

LEG Up! Spring 2019 Session

LEG Up! Learning. Experience. Goals.

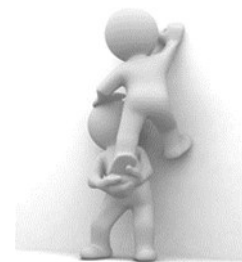
LEG Up! is a learning and skill enhancement program for adults. LEG Up! provides education and training which will ultimately open doors to obtaining valuable opportunities and experiences, including employment, community inclusion, volunteerism and independent living.

Registration starts on Thursday March 7, 2019 at 9:00 am

Spring Session: starts **Monday April 1, 2019** and ends Friday **June 7, 2019**

Standard Cost: 10 week session **\$280.00** unless otherwise stated

Additional rate may apply based on individual support needs



Courses offered this Spring:

10 Week Sessions

- | | |
|----------------------------------|---------------------------------|
| -Get Crackin' in the Kitchen | -Reviewing Your Literacy Skills |
| -Healthy You | -Kitchen Smarts |
| -It's Your Future, Let's Plan It | -Accessible Yoga and Wellness |
| -Check It Out | -Shake and Bake |
| -Nature Arts and Crafts | |
| -How May I Help You | |
| -Sweet Melodies | |
| -Cooking | |
| -Mid Week Drop-In | |

Ongoing Sessions

- Tutoring

Registration

- Visit mycommunityhub.ca to register and reserve a spot in your preferred LEG Up! class. Note: course numbers in [blue](#)
- Registration forms are also available on our website. Contact LEG Up! either by phone, email, or in person.

**** Note: An instructor will contact you for more details and to confirm your registration.**

For More Information contact KW Habilitation by:

Phone: 519-208-2225

Email: legup@kwhab.ca

LEG Up! Class Information and Schedule

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Healthy You!: 9913

Join us in a weekly fitness class at Fuzion Studio. After Zumba class, learn how to make a healthy and nutritious lunch.

9:00-12:00 pm (Lunch is included. Bring appropriate gym wear, change of shoes, and water bottle.)

\$320.00 per 10 week session

It's Your Future, Let's Plan It: 9117

In this class we will work together to discover steps to achieving your personal goals for the future in recreation, volunteerism, and employment.

1:00-3:00 pm

\$280.00 per 10 week session

Check It Out!: 9109

Review advanced money skills to prepare for cash handling. Learn how to operate a Point-of-Sale (POS) system to accept cash, credit and debit payments and prepare for working in a job with a cash register.

1:00-3:00 pm

\$280.00 per 10 week session

Get Crackin' in the Kitchen: 9111

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

4:00-6:30 pm

\$280.00 per 10 week session

NOTE:

No class Easter Monday April 19. Make up date- June 10, 2019.

No class Victoria Day May 20. Make up date-June 17, 2019.



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Nature Arts and Crafts: 8937

In this class we will work with plants, craft supplies, and other natural materials to create unique craft items to take home. Be prepared to work with your hands in a fun, horticultural environment.

9:30-11:30 am

\$280.00 per 10 week session

How May I Help You: 9118

This class focuses on developing strong communication, active listening and conflict resolution skills. We will then apply these skills to learn how to provide excellent customer service.

9:30-11:30 am

\$280.00 per 10 week session

Sweet Melodies: 9119

Join the LEG Up! staff for a session of music appreciation. We will explore and listen to different artists, genres, and instruments each session, while enjoying a sweet treat we bake together.

1:00-3:00 pm

\$280.00 per 10 week session

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Get Crackin' in the Kitchen: 9112

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

10:00-12:30 pm

\$280.00 per 10 week session

Mid Week Social: 9120

Drop by LEG Up! for a fun and different activity every week! There will be games, baking, and holiday themed events to keep you entertained. A great place to meet people and make new friends.

1:00-3:00 pm

\$280.00 per 10 week session



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Kitchen Smarts: 9114

Learn how to keep yourself safe in the kitchen by discussing food preparation, food handling, cooking safety tips and food storage. Enhance your kitchen confidence by adapting lessons learned to practical kitchen exercises in our LEG Up! kitchen.

9:30-11:30 am

\$280.00 per 10 week session

Reviewing Your Literacy Skills: 9115

Practice your sounds and letter blends using our many helpful teaching tools. Challenge yourself to become a better reader.

1:00-3:00 pm

\$280.00 per 10 week session

Shake and Bake: 9124

Meet new people, bake some goodies, and play some games while making new friends during this weekly social activity.

1:00-3:00 pm

\$280.00 per 10 week session



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Get Crackin' in the Kitchen: 9110

Bring your cooking skills, appetite, and enthusiasm. You will be introduced to some basic kitchen and food handling skills, as well as help menu plan and sample your creation.

10:00-12:30 pm

\$280.00 per 10 week session

Accessible Yoga and Wellness: 9121

Come to this class ready to relieve some stress. Each class will begin with a gentle yoga session. During the remainder of the class we will discuss and explore other stress reducing strategies like mindfulness, meditation, and relaxation techniques that you can apply to everyday life.

9:30-11:30 am

\$280.00 per 10 week session

Note: No class April 19, 2019. Make up class - June 14, 2019

On Going Sessions

Tutoring:

1:1 tutoring. If you prefer to work directly with an Instructor to eliminate distractions this might be good fit for you.

\$35.00 per hour