

Leisure Learning

Adult &
Community
Education

SEPTEMBER - DECEMBER 2017 COURSES



NEW COURSE

Build a motorbike

Learn the basics to build a bike from home with this 1 day workshop.



NEW COURSE



Introduction to law

Learn more about the role of law in our lives, including human rights.

**PART-TIME
VOCATIONAL
SHORT COURSES**
PAGE 24

learn
something
new
every
day



T 608655 | E ace@highlands.ac.uk | www.highlands.ac.uk   

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Welcome to the Autumn edition of our Adult & 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

T 608655 / 608632 E ace@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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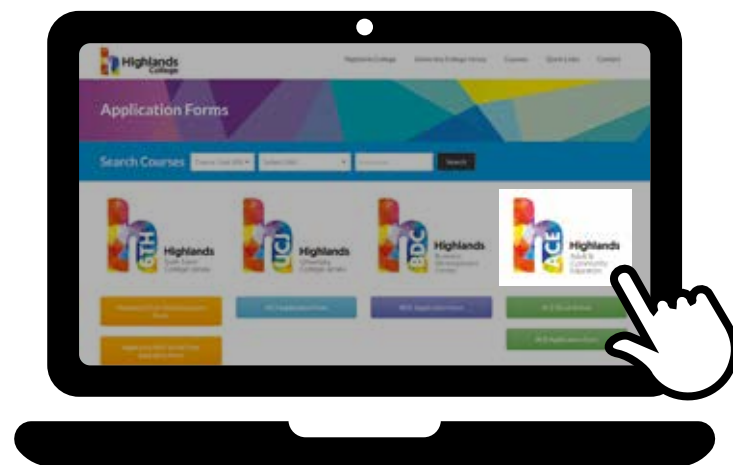
Like to teach a course next term?

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

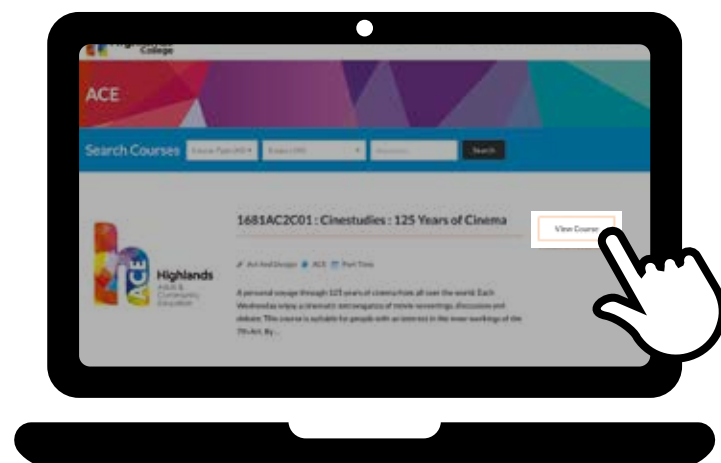
How to enrol

Online

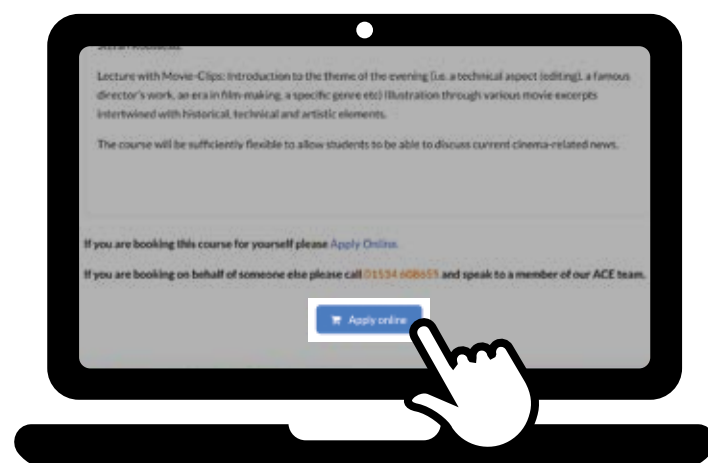
The best way to enrol is by visiting our website at this url: www.highlands.ac.uk/application-forms



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

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 at this url: 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.

Please note the STUDENT APPLICATION FORM can only be used for Adult & Community Leisure Learning courses. For all short, part-time or vocational courses, you must contact each department individually to enrol.

Call us

Our Customer Registration Team can happily enrol 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 enrol in person, visit our ACE Leisure Learning Team in the Main Reception at Highlands College.



Learn something new

Leisure Learning Courses

September - December 2017

Visit our website for full course details or contact our ACE Leisure Learning Team for more information.

T 01534 608655
E ace@highlands.ac.uk
www.highlands.ac.uk



Cookery

Asian Food Adventure 1781KA1F01
Tuesday 12th September | 19.00 - 21.30 | 6 weeks
Highlands College | Price: £135 - Senior Citizen £105
Tutor: Rose McCullagh

Cook up over 12 delicious recipes from Chinese Kung Pao, Malaysian Beef Rendang, and Korean Tteokbokki Rice Cakes, to more dishes from Pakistan, Thailand and Vietnam using easy-to-follow, step-by-step instructions in this fun and taste-tantalising class.

Asian Food Adventure 1781KA1F02
Tuesday 31st October | 19.00 - 21.30 | 6 weeks
Highlands College | Price: £135 - Senior Citizen £105
Tutor: Rose McCullagh

Cook up over 12 delicious recipes from Chinese Kung Pao, Malaysian Beef Rendang, and Korean Tteokbokki Rice Cakes, to more dishes from Pakistan, Thailand and Vietnam using easy-to-follow, step-by-step instructions in this fun and taste-tantalising class.

Breakfast Boost 1781KB1B01
Saturday 23rd September | 10.00 - 13.00 | 1 week
Highlands College | Price: £45 - Senior Citizen £45
Tutor: Lorraine Pannetier

When you start your day with nourishing food, the rest is easy. Learn how to make tasty treats that feel more like dessert than breakfast! Create energy balls, overnight oats, smoothie bowls, veggie juices, nut milk and granola using 100% plant based ingredients.

Eat More Plants 1781KP1E01
Saturday 16th September | 10.00 - 13.00 | 1 week
Highlands College | Price: £45 - Senior Citizen £45
Tutor: Lorraine Pannetier

Learn how to cook simple family food that tastes delicious using only plant-based ingredients. Perfect for vegans, vegetarians, those with dairy, wheat or gluten allergies and anyone wanting to reduce meat intake.

Stir Up Saturday 1781KS1S01
Saturday 25th November | 10.00 - 14.00 | 1 week
Highlands College | Price: £65 - Senior Citizen £65
Tutor: Heidi Grimes

Stir-up Saturday is traditionally the Saturday 5 weeks before Christmas when Christmas cake and puddings are made. Come together to make Christmas cake, Christmas pudding and homemade mincemeat to fill your mince pies. A festive feast for the senses.

Tantalising Tray Bakes 1781KT1T01
Tuesday 12th September | 18.30 - 21.00 | 5 weeks
Highlands College | Price: £165 - Senior Citizen £130
Tutor: Patrick Hogge

Tantalise your taste buds with fun, exciting and novel tray bakes from the simple and humble drizzle cake, to the fun and fruity carrot cake. Wow family and friends each week with your own tremendous tray bakes. Never be afraid to do something different with your cakes again.



Art & Design

Landscape Painting with Oils 1681AO3L01
Tuesday 25th July | 09.15 - 11.45 | 6 weeks
Outdoor Location | Price: £95 - Senior Citizen £70
Tutor: Michelle Le Cornu

Explore the many aspects of landscape oil painting, including composition, mixing colours and capturing atmosphere. Suitable for beginners and those with experience. Takes place at stunning local outdoor locations or indoors in the event of bad weather.

Cinestudies - 125 Years of Cinema 1781AC1C01
Wednesday 13th September | 18.30 - 21.30 | 9 weeks
Highlands College | Price: £99 - Senior Citizen £99
Tutor: Stefan Rousseau

Journey through 125 years of cinema from all over the world, focussing on the rich and varied cinematic output of the 1980s. Enjoy an extravaganza of movie-screenings, discussion and debate in the newly refurbished Highlands Community Cinema.

Pottery for Beginners and Improvers
12 weeks | Philip Maurant Centre
Price: £230 - Senior Citizen £170
Tutor: Ray Ubsdell

Monday 11th September	10.00 - 12.30	1781AC1P01
Monday 11th September	18.45 - 21.15	1781AC1P02
Tuesday 12th September	10.00 - 12.30	1781AC1P03
Tuesday 12th September	18.45 - 21.15	1781AC1P04
Wednesday 13th September	10.00 - 12.30	1781AC1P05
Wednesday 13th September	18.45 - 21.15	1781AC1P06
Thursday 14th September	10.00 - 12.30	1781AC1P07
Thursday 14th September	18.45 - 21.15	1781AC1P08

Explore the world of clay and creativity in the custom-designed studio at the Philip Maurant Centre. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece.

Explore Drawing 1781AD1E01
Wednesday 20th September | 19.00 - 21.00 | 11 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Julia Coutanche

Explore different aspects of drawing and enhance your visual awareness through light and tone; shape, contour, textures, composition, perspective; measurement and proportion. Work from objects, the human figure and memory with materials including pencil, white chalk, charcoal and pastel.

Drawing and the Art of using Sketch Book 1781AD1S01
Tuesday 12th September | 09.15 - 11.15 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

Learn basic drawing techniques such as construction, perspective and tone. Particularly valuable for those who paint but feel that their drawing skills let their work down. View tutor Ann Morgan's website at www.annmorganartist.com for more inspiration!

Sketchbook Doodling and Scribble Drawing 1781AD1S02
Tuesday 12th September | 11.30 - 13.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

Ever scribbled in a margin when writing notes? Would you love to be able to draw, but don't know how to start? This course enables you to play with drawing by exploring patterns and shapes in everyday objects through doodling.

Drawing for the Terrified Beginners and Improvers

12 weeks | Philip Maurant Centre
Price: £140 - Senior Citizen £95
Tutor: Barbara Jackson

Monday 11th September	18.45 - 20.45	1781AD1T01
Tuesday 12th September	11.30 - 13.30	1781AD1T02

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. Suits those who have completed a beginners course or wish to rekindle old skills.

More Drawing for the Terrified with Watercolours

Tuesday 12th September | 13.45 - 15.45 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Barbara Jackson

This course is suitable for those with a little drawing experience who wish to develop their skills. It also introduces simple watercolour techniques as an added dimension to the drawing.

Drawing for the Terrified with Watercolours

Thursday 14th September | 10.00 - 12.00 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Barbara Jackson

This course 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 as an added dimension to the drawing.

Drawing and Watercolour Moving On

Thursday 14th September | 14.00 - 16.00 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
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

Tuesday 12th September | 09.30 - 11.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
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. Enthusiasm and an interest in experimenting in art are essential for this course.

Morning Oil Painting

Monday 11th September | 11.30 - 13.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

This is a course for those who enjoy oil painting and want to increase their knowledge and skills with this vibrant, expressive medium. View the tutor Ann Morgan’s website at www.annmorganartist.com.

Oil Painting for Improvers

Monday 11th September | 13.45 - 15.45 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

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

Painting with Oils

Tuesday 12th September | 09.15 - 11.45 | 12 weeks
Philip Maurant Centre | Price: £160 - Senior Citizen £110
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.

Evening Oil Painting

Tuesday 12th September | 18.45 - 21.15 | 12 weeks
Philip Maurant Centre | Price: £160 - Senior Citizen £110
Tutor: Michelle Le Cornu

Learn to paint in oils with confidence. Find out how to apply paint, mix colours and overcome hesitation. This comprehensive course is suitable for beginners as well as those with some experience.

Evening Painting for Relaxation

Wednesday 13th September | 19.00 - 21.00 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

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

Fun with Painting using Oils or Acrylics

Wednesday 13th September | 09.15 - 11.15 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

This is a course for people who have a basic understanding of drawing and want to continue their development with colour using a variety of media in an innovative way. Students can work in either oils or acrylics.

Relax into Painting using Oils or Acrylics

Wednesday 13th September | 11.30 - 13.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Ann Morgan

A course for those who love to paint using any medium such as acrylic, oils or gouache. A great opportunity to explore a new painting medium, develop your painting skills and use colour in an expressive, exciting way.

Watercolour Painting for Beginners Step by Step

Tuesday 5th September | 09.30 - 14.00 | 1 week
Philip Maurant Centre | Price: £40 - Senior Citizen £40
Tutor: Lisa Troy

Designed for complete beginners with a desire to paint with watercolour in a relaxed atmosphere. It’s a step by step, hands on, introduction to numerous and exciting techniques and themes that lend themselves to this vibrant and translucent media.

Adventures in Watercolour Intermediate

Thursday 14th September | 09.30 - 11.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
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.

Relax into Watercolour Intermediate

Monday 11th September | 09.15 - 11.15 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
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

Tuesday 12th September | 12.00 - 14.00 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Lisa Troy

For those who have either completed a beginners course or already have some experience in painting with this medium. Develop ideas and methods, explore new and exciting techniques and themes and build on your drawing practice.

Watercolours and the Rest

Wednesday 13th September | 09.30 - 11.30 | 12 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £95
Tutor: Lisa Troy

For those who have either completed a beginners course or already have some experience in painting with this medium. Develop ideas and methods, explore new and exciting techniques and themes and build on your drawing practice.

Introduction to Digital SLR Photography

Tuesday 12th September | 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.

Digital SLR Photography for Beginners

Monday 11th September | 18.30 - 21.00 | 8 weeks
Highlands College | Price: £185 - Senior Citizen £130
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.

Digital SLR Photography Intermediate

Wednesday 13th September | 18.30 - 21.00 | 9 weeks
Highlands College | Price: £195 - Senior Citizen £135
Tutor: Colin Cruickshank

For those who have completed a Beginners course or have a basic understanding of digital photography and wish to take their skills to the next level. Maximise the potential of getting great shots using HDR and RAW files using Photoshop for further enhancements.

Photography A Creative Journey

Tuesday 12th September | 19.00 - 21.00 | 12 weeks
Highlands College | Price: £140 - Senior Citizen £95
Tutor: John Liot

Develop your creative style through photography using proven methods to improve creativity and increase your visual awareness of the world you live in. Tap into the creative side of yourself and start seeing in a new way.



First Steps in Crochet 1781CF1C01
Tuesday 19th September | 18.45 - 20.45 | 3 weeks
Philip Maurant Centre | Price: £45 - Senior Citizen £45
Tutor: Heidi Grimes

Want to be a hooker? Master the first steps in crochet to master the chain and work towards a granny square or blanket. Yarn and hook supplied, come along and relax into a new hobby that will have you hooked.

Creative Flower Arranging 1781CF1F01
Thursday 14th September | 18.00 - 20.15 | 5 weeks
Highlands College | Price: £95 - Senior Citizen £75
Tutor: Lucie Chiron

Create impressive flower arrangements using a variety of fresh flowers and foliage, working with both modern and traditional techniques using found items to complement the flowers. Professional florist, Lucie will give offer hints and tips to make every arrangement a centrepiece.

Christmas Flower Fun 1781CF1F02
Thursday 2nd November | 18.00 - 20.15 | 5 weeks
Highlands College | Price: £95 - Senior Citizen £75
Tutor: Lucie Chiron

Deck the halls and trim the tree, but what about the table centrepiece? Learn ideas and ways to bring your Christmas to life using festive flowers. Work with your own colour scheme to complement your surroundings whilst adding a wow factor.

Absolute Beginners Knitting Workshop 1781CK1A01
Saturday 7th October | 09.30 - 13.30 | 1 week
Philip Maurant Centre | Price: £35 - Senior Citizen £35
Tutor: Lynn Whitehouse

Fancy knitting but don't know where to start? Learn the basics in casting on and off and knit and purl stitching, in order to create a scarf in no time. Get those needles out and become a natty knitter!

Swing Knitting - Dimensional Knitting using Short Rows 1781CK1S01
Thursday 14th September | 19.00 - 21.00 | 9 weeks
Philip Maurant Centre | Price: £110 - Senior Citizen £80
Tutor: Lynn Whitehouse

Create amazing swing knitting projects on this new course! Using short rows enables your work to be more dimensional and interesting, adding waves of colour and fluidity. Work on a simple project to produce a scarf, bag, cushion or throw.

Christmas Knitted Workshop 1 Mini Jumpers 1781CK1W01
Thursday 23rd November | 18.45 - 21.15 | 1 weeks
Philip Maurant Centre | Price: £30 - Senior Citizen £30
Tutor: Lynn Whitehouse

The Christmas jumper is back! Make your own mini versions for your tree or small novelty gifts. Experience in how to cast on and off, do knit and purl stitches and basic increase and decreases are essential.

Christmas Knitted Workshop 2 Snowman or Santa 1781CK1W02
Thursday 30th November | 18.45 - 21.15 | 1 week
Philip Maurant Centre | Price: £30 - Senior Citizen £30
Tutor: Lynn Whitehouse

Knit novelty snowmen or santas which make perfect gifts or for decorating your Christmas tree. Experience in how to cast on and off, do knit and purl stitches and basic increase and decreases are essential.

Christmas Knitted Workshop 3 Mini Stocking 1781CK1W03
Thursday 7th December | 18.45 - 21.15 | 1 week
Philip Maurant Centre | Price: £30 - Senior Citizen £30
Tutor: Lynn Whitehouse

Learn how to knit mini stockings which make perfect gifts or for decorating your Christmas tree. Experience in how to cast on and off, do knit and purl stitches and basic increase and decreases are essential.

Miniature Victorian Treasure Boxes and Magical Medallion Toppers
1 week | Philip Maurant Centre
Price: £45 - Senior Citizen £45
Tutor: Lynn Whitehouse

Tuesday 31st October	14.00 - 16.00	1781CM1V01
Tuesday 31st October	19.00 - 21.00	1781CM1V02

Create beautiful boxes and toppers that are fun to make and given as gifts on special occasions. Includes cutting out and decoupage techniques, layering up designs to create stunning 3D designs and decorating them using metallic watercolours and other products.

Fabric Printing for Christmas 1781CP1F01
Friday 6th October | 09.30 - 11.30 | 3 weeks
Philip Maurant Centre | Price: £80 - Senior Citizen £80
Tutor: Lisa Bloomer

Get creative with fabrics using simple and immediate techniques with Thermofax Christmas printing screens. Create unique festive cards, paper and gifts ready for Christmas that'll be the envy of others. No art experience is necessary, just a desire to explore!

Landscape Rag Rug Workshop 1781CR1R01
Saturday 11th November | 09.30 - 14.00 | 1 week
Philip Maurant Centre | Price: £40 - Senior Citizen £40
Tutor: Lynn Whitehouse

Create an amazing wall hanging using the old craft of rag rugging. Ever wondered what to do with those bits of material and old clothes us magpies stash away? This inexpensive, environmentally friendly craft requires no sewing skills or experience.

Appliqué Sewing for Beginners 1781CS1A01
Monday 9th October | 19.00 - 21.00 | 2 weeks
Philip Maurant Centre | Price: £45 - Senior Citizen £45
Tutor: Lynn Whitehouse

Create a lovely individual mug/placemat to start your appliqué sewing. You'll be taught appliqued creations using a sewing machine and free motion stitching. Learn basic cutting out, fabric choices, applying your design to fabric and basic skills and surface decoration.

Christmas Appliqué Sewing for Beginners 1781CS1A02
Monday 20th November | 19.00 - 21.00 | 2 weeks
Philip Maurant Centre | Price: £45 - Senior Citizen £45
Tutor: Lynn Whitehouse

Create a Christmas themed mug/placemat in two evenings. You'll be taught appliqued creations using a sewing machine and free motion stitching. Learn basic cutting out, fabric choices, applying your design to fabric and basic skills and surface decoration.

Stitching Time 1781CS1F01
Tuesday 26th September | 09.15 - 13.30 | 10 weeks
Philip Maurant Centre | Price: £230 - Senior Citizen £160
Tutor: Frankie Garrett

This sewing course is longer than usual to give you a chance to really get things done and is suitable for all levels as everyone works at their own pace. Make something for yourself, your home or your family.

Sew Easy 1781CS1F02
Wednesday 27th September | 09.30 - 11.30 | 10 weeks
Philip Maurant Centre | Price: £140 - Senior Citizen £100
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
12 weeks | Philip Maurant Centre
Price: £150 - Senior Citizen £110
Tutor: Mary Dunford

Monday 11th September	13.00 - 15.00	1781CS1P01
Thursday 14th September	13.00 - 15.00	1781CS1P02

This course covers simple techniques from patchwork blocks to a family heirloom quilt. Different quilting methods will also be covered using a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week.

Sewing for Beginners and Improvers
12 weeks | Rachel's Textiles Studio
Price: £240 - Senior Citizen £160
Tutor: Rachel Concannon

Monday 11th September	10.00 - 12.30	1781CS1R01
Monday 11th September	18.00 - 20.30	1781CS1R02
Thursday 14th September	18.00 - 20.30	1781CS1R03

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.

Upholstery
12 weeks | Philip Maurant Centre
Price: £200 - Senior Citizen £155
Tutor: Mary Dunford

Monday 11th September	09.30 - 12.30	1781CU1F01
Monday 11th September	19.00 - 21.00	1781CU1F02
Thursday 14th September	09.30 - 12.30	1781CU1F03

Give an old chair a new lease of life. This course for beginners and more experienced upholsterers teaches you traditional furniture upholstery techniques, from webbing to buttoning. Work on a project of your choice such as a chair or stool.



British Sign Language 1780LD101A
Level 1 - Introduction 101
Tuesday 5th September | 19.00 - 21.00 | 7 weeks
Overdale Hospital | Price: £160 - Senior Citizen £160
Tutor: Robert Lupton-Le Masurier

Learn to communicate with deaf people in BSL on a range of topics that involve simple, everyday language use. The Level 1 Award can be taken without any previous BSL experience. Gain basic competence and confidence in areas of production and reception of BSL.

British Sign Language 1780LD101B
Level 1 - Introduction 101
Tuesday 31st October | 19.00 - 21.00 | 7 weeks
Overdale Hospital | Price: £160 - Senior Citizen £160
Tutor: Robert Lupton-Le Masurier

Learn to communicate with deaf people in BSL on a range of topics that involve simple, everyday language use. The Level 1 Award can be taken without any previous BSL experience. Gain basic competence and confidence in areas of production and reception of BSL.

British Sign Language 1780LD202A
Level 2 - Productive Skills 202A
Wednesday 6th September | 19.00 - 21.00 | 13 weeks
Overdale Hospital | Price: £255 - Senior Citizen £255
Tutor: Robert Lupton-Le Masurier

For those who have completed their Level 1 Award and wish to acquire language skills at an intermediate level to enhance communication with deaf people.

French Beginners Stage 1 1781LFBA01
Monday 11th September | 18.00 - 20.00 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Lucie Chiron

Challenge yourself to learn French! Build foundations with some basic vocabulary and put together simple sentences so that you can be understood in certain everyday situations. Sessions are fun, interactive and gently paced.

French Intermediate Stage 1 1781LFIA01
Monday 11th September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £130 - Senior Citizen £95
Tutor: Pat Lucas

For those who have a good, confident grasp of French. We'll use a course book aimed at consolidating grammar and expanding vocabulary and functional skills.

French Conversation 1781LFXC01
Wednesday 13th September | 09.15 - 11.15 | 10 weeks
Philip Maurant Centre | Price: £125 - Senior Citizen £90
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 1781LFXC02
Wednesday 13th September | 19.00 - 21.00 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
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 1781LIAI01
Wednesday 13th September | 18.30 - 20.30 | 7 weeks
Highlands College | Price: £90 - Senior Citizen £65
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 Elementary Stage 1 1781LIEA01
Monday 11th September | 19.00 - 21.00 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Romano Pezzali

Add some detail to your beginner Italian 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 and music and shopping.

Italian Elementary Stage 2 1781LIEB01
Tuesday 12th September | 19.00 - 21.00 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Romano Pezzali

You have some experience of Italian and will continue to expand your knowledge and competency. Cover topics including the weather, environment, holiday activities and travel. Learn to talk about what you think or prefer; make simple suggestions and more.

Japanese Beginners Stage 1 1781LJBA01
Wednesday 27th September | 17.00 - 19.00 | 9 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Yuki Sugawara

Challenge yourself to learn Japanese! 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.

Japanese Beginners Stage 2 1781LJBB01
Thursday 21st September | 18.00 - 20.00 | 10 weeks
Highlands College | Price: £130 - Senior Citizen £95
Tutor: Yuki Sugawara

For those with knowledge of Japanese character formation, numbers and basic words. Students will continue learning this magical language and explore the many layers of Japanese culture.

Portuguese Beginners Stage 1 1781LMBA01
Wednesday 13th September | 19.00 - 21.00 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Carla Texiera

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 1781LMBB01
Wednesday 13th September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Rui Pires

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.

Russian Elementary Stage 2 1781LREB01
Wednesday 13th September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £180 - Senior Citizen £125
Tutor: Tatjana Gorina

For those with some experience of Russian. Develop your practical language skills to enable you to communicate in Russian for business or pleasure. Includes asking things in everyday situations, holding a simple conversation, understanding basic written information and much more!

Spanish Beginners Stage 1 1781LSBA01
Tuesday 19th September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Karen Fountain

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 1781LSBB01
Thursday 21st September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Karen Fountain

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

Spanish Beginners Stage 3 1781LSBC01
Monday 11th September | 10.00 - 12.00 | 10 weeks
Philip Maurant Centre | Price: £125 - Senior Citizen £90
Tutor: Perla Valdez Acuna

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 3 1781LSEC01
Monday 11th September | 18.30 - 20.30 | 10 weeks
Highlands College | Price: £125 - Senior Citizen £90
Tutor: Perla Valdez Acuna

Your interaction is effective and you can manage a range of daily situations in Spanish! Add more depth using a variety of fun tasks and materials. Learn to express the future, describe emotions and feelings, talk about jobs and write e-mails.



Logo Design and Branding 1781WM1L01
Monday 11th September | 18.45 - 21.15 | 5 weeks
Highlands College | Price: £110 - Senior Citizen £110
Tutor: Oliver Bartlett

Use Adobe Photoshop and Illustrator to discover the basics of designing a logo, business cards and other branded items. Learn the traditional design alongside digital techniques to create artwork, save designs ready for print and web, hints, tricks and printing.

iPad for Beginners 1781WS1P01
Thursday 14th September | 16.00 - 17.45 | 4 weeks
Highlands College | Price: £60 - Senior Citizen £60
Tutor: Alison Ellis

Just starting to use an 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.

iPad for Beginners 1781WS1P02
Thursday 2nd November | 16.00 - 17.45 | 4 weeks
Highlands College | Price: £60 - Senior Citizen £60
Tutor: Alison Ellis

Missed the first course? Join these sessions and cover the basics of how to operate, surf the net, send e-mails, use standard apps, download other apps of your choice, use FaceTime for video chatting, take and store photos and more.



Build a Motorbike in a Day
1 week | Philip Maurant Centre
Price: £330 - Senior Citizen £330
Tutor: Josh Lyons

Saturday 22nd July 09.00 - 17.00	1681GB3M01
Saturday 23rd September 09.00 - 17.00	1781GB1M01

Have you ever wanted to build a motorbike? We'll take through the entire build from selecting a donor bike to rebuilding and fitting an engine, and everything in between. Learn how to tune it and give a basic service at home.

Planning your Funeral - All you need to know 1781GP1F01
Wednesday 20th September | 19.00 - 21.00 | 2 weeks
Highlands College | Price: £20 - Senior Citizen £20
Tutor: Paul Battrick & Friends

Two certainties in life are death and taxes. Most people have their taxes arranged, but what about your funeral? This short course will give you an insight into arranging your funeral, the options available and the choices you could make.

First Steps in Creative Writing
1 week | Philip Maurant Centre
Price: £35 - Senior Citizen £35
Tutor: Karen Ewing

Thursday 10th August 10.00 - 13.00	1681GC3W01
Saturday 19th August 10.00 - 13.00	1681GC3W02

Need help and encouragement to start your writing journey? Get all those brilliant ideas transformed onto the written page! We'll take a fledgling idea and help you progress to form a poetry, prose or drama through creative writing and structuring.

Online Content Creation for Small Businesses 1781GC1S01
Tuesday 12th September | 10.00 - 13.00 | 3 weeks
Highlands College | Price: £90 - Senior Citizen £90
Tutor: Lorraine Pannetier

Create social media content and boost visibility online. Attract more clients, boost your income and raise credibility by becoming known as the expert in your area. Maximise social media platforms, build relationships and an engaged audience that converts to cash.

Entrepreneurship from the University of Life 1781GE1U01
Saturday 16th September | 09.30 - 12.30 | 1 week
Highlands College | Price: £35 - Senior Citizen £35
Tutor: Aaron Labey

Think about your life as an open, unwritten book with an unlimited amount of pages and chapters. Gain an insight into the spectacular, good, bad and ugly of setting up of your own business or project.

Great Expectations Victorian Book Club 1781GG1E01
Thursday 14th September | 18.45 - 20.15 | 5 week
Philip Maurant Centre | Price: £60 - Senior Citizen £50
Tutor: Gemma Sutherland

Explore the dark side of Victorian society through literature. Learn how the Victorian novel expressed fears that are still very real for us today. Novels covered will be Bram Stoker's Dracula, H.G. Wells' The Time Machine, Bronte's Jane Eyre and more!

Grand Designs Planning
a Small Building Extension

5 weeks | Philip Mourant Centre
Price: £85 - Senior Citizen £70
Tutor: Tony Gottard

Tuesday 12th September	09.30 - 11.30	1781GG1P01
Thursday 2nd November	09.30 - 11.30	1781GG1P02

Whether carrying out internal improvements or building an extension, this course will give you an insight into the various stages and processes involved. Suitable for beginners who will be taken through a scenario based on completion of the project.

Planning a Project 1781GG1P03

Thursday 14th September | 18.30 - 20.30 | 5 weeks
Highlands College | Price: £70 - Senior Citizen £50
Tutor: Corrado Anderson

Successful projects rely on careful planning at the outset. Learn the key roles and responsibilities of the project manager and team. Answer crucial questions upfront to help you meet your project objectives. Explore the approaches, roles, terminology, and skills of project management.

Introduction to Law 1781GI1L01

Monday 11th September | 19.00 - 21.00 | 8 weeks
Highlands College | Price: £100 - Senior Citizen £70
Tutor: Nicola Harvey-Hills

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

Wild Vegetables of the Ocean: 1781GJ1V01
An Introduction to Foraging Seaweeds

Thursday 2nd November | 19.00 - 21.00 | 2 weeks
Philip Mourant Centre | Price: £45 - Senior Citizen £45
Tutor: Trudie Hairon-Trox

Gain an historic overview of the centuries-old tradition of seaweed gathering in Jersey, as well as an insight into modern uses of seaweeds. Identify the most common species of seaweed and learn best practice for foraging.

Living Jersey 1781GL1J01

Wednesday 13th September | 10.00 - 12.00 | 11 weeks
Philip Mourant Centre | Price: £130 - Senior Citizen £90
Tutor: Pete Webb

Go on an intimate journey of the island's topography, laced with historical events of places and people. Under the microscope, new features of interest unfold from the parishes, lanes, coasts and iconic structures. Includes illustrated information.

Exploring Philosophy 1781GP1P01
An Introduction

Tuesday 12th September | 19.00 - 21.00 | 12 weeks
Highlands College | Price: £135 - Senior Citizen £95
Tutor: Pat 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!

Philosophy in Everyday Life 1781GP1P02

Thursday 14th September | 18.00 - 19.00 | 12 weeks
Highlands College | Price: £90 - Senior Citizen £70
Tutor: Ralette La Roux Chevalier

Philosophy has mostly been tucked away in academic institutions for centuries, or has it? Where in our everyday lives do we philosophise? For those who wish to read, research, write and partake in discussions on important topics affecting our daily lives.

RYA Day Skipper Theory 1780NT1D01

Wednesday 13th September | 18.00 - 21.00 | 13 weeks
Highlands College | Price: £318 - Senior Citizen £318
Tutor: Phill Robinson

A comprehensive introduction to cruising for inexperienced skippers. Applicable to both power and sail to equip you with the knowledge to navigate and command safely. Essential learning of how to be safe at sea, navigate, interpret tides and deal with emergency situations.

RYA Yachtmaster Coastal Theory 1780NT1Y01

Tuesday 12th September | 18.00 - 21.00 | 13 weeks
Highlands College | Price: £318 - Senior Citizen £318
Tutor: Phill Robinson

A comprehensive introduction to cruising for experienced skippers or those progressing from the Day Skipper Theory. Applicable to both power and sail, learn to execute more complex coastal and offshore passages and prepares you for the practical courses and exams.



Introduction to Golf 1781SB1G01

Saturday 16th September | 13.00 - 15.00 | 5 weeks
Les Mielles Golf Course | Price: £120 - Senior Citizen £120
Tutor: Wayne Osmand

Ideal for complete beginners and covers all aspects of the game. Learn from a Pro alongside other beginners, in a fun and relaxed environment. The final session will take place on the golf course. All equipment is provided.

Golf: The Next Step 1781SB1N01

Tuesday 12th September | 09.30 - 11.30 | 5 weeks
Wheatlands Golf Course | Price: £120 - Senior Citizen £120
Tutor: Wayne Osmand

For those with a little or past experience of the game, this fun course enables you to play with confidence alongside other students with similar experience. Learn the etiquette and rules of the game and play under the direction of a Pro.

Fitness with Ralette 1781SF1R01

Monday 11th September | 18.00 - 19.00 | 12 weeks
Le Rocquier School | Price: £120 - Senior Citizen £95
Tutor: Ralette La Roux Chevalier

Each week tutor Ralette Le Roux Chevalier will introduce you to a different fitness encompassing extracts from Dance, Yoga and Pilates together with the creative arts for maximum enjoyment.

Booty Barre Fitness 1781SF1R02

Wednesday 13th September | 18.00 - 19.00 | 12 weeks
Le Rocquier School | Price: £120 - Senior Citizen £95
Tutor: Ralette La Roux Chevalier

Twelve weeks of workouts to strengthen the whole body, preparing you to safely complement other sports and fitness. Come weekly and see the difference in your body and posture by Christmas.

Fitness for Seniors 1781SF1S01

Monday 11th September | 10.30 - 11.30 | 12 weeks
Trinity Parish Hall | Price: £105 - Senior Citizen £85
Tutor: Jo 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!

Nordic Walking 1781SN1W01

Tuesday 12th September | 13.30 - 14.30 | 6 weeks
Philip Mourant Centre | Price: £60 - Senior Citizen £50
Tutor: Liz De La Haye

Nordic walking is a total body workout using walking poles. It can produce up to a 46% increase in energy consumption, compared to walking without poles. This course is suitable for all and takes place whatever the weather.

Better Back Pilates 1781SP1B01

Wednesday 13th September | 09.30 - 10.30 | 12 weeks
Philip Mourant Centre | Price: £85 - Senior Citizen £65
Tutor: Shefa Hamid

Pilates is a low impact way to stretch, strengthen and streamline the body. It helps to develop optimal strength, flexibility, mobility, endurance and posture without stressing the joints. It's a perfect start to a better back for life.

Morning Pilates 1781SP1W01

Thursday 14th September | 09.30 - 10.30 | 12 weeks
Philip Mourant Centre | Price: £85 - Senior Citizen £65
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 Pilates 1781SPIW02

Thursday 14th September | 18.00 - 19.00 | 12 weeks
Highlands College | Price: £85 - Senior Citizen £65
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.

Indoor Climbing 1781SX1C01

[NICAS Levels 1 and 2]
Wednesday 13th September | 18.00 - 19.30 | 9 weeks
Langford | Price: £190 - Senior Citizen £190
Tutor: Jon Hale

The National Indoor Climbing Award Scheme gives participants the confidence to climb independently through quality coaching. Offering both NICAS Level 1 and 2, you'll learn to climb under the direction of a FCA qualified coach and SPA instructor.

Ambient Stretch 1781SY1A01

Monday 11th September | 11.15 - 12.30 | 12 weeks
Philip Maurant Centre | Price: £95 - Senior Citizen £70
Tutor: Lisa Troy

Ambient Stretch is a stretch class, practised to calming music that focuses on stretching, strengthening and de-stressing the mind and body. It teaches the body to become supple and strong and can often help alleviate ailments and stress related symptoms.

Evening Ambient Stretch 1781SY1A02

Wednesday 13th September | 18.45 - 20.00 | 12 weeks
Philip Maurant Centre | Price: £95 - Senior Citizen £70
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 Beginners and Improvers 1781SY1D01

Thursday 14th September | 11.30 - 13.00 | 10 weeks
Philip Maurant Centre | Price: £95 - Senior Citizen £65
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.

Friday Morning Yoga 1781SY1F01

Friday 15th September | 09.15 - 10.45 | 12 weeks
Philip Maurant Centre | Price: £110 - Senior Citizen £80
Tutor: Elayne Cole

Learn yoga safely and effectively through a step by step approach. Release tension whilst maintaining good posture and alignment. Finish with a delicious deep rest. All levels are welcome working alongside each other.

Yoga for Relaxation 1781SY1R01

Monday 11th September | 18.30 - 20.00 | 11 weeks
Highlands College | Price: £100 - Senior Citizen £70
Tutor: Manjunath Hegde

We have forgotten how to relax. Yogic techniques allow you to enter a state of true relaxation. This type of deep rest brings your system into balance by reducing stress hormones, deepening breathing, slowing down heart rates and relaxing muscles.

Yoga for Older People

11 weeks | Highlands College
Price: £100 - Senior Citizen £70
Tutor: Manjunath Hegde

Monday 11th September	16.30 - 18.00	1781SY1S01
Friday 15th September	16.30 - 18.00	1781SY1S02

Yoga stretching relieves stiffness and tension in the body, particularly beneficial to the over 50s to maintain the body's strength and flexibility. Learn some basic yoga positions and a little Indian philosophy with an Indian teacher.



Burlesque for Beginners and Improvers 1781DB1B01

Monday 11th September | 19.00 - 20.00 | 12 weeks
Springfield School | Price: £95 - Senior Citizen £75
Tutor: Vicky 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.

Burlesque for Intermediate and Advanced 1781DB1V01

Wednesday 13th September | 19.30 - 20.30 | 12 weeks
Springfield School | Price: £95 - Senior Citizen £75
Tutor: Vicky Phillips

Now your confidence is bubbling over, let's turn up the heat as you take your next glittering step. Leave your inhibitions at the door and continue the adventure into the world of sexy, fabulous and exhilarating Burlesque.

Momentum Dance - DDMix 1781DD1M01

Tuesday 19th September | 19.15 - 20.00 | 10 weeks
Jersey Opera House | Price: £90 - Senior Citizen £80
Tutor: Marianne Jersey

DDMix is based on a range of dance styles with easy to follow steps. Created by Darcey Bussell and Nathan Clarke, encompassing many genres of dance in short routines to entertain and stimulate the body and mind.

Noisy Feet - Calorie Burn 1781DT1C01

Thursday 14th September | 19.00 - 19.50 | 10 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 1781DT1M01

Thursday 14th September | 20.00 - 21.00 | 10 weeks
Jersey Opera House | Price: £90 - Senior Citizen £80
Tutor: Christophe Chateau

Come and learn routines using a mix of rhythms, moves and styles. The routine will grow using some steps you know and some new combinations - it's a journey of fun and tap with challenges on the way.

Sizzle with Salsa 1781DS1S01

Tuesday 12th September | 18:30 - 20:30 | 4 weeks
St Martin's School | Price: £90 - Senior Citizen £75
Tutor: Ann Dove

Come and move your feet to the salsa beat! Our salsa course gives you the basics of this fun, sociable and energetic dance style. By the end of the course you'll be salsa dancing with style

Bollywood Dance Workshop 1781DB1W01

Tuesday 17th October | 18:30 - 20:30 | 1 week
St Martin's School | Price: £40 - Senior Citizen £40
Tutor: Ann Dove

Discover a taste of Bollywood in Jersey with this one-off dance workshop. A chance to immerse yourself in the lively and colourful world of Bollywood. Learn through movement and posture in this exciting class.

Sparkle with Strictly 1781DS1S02

Tuesday 31st October | 18:30 - 20:30 | 4 weeks
St Martin's School | Price: £90 - Senior Citizen £75
Tutor: Ann Dove

Shoes are shined, sequins ready and now the steps to follow, to dance along with the strictly couples. Work through the Lindy Hop, Charleston, Argentinian Tango, Cha cha Cha and Ballroom so you'll be scoring a perfect 10.

Ceilidh Dancing 1781DC1D01

Tuesday 5th December | 18:30 - 20:30 | 1 week
St Martin's School | Price: £40 - Senior Citizen £40
Tutor: Ann Dove

A Ceilidh allows anyone to turn up and have fun, but the more you understand about how they work the more fun you have! Explore traditional Ceilidh dances, put your best foot forward and enjoy the fun.



Introduction to Aromatherapy 1781HA1T01

Wednesday 1st November | 19.00 - 21.00 | 3 weeks
Philip Maurant Centre | Price: £75 - Senior Citizen £75
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.

Natural Beauty Christmas Spa 1781HB1N01

Saturday 18th November | 10.00 - 13.00 | 1 week
Highlands College | Price: £55 - Senior Citizen £55
Tutor: Joanne Alm

Make your own natural, organic beauty products that look, smell and feel great whilst nourishing our body's largest organ - the skin. Reduce the chemical environment for your family and make luxury Christmas gifts that don't cost a fortune.

Clothes, Colours and a Capsule Wardrobe 1781HC1C01

Thursday 5th October | 18.30 - 21.30 | 3 weeks
Philip Maurant Centre | Price: £85 - Senior Citizen £85
Tutor: Rebecca Baron

Learn how to select clothes in the best shapes, styles and colours; accessorize and put together a capsule wardrobe. Become your own personal shopper! Wave goodbye to costly fashion mistakes and hello to a confident and stylish you.

Change Your Thinking Change Your Life 1781HC1L01

Wednesday 13th September 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.

Love is a Verb - Fear is a Bomb 1781HL1F01

Tuesday 12th September | 18.00 - 19.00 | 12 weeks
Highlands College | Price: £85 - Senior Citizen £65
Tutor: Ralette La Roux Chevalier

A course for couples, partners, friends or colleagues. This is about relationship building, creating good, loving and lasting co-habiting lifestyles for people to grow in love. Learn accurate and realistic depictions of love, romance and marriage by setting working examples.

Law of Attraction - The Life You Want 1781HL1L01

Monday 11th September | 18.30 - 20.30 | 6 weeks
Highlands College | Price: £85 - Senior Citizen £65
Tutor: Milind Vanjare

The Law of Attraction programme introduces you to the key concept of LOA, its effective processes, techniques and strategies. Awaken to your power. Manifest the life you want and become a deliberate creator. This course is suitable for all.

Mindfulness Meditation 1781HM1M01

Tuesday 12th September | 18.45 - 20.45 | 10 weeks
Philip Maurant Centre | Price: £120 - 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. Meditations will be taught indoors unless the weather is favourable. Mindfulness in everyday activities will be explored throughout the course.

Meditation and Qigong 1781HM1Q01

Monday 11th September | 19.00 - 20.30 | 8 weeks
Philip Maurant Centre | Price: £85 - Senior Citizen £60
Tutor: Caroline Hoare

This class combines basic meditation with simple Qigong exercises. These ancient Chinese techniques are an enjoyable and effective way to support a healthy lifestyle; rejuvenating and healing.

Introduction to Shibashi Qigong 1781HQ1S01

Tuesday 12th September | 19.00 - 20.30 | 12 weeks
Philip Maurant Centre | Price: £115 - Senior Citizen £80
Tutor: Richard Matthews

Shibashi Qigong is an effective, easy to learn routine to improve health and wellbeing based on Yang style Tai Chi. Over the course you'll practice and learn the routines to perfect at your own pace.

Introduction to Reflexology 1781HR1R01

Wednesday 13th September | 18.45 - 21.15 | 6 weeks
Philip Maurant Centre | Price: £110 - Senior Citizen £80
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.

Introduction to Reflexology 1781HR1R02

Friday 3rd November | 10.00 - 12.30 | 6 weeks
Philip Maurant Centre | Price: £110 - Senior Citizen £80
Tutor: Lisa Bloomer

If a morning class suits you, this class teaches you how to relieve conditions, reduce stress and restore energy through reflexology for your family and friends. Through simple, easy to follow instructions, you'll learn basic principles and applications of reflexology.

Why Juice? 1781HW1J01

Saturday 30th September | 10.00 - 14.00 | 1 week
Highlands College | Price: £40 - Senior Citizen £40
Tutor: Julie Harrison

What are the benefits of juicing? You'll see how the body becomes toxic with processed food and drinks and learn how juice works to affect a person's health. A demonstration and taste testing will complete your learning.

Personal Journaling for Wellbeing 1681HP3J01

Tuesday 8th August | 18.30 - 20.30 | 1 week
Philip Maurant Centre | Price: £30 - Senior Citizen £30
Tutor: Karen Ewing

A workshop to help you start journaling and use it as a key to working towards and releasing your fullest personal potential. A great course to help personal wellbeing and development.

Please complete this form in BLOCK CAPITALS in black ballpoint pen and tick boxes where required

STUDENT APPLICATION FORM

Please send your completed form, with payment (where applicable), to Student Records, Highlands College, Highlands Lane, St Saviour, JE1 1HL or Fax: 608600



Personal Details

Surname:

First Name(s):

Title (Mr/Mrs etc): Date of Birth:

Address:

.....

.....

.....

.....

Parish: Post Code:

Home Tel: Work Tel:

Mobile:

E-mail:

Nationality:

How long have you been resident in Jersey?.....

Local Emergency Contact

Name:

Tel:

Medical Conditions / Disabilities

Do you suffer from any medical condition or disability? Yes ☐ No ☐

Please give details:

.....

Could this affect your participation on the course applied for? Yes ☐ No ☐

If you DO NOT wish the above to be disclosed to your course tutor(s) please tick box: ☐

Fee Concession (Adult and Community Education courses only)

A fee concession is considered for courses ONLY if you are registered as (please tick 1 box only). Please read and sign the authorisation statement below.

Unemployed / Jobseeker ☐ Senior Citizen (aged 60+) ☐

I am claiming an Unemployment / Jobseeker fee concession and I authorise the Social Security Department to release details regarding my claims and benefits to Student Records, at Highlands College.

My Social Security number is:

Applicant's Signature..... Date.....

Course(s) for enrolment

Highlands College reserves the right to cancel or amend any course.

FEES ARE NON-REFUNDABLE UNLESS THE COURSE IS CANCELLED BY HIGHLANDS COLLEGE. COURSE PLACES ARE NON-TRANSFERABLE TO ANOTHER PERSON.

	Course Code	Course Title	Start Date	Fee
1st Choice				
2nd Choice				

If, on receipt of your application, your 1st choice course is full, you will automatically be enrolled on your 2nd choice if one has been indicated and there are places. Please enclose fees for your 1st choice course only.

Data Protection Statement – Data Protection Statement – The information you provide will be processed for the purpose of administration, careers and, guidance and statistical purposes. To ensure confidentiality and privacy, all processing will be carried out under the requirements of the Data Protection (Jersey) Law 2005. Highlands College has data sharing agreements with other States of Jersey departments. If you would like to know more about these please contact Highlands College on Tel: 608608. Should you require us to seek your individual consent to these disclosures please advise us in writing at the following address:- College Information Services, Highlands College, Highlands Lane, St Saviour, JE1 1HL. It may be necessary for staff to discuss sensitive personal information to support you during your educational time at Highlands College. **If the sponsor is paying, attendance, progression and exam information will be released at the sponsor's request.** Acceptable User Policy – Users of ICT facilities have to accept this policy prior to accessing these resources.

I certify that the details for this application are current and correct to the best of my knowledge

Applicant's

Signature:

Date:

If you DO NOT want this information to be used for marketing purposes by Highlands College please tick box. ☐

Tutor/Tm Admin's Signature:

Tutor, if you alter the fee in any way please clarify by giving reason below:

FOR OFFICE USE ONLY

HOF Sig:

Payment method:

Student ID: HC

Firm code:

Input by:

Date input:

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PART-TIME

Vocational & Short Courses 2017/18

UPSKILL

RE-SKILL

CAREER SWITCH

T 608608 | E info@highlands.ac.uk
www.highlands.ac.uk





Our part-time vocational courses offer you the opportunity to gain introductory qualifications in a new vocational subject without having to leave your current job or commit to full-time learning.

So whether you're a full time mum, part-time worker or perhaps new to the island and wish to enhance your skills with a short daytime, weekend or evening class, our part-time vocational courses can help you achieve your career training aspirations.

- Affordable course costs
- Train around your work commitments
- Gain a qualification in a short time period
- Explore a new industry field without investing lots of time and money
- Courses offered all year-round

What's the difference between Leisure Learning and Part-time Vocational courses?

Leisure Learning courses are not certified, therefore you will not gain a recognised qualification on completion.

Our Part-time vocational courses are all industry-verified and certified via City & Guilds and other awarding bodies and you will be assessed as part of your training.

VENUES

- STWC** St Thomas' Welcome Centre
- HC** Highlands College, St Saviour
- JSPCA** JSPCA - Animal Shelter

English for Speakers of Other Languages (ESOL) To enrol contact: T 01534 608670 | E esol@highlands.ac.uk

Assessment - All students who wish to enrol onto any ESOL courses must attend a free assessment first:
Weekly at the The Welcome Centre, St Thomas' Church: Thursdays 1pm-3pm / Saturdays 2pm-4.30pm

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1697ADWK04	Cambridge A2/B1	8 Jul 17	21 Oct 17	Saturday	14	STWC	110
1697PESL08	Starter 2/3 Pre Entry Skills for Working Life	17 Jun 17	20 Jan 18	Saturday	14	STWC	220
1697WRWK06	Writing Workshop Skills for Working Life	8 Jul 17	21 Oct 17	Saturday	14	STWC	110
1697FCEN04	Cambridge English: First [B2]	15 Jun 17	8 Feb 18	Thursday	28	HC	450
1697CKET03	Cambridge English: Key [A2]	6 Jul 17	1 Mar 18	Thursday	28	STWC	356
1697WRWK05	Writing Workshop Skills for Working Life	13 Jun 17	10 Oct 17	Tuesday	14	STWC	110
1697CPET04	Cambridge English: Preliminary [B1]	14 Jun 17	7 Feb 18	Wednesday	28	HC	414
1697ELEM03	ESOL Elementary A1	14 Jun 17	7 Feb 18	Wednesday	28	STWC	220

Beauty Therapy To enrol contact: T 608596 | E hairandbeauty@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1754AROM01	City & Guilds Level 3 Award in Aromatherapy Massage *Candidates must hold an accredited Level 3 massage qualification.	11 Sep 17	9 Oct 17	Monday	5	HC	250
1654INHM01	City & Guilds Level 3 Award in Indian Head Massage	26 Jun 17	24 Jul 17	Monday	5	HC	250
1654TANN01	City & Guilds Level 3 Award in Tanning	31 Jul 17	21 Aug 17	Monday	4	HC	250
1754DBT301	City & Guilds NVQ Level 3 Diploma in Beauty Therapy **Candidates must have good prior knowledge of anatomy and physiology.	8 Jan 18	26 Nov 18	Monday	43	HC	900
1654BDMA04	City & Guilds Level 3 Award in Body Massage	5 Aug 17	28 Oct 17	Saturday	12	HC	395
1754CBTS01	City & Guilds Level 2 Certificate in Beauty Therapy Services	7 Sep 17	07 Jun 18	Thursday	32	HC	845
1754GNAL03	Certificate in Gel Nails	17 Apr 18	5 Jun 18	Tuesday	8	HC	195
1754GNAL02	Certificate in Gel Nails	9 Jan 18	6 Mar 18	Tuesday	8	HC	195
1754GNAL01	Certificate in Gel Nails	12 Sep 17	7 Nov 17	Tuesday	8	HC	195
1754REFL01	City & Guilds Level 3 Diploma in Reflexology	18 Apr 18	6 Feb 19	Wednesday	38	HC	1195
1754DBT201	City & Guilds NVQ Level 2 Diploma in Beauty Therapy	10 Jan 18	28 Nov 18	Wednesday	47	HC	900
1754BDMA01	City & Guilds Level 3 Award in Body Massage	13 Sep 17	6 Dec 17	Wednesday	12	HC	395
1754BDMA02	City & Guilds Level 3 Award in Body Massage	21 Feb 18	30 May 18	Wednesday	12	HC	395
1754BDMA03	City & Guilds Level 3 Award in Body Massage	27 Jun 18	12 Sep 18	Wednesday	12	HC	395
1654DNAS01	City & Guilds Level 2 NVQ Diploma in Nail Services	17 Jul 17	19 Mar 18	Monday	30	HC	795

***Candidates must be aged 18 or over to enrol onto City & Guilds Beauty courses, except NVQ Apprenticeships which require the candidate to be employed in industry and there is no age restriction.

Hairdressing To enrol contact: T 608596 | E hairandbeauty@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1753HRMP01	Certificate in Hairstyling and Make-up	12 Sep 17	5 Dec 17	Tuesday	12	HC	340
1753TRET01	City & Guilds Level 2 Diploma in Retail	7 Feb 18	7 Nov 18	Wednesday	40	HC	1165
1653HRAPY1	City & Guilds NVQ Level 2 Hairdressing - Year 1	2 Aug 17	25 Jul 18	Wednesday	47	HC	900
1753HRAPY2	City & Guilds NVQ Level 3 Hairdressing - Year 2	11 Sep 17	30 Apr 18	Monday	47	HC	900
1753HREF01	Hairdressing Refresher Course	13 Sep 17	2 May 18	Wednesday	27	HC	650

Computing To enrol contact: T 608529 | E aileen.simmonds@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1771E00601	COMPTIA Network+	14 Sep 17	23 Nov 17	Thursday	10	HC	895
1771E90101	COMPTIA A+	12 Sep 17	12 Dec 17	Tuesday	13	HC	800

Childcare To enrol contact: T 608515 | E jean.england@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1741INWC01	Working with Children in Jersey	18 Sep 17	27 Nov 17	Monday	10	HC	171
1741SSTL01	CACHE Level 3 Diploma in Specialist Support for Teaching and Learning in Schools	7 Nov 17	29 Nov 19	Tuesday	23	HC	911
1740CCL201	CACHE Level 2 Certificate for the Children and Young Peoples Workforce	22 Sep 17	29 Mar 19	Friday	15	HC	869
1740CCL301	CACHE Level 3 Diploma for the Early Years Workforce	29 Sep 17	31 Mar 20	Friday	16	HC	1215

Counselling To enrol contact: T 608515 | E jean.england@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1742INCS01	CPCAB Introduction to Counselling Skills	18 Sep 17	4 Dec 17	Monday	10	HC	321
1742ADCIY1	CPCAB Level 4 Diploma in Therapeutic Counselling - Year 1	4 Sep 17	9 Jul 18	Monday	36	HC	2200
1742INCS02	CPCAB Introduction to Counselling Skills	21 Sep 17	30 Nov 17	Thursday	10	HC	321
1742ICCT01	CPCAB Intermediate Certificate in Counselling Studies	20 Sep 17	27 Jun 18	Wednesday	30	HC	1182
1742ICCS01	CPCAB Level 2 Certificate in Counselling Skills	18 Sep 17	11 Jun 18	Monday	30	HC	1182
1742ICCS02	CPCAB Level 2 Certificate in Counselling Skills	20 Sep 17	27 Jun 18	Wednesday	30	HC	1182

Culinary Arts and Hospitality Studies To enrol contact: T 608596 | E academy@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1757ABSS01	Advanced Bar Service Skills	9 Mar 18	12 Mar 18	Friday	2	HC	185
1757BSSK02	Bar Service Skills	8 Jun 18	11 Jun 18	Friday	2	HC	165
1757BSSK01	Bar Service Skills	13 Oct 17	16 Mar 18	Friday	2	HC	165
1757WSIN01	WSET Level 2 Award in Wines & Spirits	15 Sep 17	24 Nov 17	Friday	10	HC	325
1757WSAD01	WSET Level 3 Award in Wines & Spirits	12 Jan 18	18 May 18	Friday	15	HC	445
1757BARI01	Barista Training	6 Nov 17	6 Nov 17	Monday	1	HC	95
1757BARI02	Barista Training	29 Jan 18	29 Jan 18	Monday	1	HC	95
1757BARI03	Barista Training	25 Jun 18	25 Jun 18	Monday	1	HC	95
1757IDFB01	City & Guilds Level 2 Diploma in Food and Beverage Service	Sep 17	18 Jun 18	TBC	32	HC	820
1757IDPA01	City & Guilds Certificate in General Patisserie and Confectionery	18 Sep 17	18 Jun 18	Monday	31	HC	820
1757ICFPY1	City & Guilds Level 1 Certificate in Culinary Skills - Year 1	19 Sep 17	12 Jun 18	Tuesday	32	HC	820
1757CDCSY1	City & Guilds Level 2 Diploma in Culinary Skills - Part-time	19 Sep 17	5 Jun 18	Tuesday	30	HC	620
1757DHSL01	City & Guilds NVQ Diploma in Hospitality Supervision and Leadership	19 Sep 17	12 Jun 18	Tuesday	32	HC	1660
1757BUDC02	Budding Chefs	17 Jan 18	7 Feb 18	Wednesday	4	HC	65
1757BUDC01	Budding Chefs	8 Nov 17	29 Nov 17	Wednesday	4	HC	65
1757BUDC03	Budding Chefs	16 May 18	6 Jun 18	Wednesday	4	HC	65
1757IDFP01	City & Guilds Level 2 Diploma in Culinary Skills - Day Release	20 Sep 17	20 Jun 18	Wednesday	32	HC	880
1757FSC202	Food Safety in Catering	24 Jan 18	7 Feb 18	Wednesday	3	HC	102
1757FSC203	Food Safety in Catering	16 May 18	30 May 18	Wednesday	3	HC	102
1757FSC201	Food Safety in Catering	4 Oct 17	18 Oct 17	Wednesday	3	HC	102
1757SFS301	Supervising Food Safety	21 Feb 18	28 Mar 18	Wednesday	6	HC	355
1757WSFC01	WSET Level 1 Award in Wines	13 Sep 17	4 Oct 17	Wednesday	4	HC	105
1757WSFC03	WSET Level 1 Award in Wines	16 May 18	6 Jun 18	Wednesday	4	HC	105
1757WSFC02	WSET Level 1 Award in Wines	8 Nov 17	29 Nov 17	Wednesday	4	HC	105
1757WSIN02	WSET Level 2 Award in Wines & Spirits	10 Jan 18	21 Mar 18	Wednesday	10	HC	325
1757WSIN02	WSET Level 2 Award in Wines & Spirits	10 Jan 18	21 Mar 18	Wednesday	10	HC	325

Animal Management To enrol contact: T 608515 | E jean.england@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1741CANC01	City & Guilds Level 2 Certificate in Animal Care	19 Sep 17	26 Jun 18	Tuesday	33	JSPCA	715

Teacher Training To enrol contact: T 608501 | E sheila.mcintosh@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
1716DTLL01	Level 5 Diploma in Education and Training	16 Apr 1	15 Jul 19	Monday	40	HC	3600
1716CET401	Level 4 Certificate in Education and Training	4 Sep 17	9 Jul 18	Monday	25	HC	1440
1716AET301	Level 3 Award in Education and Training	5 Sep 17	30 Jan 18	Tuesday	17	HC	645
1716AET302	Level 3 Award in Education and Training	7 Sep 17	1 Feb 18	Thursday	17	HC	645
1716TAQA01	Level 4 Award in the internal quality assurance of assessment processes and practice	8 Sep 17	6 Jul 18	Friday	30	HC	540
1716ASAW01	Level 3 Award in assessing vocationally related achievement	8 Sep 17	6 Jul 18	Friday	30	HC	500

GCSE To enrol contact: T 608640 | E gill.daley@highlands.ac.uk

CODE	COURSE	START	END	START DAY	WEEKS	VENUE	FEE
-	iGCSE English Language (Cambridge)	14 Sep 17	10 May 18	Thursday	29	HC	350
-	GCSE Mathematics (AQA)	12 Sep 17	5 Jun 18	Tuesday	31	HC	350

Construction To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
Woodwise Machinery Training (1 day course)	This course runs on demand, please enquire			HC	331
Institute of Carpenters Foundation/Intermediate Examinations (for Mature Tradesmen)	12 Sep 17	Tuesday	1	HC	888
Cskills Awards Levels 1 & 2 Diploma in Bricklaying	14 Sep 17	Thursday	3	HC	1048
Cskills Awards Level 3 Diploma in Brickwork	14 Sep 17	Thursday	1	HC	1048
Cskills Awards Levels 1 & 2 Diploma in Wood Occupations (Site/Bench)	11 Sep 17	Monday	3	HC	989
Cskills Awards Level 3 Diploma in Wood Occupations (Site/Bench)	12 Sep 17	Tuesday	1	HC	989
Domestic Unvented Hot Water Certificate (1 day course)	This course runs on demand, please enquire			HC	210
BTEC Subsidiary Diploma in Construction and the Built Environment	13 Sep 17	Wednesday	2	HC	762
HNC Diploma in Construction	11 Sep 17	Monday	2	HC	1200

Plumbing To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
Level 2 Diploma in Plumbing Studies	12 Sep 17	Tuesday	2	HC	36
Level 3 Diploma in Plumbing Studies	13 Sep 17	Wednesday	2	HC	36

Electrical Installations To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
Level 2 Diploma in Electrical Installations (Buildings and Structures)	12 Sep 17	Tuesday	2	HC	994
Level 3 Diploma in Electrical Installations (Buildings and Structures)	13 Sep 17	Wednesday	2	HC	994
Portable Appliance Testing (3 day course)	This course runs on demand, please enquire			HC	395

Motor Vehicle To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
IMIAL Level 2 Diploma in Light Vehicle Maintenance and Repair Principles	12 Sep 17	Tuesday	2	HC	969
IMIAL Level 3 Technical Diploma in Light Vehicle Maintenance and Repair Principles	13 Sep 17	Wednesday	1	HC	969

Welding & Fabrication To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
ABC Welding and Fabrication Practice Level 2 Certificate	14 Sep 17	Thursday	2	HC	340
ABC Welding and Fabrication Practice Level 3 Certificate	13 Sep 17	Wednesday	1	HC	1165
ABC Welding and Fabrication Practice Level 3 Diploma	13 Sep 17	Wednesday	1	HC	900

Painting & Decorating To enrol contact: T 608615 | E caroline.shales@highlands.ac.uk

COURSE	START	START DAY	YEARS	VENUE	FEE
Cskills Awards Levels 1 & 2 Diploma in Painting and Decorating	14 Sep 17	Thursday	3	HC	340
Cskills Awards Level 3 Diploma in Painting and Decorating	14 Sep 17	Thursday	1	HC	1165

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