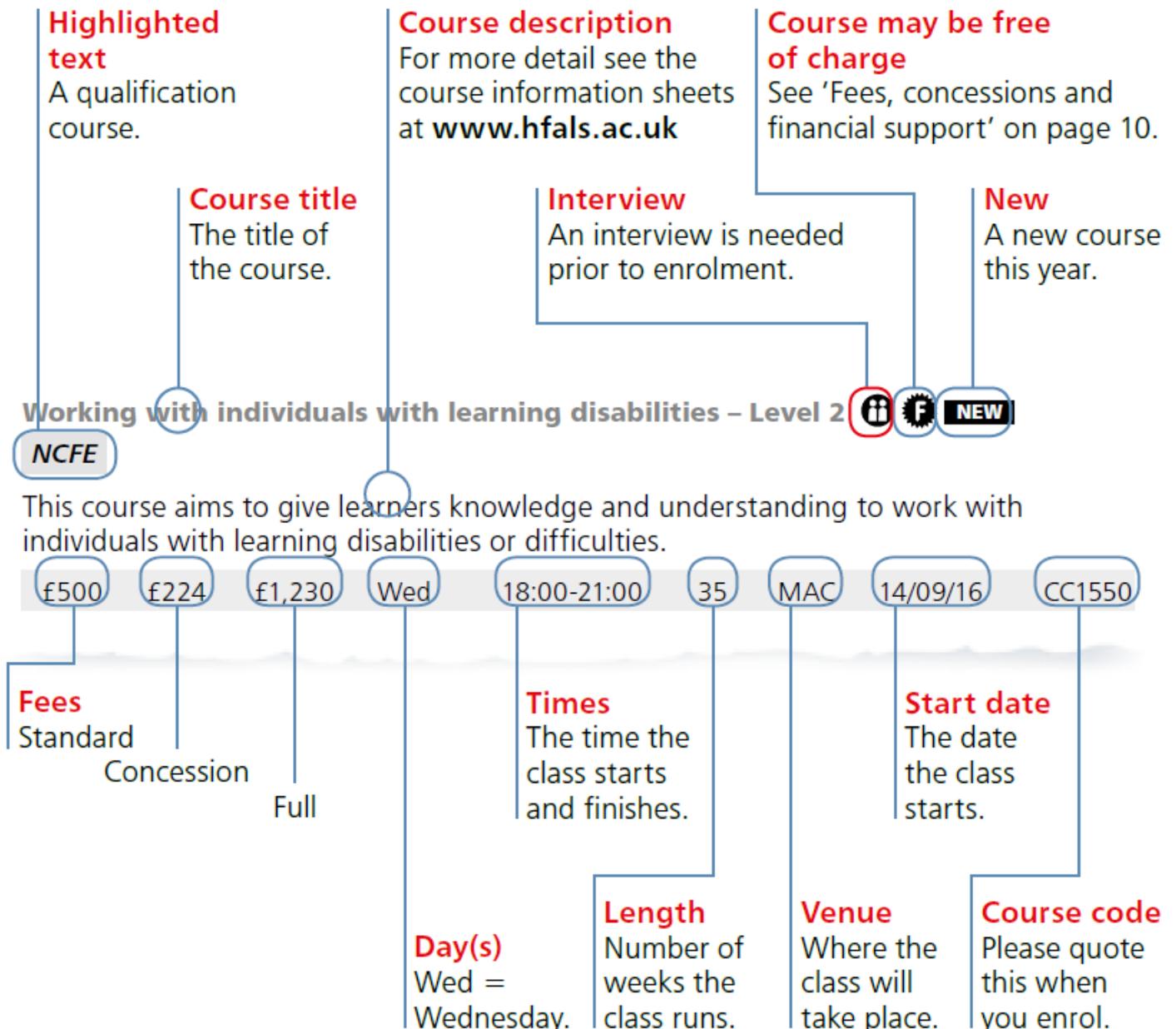


Welcome to the Term 3 course list from the Adult Learning & Skills Service. We have a wide range of courses on offer from April to suit all interests, both in the centres and online, so have a browse and see what sparks your interest!

Enjoy the rest of this year, and we look forward to seeing you in the new term!

Course dates may be subject to change. Please go to www.hfals.ac.uk for the latest information and to book online.

Course details are listed under the individual courses and usually follow this structure:



English, ESOL, Maths & Family Learning



We offer a range of courses designed to build the skills needed in order to progress in life. Most classes are accredited, and you will have the opportunity to gain a qualification.

For more information and to enrol on any of these courses, please book an interview at <https://www.lbhfadmin.com/InterviewCreates/Book>

English for speakers of other languages (ESOL)

These courses are for people whose first language is not English and who want to improve. Most courses are free and lead to a qualification.

You'll need to book a quick interview. Our expert tutors will assess you and help you pick the best class for you: <https://www.lbhfadmin.com/InterviewCreates/Book>

Pre-Entry

ESOL Pre-Entry

Standard £139	Conc Free	Full £702	Mon	13:00-15:00	12	UXB	15/04/24	EE316P
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ESOL Pre-Entry

[Trinity](#)

Pre-Entry beginner

Standard £139	Conc Free	Full £702	Mon	12:45-14:45	12	MAC	15/04/24	EE308M
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ESOL Entry 1 Reading

[Trinity](#)

ESOL Entry 1 Reading

Standard £173	Conc Free	Full £878	Mon	09:30-12:00	12	MAC	15/04/24	EE300RM
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E2 Reading

E2 ESOL Reading

Standard £199.50	Conc Free	Full £1009.05	Mon	09:30-12:30	12	UXB	15/04/24	EE302RP
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ESOL E3 Reading

[Ascentis](#)

Standard £173	Conc Free	Full £878	Tue	09:30-12:00	12	MAC	16/04/24	EE302RM
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ESOL Entry 2/3 Level Conversation

[Mixed Entry 1](#)

Standard £87	Conc Free	Full £439	Sat	12:30-15:00	12	MAC	20/04/24	EE307M
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Wild Wall Hanging Art

A fun outdoor workshop in Ravenscourt Park creating wild wall art and bunting in the shape of leaves and flowers. This is a Family Learning workshop, and parents/carers must remain with their children at all times.

This course is **free** Sat 12:00-14:00 1 RAV 20/04/24 FLHCGA02

Family Learning: Wildlife Adventures

A fun session in Ravenscourt Park pond dipping, making bird feeders and seed balls and taking part on a scavenger hunt. This is a Family Learning workshop and parents/carers must remain with their children at all times.

This course is **free** Sat 12:00-14:00 1 RAV 18/05/24 FLHCGA04

Special Educational Needs



We support learners to develop and progress into higher level courses, work opportunities, supported employment and have an active life in the community. This program is made up of a wide selection of courses, to meet the wide range of needs of learners with learning difficulties and disabilities.

AW AMICI Dance AM

Amici Dance introduces learners to movement and dance. Learners will develop creative relationships, skills in taking turns, making choices, performing for the group and being part of an audience.

Standard £103.05 Conc £40 Full £286.05 Tue 10:00-12:00 10 MAC 16/04/24 DP3010

AW AMICI Dance PM

This course develops learners' personal and social skills by developing skills in taking turns, making choices, performing for the group and being part of an audience.

Standard £103.05 Conc £40 Full £286.05 Tue 13:00-15:00 10 MAC 16/04/24 DP3015

AW Arts & Crafts

Selection of 2D art projects including: Mark making, Introduction to the colour wheel, Collages, Pencil and pastel colouring and Painting.

Standard £103.05 Conc £40 Full £286.05 Mon 10:00-12:00 10 MAC 15/04/24 DP3025

AW Yoga

This Yoga course will introduce students to movement, meditation and exercise. There will be breathing and flexibility based exercises and students will build up their confidence and develop social skills.

Standard £74.20 Conc £30 Full £216.20 Fri 13:00-14:30 10 MAC 19/04/24 DP3040

AW Walk & Talk

On this course you will get to build up your fitness, chat and socialise with your fellow walkers, explore local walking routes, see some of the beautiful parks in the borough and take part in trips to walk in other places in London.

Standard £103.05 Conc £40 Full £286.05 Wed 13:00-15:00 10 MAC 17/04/24 DP3045

AW Dance Fitness

This course uses movement and dancing to increase learners' health, flexibility and well-being.

Standard £74.20 Conc £30 Full £216.20 Thu 13:00-14:30 10 MAC 18/04/24 DP3030

Arts, crafts & performing arts



We have a variety of arts and crafts courses. These will enable you to develop your creative skills and knowledge. Choose from painting, drawing, watercolour painting, portraiture, photography, jewellery and beading, stained glass, pottery, clothes making, textile printing, illustration, upholstery, picture, woodwork and furniture restoration, and furniture making. We also offer music and dance classes.

Painting and Drawing

Art - inclusive class

A basic art course that covers a variety of topics and is suitable for people who are new to the subject and want to work at a slower pace, and those with moderate learning difficulties and disabilities.

Standard £88.47 Conc £36.51 Full £274.97 Mon 13:30-15:30 10 MAC 15/04/24 AA3010

Art - Drawing and painting - mixed ability

Develop skills of composition and modelling. Use a variety of media and look at the work of artists to inform your own work.

Standard £234.47 Conc £93.15 Full £440.17 Thu 13:00-16:00 11 MAC 18/04/24 AA3040

Art - Portraiture - mixed ability

Make a successful likeness and select methods to bring out the personality of the sitter. Two courses available each term.

Standard £265.40 Conc £130.31 Full £523.31 Thu 09:15-12:15 11 MAC 18/04/24 AA3200

Fri 13:45-16:45 11 MAC 19/04/24 AA3250

Art - Watercolour painting - mixed ability

Learn about papers, pigments, colour mixing, reinforcing the techniques of watercolour.

Standard £223.36 Conc £88.11 Full £418.24 Tue 10:30-13:30 11 MAC 16/04/24 AA3230

Illustration

Children's book illustration and illustration skills

Learn about illustration, how to go about it and how to work freelance in this area.

Standard £212.10 Conc £85.32 Full £413.52 Mon 18:30-21:00 11 MAC 15/04/24 AB3240

Photography

Photography - beginners and improvers

You will be introduced to techniques including exposure, depth of field, lenses and filters.

Standard £216.36 Conc £83.35 Full £419.92 Tue 13:00-15:30 11 MAC 16/04/24 AC3400

Tue 18:30-21:00 11 MAC 16/04/24 AC3407

Pottery

Pottery: inclusive class

A basic pottery course that covers a variety of topics and is suitable for people who are new to the subject and want to work at a slower pace, and those with moderate learning difficulties and disabilities.

Standard £125.77 Conc £53.03 Full £349.58 Tue 10:00-12:30 10 MAC 16/04/24 AF3570

Pottery: beginners

Suitable for those new to pottery or would like a refresh. You will be supported to develop your skills.

Standard £240.88 Conc £100.25 Full £510.51 Mon 13:00-16:00 11 MAC 15/04/24 AF3500

Pottery: mixed ability 2.5 hour course

Suitable for those new to pottery or with experience. You will be supported to develop your skills.

Standard £200.72 Conc £83.53 Full £425.50 Wed 13:00-15:30 11 MAC 17/04/24 AF3510

Pottery: mixed ability

Suitable for those new to pottery or with experience. You will be supported to develop your skills.

Standard £240.88 Conc £100.25 Full £510.51 Thu 09:30-12:30 11 MAC 18/04/24 AF3511

Thu 13:00-16:00 11 MAC 18/04/24 AF3512

Pottery: mixed ability - evening class

Suitable for those new to pottery or with experience. You will be supported to develop your skills.

Standard £240.88 Conc £100.25 Full £510.51 Wed 18:00-21:00 11 MAC 17/04/24 AF3513

Jewellery

Jewellery: inclusive class

Enjoy making your own jewellery using lots of safe but exciting methods including beads, wire and strings, recycling, cold enamelling and resins.

Standard £110.84 Conc £47.11 Full £301.62 Fri 10:00-12:00 10 MAC 19/04/24 AJ3625

Jewellery - beginners and refreshers

Learn the skills to produce rings and other jewellery working with a variety of metals and gems.

Standard £231.28 Conc £94.81 Full £429.51 Tue 13:00-15:30 11 MAC 16/04/24 AJ3610

Jewellery - all levels – evening short course

Develop the skills to produce rings and other jewellery working with a variety of metals and gems.

Standard	£106.05	Conc	£43.94	Full	£187	Tue	18:15-20:45	5	MAC	23/04/24	AJ3611
						Tue	18:15-20:45	5	MAC	04/06/24	AJ3621

Jewellery - intermediate

Develop the skills to produce rings and other jewellery working with a variety of metals and gems.

Standard	£231.28	Conc	£94.81	Full	£429.51	Tue	10:00-12:30	11	MAC	16/04/24	AJ3600
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Jewellery – making beaded and metal jewellery – short course

Develop the skills to produce rings and other jewellery working with a variety of metals and gems.

Standard	£231.28	Conc	£94.81	Full	£429.51	Wed	10:00-12:30	5	MAC	24/04/24	AJ3612
						Wed	10:00-12:30	5	MAC	05/06/24	AJ3613

Stained glass and Mosaic

Stained glass - all levels

You will work on a stained-glass panel during which time a range of craft and design skills will be taught.

Standard	£225.96	Conc	£89.49	Full	£503.06	Mon	18:00-21:00	11	MAC	15/04/24	AS3703
						Wed	13:00-16:00	11	MAC	17/04/24	AS3700
						Wed	18:00-21:00	11	MAC	17/04/24	AS3701

Picture framing, Woodwork and Restoration

Picture framing and mount cutting

Learn skills of picture framing and mount cutting whilst framing your own pictures.

Standard	£225.96	Conc	£89.49	Full	£424.19	Mon	18:30-21:00	11	MAC	15/04/24	CF3010
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Picture framing, mount cutting and upcycling frames

You will learn to frame images using the tools of the trade and with imagination and taste. We will also salvage old frames and upcycle them giving them new life.

Standard	£236.20	Conc	£90.15	Full	£420.69	Wed	10:00-12:30	11	MAC	17/04/24	CF3011
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Furniture upcycling, restoration and conservation – mixed ability

Begin or develop skills in furniture restoration.

Standard	£225.96	Conc	£89.49	Full	£424.19	Fri	10:00-12:30	11	MAC	19/04/24	CF3032
						Fri	13:30-16:00	11	MAC	19/04/24	CF3033

Woodwork - furniture - mixed ability

If you are a beginner, you will acquire basic woodwork skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

Standard	£239.81	Conc	£95.02	Full	£425.25	Tue	18:30-21:00	11	MAC	16/04/24	CH3210
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Woodwork - mixed ability

If you are a beginner, you will acquire basic woodwork skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

Standard	£239.81	Conc	£95.02	Full	£425.25	Wed	18:30-21:00	11	MAC	17/04/24	CH3208
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Woodwork and restoration Saturdays

If you are a beginner, you will acquire basic woodwork skills and techniques before embarking on a personal project. More experienced students can extend their knowledge and skills whilst working on more complex items.

Standard £259 Conc £101.74 Full £459.36 Sat 10:00-15:30 6 MAC 20/04/24 CH3050

Upholstery

Upholstery - beginners

You will be encouraged to start with a drop-in-seat which should be brought to the first class.

Standard £234.48 Conc £93.16 Full £425.25 Mon 09:30-12:00 11 MAC 15/04/24 CM3400
Mon 12:30-15:00 11 MAC 15/04/24 CM3410

Upholstery - mixed ability

You will start with a simple chair, stool or drop-in-seat and progress to more complex items.

Standard £239.81 Conc £95.02 Full £424.18 Tue 09:30-12:00 11 MAC 16/04/24 CM3460
Tue 12:30-15:00 11 MAC 16/04/24 CM3461
Tue 18:30-21:00 11 MAC 16/04/24 CM3440
Wed 10:00-12:30 11 MAC 17/04/24 CM3447

Upholstery - mixed ability 3 hour class

An opportunity for a longer upholstery session.

Standard £260.86 Conc £101.86 Full £480.10 Fri 10:00-13:00 11 MAC 19/04/24 CM3455

Sewing and Textiles

Clothes making - mixed ability

Simple garments for beginners and more advanced projects as you progress to develop your skills.

Standard £216.37 Conc £86.82 Full £424.18 Wed 10:00-12:30 11 MAC 17/04/24 CS3640
Thu 10:00-12:30 11 MAC 18/04/24 CS3620
Thu 13:00-15:30 11 MAC 18/04/24 CS3630

Block printing on paper and textiles for beginners and improvers

If you are a beginner, you will acquire basic woodwork skills and techniques before embarking on your own personal project. More experienced students can extend their knowledge and skills whilst working on a project from the start.

Standard £97.84 Conc £184.47 Full £174.93 Wed 10:00-12:30 5 MAC 24/04/24 CH3208

Performing Arts

Macbeth Community Choir

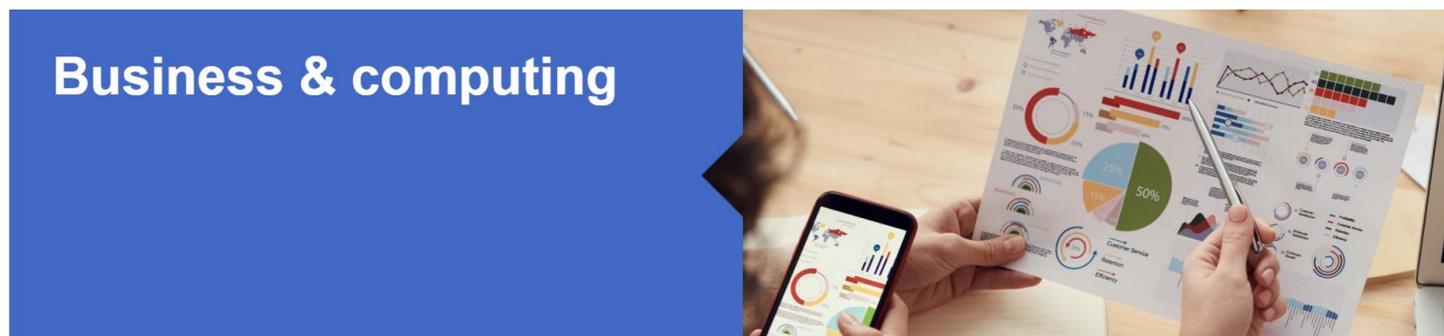
A fun way to express yourself, sing with others and de-stress.

Standard £63.95 Conc £22.38 Full £204.63 Mon 18:45-20:00 11 MAC 15/04/24 PM3600

Piano for Beginners and Improvers

New to piano or a competent player? Build your confidence and repertoire with these 30 minute 1-2-1 lessons. There are a number of slots, please call for availability.

Standard £237.67	Conc £237.67	Full £237.67	Thu	14:30-15:00	11	MAC	18/04/24	PM3802
			Thu	15:00-15:30	11	MAC	18/04/24	PM3803
			Thu	15:30-16:00	11	MAC	18/04/24	PM3804
			Thu	16:00-16:30	11	MAC	18/04/24	PM3805
			Thu	16:30-17:00	11	MAC	18/04/24	PM3806
			Thu	17:00-17:30	11	MAC	18/04/24	PM3807



Whether for home use or work, our computer courses will give you the digital knowledge you need. Please check our website for up-to-date details about new computing and business courses, as more are often added during the term.

Accounting

Book-Keeping and Accounts (level 1)

[City & Guilds](#)

Learn manual book-keeping and gain a qualification.

Standard £150	Conc Free	Full £395	Sat	10:00-12:30	10	MAC	27/04/24	BS3200
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Computerised Accounts (level 1)

[City & Guilds](#)

Learn how to use accounting software and gain a qualification.

Standard £190	Conc Free	Full £450	Tue	18:00-21:00	10	MAC	23/04/24	BS3300
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Business

Check our website for the latest business classes – Classes include customer service, retail, social media for business and more.

Computers

Computers: Basics

Absolute basics for absolute beginners.

Standard £40	Conc £17.25	Full £255	Sat	10:00-12:00	5	MAC	27/04/24	IT3000
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Computers: Next Steps

City & Guilds

Covers more basic skills needed to start using IT with confidence.

Standard £110 Conc Free Full £275 Wed 13:00-15:00 8 MAC 01/05/24 IT3005

Computers: Essential Digital Skills Bridging

City & Guilds

Practice your IT skills and prepare for Level 1 Digital Skills course.

Standard £110 Conc Free Full £320 Thu 10:00-12:30 8 MAC 02/05/24 IT3025

Computers: Essential Digital Skills (E3) Intensive

NCFE

Learn more IT skills for use in daily life.

This course is **free** Fri 10:30-15:00 12 MAC 19/04/24 IT3015

Computers: Essential Digital Skills (L1) Intensive

NCFE

Learn more IT skills for use in daily life.

This course is **free** Mon 09:00-10:00 12 MAC 15/04/24 IT3021

Spreadsheets: Next Steps **NEW**

Learn more about the features of spreadsheets.

Standard £135 Conc £53.75 Full £305 Wed 18:30-20:30 10 MAC 24/04/24 IT3045

Health, Childcare & Teaching



Childcare, teaching, health and care courses offer an opportunity to join an expanding industry, where the work is both flexible and fulfilling. New courses to support development in these areas are added throughout the year. Additional Professional Development courses are also offered and cover a range of topics such as Understanding Dyslexia, Autism and other Special Needs, Safeguarding and Values, Mental Health and more. Please check our website at www.hfals.ac.uk/departments/health-childcare-teaching for the latest offers.

Preparing to Teach: Award in Education & Training

NCFE

The course will cover the key skills and knowledge you need to get started on a career teaching in adult education.

Standard £310 Conc Free Full £830 Sat 10:00-15:30 11 MAC 20/04/24 TD3000

Special Educational Needs Coordinators in Early Years Settings (online)

NCFE

Explore roles and responsibilities of the SENCO in an Early Years setting.

Standard £200 Conc Free Full £365 Mon 18:00-20:00 10 ONLINE 22/04/24 CD3740

Childcare: Childminding (online)

NCFE

Gain the knowledge required to run your own childminding business.

Standard £225 Conc Free Full £640 Tue 17:00-20:30 12 ONLINE 16/04/24 CC3080

Food Safety in Health and Social Care and Early Years and Childcare Settings

NCFE

Develop the knowledge and skills needed when working with food in care settings.

Standard £90 Conc Free Full £215 Sat 10:00-14:00 3 MAC 08/06/24 CD3502

Mental Health Awareness level 1 award

NCFE

Raise your understanding of mental health issues.

Standard £130 Conc Free Full £340 Sat 10:00-14:00 5 MAC 27/04/24 CD3500

Safeguarding level 3 (online) **NEW**

NCFE

Explore the knowledge and understanding required to support the safeguarding of children and young people.

Standard £65 Conc £32.00 Full £135 Tue 18:00-20:00 3 MAC 11/06/24 CD3765

SEN: Understanding Autism (online)

NCFE

Increase your understanding of autism.

Standard £161 Conc Free Full £506 Wed 17:00-20:00 10 ONLINE 01/05/24 CD3745

Risk and Compliance Training

First Aid Revalidation

Standard £170 Conc £170 Full £340 Mon 10:00-16:00 1 MAC 20/05/24 TD2013

CIEH Foundation Certificate in Food Safety (Level 2)

Standard £56 Conc £56 Full £112 Mon 10:00-16:00 1 MAC 20/05/24 TD2008

First Aid at work

Standard £285 Conc £56 Full £570 Mon 10:00-16:00 1 MAC 22/04/24 TD3007

Paediatric First Aid

Standard £170 Conc £56 Full £340 Mon 10:00-16:00 1 MAC 13/05/24 TD2006

Mon 10:00-16:00 1 MAC 03/06/24 TD3006

First Aid revalidation

Standard £170 Conc £56 Full £340 Mon 10:00-16:00 1 MAC 10/06/24 TD2001

Food Studies



Learn the tools of the trade and how to cook the cuisines of the world in our professional teaching kitchen.

Inclusive Cookery

A basic cookery course covering the preparation and cooking of a variety of dishes for people who are new to the subject and want to work at a slower pace or those with moderate learning difficulties.

Standard £113.05 Conc £50 Full £296.05 Fri 13:00-15:30 10 MAC 19/04/24 FC3120

Ready, Steady, Cook on a Budget

Learn basic skills that will build your confidence in the kitchen and find out tips on how to make nutritional meals for yourself and your family on a budget.

This course is **free** Tue 10:00-12:30 10 MAC 16/04/24 FC3130

History, Culture & Writing



You can choose to delve into London's fascinating past, or you take your first step into counselling either for a future career in this field or simply to understand yourself and others better. You might want to start discovering your more creative side with our writing courses.

Humanities

Introduction to the History of Art: Famous Portraits **NEW**

In this course, we will be looking at some of the most famous portraits in the history of art, from the times of the Romans to the present day. We will be looking at individual and group portraits, asking about the sitter(s) and the artist, and learn about the time when the portrait was produced.

Standard £80 Conc £28 Full £160 Thu 12:30-14:00 8 MAC 09/05/24 HA2000

Famous Figures From British History: 20th Century

A journey through 20th century British history through the lives of 11 exceptional individuals from Edith Cavell to Alan Turing.

Standard £150 Conc £50.75 Full £290 Thu 14:00-16:00 11 MAC 18/04/24 HH3500

First steps in creative writing **NEW**

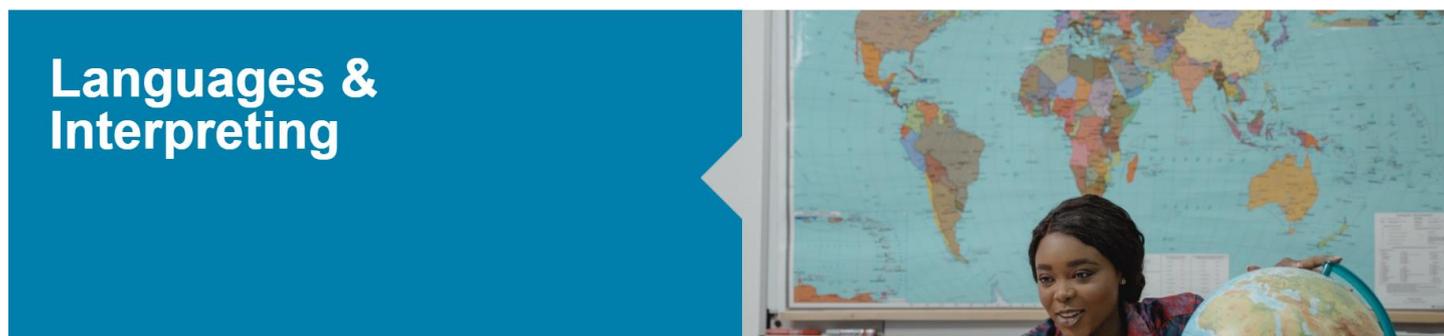
In this class we will explore a range of styles and genres of creative writing across fiction, autobiographical & life writing, creative non-fiction, screenwriting and poetry. The focus is on experimenting across different types of writing, so that students can start developing their own original writing voices.

Standard £130	Conc £48.75	Full £260	Wed	09:45-11:45	10	MAC	17/04/24	HW3035
			Wed	18:30-20:30	10	MAC	17/04/24	HW3030

Novel Writing & Short Stories

By the end of this course, you will have a good understanding of the elements of novel writing, including tone, and voice. You will have created realistic characters.

Standard £130	Conc £43.75	Full £260	Wed	12:15-14:15	10	MAC	17/04/24	HW3070
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Learn a new language or brush up your skills in one that you already know. As well as our regular courses we offer a number of new beginner classroom based courses.

Learn Arabic beginners **NEW**

This course is suitable for anyone planning to go on vacation or work in an Arabic-speaking country. It is also suitable for those whose work involves interacting with native Arabic-speakers. That said, the course is open for anyone interested in learning more about Middle-Eastern culture through studying the language.

Standard £130	Conc £48.75	Full £260	Wed	18:30-20:30	10	MAC	17/04/24	LA3030
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French Beginners Stage 1 Intensive **NEW**

Practical language to enable you to communicate on a visit to the country: asking for goods and services in everyday situations, understanding basic written information, holding a simple conversation with a native speaker.

Standard £150	Conc £55.75	Full £300	Wed	18:30-21:00	10	MAC	17/04/24	LF3040
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French Beginners Stage 2 intensive

For anyone with a little French wishing to learn the basics and start speaking!

Standard £150	Conc £55.75	Full £300	Tue	09:30-12:00	10	MAC	16/04/24	LF2026
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French Lower Intermediate Stage 3

Students who want to improve their basic French in order to converse when travelling in a French-speaking country, for work or with French-speaking friends, and who also wish to improve their reading and writing skills

Standard £145	Conc £54	Full £290	Mon	10:00-12:00	10	MAC	15/04/24	LF3050
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French Advanced

For students who want to perfect their French and gain a high standard of fluency.

Standard £145	Conc £54	Full £290	Tue	12:30-14:30	10	MAC	16/04/24	LF3125
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French Advanced Conversation and Grammar

The aim of this course is to build your confidence in communicating in a variety of situations with a range of native speakers.

Standard £95 Conc £36.50 Full £190 Mon 12:30-14:00 10 MAC 15/04/24 LF3130

French Proficiency

Speak fluently on a large range of topics and in varying registers (formal, informal). Understand a range of spoken French from all over the world. Read and understand newspaper or magazine articles. Give your opinions, persuade, argue, discuss, even joke in French! Vous vous sentirez à l'aise dans des situations diverses!

Standard £155 Conc £52.50 Full £310 Thu 10:00-12:00 10 MAC 18/04/24 LF3151

Learn German: first steps **NEW**

This course will give you a good introduction to learning German. We will be covering how to introduce yourself, make some basic conversation, learn the numbers, go shopping, ask and give directions as well as learning about German speaking countries and their culture.

Standard £80 Conc £28 Full £160 Thu 10:45-12:15 8 MAC 09/05/24 LG2SON

Learn German beginners part 3

Ideal course for those with a little German who wish to build on the basics and improve their fluency.

Standard £100 Conc £38.25 Full £200 Mon 18:30-20:00 10 MAC 15/04/24 LG3025

Italian Beginners Intensive (Stage 1) **NEW**

Practical language to enable you to communicate on a visit to the country: asking for goods and services in everyday situations, understanding basic written information, holding a simple conversation with a native speaker.

Standard £150 Conc £55.75 Full £300 Mon 10:30-13:30 10 MAC 15/04/24 LI3026

Italian Beginners Stage 2

Ideal course for those who have studied one term of Italian recently or have an equivalent knowledge.

Standard £130 Conc £43.75 Full £260 Wed 10:00-12:00 10 MAC 17/04/24 LI2025

Italian Beginners Stage 3

For those who have done a couple of terms of Italian or the equivalent and also for those who wish to brush up their basic Italian. Building on previously learned language, we concentrate on travelling around, getting somewhere to stay, dining out, your daily routine, your home life, lifestyle and your work

Standard £100 Conc £38.25 Full £200 Tue 10:30-12:00 10 MAC 16/04/24 LI3036
Wed 18:30-20:00 10 MAC 17/04/24 LI3035

Italian Cooking for Italian Speaking learners **NEW**

You will learn how to cook one or two dishes per session and speak Italian the whole time. You will cook and eat regional, simple and healthy dishes with fellow students of Italian, discussing the recipe and outcome in the target language.

Standard £80 Conc £26.25 Full £160 Mon-Fri 10:30-13:30 1 MAC 15/07/24 LIS168
Mon-Fri 10:30-13:30 1 MAC 22/07/24 LIS167

Italian Lower Intermediate Stage 3

The development of oral, listening, reading and writing skills through the use of audio-visual and authentic materials. Topics covered include childhood memories, past holidays and habits as well as descriptions of people and places. Grammatically we'll look at some of the tenses used to talk about the past, comparatives and the present conditional of some common verbs.

Standard £145	Conc £54	Full £290	Tue	10:00-12:00	10	MAC	16/04/24	LI3050
			Wed	18:30-20:30	10	MAC	17/04/24	LI3051

Italian Intermediate Plus

The aim of this course is to build up your confidence in speaking in a variety of situations and in different registers, as well as to read and write with greater ease.

Standard £155	Conc £57.50	Full £310	Mon	10:00-12:00	10	MAC	15/04/24	LI3075
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Italian Upper Intermediate Stage 3 (online course)

The aim of this course is to build up your confidence in speaking in a variety of situations and in different registers, as well as to read and write with greater ease.

Standard £155	Conc £57.50	Full £310	Tue	18:30-20:30	10	ONLINE	16/04/24	LI3100
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Italian Advanced Conversation Fast Track

Anyone with a good intermediate level of Italian who would like to improve their language skills and knowledge of Italy and the Italians through speaking.

Standard £95	Conc £36.50	Full £200	Wed	12:30-14:00	10	MAC	17/04/24	LI3130
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Italian Proficiency

Take your Italian to a new level with this advanced course.

Standard £155	Conc £57.50	Full £310	Thu	10:15-12:15	10	MAC	18/04/24	LI3150
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Italian Proficiency Conversation Fast Track

Anyone with an advanced level of Italian who would like to improve their language skills and knowledge of Italy and the Italians through speaking.

Standard £95	Conc £36.50	Full £200	Mon	12:30-14:00	10	MAC	15/04/24	LI3155
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Italian Mastery

Ideal for those who are already fluent and wish to read and discuss in Italian.

Standard £155	Conc £57.50	Full £310	Fri	10:00-12:00	10	MAC	19/04/24	LI3175
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Japanese Beginners Stage 2

Ideal course for those with a little Japanese who wish to expand their knowledge of the language and the culture. This term we will learn how to use adjectives and verb forms (past and present forms), numbers, and some particles. We also include cultural and social aspects useful for a visitor to Japan.

Standard £100	Conc £33.25	Full £200	Tue	18:30-20:00	10	MAC	16/04/24	LJ2025
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Spanish Beginners Stage 1 Intensive **NEW**

Practical language to enable you to communicate on a visit to the country: asking for goods and services in everyday situations, understanding basic written information, holding a simple conversation with a native speaker.

Standard £150	Conc £55.75	Full £300	Thu	10:00-12:30	10	MAC	18/04/24	LS3025
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Learn Spanish Beginners **NEW**

Absolute beginners. For anyone who wants a practical introduction to Spanish for social, leisure, travel or work purposes.

Standard £130 Conc £48.75 Full £260 Mon 18:30-20:30 10 MAC 15/04/24 LS3026

Spanish Beginners Fast Track (Saturday) **NEW**

Practical language to enable you to communicate on a visit to the country: asking for goods and services in everyday situations, understanding basic written information, holding a simple conversation with a native speaker.

Standard £100 Conc £36.00 Full £200 Sat 10:30-13:30 5 MAC 08/06/24 LS3040

Learn Spanish Beginners Stage 2

This course is aimed at those who have studied one term of Spanish recently or have an equivalent knowledge.

Standard £130 Conc £43.75 Full £260 Tue 13:00-15:00 10 MAC 16/04/24 LS2039

Spanish Beginners Stage 3

Ideal course for those with a little Spanish who wish to build on the basics.

Standard £100 Conc £38.25 Full £200 Wed 18:30-20:00 10 MAC 17/04/24 LS3036

Spanish Elementary

Anyone who has studied Spanish for just over one year (4 terms = about 100 hours) or who has an equivalent knowledge.

Standard £100 Conc £38.25 Full £200 Wed 10:30-12:00 1 MAC 17/04/24 LS3052

Spanish Lower Intermediate Stage 3

Want to move beyond basic Spanish? This is the course for you.

Standard £145 Conc £54 Full £290 Tue 18:30-20:30 10 MAC 16/04/24 LS3050

Spanish Advanced (online course)

Students who want to perfect their Spanish and gain a high standard of fluency.

Standard £150 Conc £52.50 Full £300 Thu 10:00-12:00 10 ONLINE 18/04/24 LS3125

Spanish Mastery

¿Para quién es este curso? Es para estudiantes con un nivel intermedio avanzado (A level standard) que deseen hablar con más fluidez, ampliar el conocimiento de la lengua y familiarizarse con la cultura de España y del mundo hispano hablante.

Standard £155 Conc £57.50 Full £310 Wed 13:00-15:00 10 MAC 17/04/24 LS3180

Interpreting

DPSI (Diploma in public service interpreting) pre-exam revision (online course)

A short revision course for anyone taking the DPSI exam in June.

Standard £60 Conc £60 Full £120 Thu 13:00-16:00 4 ONLINE 23/05/24 LY1039

Motor Vehicle, Bicycles & Welding



We have a well-equipped workshop where you will be able to access professional trade equipment and cover aspects of motor vehicle maintenance, diagnostic testing and repair.

Bicycle Maintenance

Bicycle maintenance part 1

Learn how to maintain your own bicycle in a safe and reliable condition. Bicycle 'first aid'.

Standard £10	Conc £10	Full £10	Sat	10:00-15:00	1	MAC	25/05/24	BM3152
			Mon	18:15-20:45	2	MAC	13/05/24	BM3150

Bicycle maintenance part 2

Gain more skills to keep your bike road worthy.

Standard £10	Conc £10	Full £10	Mon	18:15-20:45	2	MAC	03/06/24	BM3160
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Motor Vehicle

Car Maintenance: Get Started (Beginners) ⓘ

[City & Guilds](#)

Gain basic motor vehicle repair skills to maintain your car.

Standard £265	Conc Free	Full £555	Wed	18:15-20:45	10	MAC	24/04/24	MV3400
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Introduction to Electric and Hybrid Vehicles ⓘ

[City & Guilds](#)

How to work safely on Electric and Hybrid vehicles.

Standard £115	Conc Free	Full £240	Mon	18:15-20:45	4	MAC	17/06/24	MV3035
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Driving Theory

Come and learn your Driving Theory in a supportive group atmosphere.

Standard £60	Conc £27.50	Full £60	Sat	10:00-12:00	4	MAC	27/04/24	MV3095
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Prepare your car for M.O.T. - wheels and tires

How to prepare your car for the annual M.O.T. test.

Standard £55	Conc £25.75	Full £130	Mon	18:15-20:45	3	MAC	15/04/24	MV3070
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Classic Car Care

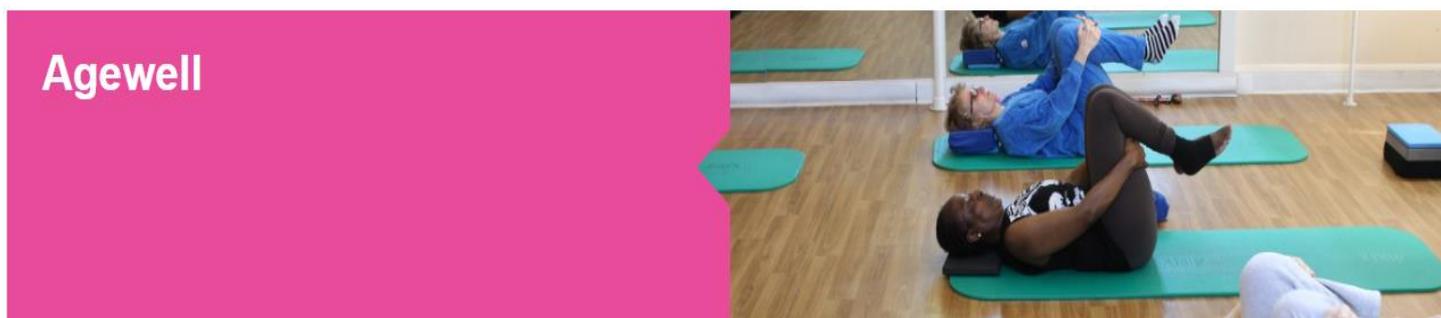
Standard £200	Conc £99.25	Full £320	Sat	10:00-15:00	5	MAC	08/06/24	MV3080
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Welding

Welding & light metalwork

An introduction to basic welding and metal work fabrication techniques.

Standard £340 Conc £216.50 Full £525 Tue 18:15-20:45 10 MAC 23/04/24 WE3000



Agewell programme

Our Agewell courses are open to anyone aged 50 and over. If you are under the age of 50 and suffering from a chronic complaint that may be improved by physical activity, you may be able to access the Agewell classes.

Ukulele **NEW**

A new course for beginners who wish to start learning how to play the ukulele. Ukuleles are accessible, inclusive and super fun! In just one lesson you can learn a number of songs.

Standard £30 Conc £15 Full £30 Tue 11:00-12:00 6 MAC 18/06/24 AW3890

Dance-based exercise classes

Zumba Gold

A typical Zumba session lasts about an hour and incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, calypso and Salsaton.

Standard £45 Conc Free Full £45 Fri 11:30-12:30 10 MAC 19/04/24 AW3515

Fitness with Ballet

This course focuses on the legs, back and arms. It is a ballet-based fitness class which focuses on trunk and pelvic stability, good posture, balance and muscle strengthening of the legs and back. The course assists on strengthening the important body parts which contribute on the participant's ordinary daily activities.

Standard £45 Conc £22.50 Full £90 Thu 12:15-13:15 10 MAC 18/04/24 AW3891

Dance mix

A typical Dance Mix session lasts about an hour and incorporates several dance styles, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, and calypso and Salsaton. The Latin music includes both fast and slow rhythms, allowing for a great cardio workout as well as body sculpting exercises.

Standard £45 Conc £22.50 Full £45 Mon 13:00-14:00 10 MAC 15/04/24 AW3516
Thu 11:00-12:00 10 MAC 18/04/24 AW3880

Rehabilitation courses

Be good to your back

This course is for anyone who has suffered back pain and/or sciatica or who wishes to prevent the onset of back problems in the future

Standard £45	Conc £22.50	Full £45	Mon	12:00-13:00	10	MAC	15/04/24	AW3805
			Wed	12:00-13:00	10	MAC	17/04/24	AW3850

Circuit training and body workout classes

Senior Total Body Workout

Suitable for all levels. Aerobic work using upper and lower body work and stretching.

Standard £45	Conc £22.50	Full £45	Thu	13:30-15:00	10	WR	18/04/24	AW3061
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Circuit Training (Level 2)

A progression from monitored circuit class 1 to a more challenging cardiovascular experience! Also suitable for low risk individuals and those who do not have a heart condition

Standard £45	Conc £22.50	Full £45	Mon	09:45-11:45	10	MAC	15/04/24	AW3040
			Wed	10:30-12:00	10	MAC	17/04/24	AW3060

General Circuit training

The development of co-ordinated movement, understanding of how to self-monitor the intensity of an exercise and change it to suit. Increase general cardiovascular fitness and strength. Develop a healthier lifestyle.

Standard £45	Conc £22.50	Full £45	Mon	10:00-11:30	10	MAC	15/04/24	AW3050
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Stretch & Flex

The stretch and flex class is a stretching and mobility based session to help improve functional capacity, better recovery and injury prevention. Learn how to correctly activate and control important stabilizing muscles and execute efficient movement while getting supple and energized

Standard £45	Conc £22.50	Full £45	Fri	12:30-13:30	10	ONLINE	19/04/24	AW3885
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Flexibility

This course will focus on improving the flexibility of the participant. The course assists on mobilising and improving the range of motion of all the important muscle groups which contribute to the participant's ordinary daily activities.

Standard £45	Conc £22.50	Full £45	Thu	13:30-14:30	10	MAC	18/04/24	AW3020
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Gentle Keep Fit/Falls Prevention

If you have mobility problems and would prefer to exercise sitting in a chair then this is the class for you. Don't be fooled into thinking that you will have an easy time because you will still receive a comprehensive workout.

Standard £45	Conc £22.50	Full £45	Tue	10:00-11:00	10	VPCC	16/04/24	AW3090
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Qi Gong and Tai Chi

Tai Chi (Yang Style) beginners

Tai Chi is a traditional Chinese exercise system that relaxes the body calms the mind and lifts the spirit. It is suitable for those who enjoy good health as well as those with health problems. Regular practice is known to build up resistance to illness and alleviate symptoms of many chronic conditions. This course is designed for learners over 50 who have little or no prior experience of Tai Chi. It is part one of a 3-part course.

Standard £45	Conc £22.50	Full £45	Wed	11:00-12:00	10	MAC	01/05/24	AW3170
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Tai Chi (Yang Style) improvers

People over 50 who have completed the Agewell beginners Tai Chi course over 2 or 3 terms. Before you join you should be able to practice the Small Circle Tai Chi form independently at a basic level. Ability to practise Golden Ball exercises, basic relaxation exercises and Ba Duan Jin.

Standard £45 Conc Free Full £45 Wed 12:15-13:15 10 MAC 01/05/24 AW3175

Qi Gong for beginners

This Qi Gong class is designed for anyone seeking stress relief, inner calm, and improved well-being. Whether you feel stressed, anxious, or simply want to find your chill, Qi Gong can benefit individuals of all ages and backgrounds. No prior experience is necessary, making it accessible to beginners.

Standard £45 Conc £22.50 Full £45 Wed 10:00-11:00 10 MAC 01/05/24 AW3160

Qi Gong

Students completing the course will be able to practice with greater relaxation independently and purposefully while standing or seated, holding any of the six postures they have learnt for as long of a duration as they choose.

Standard £45 Conc £22.50 Full £45 Wed 13:30-14:30 1 MAC 01/05/24 AW3176

Pilates courses

Pilates beginners/improvers

Pilates is a mat-based discipline and is suitable for all individuals who are comfortable exercising on the floor.

Standard £45 Conc £22.50 Full £45 Tue 12:30-13:30 10 MAC 16/04/24 AW3132
Tue 14:00-15:00 10 MAC 16/04/24 AW3133
Fri 14:00-15:00 10 MAC 19/04/24 AW3130

Pilates beginners **NEW**

A new course for beginners who wish to start learning Pilates to improve their overall health and fitness.

Standard £45 Conc £22.50 Full £45 Thu 14:45-15:45 10 MAC 18/04/24 AW3134

Yoga classes face to face and online

Yoga and meditation (online course)

The course is for older students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45 Conc £22.50 Full £45 Wed 09:30-11:30 10 ONLINE 17/04/24 AW3190
Wed 15:15-16:45 10 ONLINE 17/04/24 AW3184

Hatha Yoga

The course is for Agewell students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45 Conc £22.50 Full £45 Mon 15:45-17:15 10 MAC 15/04/24 AW3196
Sat 11:30-12:30 10 MAC 20/04/24 AW3195

Yoga for better breathing (online course)

The course is for Agewell students who are interested in improving posture, learning to relax, developing and maintaining core strength and flexibility and using the breath effectively to enhance health.

Standard £45 Conc £22.50 Full £45 Mon 08:00-09:00 10 ONLINE 15/04/24 AW3180