

Highlands College Adult & Community Education



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RECRUITMENT
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Welcome to the Autumn programme of Adult & Community Leisure Learning courses.

As the summer winds down into autumn, what better time is there to learn something new? Some of the new courses we have on offer include AS Photography, Etching with Aluminium Plates, All Round Gardening, some great Asian cookery, book discussions and crafts in time for Christmas. Of course, many of the all-time favourites which our students come back for again and again are on the programme too.

The ACE team are here to help, so please contact Kim or Glenda for advice or to answer any questions to get you enrolled on your chosen course.

CONTACT US TODAY

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



“Rachel is a fabulous tutor – knowledgeable and friendly. I was able to use a sewing machine from the first evening and I have been surprised to create some great items”

– Student on Rachel Concannon’s sewing class.

“Congenial throughout, tutor was able to assist all members of the class individually wherever needed – quite an achievement I thought, I might even consider doing the course again”

– Student on Michelle Banks Family Cooking for Beginners.



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
- 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



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.

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

How do I pay for a course?

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

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

FAQ

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

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

What do my course fees pay for?

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

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

When do courses run?

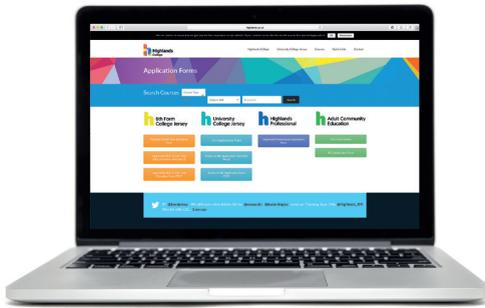
ACE courses vary in length from half-day workshops to one or two academic years. The majority of courses follow an academic timetable and may include half-term, bank holiday or other breaks.

What if my course is relocated, rescheduled or cancelled?

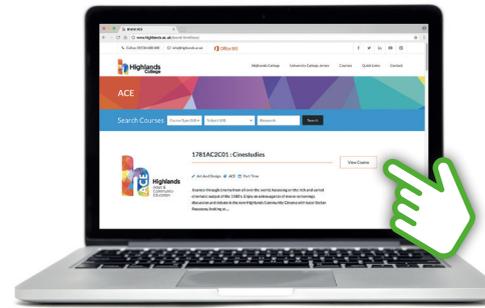
We make every effort to avoid doing this, but occasionally it is necessary. This is why it is vitally important for us to have your current telephone numbers or e-mail address in order that we can contact you as speedily as possible. If you have a mobile telephone number, we will use a text message service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

HOW TO ENROL

ONLINE



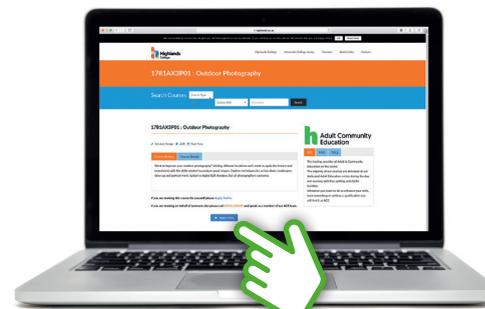
The best way to enrol is by visiting our website:
www.highlands.ac.uk/application-forms



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

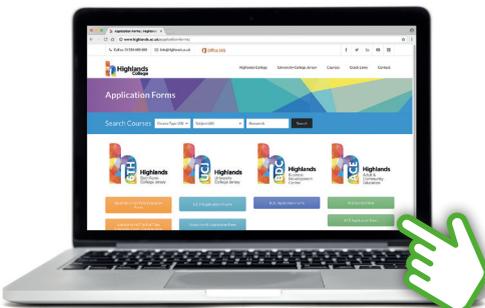


Click the **ACE logo** at the end of the row to view our list of course.



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

BY POST



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

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

CALL US

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

VISIT US

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

TERMS & CONDITIONS

Eligibility for ACE courses

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

Application priority

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

Fee concessions

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

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

In order to apply for these concessions, please download and complete the

application form, tick the appropriate fee concession box, sign the authorisation statement and return the form without any fees.

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

Cancellations

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

Refunds

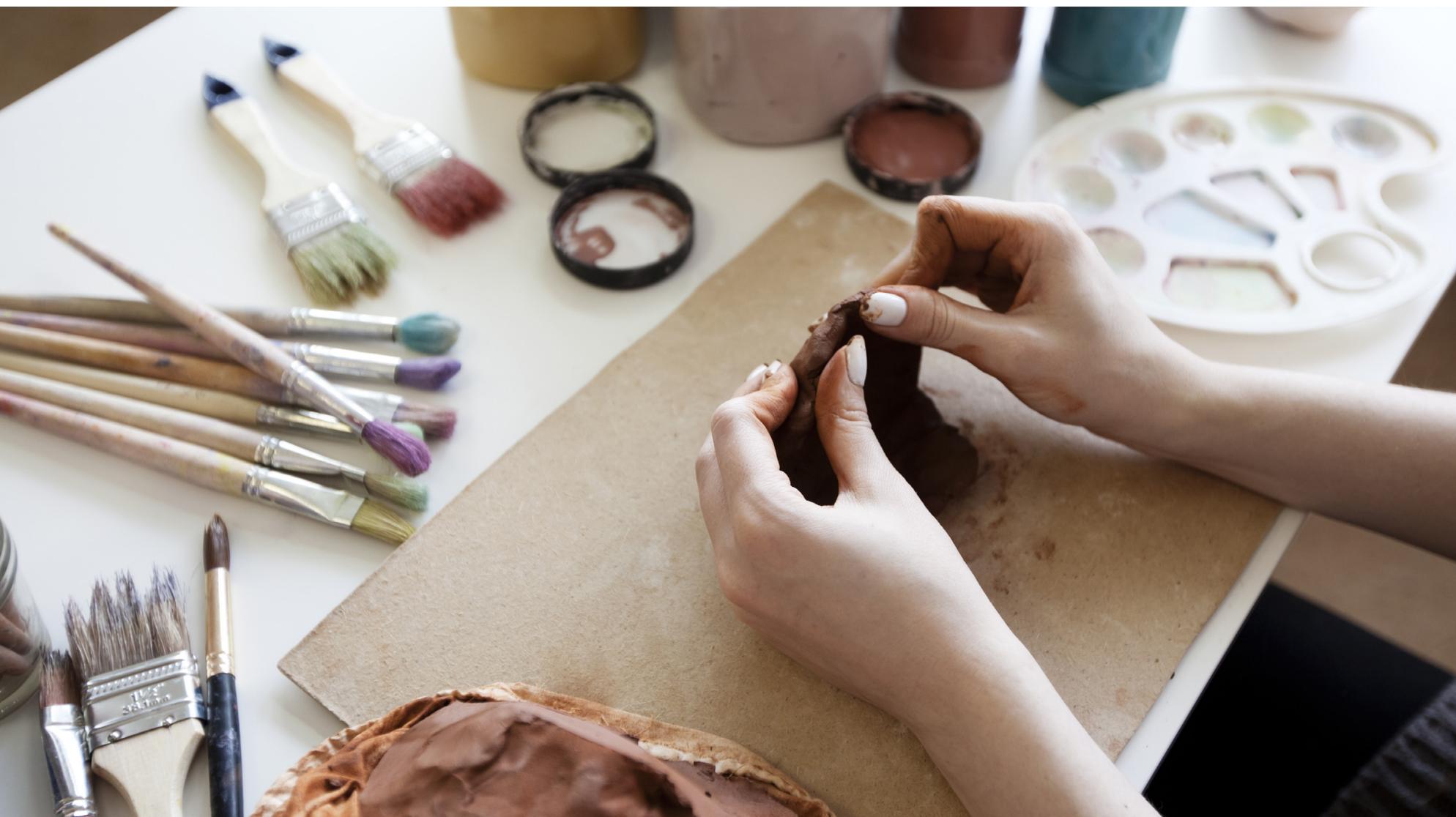
Unfortunately, we only offer a refund if a course has been cancelled by Highlands College. Circumstances such as illness, work commitments or leaving the Island are not considered for refunds.

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



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

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



Art Journaling

Thursday 20 September 2018 | 19.30 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £130 — Senior Citizen: £110

This is a fun and simple way to bring creativity into your life. Each week enjoy exploring a different medium, theme and technique in your own art journal. Experiment without any pressure, gain artistic confidence and de-stress!

1881AA1J01

Tutor: Chris Kemble

Cinestudies - 1990's

Wednesday 12 September 2018 | 18.30 - 21.30 | 12 weeks | Highlands College

Price: £215 — Senior Citizen: £160

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

1881AC1C01

Tutor: Stefan Rousseau

Get Started in Pottery

Saturday 29 September 2018 | 10.00 - 13.00 | 1 week | Philip Mourant Centre

Price: £55 — Senior Citizen: £55

A short course to introduce students to pottery. Please bring an apron or old shirt to protect your clothing.

1881AC1G01

Tutor: Raymond Ubsdell

Get Started in Pottery

Saturday 20 October 2018 | 10.00 - 13.00 | 1 week | Philip Mourant Centre

Price: £55 — Senior Citizen: £55

A short course to introduce students to pottery. Please bring an apron or old shirt to protect your clothing.

1881AC1G02

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Monday 10 September 2018 | 10.00 - 12.30 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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.

1881AC1P01

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Monday 10 September 2018 | 18.45 - 21.15 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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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.

1881AC1P03

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Tuesday 11 September 2018 | 18.45 - 21.15 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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.

1881AC1P04

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Wednesday 12 September 2018 | 18.45 - 21.15 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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.

1881AC1P06

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Thursday 13 September 2018 | 10.00 - 12.30 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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.

1881AC1P07

Tutor: Raymond Ubsdell

Pottery for Beginners and Improvers

Thursday 13 September 2018 | 18.45 - 21.15 | 11 weeks | Philip Mourant Centre

Price: £250 — Senior Citizen: £195

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.

1881AC1P08

Tutor: Raymond Ubsdell

Explore Drawing

Wednesday 19 September 2018 | 19.00 - 21.00 | 11 weeks | Philip Mourant Centre

Price: £150 — Senior Citizen: £110

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.

1881AD1E01

Tutor: Julia Coutanche

Drawing and the Art of Using A Sketch Book

Tuesday 11 September 2018 | 09.15 - 11.15 | 12 weeks | Philip Mourant Centre

Price: £160 — Senior Citizen: £120

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

1881AD1S01

Tutor: Ann Morgan

Sketch Book Drawing and Watercolours

Tuesday 11 September 2018 | 11.30 - 13.30 | 12 weeks | Philip Mourant Centre

Price: £160 — Senior Citizen: £120

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

1881AD1S02

Tutor: Ann Morgan

Developing Your Art Sketchbook**1881AD1S03****Monday 17 September 2018 | 19.30 - 21.00 | 9 weeks | Philip Mourant Centre****Price: £130 — Senior Citizen: £110****Tutor: Chris Kemble**

Gain individual guidance and direction in developing your own work. Enjoy exploring experimentation, different mediums and techniques in your own sketchbook combined with relevant artistic references. Open to all abilities without any pressure, gain artistic confidence and de-stress!

Drawing for the Terrified Beginners and Improvers**1881AD1T01****Tuesday 11 September 2018 | 11.30 - 13.30 | 12 weeks | Philip Mourant Centre****Price: £150 — Senior Citizen: £110****Tutor: Barbara Jackson**

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

More Drawing for the Terrified with Watercolours**1881AD1T02****Tuesday 11 September 2018 | 13.45 - 15.45 | 12 weeks | Philip Mourant Centre****Price: £150 — Senior Citizen: £110****Tutor: Barbara Jackson**

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

Drawing for the Terrified With Watercolours**1881AD1T03****Thursday 13 September 2018 | 10.00 - 12.00 | 12 weeks | Philip Mourant Centre****Price: £150 — Senior Citizen: £110****Tutor: Barbara Jackson**

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

Drawing and Watercolour Moving On**1881AD1T04****Thursday 13 September 2018 | 14.00 - 16.00 | 12 weeks | Philip Mourant Centre****Price: £150 — Senior Citizen: £110****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.

Etching with Aluminium Plates**1881AE1A01****Monday 10 September 2018 | 19.00 - 21.00 | 6 weeks | Highlands College****Price: £115 — Senior Citizen: £90****Tutor: Tim Le Breuille**

Learn how to etch your own aluminium plate with a safe, non-toxic process. By using a range of resists you can produce a textural plate with complex imagery. Plates will then go to press to produce prints on paper.

Linocut Printmaking**1881AL1P01****Tuesday 18 September 2018 | 19.30 - 21.00 | 9 weeks | Philip Mourant Centre****Price: £130 — Senior Citizen: £110****Tutor: Chris Kemble**

This is a fun and simple way to learn how to produce your own finished print. Enjoy weekly, step by step guidance on how to create your own linocut to a final outcome. It could be a drawing, logo, card design or pattern.

Experiment With Different Media**1881AM1E01****Tuesday 11 September 2018 | 09.30 - 11.30 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****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 is essential for this course.

Mixed Media Art**1881AM1E02****Monday 10 September 2018 | 09.30 - 12.30 | 12 weeks | Philip Mourant Centre****Price: £230 — Senior Citizen: £165****Tutor: Lisa Bloomer**

An opportunity to experiment with watercolour painting, acrylic paint and thermofax screen printing. Why not give it a whirl, nine weeks of experimental work, then specializing in one of the art forms of your choice for the final three weeks.

Painting With Oils**1881AO1P01****Tuesday 11 September 2018 | 09.15 - 11.45 | 12 weeks | Philip Mourant Centre****Price: £180 — Senior Citizen: £135****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**1881AP1E01****Wednesday 12 September 2018 | 19.00 - 21.00 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****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.

Adventures in Watercolour Intermediate**1881AW1C01****Thursday 13 September 2018 | 09.30 - 11.30 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****Tutor: Ann Morgan**

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

Watercolours and the Rest**1881AW1W01****Tuesday 11 September 2018 | 12.00 - 14.00 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****Tutor: Lisa Troy**

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

Watercolours and the Rest**1881AW1W02****Wednesday 12 September 2018 | 09.30 - 11.30 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****Tutor: Lisa Troy**

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





Digital SLR Photography for Beginners

1881AX1B01

Monday 17 September 2018 | 18.30 - 21.00 | 10 weeks | Highlands College

Price: £215 — Senior Citizen: £145

Tutor: Grant Neale

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

Digital Photography for Beginners

1881AX1B02

Tuesday 11 September 2018 | 18.30 - 21.00 | 12 weeks | Highlands College

Price: £270 — Senior Citizen: £185

Tutor: Colin Cruickshank

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

Digital Photography for Beginners

1881AX1B03

Wednesday 12 September 2018 | 18.30 - 21.00 | 12 weeks | Highlands College

Price: £270 — Senior Citizen: £185

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.

Follow The Fall

1881AX1F01

Saturday 08 September 2018 | 09.30 - 12.30 | 6 weeks | Philip Mourant Centre

Price: £125 — Senior Citizen: £95

Tutor: Stuart Abraham

Using your camera, you choose from DSLR to Smartphone, join this photographic safari as autumn officially begins. We will be looking for great seasonal colours in the countryside and around the coast so be prepared for some rough terrain, breath-taking scenery (and weather!) with weekly reviews of your work and technical tips.

Photoshop for Photography

1881AX1P01

Thursday 13 September 2018 | 19.00 - 21.00 | 12 weeks | Highlands College

Price: £180 — Senior Citizen: £120

Tutor: John Liot

Photoshop is scary. It can be both a conduit for adding tweaks to a photo or creating a surreal dreamscape from scratch. The versatility scares people, but it does not need to! This course helps you understand techniques to create the best version of your photos.

AS Photography

1880XPHS01

Wednesday 12 September 2018 | 19.00 - 21.30 | 28 weeks | Highlands College

Price: £610 — Senior Citizen: £610

Tutor: Chris Kemble

Improve and build upon your photographic skills, learn post production techniques and how to analyse photographs. Discover the history of photography and how this medium has shaped the world. Have fun and gain a recognised qualification and additional UCAS points.

CRAFT

Crochet for Beginners

1881CC1B01

Tuesday 11 September 2018 | 18.45 - 20.45 | 6 weeks | Philip Mourant Centre

Price: £80 — Senior Citizen: £60

Tutor: Hazel McLaren

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

Crochet for Beginners - Part 2

1881CC1B02

Tuesday 06 November 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £65 — Senior Citizen: £55

Tutor: Hazel McLaren

Progressing from basic stitches to first patterns and accessories. With an emphasis on Christmas themed designs.

Beaded Crochet Workshop

1881CC1B03

Saturday 20 October 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £45 — Senior Citizen: £45

Tutor: Hazel McLaren

Adding beads and sequins to crochet creates a special element to your work. This class is suitable for confident beginners who wish to enhance their crochet.

Mandala Madness Afghan

1881CC1M01

Wednesday 05 September 2018 | 19.00 - 21.00 | 10 weeks | Philip Mourant Centre

Price: £135 — Senior Citizen: £100

Tutor: Ellen Le Moignan

This course will teach you some more advanced and technical crochet stitches as well as starting you off on making your own "Mandala Madness" Afghan. Basic crochet knowledge is essential, familiarity with U.S. crochet terms is an advantage but not a necessity.

Interlocking Crochet -Tartan and Plaid

1881CC1P01

Wednesday 07 November 2018 | 18.45 - 20.45 | 4 weeks | Philip Mourant Centre

Price: £65 — Senior Citizen: £55

Tutor: Hazel McLaren

Hooking a tartan, plaid, or tartan interlocking piece of crochet may sound daunting but can be achieved even by recent learners.

Tunisian Crochet Workshop

1881CC1T01

Saturday 22 September 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £45 — Senior Citizen: £45

Tutor: Hazel McLaren

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

Tunisian Crochet - Part 2

1881CC1T02

Saturday 13 October 2018 | 09.30 - 13.30 | 1 week | Philip Mourant Centre

Price: £45 — Senior Citizen: £45

Tutor: Hazel McLaren

A follow-on for those who have already attended a Tunisian workshop.

Fair Isle - Intarsia Knitting

1881CF1K01

Thursday 13 September 2018 | 19.00 - 21.00 | 9 weeks | Philip Mourant Centre

Price: £120 — Senior Citizen: £90

Tutor: Lynn Whitehouse

Extend your knitting skills this Autumn and join this colourful class learning fair isle and Intarsia knitting. Basic knitting skills required, you will have the opportunity to make hats, gloves, squares for throws, cushions, knit an heirloom Christmas Fair Isle stocking or perhaps a child's Intarsia jumper.

Christmas Angels Workshop**1881CK1A01****Wednesday 05 December 2018 | 09.30 - 12.00 | 1 week | Rachel's Textiles Studio****Price: £55 — Senior Citizen: £55****Tutor: Rachel Concannon**

Come along and make an heirloom Christmas Angel. All materials are provided and each will be as individual as the maker.

Treasure Trove Knitting**1881CK1T01****Saturday 06 October 2018 | 09.30 - 14.30 | 1 week | Philip Mourant Centre****Price: £45 — Senior Citizen: £45****Tutor: Lynn Whitehouse**

Discover how to use the treasure trove of leftover wools to create mitre corner squares for fabulous cushions and throws. Learn to make a twelve stitch continuous pattern of various sizes. Basic knitting knowledge only (cast on/off and knit/purl)

Knitted Christmas Workshop 1 - Mini Stockings**1881CK1W01****Thursday 22 November 2018 | 18.45 - 21.15 | 1 week | Philip Mourant Centre****Price: £50 — Senior Citizen: £50****Tutor: Lynn Whitehouse**

First of two workshops to knit novelty items for Christmas. Great as small gifts and on your Christmas tree. We will create Fair Isle Christmas stockings using small amounts of wool and time. Basic knitting skills required, casting on/off, knit / purl stitches.

Knitted Christmas Workshop 2 - Mini Fair Isle Jumper**1881CK1W02****Thursday 29 November 2018 | 18.45 - 21.15 | 1 week | Philip Mourant Centre****Price: £50 — Senior Citizen: £50****Tutor: Lynn Whitehouse**

Second workshop to knit novelty items for Christmas. Great as small gifts and on your Christmas tree. We will create Fair Isle Christmas jumpers using small amounts of wool and time. Basic knitting skills required, casting on/off, knit/purl stitches

Papercraft - Teabag Folding**1881CP1F01****Tuesday 16 October 2018 | 13.30 - 15.30 | 2 weeks | Philip Mourant Centre****Price: £60 — Senior Citizen: £60****Tutor: Lynn Whitehouse**

Discover this fascinating 3D paper craft using many different folds creating paper rosettes, butterflies and more using decorative papers. Use them in cardmaking, decorations, gift wrapping and on boxes. Most materials provided for which a fee of £4 will be payable at the first session.

Papercraft - Christmas Iris Folding**1881CP1F02****Tuesday 13 November 2018 | 13.30 - 15.30 | 2 weeks | Philip Mourant Centre****Price: £60 — Senior Citizen: £60****Tutor: Lynn Whitehouse**

Discover this fascinating 3D paper craft using decorative papers to create folded paper designs. Make lovely embellishments for Christmas cards, pictures and more, with interesting spiral features resembling the centre of a camera lens. Most materials provided for which a fee of £4 will be payable at the first session.

Rag Rug Workshop**1881CR1R01****Saturday 29 September 2018 | 09.30 - 14.30 | 1 week | Philip Mourant Centre****Price: £50 — Senior Citizen: £50****Tutor: Lynn Whitehouse**

Create an amazing rag rug or wall hanging using up recycled clothes and fabrics. Discover this colourful, tactile craft which only requires a hook, canvas and material. You will be hooked! A fee of £12.00 for all equipment will be payable to the tutor at the session.

Rubber Stamping and Heat Embossing**1881CR1S01****Tuesday 18 September 2018 | 13.30 - 15.30 | 4 weeks | Philip Mourant Centre****Price: £80 — Senior Citizen: £70****Tutor: Lynn Whitehouse**

Discover the basics of rubber stamping and heat embossing with layering techniques to give your work dimension. Using watercolour and other colouring mediums create embellishments for cards, decoupage pictures, decorations, boxes etc. Most materials, rubber stamps and tools provided - £6 payable. Relaxed and fun class.

Stitching Time**1881CS1F01****Tuesday 06 November 2018 | 09.15 - 13.30 | 5 weeks | Philip Mourant Centre****Price: £140 — Senior Citizen: £105****Tutor: Frankie Garrett**

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

Patchwork and Quilting**1881CS1P01****Monday 10 September 2018 | 13.00 - 15.00 | 12 weeks | Philip Mourant Centre****Price: £165 — Senior Citizen: £125****Tutor: Mary Dunford**

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

Patchwork and Quilting**1881CS1P02****Thursday 13 September 2018 | 13.00 - 15.00 | 12 weeks | Philip Mourant Centre****Price: £165 — Senior Citizen: £125****Tutor: Mary Dunford**

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

Sewing for Beginners and Improvers**1881CS1R01****Monday 10 September 2018 | 10.00 - 12.30 | 12 weeks | Rachel's Textiles Studio****Price: £340 — Senior Citizen: £340****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**1881CS1R02****Monday 10 September 2018 | 18.00 - 20.30 | 12 weeks | Rachel's Textiles Studio****Price: £340 — Senior Citizen: £340****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**1881CS1R03****Thursday 13 September 2018 | 18.00 - 20.30 | 11 weeks | Rachel's Textiles Studio****Price: £325 — Senior Citizen: £325****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.





Stack, Stitch and Slash

Wednesday 12 September | 09.30 - 12.00 | 3 weeks | Rachel's Textiles Studio

Price: £105 — Senior Citizen: £75

Tutor: Rachel Concannon

Exciting ways with fabric to stack, stitch, slash and reveal beautiful layers. Play with design allowing layers to peep through and add texture to your pieces. Materials provided for the sample work. Machine competence is essential.

1881CS1S01

Creative Tucks and Pleats

Wednesday 10 October 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textiles Studio

Price: £105 — Senior Citizen: £75

Tutor: Rachel Concannon

Experiment and learn to make samples of tucks and pleats and gain confidence to manipulate fabric. Explore the depth, texture and illusions that this provides in your textile work. Materials provided for sample work. Machine competence is essential.

1881CS1S02

Sublimation and Transfer Printing

Wednesday 28 November 2018 | 09.30 - 12.00 | 1 week | Rachel's Textiles Studio

Price: £50 — Senior Citizen: £50

Tutor: Rachel Concannon

Use sublimation paper and transfer paints to create design. Then use the heat press to transfer your designs onto fabric. You will make some samples that can be used for future projects. All materials provided.

1881CS1S03

Wet Felting

Wednesday 07 November 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textiles Studio

Price: £105 — Senior Citizen: £75

Tutor: Rachel Concannon

Spend two sessions trying out the techniques and building up samples to give you the ideas for week 3 where you can build on your knowledge. Suggestions for final makes could be a 3D soft sculpture or a pretty bag, or anything in between. Materials supplied for sample work.

1881CS1S04

Stitch Rip and Reveal

Monday 17 September 2018 | 19.00 - 21.00 | 8 weeks | Philip Mourant Centre

Price: £120 — Senior Citizen: £95

Tutor: Lynn Whitehouse

A fun way of layering. Stitching and cutting away fabric to create amazing textured fabric to use as cushions or wall art panels. Embellished with cord, beads and stitching to enhance projects further. Addictive, colourful and stunning pieces emerge.

1881CS1T01

Stitch Rip and Reveal Workshop

Saturday 17 November 2018 | 09.30 - 14.30 | 1 week | Philip Mourant Centre

Price: £65 — Senior Citizen: £65

Tutor: Lynn Whitehouse

A fun way of layering. Stitching and cutting away fabric to create amazing textured fabric to use as cushions or wall art panels. Embellished with cord, beads and stitching to enhance projects further. Addictive, colourful and stunning pieces emerge. What are you waiting for? Join me this term.

1881CS1T02

Upholstery

Monday 10 September 2018 | 09.30 - 12.30 | 12 weeks | Philip Mourant Centre

Price: £220 — Senior Citizen: £155

Tutor: Mary Dunford

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

1881CU1F01

Upholstery

Thursday 13 September 2018 | 09.30 - 12.30 | 12 weeks | Philip Mourant Centre

Price: £220 — Senior Citizen: £155

Tutor: Mary Dunford

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

1881CU1F03



G4S is the world's leading global, integrated security company specialising in the delivery of security and related services to customers across six continents. In the Channel Islands our services are extensive and we have a broad range of roles in a number of disciplines such as facilities management, cash services, logistics, cleaning and security.

Our roles can be either full time, part time or on a temporary basis. To see what roles we have currently or to register your interest please contact **01534 502604** or email hrrcruitment@je.g4s.com

Burlesque for Beginners and Improvers**1881DB1B01****Monday 10 September 2018 | 19.00 - 20.00 | 12 weeks | Springfield School****Price: £120 — Senior Citizen: £100****Tutor: Victoria Phillips**

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

Zumba**1881DF1Z01****Monday 10 September 2018 | 09.30 - 10.20 | 11 weeks | Trinity Parish Hall****Price: £115 — Senior Citizen: £95****Tutor: Joanne Matson**

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

Magical Strictly Dancing**1881DM1S01****Monday 19 November 2018 | 18.45 - 20.45 | 2 weeks | St Martins School****Price: £45 — Senior Citizen: £45****Tutor: Ann Dove**

Shoes are shined, sequins ready and now the steps to follow. Come and capture the magic of Strictly with a variety of dance styles in a fun and friendly atmosphere.

Salsa Beginners**1881DS1S01****Monday 10 September 2018 | 20.00 - 21.00 | 7 weeks | St Martins School****Price: £80 — Senior Citizen: £70****Tutor: Ann Dove**

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

Salsa Improvers**1881DS1S02****Monday 10 September 2018 | 18.45 - 19.45 | 7 weeks | St Martins School****Price: £80 — Senior Citizen: £70****Tutor: Ann Dove**

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

Noisy Feet - Calorie Burn**1881DT1C01****Thursday 13 September 2018 | 19.00 - 19.50 | 12 weeks | Jersey Opera House****Price: £120 — Senior Citizen: £105****Tutor: Christophe Chateau**

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

Dates: 13 September - 6 December *Excluding 29 November.

Momentum Dance - Tap and Dance**1881DT1M01****Thursday 13 September 2018 | 20.00 - 21.00 | 12 weeks | Jersey Opera House****Price: £120 — Senior Citizen: £105****Tutor: Christophe Chateau**

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

Dates: 13 September - 6 December * Excluding 29 November.



GENERAL INTEREST

All Aboard the Hogwarts Express**1881GB1H01****Tuesday 09 October 2018 | 18.00 - 20.00 | 3 weeks | Highlands College****Price: £55 — Senior Citizen: £45****Tutor: Sarah-Jane Huelin**

Have you ever wondered about the wizarding wand of Harry Potter? Come and join a fun, light hearted discussion about what makes these book so magical.

Christmas Stories**1881GC1S01****Thursday 15 November 2018 | 18.00 - 20.00 | 3 weeks | Highlands College****Price: £55 — Senior Citizen: £45****Tutor: Sarah-Jane Huelin**

Come and discuss a selection of Christmas stories from a range of authors including Charles Dickens, A Christmas Carol. Does the Christmas setting enhance the story? How are Christmas traditions portrayed in these stories and do they change over time?

disAbility Making the Strategy Reality**1881GD1R01****Tuesday 11 September 2018 | 18.00 - 20.00 | 4 weeks | Highlands College****Price: £85 — Senior Citizen: £75****Tutor: Angela Goddard**

Finding ability in disAbility - Are we prepared? Are we disAbility and communication aware? Do you feel confident moving from consultation to participation and co-producing 'mYour' approach to Jersey's disAbility strategy from inclusivity to parity and equality? A joint (ad)venture

All Round Gardening**1881GG1W01****Wednesday 12 September 2018 | 18.45 - 21.15 | 10 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £115****Tutor: Tom Evans**

A series of workshops introducing you to several aspects of gardening to cover a different topic each week. To include annuals, biennials, herbaceous perennials, plant propagation, trees and shrubs, lawns, glasshouse, vegetable and fruit gardens and soil science.

Living Jersey - Journey Through Jersey**1881GL1J01****Wednesday 12 September 2018 | 10.00 - 12.00 | 12 weeks | Philip Mourant Centre****Price: £160 — Senior Citizen: £120****Tutor: Peter Webb**

A comprehensive exploration of the Island's history, heritage and personalities. This journey will lead us through each parish, the coastline, nature in illustrated lectures, with classic images and scripted notes.

Career Change - Level 1 Mechanic**1880XM1M01****Monday 10 September 2018 | 18.00 - 21.00 | 12 weeks | Highlands College****Price: £200 — Senior Citizen: £200****Tutor: Michael Nield**

Do you want to change career? Have an interest in vehicle maintenance? Want to know more about job roles in the sector? Units cover the lubrication system, use of technical information and automotive foundation skills.

IMI Level 1 Award in Cycle Maintenance**1880XM1C01****Tuesday 11 September 2018 | 18.00 - 21.00 | 12 weeks | Highlands College****Price: £200 — Senior Citizen: £200****Tutor: Michael Nield**

This course is aimed at leisure cyclists who want to develop their understanding and skills in the servicing, repair and maintenance of cycles. Come and learn basic checks, puncture repairs and the removal and replacement of gear and brake assemblies.





Introduction to Aromatherapy

1881HA1T01

Friday 14 September 2018 | 09.30 - 11.30 | 3 weeks | Philip Maurant Centre

Price: £85 — Senior Citizen: £85

Tutor: Lisa Bloomer

Invigorate your sense of smell and enjoy the healing powers of aromatherapy oils by learning how to mix the oils correctly for massage, relaxation, improved sleep, cleansing the air, and many other everyday uses.

Balancing the Self with Qigong

1881HB1Q01

Monday 08 October 2018 | 19.00 - 20.30 | 6 weeks | Philip Maurant Centre

Price: £90 — Senior Citizen: £75

Tutor: Caroline Hoare

Qigong is a Chinese form of exercise for fitness and health. This class combines the Golden Eight with an introduction to Da Mo Qigong which involves sitting cross legged with the arms in special positions to promote mind body balance.

Change Your Thinking, Change Your Life

1881HC1L01

Wednesday 10 October 2018 | 19.00 - 21.00 | 6 weeks | Highlands College

Price: £140 — Senior Citizen: £120

Tutor: Clare Graham

This will help you discover the power of thoughts and the impact they have on your life. Learn to rest your mind and regain control over unwanted thoughts and choose positivity. Learn techniques for improved mental and physical health.

Mindfulness Meditation

1881HM1M01

Tuesday 11 September 2018 | 18.45 - 20.45 | 10 weeks | Philip Maurant Centre

Price: £130 — Senior Citizen: £95

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

1881HR1R01

Friday 09 November 2018 | 10.00 - 12.30 | 6 weeks | Philip Maurant Centre

Price: £150 — Senior Citizen: £150

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. Book provided.

COOKERY

Indian Desi Kitchen

1881KA1F01

Saturday 10 November 2018 | 10.00 - 13.00 | 4 weeks | Highlands College

Price: £130 — Senior Citizen: £105

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.

Tour of the Golden Triangle

1881KA1T01

Saturday 20 October 2018 | 09.00 - 13.30 | 1 week | Highlands College

Price: £55 — Senior Citizen: £55

Tutor: Tariq Attar

Some of the prominent restaurant dishes originate in the North of India. Our culinary journey will cover the cities of Delhi, Jaipur and Agra. Robust and packed in flavour, we will create some much loved classic and authentic dishes. You will need to bring ingredients.

Tagines and Couscous

1881KATR01

Wednesday 03 October 2018 | 18.30 - 21.30 | 4 weeks | Highlands College

Price: £100 — Senior Citizen: £75

Tutor: Rex Barker

Join me for more adventures from the souks and medinas of North Africa. The heady aroma of spices infuse the colourful dishes we will prepare. We will cook Tagine of Mussels, Chicken Couscous, Roast Breast of Lamb with jewelled stuffing. You will need to bring ingredients each week.

The Lonely Planet Curry Trail

1881KC1T01

Tuesday 11 September 2018 | 19.00 - 21.30 | 6 weeks | Highlands College

Price: £145 — Senior Citizen: £115

Tutor: Rose McCullagh

Curry lovers around the world learn how to make their favourite dishes. Favourite restaurant classic dishes from Bangladesh, Thailand, Malaysia, Pakistan, Cambodia, Sri Lanka. Divided into six weeks covering fish, seafood, poultry, meat and vegetable curries are an option for a healthier way of eating; but every dish bursts with the flavours of India. You will need to bring ingredients each week.



Wine and Spirit Education Trust: Level 1 Award in Wines and Spirits

Course 1: 4 weeks, Monday 1 October 2018, 6-8pm £108 [exam optional @£45 per person]

Course 2: 4 weeks, Monday 14 January 2019, 6-8pm £108 [exam optional @£45 per person]

T 608560
E academy@highlands.ac.uk
www.highlands.ac.uk



Family Cooking for Beginners

1881KF1C01

Monday 10 September 2018 | 18.30 - 21.00 | 6 weeks | Highlands College

Price: £165 — Senior Citizen: £135

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.

French Winter Warmers

1881KF1W01

Wednesday 07 November 2018 | 8.30 - 21.30 | 4 weeks | Highlands College

Price: £100 — Senior Citizen: £75

Tutor: Rex Barker

Create traditional comfort food from various regions of France, including warming soups, casseroles and seasonal dishes. We will cook Pot-Roast Guinea Fowl with Savoy Cabbage, Normandy Onion Soup, Roast Monkfish à la Paimpolaise, Cassoulet, Almond Pithiviers and more. You will need to bring ingredients each week.

Homemade Christmas

1881KH1C01

Monday 05 November | 19.00 - 21.00 | 4 weeks | Highlands College

Price: £110 — Senior Citizen: £95

Tutor: Michelle Banks

Come along and prepare for the festive season. We will be making mincemeat, truffles, lemoncello, relish, pickles, candied peel and all things festive. Be truly ready for a homemade Christmas. You will need to bring ingredients each week.



LANGUAGES



French Beginners Stage 1

1881LFBA01

Tuesday 11 September 2018 | 18.30 - 20.30 | 12 weeks | Highlands College

Price: £160 — Senior Citizen: £120

Tutor: Lucie Chiron

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

Daytime Beginners French Stage 1

1881LFBA02

Thursday 13 September 2018 | 14.00 - 16.00 | 12 weeks | Philip Maurant Centre

Price: £160 — Senior Citizen: £120

Tutor: Catherine Rousseau

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 3

1881LFBC01

Wednesday 12 September 2018 | 18.30 - 20.30 | 12 weeks | Highlands College

Price: £160 — Senior Citizen: £120

Tutor: Catherine Rousseau

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

Moving On in French

1881LFMM01

Monday 10 September 2018 | 18.30 - 20.30 | 12 weeks | Highlands College

Price: £160 — Senior Citizen: £120

Tutor: Patricia Lucas

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

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



**French Conversation****1881LFXC01**

Wednesday 12 September 2018 | 09.15 - 11.15 | 12 weeks | Philip Maurant Centre
Price: £160 — Senior Citizen: £120
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**1881LFXC02**

Wednesday 12 September 2018 | 19.00 - 21.00 | 12 weeks | Highlands College
Price: £160 — Senior Citizen: £120
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 focusing on acquiring more vocabulary.

Introduction to Italian**1881LIA101**

Wednesday 12 September 2018 | 18.30 - 20.30 | 10 weeks | Highlands College
Price: £135 — Senior Citizen: £100
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 Pre-Intermediate Stage 1**1881LIHA01**

Tuesday 11 September 2018 | 19.00 - 21.00 | 12 weeks | Highlands College
Price: £160 — Senior Citizen: £120
Tutor: Romano Pezzali

You now have a good grasp of the fundamental structure of your chosen language, a varied vocabulary and lots of confidence in your speaking skills. You will improve your comprehension, practise telling a story, describe medical problems, explain how to use a machine or cook a dish and make a complaint!

Italian Conversation**1881LIXC01**

Tuesday 11 September 2018 | 18.45 - 20.45 | 12 weeks | Philip Maurant Centre
Price: £160 — Senior Citizen: £120
Tutor: Anita Eastwood

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

Japanese Beginners Stage 1**1881LJBA01**

Wednesday 26 September | 18.00 - 20.00 | 10 weeks | Highlands College
Price: £135 — Senior Citizen: £100
Tutor: Yuki Sugawara

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

Portuguese Beginners Stage 1**1881LMBA01**

Wednesday 12 September | 19.00 - 21.00 | 12 weeks | Highlands College
Price: £160 — Senior Citizen: £120
Tutor: Carla Teixeira

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**1881LMBB01**

Wednesday 12 September | 18.30 - 20.30 | 12 weeks | Highlands College
Price: £160 — Senior Citizen: £120
Tutor: Rui Pires

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

Spanish Beginners Stage 1**1881LSBA01**

Monday 10 September 2018 | 18.30 - 20.30 | 12 weeks | Highlands College
Price: £160 — Senior Citizen: £120
Tutor: Karen Fountain

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

* Excluding dates: 3, 17 and 31 October 2018

Spanish Beginners Stage 2**1881LSBB01**

Wednesday 12 September 2018 | 18.30 - 20.30 | 9 weeks | Highlands College
Price: £125 — Senior Citizen: £95
Tutor: Madeleine De La Cour

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 Conversation**1881LSXC01**

Thursday 08 November 2018 | 18.30 - 20.30 | 6 weeks | Highlands College
Price: £85 — Senior Citizen: £65
Tutor: Rosa Chatterley

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.

ESOL: English for Speakers of Other Languages

We offer Beginner, Elementary and Writing Workshop courses as well as the Cambridge exam courses: Key, Preliminary, First, Advanced, Proficiency and Business English.

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

T 608670
 E ESOL@highlands.ac.uk
www.highlands.ac.uk



Introduction to Golf

Saturday 15 September 2018 | 13.00 - 15.00 | 6 weeks | Les Mielles Golf Course

Price: £130 — Senior Citizen: £130

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.

1881SB1G01

Dynamic Yoga for Seniors

Thursday 13 September 2018 | 11.30 - 13.00 | 7 weeks | Philip Mourant Centre

Price: £110 — Senior Citizen: £95

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.

1881SY1D01

Fitness for Seniors

Monday 10 September 2018 | 10.30 - 11.30 | 11 weeks | Trinity Parish Hall

Price: £100 — Senior Citizen: £90

Tutor: Joanne Matson

This fun, motivating fitness class for seniors works the body to provide toning, mobility and stamina. Each session consists of a warm up, relaxation, stretching and aerobic exercise. You'll leave with a smile and feeling full of life!

1881SF1S01

Friday Morning Yoga

Friday 14 September | 09.15 - 10.45 | 12 weeks | Philip Mourant Centre

Price: £125 — Senior Citizen: £95

Tutor: Elayne Cole

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.

1881SY1F01

Nordic Walking

Tuesday 11 September 2018 | 13.30 - 14.30 | 12 weeks | Philip Mourant Centre

Price: £95 — Senior Citizen: £75

Tutor: Elizabeth De La Haye

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

1881SN1W01

Nordic Walking

Wednesday 12 September | 12.15 - 13.15 | 12 weeks | Philip Mourant Centre

Price: £95 — Senior Citizen: £75

Tutor: Elizabeth De La Haye

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

1881SN1W02

Morning Pilates

Thursday 13 September 2018 | 09.30 - 10.30 | 12 weeks | Philip Mourant Centre

Price: £95 — Senior Citizen: £75

Tutor: Marilyn Ward

This course is for anyone who wants to improve postural muscles, stability, flexibility, strength and mobility. The class led by Marilyn Ward uses props such as bands and therapy balls to gently maximise the benefits of the practice.

1881SP1W01

Evening Pilates

Thursday 13 September 2018 | 18.00 - 19.00 | 12 weeks | Highlands College

Price: £95 — Senior Citizen: £75

Tutor: Marilyn Ward

This course is for anyone who wants to improve postural muscles, stability, flexibility, strength and mobility. The class led by Marilyn Ward uses props such as bands and therapy balls to gently maximise the benefits of the practice.

1881SP1W02

Slow Flow Yoga

Thursday 20 September 2018 | 16.30 - 18.00 | 4 weeks | Philip Mourant Centre

Price: £60 — Senior Citizen: £50

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.

1881SY1S01

Slow Flow Yoga

Thursday 20 September 2018 | 18.30 - 19.30 | 4 weeks | Philip Mourant Centre

Price: £55 — Senior Citizen: £45

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.

1881SY1S02

Slow Flow Yoga

Thursday 15 November 2018 | 16.30 - 18.00 | 4 weeks | Philip Mourant Centre

Price: £60 — Senior Citizen: £50

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.

1881SY1S03

Slow Flow Yoga

Thursday 15 November 2018 | 18.30 - 19.30 | 4 weeks | Philip Mourant Centre

Price: £55 — Senior Citizen: £45

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.

1881SY1S04

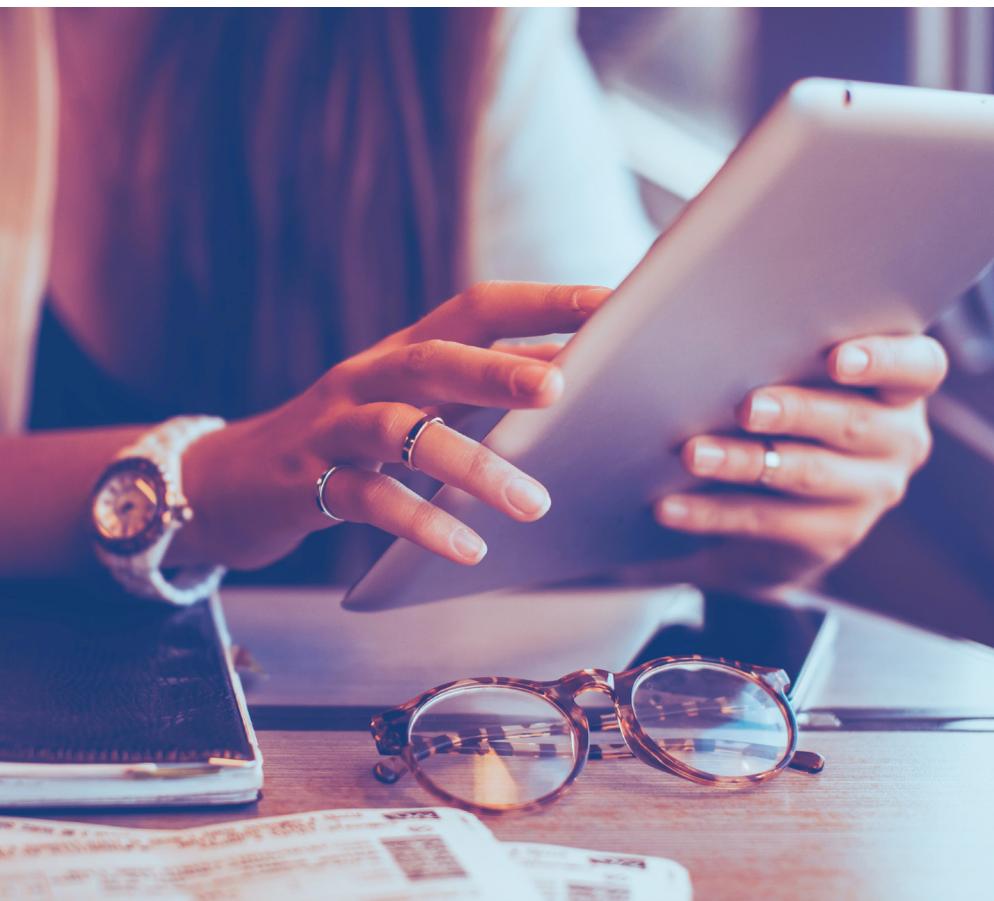
Highlands College Hair and Beauty Academy

Certificate in Hairstyling and Make-up: 12 week part-time course beginning 11 September 2018, £357

Certificate in Gel Nails: 4 week part-time course beginning 11 September 2018, £210

T 608555
E hairandbeauty@highlands.ac.uk
www.highlands.ac.uk





iPad for Beginners

1881WS1P01
Thursday 13 September 2018 | 16.00 - 17.45 | 4 weeks | Highlands College
Price: £70 — Senior Citizen: £70
Tutor: Alison Ellis

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

Dates: September 13,20,27 and 18 October.

iPad for Beginners

1881WS1P02
Thursday 01 November 2018 | 16.00 - 17.45 | 4 weeks | Highlands College
Price: £70 — Senior Citizen: £70
Tutor: Alison Ellis

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

Excel Problem Solving

1881WX1E01
Thursday 13 September 2018 | 18.30 - 20.30 | 4 weeks | Highlands College
Price: £65 — Senior Citizen: £50
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.

SUMMER COURSES

Mandala Dream Catcher Workshop

1781CC3Q01
Monday 23rd July 2018 | 18.00 - 21.30 | 1 week | Highlands College
Price: £50 — Senior Citizen: £50
Tutor: Ellen Le Moignan

Create your own crochet mandala dream catcher - a perfect statement piece for a nursery or decorating your living space. Expand your skills whilst making a great pattern, basic crochet knowledge is essential. Supplies included

Mandala Dream Catcher Workshop

1781CC3W02
Monday 30th July 2018 | 18.00 - 21.30 | 1 week | Highlands College
Price: £50 — Senior Citizen: £50
Tutor: Ellen Le Moignan

Create your own crochet mandala dream catcher - a perfect statement piece for a nursery or decorating your living space. Expand your skills whilst making a great pattern, basic crochet knowledge is essential. Supplies included

Mum and Me Yoga Week

1781SY3Y01
Monday 30th July 2018 | 10.00 - 11.00 | 1 week | Philip Maurant Centre
Price: £65 — Senior Citizen: £65
Tutor: Tasha Bolla

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

Teenage Yoga Week

1781SY3T01
Monday 30th July 2019 | 11.30 - 12.30 | 1 week | Philip Maurant Centre
Price: £55 — Senior Citizen: £55
Tutor: Tasha Bolla

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

Summer Sewing Beginners and Improvers

1781CS3S01
Monday 06 August 2018 | 09.30 - 12.00 | 3 weeks | Rachel's Textiles Studio
Price: £100 — Senior Citizen: £70
Tutor: Rachel Concannon

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



Access to Higher Education: Diploma in Humanities or Diploma in Science

This is an intensive one year course which enables learners without the necessary academic qualifications to begin a degree. Gain a Level 3 certificate with A-level equivalency to qualify and prepare yourself for degree-level study.

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