



TRAINING AND EDUCATION CENTRE KELOWNA FALL 2009 FITNESS & CERTIFICATE COURSES

The UFCW Training and Education Centre is the only fully accredited union training facility in Canada, and offers educational programs and courses FREE of charge to all members and their families. These training programs are funded by the UFCW Education and Training Trust negotiated by your union.

YOGA THERAPY

Yoga therapy is used to increase joint movement, decrease pain, strengthen muscles, and increase physical energy and endurance. Breathing and relaxation techniques help you to reduce stress and can aid in conditions such as back problems and anxiety. Bring a mat, light blanket, pillow and water to each class.



SEPTEMBER 9TH – OCTOBER 7TH, WEDNESDAYS @ 6:30-8 PM (at TRADES Centre)
REGISTRATION DEADLINE AUGUST 31ST

EASTERN FUN FUSION DANCING

This class mixes belly dance isolations and moves, Yoga, Pilates and Indian Bhangra folk dancing. This energetic, lively workout will improve your balance, coordination and gracefulness, while giving you a great workout and burning calories. Bring a hip scarf or coin belt or any other funky apparel.

SEPTEMBER 9TH – OCTOBER 7TH, WEDNESDAYS @ 8:15 – 9:15 PM (at TRADES Centre)
REGISTRATION DEADLINE AUGUST 31ST



OR:

OCTOBER 14TH – NOVEMBER 18TH, WEDNESDAYS @ 8:15 – 9:15 PM (at TRADES Centre)
NOTE: THERE WILL NOT BE A CLASS ON NOVEMBER 11TH (REMEMBRANCE DAY)
REGISTRATION DEADLINE OCTOBER 5TH

VINYASA FLOW YOGA

Vinyasa yoga involves a carefully arranged sequence of postures with movement from one posture to the next following the breath. The movements interlink postures to form a continuous flow. Please bring a mat, towel and water to each class.

SEPTEMBER 10^H – OCTOBER 15TH, THURSDAYS @ 6 – 7:30 PM (at TRADES Centre)
REGISTRATION DEADLINE AUGUST 31ST



OR:

OCTOBER 22ND – NOVEMBER 26TH, THURSDAYS @ 6 – 7:30 PM (at TRADES Centre)
REGISTRATION DEADLINE OCTOBER 13TH

ECLECTIC YOGA

This class is an inspired mix of various yoga styles, as well as a variety of relaxations, Yoga Nidra and guided imagery. This class is suitable for beginners and experienced yoga students with the level of intensity and class content varied according to participants attending. Bring a mat, light blanket, pillow and water to each class.

OCTOBER 14TH – NOVEMBER 18TH, WEDNESDAYS @ 6:30-8 PM (at TRADES Centre)
NOTE: THERE WILL NOT BE A CLASS ON NOVEMBER 11TH (REMEMBRANCE DAY)
REGISTRATION DEADLINE OCTOBER 5TH



FOODSAFE LEVEL I

Learn how to prevent cross-contamination and food-borne illness, while learning safe food handling procedures for at home or work during this 1 day course. Successful participants will receive a Food Safe Certificate.

SATURDAY SEPTEMBER 19TH @ 8:30 am – 4:30 pm (at Banks Centre)

REGISTRATION DEADLINE SEPTEMBER 8TH

MANUAL AND EXAM FEE \$25



SAFE BOATER COURSE - PLEASURE CRAFT OPERATOR CARD EXAM

As of **September 15, 2009** all boaters are required to have the Pleasure Craft Operator Card in order to operate any powered watercraft. This law applies to all boaters, regardless of age.

SATURDAY SEPTEMBER 26TH @ 10 AM - 1 PM (at Banks Centre)

REGISTRATION DEADLINE SEPTEMBER 17TH

COURSE FEE \$38





TRAINING AND EDUCATION CENTRE KELOWNA

THREE EASY WAYS TO REGISTER:

Phone: 250-861-1226
Email: jennleo@ufcw247.com
Online: <http://www.ufcw247.com>

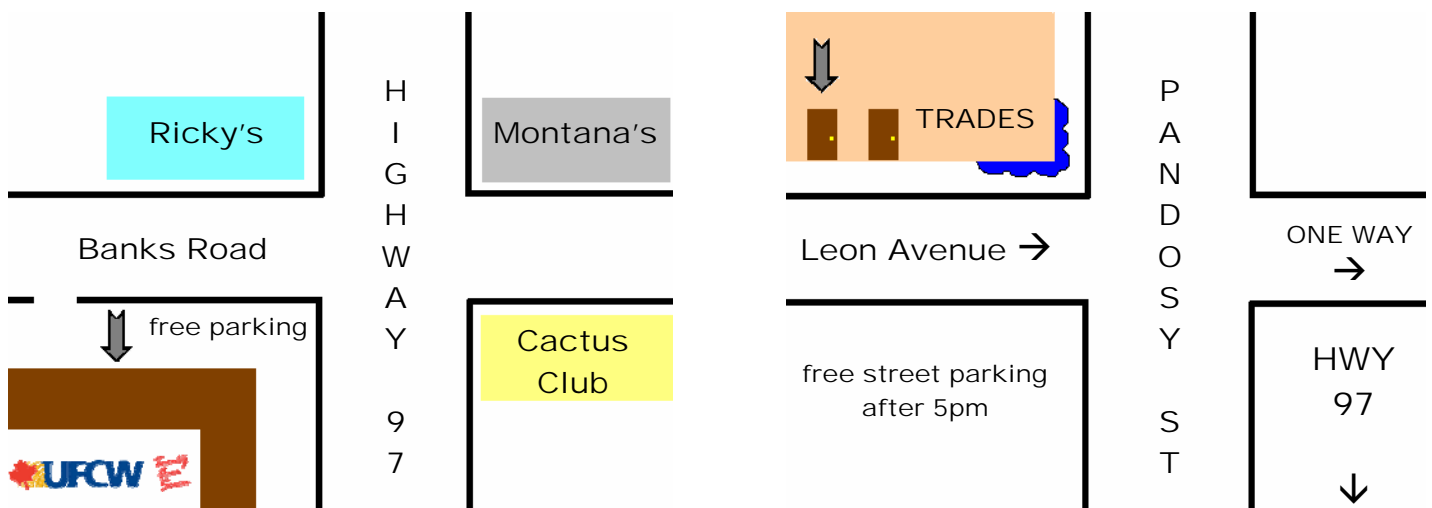
Deposits must be received prior to classes starting to confirm registration.
UFCW Local 247 Training Centre
205-307 Banks Road, Kelowna BC V1X 6A1

TRAINING CENTRE POLICIES:

1. Any UFCW Local 247 member is eligible for any membership program available, as are their immediate families.
2. Any person enrolled in any of the Training Centre's community outreach programs such as T.R.A.D.E.S. and their immediate families can enroll in membership programs provided there is space available.
3. A non-member can be bumped for a member or family member of UFCW. If bumping occurs one week's notice will be given.
4. Anyone wishing to enroll in any membership program must provide a \$25 deposit cheque. This is refundable upon attendance of at least 50% of classes or if you have given notice that you will not be completing the course.
5. A separate deposit cheque is required for each course. Cheques can be reused if courses do not run at the same time.
6. If you will not be able to start a course that you have enrolled in, at least one week's notice is required or the deposit will be cashed.
7. Course availability is subject to enrollment. If a course is postponed or cancelled due to low enrollment, one week's notice will be given.
8. A minimum of 5 UFCW members or family members must be enrolled for a class to start, and the \$25 deposit will be refunded if the course is cancelled by the Union for any reason.

These policies were adopted by the UFCW Local 2000 Executive Board
on October 16, 2000.

COURSES ARE HELD AT ONE OF TWO LOCATIONS:



UFCW 247 Training Centre
205-307 Banks Road, Kelowna
(Banks Centre)

TRADES Centre
1652 Pandosy Street, Kelowna