

Adult & Community Education

h Adult Community Education

Telephone: 608655 | email: ace@highlands.ac.uk | www.highlands.ac.uk



ASL Adding Real Value - www.asl-jersey.co.uk



Welcome to the Summer edition of our adult and community leisure learning courses

Our selection has never been so diverse and we're delighted to offer you a variety of learning courses at affordable prices, over a range of times and locations throughout the coming season. Our team have been busy working with our wonderfully talented tutors to bring you over 140 courses, with over 20 new ones to choose from during our most popular term for leisure learning. Whether you're new to leisure learning at Highlands, or a seasoned learner with us, you'll be sure to find something inspiring, new and interesting to explore. Our friendly Leisure Learning Team, Heidi, Kim and Glenda are here to advise, answer any questions and get you enrolled on your chosen course with ease.

CONTACT US TODAY

Telephone: 608655 / 608632 | Eace@highlands.ac.uk
www.highlands.ac.uk



Can't find the course you're looking for?

Tell us. We may be able to offer it next term



Had a great learning experience?

FOLLOW US

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-  Highlandscollegejersey

Like to teach a course next term?

Get in touch, we're always looking for new, interesting courses to extend our offering



FAQ'S

Can anyone apply for a course?

The Adult & Community Education (ACE) programme is only available to students who are no longer in compulsory education and are aged 18 or over.

How do I apply for a course?

You can book and pay for your ACE course online.

1. Go to www.highlands.ac.uk and click on ACE Leisure Courses
2. Create your personal account by clicking Request Account. (If you already have a personal account, log in with your username and password)
3. Click on the course titles that interest you for more information. You can filter your search by subject or day
4. If you wish to enrol on a course, add your chosen course to your basket and follow the payment process

How do I pay for a course?

Use a MasterCard, Visa or Maestro credit or debit card online

- **Supply MasterCard, Visa or Maestro credit or debit card information** on an application form and post. Please DO NOT post the original form as confirmation and DO NOT e-mail a scanned copy to us as this is insecure. Additional copies of the application form can be downloaded from our website, www.highlands.ac.uk
- **Pay by cheque.** Cheques should be made out to "Treasurer of the States". If you are applying for more than one course please enclose separate cheques for each. This will enable us to return fees for courses that are already full and still process other applications without delay. Post your form and cheque to Highlands College - Student Records, Highlands Lane, St Saviour JE1 1HL.

Can I pay the course fee by instalments or by post-dated cheque?

Unfortunately, no. You will not have your application confirmed until payment is received in full. Remember payment can be made via credit card, cheque, postal order or, if applying in person, in cash.

What do my course fees pay for?

All ACE course fees include your tuition and a registration fee. They may also include a contribution towards the cost of demonstration materials, venue rental, handouts, artist models, equipment or assessment fees.

PLEASE NOTE: be prepared to supply materials in addition to your course fees depending on your course, for example flowers, cooking ingredients, art and craft materials or specialist clothing.

When do courses run?

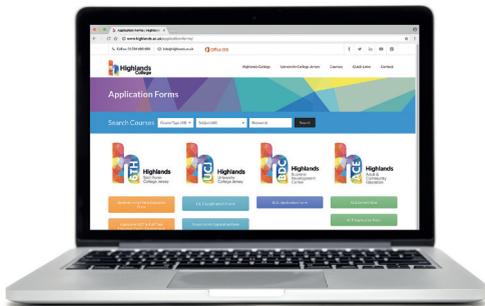
ACE courses vary in length from half-day workshops to one or two academic years. The majority of courses follow an academic timetable and may include half-term, bank holiday or other breaks.

What if my course is relocated, rescheduled or cancelled?

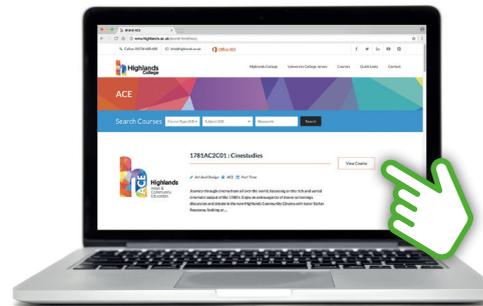
We make every effort to avoid doing this, but occasionally it is necessary. This is why it is vitally important for us to have your current telephone numbers or e-mail address in order that we can contact you as speedily as possible. If you have a mobile telephone number, we will use a text message service to inform you of any changes to your course. If the change is not acceptable to you, a full refund will be issued. Please note, our text message service is a non-reply service.

HOW TO ENROL

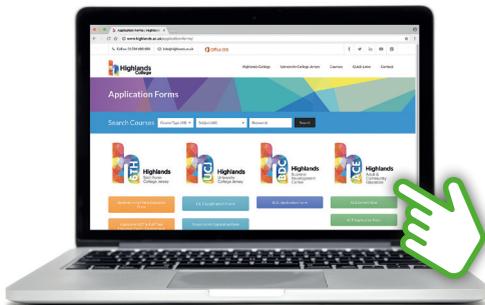
ONLINE



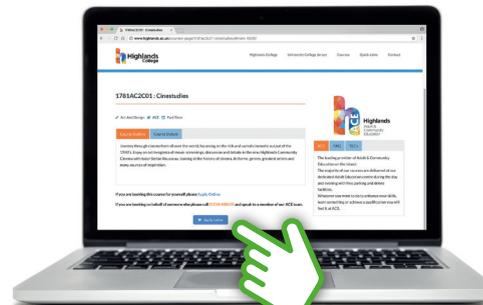
The best way to enrol is by visiting our website:
www.highlands.ac.uk/application-forms



Scroll through the list and click on **'View Course'** to see more details.

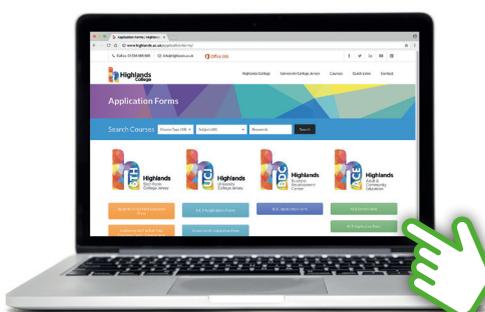


Click the **ACE logo** at the end of the row to view our list of course.



Once you have found the course you'd like, click the blue **'Apply Online'** button and follow the instructions.

BY POST



Complete the application form supplied in this programme and return to the address at the top. Alternatively, to print off additional application forms, visit our website:
www.highlands.ac.uk/application-forms

Click the green 'ACE Application Form' button at the end of the row. Complete the form and return to the postal address listed on the top of the page.

CALL US

Our Customer Registration Team can happily enrol you over the phone. Please call directly on **608655** or **608632**.

VISIT US

For more information, to discuss course options, or to enrol in person, visit our Student Records Team in the Main Reception at Highlands College.

TERMS & CONDITIONS

Eligibility for ACE courses

The Adult & Community Education (ACE) programme is only available to students who are no longer in education and are aged 18 or over. (Unless specified in the course information)

Application priority

Applications for ACE leisure courses are accepted on a first come, first served basis on receipt of fees. If the wait list is sufficiently large and additional tutors and facilities are available another course may be set up, for which you will be offered a place.

Fee concessions

There are two types of fee concession available on most ACE courses, though these do not apply to certain more specialist courses on this programme.

If you are registered with Social Security as a Jobseeker (unemployed) or are receiving 75% or more Long-Term Incapacity Allowance (LTIA) you may also receive a reduction in your fees. Only one ACE course per term will be offered on this basis.

In order to apply for these concessions, please download and complete the application form, tick the appropriate fee concession box, sign the authorisation statement and return the form without any fees.

If you are aged 60 or over, an automatic concession is applied to your course fee on application.

Cancellations

A minimum enrolment number is required to recover the full costs of providing an ACE course. If numbers of students fail to reach this minimum we reluctantly cancel it. Applicants are provided with a full refund or a transfer to another suitable course if one is available.

Refunds

Unfortunately, we only offer a refund if a course has been cancelled by Highlands College. Circumstances such as illness, work commitments or leaving the Island are not considered for refunds.

Course places cannot be deferred to another term and are non-transferable to another person.



Cinestudies

1781AC3C01

Wednesday 02 May 2018 | 18.30 - 21.30 | 9 weeks | Highlands College

Price: £99 — Senior citizen £99

Tutor: Stefan Rousseau

Journey through cinema from all over the world, focussing on the rich and varied cinematic output of the 1990's. Enjoy an extravaganza of movie screenings, discussion and debate in the new Highlands Community Cinema with tutor Stefan Rousseau, looking at the history of cinema, its forms, genres, greatest artists and many sources of inspiration.

Pottery for Beginners and Improvers

1781AC3P01

Monday 30 April 2018 | 10.00 - 12.30 | 9 weeks | Philip Mourant Centre

Price: £185 — Senior citizen £140

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P02

Monday 30 April 2018 | 18.45 - 21.15 | 9 weeks | Philip Mourant Centre

Price: £185 — Senior citizen £140

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P03

Tuesday 01 May 2018 | 10.00 - 12.30 | 10 weeks | Philip Mourant Centre

Price: £195 — Senior citizen £145

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P04

Tuesday 01 May 2018 | 18.45 - 21.15 | 10 weeks | Philip Mourant Centre

Price: £195 — Senior citizen £145

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P05

Wednesday 02 May 2018 | 10.00 - 12.30 | 9 weeks | Philip Mourant Centre

Price: £185 — Senior citizen £140

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P06

Wednesday 02 May 2018 | 18.45 - 21.15 | 9 weeks | Philip Mourant Centre

Price: £185 — Senior citizen £140

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P07

Thursday 03 May 2018 | 10.00 - 12.30 | 10 weeks | Philip Mourant Centre

Price: £195 — Senior citizen £145

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Pottery for Beginners and Improvers

1781AC3P08

Thursday 03 May 2018 | 18.45 - 21.15 | 10 weeks | Philip Mourant Centre

Price: £195 — Senior citizen £145

Tutor: Ray Ubsdell

Explore the world of clay and creativity in the pottery workshop at the Philip Mourant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Explore Drawing

1781AD3E01

Wednesday 02 May 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £120 — Senior citizen £90

Tutor: Julia Coutanche

Explore drawing: light and tone; shape and line; textures, composition, perspective and measurement. Drawing natural objects, still life and the human figure using pencils, chalk, charcoal and pastel. Suitable for beginners, or confident artists wishing to experiment with mark marking.

Drawing and Mindfulness

1781AD3M01

Thursday 03 May 2018 | 18.45 - 20.45 | 10 weeks | Philip Mourant Centre

Price: £120 — Senior citizen £85

Tutor: Timothy Le Breuille

Drawing is essentially about looking and being present. With simple meditation and drawing exercises discover the difference between experiencing and thinking. This course focusses on process rather than results in a non-judgemental space.

Drawing and the Art of Using A Sketch Book

1781AD3S01

Tuesday 01 May 2018 | 09.15 - 11.15 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Ann Morgan

The course will teach you basic drawing techniques such as construction, perspective and tone. It is particularly valuable for those who paint but feel that their drawing skills let their work down. View the tutor Ann Morgan's website at www.annmorganartist.com

Sketch Book Drawing and Watercolours

1781AD3S02

Tuesday 01 May 2018 | 11.30 - 13.30 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Ann Morgan

This is a course for those who love to sketch. Basic drawing techniques, perspective and tone will be taught and sketching using watercolours will also be included.

Drawing for the Terrified Beginners and Improvers

1781AD3T01

Monday 30 April 2018 | 18.45 - 20.45 | 9 weeks | Philip Mourant Centre

Price: £110 — Senior citizen £80

Tutor: Barbara Jackson

Ever wish you could draw but too frightened to even pick up a pencil? Learn basic drawing skills so you can begin to produce your own artwork. Suitable for those who have completed a beginners course or wish to rekindle old skills.

Drawing for the Terrified Beginners and Improvers

1781AD3T02

Tuesday 01 May 2018 | 11.30 - 13.30 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Barbara Jackson

Ever wish you could draw but too frightened to even pick up a pencil? Learn basic drawing skills so you can begin to produce your own artwork. Suitable for those who have completed a beginners course or wish to rekindle old skills.

More Drawing for the Terrified with Watercolours

1781AD3T03

Tuesday 01 May 2018 | 13.45 - 15.45 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Barbara Jackson

This is suitable for those with a little drawing experience who wish to develop their skills. It also introduces simple watercolour techniques but is essentially a drawing course.

Drawing for the Terrified With Watercolours

1781AD3T04

Thursday 03 May 2018 | 10.00 - 12.00 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Barbara Jackson

This is suitable for those with a little drawing experience who wish to develop their skills, although beginners are more than welcome. It also introduces simple watercolour techniques but is essentially a drawing course.

Drawing and Watercolour Moving On

1781AD3T05

Thursday 03 May 2018 | 14.00 - 16.00 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Barbara Jackson

Experiment with watercolour, use other media and improve your drawing skills. Suitable for those who have some drawing and watercolour ability and wish to improve and build on their creativity.

Experiment With Different Media

1781AM3E01

Tuesday 01 May 2018 | 09.30 - 11.30 | 10 weeks | Philip Mourant Centre

Price: £115 — Senior citizen £80

Tutor: Lisa Troy

Learn basic pencil sketching, water colouring, acrylic painting, soft colour pastel drawing and mixed media work in a relaxed atmosphere, under friendly guidance. Weather permitting, we will venture outside to some of Jersey's beauty spots. Enthusiasm is essential for this course.

Landscape Painting With Oils

1781AO3L01

Tuesday 24 July 2018 | 09.15 - 11:45 | 6 weeks | Outdoor Location

Price: £100 — Senior citizen £75

Tutor: Michelle Le Cornu

Join us out in the Jersey countryside to learn to paint landscapes in oils. Capture the atmosphere of some of our beautiful scenery using oil paint on canvas or board. This summer holiday course will help you with confidence and technique and is suitable for beginners as well as those with some experience.

Painting With Oils

1781AO3P01

Tuesday 01 May 2018 | 09.15 - 11.45 | 10 weeks | Philip Mourant Centre

Price: £140 — Senior citizen £95

Tutor: Michelle Le Cornu

Enjoy learning the basic steps in oil painting, from how to mix colours and apply paint to canvas to successfully creating the picture you want. Suitable for complete beginners as well as those with some experience.

Oil Painting for Improvers

1781AO3P02

Tuesday 01 May 2018 | 12.30 - 14.30 | 10 weeks | Philip Mourant Centre

Price: £120 — Senior citizen £85

Tutor: Michelle Le Cornu

Suitable for improvers who want to progress with their basic oil painting skills. Enjoy this rich, versatile and very forgiving medium in a step by step method. Bring your painting equipment to the first lesson.

Evening Painting for Relaxation

1781AP3E01

Wednesday 02 May 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £110 — Senior citizen £80

Tutor: Ann Morgan

For beginners and seasoned painters who want to meet in a relaxed atmosphere and enjoy painting, with the benefit of tutor guidance and instruction on particular techniques. Use any medium of your choice.

Starter Steps into Acrylic Painting

1781AS3A01

Tuesday 29 May 2018 | 10.00 - 14.00 | 1 week | Philip Mourant Centre

Price: £45 — Senior citizen £45

Tutor: Lisa Troy

Designed to provide a basic understanding of how to paint with acrylic. Friendly tutor guidance demonstrations and handouts will show you how to handle this wonderfully versatile medium. You will need to bring some basic materials and advice will be given.



Beginners Watercolour

1781AW3B01

Monday 30 April 2018 | 09.30 - 12.00 | 9 weeks | Philip Mourant Centre**Price: £140 — Senior citizen £100****Tutor: Lisa Bloomer**

A gentle guide to watercolour with Lisa Bloomer. Learning brush and paint techniques, as well as looking at watercolour artists mimicking their technique and use of colour. Why not give it a go?

Adventures in Watercolour Intermediate

1781AW3C01

Thursday 3 May 2018 | 09.30 - 11.30 | 10 weeks | Philip Mourant Centre**Price: £115 — Senior citizen £80****Tutor: Ann Morgan**

For students with a basic understanding of watercolour techniques, wanting to explore all methods of this exciting medium. The aim is to enable you to paint in a fresh, translucent, expressive way with emphasis on colour-mixing.

Watercolours and the Rest

1781AW3W01

Tuesday 01 May 2018 | 12.00 - 14.00 | 10 weeks | Philip Mourant Centre**Price: £120 — Senior citizen £85****Tutor: Lisa Troy**

For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice. Weather permitting, we will venture to outdoor beauty spots to discover the joys of watercolour painting.

Watercolours and the Rest

1781AW3W02

Wednesday 02 May 2018 | 09.30 - 11.30 | 9 weeks | Philip Mourant Centre**Price: £110 — Senior citizen £80****Tutor: Lisa Troy**

For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice. Weather permitting, we will venture to outdoor beauty spots to discover the joys of watercolour painting.

Digital Photography for Beginners

1781AX3B01

Tuesday 01 May 2018 | 18.30 - 21.00 | 9 weeks | Highlands College**Price: £195 — Senior citizen £135****Tutor: Colin Cruickshank**

Learn to take fantastic images you'd be proud to hang on your wall! Explore the fundamentals of photography covering essential camera controls, light and composition as well as basic image editing using Lightroom and Photoshop Elements.

Dates: 1/15/22 May, 5/12/19/26 June, 3/10 July

Digital Photography for Beginners

1781AX3B02

Wednesday 02 May 2018 | 18.30 - 21.00 | 9 weeks | Highlands College**Price: £195 — Senior citizen £135****Tutor: Colin Cruickshank**

Learn to take fantastic images you'd be proud to hang on your wall! Explore the fundamentals of photography covering essential camera controls, light and composition as well as basic image editing using Lightroom and Photoshop Elements. Dates: 2/16/23 May, 6/13/20/27 June, 4/11 July

Digital SLR Photography for Beginners

1781AX3B03

Monday 14 May 2018 | 18.30 - 21.00 | 9 weeks | Highlands College**Price: £195 — Senior citizen £135****Tutor: Grant Neale**

Want your digital photos to stand out from the crowd? Master your camera and make the most of your own creativity with this useful course, full of hints and tips to enhance your skills. Some computer enhancement techniques will also be covered.

Outdoor Photography

1781AX3P01

Saturday 09 June 2018 | 09.30 - 12.00 | 4 weeks | Outdoor Location**Price: £95 — Senior citizen £75****Tutor: Grant Neale**

Want to improve your outdoor photography? Visiting different locations each week to apply the theory and experiment with the skills needed to produce great images. Explore techniques for action shots, landscapes, close up and portrait work. Suited to digital SLR shooters, but all photographers welcome.





Crochet for Beginners

1781CC3B01

Tuesday 01 May 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £50 — Senior citizen £40

Tutor: Hazel McLaren

Learn to crochet with confidence. Starting with the basics and progressing to achieve your first finished item, in this attractive craft. Learn skills which will enable you to make many more creations.

Creative Crafty Cards

1781CC3C01

Thursday 03 May 2018 13.30 - 15.30 | 9 weeks | Philip Mourant Centre

Price: £105 — Senior citizen £75

Tutor: Lynn Whitehouse

Create unique cards with a variety of techniques for many occasions. Learn paper collage, decoupage, tea bag folding, CD and shaped cards, many with a summery theme. Suitable for beginners and experienced crafters. A fee of £13 will be payable to the tutor at the first session for some materials.

Creative Cable Knitting

1781CC3K01

Thursday 03 May 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £110 — Senior citizen £80

Tutor: Lynn Whitehouse

Curious about knitting cables? Join Lynn and master those twisting stitches that meander over knitting, creating stunning texture and interest. Basic skills are needed - how to cast on/off, knit/purl stitches, increase/decrease. Learn more to enhance your knitting enjoyment. You can work on cable projects of your choice.

Tunisian Crochet Workshop

1781CC3T01

Saturday 30 June 2018 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £35 — Senior citizen £35

Tutor: Hazel McLaren

Tunisian crochet is special as it looks like knitting, producing thicker fabric than traditional crochet, to make lovely bags, tablet covers as well as simple accessories. No previous knitting or crochet experience required and is suitable for beginners.

Fun With Flowers

1781CF3F01

Tuesday 01 May 2018 | 18.00 - 20.15 | 4 weeks | Highlands College

Price: £85 — Senior citizen £70

Tutor: Lucie Chiron

Create modern and traditional techniques using a variety of fresh flowers and foliage under the guidance of professional florist, Lucie Chiron. Suitable for all levels. Flowers, foliage and oasis will be provided weekly for a fee of £20 payable to the tutor, but students will need to bring other equipment.

More Fun With Flowers

1781CF3F02

Tuesday 05 June 2018 | 18.00 - 20.15 | 4 weeks | Highlands College

Price: £85 — Senior citizen £70

Tutor: Lucie Chiron

We will continue to create modern and traditional arrangements using a variety of fresh flowers and foliage. Professional florist Lucie Chiron will give you tips for wonderful displays. Suitable for all levels. Flowers, foliage and oasis will be provided weekly for a fee of £20 payable to the tutor, but students will need to bring other equipment.

Knitted Flowers

1781CK3F01

Tuesday 15 May 2018 | 19.00 - 21.00 | 2 weeks | Philip Mourant Centre

Price: £40 — Senior citizen £40

Tutor: Lynn Whitehouse

Knitting colourful flowers is a lot of fun and uses many knitting skills. Quick to knit, add them to cushions, bags and hats using small amounts of wool. Suitable for those who can already knit and beginners who have the basics.

Knitted Flowers Workshop

1781CK3F02

Saturday 16 June 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £40 — Senior citizen £40

Tutor: Lynn Whitehouse

Knitting colourful flowers is a lot of fun and uses many knitting skills. Quick to knit, add them to cushions, bags and hats using small amounts of wool. Suitable for those who can already knit and beginners who have the basics.

Knitting - The Next Steps

1781CK3N01

Tuesday 19 June 2018 | 19.00 - 21.00 | 4 weeks | Philip Mourant Centre

Price: £65 — Senior citizen £50

Tutor: Lynn Whitehouse

A short four-week course following on from the beginners knitting workshop. Learn textured stitching using knit and purl stitches to add interest to a project, reading patterns and charts and learning to sew up. Discover how creative and relaxing knitting is as a hobby.

Sew Easy

1781CS3F02

Wednesday 02 May 2018 | 09.30 - 11.30 | 7 weeks | Philip Mourant Centre

Price: £105 — Senior citizen £80

Tutor: Frankie Garrett

Suitable for beginners as well as those who have sewn before. You'll be part of a small friendly group where you decide whether you make something for yourself, your home or your family.

Patchwork and Quilting

1781CS3P01

Monday 30 April 2018 | 13.00 - 15.00 | 9 weeks | Philip Mourant Centre

Price: £120 — Senior citizen £90

Tutor: Mary Dunford

This course covers simple techniques from patchwork blocks to a family heirloom quilt. Different quilting methods will also be covered. New students who have not attended before should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week, further advice will be given.

Patchwork and Quilting

1781CS3P02

Thursday 03 May 2018 | 13.00 - 15.00 | 10 weeks | Philip Mourant Centre

Price: £125 — Senior citizen £90

Tutor: Mary Dunford

This course covers simple techniques from patchwork blocks to a family heirloom quilt. Different quilting methods will also be covered. New students who have not attended before should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week, further advice will be given.

Upholstery

1781CU3F01

Monday 30 April 2018 | 09.30 - 12.30 | 9 weeks | Philip Mourant Centre

Price: £155 — Senior citizen £110

Tutor: Mary Dunford

Give an old chair a new lease of life. This course takes you through traditional furniture upholstery techniques, from webbing to buttoning. Work on a project of your choice such as a chair or stool. Students should bring a piece of furniture to the first session, including a basic tool kit. Newcomers are advised to speak to the tutor before the start of the course.

Upholstery

1781CU3F03

Thursday 03 May 2018 | 09.30 - 12.30 | 10 weeks | Philip Mourant Centre

Price: £170 — Senior citizen £120

Tutor: Mary Dunford

Give an old chair a new lease of life. This course takes you through traditional furniture upholstery techniques, from webbing to buttoning. Work on a project of your choice such as a chair or stool. Students should bring a piece of furniture to the first session, including a basic tool kit. Newcomers are advised to speak to the tutor before the start of the course.

Sewing for Beginners and Improvers 1781CS3R01
Monday 30 April 2018 | 10.00 - 12.30 | 9 weeks | Rachel's Textile Studio
Price: £ 275 — Senior citizen £180
Tutor: Rachel Concannon

For beginners wishing to learn how to use a sewing machine and become more confident with stitching or those who wish to improve their skills. Students will follow their own projects after a few sessions, from soft furnishings to simple garments.

Sewing for Beginners and Improvers 1781CS3R02
Monday 30 April 2018 | 18.00 - 20.30 | 9 weeks | Rachel's Textile Studio
Price: £ 275 — Senior citizen £180
Tutor: Rachel Concannon

For beginners wishing to learn how to use a sewing machine and become more confident with stitching or those who wish to improve their skills. Students will follow their own projects after a few sessions, from soft furnishings to simple garments.

Sewing for Beginners and Improvers 1781CS3R03
Thursday 03 May 2018 | 18.00 - 20.30 | 10 weeks | Rachel's Textile Studio
Price: £ 290 — Senior citizen £185
Tutor: Rachel Concannon

For beginners wishing to learn how to use a sewing machine and become more confident with stitching or those who wish to improve their skills. Students will follow their own projects after a few sessions, from soft furnishings to simple garments.

Beginners Hand Quilting 1781CS3Q01
Wednesday 02 May 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textile Studio
Price: £100 — Senior citizen £70
Tutor: Rachel Concannon

Traditional quilts were made a long time before sewing machines were around! Come and learn the techniques to start your hand quilting journey. Three sessions to build your skills ready to start your projects.

Beginners Machine Quilting 1781CS3Q02
Wednesday 06 June 2018 | 09.30 - 12.00 | 4 weeks | Rachel's Textile Studio
Price: £120 — Senior citizen £80
Tutor: Rachel Concannon

Wanting to quilt but no idea where to start? Learn to use your sewing machine to start your quilting journey. Students will start from scratch and learn together, building skills ready to start your own projects.

Machine Embroidery Workshop 1781CS3Q03
Wednesday 18 July 2018 | 09.30 - 12.00 | 1 week | Rachel's Textile Studio
Price: £45 — Senior citizen £45
Tutor: Rachel Concannon

Come and learn some skills to get you going with machine embroidery. This workshop will get you started and teach you enough to complete a small project and gain confidence on your own.

Summer Sewing Beginners and Improvers 1781CS3S01
Monday 06 August 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textile Studio
Price: £100 — Senior citizen £70
Tutor: Rachel Concannon

For beginners wishing to learn how to use a sewing machine and become more confident with stitching or those who wish to improve their skills. Students will follow their own project.

Summer Sewing Beginners and Improvers 1781CS3S02
Monday 16 July 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textile Studio
Price: £100 — Senior citizen £70
Tutor: Rachel Concannon

For beginners wishing to learn how to use a sewing machine and become more confident with stitching or those who wish to improve their skills. Students will follow their own project.

DANCE

Argentine Tango 1781DA3T01
Monday 16 July 2018 | 18.30 - 20.30 | 1 week | St Martins School
Price: £25 — Senior citizen £25
Tutor: Ann Dove

Explore the basics of this extraordinary, exciting and passionate dance in a friendly and fun atmosphere. Couples and single dancers are all welcome.

Burlesque for Beginners and Improvers 1781DB3B01
Monday 30 April 2018 | 19.00 - 20.00 | 8 weeks | Springfield School
Price: £75 — Senior citizen £60
Tutor: Victoria Phillips

Boost your feminine confidence, sparkle with style and have some fun. Don your heels, grab your feather boa and enter the wonderful world of Burlesque. Suitable for beginners and those who have experience.

Zumba 1781DF3Z01
Monday 30 April 2018 | 09.30 - 10.20 | 8 weeks | Trinity Parish Hall
Price: £80 — Senior citizen £70
Tutor: Joanne Matson

Make your exercise fun with Zumba, Get your hips moving, an all over body work out to strengthen, condition and tone, easy to follow Latin inspired dance work out. Zumba will put a smile on your face. All levels welcome. Course Dates: 30 April, 14 May, 4/11/18/25 June, 2/9 July. Excluding 7/21/28 May

Salsa Beginners 1781DS3S01
Monday 14 May 2018 | 18.00 - 19.00 | 7 weeks | St Martins School
Price: £60 — Senior citizen £50
Tutor: Ann Dove

Come and move to the salsa beat. A complete beginners course to give you the basics of this fun, sociable and energetic dance style.

Salsa Improvers 1781DS3S02
Monday 14 May 2018 | 19.15 - 20.45 | 7 weeks | St Martins School
Price: £75 — Senior citizen £65
Tutor: Ann Dove

Move on from basic salsa and enjoy the challenge of more intricate salsa moves in a fun and sociable atmosphere.

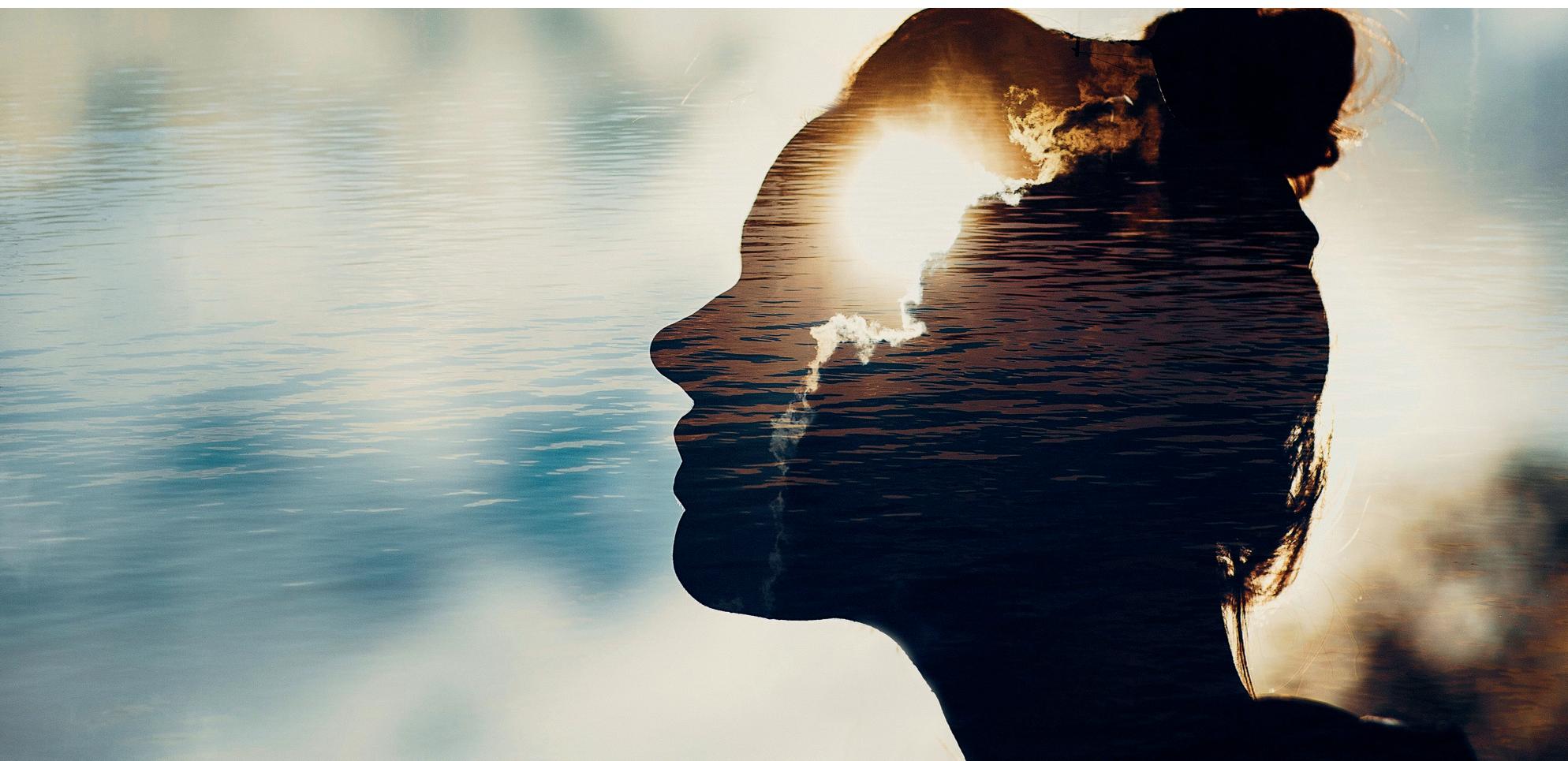
Noisy Feet Calorie Burn 1781DT3C01
Thursday 3 May 2018 | 19.00 - 19.50 | 8 weeks | Jersey Opera House
Price: £90 — Senior citizen £80
Tutor: Christophe Chateau

A fun and funky fitness class that uses tap dance to burn calories. Each week we will dance to a variety of music and rhythms using your shoes to work up a sweat and stay trim!

Momentum Dance - Tap and Dance 1781DT3M01
Thursday 03 May 2018 | 20.00 - 21.00 | 8 weeks | Jersey Opera House
Price: £90 — Senior citizen £80
Tutor: Christophe Chateau

Come and try our complete beginners tap dance class! We go right back to basics and work through some simple steps and combinations. It's a journey of fun and tap with challenges on the way. Tap shoes not compulsory but preferred.





Adventures by Bicycle

Tuesday, 1 May 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £70 — Senior citizen £60

Tutor: Timothy Le Breully

Your tutor draws from a wealth of experience of cycle touring and bike packing including 'Baja Divide' (1400 miles off road) and 'North Sea Cycle Route' (3600 miles) to cover all aspects of travelling by bicycle; planning, packing and emergency roadside repairs.

Rod Fishing - A Beginners Guide

Tuesday 01 May 2018 | 18.00 - 20.30 | 6 weeks | Outdoor Location

Price: £100 — Senior citizen £75

Tutor: Patrick Hogge

This course is an introduction to fishing along the seashore or from the beach using a variety of skills and techniques. Students can bring their own kit, or it is available to buy from the tutor at the first session.

Discover Low Water Fishing

Saturday 16 June 2018 | 14.30 - 17.00 | 1 week | Outdoor Location

Price: £25 — Senior citizen £25

Tutor: Patrick Hogge

Jersey nearly doubles in size at low tide and that lunar landscape creates low water habitats for rare sea creatures. Explore the ever changing backdrop, looking at safe and sustainable practice and learn how to find delicacies.

Introduction to Law

Monday 30 April 2018 | 19.00 - 21.00 | 8 weeks | Highlands College

Price: £100 — Senior citizen £75

Tutor: Nicola Harvey-Hills

Learn more about the role of law in our lives, including an introduction to law of negligence, contract law, criminal law, employment law and human rights. Suitable for those who are thinking of studying or working in law, or who simply have an interest.

Living Jersey - Summer Walks Through History

Wednesday 02 May 2018 | 10.00 - 12.00 | 9 weeks | Outdoor Location

Price: £110 — Senior citizen £80

Tutor: Peter Webb

A delightful and gentle walking course visiting very special features of Jersey. Some walks will have two-centre start points to discover places of interest across the island that are sometimes missed on a linear tour. Led by a Blue Badge Guide.

1781GA3B01

Exploring Philosophy

Tuesday 01 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £105 — Senior citizen £75

Tutor: Patricia Lucas

What is our knowledge of the world, and our place in that world? What choices do we make that affect others? Philosophy studies the general and fundamental problems concerning existence, knowledge, values and reason. Join for lively discussion and debate!

Writing Fiction - Finding Your Story

Saturday 19 May 2018 | 09.30 - 15.30 | 1 week | Highlands College

Price: £45 — Senior citizen £45

Tutor: Katherine Day

Do you want to write a novel but struggling to get started? This workshop will help you uncover the story you want to tell, find inspiration and kick-start your project.

Writing Fiction - Create Convincing Characters

Saturday 30 June 2018 | 09.30 - 15.30 | 1 week | Highlands College

Price: £45 — Senior citizen £45

Tutor: Katherine Day

Convincing, three-dimensional characters add depth to your manuscript improve the narrative and plot. Get to know your protagonist in this workshop and learn techniques to develop characters so real they could almost step off the pages of your manuscript.

Writing Fiction

Wednesday 02 May 2018 | 18.45 - 20.45 | 9 weeks | Highlands College

Price: £110 — Senior citizen £80

Tutor: Katherine Day

Writing fiction is like building a house, with much happening inside the walls and beneath the floors. Journey through the foundations of fiction, honing your writing and editing skills to create immersive worlds through different exercises and writing workshops.

1781GP3P01

1781GW3F01

1781GW3F02

1781GW3F03



"We used BDK Architects and found them to be quick, reasonably priced, creative, great to work with, approachable and with a complete understanding of all Planning and Building Bye-Law aspects. We would recommend them for any construction project!"

BDK Architects strongly support Highlands College, with our Principal Architect a Governor for fourteen years and past Chairman of Governors. Many of our staff have had opportunity to further their training and careers on the Construction HNC Diploma and Degree courses



Introduction to Aromatherapy 1781HA3T01
 Wednesday 02 May 2018 | 18.45 - 20.45 | 3 weeks | Philip Maurant Centre
 Price: £90 — Senior citizen £90
 Tutor: Lisa Bloomer
 Invigorate your sense of smell and enjoy the healing powers of aromatherapy oils by learning how to mix the oils correctly for massage, relaxation, improved sleep, cleansing the air, and many other everyday uses. Dates. 2/16/23 May

Beginners Nutrition 1781HB3N01
 Wednesday 06 June 2018 | 18.30 - 20.30 | 4 weeks | Highlands College
 Price: £65 — Senior citizen £65
 Tutor: Julie Harrison
 This nutrition course will explore what the body needs to stay healthy, the digestive system, compare the difference between processed cooked foods and making your own food and drink out of raw ingredients.

Balancing the Self with Qigong 1781HB3Q01
 Monday 11 June 2018 | 19.00 - 20.30 | 6 weeks | Philip Maurant Centre
 Price: £70 — Senior citizen £55
 Tutor: Caroline Hoare
 Qigong is a Chinese form of exercise for fitness and health. This class combines the Golden Eight with an introduction to Da Mo Qigong which involves sitting cross legged with the arms in special positions to promote mind body balance.

Clothes, Colours and a Capsule Wardrobe 1781HC3C01
 Monday 14 May 2018 | 18.30 - 21.30 | 3 weeks | Philip Maurant Centre
 Price: £90 — Senior citizen £90
 Tutor: Rebecca Baron
 Spring into summer with a total image makeover. Learn how to select the colours and styles that are exactly right for you, how to co-ordinate your wardrobe and put together the perfect outfit for every occasion.

Change Your Thinking, Change Your Life 1781HC3L01
 Wednesday 02 May 2018 | 19.00 - 21.00 | 6 weeks | Highlands College
 Price: £85 — Senior citizen £65
 Tutor: Clare Graham
 This will help you discover the power of thoughts and the impact they have on your life. Learn to rest your mind and regain control over unwanted thoughts and choose positivity. Learn techniques for improved mental and physical health.

Mindfulness Meditation 1781HM3M01
 Tuesday 01 May 2018 | 18.45 - 20.45 | 10 weeks | Philip Maurant Centre
 Price: £115 — Senior citizen £80
 Tutor: Andrew Wilson
 This is for newcomers and experienced practitioners to practise mindfulness through sitting and walking meditation in a calm, supportive environment. The sitting meditation will mainly focus on breathing, but some guided meditations will be used. Mindfulness in everyday activities will be explored throughout the course.

Introduction to Reflexology 1781HR3R01
 Wednesday 06 June 2018 | 18.45 - 21.15 | 6 weeks | Philip Maurant Centre
 Price: £130 — Senior citizen £95
 Tutor: Lisa Bloomer
 Reflexology can relieve conditions, reduce stress and restore energy. This course is for those who wish to use it for family and friends. Through simple, easy to follow instructions you'll learn the basic principles and applications of reflexology.



Indian Desi Kitchen

1781KA3F01

Saturday 05 May 2018 | 10.00 - 13.00 | 4 weeks | Highlands College

Price: £115 — Senior citizen £95

Tutor: Tariq Attar

Learn the fundamentals of Indian cuisine, using a combination of fresh ingredients, herbs and spices. This course will cover popular regional dishes full of flavours, textures, aroma and great taste, developing skills and confidence. You will need to bring ingredients each week.

Sushi School Beginner

1781KS3S01

Monday 04 June 2018 | 18.30 - 21.00 | 3 weeks | Highlands College

Price: £120 — Senior citizen £105

Tutor: Christian Bation

In this three-week sushi school, learn from an expert on how to roll various types of sushi. Cook and season the perfect rice, prepare ingredients for sushi and indulge in your own creations! Students will need to bring their own sushi mat but ingredients will be supplied and payable to the tutor each week.

Raw Food Feast

1781KR3F01

Saturday 09 June 2018 | 10.00 - 13.00 | 1 week | Highlands College

Price: £60 — Senior citizen £60

Tutor: Lorraine Pannetier

This class inspires creativity with vibrant dishes using raw fruit, vegetables and whole foods. Feel good food boosts your health and makes your skin glow. Part demo, part practical you will taste juices, smoothies and snacks whilst making your own dishes.

Family Cooking for Beginners

1781KF3C01

Thursday 03 May 2018 | 18.30 - 21.00 | 6 weeks | Highlands College

Price: £165 — Senior citizen £125

Tutor: Michelle Banks

New to the kitchen or just want some inspiration for home cooked family meals? Come along for some fun, pick up tips and confidence and produce family meals to be proud of. You will need to bring ingredients each week from the second week.

Summer Cooking

1781KS3C01

Monday, 30 April 2018 | 18.30 - 21.30 | 3 weeks | Highlands College

Price: £85 — Senior citizen £70

Tutor: Rex Barker

Seasonal cooking means enjoying ingredients at their best, full of freshness and flavour. We will cook using Elizabeth David's "summer cooking" as inspiration, making chilled beetroot soup, shellfish risotto and dishes to enjoy every aspect of the season.



Dine in style at Highlands

We endeavor to serve traditional dishes with a modern twist. Don't miss out on the fantastic opportunity to sample fine dining at great value.

£12

Three Course

Lunch

Tuesdays & Wednesdays

£16

Three Course

Dinner

Thursdays

Why not take the opportunity to experience the wonderful food cooked and served by Jersey's up and coming talent.

Make a reservation today! Call 608560 or email: academy@highlands.ac.uk.

Term time only.

French Beginners Stage 2

1781LFBB02

Wednesday 02 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Catherine Rousseaux**

This is a course for people who already have a basic understanding of French. Consolidate your knowledge, learn additional vocabulary for everyday life, and strengthen your grammar.

French Beginners Stage 3

1781LFBC01

Monday 30 April 2018 | 18.00 - 20.00 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Lucie Chiron**

You're feeling more confident when speaking French! Continue your journey and expand your knowledge so you can describe the physical position of things; ask a number of questions on different topics; understand descriptions of a variety of places and more!

French Intermediate Stage 3

1781LFI01

Monday 30 April 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Patricia Lucas**

You will be moving towards having a very good understanding of most aspects of the French language. At this level, a specific course book will be used with the aim of consolidating grammar and expanding vocabulary and skills, which new students will be required to purchase at the start of the course.

French Conversation

1781LFX05

Wednesday 02 May 2018 | 09.15 - 11.15 | 9 weeks | Philip Maurant Centre**Price: £115 — Senior citizen £80****Tutor: Margaret Le Monnier**

This advanced conversation course requires a good knowledge and command of the French language. Continue to improve and develop your communication skills as well as your reading, writing and listening with focus on acquiring more vocabulary and grammar.

French Conversation

1781LFX06

Wednesday 02 May 2018 | 19.00 - 21.00 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Margaret Le Monnier**

For students with a fairly good knowledge of the language, this course will improve your confidence in speaking, writing, reading and listening using dialogue and grammar exercises.

Introduction to Italian

1781LIA301

Wednesday 02 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Corrado Anderson**

Ideal for anyone who would like to learn a few basics about the Italian language and culture. Learn how to introduce yourself, ask for items in a shop and pay for them, order a meal, and get about in an Italian city.

Italian Beginners Moving On 2

1781LIB02

Wednesday 02 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Anita Eastwood**

Already having the foundations of basic Italian, this class will help gain and improve confidence in communication and writing skills. Learn with a variety of means including games and team activities whilst covering a range of daily topics.

Italian Conversation

1781LIX03

Tuesday 01 May 2018 | 18.45 - 20.45 | 10 weeks | Philip Maurant Centre**Price: £120 — Senior citizen £85****Tutor: Anita Eastwood**

Join fellow students discussing everyday topics whilst improving communication skills. Have fun chatting about news items, food, brands and other subjects developing confidence to have a go!

Portuguese Beginners Stage 1

1781LMBA03

Wednesday 02 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Rui Pires**

Challenge yourself to learn Portuguese! Build the foundations by learning some basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain everyday situations. Sessions are fun, interactive and gently paced.

Portuguese Beginners Stage 2

1781LMBB03

Wednesday 02 May 2018 | 19.00 - 21.00 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Carla Teixeira**

Build up your descriptive vocabulary in Portuguese to include family and pets, food and drink, houses and homes, basic money and prices, time and personal possessions. Improve your confidence in speaking to interact, access more information and appreciate the country's culture.

Spanish Beginner Stage 1

1781LSBA03

Wednesday 02 May 2018 | 18.30 - 20.30 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Madeleine De La Cour**

Challenge yourself to learn Spanish! Build the foundations by learning basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain everyday situations. Sessions are fun, interactive and gently paced.

Spanish Beginners Stage 2

1781LSBB03

Monday 30 April 2018 | 18.30 - 20.30 | 6 weeks | Highlands College**Price: £85 — Senior citizen £65****Tutor: Karen Fountain**

Build up your descriptive vocabulary in Spanish to include family and pets, food and drink, houses and homes, basic money and prices, time and personal possessions. Improve your confidence in speaking to interact, access more information and appreciate the country's culture.

Spanish Beginners Stage 3

1781LSBC03

Tuesday 01 May 2018 | 18.30 - 20.30 | 7 weeks | Highlands College**Price: £95 — Senior citizen £70****Tutor: Karen Fountain**

You're feeling more confident when speaking Spanish! Continue your journey and expand your knowledge so you can describe the physical position of things; ask a number of questions on different topics; understand descriptions of a variety of places and more!

Spanish Elementary Stage 1

1781LSEA01

Thursday 03 May 2018 | 18.30 - 20.30 | 10 weeks | Highlands College**Price: £120 — Senior citizen £85****Tutor: Rosa Chatterley**

Add some detail to your beginner Spanish knowledge; talk about past experiences, express what you'd like and describe daily experiences and routines. You'll cover topics such as clothes and appearance, hobbies, films, music and shopping.

Japanese Beginners Stage 1

1781LJBA02

Wednesday 16 May 2018 | 18.00 - 20.00 | 9 weeks | Highlands College**Price: £115 — Senior citizen £80****Tutor: Yuki Sugawara**

Challenge yourself to learn Japanese! Build the foundations by learning some basic vocabulary and put together simple sentences so that you can begin to make yourself understood in certain everyday situations. Sessions are fun, interactive and gently paced. Half Term included in sessions.





Introduction to Golf

1781SB3G01

Saturday 05 May 2018 | 13.00 - 15.00 | 6 weeks | Les Mielles Golf Course

Price: £120 — Senior citizen £120

Tutor: Wayne Osmand

Ever considered learning to play golf but just haven't had time? Ideal for complete beginners and covers all aspects of the game. Learn from a Pro alongside other beginners, in a relaxed environment. The final session will be on the golf course. All equipment provided. Dates. 5/12/19/26 May, 2/9 June - includes half term week.

Fitness for Seniors

1781SF3S01

Monday 30 April 2018 | 10.30 - 11.30 | 8 weeks | Trinity Parish Hall

Price: £75 — Senior citizen £65

Tutor: Joanne Matson

This fun, motivating fitness class for seniors works the body to provide toning, mobility and stamina. Each session consists of a warm up, relaxation, stretching and aerobic exercise. You'll leave with a smile and feeling full of life! Dates. 30 April, 14 May, 4/11/18/25 June, 2/9 July
*Excluding 7/21/28 May

Nordic Walking

1781SN3W01

Tuesday 01 May 2018 | 13.30 - 14.30 | 10 weeks | Philip Maurant Centre

Price: £70 — Senior citizen £55

Tutor: Elizabeth De La Haye

Walking with poles builds fitness stimulating the chest, triceps, biceps, shoulder, abdominals and spinal plus other core muscles. Walks take place in all weathers requiring waterproof clothing, walking boots or sturdy trainers. Two centre starts from Trinity and Les Platons.

Nordic Walking

1781SN3W02

Wednesday 02 May 2018 | 12.15 - 13.15 | 9 weeks | Philip Maurant Centre

Price: £65 — Senior citizen £50

Tutor: Elizabeth De La Haye

Walking with poles builds fitness stimulating the chest, triceps, biceps, shoulder, abdominals and spinal plus other core muscles. Walks take place in all weathers requiring waterproof clothing, walking boots or sturdy trainers. Two centre starts from Trinity and Les Platons.

Evening Pilates

1781SP3W02

Thursday 03 May 2018 | 18.00 - 19.00 | 10 weeks | Highlands College

Price: £75 — Senior citizen £60

Tutor: Marilyn Ward

This course is for anyone who wants to improve postural muscles, stability, flexibility, strength and mobility, using props such as bands and therapy balls to gently maximise the benefits of the practice.

Evening Ambient Stretch

1781SY3A02

Wednesday 02 May 2018 | 18.45 - 20.00 | 9 weeks | Philip Maurant Centre

Price: £80 — Senior citizen £60

Tutor: Lisa Troy

Prefer an evening class? Ambient Stretch is practised to calming music that focuses on stretching, strengthening and de-stressing the mind and body. The body becomes supple and strong and it helps alleviate ailments and stress related symptoms.

Dynamic Yoga for Seniors

1781SY3D01

Thursday 10 May 2018 | 11.30 - 13.00 | 8 weeks | Philip Maurant Centre

Price: £80 — Senior citizen £60

Tutor: Henrietta Brice-Smith

Dynamic yoga uses soft, rhythmic movements, synchronised with breath to awaken, energise and fully harness body mobility. Teaching you to release tension when in a yoga pose, relieving stress whilst maintaining the muscular effort needed for good posture.

Slow Flow Yoga

1781SY3S01

Tuesday 01 May 2018 | 16.30 - 18.00 | 10 weeks | Philip Maurant Centre

Price: £95 — Senior citizen £70

Tutor: Natasha Bolla

A chilled fluid flow through yoga postures, a lovely warm up for the body-mind and closing with a guided relaxation. Working all areas of the body, release and then unwind. Includes optional relaxation adjustments using organic essential oils. Suitable for Beginners.

ESOL: English for Speakers of Other Languages

We offer beginner courses, writing workshops, speaking courses. Along with Cambridge exam courses: Key, Preliminary, First, Advanced, Proficiency and Business English.

Assessments at The Welcome Centre next to St. Thomas' Church on Saturdays between 2-5pm and Thursdays between 1-3pm.

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www.highlands.ac.uk

iPad for Beginners

1781WS3P01

Thursday 03 May 2018 | 16.00 - 17.45 | 4 weeks | Highlands College**Price: £60 — Senior citizen £60****Tutor: Alison Ellis**

Just starting to use an Apple iPad? Cover the basics of how to operate it, surf the net, send e-mails, use the standard apps, download other apps of your choice, use FaceTime for video chatting, take and store photos and more. Dates. May 3,10,17 Excluding 24 May, Including half term 31 May.

iPad for Beginners

1781WS3P02

Thursday 07 June 2018 | 16.00 - 17.45 | 4 weeks | Highlands College**Price: £60 — Senior citizen £60****Tutor: Alison Ellis**

Just starting to use an Apple iPad? Cover the basics of how to operate it, surf the net, send e-mails, use the standard apps, download other apps of your choice, use FaceTime for video chatting, take and store photos and more.

Excel Problem Solving

1781WX3E01

Thursday 03 May 2018 | 18.30 - 20.30 | 4 weeks | Highlands College**Price: £60 — Senior citizen £45****Tutor: Corrado Anderson**

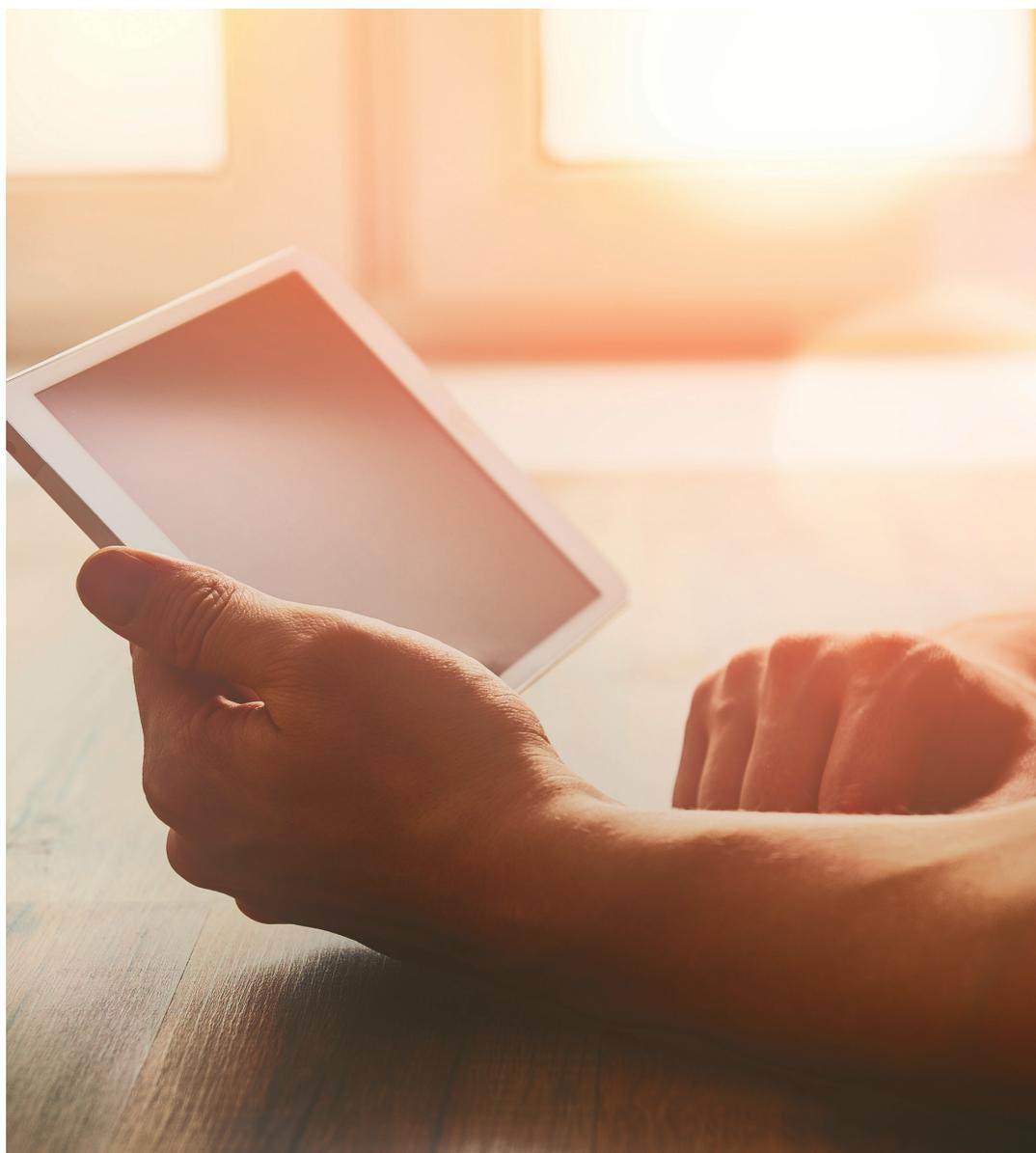
Learn how to structure information in a spreadsheet, sort and present data. This course assumes a basic level knowledge of computers but no prior spreadsheet experience. Create a basic pivot table and master basic functions including lookup, dates, formatting and more advanced formulae.

Introduction to Quickbooks

1781WX3Q01

Wednesday 06 June 2018 | 18.30 - 21.30 | 3 weeks | Highlands College**Price: £150 — Senior citizen £150****Tutor: Sally-Anne Fillieul**

Learn how to use the online version of Quickbooks book-keeping package. Create an online company and learn about how to set up company details, produce invoices, manage sales and purchase ledgers, maintain cash records, bank accounts and produce reports. Students should have knowledge of windows based applications and double-entry book-keeping. You will require an email address not used previously for the Quickbooks online training.



MUM & ME

**Mum and Me Yoga Week**

1781SY3Y01

Monday 30 July 2018 | 10.00 - 11.00 | 1 week | Philip Mourant Centre**Price: £65****Tutor: Natasha Bolla**

One week of hourly morning yoga together! Start your day with stretch and calm and ready to have a great day. Suitable for children 9 and over. Registration is for one adult with one child included in the registration fee. Five classes over one week.

Teenage Yoga Week

1781SY3T01

Monday 30 July 2018 | 11.30 - 12.30 | 1 week | Philip Mourant Centre**Price: £55****Tutor: Natasha Bolla**

Five sessions of yoga in one week designed for teenagers with Tasha Bolla. Stretch, hold and breath your way to feeling in tune, calm, confident and ready to face the world. Students from Year 8 and above accepted.

Mum and Me Pottery 9+

1781AC3M01

Monday 30 July 2018 | 9.45 - 11.00 | 1 week | Philip Mourant Centre**Price: £70****Tutor: Ray Ubsdell**

Working together you will learn the basic skills of pottery to both produce a finished item. Students must be 9+, one child to one adult, cost is per pair. Old clothes or apron required. This runs over three consecutive days.

Junior Summer Pottery 12+

1781AC3J01

Monday 30 July 2018 | 11.15 - 12.45 | 1 week | Philip Mourant Centre**Price: £50****Tutor: Ray Ubsdell**

Come and learn basic pottery skills and produce a mug or pot using these skills. Students must be 12+ (Year 8 or above) Old clothes or apron required. This course runs over three consecutive days.



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