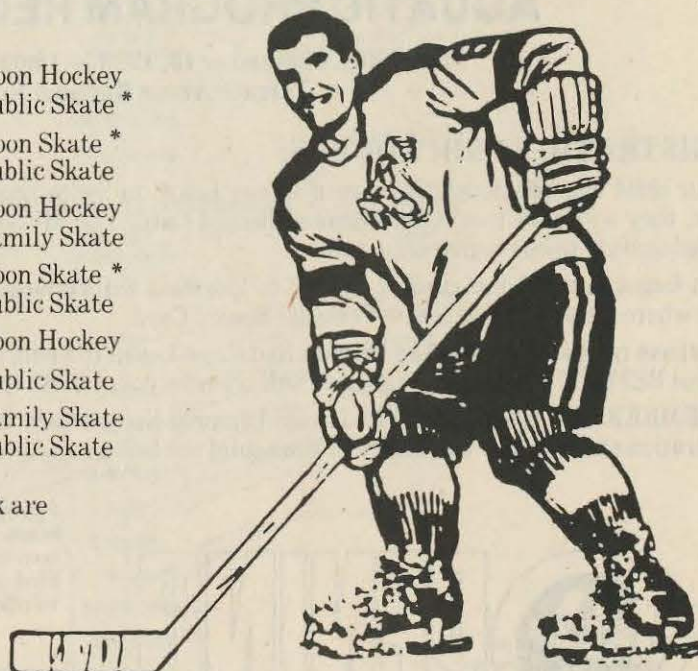
Child	10/\$ 5.00
Student	10/ 6.80
Adult	10/ 12.60
Senior Citizen	10/ 5.00

### SEASON'S PASSES

(as of Nov. 1):

Child	\$11.00
Student	15.20
Adult	28.70
Senior Citizen	11.00
Family	43.00

Cost of Season's Passes  
Decreases Every Two Months



### 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:	\$1.60 a session or 10 tickets for \$12.60

**ICE TIMES ARE AVAILABLE FOR PRIVATE BOOKINGS.** For more information, apply at the Arena Office.

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

**Phone 635-9212 for our 24-hour information line**

# TERRACE SWIMMING POOL

3320 Kalum Street  
638-1174



## AQUATIC PROGRAM REGISTRATION

Saturday, September 10, 1983 — 10:00 a.m. - 1:00 p.m.  
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 forgot 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 10, 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.



Sunday the 25th of September, we are holding an open house. Everyone is invited, but those of you who haven't been to our facility yet are especially encouraged to come by. Find out about the programs, the facilities and the services we offer. Bring your swim suit for the swim.

**SUNDAY, SEPTEMBER 25**

**TIMES: OPEN HOUSE 2:00 - 3:00 p.m.**  
**PUBLIC SWIM 3:00 - 5:00 p.m.,**  
**regular admission**

The regular schedule starts Monday, September 26.

## SWIM SCHEDULE

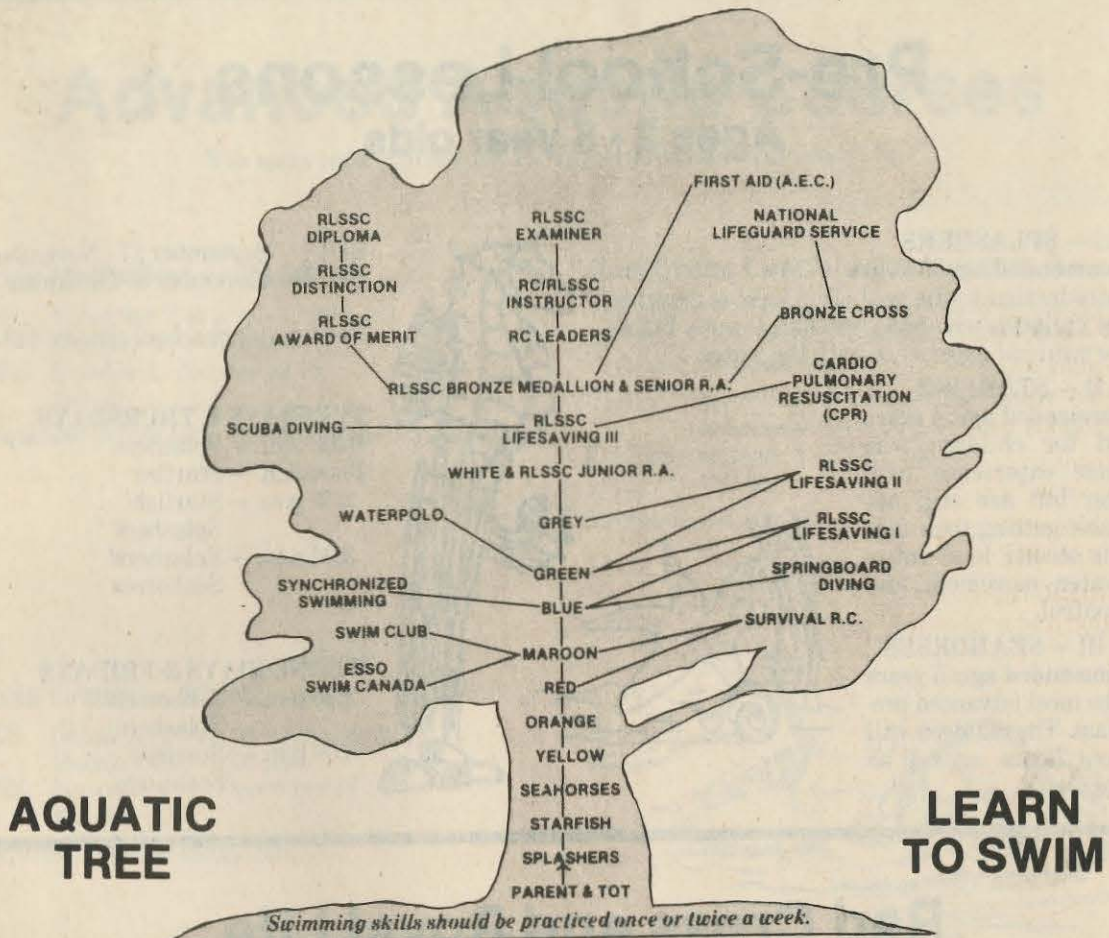
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.		
		PARENTS & TOTS 10-10:30 a.m.		FREE ADULT SWIM 11-11:45 a.m.		
	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.
					PUBLIC SWIM 1-3 p.m.	FREE PUBLIC SWIM 1-3 p.m.
					FAMILY SWIM 4-6 p.m.	FAMILY SWIM 4-6 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.	PUBLIC SWIM 7-8 p.m.	ADULT SWIM 7-8 p.m.	ADULT SWIM 7-8 p.m.
	FITNESS SWIM 8-9 p.m.		FITNESS SWIM 8-9 p.m.			
ADULT SWIM 9:30-10:30 p.m.		ADULT SWIM 9:30-10:30 p.m.				

POOL IS CLOSED ALL STATUTORY HOLIDAYS

POOL IS CLOSED DECEMBER 25, 1983 TO JANUARY 2, 1984



## TERRACE PARKS & RECREATION



The Red Cross colour-coded levels are the mainstream of the Terrace Learn to Swim Program. You may also branch out to other aquatic programs such as synchronized swimming, springboard diving, Ezzo Swim Canada Program, etc.

**PLEASE NOTE:** these two important changes in our programming.

1. Maroon level is divided into Maroon 1 and 2.  
 Maroon 1: Swimmers taking Maroon for the first time  
 Maroon 2: Swimmers repeating Maroon level
2. L.S. 1 is combined with Blue level.  
 L.S. 2 is combined with Green level.  
 L.S. 3 is combined with Grey/White level.



### **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 sound 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.

**DAYS:** Tues. & Thurs.

**TIME:** 4:30 - 5:00 p.m.

**DATES:** SET I September 27 - November 4  
 SET II November 8 - December 16

**FEE:** \$18.00



Individuals with special needs  
— reach out and take part

# Pre-School Lessons

## Ages 3 - 5 year olds

### LEVEL I – SPLASHERS

— Recommended age: 3 years

Basic introduction to the pool. This level is designed for those children who have not had lessons before and have minimal experience with the water.

### LEVEL II – STARFISH

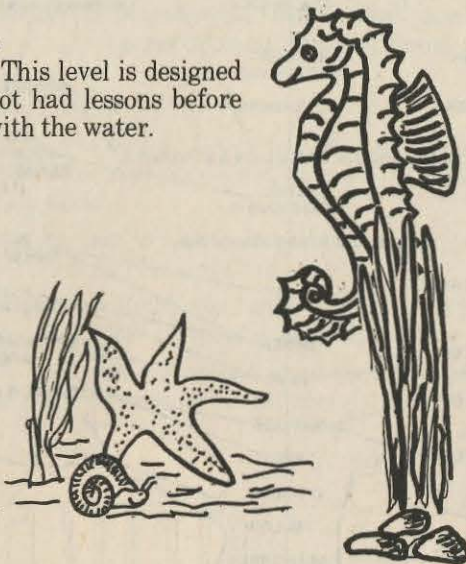
— Recommended age: 4 years

Designed for children who have some experience with the water but are still not comfortable getting their face wet. This second level introduces water movement and breath control.

### LEVEL III – SEAHORSES

— Recommended age: 5 years

This is the most advanced pre-school class. The children will learn front floats, as well as basic propulsion.



SET I September 27 - November 4

SET II November 8 - December 16

Fee for all pre-school classes: \$18.00

### TUESDAYS & THURSDAYS

10:00 a.m. — Splashers

10:30 a.m. — Starfish

2:30 p.m. — Starfish/

Splashers

3:00 p.m. — Splashers/

Seahorses

### WEDNESDAYS & FRIDAYS

2:30 p.m. — Seahorses/

Splashers

3:00 p.m. — Starfish/

Seahorses

# Red Cross and Royal Life Swim Lessons



NEW  
WATER SAFETY  
PROGRAM

### Tuesday/Thursday

3:00 p.m. — Yellow/Orange/Maroon 1

4:00 p.m. — Red/Green — L.S. 2/Maroon 2

4:30 p.m. — Orange/Red/Esso Swim Canada

### Wednesday/Friday

3:30 p.m. — Yellow/Orange/Maroon 2

4:00 p.m. — Orange/Grey-White-L.S. 3/Red

4:30 p.m. — L.S. 1 — Blue/Red/Yellow

### Saturday

— One Set Only — October 1 - December 17

9:00 a.m. — Yellow/Orange/Teens

9:30 a.m. — Red/Maroon 1

10:00 a.m. — Maroon 2/Yellow

10:30 a.m. — Blue, L.S. 1/Green

**FEES:** Yellow — Blue \$18.00

Green — L.S. 2 \$20.00

Grey — White L.S. 1 \$25.00

Esso Swim Canada \$18.00

SET I September 27 - November 4

SET II November 8 - December 16

# HAVE YOU PRE-REGISTERED?

# Advanced Aquatic Courses

For more information, please call B.J. Goodwin at 638-1174

## Bronze Medallion — RLSS

**TIMES:** Saturday 9:30 a.m. - 12:00 noon  
Monday 4:00 - 6:00 p.m.

**DATES:** October 1 - November 15

**FEE:** \$50.00

**Prerequisite:** White level swimming ability; 14 years old.

## Red Cross Leaders (Instructors I)

The course will enable the candidate to teach some of the Red Cross levels. Topics include: lesson safety, beginner progressions.

**TIMES:** Saturday 9:00 a.m. - 12:00 noon  
Monday 4:00 - 6:00 p.m.

**DATES:** October 1 - November 5

**FEE:** \$50.00

**Prerequisite:** Age 16

## Bronze Cross — RLSS

**TIMES:** Saturday 9:30 a.m. - 12:00 noon  
Monday 4:00 - 6:00 p.m.

**DATES:** November 14 - December 17

**FEE:** \$50.00

**Prerequisite:** Bronze Medallion



## Private Rentals

The pool is available for rent by any club, church group, business or organization. If your group is interested, contact the pool at least one week in advance to discuss times available.

**FEE:** \$55.25 per hour

## Parents and Tots

Teach your toddler to enjoy the water. Parents and children will be taught basic techniques of water orientation and water introduction. For children (ages 6 months - 3 years) and for Moms and Dads.

**SET I** September 27 - November 4

**SET II** November 8 - December 16

**TUESDAYS AND THURSDAYS**

10:00 - 10:30 a.m.

10:30 - 11:00 a.m.

**FEE:** \$18.00

## Parent and Tot Recreational Swim

**COME SWIMMING!**

Take a break with your toddler Wednesday mornings.

**WEDNESDAYS**

10:00 - 10:30 a.m.

No pre-registration required.

Regular Admission.



**SPECIAL NEEDS INDIVIDUALS**  
Select any program that interests you.  
For assistance or information, call 638-1174

# Adult Programs

## Swimming Lessons

If you have been thinking about learning to swim — now is the time!

SET I September 26 - November 23

SET II November 7 - December 15

MONDAYS AND WEDNESDAYS 8:45 - 9:30 a.m.

BEGINNER/ADVANCED/INTERMEDIATE

FEE: \$25.00

TUESDAYS AND THURSDAYS 11:00 - 11:45 a.m.

BEGINNER/INTERMEDIATE

FEE: \$25.00

## Pre-Natal Exercise Class

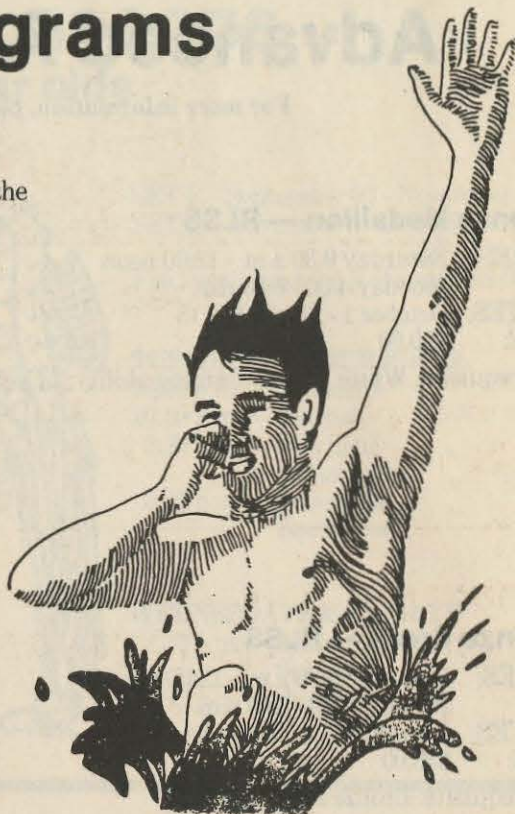
An exercise class especially for all mothers-to-be. Gentle exercises which help you through your pregnancy. There will be ½ hour of carefully planned dry-land exercise, followed by ½ hour of water exercise.

SET I September 26 - November 2

SET II November 7 - December 14

MONDAYS AND WEDNESDAYS 7:30 - 8:30 p.m.

FEE: \$25.00



## Get Fit — Stay Fit

If you are thinking about starting a fitness program, come and join us at the pool.

## Aquasizes

Do you want to become fit, but don't know how to get started? Are you looking for a way to have fun, meet people and exercise as well? Then our aquatic exercises are for you! The classes are fun and informative. They will teach you simple but effective exercises in the water.

SET I September 26 - November 3

SET II November 7 - December 15

MONDAYS AND WEDNESDAYS 8:00 - 8:45 p.m.

TUESDAYS AND THURSDAYS 9:15 - 10:00 a.m.

FEE: \$25.00, Drop-in \$2.50

## Swimfit Class

If you can swim and you want to use the water to stay fit, this class is for **you!** This is an advanced class...come prepared to work hard, have fun and stay fit.

TIME: 10:00 - 10:45 a.m.

DAYS: Tues. & Thurs.

DATES: Set I September 27 - November 3

Set II November 8 - December 15

FEE: \$25.00, Drop-in \$2.50

## Over 50s' Fun and Fitness

For swimmers and non-swimmers alike..

Come to the pool for an hour of socializing, swimming and fitness. The class will start with easy relaxing exercises and will be followed by a swim or sauna.

WEDNESDAYS 9:00 - 10:00 a.m.

SET II November 9 - December 14

FEE: \$16.00



## A Special Day for Grandparents

Saturday, November 12

Grandparents, have you been swimming recently? Come and try it. It's fun and relaxing. Kids, come swimming with your Grandparents today and you will both be admitted free.

We will be showing films as well as giving out information on lessons and fitness programs for seniors. Come, get involved.

## Babysitting Services — Chalk and Crayon Sessions

Babysitting services are available Tuesday and Thursday mornings from 9:00 a.m. - 1:00 p.m.

The children will be well supervised and will have a good assortment of toys, games and craft supplies to play with.

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

## Weight Room Hours and Sauna Hours

Monday	5:00 p.m. - 10:00 p.m. — closed between 7:30 - 8:00 p.m.
Tuesday	6:30 a.m. - 9:00 p.m.
Wednesday	6:30 a.m. - 10:00 p.m. — closed between 7:30 - 8:00 p.m.
Thursday	6:30 a.m. - 9:00 p.m.
Friday	6:30 a.m. - 8:00 p.m.
Saturday	12:00 noon - 8:00 p.m.
Sunday	12:00 noon - 8:00 p.m.

## Did You Know?

During any swim, the lifeguard on duty would be pleased to give you tips on your swimming strokes. Just ask!

## Mothers

Do you need a midweek break?  
Bring your toddler to the parent  
and tot swim.

Wednesday mornings at  
10:00 a.m.

It will be great for both of you.





Individuals with special needs  
— reach out and take part

# Do We Have a Swim for You?

- |  |  |
|--|--|
| <b>Early Bird</b><br>Tues. - Fri.<br>6:30 - 9:00 a.m.            | For all early risers, a super time to swim. Start an early-morning fitness program. Children welcome if accompanied by an adult. |
| <b>Adult Noon Hour</b><br>Tues. - Sun.<br>11:45 a.m. - 1:00 p.m. | Take a break from home or the office. This swim is for adults only. There is babysitting available Tuesdays and Thursdays.       |
| <b>Public Swim</b>   | Everyone welcome! Bring your water equipment, balls and floats for added fun.  |
| <b>Family Swim</b>   | Only parents accompanied by their children. This is a special swim that allows families to spend time together.                  |
| <b>Fitness Swim</b>  | Teens and adults welcome. This is a length swim only — a good time to burn calories and build fitness.                           |
| <b>Adult Swim</b>  | Adult length swim — equipment is allowed for the last ½ hour.  |
| <b>Free Swim</b>   | Adults — Friday, 11:00 - 11:45 a.m.  |
| <b>Free Swim</b>   | Public — Sunday, 1:00 - 3:00 p.m.  |

## Christmas Schedule

December 20, 21, 22 and 23

Swims in addition to the

regular schedule:

Public: 10:30 - 11:30 a.m.

Public: 2:00 - 4:00 p.m.

Pool will be closed

December 25 - January 2

## It's a Surprise

Christmas Splash —  
December 24

Saturday, December 24,  
from 1:00 - 3:00 p.m. will be  
a special time for the kids  
at the pool. We are plan-  
ning several surprises and  
lots of fun for everyone.  
Come and join us. Regular  
admission.



# COMMUNITY ORGANIZATIONS

## SPORT & OUTDOOR GROUPS

Kermode Archers	Ed Morris	635-5829
Terrace Badminton Club	Jim Condon	638-0321
Ladies' Drop-in Basketball	Shannon Murdock	635-9141
Men's Basketball League	Mark Wilcox	635-2982
Wheelchair Basketball	Paul Clark	635-4668
Terrace Boys' Minor Baseball	B. Vandergaucht	635-5339
Terrace Men's Fastball & Slow Pitch	Glenn Thomsen	638-1854
Terrace B.M.X. Club	Mark Butler	638-1909
Terrace Youth Bowling	Marg Munford	635-5911
Golden Age Bowling	Giselle Rioux	635-2161
Five-Pin Bowling	June Norby	635-4508
Kermode Boxing	Norman LaRue	635-4906
Recreational Canoeing	Fred Philpot	635-6441
Terrace Contract Bridge	Bonnie Shaw	635-6970
Duplicate Bridge Club	Dave Comfort	635-4875
Terrace Curling Assoc.	Russ Kirk	635-3926
Timberline Cycle Club	Tom Staebell	635-7564
Springboard Diving	B. Garrett	635-7438
Terrace Figure Skating Club	Sharlene Butler	635-5338
Kermode Fourwheelers	Wanda Thickett	635-5867
Terrace Peaks Gymnastics	Joan Brady	638-1884
Skeena Hang Gliders	Dave Toop	635-2732
Terrace Hiking Club	F. Sweeting	635-7303
Bushleaguers (Hockey)	Jerry Martin	635-6158
Terrace Commercial Hockey	Doug Thomson	635-9111
Terrace Minor Hockey Assoc.	Dick Kilborne	635-6511
Terrace Women's Hockey	B. Rannenkari	638-1229
Northern Academy of Jui-Jitsu	Jean Galli	635-9316
Junior Judo Club	Jean Galli	635-9316
Terrace Karate Club	Norm Goodlad	635-3322
Yellowhead Karate Club	J. Vienneau	635-3867
Skeena Valley Marathoners	Neil Fleischmann	638-8206
Western Martial Arts Assoc.	Don Hong	635-4583
Roadrunners Motorcycle Club	Bob Compton	638-1881
Terrace Northmen Rugby	B. Kormendy	635-9528
Terrace Rod & Gun Club	B. Garrett	635-7438
Terrace Search & Rescue	R. Tank	635-2030
Kitsumkalum Ski Club	Chris Johnson	635-5596
Cross-Country Skiing	Eleanor Kustas	635-3303
Terrace Sky Diving	Tom Simpson	635-7738
Skeena Valley Snowmobile	John Reneerkens	635-4902
Scrub Softball	Sheelagh Meiklem	635-9758
Girls' Minor Softball	V. Buteau	635-7389
Terrace Ladies' Softball	Donna Lindsay	635-3648
Women's Sr. Soccer	Gail Sheasby	635-7454
Youth Soccer	Al Shephard	635-3059
Men's Indoor Soccer	Jim Reed	635-7825
Northern Chapter of Steelhead Assoc. of B.C.	Jim Culp	635-9471
Terrace Stock Car Club	B.A. Woodcock	635-9245
Blueback Swim Club	Skip Burgsma	635-4931
Master Swim Club	John Dando	635-5637
Terrace Tennis Club	Swarn Mann	638-1505
Northwest Trappers' Assoc.	Otto Lindstrom	635-2389
Co-ed Volleyball Assoc.	Donna Lindsay	635-3648
Scrub Volleyball League	Holly Olson	635-4287
Terrace Water Polo Club	Barry Davis	635-2485

## CULTURAL & CRAFT GROUPS

Terrace Arts Assoc.	Edna Cooper	635-2760
Northwest Regional Arts Council	Val George	635-4751
Terrace & 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 Eston	635-2942

Terrace Concert Society	Neville Hope	635-4228
Terrace Public Library	Barbara Kenny	635-9960
Terrace Machine Knitters	Pat Colongard	638-1409
Terrace Model Airplane Club	J. Greaves	635-6480
Pacific Northwest Music Festival	Olga Power	635-3833
Terrace Pipes & Drums	John Halley	635-2456
Terrace-Kitimat Amateur Radio	Don Morehouse	635-3655
Terrace Little Theatre	Ken Morton	635-7507

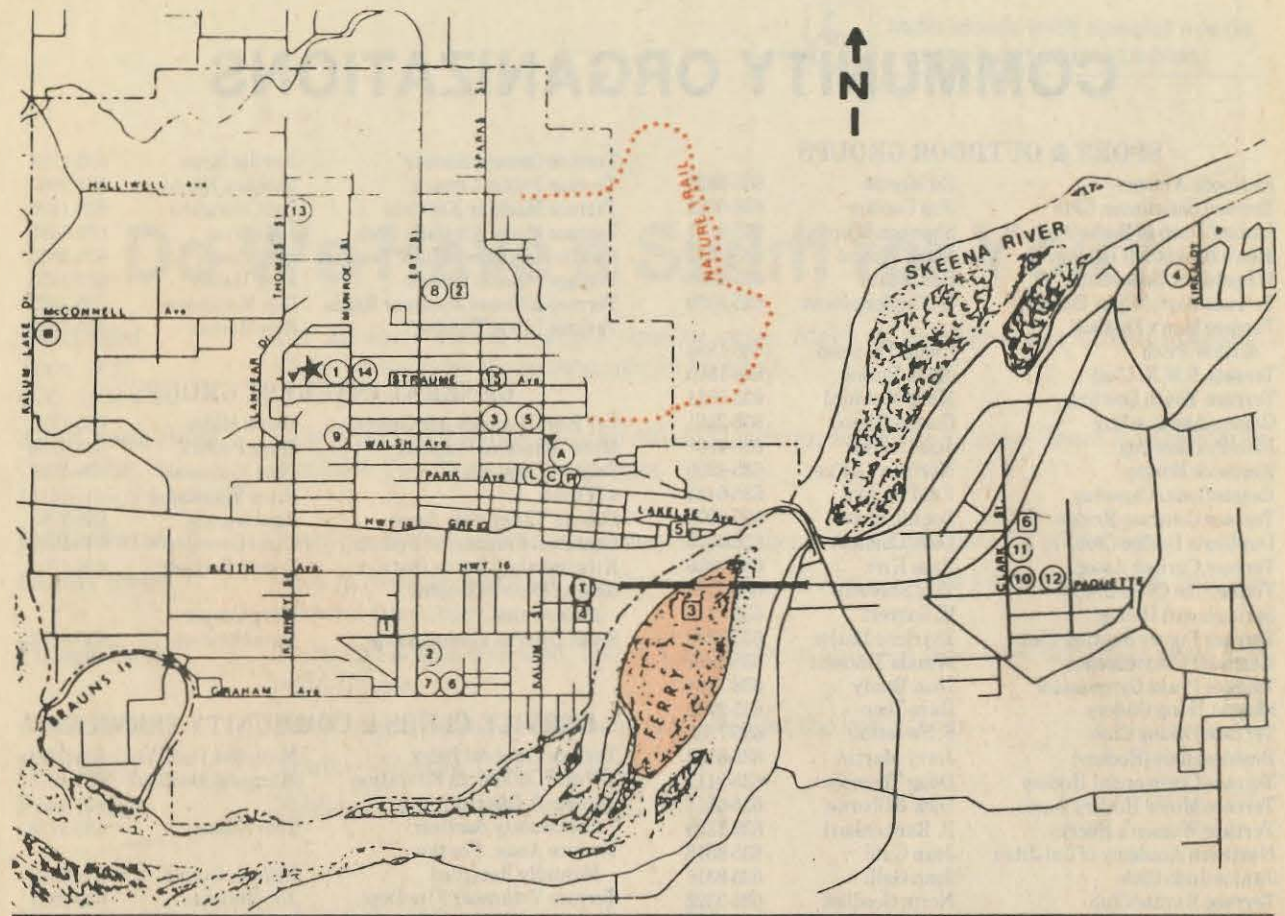
## GENERAL INTEREST GROUPS

747 Royal Canada Air Cadets	Derek Hales	635-7323
Mills Memorial Hospital	Marg Petrick	635-3134
Terrace Dog Club	June Kozlowski	638-1720
4-H Club	Marg Waldbauer	635-5615
Skeena Valley Fair Assoc.	Fred Annett	635-3263
Canadian Parents for French	Carol Greenwood	635-5693
Kitsumkalum Guide District	Donna Fortner	638-1701
Skeena District Guides & Brownies	Marg Cooper	
Scout District Commissioner	Dave Stewart	635-9297

## SERVICE CLUBS & COMMUNITY SERVICES

Terrace Cerebral Palsy	Margaret Dediluke	635-9388
Terrace Childbirth Education	Margaret Dediluke	635-4873
Terrace & District Community Services	Tom Keane	635-3178
Terrace Assoc. For the Mentally Retarded	Francis Sabine	638-8378
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	Vi Gellenback	635-7134
Terrace View Lodge		635-7314
Terrace Group for Nuclear Disarmament	George Clark	635-7698
Terrace Women's Resource Centre	Pat Cathers	638-0228
Welcome Wagon	Nancy Gourlie	635-7877
Beta Sigma Phi (Omineca Chapter)	Karen Bryson	638-8259
Terrace & 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 McGowan	635-2577
B.P.O. Elks Lodge #425	Jim LeCleir	635-6790
Italian Canadian Club	Carlo Stella	635-2732
Terrace Jaycettes	Geri Schultz	638-1365
Terrace Jaycees	Jeff Balabanov	635-4966
International Order of Job's Daughters	Cathy Lambright	635-2903
Kinette Club	Gail Wade	635-9253
Kinsmen Club	Al Young	638-1037
Knights of Columbus	Henry Nuyten	635-3891
Royal Canadian Legion	Dave Mallett	635-4635
Royal Canadian Legion Ladies	Emily Karpyshyn	635-2873
Lakelse Lake Lions	Jerri Niemi	798-2549
Terrace Centennial Lions	Wayne Muchowski	635-6945
Terrace Downtown Loions	Al Purschke	635-6051
Terrace Masonic Assoc.	E. DeLange	635-5725
Skeena Valley Rebekah Lodge #68	Muriel Michiels	635-2906
B.C. Old Age Pensioners	Irene Hampton	635-5782
Rotary Club	Willy Schnieder	635-6146
Order of Royal Purple	Shirley Kormendy	635-4588
Terrace-Kitimat Shrine Club	Ron Coleman	798-2494
Variety Club	Bill Young	638-8111

NEW CLUB NOT LISTED? CALL 638-1174 AND LET US KNOW!



## RECREATION ACTIVITY LOCATIONS TERRACE, B.C.

### 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

### 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