

Rideau HS, 815 St. Laurent Blvd.

Ottawa (near Montreal Rd)

Administrator: Julie Kalli (T, W) 613-746-8196 (after 6:30pm)



OTTAWA-CARLETON
DISTRICT SCHOOL BOARD

Courses available for Fall 2009

A Closer Look At Fear
A Taste of the Oriental Cuisine
Adventures in Watercolour
Auto Mechanics Hands on -- Level I
Basic Silver Jewelry
Beginner I -- Chinese Mandarin
Beginner II - Mandarin Chinese
Belly Dancing - Intermediate
Belly Dancing -Beginner
Bollywood Dance
Caribbean Chinese Cuisine
Caribbean Cuisine -- Non-Vegetarian
Caribbean Cuisine -- Vegetarian
Caribbean East Indian Cuisine
Caribbean Hors D'oeuvres
Caribbean Soups
Catering Small Parties *New
Celebrity Recipes
Coloured Pencils -- Introduction
Complete HTML
Cooking for the Vegetarian & Vegan *New
Cooking for Yourself *New
CPR A 'Heart Saver Certification
CPR C Basic Rescuer Certification
Develop Your Singing Voice --I
Diabetic Friendly Cooking *NEW
Digital SLR Basics
Drawing -Pencils and Charcoal
Effective Study Techniques *New
Emergency First Aid, CPR C Certification
Emotional Freedom Techniques (EFT) 1
Expand Your Singing Voice --II
Faux Finishes for Art/Home Decorating
French - Beginner
French - Beginner II
French - Intermediate
French as a Second Language
German -- Conversational I
German -- Conversational II
Gluten-free & Wheat-free Cooking *New
Guitar for Fun *New
Happiness - An Introduction or Re-visit

Hatha Yoga
Healthy Options
Hindi - Beginner I
Hindi - Beginner II
I Life (Macintosh)
I Public Speaking I
Impress Your Mate
Indian Cooking - Beginner *New
Italian Conv. for Francophones -Beginner
Lebanese Cooking
Lighting 101
Meditation for Practical People
Men's Kitchen Survival
Mixed Media and Amazing Materials
More than Chocolate - Part I
No Can Soups
No Talent Art Workshop
OSX Leopard/Tiger (Macintosh)
Painting for Beginners - Oil

Party Appetizers for Beginners
Pashto - Beginner *New
Pashto - Intermediate *New
Pashto - Advanced *New
Silver Jewelry - Rings with Stones
Spanish
Tap Dancing -Beginner
The Law of Attraction
Unleash Your Creative Powers
Upholstery
Watercolour Pencil - Introduction
What's Your Personal Vision
Woodworking & Furniture
 Making - intro
Woodworking, Router - Advanced
Woodworking, Router - Beginner/Basic
Worldly Dishes
Writing for the Web *New
Yoga for Health & Fitness



Registration by Phone: (613) 239-2751
On-line Registration: <http://e-connect.ocdsb.ca>
Web site: <http://www.ocdsb.ca/continuweb>