

Adult & Community Education



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



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

Our selection has never been so diverse and we're delighted to offer you a variety of learning courses at affordable prices, over a range of times and locations throughout the coming season.

Our team have been busy working with our wonderfully talented tutors to bring you over 140 courses, with over 20 new ones to choose from during our most popular term for leisure learning. Whether you're new to leisure learning at Highlands, or a seasoned learner with us, you'll be sure to find something inspiring, new and interesting to explore. Our friendly Leisure Learning Team, Heidi, Kim and Glenda are here to advise, answer any questions and get you enrolled on your chosen course with ease.

Contact us today

Telephone: 608655 / 608632 | Enace@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  [HighlandsCollegeJersey](https://www.facebook.com/HighlandsCollegeJersey)



Like to teach a course next term?

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

bouônjour

Séyiz les beinv'nus!

înscriv'-ous
ès cliâsses
ès adultes

J'aime
pâler l'jèrriais,
mé!

JÈRRIAIS

Jersey's own language

There's a wealth of knowledge tied up in our language - it's waiting for you to unlock your Jèrriais tongue!
 Join the fun and learn to speak more than 'just another language.'

BEGINNERS PLUS

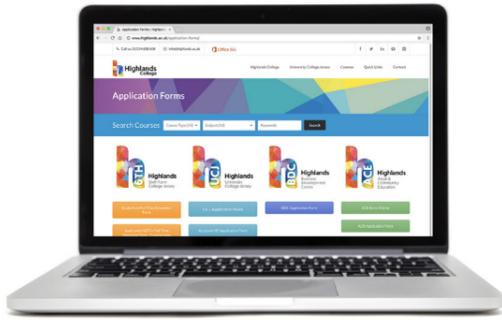
(for those who know a little Jèrriais)
 Thursdays 18:00 - 19:00
 9 weeks | 18 January | £34 (concessions £17)

INTERMEDIATE

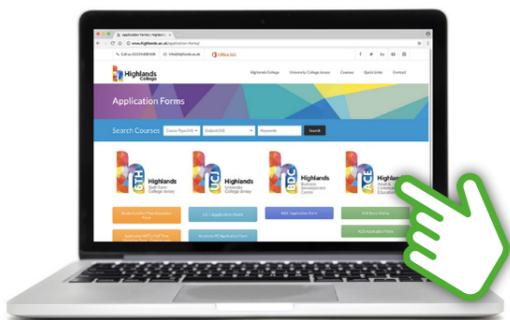
(for those who have a greater knowledge of Jèrriais)
 Wednesdays 18:00 - 19:00
 9 weeks | 17 January | £34 (concessions £17)

How to enrol

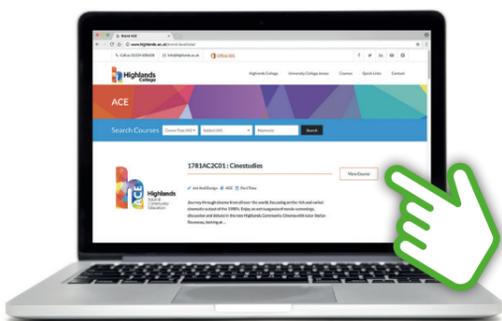
ONLINE



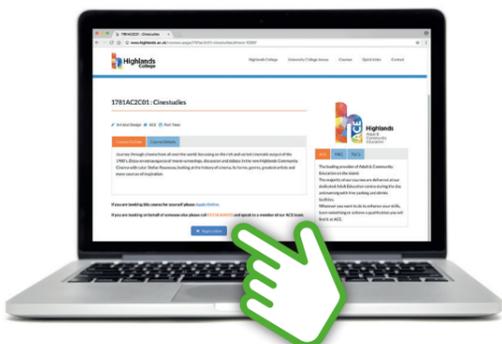
The best way to enrol is by visiting our website:
www.highlands.ac.uk/application-forms



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

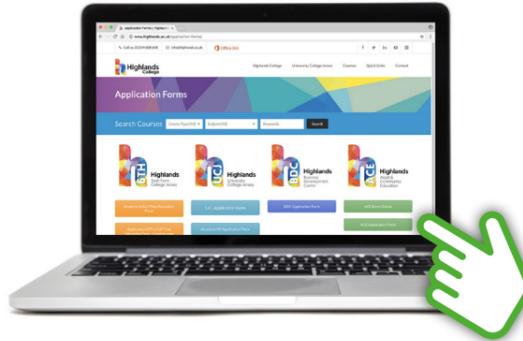


Scroll through the list and click on **'View Course'** to see more details.



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

BY POST



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

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

CALL US

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

VISIT US

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



Terms & Conditions

Eligibility for ACE courses

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

Application priority

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

Fee concessions

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

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

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

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

Cancellations

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

Refunds

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

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

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





Cinestudies

1781AC2C01

Wednesday 17 January 2018 | 18.30 - 21.30 | 9 weeks | Highlands College

Price: £99 - Senior citizen: £99

Tutor: Stefan Rousseau

Journey through cinema from all over the world, focussing on the rich and varied cinematic output of the 1980's. Enjoy an extravaganza of movie-screenings, discussion and debate in the new Highlands Community Cinema with tutor Stefan Rousseau, looking at the history of cinema, its forms, genres, greatest artists and many sources of inspiration.

Creative Glasswork for Beginners

1781AC2G01

Friday 19 January 2018 | 10.00 - 12.30 | 8 weeks | Highlands College

Price: £185 - Senior citizen: £185

Tutor: Chantal Venton

An introduction to sheet glasswork techniques including 'Fusing' and 'Tiffany'. The first part of the course involves tutor lead 2D projects focusing on composition and technical skills and the second part encourages learners to develop their own creative ideas.

Pottery for Beginners and Improvers

1781AC2P07

Thursday 18 January 2018 | 10.00 - 12.30 | 9 weeks | Philip Mourant Centre

Price: £185 - Senior citizen: £140

Tutor: Raymond Ubsdell

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

Introduction to Sculpture

1781AC2S01

Friday 19 January 2018 | 09.30 - 11.30 | 9 weeks | Highlands College

Price: £185 - Senior citizen: £145

Tutor: Maria Tarrant

A taste of basic sculpture techniques suitable for beginners. You will use materials such as clay, plaster, cement and resin and gain experience using sculpture tools and equipment. Gain confidence developing your creative artwork understanding materials with infinite possibilities.

Explore Drawing

1781AD2E01

Wednesday 17 January 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £120 - Senior citizen: £90

Tutor: Julia Coutanche

Explore different aspects of drawing, covering light and tone; shape, contour and line; textures and surfaces. Working from objects and the human figure, using pencil, white chalk, charcoal and pastel. For beginners or confident artists who wish to experiment with mark marking.

Sketchbook and Drawing for Beginners

1781AD2S02

Tuesday 16 January 2018 | 11.30 - 13.30 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

Tutor: Ann Morgan

Would you love to be able to draw but never really learnt? Beginners and those who paint will learn the rudiments of tone, perspective, structure and composition while having freedom to scribble, draw and doodle. Sessions exclude 6 and 13 February.

Drawing for the Terrified Beginners and Improvers

1781AD2T01

Monday 15 January 2018 | 18.45 - 20.45 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Barbara Jackson

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

Drawing for the Terrified Beginners and Improvers

1781AD2T02

Tuesday 16 January 2018 | 11.30 - 13.30 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Barbara Jackson

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

Drawing and Watercolour Moving On

1781AD2T05

Thursday 18 January 2018 | 14.00 - 16.00 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Barbara Jackson

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

Drawing and Mindfulness

1781AD2M01

Thursday 1 March 2018 | 18.45 - 20.45 | 4 Weeks | Philip Mourant Centre

Price: £65.00 - Senior citizen: £55.00

Tutor: Tim Le Breuilly

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

Experiment With Different Media

1781AM2E01

Tuesday 16 January 2018 | 09.30 - 11.30 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Lisa Troy

Learn basic pencil sketching, water colouring, acrylic painting, soft colour pastel drawing and mixed media work in a relaxed atmosphere, under friendly guidance. Enthusiasm and an interest in experimenting in art are essential for this course.

Morning Oil Painting

1781AO2P01

Monday 15 January 2018 | 11.30 - 13.30 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

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 Sessions exclude 5 and 12 February

Oil Painting for Improvers

1781AO2P02

Monday 15 January 2018 | 13.45 - 15.45 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

Tutor: Ann Morgan

Suitable for improvers who want to progress with their basic oil painting skills. Enjoy this rich, versatile and very forgiving medium in a step by step method. Bring your painting equipment to the first lesson. Sessions exclude 5 and 12 February

Painting With Oils

1781AO2P03

Tuesday 16 January 2018 | 09.15 - 11.45 | 9 weeks | Philip Mourant Centre

Price: £130 - Senior citizen: £95

Tutor: Michelle Le Cornu

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

Evening Painting for Relaxation

1781AP2E01

Wednesday 17 January 2018 | 19.00 - 21.00 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

Tutor: Ann Morgan

For beginners and seasoned painters who want to meet in a relaxed atmosphere and enjoy painting, with the benefit of tutor guidance and instruction on particular techniques. Use any medium of your choice. Sessions exclude 7 and 14 February

Fun With Painting Using Oils or Acrylics

1781AP2F01

Wednesday 17 January 2018 | 09.15 - 11.15 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

Tutor: Ann Morgan

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. Sessions exclude 7 and 14 February.



Watercolour Painting for Beginners Step by Step

1781AW2B01

Tuesday 09 January 2018 | 09.30 - 14.00 | 1 week | Philip Mourant 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 into some numerous and exciting techniques and themes that lend themselves to this vibrant and translucent media.

Beginners Watercolour

1781AW2B02

Friday 19 January 2018 | 09.30 - 12.00 | 9 weeks | Philip Mourant Centre

Price: £130 - Senior citizen: £90

Tutor: Lisa Bloomer

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

Adventures in Watercolour Intermediate

1781AW2C01

Thursday 18 January 2018 | 09.30 - 11.30 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

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. Sessions exclude 8 and 15 February

Relax into Watercolour Intermediate

1781AW2N01

Monday 15 January 2018 | 09.15 - 11.15 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

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. Sessions exclude 5 and 12 February

Watercolours and the Rest

1781AW2W01

Tuesday 16 January 2018 | 12.00 - 14.00 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

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 exciting techniques and themes that lend themselves to watercolour, plus build on your drawing practice.

Digital Photography for Beginners

1781AX2B01

Wednesday 17 January 2018 | 18.30 - 21.00 | 9 weeks | Highlands College

Price: £195 - Senior citizen: £135

Tutor: Colin Cruickshank

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

Intermediate Digital Photography

1781AX2I01

Tuesday 16 January 2018 | 18.30 - 21.00 | 9 weeks | Highlands College

Price: £195 - Senior citizen: £135

Tutor: Colin Cruickshank

Take your skills to the next level, students should have a basic understanding of digital photography or completed a beginners course. Maximise the potential of getting great shots, cover light and composition, image editing using Photoshop, plus outdoor practical shoots to practise what we have learnt.

Dark Room Photography

1781AX2R01

Friday 19 January 2018 | 10.00 - 12.30 | 8 weeks | Highlands College

Price: £185 - Senior citizen: £185

Tutor: Gary Grimshaw

A rare opportunity to explore practical photography in its original form. You will work in one of the only remaining 'wet photography' dark room in Jersey, taking photographs, developing film and producing prints using chemicals and traditional enlargers.

Animal Photography Workshop

1781AX2A01

Saturday 20 January 2018 | 10.00 - 13.00 | 2 weeks | JSPCA and Highlands College

Price: £50

Tutor: John Liot

John Liot, Award winning animal photographer is offering this two day workshop on location at JSPCA, and day two at Highlands College. A D-SLR or bridge camera is recommended but any will work. Get the skills to snap your furry friend at their best.





Asian Food Adventure

1781KA2F01

Tuesday 16 January 2018 | 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. Vegetarian and gluten free options. You will need to bring ingredients each week.

Indian (Desi)

Kitchen

1781KA2F02

Saturday 20 January 2018 | 10.00 - 13.00 | 4 weeks | Highlands College

Price: £115 - Senior citizen: £95

Tutor: Tariq Attar

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

Breakfast Boost

1781KB2B01

Saturday 03 February 2018 | 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. You will need to bring ingredients each week.

Breakfast Boost

1781KB2B02

Saturday 24 March 2018 | 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. You will need to bring ingredients each week.

Family Cooking for Beginners

1781KF2C01

Wednesday 17 January 2018 | 18.30 - 21.00 | 8 weeks | Highlands College

Price: £165 - Senior citizen: £125

Tutor: Michelle Banks

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

The Great Jersey Bake Off

1781KJ2B01

Thursday 18 January 2018 | 18.30 - 21.00 | 8 weeks | Highlands College

Price: £220 - Senior citizen: £180

Tutor: Patrick Hogge

All weekly ingredients will be provided by the tutor in your course fees, so no shopping just enjoy the cooking. Demonstrations of what wonderful creations we will be making, then time to cook your own, from fresh bread to tangy lemon tarts.

Academy Restaurant

Dine in style

T 608 560
E academy@highlands.ac.uk
www.highlands.ac.uk



£12 Three Course Lunch

Tuesdays & Wednesdays

£16 Three Course Dinner

Thursdays





Mediterranean Vegetarian

1781KM2V01

Monday 15 January 2018 | 18.30 - 21.30 | 4 weeks | Highlands College

Price: £105 - Senior citizen: £85

Tutor: Rex Barker

From the warming spiced foods of North Africa, through the sun-drenched dishes of Provence and Italy to the grains and pulses of the Middle East, explore a world of veggie meals such as Asparagus Risotto and Spiced Aubergine Stew to tempt you. You will need to bring ingredients each week.

Eat More Plants

1781KP2E01

Saturday 20 January 2018 | 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. You will need to bring ingredients each week.

Eat More Plants

1781KP2E02

Saturday 03 March 2018 | 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. You will need to bring ingredients each week.

One Pot Dishes - Two Ways

1781KP2W01

Monday 19 February 2018 | 18.30 - 21.30 | 4 weeks | Highlands College

Price: £105 - Senior citizen: £85

Tutor: Rex Barker

Simply prepared oven to table lunches, suppers and dinners in one pot. No side dishes needed, just crisp salad and loaf. Make two dishes weekly using similar ingredients such as braised chicken with pearl barley, Moroccan spiced chicken and pearl barley soup. You will need to bring ingredients each week.

Sushi School Beginner

1781KS2S01

Monday 15 January 2018 | 18.30 - 21.00 | 4 weeks | Highlands College

1781KS2S02

Monday 19 February 2018 | 18.30 - 21.00 | 4 weeks | Highlands College

Price: £140 - Senior citizen: £140

Tutor: Christian Bation

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

Even More Curries from Around the World

1781KW2C01

Wednesday 17 January 2018 | 19.00 - 21.30 | 6 weeks | Highlands College

Price: £135 - Senior citizen: £100

Tutor: Rose McCullagh

If your mouth lights up in anticipation, make your own spice infused dishes from around the world, including India, Sri Lanka, Punjab, Thailand, Kuwait, and Goa. Prepare fresh naan bread and masala mixes. Recipes are gluten free. You will need to bring ingredients each week.



Inspiring young
minds since 1996



Moving On Crochet

1781CC2M01

Tuesday 16 January 2018 | 09.30 - 11.30 | 4 weeks | Philip Mourant Centre

Price: £50 - Senior citizen: £35

Tutor: Hazel McLaren

The next step in your crochet adventure, after consolidating the basics we move on to working in the round and 3 Dimensional techniques such as Amigurumi. Creating simple garments like beanies and wrist warmers accessorised with edgings, flowers and bows.

Moving On Crochet

1781CC2M02

Tuesday 16 January 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £50 - Senior citizen: £35

Tutor: Hazel McLaren

The next step in your crochet adventure, after consolidating the basics we move on to working in the round and 3 Dimensional techniques such as Amigurumi. Creating simple garments like beanies and wrist warmers accessorised with edgings, flowers and bows.

Crochet School - Interlocking Double Sided Crochet

1781CC2S01

Saturday 10 March 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £35 - Senior citizen: £35

Tutor: Hazel McLaren

This intriguing variation on traditional Filet Crochet, creates a double thickness, reversible patterned fabric, suitable for gilets, blankets, scarves, covers and bags. Working in two colours a series of patterns will be taught, only basic stitch knowledge required.

Mindful Stitching

1781CC2S02

Saturday 27 January 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £30 - Senior citizen: £30

Tutor: Hazel McLaren

Knitting and Crochet whatever your age has been shown to be good for your health. Through these activities, this workshop will explore exercises of relaxation, focus, colour and yarn choice and repetition for the improved well-being of the crafter.

Tunisian Crochet

1781CC2T01

Friday 19 January 2018 | 09.30 - 11.30 | 4 weeks | Philip Mourant Centre

Price: £50 - Senior citizen: £35

Tutor: Hazel McLaren

This new beginners course is a fascinating twist on traditional crochet. Learn to crochet in rows, making a softer, thicker, fabric ideal for bags, cowls, cushions and throws for winter and spring. Learn a new craft for the new year.

Flower Arranging for Beginners

1781CF2B01

Tuesday 20 February 2018 | 18.00 - 20.15 | 5 weeks | Highlands College

Price: £95 - Senior citizen: £75

Tutor: Lucie Chiron

Create impressive flower arrangements with the guidance of professional florist, Lucie Chiron. Using a variety of fresh flowers and foliage, using modern and traditional techniques. Twenty pounds is payable weekly to the tutor for materials.

More Creative Flower Arranging

1781CF2M01

Thursday 18 January 2018 | 18.00 - 20.15 | 9 weeks | Highlands College

Price: £150 - Senior citizen: £115

Tutor: Lucie Chiron

We will continue to create modern and traditional arrangements using a variety of fresh flowers and foliage. Professional florist Lucie Chiron will be giving you the tips to make wonderful displays. Twenty pounds is payable weekly to the tutor for materials.

Easter Flower Workshop

1781CF2W01

Wednesday 28 March 2018 | 18.00 - 20.15 | 1 week | Highlands College

Price: £30 - Senior citizen: £30

Tutor: Lucie Chiron

Be creative with seasonal flowers and Easter theme accessories to produce an exciting arrangement for your home ready for the weekend. The tutor will provide all the materials and a fee of Twenty five pounds will be payable on the evening.

Absolute Beginners Knitting Workshop

1781CK2A01

Saturday 27 January 2018 | 09.30 - 13.30 | 1 week | Philip Mourant 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 stitching, in order to create a scarf in no time. Get those needles out and become a natty knitter!

Beginners Knitting Workshop

1781CK2A02

Saturday 24 February 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £35 - Senior citizen: £35

Tutor: Lynn Whitehouse

Progressing from the Absolute beginner's workshop this will teach you the next steps, how to decrease and increase to shape items. Combine knit and purl stitches to create ribbing for scarves, hats and other projects.

Creative Knitting

1781CK2C01

Tuesday 16 January 2018 | 10.00 - 12.00 | 8 weeks | Philip Mourant Centre

Price: £100 - Senior citizen: £75

Tutor: Anita Eastwood

Never knitted? Need a refresher course? This is the one for you. Learn from basic casting on, purl and knit stitching to creating items that you will be proud to call your own! Bring 4mm needles and 100g double knit wool.

Double Sided Knitting Basics

1781CK2D01

Thursday 18 January 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Lynn Whitehouse

Suitable for those with intermediate skills double sided knitting is when a two sided piece of knitting is created at the same time. Creating a thicker, warmer fabric suitable for scarves, cowls, hats and throws when both sides are visible.

Knitted Soft Toys

1781CK2T01

Tuesday 16 January 2018 | 18.45 - 21.00 | 4 weeks | Philip Mourant Centre

Price: £60 - Senior citizen: £45

Tutor: Lynn Whitehouse

Create a simple soft toy bunny or animal. If you have casting on and off, knit and purl stitches, increase and decrease skills this will give you confidence to create items with arms, legs, heads that need sewing together.

Knitted Soft Toys Workshop

1781CK2T02

Saturday 17 March 2018 | 09.30 - 13.30 | 2 weeks | Philip Mourant Centre

Price: £50 - Senior citizen: £50

Tutor: Lynn Whitehouse

Create a simple soft toy for someone to cuddle. If you have casting on and off, knit and purl stitches, increase and decrease skills this will give you confidence to create items with arms, legs, heads that need sewing together.

Victorian Treasure Boxes and Magical Medallion Toppers

1781CM2V01

Sunday 04 March 2018 | 09.30 - 12.30 | 2 weeks | Philip Mourant Centre

Price: £40 - Senior citizen: £40

Tutor: Lynn Whitehouse

Create beautiful boxes and toppers that are fun to make for gifts. Includes cutting out and decoupage techniques, layering up designs to create stunning 3D boxes and decorating them using metallic watercolours and other products. A fee of £3 for equipment will be payable to the tutor.

Victorian Treasure Boxes and Magical Medallion Toppers

1781CM2V02

Tuesday 06 March 2018 | 19.00 - 21.00 | 3 weeks | Philip Mourant Centre

Price: £40 - Senior citizen: £40

Tutor: Lynn Whitehouse

Create beautiful boxes and toppers that are fun to make for gifts. Includes cutting out and decoupage techniques, layering up designs to create stunning 3D boxes and decorating them using metallic watercolours and other products. A fee of £3 for equipment will be payable to the tutor.

Fabric Printing

1781CP2F01

Thursday 18 January 2018 | 09.30 - 11.30 | 4 weeks | Philip Mourant Centre

Price: £85 - Senior citizen: £85

Tutor: Lisa Bloomer

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

Bag Making for Beginners

1781CS2B01

Thursday 22 February 2018 | 18.45 - 21.00 | 4 weeks | Philip Mourant Centre

Price: £80 - Senior citizen: £65

Tutor: Zoe Walton-Cole

Get creative with fabrics, you will learn how to read a pattern, cut fabric and produce a beautiful bag. Suitable for beginners as well as those who have sewing experience.

Pattern Cutting - Dressmaking Design to Make a Skirt

1781CS2C01

Thursday 18 January 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £130 - Senior citizen: £100

Tutor: Lauren Pearse

Perfect for anyone who loves fashion and has some sewing knowledge. We will cover basic pattern cutting skills to design and construct a skirt in your size and style. Including manipulating your pattern to make a variety of styles and shapes. Recommended students have their own machine to work on garments at home. This course includes Saturday 27 January 9.30am - 4.30pm

Pattern Cutting - Skirt Workshop

1781CS2C02

Saturday 24 February 2018 | 09.30 - 16.30 | 1 week | Philip Mourant Centre

Price: £65 - Senior citizen: £65

Tutor: Lauren Pearse

Perfect for anyone who loves fashion and has some sewing knowledge. We will cover basic pattern cutting skills to design and construct a pencil style skirt in your size. Recommended students have their own machine so garments can be finished at home if necessary.

Sewing for Beginners and Improvers

1781CS2R01

Monday 15 January 2018 | 10.00 - 12.30 | 9 weeks | Rachel's Textiles Studio

Price: £175 - Senior citizen: £110

Tutor: Rachel Concannon

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

Sewing for Beginners and Improvers

1781CS2R03

Thursday 18 January 2018 | 18.00 - 20.30 | 9 weeks | Rachel's Textiles Studio

Price: £175 - Senior citizen: £110

Tutor: Rachel Concannon

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

Upcycled Yoyo Cushion Workshop

1781CS2Y01

Saturday 20 January 2018 | 09.30 - 13.00 | 1 week | Philip Mourant Centre

Price: £30 - Senior citizen: £30

Tutor: Lynn Whitehouse

Have you a cushion that could do with a makeover for spring? Be creative this workshop involves creating yo-yo's out of fabric and hand sewing them on to a background adding buttons to create a lovely new look.

Upholstery

1781CU2F01

Monday 15 January 2018 | 09.30 - 12.30 | 9 weeks | Philip Mourant Centre

Price: £155 - Senior citizen: £105

Tutor: Mary Dunford

Give an old chair a new lease of life. This course takes you through traditional furniture upholstery techniques, from webbing to buttoning. Work on a small 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.



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Tel 01534 878877 Email: rachel@rachelstextilesstudio.com



Burlesque for Beginners and Improvers

1781DB2B01

Monday 15 January 2018 | 19.00 - 20.00 | 9 weeks | Springfield School

Price: £85 - Senior citizen: £70

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.

Momentum Dance - DDMix

1781DD2M01

Tuesday 16 January 2018 | 19.15 - 20.15 | 9 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.

Zumba

1781DF2Z01

Monday 15 January 2018 | 09.30 - 10.20 | 9 weeks | Trinity Parish Hall

Price: £85 - Senior citizen: £70

Tutor: Jo Matson

Make your exercise fun with Zumba. Get your hips moving, an all over body work out to strengthen, condition and tone, easy to follow Latin inspired dance work out. Zumba will put a smile on your face. All levels welcome.

Sizzle with Salsa

1781DS2S01

Monday 15 January 2018 | 18.30 - 20.30 | 4 weeks | St Martins School

Price: £70 - Senior citizen: £55

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

Sparkle with Strictly

1781DS2S02

Monday 19 February 2018 | 18.30 - 20.30 | 4 weeks | St Martins School

Price: £70 - Senior citizen: £55

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.

Showtime

1781DS2S03

Monday 19 March 2018 | 18.30 - 20.30 | 1 week | St Martins School

Price: £25 - Senior citizen: £25

Tutor: Ann Dove

Fall into the magic of the world of musicals in this one off workshop where we will recreate two or three fun energetic routines. Props will be provided.

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Move Forward to Improve Your Career

1781GC2C01

Saturday 20 January 2018 | 10.00 - 12.00 | 4 weeks | Highlands College

Price: £60 - Senior citizen: £45

Tutor: Vicky Trehorel

As the New Year comes in are you questioning your career path? Reaching your full potential? Feel valued in your role? Join this course to look at how your selling you, from CV workshopping to career development and interview preparation.

Career Bootcamp

1781GC2C02

Tuesday 20 February 2018 | 18.00 - 21.00 | 5 weeks | Highlands College

Price: £110 - Senior citizen: £110

Tutor: Vicky Trehorel

Career feeling static, looking for a change but feel like you can't get there? Come along to the Career Bootcamp course where we will identify your barriers, revamp your cv, boost your confidence and self esteem and put that change within your reach.

New Year New You

1781GC2N01

Tuesday 16 January 2018 | 18.00 - 20.00 | 4 weeks | Highlands College

Price: £60 - Senior citizen: £45

Tutor: Vicky Trehorel

Always making promises you don't keep? Do you join the new year's resolution club every year and never see it past January? Join us on a journey of self-discovery. Explore what drives you and generate some meaningful and achievable goals. Re-create yourself.

Introduction to Law

1781GI2L01

Monday 15 January 2018 | 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, criminal law, employment law and human rights. Suitable for those who are thinking of studying or working in law.

Wild Vegetables of the Ocean: An Introduction to Foraging Seaweeds

1781GJ2V01

Thursday 01 February 2018 | 19.00 - 21.00 | 2 weeks | Philip Mourant Centre

Price: £45 - Senior citizen: £45

Tutor: Trudi 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

1781GL2J01

Wednesday 17 January 2018 | 10.00 - 12.00 | 9 weeks | Philip Mourant Centre

Price: £105 - Senior citizen: £75

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

1781GP2P01

Tuesday 16 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £105 - Senior citizen: £75

Tutor: Patricia Lucas

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

Introduction to Writing Fiction

1781GW2F01

Wednesday 17 January 2018 | 18.45 - 20.45 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Katherine Day

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

Wine Appreciation

1780KW1T01

Monday 26th Feb 2018 | 18.00 - 20.00 | 4 weeks | Highlands College

Price: £105

Tutor: Pawel Kulon

An introduction to wine and perhaps gain a qualification. Explore varieties, styles and methods of production. Learn to taste and describe the flavour of wine and food match. Entry for the examination WSET Level 1 Award is optional and incurs an assessment fee. Exam Date 26th March.

Writing Fiction - Finding Your Story

1781GW2F02

Saturday 24 February 2018 | 09.30 - 15.30 | 1 week | Philip Mourant Centre

Price: £45 - Senior citizen: £45

Tutor: Katherine Day

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

Writing Fiction - Create Convincing Characters

1781GW2F03

Saturday 17 March 2018 | 09.30 - 15.30 | 1 week | Philip Mourant Centre

Price: £45 - Senior citizen: £45

Tutor: Katherine Day

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

Adventures by Bicycle

1781GA2B01

Tuesday 27 February 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £70 - Senior citizen: £60

Tutor: Tim Le Breuille

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

Stylish Entertaining at Home

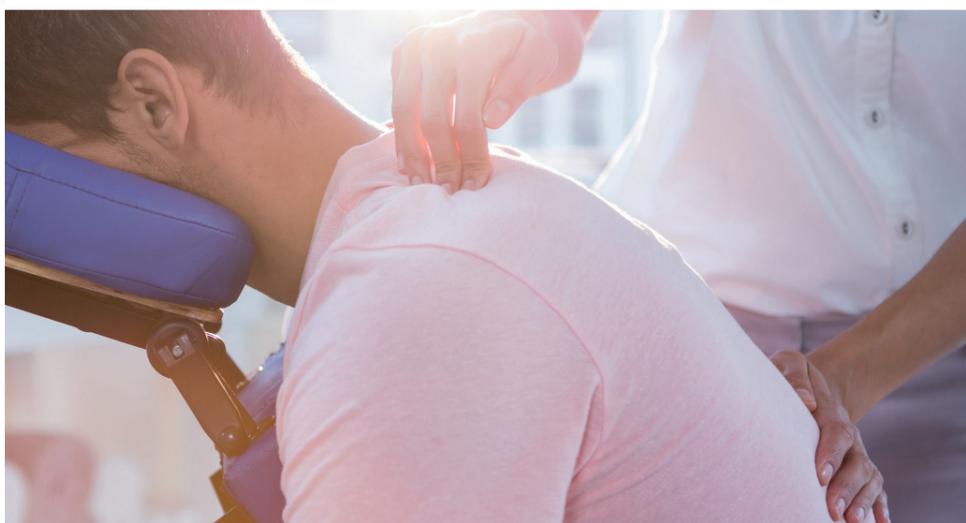
1781GE2H01

Monday 15 January 2018 | 7.00 - 9.00 | 1 week | Highlands College

Price: £30.00

Tutor: Romano Pezzali

Come and learn how to present and decorate to entertain with confidence. Romano has many years' experience in the hospitality industry and is known for his creative style. Learn to wow and create the right ambiance with ease



Introduction to Aromatherapy

1781HA2T01

Wednesday 17 January 2018 | 19.00 - 21.00 | 4 weeks | Philip Mourant Centre

Price: £95 - Senior citizen: £95

Tutor: Lisa Bloomer

Incorporate 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.

Beginners Nutrition

1781HB2N01

Tuesday 16 January 2018 | 18.30 - 20.30 | 4 weeks | Highlands College

1781HB2N02

Wednesday 21 February 2018 | 18.30 - 20.30 | 4 weeks | Highlands College

Price: £65 - Senior citizen: £65

Tutor: Julie Harrison

New Year, new start to learn about nutrition. This course will explore what the body needs to stay healthy, our digestive system, compare the differences between processed cooked foods and making your own food and drink out of raw ingredients.

Change Your Thinking, Change Your Life

1781HC2L01

Wednesday 17 January 2018 | 19.00 - 21.00 | 6 weeks | Highlands College

Price: £85 - Senior citizen: £60

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.

Meditative Acupressure for Irritable Bowel Syndrome

1781HM2B01

Monday 15 January 2018 | 19.00 - 21.00 | 2 weeks | Philip Mourant Centre

Price: £45 - Senior citizen: £45

Tutor: Caroline Le Maistre

This self-help class using a gentle and powerful acupressure sequence to help relieve the symptoms of IBS such as constipation, diarrhoea, bloating and abdominal cramps. Practised in a meditative style we'll explore causes and ways to help prevent symptoms.

Mindfulness Meditation

1781HM2M01

Tuesday 16 January 2018 | 18.45 - 20.45 | 9 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £80

Tutor: Andrew Wilson

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

Introduction to Reflexology

1781HR2R01

Wednesday 21 February 2018 | 18.45 - 21.15 | 6 weeks | Philip Mourant Centre

Price: £110 - Senior citizen: £85

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.



Logo Design and Branding

1781WM2L01

Monday 15 January 2018 | 18.45 - 21.15 | 4 weeks | Highlands College

Price: £95 - Senior citizen: £95

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.

Website Design

1781WM2W01

Monday 19 February 2018 | 18.45 - 21.15 | 5 weeks | Highlands College

Price: £110 - Senior citizen: £110

Tutor: Oliver Bartlett

Covering aspects of how to design and maintain a website using Adobe Illustrator, Photoshop and Dreamweaver. Using blogs to create your website and edit and maintain your content. Discussions on registering your domain, web hosting, uploading your site and search engine optimisation.

iPad for Beginners

1781WS2P01

Thursday 11 January 2018 | 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. Course dates: *Excluding 1 February 2018

iPad for Beginners

1781WS2P02

Thursday 22 February 2018 | 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. Course dates: *Excluding 1 March 2018

Excel Problem Solving

1781WX2E01

Thursday 18 January 2018 | 18.30 - 20.30 | 4 weeks | Highlands College

Price: £60 - Senior citizen: £45

Tutor: Corrado Anderson

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

Introduction to Quickbooks

1781WX2Q01

Wednesday 17 January 2018 | 18.30 - 21.30 | 3 weeks | Highlands College

Price: £145 - Senior citizen: £145

Tutor: Sally-Anne Fillieul

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

Teaching, Learning Development

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

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French Beginners Stage 1

1781LFBA02

Wednesday 17 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Catherine Rousseaux

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 Beginners Stage 1

1781LFBA03

Friday 19 January 2018 | 09.30 - 11.30 | 9 weeks | Philip Mourant Centre

Price: £115 - Senior citizen: £80

Tutor: Jacqueline Barnes

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 Beginners Stage 2

1781LFBB01

Monday 15 January 2018 | 18.00 - 20.00 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Lucie Chiron

Build up your descriptive French 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.

French Intermediate Stage 2

1781LFIB01

Monday 15 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Pat Lucas

For those who have a good, confident grasp of French. You will use a specific book aiming at consolidating and expanding vocabulary and functional skills in the language. If you do not have a copy of the book, new students will be required to purchase their own at the start of the course.

French Conversation

1781LFXC03

Wednesday 17 January 2018 | 09.15 - 11.15 | 9 weeks | Philip Mourant Centre

Price: £115 - Senior citizen: £80

Tutor: Margaret Le Monnier

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

French Conversation

1781LFXC04

Wednesday 17 January 2018 | 19.00 - 21.00 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Margaret Le Monnier

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

Introduction to Italian

1781LIA201

Wednesday 17 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Corrado Anderson

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

Italian Beginners Stage 1

1781LIBA01

Monday 19 February 2018 | 19.00 - 21.00 | 10 weeks | Highlands College

Price: £125 - Senior citizen: £90

Tutor: Romano Pezzali

Challenge yourself to learn Italian! 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. Course Dates: 19 February - 19 March, 16 April - 21 May, excluding 7 May 2018

Italian Beginners Moving On

1781LIBB01

Wednesday 17 January 2018 | 18.30 - 20.30 | 8 weeks | Highlands College

Price: £105 - Senior citizen: £75

Tutor: Anita Eastwood

Build on the basics of Italian language that you already have in a fun way. Sessions are lightly paced and cover a variety of topics structured to improve communication, reading and writing skills.

Italian Elementary Stage 3

1781LIEC01

Tuesday 20 February 2018 | 19.00 - 21.00 | 11 weeks | Highlands College

Price: £135 - Senior citizen: £95

Tutor: Romano Pezzali

Your interaction is effective and you can manage a range of daily situations in Italian! 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. Course Dates: 20 February - 20 March, 17 April - 22 May 2018

Italian Conversation

1781LIXC01

Tuesday 16 January 2018 | 18.45 - 20.45 | 8 weeks | Philip Mourant Centre

Price: £105 - Senior citizen: £75

Tutor: Anita Eastwood

Love the language and would like a chance to practice? Enjoy the opportunity to discuss topics in a fun way with like minded students. Suitable for those with a good knowledge of the language, improve your confidence in speaking, writing, reading and listening.

Italian Conversation

1781LIXC02

Wednesday 17 January 2018 | 10.00 - 12.00 | 8 weeks | Philip Mourant Centre

Price: £105 - Senior citizen: £75

Tutor: Anita Eastwood

Love the language and would like a chance to practice? Enjoy the opportunity to discuss topics in a fun way with like minded students. Suitable for those with a good knowledge of the language, improve your confidence in speaking, writing, reading and listening.

Japanese Beginners Stage 2

1781LJBB02

Wednesday 21 February 2018 | 17.00 - 19.00 | 5 weeks | Highlands College

Price: £80 - Senior citizen: £65

Tutor: Yuki Sugawari

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.

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Japanese Beginners Stage 3

1781LJBC01

Thursday 22 February 2018 | 18.00 - 20.00 | 5 weeks | Highlands College

Price: £80 - Senior citizen: £65

Tutor: Yuki Sugawari

For those with a knowledge of character, hiragana and katakana. Students will continue learning the Japanese language with Chinese characters. This course is led by Yuki Sugawara.

Portuguese Beginners Stage 1

1781LMBA02

Wednesday 17 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Rui Pires

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

Portuguese Beginners Stage 2

1781LMBB02

Wednesday 17 January 2018 | 19.00 - 21.00 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Carla Teixeira

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

Spanish Beginners Stage 1

1781LSBA02

Monday 15 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

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 every day situations. Sessions are fun, interactive and gently paced.

Spanish Beginners Stage 2

1781LSBB02

Tuesday 16 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

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

1781LSBC02

Thursday 18 January 2018 | 18.30 - 20.30 | 9 weeks | Highlands College

Price: £115 - Senior citizen: £80

Tutor: Rosa Chatterley

You're feeling more confident when speaking Spanish! Continue your journey with tutor Rosa Chatterley 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!

Improve your English Skills

1781GX2E01 9.15 - 11.15

1781GX2E02 11.30 - 13.30

Saturday 20th January 2018 | 9 weeks | St Thomas Welcome Centre

Price: £145

Tutor: Andrew Rouillard

Do you have problems with Spelling? Are you a little unsure with writing? This course will move your English forward and help you read, write and understand with confidence.



Coastal Navigation for Kayakers, Small Boat Owners and Low Water Exploring

1781NK2W01

Tuesday 16 January 2018 | 18.30 - 21.00 | 4 weeks | Highlands College

Price: £145 - Senior citizen: £130

Tutor: Derek Hairon

Covering weather forecasts, tides, coastal trip planning, effects of swell and rip tides to help you make better choices of when and where to go afloat. Suitable for anyone who wants to explore the inshore waters around Jersey with greater confidence. Fees include a course manual.

RYA Day Skipper Theory

1780NT2D01

Wednesday 10 January 2018 | 18.00 - 21.00 | 11 weeks | Highlands College

Price: £333 - Senior citizen £333

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 Student pack provided, you will require a Breton plotter and Admiralty chart dividers. Course dates: 10 Jan - 28 March *Excluding 14 February 6.00 - 9.00pm Plus Saturday 24 February 9.00am - 3.00pm

RYA Yachtmaster Coastal Theory

1780NT2Y01

Tuesday 09 January 2018 | 18.15 - 21.15 | 11 weeks | Highlands College

Price: £378 - Senior citizen: £378

Tutor: Nigel Coxshall

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. RYA Student pack provided, you will require a Breton plotter and Admiralty chart dividers.



Stretch and Sculpt

1781SA2S01

Tuesday 16 January 2018 | 18.15 - 19.15 | 9 weeks | Highlands College

Price: £65 - Senior citizen: £50

Tutor: Ralette Le Roux Chevalier

A stretch class that focuses on strengthening and sculpting the body while increasing level of harmony and inner peace. Working on focused muscle groups to build a strong, lean, graceful and efficient version of you. It is suitable for all levels of fitness and tailored to you.

Introduction to Golf

1781SB2G01

Saturday 24 February 2018 | 13.00 - 15.00 | 5 weeks | Les Mielles Golf Course

Price: £110 - Senior citizen: £110

Tutor: Wayne Osmand

Ever considered learning to play golf but just haven't had time? Ideal for complete beginners and covers all aspects of the game. Learn from a Pro alongside other beginners, in a relaxed environment. The final session will be on the golf course. All equipment provided.

Booty Barre Fitness

1781SF2R01

Tuesday 16 January 2018 | 19.30 - 20.30 | 9 weeks | Highlands College

Price: £65 - Senior citizen: £50

Tutor: Ralette Le Roux Chevalier

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. Students will need to bring a pair of 1.5 kilo weights and a yoga mat.

Booty Barre Fitness

1781SF2R02

Thursday 18 January 2018 | 19.30 - 20.30 | 9 weeks | Highlands College

Price: £65 - Senior citizen: £50

Tutor: Ralette Le Roux Chevalier

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. Students will need to bring a pair of 1.5 kilo weights and a yoga mat.

Foundation Kenpo Karate

1781SK2F01

Tuesday 16 January 2018 | 18.30 - 19.30 | 4 weeks | Le Rocquier School

Price: £90 - Senior citizen: £80

Tutor: Richard Matthews

Enrol on eight sessions of this fascinating martial art, Kenpo Karate Foundation Course. Twice weekly on a Tuesday and Thursday, learn everything you need to know to pass your first level and receive an internationally recognised certificate. Improve fitness, coordination and boost confidence.

Nordic Walking

1781SN2W01

Tuesday 16 January 2018 | 13.30 - 14.30 | 9 weeks | Philip Mourant Centre

Price: £65 - Senior citizen: £50

Tutor: Liz De La Haye

A total body version of walking enjoyed as a health-promotion physical activity, using designed walking poles. Fitness building stimulation for chest, triceps, biceps, shoulder, abdominals, and spinal plus other core muscles. Walks take place from Philip Mourant Centre Trinity whatever the weather, so waterproof clothing, walking boots or sturdy trainers to cover all terrain.

Nordic Walking

1781SN2W02

Friday 19 January 2018 | 10.45 - 11.45 | 9 weeks | Philip Mourant Centre

Price: £65 - Senior citizen: £50

Tutor: Liz De La Haye

A total body version of walking enjoyed as a health-promotion physical activity, using designed walking poles. Fitness building stimulation for chest, triceps, biceps, shoulder, abdominals, and spinal plus other core muscles. Walks take place from Philip Mourant Centre Trinity whatever the weather, so waterproof clothing, walking boots or sturdy trainers to cover all terrain.

Better Back Pilates

1781SP2B01

Wednesday 17 January 2018 | 09.30 - 10.30 | 9 weeks | Philip Mourant Centre

Price: £65 - Senior citizen: £50

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.



Evening Pilates

1781SP2W02

Thursday 18 January 2018 | 18.00 - 19.00 | 9 weeks | Highlands College

Price: £70 - Senior citizen: £50

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.

Foundation Tai Chi

1781ST2C01

Tuesday 16 January 2018 | 19.45 - 20.45 | 9 weeks | Le Rocquier School

Price: £90 - Senior citizen: £75

Tutor: Richard Matthews

The oldest known style of tai chi was primarily developed as a martial art however it can be practiced purely for its health benefits. The introductory course will teach you the fundamentals of the system.

Dynamic Yoga for Beginners and Improvers

1781SY2D01

Thursday 18 January 2018 | 11.30 - 13.00 | 9 weeks

Philip Mourant Centre | Price: £90 - 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.

Slow Flow Yoga

1781SY2S01

Tuesday 16 January 2018 | 16.30 - 18.00 | 9 weeks | Philip Mourant Centre

Price: £85 - Senior citizen: £65

Tutor: Tasha Bolla

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

Slow Flow Yoga

1781SY2S02

Thursday 18 January 2018 | 17.30 - 19.00 | 9 weeks | Philip Mourant Centre

Price: £85 | Senior citizen: £65

Tutor: Tasha Bolla

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

Vinyasa Flow Yoga

1781SY2V01

Monday 15 January 2018 | 19.15 - 20.45 | 9 weeks | Highlands College

Price: £85 - Senior citizen: £65

Tutor: Tasha Bolla

Vinyasa Flow includes a rhythmic flow through yoga postures, a lovely warm up for the body-mind and closing with a guided relaxation. Working all areas of the body, release and then unwind. Includes optional relaxation adjustments using organic essential oils. Suitable for Improvers.

Vinyasa Flow Yoga

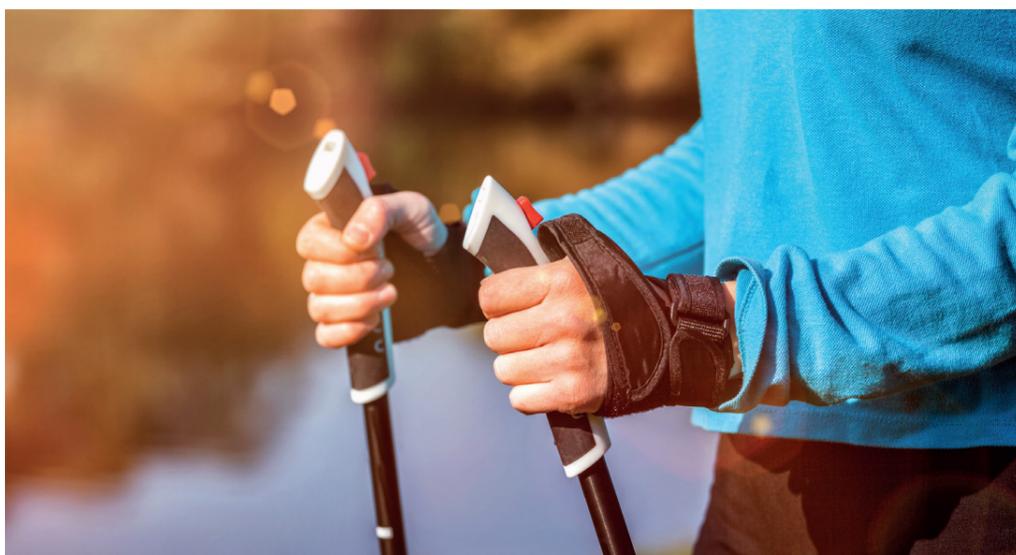
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FAQ'S



Can anyone apply for a course?

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

How do I apply for a course?

You can book and pay for your ACE course online.

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

How do I pay for a course?

You can:

- Use a MasterCard, Visa or Maestro credit or debit card online
- Supply MasterCard, Visa or Maestro credit or debit card information on an application form and post or fax your application to 608600. If you fax your form, please DO NOT post the original form as confirmation and DO NOT e-mail a scanned copy to us as this is insecure. Additional copies of the application form can be downloaded from our website, www.highlands.ac.uk
- Pay by cheque. Cheques should be made out to "Treasurer of the States". If you are applying for more than one course please enclose separate cheques for each. This will enable us to return fees for courses that are already full and still process other applications without

delay. Post your form and cheque to Highlands College - Student Records, Highlands Lane, St Saviour JE1 1HL.

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

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

What do my course fees pay for?

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

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

When do courses run?

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

What if my course is relocated, rescheduled or cancelled?

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

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- Automatically adjusts to any sound environment
- Can be used for significant hearing loss
- Outstanding hearing performance



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