

SUMMER 2020 COURSES

# Highlands College Adult & Community Education

Adult & Community Education  
Telephone: 608655 | email: [ace@highlands.ac.uk](mailto:ace@highlands.ac.uk)  
   



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# Welcome to the Summer programme of Adult & Community Leisure Learning courses

When the sun shines, we all feel so much better, so what better time to step into leisure learning. There really is something for everyone.

Some of the new courses we have on offer include crafty card creations, macrame, sewing children's clothing, wilderness and outdoor skills, Italian, golf and mindful yoga. Of course, many of the all-time favourites which our students come back for again and again are on the programme too. We are proud to be the largest learning community in the

Island, and the most diverse. Our students range in age from 18 to well into their 90's and are all full of character and fun. Classes are held in our centre in Trinity, the main college in St Saviour and some smaller centres around the Island.

The ACE team are here to help, so please do contact Kim or Glenda for advice or to answer any questions to get you enrolled on your chosen course. Just take a look, we may surprise you.

Excellent tutor, very enthusiastic and patient. Stories and insight from French life was fascinating Thank you Catherine. Well done

*Catherine Rousseaux – French Beginner Stage 3*

Excellent and fun course in how to make Sushi. Christian explained and demonstrated the techniques so well and was very patient with us. I was able to leave the class with confidence in knowing that I could make Sushi at home.

*Christian Bation – Sushi School*

**h** Adult Community Education

## CONTACT US TODAY

Telephone: 608655 / 608632 | [E ace@highlands.ac.uk](mailto:ace@highlands.ac.uk)  
[www.highlands.ac.uk](http://www.highlands.ac.uk)

## HOW TO ENROL

### ONLINE



The best way to enrol is by visiting our website:  
**[www.highlands.ac.uk](http://www.highlands.ac.uk)**



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



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



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

### BY POST



Complete the application form supplied in this programme and return to the address at the top. Alternatively, to print off additional application forms, visit our website:  
**[www.highlands.ac.uk/application-forms](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 ACE team can happily enrol you over the phone. Please call directly on **608655** or **608632**.

### VISIT US

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

#### TERMS & CONDITIONS

##### Eligibility for ACE courses

The Adult & Community Education (ACE) programme is only available to students who are aged 18 or over. *(unless specified in the course information)*

##### Application priority

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

##### Fee concessions

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

##### Cancellations

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

##### Refunds

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

**Course places cannot be deferred to another term and are not transferable to another person.**



## 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

- HighlandsACE
- Highlands\_JSJ
- Highlandscollegejersey



## Like to teach a course next term?

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

**h** Adult Community Education

## FAQ

#### Can anyone apply for a course?

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

#### How do I apply for a course?

You can book and pay for your ACE course online.

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

#### How do I pay for a course?

- **Use a MasterCard, Visa or Maestro credit or debit card online**
- **Supply mastercard, visa or Maestro credit or debit card information over the telephone or by person only.** It is no longer acceptable to take written note of your card details.
- **Pay by cheque.** Cheques should be made out to "Treasurer of the States". If you are applying for more than one course please enclose separate cheques for each. This will enable us to return fees for courses that are already full and still process other applications without delay. Post your form and cheque to Highlands College - Student Records, Highlands Lane, St Saviour JE1 1HL.

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

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

#### What do my course fees pay for?

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

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

#### When do courses run?

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

#### What if my course is relocated, rescheduled or cancelled?

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





**Get Started in Pottery**  
**Saturday 25 April 2020 | 10am - 12.30pm | 1 week**  
**Price: £50 - Senior Citizen: £50**  
**1981AC3G01**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

A short course to introduce students to pottery. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Get Started in Pottery**  
**Saturday 20 June 2020 | 10am - 12.30pm | 1 week**  
**Price: £50 - Senior Citizen: £50**  
**1981AC3G02**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

A short course to introduce students to pottery. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Pottery for Beginners and Improvers**  
**Monday 11 May 2020 | 10am - 12.30pm | 8 weeks**  
**Price: £180 - Senior Citizen: £130**  
**1981AC3P01**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Pottery for Beginners and Improvers**  
**Monday 11 May 2020 | 6.45pm - 9.15pm | 8 weeks**  
**Price: £180 - Senior Citizen: £130**  
**1981AC3P02**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Pottery for Beginners and Improvers**  
**Tuesday 05 May 2020 | 10am - 12.30pm | 9 weeks**  
**Price: £203 - Senior Citizen: £153**  
**1981AC3P03**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Pottery for Beginners and Improvers**  
**Tuesday 05 May 2020 | 6.45pm - 9.15pm | 9 weeks**  
**Price: £203 - Senior Citizen: £153**  
**1981AC3P04**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

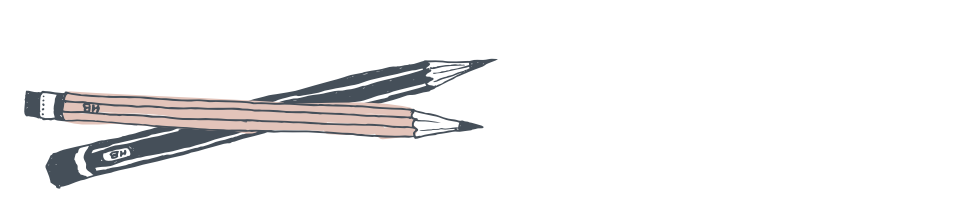
**Pottery for Beginners and Improvers**  
**Wednesday 06 May 2020 | 6.45pm - 9.15pm | 9 weeks**  
**Price: £203 - Senior Citizen: £153**  
**1981AC3P06**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.

**Pottery for Beginners and Improvers**  
**Thursday 07 May 2020 | 6.45pm - 9.15pm | 9 weeks**  
**Price: £203 - Senior Citizen: £153**  
**1981AC3P08**  
**Philip Maurant Centre**  
**Raymond Ubsdell**

Explore the world of clay and creativity in the pottery workshop at the Philip Maurant Centre with tutor Ray Ubsdell. Learn the techniques of hand building, throwing on the wheel and glazing. Develop your creativity and skills to produce your own masterpiece. Please bring an apron or old shirt to protect your clothing, students must wear closed in shoes.





**The Art of Drawing and Painting**  
**Tuesday 05 May 2020 | 6.45pm - 8.45pm | 9 weeks**  
**Price: £135 - Senior Citizen: £104**

Learn about perspective, painting and drawing the landscape, figure drawing and faces, composition for still-life and much more. This comprehensive evening course will introduce you to materials such as graphite, inks, charcoal, soft pastels, acrylic paints and oils.

**Explore Drawing**  
**Wednesday 13 May 2020 | 7pm - 9pm | 8 weeks**  
**Price: £120 - Senior Citizen: £90**

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

**Sketch Book Drawing and Watercolours**  
**Tuesday 05 May 2020 | 11.30am - 1.30pm | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

This is a course for those who love to sketch. Basic drawing techniques, perspective and tone will be taught and sketching using watercolours will also be included. Check out the tutor's own work on Instagram - anntemorgan and Facebook - Ann Morgan artist.

**Drawing for the Terrified Beginners and Improvers**  
**Tuesday 05 May 2020 | 11.30am - 1.30pm | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

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

**More Drawing for the Terrified Beginners with Watercolours**  
**Tuesday 05 May 2020 | 1.45pm - 3.45pm | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

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

**Drawing for the Terrified With Watercolours**  
**Thursday 07 May 2020 | 10am - 12pm | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

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



**Drawing and Watercolour Moving On**  
**Thursday 07 May 2020 | 2pm - 4pm | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

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.

**Mixed Media Art**  
**Friday 05 June 2020 | 9.30am - 12.30pm | 6 weeks**  
**Price: £160 - Senior Citizen: £130**

An opportunity to experiment with watercolour painting, acrylic paint and thermofax screen printing. Seven weeks of experimental work in these different art forms, sign up and enjoy something new.

**Landscape Painting With Oils**  
**Tuesday 21 July 2020 | 9.15am - 11.45am | 6 weeks**  
**Price: £120 - Senior Citizen: £90**

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

**Painting With Oils**  
**Tuesday 05 May 2020 | 9.15am - 11.45am | 9 weeks**  
**Price: £158 - Senior Citizen: £117**

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.

**Adventures in Watercolour Intermediate**  
**Thursday 07 May 2020 | 9.30am - 11.30am | 9 weeks**  
**Price: £126 - Senior Citizen: £99**

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. Check out the tutor's own work on Instagram - anntemorgan and Facebook - Ann Morgan artist.

**Watercolours and the Rest**  
**Tuesday 05 May 2020 | 12pm - 2pm | 8 weeks**  
**Price: £112 - Senior Citizen: £88**

For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice. During the summer term we try to venture outside to paint or sketch views of our beautiful island.

**Watercolours and the Rest**  
**Wednesday 06 May 2020 | 9.30am - 11.30am | 8 weeks**  
**Price: £112 - Senior Citizen: £88**

For those who have either completed a beginners course or have some experience in painting with this medium. Develop ideas and methods, explore new exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice. During the summer term we try to venture outside to paint or sketch views of our beautiful island.

**Digital Photography for Beginners**  
**Tuesday 05 May 2020 | 6.30pm - 9pm | 9 weeks**  
**Price: £216 - Senior Citizen: £153**

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.



**Crafty Card Creations**  
**Tuesday 05 May 2020 | 1.30pm - 3.30pm | 9 weeks**  
**Price: £122 - Senior Citizen: £90**

Handcrafted cards say so much. Create beautiful cards using many different paper craft techniques. Fun class using papers, embellishments, decoupage and lots of crafty goodies to get you creative. A material fee of £12.00 will be payable at the first session.

**Amigurumi for Beginners**  
**Monday 15 June 2020 | 6.45pm - 8.45pm | 2 week**  
**Price: £55 - Senior Citizen: £55**

Learn the basics of amigurumi. You will learn to read amigurumi patterns and make an amigurumi ball which we will embellish. Knowledge of chain stitch and double crochet would be beneficial. Hooks and materials will be provided. Students can bring their own pattern if you wish.

**Beginners Traditional Crochet**  
**Wednesday 06 May 2020 | 6.45pm - 8.45pm | 9 weeks**  
**Price: £122 - Senior Citizen: £90**

Focusing on smaller items such as baby blankets, toys and puzzle balls, adult sun hats and bags. Suitable for absolute beginners and more confident crocheters. Please bring crochet hooks if you already have some. All materials will be provided.

**Macrame Plant Hanger**  
**Sunday 19 April 2020 | 10am - 2pm | 1 week**  
**Price: £48 - Senior Citizen: £48**

A four-hour course to get you proficient at three basic macrame knots, enough to make a beautiful plant hanger. Cream macrame cord, ring and beads included. Arrive with just your enthusiasm and leave with your creation.

**Summer Crochet - Intermediate Level**  
**Tuesday 05 May 2020 | 6.45pm - 8.45pm | 9 weeks**  
**Price: £122 - Senior Citizen: £90**

This course is suitable for those with crochet experience. Using different cottons, stitches and colour to add texture to your crochet. Exploring crochet in the round to produce summer products such as hats, alfresco place mats, beach bags and shawls. Please bring along any crochet hooks you own, patterns and accessories will be provided along with advice for your chosen project.

**Tunisian Crochet Day**  
**Saturday 06 June 2020 | 9.30am - 1.30pm | 1 week**  
**Price: £55 - Senior Citizen: £55**

An opportunity to try Tunisian crochet, not knitting or crochet, something new for everyone. All materials provided, tools and additional patterns/books available to buy on the day.

**1981CA3C01**  
**Philip Mourant Centre**  
**Lynn Whitehouse**

**1981CC3A01**  
**Philip Mourant Centre**  
**Nicky Marett**

**1981CC3B01**  
**Philip Mourant Centre**  
**Hazel McLaren**

**1981CC3M01**  
**Philip Mourant Centre**  
**Heidi Grimes**

**1981CC3S01**  
**Philip Mourant Centre**  
**Hazel McLaren**

**1981CC3T01**  
**Philip Mourant Centre**  
**Hazel McLaren**

**1981AD3A01**  
**Philip Mourant Centre**  
**Michelle Le Cornu**

**1981AD3E01**  
**Philip Mourant Centre**  
**Julia Coutanche**

**1981AD3S02**  
**Philip Mourant Centre**  
**Ann Morgan**

**1981AD3T01**  
**Philip Mourant Centre**  
**Barbara Jackson**

**1981AD3T02**  
**Philip Mourant Centre**  
**Barbara Jackson**

**1981AD3T03**  
**Philip Mourant Centre**  
**Barbara Jackson**

**1981AD3T04**  
**Philip Mourant Centre**  
**Barbara Jackson**

**1981AM3E02**  
**Philip Mourant Centre**  
**Lisa Bloomer**

**1981AO3L01**  
**Outdoor Location**  
**Michelle Le Cornu**

**1981AO3P01**  
**Philip Mourant Centre**  
**Michelle Le Cornu**





**Make a Lined Summer Beach Bag**

**Saturday 06 June 2020 | 10am - 4pm | 1 week**  
**Price: £60 - Senior Citizen: £60**

Make a lined summer beach bag, you decide the size. Personalise the inside to suit your needs, by adding a zipped pocket to keep valuables safe, slipped or partition pockets for easy access items. Add your choice of handle.

**Make an Outfit for a Child**

**Saturday 27 June 2020 | 10am - 4pm | 1 week**  
**Price: £60 - Senior Citizen: £60**

Do you have a child in the family and want to learn how to make something original for them to wear? Make an outfit consisting of soft leggings, a skirt or shorts and a top, step by step with tutor Suzy.

**Upcycling Fashion**

**Wednesday 10 June 2020 | 7pm - 9pm | 4 weeks**  
**Price: £85 - Senior Citizen: £70**

Bring a preloved item of clothing and turn it into something new and unique Learn to make a shirt into a dress or top, trousers into a skirt, or any item of clothing into a child's outfit. Machine skills desirable.

**Machine Sewing for Beginners**

**Tuesday 05 May 2020 | 7pm - 9pm | 2 weeks**  
**Price: £50 - Senior Citizen: £50**

Covering the basics of using a bobbin, threading the machine and checking tension. Going on to make samples using different stitches and making a small item such as an applique square or patchwork pin cushion that shows off these skills.

**Patchwork and Quilting**

**Monday 11 May 2020 | 1pm - 3pm | 7 weeks**  
**Price: £109 - Senior Citizen: £81**

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

**1981CS3B01**

**Philip Maurant Centre**  
**Suzy Winstanley**

**1981CS3C01**

**Philip Maurant Centre**  
**Suzy Winstanley**

**1981CS3F01**

**Philip Maurant Centre**  
**Suzy Winstanley**

**1981CS3M01**

**Philip Maurant Centre**  
**Suzy Winstanley**

**1981CS3P01**

**Philip Maurant Centre**  
**Mary Dunford**

**Patchwork and Quilting**

**Thursday 07 May 2020 | 1pm - 3pm | 8 weeks**  
**Price: £124 - Senior Citizen: £92**

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

**Make a Relaxed Fit Dress**

**Thursday 14 May 2020 | 7pm - 9pm | 4 weeks**  
**Price: £85 - Senior Citizen: £70**

Learn to make a relaxed fit dress from new fabric or an old top or dress and revamp into something to be proud of. Adult or child size, have an original piece you won't see anyone else wearing.

**Upholstery**

**Monday 11 May 2020 | 9.30am - 12.30pm | 7 weeks**  
**Price: £137 - Senior Citizen: £98**

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

**Upholstery**

**Thursday 07 May 2020 | 9.30am - 12.30pm | 8 weeks**  
**Price: £156 - Senior Citizen: £112**

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

**1981CS3P02**

**Philip Maurant Centre**  
**Mary Dunford**

**1981CS3S01**

**Philip Maurant Centre**  
**Suzy Winstanley**

**1981CU3F01**

**Philip Maurant Centre**  
**Mary Dunford**

**1981CU3F02**

**Philip Maurant Centre**  
**Mary Dunford**



**Argentinian Tango**

**Monday 01 June 2020 | 8pm - 9.30pm | 6 weeks**  
**Price: £80 - Senior Citizen: £65**

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

**Burlesque for Beginners and Improvers**

**Monday 11 May 2020 | 7pm - 8pm | 8 weeks**  
**Price: £88 - Senior Citizen: £76**

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.

**Dancefit**

**Monday 11 May 2020 | 9.30am - 10.20am | 6 weeks**  
**Price: £63 - Senior Citizen: £54**

Make your exercise fun with this Dancefit class. Get your hips moving, an all over body work out to strengthen, condition and tone, easy to follow dance work out. Suitable for all levels, so sign up and get your week started with this fitness course and put a smile on your face.

**Salsa Beginners Workshop**

**Monday 11 May 2020 | 6.45pm - 7.45pm | 1 week**  
**Price: £12 - Senior Citizen: £12**

A fun relaxed introduction to this relaxed social dance. Couples and single dancers all welcome.

**Salsa Improvers and Intermediate**

**Monday 01 June 2020 | 6.45pm - 7.45pm | 6 weeks**  
**Price: £54 - Senior Citizen: £44**

Enjoy the challenge of more intricate salsa moves in a fun and sociable atmosphere. This will include both cross body and cuban rueda styles.

**Noisy Feet - Calorie Burn**

**Thursday 07 May 2020 | 7pm - 7.50pm | 8 weeks**  
**Price: £100 - Senior Citizen: £88**

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! The most fun you can have with your shoes on! \*Excluding dates: 14 and 28 May

**Noisy Feet - Calorie Burn**

**Thursday 07 May 2020 | 8pm - 8.50pm | 8 weeks**  
**Price: £100 - Senior Citizen: £88**

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! The most fun you can have with your shoes on! \*Excluding dates: 14 and 28 May

**1981DA3T01**

**St Martins School**  
**Ann Dove**

**1981DB3B01**

**Springfield School**  
**Victoria Phillips**

**1981DF3D01**

**Trinity Parish Hall**  
**Joanne Matson**

**1981DS3B01**

**St Martins School**  
**Ann Dove**

**1981DS3S01**

**St Martins School**  
**Ann Dove**

**1981DT3C01**

**Jersey Opera House**  
**Christophe Chateau**

**1981DT3C02**

**Jersey Opera House**  
**Christophe Chateau**





**Wilderness and Outdoor Skills**

**Monday 20 April 2020 | 5.30pm - 7.30pm | 8 weeks**  
**Price: £145 - Senior Citizen: £115**

Are you a budding Bear Grylls? Would you like to learn more outdoor and bush craft skills? Harry is offering an eight-week course based on fire, water, navigation, survival, foraging, first aid, cutting tools and wilderness fishing and trapping. This is an outdoor course and will take place whatever the weather.  
\*Please note the class on bank holiday Monday 4 May will take place on Tuesday 5 May. The course will exclude bank holiday Monday 25 May.

**Saturday Low Water Fishing**

**Saturday 09 May 2020 | 1.30pm - 4.30pm | 1 week**  
**Price: £35 - Senior Citizen: £35**

Discover low water rock pools to create lovely memories and taste what Jersey truly has to offer. Students will meet at La Pulente slipway and should wear water shoes and shorts, wellington boots and trousers are not advisable.

**Sunday Low Water Fishing**

**Sunday 10 May 2020 | 1.30pm - 4.30pm | 1 week**  
**Price: £35 - Senior Citizen: £35**

Discover low water rock pools to create lovely memories and taste what Jersey truly has to offer. Students will meet at La Pulente slipway and should wear water shoes and shorts, wellington boots and trousers are not advisable.

**1981GA3W01**

**Outdoor Location**  
**Harry Matthews**

**1981GF3W01**

**Outdoor Location**  
**Patrick Hogge**

**1981GF3W02**

**Outdoor Location**  
**Patrick Hogge**

**Living Jersey Journey Through Jersey - Summer Walks**

**Wednesday 06 May 2020 | 10am - 12pm | 9 weeks**  
**Price: £126 - Senior Citizen: £95**

A fascinating nine week outdoor walking course visiting very special features of Jersey, the tours are all are easy going. Features of Jersey's history and heritage are brought to life by your tutor Pete Webb a Blue Badge Guide. A list of meeting points will be given prior to the course commencing.

**Holocaust 75 years on - How did it happen?**

**Monday 11 May 2020 | 7pm - 9pm | 1 week**  
**Price: £35 - Senior Citizen: £35**

What was the Holocaust and why did it happen? Was it kept a secret from ordinary Germans? In the 75th anniversary of the liberation of camps such as Auschwitz - Birkenau and Bergen-Belsen, find out the answer to these questions and more.

**Holocaust 75 years on - How did it happen?**

**Saturday 16 May 2020 | 10am - 12pm | 1 week**  
**Price: £35 - Senior Citizen: £35**

What was the Holocaust and why did it happen? Was it kept a secret from ordinary Germans? In the 75th anniversary of the liberation of camps such as Auschwitz - Birkenau and Bergen-Belsen, find out the answer to these questions and more.

**1981GL3J01**

**Outdoor Location**  
**Peter Webb**

**1981GX3H01**

**Highlands College**  
**Beth Rosser**

**1981GX3H02**

**Highlands College**  
**Beth Rosser**

HEALTH & LIFESTYLE

**Improve your Mental Health and Wellbeing**

**Wednesday 06 May 2020 | 7pm - 9pm | 5 weeks**  
**Price: £90 - Senior Citizen: £70**

Learn how to dance in the rain. This course will help you to create your own unique book that will dispel any unwanted thoughts and feelings and forever remind you how to maintain and cultivate a more joy billed life.

**Mindfulness Meditation**

**Tuesday 05 May 2020 | 6.45pm - 8.45pm | 9 weeks**  
**Price: £125 - Senior Citizen: £90**

This is for newcomers and experienced practitioners to practise mindfulness through sitting and walking meditation in a calm, supportive environment. The sitting meditation will mainly focus on breathing, but some guided meditations will be used. Mindfulness in everyday activities will be explored throughout the course.

**Introduction to Reflexology**

**Monday 01 June 2020 | 9.30am - 12.30pm | 6 weeks**  
**Price: £165 - Senior Citizen: £118**

Master the art of Reflexology with Lisa Bloomer IFR, an ancient form of massage dating back to the Egyptian times used to stimulate the whole body through the feet and hands. Enjoy the benefits of Reflexology and improve your energy levels, circulation, sleep and so much more by following the simple and easy instructions. Once well practiced you can even share your knowledge with your family and friends.

**1981HH3W01**

**Highlands College**  
**Clare Graham**

**1981HM3M01**

**Philip Maurant Centre**  
**Andrew Wilson**

**1981HR3R01**

**Philip Maurant Centre**  
**Lisa Bloomer**



**Authentic South Indian Cookery**

**Saturday 25 April 2020 | 9am - 2pm | 1 week**  
**Price: £62 - Senior Citizen: £62**

This colourful feast of curry flavours will transport you to Southern India, Kerala and beyond. This Indian cooking course is easily adaptable to make it vegetarian-friendly. Learn how to cook fresh, flavourful and vibrant food at home. You will need to bring your own ingredients.

**Northern Indian Cookery**

**Saturday 23 May 2020 | 9am - 2pm | 1 week**  
**Price: £62 - Senior Citizen: £62**

In this cookery workshop we will explore some of the rich and delectable dishes that North India has to offer. We will cover some of the classical spiced dishes which have a very strong middle eastern influence. You will need to bring your own ingredients.

**Authentic Indian Cooking**

**Saturday 06 June 2020 | 10am - 1.30pm | 3 weeks**  
**Price: £123 - Senior Citizen: £105**

Learn to cook your favourite Indian dishes at home, with the cuisine's unusual and complex spices and techniques. Some of the prominent dishes will be covered in this course. The course is easily adaptable to make it vegetarian-friendly. You will need to bring your own ingredients.

**Sushi School**

**Saturday 16 May 2020 | 9.30am - 1.30pm | 1 week**  
**Price: £55 - Senior Citizen: £55**

Learn to make Hosumaki, Uramaki, Futomaki and Temaki with Christian. Impress your friends and family learning how to produce these delicious rolls with precision and flair. An ingredient list will be sent to you prior to the cookery course commencing.

**Tapas Mezze and Antipasti**

**Wednesday 03 June 2020 | 6.30pm - 9pm | 3 weeks**  
**Price: £90 - Senior Citizen: £75**

Small, tasty dishes from around the Mediterranean. Featuring the cuisines of Spain, Greece, Italy and other countries of the Mediterranean. We will prepare dips, salads, grills from a variety of meats, seafood and vegetables. Get ready for summer! You will need to bring your own ingredients.

**Vegi-Terranean**

**Wednesday 06 May 2020 | 6.30pm - 9pm | 3 weeks**  
**Price: £90 - Senior Citizen: £75**

From the warming spiced food of North Africa, through the sun-drenched dishes of Provence and Italy to the grains and pulses of the Middle East we shall explore a world of meat-free meals that will appeal to all. You will need to bring your own ingredients.

**1981KN3C01**

**Highlands College**  
**Tariq Attar**

**1981KN3C02**

**Highlands College**  
**Tariq Attar**

**1981KN3C03**

**Highlands College**  
**Tariq Attar**

**1981KS3S01**

**Highlands College**  
**Christian Bation**

**1981KT3M01**

**Highlands College**  
**Rex Barker**

**1981KV3T01**

**Highlands College**  
**Rex Barker**







**Fun French for Beginners**  
**Monday 11 May 2020 | 6pm - 8pm | 8 weeks**  
**Price: £116 - Senior Citizen: £88**

Whether you are a beginner or haven't studied French for a while, this course will offer you the chance to learn, revise and extend your language abilities. With a special emphasis on practical language for travel and holidays, this course will allow you to feel confident about finding your way in France and enjoying French culture.

**1981LFBA02**  
**Highlands College**  
**Maria Innes**

**Holiday Italian**  
**Thursday 14 May 2020 | 6pm - 8pm | 8 weeks**  
**Price: £116 - Senior Citizen: £89.33**

Whether you are a beginner or haven't studied Italian for a while, this course will offer you the chance to learn, revise and extend your language abilities. With a special emphasis on practical language for travel and holidays, this course will allow you to feel confident about finding your way in Italy and enjoying Italian culture.

**1981LIHA01**  
**Highlands College**  
**Maria Innes**

**French Beginners Stage 3**  
**Wednesday 06 May 2020 | 6.30pm - 8.30pm | 9 weeks**  
**Price: £131 - Senior Citizen: £99**

This course is aimed at students who already have some knowledge of French. We will aim to have a deeper understanding of its grammar and vocabulary.

**1981LFBC02**  
**Highlands College**  
**Catherine Rousseaux**

**Spanish Beginners Stage 2**  
**Tuesday 28 April 2020 | 10am - 12pm | 4 weeks**  
**Price: £58 - Senior Citizen: £44**

A short follow-on course aimed at people who have a basic knowledge of Spanish who wish to improve and gain confidence speaking in various everyday situations when in Spain.

**1981LSBB02**  
**Philip Maurant Centre**  
**Karen Le Brun**

**Moving On in French Stage 6**  
**Monday 11 May 2020 | 6.30pm - 8.30pm | 8 weeks**  
**Price: £116 - Senior Citizen: £88**

Moving towards an intermediate level of French, you will have a good understanding of the future, present, perfect and imperfect tenses and this course will help consolidate your grammar and expand vocabulary and conversational skills. A study book will be used which new students will be required to purchase at the start of the course.

**1981LFMM03**  
**Highlands College**  
**Patricia Lucas**

**Spanish Beginners Stage 2**  
**Monday 11 May 2020 | 7pm - 9pm | 8 weeks**  
**Price: £116 - Senior Citizen: £88**

This course is aimed at people who have a basic knowledge of Spanish who wish to improve and gain confidence speaking in various everyday situations in Spain.

**1981LSBB03**  
**Highlands College**  
**Carla Figueiredo**

**French Conversation - Advanced**  
**Wednesday 06 May 2020 | 9.15am - 11.15am | 9 weeks**  
**Price: £131 - Senior Citizen: £99**

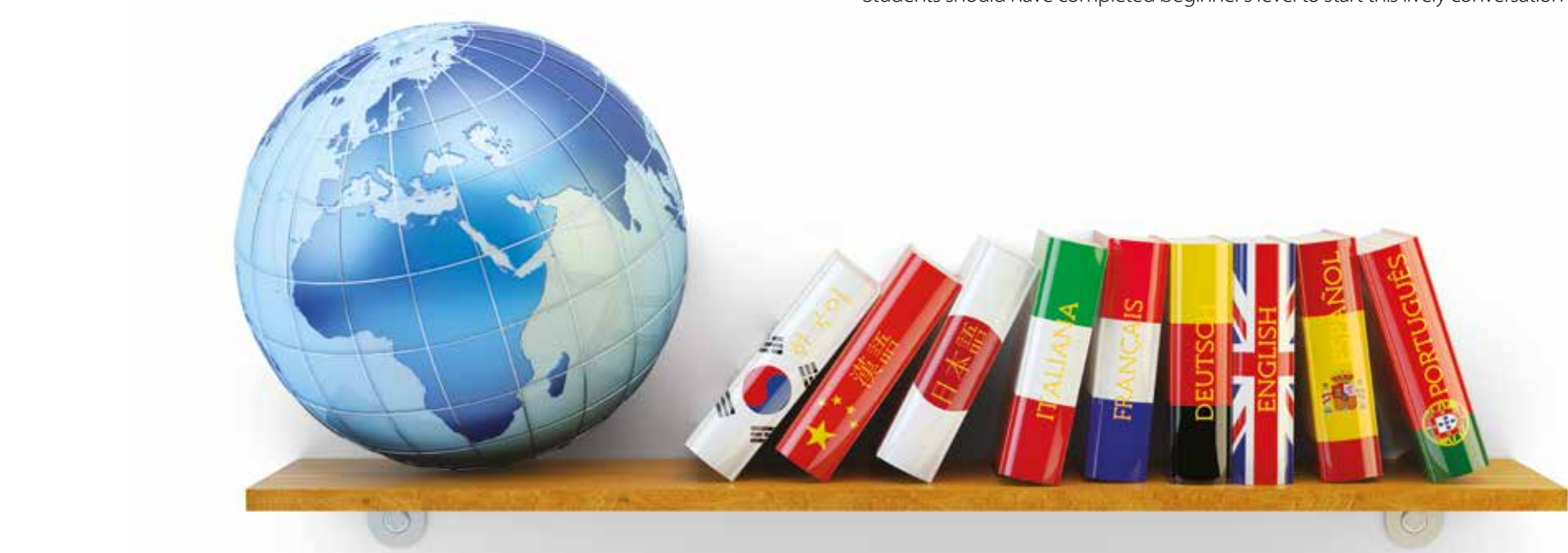
This advanced conversation course requires a good knowledge and command of the French language. Continue to improve and develop your communication skills as well as your reading, writing and listening with focus on acquiring more vocabulary and grammar.

**1981LFXC03**  
**Philip Maurant Centre**  
**Margaret Le Monnier**

**Spanish Conversation**  
**Monday 11 May 2020 | 6.30pm - 8.30pm | 8 weeks**  
**Price: £116 - Senior Citizen: £88**

Students should have completed beginner's level to start this lively conversation group.

**1981LSCS01**  
**Highlands College**  
**Rosa Chatterley**



**Introduction to Golf**  
**Saturday 02 May 2020 | 1pm - 3pm | 6 weeks**  
**Price: £115 - Senior Citizen: £115**

This class is ideal for adults of all abilities and experience, whether you are picking up a club for the first time or hoping to improve your current game. Come and learn some new skills in a fun and relaxed environment.  
Course dates: 2, 9 and 23 May \* Excluding 6, 13 and 20 June

**1981SB3G01**  
**Les Mielles Golf Course**  
**Wayne Osmand**

**Evening Ambient Stretch**  
**Wednesday 06 May 2020 | 6.45pm - 8pm | 8 weeks**  
**Price: £80 - Senior Citizen: £64**

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.

**1981SY3A02**  
**Philip Maurant Centre**  
**Lisa Troy**

**Fit for Retired Life**  
**Thursday 07 May 2020 | 9.15am - 10.30am | 8 weeks**  
**Price: £85 - Senior Citizen: £70**

A gentle fitness programme specifically designed for the older population who are looking to improve their mobility for everyday life. Using very basic exercises to warm up, strengthen and stretch the body. Followed by a well deserved relaxation and social time.

**1981SF3R01**  
**Philip Maurant Centre**  
**Lisa Troy**

**Relaxation Yoga**  
**Thursday 07 May 2020 | 4.15pm - 5.45pm | 9 weeks**  
**Price: £108 - Senior Citizen: £86**

Learn yoga safely and effectively through a step by step approach. Release tension in poses whilst maintaining good posture and alignment. Muscles are toned and stretched, joints lubricated, increasing blood circulation and flexibility. Finish with a deep rest. All levels welcome.

**1981SY3E01**  
**Philip Maurant Centre**  
**Elayne Cole**

**Beginners Nordic Walking**  
**Tuesday 05 May 2020 | 2pm - 3pm | 9 weeks**  
**Price: £77 - Senior Citizen: £63**

This course is suitable for beginners who would like to learn Nordic Walking, moving at a slow pace to start, progressing your fitness levels throughout the weeks. 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. Starting at various locations around the Island enjoying parish landscapes. Walks take place in all weathers so waterproof clothing, walking boots or sturdy trainers are required. \*Please note students will require their own walking poles for the course.

**1981SN3W01**  
**Outdoor Location**  
**Liz De La Haye**

**Mindful Yoga for Today**  
**Tuesday 19 May 2020 | 11.30am - 12.45pm | 6 weeks**  
**Price: £60 - Senior Citizen: £45**

This is a movement practice punctuated with stillness. Its purpose to simply become intimate with the body, by feeling the sensations being continuously generated and refining movement and action to soften the sensations that reveal the vulnerable presence of the joints. Learn to understand support and respect the intelligence of the body. No prior yoga experience required.  
\*Please note the course excludes Tuesday 26 May and 16 June 2020.

**1981SY3M01**  
**Philip Maurant Centre**  
**Henrietta Brice-Smith**

**Nordic Walking**  
**Tuesday 05 May 2020 | 12.30pm - 1.30pm | 9 weeks**  
**Price: £77 - Senior Citizen: £63**

This course is suitable for those students with some experience of Nordic Walking maintaining a medium walking ability, progressing through the weeks to increase your fitness levels. Starting at various locations around the Island enjoying parish landscapes. Walks take place in all weathers so waterproof clothing, walking boots or sturdy trainers are required. \*Please note students will require their own walking poles for the course.

**1981SN3W02**  
**Outdoor Location**  
**Liz De La Haye**

**Mindfulness Movement Yoga**  
**Thursday 21 May 2020 | 6.45pm - 8pm | 6 weeks**  
**Price: £60 - Senior Citizen: £45**

This is a movement practice punctuated with stillness. Its purpose to simply become intimate with the body, by feeling the sensations being continuously generated and refining movement and action to soften the sensations that reveal the vulnerable presence of the joints. Learn to understand support and respect the intelligence of the body. No prior yoga experience required.  
\*Please note the course excludes Thursday 28 May and 18 June 2020.

**1981SY3M02**  
**Philip Maurant Centre**  
**Henrietta Brice-Smith**



**Microsoft Powerpoint for Beginners**  
**Thursday 25 June 2020 | 6.30pm - 8.30pm | 2 weeks**  
**Price: £55 - Senior Citizen: £55**  
Struggling with Powerpoint? Want to put more into your presentations? This course assumes a basic computer knowledge but no prior powerpoint experience. Taking you through setting up and showing presentations.

**1981WM3P01**  
**Highlands College**  
**Corrado Anderson**

**iPad for Beginners**  
**Tuesday 12 May 2020 | 4pm - 5.45pm | 4 sessions**  
**Price: £70 - Senior Citizen: £70**  
Just starting to use an Apple iPad? Cover the basics of how to operate it, surf the net, send e-mails, use the standard apps, download other apps of your choice, use FaceTime for video chatting, take and store photos and more. \*Students are required to bring their own iPad. This course takes place over 4 sessions on the following dates: Tuesday 12 May and Thursday 14 May, Tuesday 26 May and Thursday 28 May

**1981WS3P01**  
**Highlands College**  
**Alison Ellis**

**Beginners Excel**  
**Wednesday 06 May 2020 | 6.30pm - 8.30pm | 2 weeks**  
**Price: £55 - Senior Citizen: £55**  
Do you need to use Excel to store and present information? This course assumes a basic computer knowledge but no prior spreadsheet experience is necessary. It will take you through the process of creating a spreadsheet, using formulae to perform simple calculations, sorting and filtering.

**1981WX3E01**  
**Highlands College**  
**Corrado Anderson**

**Excel - Pivots and Tables Demystified**  
**Wednesday 03 June 2020 | 6.30pm - 8.30pm | 2 weeks**  
**Price: £55 - Senior Citizen: £55**  
Need to learn how to structure information in a spreadsheet and how to sort and present data? This course assumes a basic knowledge of both the computer and Excel. It will enable you to create a basic spreadsheet that will automatically collect the data you choose to present it as charts, graphs or tables.

**1981WX3E02**  
**Highlands College**  
**Corrado Anderson**

**Introduction to Quickbooks**  
**Wednesday 17 June 2020 | 6.30pm - 9.30pm | 3 weeks**  
**Price: £165 - Senior Citizen: £165**  
Learn how to use the online version of Quickbooks book-keeping package. Create an online company and learn about how to set up company details, produce invoices, manage sales and purchase ledgers, maintain cash records, bank accounts and produce reports. Students should have knowledge of windows based applications and double-entry book-keeping. You will require an email address not used previously for a Quickbooks Online account.

**1981WX3Q01**  
**Highlands College**  
**Sally-Anne Fillieul**



TERMS & CONDITIONS

Adult & Community Education (ACE) Courses

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

**Refunds:**  
Unfortunately, we only offer a refund if a course has been cancelled by Highlands College. Circumstances such as illness, work commitments or leaving the Island are not considered for refunds. Course places cannot be deferred to another term and are not transferable to another person.

**Eligibility for ACE Courses:**  
The Adult & Community Education (ACE) programme is only available to students aged 18 or over. (Unless specified in the course information)

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

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

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

APPLICATION FORM

for: Adult & Community Education (ACE),Highlands Part-time and Professional Courses

Please send your completed form with full payment to:  
Student Records, Highlands College, Highlands Lane, St Saviour, JE1 1HL



Personal Details

Surname:.....

First Name(s):.....

Title (Mr/Mrs/Mx etc):..... Gender:..... Date of Birth:.....

Address: .....

.....

.....

.....

Parish: ..... Post Code: .....

Home Tel: ..... Work Tel: .....

Mobile: .....

Email: .....

Local Emergency Contact

Name:.....

Tel: .....

Medical Conditions / Disabilities

Please note when "yes" is ticked further information may be requested either prior to, or at enrolment

Do you suffer from any medical conditions or disability which might impact on your studies?

Yes ☐ No ☐

Criminal Conviction Disclosure:

This part of the form MUST be completed

Yes ☐ No ☐

If you do not tick either the 'Yes' or 'No' box above, we will contact you to get this information and this will delay your enrolment. You must tick 'Yes' if you have a conviction unless it is a minor civil offence e.g. OR a spent sentence (as defined by the REHABILITATION OF OFFENDERS (JERSEY) LAW 2001). Please be aware that dependent on the nature of any conviction it may affect your application for certain courses, particularly in teaching, health, and social care, where you must tell us about ANY criminal conviction(s), including spent sentences and cautions. If you are convicted of a criminal offence after you have enrolled or have a court case pending, you MUST let us know immediately. If you are not sure whether to tell us about a previous conviction you should get more advice from your Citizens Advice Bureau or Student Life

Course(s) for enrolment

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

Methods of Payment are: CASH (in person at Highlands College), DEBIT/CREDIT Card, CHEQUES (made payable to "Treasurer of the States")

Please note your place on a course is not confirmed until full payment of all the fees.

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

Course Code	Course Title	Start Date	Fee

Please see overleaf for our Terms & Conditions and Privacy Statement.

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

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

Please tick this box if you are happy for Highlands College to contact you with information regarding college events and courses. ☐

Comments:

FOR OFFICE USE ONLY

HOD/Tutor Signature:

Payment method:

Student ID:

HC

Employer code:

Input by:

Date input:

24.10.2018

PRIVACY STATEMENT

As a 'controller' under the Data Protection (Jersey) Law 2018 we process and hold your information in order to provide public services and meet our statutory obligations. We may not be able to provide you with a service unless we have enough information, or your permission to use that information. Below, we explain what we collect; how we will use your information; and what your rights are:

Data we collect:

We have collected your personal details (name; address, contact details; and DOB) and we do this in order to carry out the service you have requested; to monitor and improve our performance; to ensure that we meet our legal obligations; to prevent and detect crime; to process financial transactions including grants or payment of benefits; to allow the statistical analysis of data so we can plan the provision of services; and where necessary, for our law enforcement functions; or to protect individuals from harm or injury.

How we use data:

We will endeavour to keep your information accurate and up to date and not keep it for longer than is necessary. We will not pass any personal data on to anyone outside of the States of Jersey, other than those who either process information on our behalf, or because of a legal requirement, and we will only do so, where possible, after we have ensured that sufficient steps have been taken by

the recipient to protect your personal data. We do not process your information overseas using web services that are hosted outside the European Economic Area. At no time will your information be passed to organisations for marketing or sales purposes or for any commercial use without your prior express consent.

Your Rights:

You can ask us: to stop processing your information; to correct or amend your information; for a copy of the information we hold about you. You can also: request that the processing of your personal data is restricted; and withdraw your consent to the processing of your information.

You can complain to us about the way your information is being used by contacting us at registry@highlands.ac.uk alternatively you can complain to the Information Commissioner by emailing enquiries@oicjersey.org.

For further information on why Highlands College collect your data and how we use applicants information and the Terms and Conditions of enrolment please view the College Privacy Policy and other information on our website at [www.highlands.ac.uk](http://www.highlands.ac.uk)



# Learn something new

## Leisure Learning courses

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

**www.highlands.ac.uk**