

## Registration

Town of Banff registration begins on March 20, 2012

Please Note: All persons registering 24 hours before the course start date will pay an additional \$10 administration fee.



**In PERSON:** Banff Town Hall, 110 Bear St., Main Reception Desk,  
Monday - Friday, 8:30am - 4:30pm



**By MAIL:** Town of Banff Community Classes, Box 1260, Banff, AB  
T1L 1A1 (cheques should be payable to the Town of  
Banff; money orders or credit cards may also be used  
for payment)



**By PHONE:** Call 403-762-1200 Monday - Friday, 8:30am - 4:30pm  
with a Visa or Master Card number for payment



**By FAX:** 403-762-1264, fax registrations must include payment  
by credit card (Visa or Master Card)

- Registration forms can be downloaded from [www.banff.ca](http://www.banff.ca) (go to "Locals" heading)
- We strongly recommend that registration be received no later than one week in advance of course start dates. However, courses fill quickly, so register early.
- You will be contacted if course details change or if the course must be cancelled
- All Town of Banff courses are designed for adult participants, unless otherwise indicated.
- Contact us at 403-762-1200 for our refund policy

\*Those applying for course funding assistance, your registration will not be accepted without payment and/or confirmation of funding assistance.

**Funding assistance available for all adult courses listed. Please see p. 47 for more information.**

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## LITERACY & LANGUAGES

### English Language Learning

Learning English? This course will provide you with the proper level of ESL instruction. Students will be assessed on the first day of class and placed into the appropriate level from beginner to advanced.

**\$110** **Banff High School**  
**#2358** **8 Tues/Thurs** **Apr 10 – May 31** **7 – 9 pm**  
 Instr:

### English Conversation Class (Drop-In)

Want to improve your English conversation skills to help with your job and life here in Banff? This course is designed to improve your speaking and listening skills while meeting new people and having fun. Maximum of 9 students on a first come basis.

**\$5 Drop-in. Pay to Instr.** **Rotary Community Hub**  
**Wed** **Apr 4 – Jun 27**  
**Beginner/Intermediate** **2 – 3:30pm**  
**Advanced** **4 – 5:30pm**

Instr: Charlotte Wojtula

### French I

Want to learn the other official language of Canada? This course is designed for those with no background in French. Learn simple grammar and vocabulary, to help you build basic conversation skills.

**\$95** **Banff High School**  
**#2377** **8 Mon** **Apr 16 – Jun 4** **7 – 9 pm**

Instr: Magda Zablotni

### French II

Those who have completed French I or who have basic knowledge of French will enjoy improving language skills through vocabulary, practical conversation, pronunciation, and grammar exercises.

**\$95** **Banff High School**  
**#2378** **8 Wed** **Apr 18 – Jun 6** **7 – 9 pm**  
 Instr: Magda Zablotni

### Spanish (Beginner)

Those with little or no knowledge of Spanish will enjoy this beginner course emphasizing language use for travel and day to day conversations. \* extend by one week if no registrations

**\$95 + GST** **Banff High School**  
**#2379** **5 Tues/Thurs** **Apr 10 – May 10** **6:30 – 8:30 pm**  
 Instr: Fanny Salomon - Riedinger

### Spanish (Advanced)

This course will continue to improve your Spanish by adding more vocabulary and grammar for practical daily use. You will also learn more language skills that will benefit you when travelling to Spanish-speaking countries.

**\$95 + GST** **Banff High School**  
**#2380** **5 Tues/Thurs** **May 15 – Jun 14** **7 – 9 pm**  
 Instr: TBA

## FIRST AID & PERSONAL AWARENESS

First Aid courses will be taught using Canadian Red Cross standards.

### Emergency First Aid and Level C CPR

Basic life support skills for those with easy access to Emergency Medical Services. Focus is on casualty assessment, airway management, control of bleeding, and prevention of further injury until medical help is available. Occupational Health & Safety approved. Fee includes manual; certificate provided upon successful completion.

<b>\$65 + GST</b>	<b>Fenlands Banff Recreation Centre</b>		
#2366 Sun	Apr 22	9am – 5pm	
#2367 Sun	May 6	9am – 5pm	
#2364 Sun	May 27	9am – 5pm	

Instr: Mike Geisler

### Standard First Aid and Level C CPR

Life support skills for the emergency responder, designed for those who may have a delayed response to Emergency Medical Services or who work in an industrial or high-risk activity setting. An opportunity to increase your knowledge regarding an A.E.D. (Automatic External Defibrillator) may exist at the end of the course. Occupational Health & Safety approved course. Fee includes manual; certificate and wallet card provided upon successful completion.

<b>\$100 + GST</b>	<b>Fenlands Banff Recreation Centre</b>		
#2370 Sun & Mon	Apr 22 & 23	9am – 5pm	
#2371 Sun & Mon	May 6 & 7	9am – 5pm	
#2368 Sun & Mon	May 27 & 28	9am – 5pm	

Instr: Mike Geisler

### Standard First Aid - Re-Certification Level C & CPR

For those individuals who are looking to re-certify their Standard First Aid, please contact the Town of Banff at 403.762.1251. An opportunity may exist for you to join in on one of the classes to complete your recertification. This course is intended for those who have a current Standard First Aid – Level C certificate and includes a review of essential skills with a focus on theoretical and practical skills testing. Previous course must have been the complete Standard First Aid – Level C CPR course.

### Emergency Child Care First Aid & CPR/AED

This course provides an overview of First Aid & CPR techniques taught in an interactive environment for individuals who care for infants or children in the workplace or at home. Covers skills needed to recognize, prevent and respond to cardiovascular emergencies, CPR Level B, and other topics including choking, airway and breathing emergencies and prevention of disease transmission.

<b>\$65 + GST</b>	<b>Fenlands Banff Recreation Centre</b>		
#2365 Sun	Apr 8	9am – 5pm	

Instr: Mike Geisler

### Standard Child Care First Aid & CPR/AED

Includes the latest First Aid and CPR Guidelines and meets OHS regulations for Standard First Aid. For individuals who need training for child care or early childhood education work, or who simply want more knowledge to respond to babies' and children's injuries and emergencies at home. The course covers a variety of topics from basic first aid such as cardiovascular emergencies, CPR Level B, choking, airway and breathing emergencies, and prevention of disease transmission to more in-depth topics such as sudden medical conditions and injuries to the head and spine

<b>\$100 + GST</b>	<b>Fenlands Banff Recreation Centre</b>		
#2369 Sun & Mon	Jun 3 & 4	9am – 5pm	

Instr: Mike Geisler

### Wilderness First Aid (20 Hour Course)

Our basic level of Wilderness & Remote First Aid & CPR is for individuals who work and play in isolated or wilderness settings and need to respond to emergencies when advanced care is not immediately available. The course covers material in Red Cross Standard First Aid & CPR plus special material on techniques for wilderness and remote areas as well as offers strategies to provide extended care for up to 24 hours. 3 year certification in Wilderness & Remote First Aid; Includes CPR level C Includes AED certification (where legislation permits)

<b>\$225 + GST</b>	<b>The Fenlands – Concourse level</b>		
#2383 Mon & Tues	Apr 30, May 1	9am – 5pm	
Wed	May 2	9 am – 12pm	

Instr: Inside Out Experience

### Wilderness First Aid (40 Hour Course)

Learn comprehensive First Aid & CPR techniques for those who need a higher level of training to work and respond to emergencies in isolated or wilderness settings. Training is suitable for those who supervise or act as guides for groups of people. The course covers material in Red Cross Standard First Aid & CPR plus advanced procedures and strategies to provide extended care for more than 24 hours.

<b>\$350 + GST</b>	<b>The Fenlands – Concourse level</b>		
#2384 Mon – Fri	Apr 30 - May 4	9am – 5pm	

Instr: Inside Out Experience



### Need help to cover the course cost?

Funding assistance is available for all adult courses offered by member agencies. Please see application for Bow Valley Learning Council bursary on Page 47.

Complete course listing and funding assistance information also found on our website

[www.bowvalleylearning.ca](http://www.bowvalleylearning.ca)

## ACTIVE LIVING

### Zumba

A Latin-inspired, calorie-burning dance-fitness class combining fast and slow rhythms with cardio and muscle-toning benefits. Dance to Merengue, Salsa, Cumbia, Reggaeton, Hip Hop and more. You don't have to know how to dance and any fitness level can take part. Just feel the music, move your body and follow your instructor's lead. Let's have fun together and notice your energy level rise in minutes!

**\$60 + GST** **Banff Seniors Centre**  
**#2359** **8 Wed Apr 11 – Jun 6** **7 – 8pm**  
 (no class April 25)  
 Instr: Aoi Kawai

### Yoga Gentle Flow Class – all levels

Join Kathryn for a gentle flow yoga, all levels are welcome to stretch, strengthen and relax your mind and body.

**\$45 + GST** **The Fenlands**  
**#2361** **6 Tues Apr 24 – Jun 5** **6 – 6:45pm**  
 (no class May 8)  
 Instr: Kathryn Williams RYT

### It's a Guy Thing - Yoga

Are you new to yoga but don't want to be the only man in the class? Come and learn the basics of yoga in a men's only environment. Join Kathryn for a gentle flow class. All men yogis welcome, beginners or not.

**\$45 + GST** **The Fenlands**  
**#2362** **6 Mon Apr 23 – May 28** **6 – 6:45pm**  
 Instr: Kathryn Williams RYT

### Lunch Hour Yoga

Yoga is like a 'Dental Floss' I call 'Mental Floss', Join Chie for an hour of Flow Yoga. We will focus on core strength, flexibility and grace. This class is designed to strengthen and lengthen all areas of the body. We will work on balance, fluidity and joy. Anyone looking for a challenge and a way to stop thinking so much is welcome to join us.

**\$160 + GST** **Banff Seniors' Centre**  
**#2360** **10 Tues/Thurs Apr 10 – June 14** **12 - 1 pm**  
 Instr: Chie Fujimaru

### Yoga Class in Japanese

このクラスは、ヨガ未経験や初心者の方はもちろん、定期的にヨガの練習を行っている方にも合うものです。身体を動かすこと、更に、クラスでは、シンプルな、そして楽しい瞑想法もご紹介します。

瞑想もヨガの一部、別の観点なのです。

身体・思考・精神。

ヨガをするというのは、まるで、「デンタル・フロス」をするような感覚でしょうか。

わたくしは「メンタル・フロス」と呼んでいます。

定期的にヨガをして、ぜひ、爽やかに、そして大きなスマイルを!

**\$45 + GST** **Banff Seniors' Centre**  
**#2392** **5 Mon Apr 30 – Jun 5** **6 – 7 pm**  
 Instr: Chie Fujimaru

### Kundalini Yoga & Meditation

Kundalini Yoga is a complete technology for transforming your body, mind and soul. Each class uses postures, breath work, chanting and meditation to provide you with the experience of your innate inner wisdom and joy. Your body and soul will love you for it! Drop-ins are available at \$16/class.

**\$120/course + GST** **Banff Seniors Centre**  
**#2363** **8 Tues Apr 17 – Jun 5** **7 – 8:30 pm**  
 Instr: Susan Clarahan

### Qigong Organ Cleansing and Detox

Individuals will be taken through the importance, effectiveness and necessity of organ cleansing and detoxing. Participants will learn specific formulas for cleansing and flushing as well as the dynamics of fasting. In addition, students will learn specific Qigong exercises that will help with their process of cleansing and detoxing. Recipes will be provided for colon, kidney and liver/gallbladder for those who wish to start their cleanses and flushes while taking the program. In Chinese medicine, the spring is best time to do this

**\$100 + GST** **The Fenlands**  
**#2373** **10 Wed Apr 18 – Jun 27** **7 - 8pm**  
 (no class May 9)  
 Instr: Geoffry Hirose

### Pilates

Learn to strengthen your core, improve posture, muscle balance and spinal movement ability. Modifications for specific body types, postural issues or limitations will be given.

**\$70 + GST** **Banff Seniors Centre**  
**#2381** **7 Wed Apr 18 – May 30** **5:15 – 6:30pm**  
 Instr: Julie Leavens, Bsc Kin, RMT Certified Stott Pilates Instructor

## GENERAL INTEREST

### Monet for a Day - Acrylic

This workshop is designed for those who want to improve their painting skills as well as those with no painting experience. Learn step-by-step instructions, painting techniques and valuable tips along with individual attention from your instructor. Your finished painting will be a masterpiece you can be proud of.

**\$90 + GST** **Banff High School**  
**#2372** **Sun Apr 15** **10am – 3pm**  
 Instr: Alexander Ivanov

### Feng Shui

This class will discuss the background and history of Feng Shui, and will provide you with the opportunity to apply the bagua, its properties, and balancing the 5 elements on a floor plan of your own home. Students will also be introduced to the productive and destructive cycles of the 5 elements. In addition, the instructor will briefly discuss the challenges of missing areas through analyzing sample floor plans, and will also touch upon the secret cures and adjustments of Feng Shui. Join your three instructors for an introduction to this fascinating world.

**\$70 + GST** **Banff Seniors Centre**  
**#2374** **Sat Apr 14** **10am – 4pm**  
 Instr: Janelle Harris Borm, Kelly Kaur & Mia Staysko

## Learn to Tangle, Zentangle!

Zentangle is a way of creating beautiful images from repetitive patterns. It is fun and relaxing. Anyone can use it to create beautiful images. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal wellbeing. Come and learn from certified Zentangle teachers, Val and Kathleen on how to create your own beautiful images. Receive your own Zentangle kit, and spend an evening being creative and artistic.

<b>\$57 + GST</b>	<b>The Fenlands</b>		
<b>#2375</b>	<b>Mon</b>	<b>Apr 30</b>	<b>7 – 9pm</b>
<b>#2376</b>	<b>Mon</b>	<b>May 28</b>	<b>7 – 9pm</b>
Instr: Val Kildaw & Kathleen Henderson			

## Zentangle Steps 2 & 3

For information on further Zentangle classes please call 403-762-1223

## Paragliding

For information on paragliding in Southern Alberta please contact Muller Windsports at [www.mullerwindsports.com](http://www.mullerwindsports.com) or look through the University of Calgary course calendar at: [www.calgaryoutdoorcentre.ca](http://www.calgaryoutdoorcentre.ca)

## Introduction to Digital Photography

On this one day course we will talk about basic camera functions, lenses, digital camera menus, what a pro carries in their camera bag, tripods, filters, post processing, image storage and an introduction to a digital darkroom. If time allows we will involve ourselves with picture composition, shooting technique, how to properly exposure a picture and finally an introduction to flash photography. You need to bring your DSLR, and your laptop if you have one. I'll be giving you some web links to good websites to help you continue your learning after the class.

<b>\$85 + GST</b>	<b>The Fenlands</b>		
<b>#2382</b>	<b>Sun</b>	<b>May 27</b>	<b>9am - 5 pm</b>
Instr: Brian Merry (see Brian's bio below)			

*I started practising photography in the 1980s using the family's point and shoot camera extensively. I also started reading and thinking about photography compulsively during this time. Being limited to basic photography equipment allowed me to concentrate on composition and understanding how a camera "thinks". What I learned was that a camera doesn't think. A photographer does. Over the years I haven't lost the passion for photography and still practice photography as much as I can. I even read photography books and magazines before I go to sleep at night. I often half-jokingly say to friends that photography is my own obsessive compulsive disorder. I don't mind though because now I can pursue photography full time and share my passion for it full time in one of the most beautiful places in the world. Life is good.*

Please see Bow Valley section for Parent Link Programming

## ADULT SPORTS LEAGUES

### Summer Leagues – Get Involved

#### Bow Valley Soccer League

Mayumi Yasuda, [mayumi1224@gmail.com](mailto:mayumi1224@gmail.com)  
 Facebook "Bow Valley Soccer League"  
 Schedule: Sundays, June – September

#### Wildrose Women's Slowpitch League

Kim Coultis, 403-762-1223, [kim.coultis@banff.ca](mailto:kim.coultis@banff.ca)  
 Schedule: Tuesday and Thursday evenings, May – August

#### Banff Mixed Slowpitch League

Martin Talbot, 403-763-8112,  
[banffmixedslowpitch@gmail.com](mailto:banffmixedslowpitch@gmail.com)  
 Schedule: Sundays, June – September

#### Banff Rugby Football Club

[banff.rugby@hotmail.com](mailto:banff.rugby@hotmail.com)  
 Schedule: Saturdays, April - September

Don't forget to check the 'locals section' on the Town of Banff Website - [www.banff.ca](http://www.banff.ca) and our Town page in the Banff Crag & Canyon for more of our current programs and schedules such as:

- BanffLife
- Children and Youth
- Community Development
- Public Skating and Shiny times
- Temporary Foreign Worker Workshops
- And much more!



[www.banff.ca](http://www.banff.ca)



## INNOVATIVE COMMUNITIES CONNECTING & NETWORKING (ICCAN)

### MEETING SKILLS FOR RESULTS

This session focuses on the issues, 'what works' and practical strategies that help meetings produce results. Whether you are having a governance meeting to make decisions, a meeting to give or get information or a working meeting to focus on a project or initiative, this session will provide you with strategies and tools to do more, successfully. Topics explored are: discussion of the 6 different meeting types; meeting governance and goals; meeting dynamics; using agendas for advantage; methods for recording meeting minutes; and tips for chairing and/or facilitating a meeting.

**Free The Fenlands**  
**#2386 Thurs April 5 1:30 – 3pm**

### REAL TIME PLANNING FOR NON-PROFIT ORGANIZATIONS

This session focuses on planning practices and strategies needed by organizations whose success requires them to adopt an enterprise orientation, with the possibility of generating an operating surplus, to ensure their ability to provide services to the community. We will examine real-time planning elements including the businesses you are in; identifying the critical elements for success; what you want your enterprise to achieve; the strategies you will need to use to accomplish your goals; clearly identifying the investments needed to make the enterprise successful; and understanding your cost recovery requirements.

**Free The Fenlands**  
**#2387 Wed May 2 11:30am - 1pm**

#### Presenter

*Richard Larsen, MSc., a Community Development Officer with Alberta Culture and Community Spirit, focuses on building the capacity of individuals and groups to achieve their goals and accomplish their projects. With twenty-six years of experience working with a range of communities; rural, northern, ethnic, aboriginal, government and urban organizations, he identifies 'what's working' and finds ways to replicate that. Richard also has an active role as a volunteer in his church and community, and is an organizer and sponsor of humanitarian efforts in the developing world.*



## Settlement Services in the Bow Valley

This **FREE** service provides any support needed to settle into the Bow Valley for Permanent Residents, Live-In Caregivers and Refugees:

- Orientation to life in Canada
- School support for students & parents
- Workshops
- Assistance with forms
- Information about Canadian culture
- ESL and language instruction options
- Support to organizations, agencies, and employers
- Permanent Residency options
- Work visas
- And so much more

### REACH OUT AND GET CONNECTED

**Email: [Jeanie.godfrey@banff.ca](mailto:Jeanie.godfrey@banff.ca) or [duane.moleni@banff.ca](mailto:duane.moleni@banff.ca)**

**Phone: 403-762-1248 or 403-762-1149**

Contact us to sign up to receive our e-letter to all information on community programs and services, and stay informed on upcoming activities and workshops.

#### Funded by:

Citizenship and Immigration Canada

#### Delivered by:

Town of Banff Family & Community Support Services (FCSS)

#### Locations:

Banff Town Hall, 110 Bear Street, Banff  
 Canmore Civic Centre, 902-7th Avenue, Canmore  
 And other Bow Valley locations, including Lake Louise and Kananaskis as requested



BanffLIFE is a program brought to young adults by the Town of Banff's FCSS Department. Individuals wishing to register for any of our Mountain Adventure Programs must be between the ages of 18-30, living and working in the Bow Valley. If you are between 30-35 please contact the program coordinator to inquire about booking.

**Please register by phoning 403-762-1200 contact [banfflife@banff.ca](mailto:banfflife@banff.ca) for more information of phone Christine at 403-760-2423**

Funding assistance for Glacier Rescue, Travel Skills and Climb, Wapta Icefield Traverse!, and President/Vice President Mountaineering Adventure from Stanley Mitchell Hut/Mt. McArthur may be available through BanffLIFE. Please contact Christine 403-760-2423.

All courses listed are also eligible for a Bow Valley Learning Council Bursary (p.47).

## Mount Rundle **June 26, 2012 \$33 per person**

Mount Rundle is the iconic Banff Mountain; you haven't lived in Banff if you haven't climbed Rundle! At 2949 m there will be outstanding views in all directions from the summit. Although it is a long climb it is not difficult technically. It is a hike that requires route finding and time management abilities to be able to get to the top and back in good time. You can expect the day to take 10 to 12 hours round trip. The climb is about 6 km long and 1500 m elevation gain.

## Cascade Mountain **July 21, 2012 \$35 per person**

Probably the most photographed peak in the Canadian Rockies! It is 2998m high and from the summit you look directly down on the town of Banff. Although it is a long climb it is not difficult technically. You can expect the day to take 10 to 12 hours round trip. This climb is about 8.5 km long and has 1300 m elevation gain.

## Mount Temple **August 14 & 26 \$45 per person**

Mount Temple is the highest and the most famous peak in the Lake Louise area. Terrific views from the summit include Mt Assiniboine, the Bugaboos and Mt Forbes. This is a must-do climb for anyone who has enjoyed longer hikes or any of the other peaks in our Scrambles series. Temple is 3543 m high and is a long climb but not very difficult technically. The climbing is a bit easier than Mt Whyte but at about 8 km long and 1700m elevation gain you can expect a 12 hour day. We will use the rope on a couple of short sections of the route.

## One Day Introduction to Rock Climbing

Rock Intro is a one-day introduction to rock climbing. The Canadian Rockies is the perfect spot to experience and begin learning about this sport, as there are literally thousands of climbs within an hour's drive from Banff. There are a variety of areas we can climb at on this course. Your guide will choose the best venue for the weather and the group.

<b>Dates:</b>	<b>Friday June 8, 2012</b>	<b>\$55 per person</b>
	<b>Friday July 13, 2012</b>	<b>\$55 per person</b>
	<b>Friday August 10, 2011</b>	<b>\$55 per person</b>

## Two Day Rock Skills Development

Rock Skills is a two-day rock climbing course where those with some previous climbing experience can gain more knowledge about the sport. The first day is spent on systems at a local crag: belaying, setting up top ropes, anchors, protection and advanced climbing technique. On the second day we can either continue to challenge ourselves with harder single pitch climbs and learn about leading, or climb a multi-pitch route on one of the larger cliffs in the area.

<b>Dates:</b>	<b>June 11 &amp; 18, 2012</b>	<b>\$125 per person</b>
	<b>July 16 &amp; 23, 2012</b>	<b>\$125 per person</b>

## Intro to Multi-Pitch Rock Climbing

**August 20 \$100 per person**

Multi-pitch Rock is the finale of the summer's rock series where participants take part in ascents of multi-pitch rock climbs in the Bow Valley. This course is designed to meet the needs of climbers with previous basic outdoor or indoor climbing experience who wish to learn the complete set of multi-pitch skills. There are a variety of cliffs we can climb on, including the north face of Ha-Ling, numerous routes on Yamnuska, Tunnel Mountain, The Tower of Babel and more! Must have previous climbing experience

## Glacier Rescue, Travel Skills and Climb

**July 8 -10, 2012 \$375 per person**

This course is designed to provide an introduction to glacier travel, snow and ice climbing, and crevasse rescue. We base at the Bow Hut on the amazing Wapta Icefield; where there is easy access to glaciers and training sites. On day 1 we travel to the icefields and familiarize ourselves with our climbing equipment and discuss basic glacier travel skills. Day 2 and 3 are spent learning snow and ice climbing techniques and crevasse rescue skills and we climb one or two of the peaks in the area. No Previous experience is required.

## Mountaineering Adventure from Stanley Mitchell Hut

**September 3 - 5, 2012 \$375 per person**

Travel in the alpine wonderland and enjoy developing your mountaineering techniques as you summit two of the greatest mountains in Canada's National Parks! This fantastic mountaineering course is geared for those who would like to learn about glacier travel and summer mountaineering or simply want to visit a place that is out of this world!

## Caving Adventure **Date TBA \$350 per person**

Join our 4 day backcountry alpine cave tour! We explore 2 caves high on mountain ridges; Cleft Cave & Gargantua Cave. Cleft Cave is a permafrost cave & ends at a "window" overlooking the next valley. Gargantua Cave is an exhilarating trip involving five rappels, through large chambers & narrow passages before emerging behind a waterfall at the base of Mount Ptolemy. This tour is for people who are fit and seeking a unique outdoor experience.