

SUMMER 2017 COURSES

Adult &  
Community  
Education

# learn something new every day

**NEW COURSE**

**Creative Flower  
Arranging**

T 608655 | E [ace@highlands.ac.uk](mailto:ace@highlands.ac.uk)  
[www.highlands.ac.uk](http://www.highlands.ac.uk)



# Welcome to ACE Summer 2017 course guide.

We are delighted to offer a diverse range of leisure learning courses beginning April, May, June and July that will inspire you throughout the summer months. It's the perfect time to learn something new!

Our friendly ACE Customer Registration Team, Kim and Glenda, are here to advise you, answer any questions and get you registered on your chosen course.



**Kim Maguire** | T: 608655



**Glenda Cabaret** | T: 608632



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  
f HighlandsCollegeJersey



Like to teach a course next term? Get in touch, we're always looking for new, interesting courses to extend our offering.

## Contact us today

01534 608655

ace@highlands.ac.uk

www.highlands.ac.uk

## How to register

### Online

The best way to register is by visiting our website at this url:

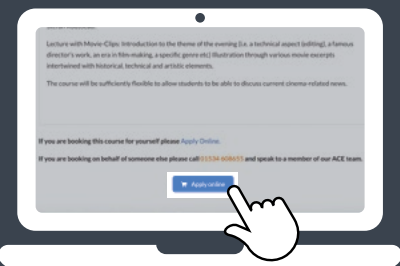
[www.highlands.ac.uk/application-forms](http://www.highlands.ac.uk/application-forms)



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



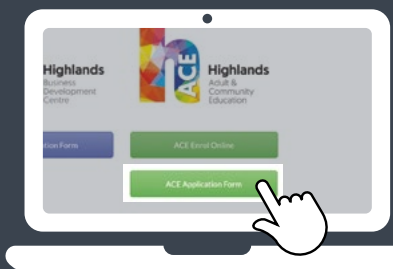
Once you have found the course you'd like, click the blue 'Apply Online' button and follow the instructions.



### By Post

To print off an application form, visit our website at this url:

[www.highlands.ac.uk/application-forms](http://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 register you over the phone. Please call directly on 608655 or 608632.

### Visit us at Highlands College

For more information, to discuss course options, or to register in person, visit our ACE Customer Registration Team in the Main Reception at Highlands College.





## Meet the Tutors

### Wayne Osmand

PGA Professional Golf tutor, Wayne Osmand started his apprenticeship under the guidance of Tommy Horton at the Royal Jersey Golf Club way back in 1983, becoming a fully qualified PGA teacher 4 years later. He then went to work overseas in Greece for a further two years, before returning as Head Assistant Professional at the Royal Jersey. In 2000, he moved to Les Mielles Golf Club, and a few years later became the Head Professional, a position he still holds today. Wayne is also the Head Professional for the Jersey Golf Development Group, working in most of the island's schools and also runs several community projects.

#### Wayne offers the following courses:

- Introduction to Golf 1681SB3G01
- Golf: The Next Step 1681SB3N01

### Lucie Chiron

Lucie runs her own floral boutique, Ooh la Flowers - Designs by Lucie in First Tower and has many years of floristry experience in both France and Jersey. Her expert eye for elegant and unique floristry, combined with a French touch helps create the original and bespoke designs she is known for. Her belief is that every order is special, whether it's a small gesture or a special occasion, and she prides herself on paying attention to every detail. Lucie will share her knowledge, flair and passion in her new Creative Flower Arranging course.

#### Lucie offers the following course:

- Creative Flower Arranging 1681CF3A01

### Rose McCullagh

Rose is a seasoned Chef and Pâtissier. She has over 20 years' experience as a tutor at Highlands College with both adults & teens, including privately tutoring high profile Jersey residents.

Her passion for cooking shows in her informal and hands-on approach. Rose believes in introducing new flavours, ingredients and professional skills to expand the knowledge of all ages.

Rose enjoys a challenge and researches and experiments with many spice blends and tastes to ensure she can pass on her breadth of experience to others through her boundless energy and patience. Her passion for cooking and love of teaching shine through. Her classes are popular with all ages, as evidenced by excellent feedback from her students and their families.

#### Rose offers the following course:

- Beyond Pad Thai 1681KB3P01

### Pete Webb

Tutor, lecturer and raconteur, Pete established his skills of presentation from the professional stage through a fifty year entertainment career. As a long standing resident of Jersey, his passion for the island tempted him to pursue the knowledge of its history and heritage leading to a qualification as a blue badge guide. For the last five years his skills have been presented to his students here at Highland's College.

#### Pete offers the following course:

- Living Jersey – Walks Through History 1681GL3J01



ACE Courses | Summer 2017

# Learn something new

Check our website  
for full course details  
[www.highlands.ac.uk](http://www.highlands.ac.uk)

## VENUES

<b>HC</b>	Highland College, St Saviour
<b>JOH</b>	Jersey Opera House, St Helier
<b>LMGC</b>	Les Mielles Golf Course, St Ouen
<b>OL</b>	Outdoor Location
<b>PMC</b>	Philip Maurant Centre, Trinity
<b>RTS</b>	Rachel's Textiles Studio, St Helier
<b>SS</b>	Springfield School, St Saviour
<b>TPH</b>	Trinity Parish Hall
<b>WGC</b>	Wheatlands Golf Course, St Peter

## KEY

**SC** Senior Citizen

 01534 608655

 [ace@highlands.ac.uk](mailto:ace@highlands.ac.uk)

 [www.highlands.ac.uk](http://www.highlands.ac.uk)



## Culinary Arts

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1680KW3T01	Wine Appreciation	6 June	18.30	4	HC	100	100
1681KB3B01	Basic Family Cookery	16 May	18.30	6	HC	185	145
1681KB3P01	Beyond Pad Thai	2 May	19.00	6	HC	125	95
1681KC3M01	Enjoy Mediterranean Summer Barbecue	3 May	18.30	2	HC	75	75
1681KC3M02	Enjoy Mediterranean Summer Tapas & Mezze	17 May	18.30	2	HC	75	75
1681KC3M03	Enjoy Mediterranean Summer Lunches	7 June	18.30	3	HC	95	95
1681KM3E01	European Cookery Made Easy	8 May	18.30	6	HC	135	95
1681KP3P01	Perfect Pasta Sauces	16 May	09.30	2	HC	70	70
1681KP3S01	Plant-Based Summer Party Food	27 April	18.00	3	HC	110	110
1681KP3S02	Plant-Based Summer Party Food	18 May	18.00	3	HC	110	110
1681KT3I01	A Taste of Italy	6 June	09.30	3	HC	95	95



## Art & Design

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681AC3C01	Cinestudies - 125 Years of Cinema	3 May	18.30	9	HC	99	99
1681AC3N01	Start Pottery	10 June	09.30	1	PMC	40	40
1681AC3P01	Pottery for Beginners and Improvers	8 May	10.00	10	PMC	195	145
1681AC3P02	Pottery for Beginners and Improvers	8 May	18.45	10	PMC	195	145
1681AC3P03	Pottery for Beginners and Improvers	2 May	10.00	10	PMC	195	145
1681AC3P04	Pottery for Beginners and Improvers	2 May	18.45	10	PMC	195	145
1681AC3P05	Pottery for Beginners and Improvers	3 May	10.00	10	PMC	195	145
1681AC3P06	Pottery for Beginners and Improvers	3 May	18.45	10	PMC	195	145
1681AC3P07	Pottery for Beginners and Improvers	4 May	10.00	10	PMC	195	145
1681AC3P08	Pottery for Beginners and Improvers	4 May	18.45	10	PMC	195	145
1681AD3E01	Explore Drawing	17 May	19.00	8	PMC	100	70
1681AD3S01	Drawing and the Art of Using A Sketch Book	2 May	09.15	10	PMC	115	80
1681AD3S02	Sketchbook Doodling and Scribble Drawing	2 May	11.30	10	PMC	115	80
1681AD3T01	Drawing for the Terrified Beginners & Improvers	8 May	18.45	10	PMC	110	75
1681AD3T02	Drawing for the Terrified Beginners & Improvers	2 May	11.30	10	PMC	110	75
1681AD3T03	More Drawing for the Terrified with Watercolours	2 May	13.45	10	PMC	110	75
1681AD3T04	Drawing for the Terrified With Watercolours	4 May	10.00	10	PMC	110	75
1681AD3T05	Drawing and Watercolour Moving On	4 May	14.00	10	PMC	110	75

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681AM3E01	Experiment With Different Media	2 May	09.30	10	PMC	115	80
1681AO3L01	Landscape Painting With Oils	25 July	09.15	6	OL	95	70
1681AO3P01	Oil Painting for Beginners Step By Step	25 Apr	09.30	1	PMC	45	45
1681AO3P02	Morning Oil Painting	8 May	11.30	10	PMC	115	80
1681AO3P03	Oil Painting for Improvers	8 May	13.45	10	PMC	115	80
1681AO3P04	Evening Oil Painting	2 May	18.45	10	PMC	140	95
1681AO3P05	Painting With Oils	2 May	09.15	10	PMC	140	95
1681AP3E01	Evening Painting for Relaxation	3 May	19.00	10	PMC	115	80
1681AP3F01	Fun With Painting Using Oils or Acrylics	3 May	09.15	10	PMC	115	80
1681AP3R01	Relax into Painting Using Oils or Acrylics	3 May	11.30	10	PMC	115	80
1681AW3C01	Adventures in Watercolour Intermediate	4 May	09.30	10	PMC	115	80
1681AW3N01	Relax into Watercolour Intermediate	8 May	09.15	10	PMC	115	80
1681AW3W01	Watercolours and the Rest	2 May	12.00	10	PMC	115	80
1681AW3W02	Watercolours and the Rest	3 May	09.30	10	PMC	115	80
1681AX3B01	Digital SLR Photography for Beginners	8 May	18.30	8	HC	175	120
1681AX3B02	Introduction to Digital SLR Photography	3 May	18.30	9	HC	185	125
1681AX3I01	Digital SLR Photography Intermediate	2 May	18.30	9	HC	185	125
1681AX3L01	Lightroom for Photographers	4 May	18.30	6	HC	125	85
1681AX3P01	Outdoor Photography	10 June	09.30	4	OL	90	70
1681CF3A01	Creative Flower Arranging	4 May	18.45	10	PMC	150	110
1681CK3C01	Knitting with Colour - An Alternative to Fair Isle	4 May	19.00	9	PMC	100	70
1681CP3F01	Fun With Fabric Printing	30 June	09.30	3	PMC	60	60
1681CS3C01	Introduction to Pattern Cutting	2 May	18.45	10	PMC	125	90
1681CS3F01	Stitching Time	2 May	09.15	9	PMC	195	130
1681CS3F02	Sew Easy	3 May	09.30	10	PMC	115	85
1681CS3P01	Patchwork and Quilting	8 May	13.00	9	PMC	115	85
1681CS3P02	Patchwork and Quilting	4 May	13.00	9	PMC	115	85
1681CS3R01	Sewing for Beginners and Improvers	8 May	10.00	10	RTS	200	130
1681CS3R02	Sewing for Beginners and Improvers	8 May	18.30	10	RTS	200	130
1681CS3R03	Sewing for Beginners and Improvers	4 May	18.30	9	RTS	180	120
1681CU3F01	Upholstery	8 May	09.30	9	PMC	150	105
1681CU3F03	Upholstery	4 May	09.30	9	PMC	150	105



## Sport & Fitness

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681DB3B01	Burlesque for Beginners and Improvers	8 May	19.00	9	SS	75	60
1681DB3V01	Burlesque for Intermediate and Advanced	3 May	19.30	9	SS	75	60
1681DD3M01	Momentum Dance - DDMix	16 May	19.15	10	JOH	85	75
1681DT3C01	Noisy Feet - Calorie Burn	4 May	19.00	9	JOH	80	70
1681DT3M01	Momentum Dance - Tap and Dance	4 May	20.00	9	JOH	80	70
1681SB3G01	Introduction to Golf	22 April	13.00	6	LMGC	110	110
1681SB3N01	Golf: The Next Step	25 April	09.30	5	WGC	115	115
1681SF3K01	Fitness for Seniors	8 May	10.30	9	TPH	80	65
1681SP3B01	Better Back Pilates	3 May	09.30	10	PMC	70	50
1681SP3W01	Pilates	4 May	09.30	10	PMC	70	50
1681SP3W02	Pilates	4 May	18.00	10	HC	70	50
1681SY3A01	Ambient Stretch	8 May	11.15	10	PMC	80	60
1681SY3D01	Dynamic Yoga for Beginners and Improvers	11 May	11.30	6	PMC	65	50
1681SY3F01	Friday Morning Yoga	5 May	09.15	10	PMC	90	65
1681SY3R01	Yoga for Relaxation	8 May	18.30	10	HC	90	65
1681SY3R02	Yoga for Relaxation	5 May	18.30	10	HC	90	65
1681SY3S01	Yoga for Older People	8 May	16.30	10	HC	90	65
1681SY3S02	Yoga for Older People	5 May	16.30	10	HC	90	65



## Languages

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681LFBB04	French Beginners Stage 2	4 May	18.00	10	HC	120	85
1681LFEB01	French Elementary Stage 2	2 May	18.30	10	HC	120	85
1681LFHC01	French Pre-Intermediate Stage 3	8 May	18.30	10	HC	120	85
1681LFXC05	French Conversation	3 May	09.15	10	PMC	120	85
1681LFXC06	French Conversation	3 May	19.00	10	HC	120	85
1681LIBB03	Italian Beginners Stage 2	3 May	19.00	10	HC	120	85
1681LIBC02	Italian Beginners Stage 3	8 May	19.00	10	HC	120	85
1681LIEA01	Italian Elementary Stage 1	2 May	19.00	10	HC	120	85
1681LJBA01	Japanese Beginners Stage 1	18 May	18.30	10	HC	120	85



## Languages

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681LMB01	Portuguese Beginners Stage 1	3 May	18.30	10	HC	120	85
1681LREA01	Russian Elementary Stage 1	3 May	18.30	10	HC	170	115
1681LSBA04	Spanish Beginners Stage 1	4 May	18.30	10	HC	120	85
1681LSBB02	Spanish Beginners Stage 2	8 May	10.00	10	PMC	120	85
1681LSEB01	Spanish Elementary Stage 2	8 May	18.30	10	HC	120	85



## Lifestyle & Wellbeing

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681HA3T01	Introduction to Aromatherapy	3 May	19.00	3	PMC	65	65
1681HC3C01	Clothes, Colours and a Capsule Wardrobe	4 May	18.30	3	PMC	75	75
1681HC3L01	Change Your Thinking, Change Your Life	3 May	19.00	6	HC	80	60
1681HM3Q01	Meditation and Qigong	5 June	19.00	6	PMC	65	45
1681HM3S01	Sitting and Walking Meditation	2 May	18.45	9	PMC	100	70
1681HR3R01	Introduction to Reflexology	5 May	10.00	6	PMC	140	105
1681HR3R02	Introduction to Reflexology	7 June	18.45	6	PMC	140	105



## General

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681GA3A01	The Struggle for African American Equality 1863 - 1965	3 May	18.30	9	HC	100	70
1681GJ3V01	Wild Vegetables of the Ocean: An Introduction to Foraging Seaweeds	15 June	19.00	2	PMC	40	40
1681GL3C01	Come Stroll with Me	3 May	10.00	10	OL	135	90
1681GL3J01	Living Jersey - Walks Through History	3 May	10.00	10	OL	110	75
1681GP3P01	Planning a Project	5 June	18.30	5	HC	65	50



## IT & Computing

CODE	COURSE	DATE	TIME	WEEKS	VENUE	FEE	SC
1681WC3B01	Computer Basics	3 May	18.30	10	HC	120	80
1681WS3P01	iPad for Seniors	15 June	16.00	4	HC	55	55
1681WX3Q01	Introduction to Quickbooks	3 May	18.30	3	HC	140	140

# Your community needs you!

## RECRUITING NEW TUTORS FOR 2017

Do you have a skill, expertise or passion that you want to share with others? We are looking for anyone who can teach languages, fitness, cookery, local interest, art and crafts, jewellery making, upholstery or anything else that you think would interest other people.

Interested? Then come along to our open evening on Tuesday 21st March at Highlands College at 6.30pm.

Missed the event? Get in touch, we're happy to talk to you anytime. T 608655 | E ace@highlands.ac.uk

[www.highlands.ac.uk](http://www.highlands.ac.uk)   



# Do you speak English?

Stiati ca Highlands College ofera cursuri de limba engleza pentru toate nivelele?

Cursos de Inglês como Segunda ou Outra Língua (ESOL) sabia que o Highlands College oferece cursos de Inglês de vários níveis para falantes de outras línguas?

Czy wiesz, że Highlands College oferuje kursy języka angielskiego na różnych stopniach zaawansowania?

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

To join a class, you must attend an assessment at The Welcome Centre, St Thomas' Church, on Thursdays from 1.00pm - 3.00pm or Saturdays from 2.00pm - 4.30pm.

Courses run in June, October and February at Highlands College or The Welcome Centre. For more information contact Jodi Higginson on 608670 or email [esol@highlands.ac.uk](mailto:esol@highlands.ac.uk)

- Courses include:
- ESOL Beginner courses
  - Cambridge English: Key (KET)
  - Cambridge English: Preliminary (PET)
  - Cambridge English: First (FCE)
  - Cambridge English: Advanced (CAE)
  - Cambridge English: Proficiency (CPE)
  - Cambridge English: Business (BEC)

All these qualifications are widely recognised internationally. We also offer IGCSE English as a Second Language.

# Dine in style

An excellent dining experience awaits you at the Academy Restaurant at Highlands College; serving classic cuisine with a contemporary twist.

£12  
Three Course  
Lunch

Tuesdays &  
Wednesdays

£16  
Three Course  
Dinner

Thursdays

Make a reservation call 608560  
or email [academy@highlands.ac.uk](mailto:academy@highlands.ac.uk)

[www.highlands.ac.uk](http://www.highlands.ac.uk)   

Academy  
Restaurant  
Highlands  
College



# Teaching Learning and Assessment

Are you thinking about starting a career in teaching or training or are you thinking of advancing your qualifications?

A career in teaching, learning and assessment can be incredibly rewarding, as you'll be helping candidates to learn and share your enthusiasm for a subject you enjoy.

We have a range of courses for people wishing to begin a career as a teacher/trainer in the post-compulsory sector (16-19 and adult learners), or for practitioners wishing to develop their careers by adding to their current qualifications.



To express interest for courses starting in September, contact [tld@highlands.ac.uk](mailto:tld@highlands.ac.uk) or call 608501

[www.highlands.ac.uk](http://www.highlands.ac.uk)

# Career Development Opportunities

Enhance your professional qualifications

Our Business Development Centre delivers accredited training programmes to develop the professional skills of managers, team leaders and those seeking to enhance their career development. We also support organisations with bespoke training to help your company achieve its strategic aims and objectives.

## Popular courses:

- Fundamentals of Accounting
- Regulations & Compliance
- Trust & Company
- IAB Bookkeeping Levels 1-3
- CIPD Foundation & Intermediate workshops
- CMI Levels 2, 3, 5 & 7
- PRINCE2 Foundation & Practitioner
- Office Skills Diploma

Our industry-professional tutors deliver the highest quality training and support through engaging, interactive workshops and eLearning content, to help you achieve your CPD goals.



**Highlands**  
Business  
Development  
Centre



# PRICE LIST

## treat yourself



### Hair Cutting Services

Cut & Finish	£15.00
Re-Style	£20.00
Gents Cut & Finish	£5.00

### Drying Services

Shampoo & Finish
Shampoo & Set
Hair Up

**£10.00**  
or complimentary  
with 1st year  
students

### Colour Services

Skin test required 48Hrs prior to appointment	Including Finish	Including Cut & Finish
Full Head Tint	£20.00	£35.00
Regrowth Tint	£15.00	£25.00
Cap Highlights	£20.00	£30.00
T-Bar Foils	£25.00	£30.00
Half Head Foils	£25.00	£35.00
Full Head Foils	£45.00	£50.00
Spot Foils Per Foil	£1.00	£1.00
Colour Correction	£40.00	£45.00
Ombre & Balayage	£25.00	£35.00

### Waxing

Half Leg	£10.00
Full Leg	£15.00
Underarm/Upper Lip/ Eyebrow	£5.00
Patches	£3.00
Intimate Waxing:	
Bikini Basic	£8.00
Bikini Extended	£10.00
Brazilian	£15.00
Hollywood	£25.00

### Lash & Brow Treatments

Eyelash Tint	£8.00
Eyelash & Eyebrow Tint	£12.00
Eyebrow Shape	£8.00
False Eyelashes - Individual/Full set	£15.00
False Strip Lashes	£8.00

### Manicure & Pedicure

Manicure	£10.00
Pedicure	£15.00
Add Paraffin Wax to Treatment	£5.00
Gel Nails	£15.00

### Facial Treatments

Deep Cleanse Facial	£20.00
Specialised Facial - Microcurrent/Galvanic/Faradic/High Frequency/Vacuum Suction/Microdermabrasion	£25.00
Make-Up for Day or Special Occasion	£10.00

### Body Treatments

Full Body Massage	£20.00
Back, Neck & Shoulder Massage	£15.00
Add Audio Sonic, G5 Massage or Infra Red Heat to compliment your body treatment at no extra charge	
Aromatherapy Full Body Massage with Specially Blended Essential Oils	£25.00
Aromatherapy Back, Neck & Shoulder Massage	£20.00
Hot Stones Full Body Massage	£25.00
Hot Stones Back, Neck & Shoulder Massage	£15.00
Tanning Treatment	£10.00
Spray or Manual Application	
Indian Head Massage	£15.00



## Learn to cook simple, hearty and healthy family meals

We know how difficult it can be juggling a busy life - work, family and all sorts of other commitments....

We also know that sometimes the thought of creating healthy meals from scratch can be daunting - surely too time consuming and expensive?

**Absolutely not!**

Our 5 week course, run by friendly tutors will help you plan and prepare economical and nutritious home-cooked meals. We'll also cover some basic knife skills, along with food hygiene and menu planning.

All the ingredients and equipment will be provided, to produce a tasty two course meal each week, which you will take away to enjoy at home. We'll also give you all the recipes so you can recreate them at home once the course is finished.

Classes run on Monday and Wednesday from 7pm - 9pm at Le Rocquier School, St Clement. All courses operate in term time only.



For more information including costs, visit the [Our Services](#) pages at [www.caringcooksofjersey.com](http://www.caringcooksofjersey.com) or email us at [info@caringcooksofjersey.com](mailto:info@caringcooksofjersey.com) to book.

To book: T 608555 E [hairandbeauty@highlands.ac.uk](mailto:hairandbeauty@highlands.ac.uk)



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





# PARCEL DELIVERIES

Jersey Post now offers a range of convenient delivery services, ideal for people who are often out during the day. With a mix of free and chargeable services, there's an option to suit everyone.

**Standard Delivery**

*Delivery to your premises, if no-one is home we will leave a note for collection*

**FREE****SecureDrop Home**

*For items not requiring a signature we can leave the parcel in a predetermined location*

**FREE****Parcel Delivery Plus**

*Parcels delivered on a PAYG basis direct to a secure locker for collection 24/7 + 1 free redelivery per item*

**£2.00**  
PER PARCEL**SecureDrop Neighbour**

*Nominate a neighbour to receive and sign for items on your behalf when you're not at home*

**FREE****Parcel Delivery Plus**

*Up to 5 parcels a month delivered direct to a secure locker for collection 24/7 + 1 free redelivery per item*

**£2.99**  
PER MONTH**SecureDrop Signature**

*A new service that permits signature on delivery items to be left in your SecureDrop location*

**FREE****NEW**

You can now register online for any of the above services at [www.myjerseypost.com](http://www.myjerseypost.com)



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**E** [customerservices@jerseypost.com](mailto:customerservices@jerseypost.com)  
**W** [www.jerseypost.com](http://www.jerseypost.com)

**Jersey  
Post**