

RIDEAU DISTRICT HIGH

Presents

Monday Evening Courses

YOGA Basic yoga instruction for all levels. Yoga postures, breathing techniques, etc. Men and women of all ages welcome.
 Time: 7-9 pm
 Instructor Yvonne Khan
 Cost \$15.

RECREATIONAL PHYSICAL FITNESS
 To develop a personal level of physical fitness through recreational activities such as badminton, volleyball, cross-country skiing. To develop a pattern of physical activity to be followed after leaving the course.
 Time 7:30-9:30 pm
 Instructor David Burt
 Cost \$15.

PHOTOGRAPHY Course may include basic camera skills, basic dark room skills and colour photography. New students and advanced students welcome.
 Time
 Instructor Bill Daw
 Cost

CONVERSATIONAL FRENCH To develop a knowledge of current French in conversation. Discuss in French words and topics such as food, weather, the home, sports, etc. Practise in pronunciation of difficult words.
 Time 7-9 pm
 Instructor Ms. E. Laxton
 Cost \$15

WOODWORKING To develop the proper use of hand tools and power tools. To arouse an interest in woodwork- ing as a hobby. Students might have a personal project in mind.
 Time 7-10 pm
 Instructor Doug Mainse
 Cost \$25 plus materials

CHILDREN'S THEATRE Children age 4-8 and 9-12. Course will include mime, movement, improvisation, playmaking, puppetry, story drama- tization, strengthening powers of concentration, stimulating the imagination
 Time 7-9 pm
 Instructor Joe Laxton
 Cost \$10.

LAW Laws affect everyone every- day. Maybe you should know more about them. Family law, Real estate, Wills and Estates - Current cases in the news.
 Instructor Jane Monaghan
 359-5108

Thursday Evening Courses

BASIC READING AND WRITING
 Designed for adults who may wish to upgrade themselves in any subject area. Students will be instructed at their own level.
 Time 7-9 pm
 Instructor Mrs. L. Freese
 Cost \$15.

ART Intensive drawing focusing on perspective, tone, proportions. Painting in acrylic, traditional oil glazes or traditional tempera, copying of an old master. Candid- ates should possess basic skills & background knowledge of art principles and colour theory.
 Time 7-10 pm
 Instructor Peter Mahrle
 Cost \$15 plus materials

WELDING Designed for adults who have special interests and apt- itudes in welding. It will be of practical value for home and farm use.
 Time 7-10 pm
 Instructor Charlie McCarthy
 Cost \$25 plus materials

In Co-operation with Rideau Crafts

Rideau Crafts -- a group of people with one common interest -- the enrichment of people's lives, socially, economically, and culturally, through crafts. The aim of the founding members was to revive and promote the traditional crafts of this area for the economic and social benefit of our residents.

QUILTING This course will include patchwork, applique and trapunto with aid in selection of materials, as well as patterns
 Time 7-9 pm
 Instructress Miriam Parish
 359-5238

WILD PLANTS Emphasis on crafts for Christmas, Christmas decor- ations, gifts. Eight weeks and one weekend field trip.
 Time 7-9 pm
 Many different instructors
 Cost \$15 plus materials.

EXPERIMENTAL EMBROIDERY
 Beginners and advanced welcome. Eight weeks duration. Emphasis on gifts for Christmas.
 Time 7-9 pm
 Instructor Renie Milne
 Cost \$15 plus materials

HISTORY OF NORTH LEEDS
 Did you know there was a St. Patrick's Day Riot in Newboro in the 1820's? Who was the amazing Kelly? What made the Witch of Plum Hollow tell fortunes? An emphasis on interesting people and events in our area in the 1800's.
 Time 7-9 pm
 Instructor Sue Warren
 Cost \$15

IKEBANA Flower arranging in Japanese manner using plant mat- erial from this area in a creative and imaginative way. Eight classes.
 Time 7-9 pm
 Instructor Doris Graham
 Cost \$15 plus materials

SCULPTURAL CERAMICS Experiment with handbuilding techniques, the emphasis upon organic and natural forms. Course includes glazing with oxides and clear glaze, as well as oxide additives to clay.
 Time 7-9 pm
 Instructor Kathryn Lean

CHINA PAINTING Learn to paint on a china 8" plate, subjects such as flowers, weeds and fruit.
 Tuesdays at Crosby Hall
 Time 7-9 pm
 Instructor Phylliss Scott
 273-3187