

## PacificSport

REGIONAL SPORT CENTRE  
NORTHERN BC



### NATIONAL COACHING CERTIFICATION PROGRAM Theory Courses - Fall 2001

#### Level I Theory:

September 22 & 23, 01  
Saturday & Sunday, 8:30am - 4:30pm  
Cost: \$65.00  
College of New Caledonia Room 2-502

#### Level II Theory:

October 12-14, 01  
Friday, 7:00pm-10:00pm,  
Saturday and Sunday, 8:30am-4:30pm  
Cost: \$80.00  
College of New Caledonia 2-502

#### Level III Theory:

Tentative Dates: November 17-18, 01 &  
November 24-25, 01  
Cost: \$150.00 plus a \$35.00 workbook  
marking fee.  
College of New Caledonia

For more information, contact PacificSport by  
phone: (250) 563-5955

or by email: [mbogle@pacificsport.com](mailto:mbogle@pacificsport.com)  
or [mcormack@pacificsport.com](mailto:mcormack@pacificsport.com).

Please note that all courses require  
pre registration and prepayment.

## Husqvarna VIKING

### Sewing Classes FUN AND INFORMATIVE

#### Designer 1 Weekend Sept 29 & 30 Heirloom Sewing

Nightie, Blouse Ribbon  
Embroidery (Crazy Patch  
Pillow), Christmas Angel

#### Fleece

Easy Zipper Pocket Fleece  
Vest, Pieced Fleece Vest

#### Textured Tote Back Beginners Sewing

Bag, Night Shirt, Skirt

#### Intermediate Sewing

Dress, Shirt Blouse

#### Quilting

Beginners

#### Tailoring

Jackets, Slacks

#### Recycled Jean Jacket Teddy Bears

Beginner, Advanced

#### Kids Can Sew

CLUBS  
Serge  
Designer 1  
Husky  
Embroidery

Call for Times  
and Dates

### Elbi Sew & Serge

Keeping the Central Interior Sewing  
MACHINES ACCESSORIES NOTIONS CLASSES SERVICE

101 4299 1st Ave. Prince George  
562-6680

## BC SIGN UP FOR FALL

Training  
Ventures

#230-1990 S. Ogilvie St.

960-1112

"Committed to  
Training Excellence" [www.bctrainingventures.com](http://www.bctrainingventures.com)

WCB  
COURSES

**Level 1 First Aid**  
Sept. 15, 29, Oct. 13,  
27, Nov. 10, 24 &  
Dec. 15

**Level 2 First Aid**  
Sept. 17-21 Oct. 22-  
26 Nov. 19-23,  
Dec. 10-14

**Level 3 First Aid**  
Sept. 10-21, Oct. 01-12,  
Oct. 15-26, Oct. 29-Nov. 09,  
Nov. 12-23, Dec. 03-14

**Level 3 First Aid  
(5 Weeks)**  
Oct. 06 - Nov. 10

**Level 3 Recert.**  
Sept. 03-07,  
Nov. 05-09

**Transportation Endorsement**  
Sept. 30, Oct. 14, 28,  
Nov. 25, Dec. 16

EMP  
COURSES

**Basic/Basic Plus**  
September 22 - 23  
November 24 - 25

**Care Plus CPR-C**  
Aug. 17, Sept. 29,  
Oct. 27, Nov. 23

**Pediatric First Aid**  
Aug. 26, Sept. 30  
Oct. 28, Nov. 25

**Sports Medicine**  
Sept. 21, Oct. 19  
November 23

RED  
CROSS

**AED**  
August 24, September 15, 28  
October 13, 26, November 10, 23  
December 15

**Childsafe**  
Sept. 8, Oct. 7, Nov. 3, Dec. 2  
Eves: Sept. 18/20, Oct. 16/28,  
Nov. 20/22

**Babysitters**  
Sept. 22, Oct. 13,  
Nov. 17, Dec. 08

**Childsafe Recert.**  
Sept. 9, Oct. 6,  
Nov. 4, Dec. 1

**EFA/SEA**  
Aug. 18-19,  
Oct. 20-21

- GROUP RATES AVAILABLE
- ASK ABOUT OUR GUARANTEE POLICY
- PRIVATE CLASSES AVAILABLE
- PLUS OTHER COURSES, CALL FOR DETAILS

## LEARN TO SKATE

PROGRAMS FOR ALL AGES

member of: **Skate Canada**

### DOES FIGURE SKATING, HOCKEY OR RINGETTE APPEAL TO YOU?

Improve your skating skills by joining the  
PRINCE GEORGE FIGURE SKATING CLUB.

#### ► LEARN TO SKATE PROGRAM (ages 3+) ... October to March

Includes: Canslate/Preschool and Pre-Junior Group.  
Canslate/Preschool: Monday, Wednesday, Friday & Saturday. Pre-Junior Group: Tuesday & Wednesday.

- Registration is at the Pine Centre Mall 'Recreation Fair' (booth location is at centre court)  
Friday, September 7th, 9:30am - 9:00pm and Saturday September 8th, 9:30am - 6:00pm.
- 2nd Registration is at the Multiplex (Canfor Room) Wednesday, September 19th, 6:00pm - 8:00pm.

#### ► SKATE CANADA FULL COMPETITIVE / TEST STREAM FIGURE SKATING PROGRAMS

Instructed by fully qualified Skate Canada coaches. Winter, Spring, Summer sessions available.  
• Registration is at the P.G. Civic Centre, Wednesday, September 5th, 6 to 8:00 pm.

#### ► POWER SKATING

Call Eric or Ronnie at 563-0778 for more information.  
• Registration is at the Multiplex (Canfor Room)  
Wednesday, Sept. 19th, 6 to 8:00 pm.

#### ► For more information call:

Prince George Figure Skating Club at 563-4768  
or Maggie at 963-7497 / Sherri at 563-7387

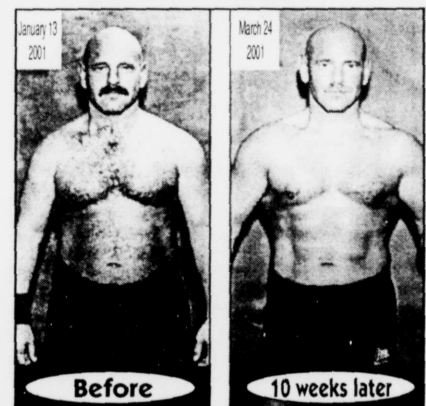
visit our website: [www.mag-net.com/pgfsc](http://www.mag-net.com/pgfsc)

Located in the Kin Centres 2 & 3 (next to the Multiplex)

PRINCE GEORGE  
FIGURE SKATING CLUB

## Get Fit • Kick Butt • Win Cash!

### Dean Pedalino



Come and see for yourself what so many people already know about the hottest fitness course available. The Ultimate Bodyshaping Course (UBC) Challenge will give you everything you need to get the body you have always wanted, and you might even get paid for it. The UBC Challenge combines fitness kickboxing, resistance training, nutrition and flexibility plus you will have team coaches and instructors to give you all the guidance you'll need to achieve your fitness goals.

### The 10 Week Course



Northern Institute  
of Martial Arts  
2350 Ospika Blvd.  
561-0482

Includes Manual & Workbook

[www.ultimatebodyshaping.com](http://www.ultimatebodyshaping.com)