

Free Seminars

CLC Conversation Café

Parenting can be tough! The CLC Conversation Cafe is the place for parents and guardians to get together in a group discussion to encourage each other and acquire new tools & ideas to be the best parent you can be. If you are interested, please call Jayme McClintock or Kim Wilson.

Smart Women & Money

Investing 101: Creating your Financial Roadmap

An five-part seminar for pre-retirement age women

7:00 to 9:00 p.m. Monday nights

Participants are lead through a simple 5-step process of understanding their current financial situation; identifying their retirement goals and how to fund those goals. This seminar is intended for any women interested in learning how to take charge of their finances. Worksheets, glossaries, booklists, and other resources are included. 5 weeks: Dates to be determine.

Start Your Engines!

Monday • 6:30 to 8:30 p.m.

If engines are your thing, this is the program for you! Learn by doing as you take apart and put an engine back together. Inter-generational, hands-on and fun! Come dads and sons, moms and daughters, grandparents and grandkids, and join this fun.

Join us for our first *Soirée Communautaire HSL Community Night* and find out about all the local and FREE resources available to you and your family.

Wednesday, October 8th • 4:30 - 7:00 p.m.
Ormsdown Elementary, 7 George Street
Open to ALL & FREE of charge!

Châteauguay Valley Community Nights



Activities & Events Fall 2014



What is a CLC?

Community Learning Centres

The CLC initiative is a diverse group of community schools that serve as “hubs” for English-language education and community development in their respective communities. A CLC is a community school which brings together various stakeholders in partnerships for youth development, lifelong learning, community engagement, family support and community health & safety.



www.nfsb.me

Ormstown

All classes begin the week of September 22.
Registration will take place the night of the first class.

Ormstown Elementary 7 George Street

Basketball

Monday

Badminton

Tuesday

Floor Hockey

Wednesday

Volleyball

Thursday

Whether you're an old pro or a newbie,
there's a place for everyone to have some
fun & get fit!

7:00 - 9:00 p.m.

See below for pricing.

C.V.R. 1597 Route 138a

Weight Training

Monday & Thursday

6:30 - 8:30 p.m.

\$120/ten weeks

Irish Dancing

Wednesdays

Ages 3 to adult

6:00 - 7:00 p.m.

\$40/month

CLC Sports - PRICES

Fall or Winter session:

\$35 (1 sport) \$60 (2 sports) \$95 (3 sports) \$130 (4 sports)

Fall and Winter sessions:

\$60 (1 sport) \$110 (2 sports) \$170 (3 sports) \$230 (4 sports)

Contact

JAYME jmccclintock@nfsb.qc.ca 450 264-9276

KIM kwilson@nfsb.qc.ca 450 829-2381 ext 245

to register or for more information!

Huntingdon

HAECC 24 York

Tiny Tots Fitness Fun!

It's never too early to start moving! This class will incorporate different forms of stretching, yoga, dance and gymnastics. (Kids must be able to participate without parental guidance.) Minimum of 6, maximum of 15 children per class

Mondays October 20 - December 15.

Age 2 1/2 to 3 5:00 - 5:30 p.m. \$ 30/ 8 weeks

Ages 4 to 6 5:30 - 6:15 p.m. \$ 35/ 8 weeks

Volleyball

Monday • 8:00 -9:30 pm • \$35

Drawing & Painting

Tuesday • 1:00-4:00pm • September 30 - November 25 • \$150

Photography Club

Every second Tuesday beginning September 9

7:30 - 9:30 p.m. • \$30/Fall or \$60/Year

Spinning

Monday & Thursday • 5:30 - 6:30 p.m.

Spinning class has an instructor at the front of the class leading participants through routines designed to simulate riding a bike outdoors. Using music, motivation and enthusiasm, the teacher leads you through a ride which can include hill climbs, sprints and intervals. To guarantee a bike, monthly reservation is preferred. **1 class per week \$30/month • 2 classes per week \$60/month Drop in \$10/class**

MAPAQ Hygiene Food Safety (Bilingual)

Working in a restaurant requires certification in food safety and handling. Get certified at HAECC!

Manager's Course

October 16 & 17

10:00 a.m. - 5:00 p.m. • \$200

Handler's Course

December 5

9:00 a.m.- 4:00 p.m. • \$100

At a glance...

MONDAY		
Basketball	7:00-9:00	OES
Tiny Tot Fitness	5:00-6:15	HAECC
Volleyball	8:00-9:30	HAECC
Spinning	5:30-6:30	HAECC
Weight Training	6:30-8:30	CVR
TUESDAY		
Badminton	7:00-9:00	OES
Drawing & Painting	1:00-4:00	HAECC
Photography	7:30-9:30	HAECC
WEDNESDAY		
Floor Hockey	7:00-9:00	OES
Irish Dancing	6:00-7:00	CVR
THURSDAY		
Volleyball	7:00-9:00	OES
Spinning	5:30-6:30	HAECC
Weight Training	6:30-8:30	CVR

We have some great stuff waiting in the wings but need numbers before confirming. Give us a call or a quick email to put yourself on the "I'm interested" list and we'll get back to you!

Driver's Ed

English as a second language

Spanish

Computer Courses

Cooking

Yoga

Cake Decorating

Ballroom Dancing