

Welcome to the Term 3 course listing from the Adult Learning & Skills Service. We are really happy to be back to face-to-face teaching in all of our three centres as well as continuing with online classes too.

We have a wide range of courses on offer from April to suit all interests, 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, in class or online!

### English, ESOL, Maths & Family Learning



We offer a range of courses designed to build the skills needed in order to progress. 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.lbhadmin.com/InterviewCreates/Book>

#### **English for speakers of other languages (ESOL)**

These courses are for people whose first language is not English and want to improve, in order to help deal with everyday life. Learners will work on their speaking and understanding of English according to their level and learn how to talk about everyday topics.

#### **English and Maths**

There are no fees for these courses (in most cases) and they are offered from Entry 1 (beginner) to Level 2, including Introduction to GCSE English and Maths (advanced). They are for adults who want to develop and improve their reading, writing and maths skills and gain a recognised qualification which will improve their confidence for work or further studies. We are also running an employability course which will include writing winning CV cover letters and personal profiles, improving your interviewing and presentation skills as well as develop your spelling, grammar, vocabulary building and punctuation.

## Mastering Maths Short Online Courses

Do you want to improve your maths skills? Do you want to support your children with their maths at home? Did maths confuse you when you were in school? Are you too busy to commit to weekly classes? We have just the thing for you!

Try our “*Mastering maths*” short online courses. You can learn anytime anywhere. All you need is a computer and Internet access.

Our courses are split into maths units and are mapped to the adult curriculum and cover material from Entry level all the way to Level 2. They help you focus specifically on the maths you need without the pressure of an exam.

If you need a qualification, you can then progress through our functional skills level 1 and 2 onto Foundational and Higher GCSE.

To register your interest, please email [mathsonline@hfals.ac.uk](mailto:mathsonline@hfals.ac.uk)

## Special Educational Needs



Our provision aims to 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 that learners with learning difficulties and disabilities have, in the borough.

### **AW AMICI Dance AM** INT

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 £91 Conc £35 Full £225 Tue 10:00-12:00 10 MAC 26/04/22 DP3010

### **AW AMICI Dance PM** INT

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 £91 Conc £35 Full £225 Tue 13:00-15:00 10 MAC 26/04/22 DP3015

### **AW AMICI Movement** INT

AMICI Movement teaches learners to move in a variety of ways and respond to different kinds of music: being aware of rhythm, pace, mood and other learners.

Standard £91 Conc £35 Full £225 Tue 15:30 - 17:30 10 MAC 26/04/22 DP3020

### **AW Art** INT

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

Standard £91 Conc £35 Full £225 Wed 10:00-12:00 10 MAC 27/04/22 DP3025

### **AW Yoga** INT

The course will cover musical performance and all of the skills needed to successfully perform to an audience. This will mainly be through singing, learning to sing well as well as playing as part of a band to accompany each of the songs le

Standard £91 Conc £35 Full £225 Wed 13:00-15:00 10 MAC 27/04/22 DP3040

### **AW Dance Fitness** INT

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

Standard £62 Conc £25 Full £130 Thu 13:45-15:00 10 MAC 28/04/22 DP3030

### **AW Choir** INT

Take part in group songs and performances. You will learn to use British Sign Language alongside the lyrics and to harmonise and work as a team to make some beautiful music, that you will perform.

Standard £91 Conc £35 Full £225 Fri 10:00-12:00 10 MAC 29/04/22 DP3050

### **AW Macbeth Gardening** INT

Learn the basics of growing herbs, flowers, vegetables and other plants at home. Develop skills in planting, pruning and picking what you grow, around the Macbeth centre.

Standard £91 Conc £35 Full £225 Fri 13:00-15:00 10 MAC 29/04/22 DP3060

### **Lip reading @Home**

The theory and practice of lipreading including practice of analysing groups of sounds and lipshapes, explanation of common mistakes and the awareness of rhythm and stress.

Standard £25 Conc £25 Full £25 Tue 15:30-16:30 10 ONLINE 26/04/22 DP3095

## **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](http://www.hfals.ac.uk/departments/health-childcare-teaching) for the latest offers.

## Arts, crafts & performing arts



Choose from painting, drawing, jewellery, beading, sugar craft, drama, music, dance, mosaic, stained glass, clothes making, interior design, photography, illustration, woodwork and furniture making, pottery and lots more.

### Arts and Crafts

#### 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 £92 Conc £37 Full £286 Mon 13:30-15:30 10 MAC 25/04/22 AA3010

##### Creative drawing-inside and outside

Explore drawing as a tool for developing a creative and personal visual language. Build a portfolio or simply enjoy developing drawing skills in a variety of media.

Standard £138 Conc £54 Full £224 Mon 10:30-13:30 6 MAC 06/06/22 AA3016

##### Art - Drawing and painting - mixed ability

Develop the skills of composition, draughtsmanship and tonal values.

Standard £220 Conc £87 Full £412 Mon 15:15-18:15 10 MAC 25/04/22 AA3040

Standard £242 Conc £95 Full £453 Thu 13:00-16:00 11 MAC 28/04/22 AA3041

##### Art - Portraiture - mixed ability

Make a successful likeness and select methods to bring out the personality of the sitter.

Standard £249 Conc £122 Full £491 Thu 09:15-12:15 11 MAC 28/04/22 AA3200

Fri 13:45-16:45 11 MAC 29/04/22 AA3250

#### 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 £180 Conc £71 Full £353 Mon 18:30-21:00 10 MAC 25/04/22 AB3240

#### Photography

##### Photography - beginners

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

Standard £203 Conc £78 Full £394 Tue 18:30-21:00 11 MAC 25/04/22 AC3400

## Photography - advanced

For learners who want to improve and develop their use of the camera, and expand their knowledge of photography.

Standard £203 Conc £78 Full £394 Tue 13:00-15:30 11 MAC 26/04/22 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 £118 Conc £37 Full £328 Tue 10:00-12:30 10 MAC 25/04/22 AF3570

### Pottery: beginners

For those who have little or no experience of pottery. We cover various techniques including coiling, moulding, pinching and slabbing. Throwing techniques may be taught later in the course.

Standard £226 Conc £94 Full £479 Mon 13:00-16:00 11 MAC 25/04/22 AF3500

### Pottery: mixed ability

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

Standard £226 Conc £94 Full £479 Wed 12:30-15:30 11 MAC 27/04/22 AF3510  
Thu 09:30-12:30 11 MAC 28/04/22 AF3511  
Thu 13:00-16:00 11 MAC 28/04/22 AF3512

### Pottery: mixed ability - evening class

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

Standard £226 Conc £94 Full £479 Wed 18:00-21:00 11 MAC 27/04/22 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 £121 Conc £61 Full £300 Fri 10:00-12:00 10 MAC 29/04/22 AJ3625

### Jewellery - making beaded jewellery

Learn the skills of beading to create exciting and colourful jewellery.

Standard £80 Conc £31 Full £144 Wed 10:00-12:00 5 MAC 27/04/22 AJ3612

### Jewellery - beginners and refreshers

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

Standard £217 Conc £89 Full £403 Tue 13:00-15:30 11 MAC 26/04/22 AJ3610

### Jewellery - intermediate

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

Standard £217 Conc £89 Full £403 Tue 10:00-12:30 11 MAC 19/04/22 AJ3600

## **Jewellery - all levels**

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

Standard £217 Conc £89 Full £403 Tue 18:15-20:45 11 MAC 26/04/22 AJ3611

## **Stained glass and Mosaic**

### **Stained glass - all levels**

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

Standard £212 Conc £84 Full £472 Mon 18:00-21:00 11 MAC 25/04/22 AS3703  
Wed 13:00-16:00 11 MAC 27/04/22 AS3700  
Wed 18:00-21:00 11 MAC 27/04/22 AS3701

### **Mosaic: all levels**

Come and learn the beautiful art of mosaics. You will learn all the skills needed to produce a piece of mosaic art. These skills include designing, cartooning, cutting and shaping the mosaic, grouting and polishing. All levels welcome.

Standard £212 Conc £84 Full £472 Thu 13:00-16:00 11 MAC 28/04/22 AS3800

## **Woodwork and Restoration**

### **Picture framing and mount cutting**

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

Standard £212 Conc £84 Full £398 Mon 18:30-21:00 11 MAC 25/04/22 CF3010

### **Furniture upcycling, restoration and conservation**

Start or further develop your skills in furniture restoration. While working on your own furniture, learn how to cope with the different problems that can occur, from patching missing wood, mouldings and parts, to colouring and finishing.

Standard £15 Conc £84 Full £398 Fri 13:30-16:00 11 MAC 29/04/22 CF3033  
Fri 10:00-12:30 11 MAC 29/04/22 CF3032

### **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 £225 Conc £89 Full £399 Tue 18:30-21:00 11 MAC 26/04/22 CH3210

### **Woodwork and restoration Saturdays**

Beginners will acquire basic woodwork and/or restoration 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 £243 Conc £95 Full £431 Sat 10:00-15:30 6 MAC 30/04/22 CH3050

## Woodwork - projects - all levels

This course is designed to take you through the theory and practice of furniture/cabinet making. You will produce designs and technical drawings and create finished pieces of work. Practical work includes wood machining and cutting joints.

Standard £336 Conc £128 Full £625 Tue 10:30-15:00 11 MAC 26/04/22 CH3220

## 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 £225 Conc £89 Full £399 Wed 18:30-21:00 11 MAC 27/04/22 CH3208

## Upholstery

### Upholstery - beginners

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

Standard £220 Conc £87 Full £399 Mon 12:30-15:00 11 MAC 25/04/22 CM3410  
Mon 09:30-12:00 11 MAC 25/04/22 CM3400

### Upholstery - mixed ability

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

Standard £225 Conc £89 Full £398 Mon 18:30-21:00 11 MAC 25/04/22 CM3440  
Tue 10:00-12:30 11 MAC 26/04/22 CM3460  
Wed 10:00-12:30 11 MAC 27/04/22 CM3447

### Upholstery - mixed ability 3 hour class

An opportunity for a longer upholstery session.

Standard £257 Conc £100 Full £473 Fri 10:00-13:00 11 MAC 29/04/22 CM3455

## Sewing, knitting and crochet

### Clothes making - mixed ability

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

Standard £203 Conc £81 Full £398 Thu 09:30-12:00 11 MAC 28/04/22 CS3620  
Thu 13:00-15:30 11 MAC 28/04/22 CS3630

## Performing Arts

### Macbeth Community Choir

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

Standard £60 Conc £21 Full £192 Mon 18:45-20:30 5 MAC 25/04/22 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 10 slots each term, please call for availability.

Standard £223	Conc £223	Full £223	Thu	14:00-14:30	11	MAC	28/04/22	PM3801
			Thu	14:30-15:00	11	MAC	28/04/22	PM3802
			Thu	15:00-15:30	11	MAC	28/04/22	PM3803
			Thu	15:30-16:00	11	MAC	28/04/22	PM3804
			Thu	16:00-16:30	11	MAC	28/04/22	PM3805
			Thu	16:30-17:00	11	MAC	28/04/22	PM3806
			Thu	17:00-17:30	11	MAC	28/04/22	PM3807
			Thu	17:30-18:00	11	MAC	28/04/22	PM3808
			Thu	18:00-18:30	11	MAC	28/04/22	PM3809
			Thu	18:30-19:00	11	MAC	28/04/22	PM3810

## Business & computing



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

## Book-keeping and Accounts

### Book-keeping level 1 INT

[City & Guilds](#)

Learn manual book-keeping and gain a qualification.

Standard £165	Conc Free	Full £400	Sat	10:00-12:30	10	MAC	30/04/22	BS3200
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### Computerised Accounting for Business INT

[City & Guilds](#)

Learn how to use accounting software and gain a qualification.

Standard £170	Conc Free	Full £405	Tue	18:00-21:00	10	MAC	11/01/22	BS2300
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## Computing

### Computers: Get Started INT

[City & Guilds](#)

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

Standard £100	Conc Free	Full £260	Wed	13:00-15:00	8	MAC	11/05/22	JS3005
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## History, Culture & Writing



You can choose to delve into London's fascinating past or explore ancient civilisations. Or you could decide to take your first step into counselling either for a future career in this field or simply to understand yourself and others better.

### Counselling courses

#### **Certificate in Counselling Skills (Level 2) (online course)** INT

**ABC**

An accredited course for those who either wish to take the first step in the field of counselling or wish to use counselling skills in their lives or at work.

Standard £290 Conc £Free Full £569 Fri 09:30-13:30 11 ONLINE 22/04/22 HC3500

#### **Games People Play- An Introduction to Transactional Analysis (online course)**

This course is an introduction to the key aspects of Transactional Analysis and is based on the work of Eric Berne. It includes a range of skills including how to understand transactions and “ games “ and how to manage difficult interactions and understand power dynamics.

Standard £41 Conc £14 Full £75 Sat 10:00-15:00 1 ONLINE 18/06/22 HC3072

#### **Assertive communication (online course)**

The course teaches practical ways to increase self-confidence when getting your views across, saying “no” to unreasonable demands and managing difficult interactions. Participants will build on their skills to understand potential conflict situations, develop a range of useful perspectives and negotiate solutions

Standard £40 Conc £14 Full £80 Sat 10:00-15:00 1 ONLINE 07/05/22 HC1030

#### **Is counselling training for me? (online course)**

A short overview of the counselling field and the options open to you.

Standard £35 Conc £12 Full £65 Sat 10:00-13:00 1 ONLINE 28/05/22 HC3025

### History courses

#### **Monarchs of England: Stuarts, Hanoverians, & Saxe-Coburg-Gothas**

Ideal course for anyone interested in learning more about the monarchs of England.

Standard £140 Conc £47 Full £270 Thu 14:00-16:00 11 MAC 21/04/22 HH2195

## Food Studies



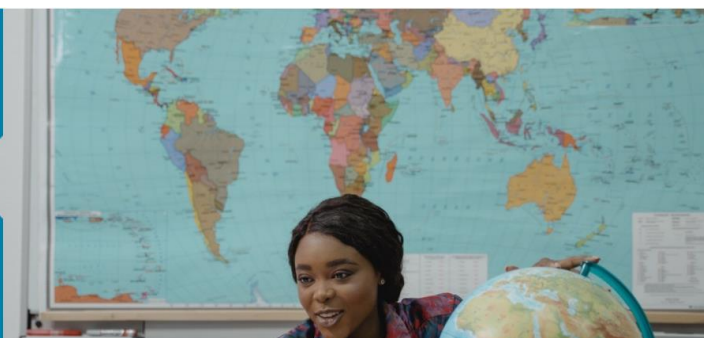
Our teaching kitchen offers a professional catering environment for you to develop your career.

### **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 and disabilities.

Standard £105   Conc £46   Full £376   Fri   13:00-15:30   10   MAC   29/04/22   FC3120

## Languages & Interpreting



From Arabic to Spanish, we have a wide range of courses for anyone interested in learning a language from scratch or improving their existing skills.

## Language courses

### **Chinese (Mandarin) Upper Intermediate stage 3 (online course)**

Practical language to enable you to communicate on a visit to China.

Standard £149   Conc £55   Full £299   Thu   19:00-21:00   10   ONLINE   28/04/22   LC3100

### **French elementary conversation (online course)**

A chance to practise and consolidate your spoken French.

Standard £60   Conc £21   Full £100   Sat   10:00-11:00   10   ONLINE   30/04/22   LF3065

### **French Lower Intermediate Stage 3 (online course)**

Move beyond basic French to deal with a variety of daily situations with greater ease.

Standard £149   Conc £55   Full £299   Mon   18:30-20:30   10   ONLINE   25/04/22   LF3050

### **French Intermediate Stage 3 (online course)**

Ideal course for those wishing to communicate with French speakers in a variety of situations.

Standard £149   Conc £55   Full £299   Tue   10:00-12:00   10   ONLINE   26/04/22   LF3075

### **French Upper Intermediate Stage 3**

This course is for those who have done GCSE French or have the equivalent level, and who want to improve their knowledge and skills to be able to converse freely over a range of topics, to read well and to write accurately.

Standard £149 Conc £55 Full £299 Wed 10:00-12:00 10 MAC 27/04/22 LF3100

### **French Advanced Stage 3**

This is course for students who want to consolidate and improve their French and gain a high standard of fluency.

Standard £124 Conc £46 Full £244 Tue 18:45-20:45 8 MAC 26/04/22 LF3126

### **French Advanced Conversation Stage 3 (online course)**

Ideal course for those who wish to improve their spoken French in a small group talking about a variety of stimulating topics.

Standard £89 Conc £34 Full £139 Mon 12:30-13:30 10 ONLINE 25/04/22 LF3130

### **French Proficiency Stage 3**

For those who are already reasonably fluent and wish to perfect their French language skills

Standard £149 Conc £51 Full £299 Thu 10:00-12:00 10 MAC 28/04/22 LF3151

### **French Proficiency Stage 3 (online course)**

For those who are already reasonably fluent and wish to perfect their French language skills

Standard £149 Conc £55 Full £299 Wed 10:00-12:00 10 ONLINE 27/04/22 LF3150

### **Italian Beginners Stage 3**

Ideal course for those with a little Italian.

Standard £149 Conc £55 Full £299 Wed 10:00-12:00 10 MAC 27/04/22 LI3035

### **Cucina italiana**

Practise your Italian while learning how to make some simple, tasty dishes.

Standard £50 Conc £18 Full £80 Tue 10:00-13:00 5 MAC 26/04/22 LI3187

### **Italian Intermediate Stage 3 (online course)**

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

Standard £149 Conc £55 Full £299 Tue 18:30-20:30 10 ONLINE 26/04/22 LI3077

### **Italian Intermediate Stage 3 (online course)**

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

Standard £149 Conc £55 Full £299 Mon 10:00-12:00 10 ONLINE 25/04/22 LI3075

### **Italian Upper Intermediate Stage 3**

This course is for those who have done GCSE Italian or have the equivalent level, and who want to improve their knowledge and skills to be able to converse freely over a range of topics, to read well and to write accurately.

Standard £149 Conc £55 Full £299 Mon 10:00-12:00 10 MAC 25/04/22 LI3100

### **Italian Advanced Conversation Stage 3 Fast Track**

Want to improve your spoken Italian quickly? This is the course for you.

Standard £120 Conc £45 Full £200 Wed 12:30-14:00 10 MAC 27/04/22 LI3130

### **Italian Proficiency Stage 3**

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

Standard £149 Conc £55 Full £299 Thu 10:00-12:00 10 MAC 28/04/22 LI3150

### **Italian Proficiency Conversation Stage 3 Fast Track**

For those who are already reasonably fluent and wish to perfect their Italian language skills

Standard £120 Conc £45 Full £200 Mon 12:30-14:00 10 MAC 25/04/22 LI3155

### **Italian Mastery Stage 3**

Ideal for those who are already fluent and wish to read and discuss a variety of topics in Italian.

Standard £149 Conc £55 Full £299 Fri 10:00-12:00 10 MAC 29/04/22 LI3175

### **Japanese Lower Intermediate Stage 3 (online course)**

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

Standard £149 Conc £55 Full £299 Thu 18:30-20:30 10 ONLINE 28/04/22 LJ3050

### **Japanese Intermediate Stage 3 (online course)**

Ideal course for anyone wishing to move beyond basic Japanese and wanting to start interacting with Japanese speakers in a variety of settings

Standard £149 Conc £55 Full £299 Mon 18:30-20:30 10 ONLINE 25/04/22 LJ3075

### **Polish Upper intermediate stage 3**

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

Standard £129 Conc £48 Full £249 Mon 19:00-21:00 10 PSK 25/04/22 LP3100

### **Spanish Beginners Stage 2 (online course)**

Ideal course for those with a little Spanish who wish to learn the basics well.

Standard £149 Conc £55 Full £299 Tue 10:00-12:00 10 ONLINE 26/04/22 LS2025  
Wed 18:30-20:30 10 ONLINE 27/04/22 LS2027

### **Spanish Beginners Stage 3 Saturday Fast Track**

Ideal course for those with a little Spanish.

Standard £137 Conc £52 Full £275 Sat 10:30-13:30 8 MAC 30/04/22 LS3040

### **Spanish Intermediate Stage 3 (online course)**

Ideal course for those wishing to communicate in a variety of situations with Spanish speakers.

Standard £149 Conc £55 Full £299 Mon 18:30-20:30 10 ONLINE 25/04/22 LS3075

### **Spanish Upper Intermediate Stage 3 (online course)**

Want to improve your spoken Spanish quickly? This is the course for you.

Standard £149 Conc £55 Full £299 Tue 10:00-12:00 10 ONLINE 26/04/22 LS3100

### Spanish Advanced Stage 3 (online course)

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

Standard £149 Conc £55 Full £299 Thu 10:00-12:00 10 MAC 28/04/22 LS3125

### Spanish Mastery Stage 3 (online course)

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

Standard £159 Conc £58 Full £300 Wed 13:00-15:00 10 ONLINE 27/04/22 LS3180

## Interpreting and Sign Language courses

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

A 3-week intensive revision course for anyone preparing to sit the June 2022 DPSI exam.

Standard £50 No Conc Full £110 Thu 13:00-16:00 3 ONLINE 26/05/22 LY3065

### DPI (Diploma in police interpreting) pre-exam revision course (online course)

A 3-week intensive revision course for anyone preparing to sit the June 2022 DPI exam.

Standard £50 No Conc Full £110 Fri 13:00-16:00 3 ONLINE 27/05/22 LY3066

### Introduction to BSL (British Sign Language)

A gentle introduction to the basics of BSL

Standard £55 Conc £19 Full £110 Fri 11:30-13:30 5 MAC 20/05/22 LZ20ON

## 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.

## Car maintenance

### Car Maintenance - Get Started (Beginners) INT

**City & Guilds**

Gain basic motor vehicle skills to maintain your car.

Standard £260 Conc £0 Full £545 Thu 17:30-20:30 11 MAC 28/04/22 MV3400

### Car maintenance: intermediate

Take the next step in D.I.Y. car maintenance and repairs.

Standard £275 Conc £148 Full £441 Wed 18:45-20:45 11 MAC 27/04/22 MV3050

## Practical classic car care

A maintenance class focused on keeping classic cars running.

Standard £170 Conc £86 Full £285 Sat 10:00-15:00 4 MAC 07/05/22 MV3080

## Welding

### Welding & light metalwork

An introduction to basic welding and metal work fabrication techniques.

Standard £370 Conc £221 Full £508 Tue 18:15-20:45 11 MAC 26/04/22 MV3250

### Welding intensive

Learn the basics of welding methods and techniques, including gas and electric welding.

Standard £420 Conc £271 Full £558 Sat 10:00-15:30 5 MAC 11/06/22 MV3251

## Bicycle maintenance

### Bicycle maintenance part 1

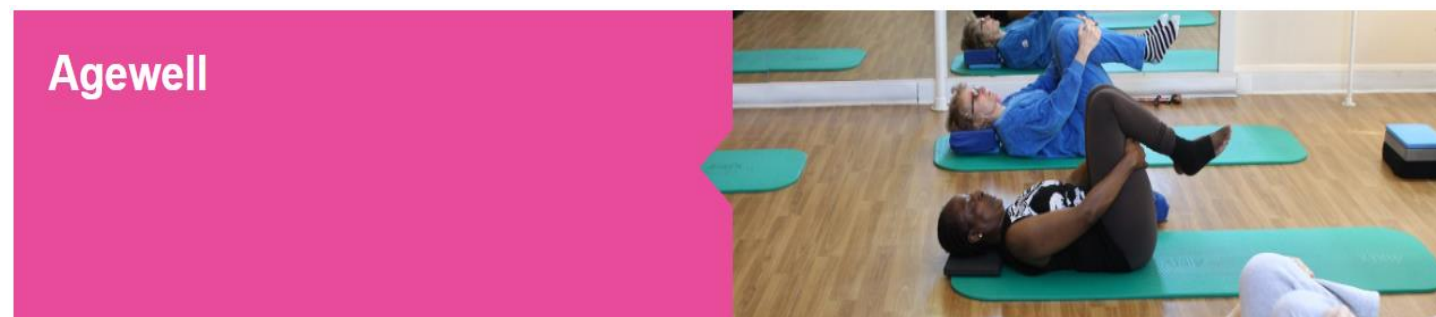
Learn how to maintain your own bicycle in a safe and reliable condition. Bicycle 'first aid'.

Standard £5 Conc £5 Full £5 Sat 10:00-15:30 1 MAC 23/04/22 MV3152  
Mon 18:15-20:45 2 MAC 09/05/22 MV3150

### Bicycle maintenance part 2

Follows on from part 1 and offers a more comprehensive course designed to keep your bike in tip top condition.

Standard £5 Conc £5 Full £5 Sat 10:00-15:30 1 MAC 30/04/22 MV3162  
Mon 18:15-20:45 2 MAC 06/06/22 MV3160



The Agewell project is open to anyone over 50. Membership can be obtained through our Macbeth Centre (by telephone and online for standard fee payers) and provides access to all courses in the Agewell programme.

## Agewell courses

### Balance, strength and stability

Standard £40 Conc £20 Full £50 Wed 10:45-11:45 10 MAC 27/04/22 AW3600

### Be good to your back

Standard £40 Conc £20 Full £50 Mon 11:45-12:45 10 MAC 25/04/22 AW3805

### (Complete) body workout

Standard £40 Conc £20 Full £50 Fri 10:00-11:30 10 MAC 29/04/22 AW3755

**(Senior Total) Body Workout**

Standard £40	Conc £20	Full £50	Thu	13:30-15:00	10	WR	28/04/22	AW3061
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**Cardiac rehab Phase IV (online class)**

Standard £40	Conc £20	Full £50	Thu	09:00-10:15	10	ONLINE	28/04/22	AW3885
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**Circuit Training (Level 2)**

Standard £40	Conc £20	Full £50	Mon	09:45-11:30	10	MAC	25/04/22	AW3040
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**Circuit Training (online class)**

Standard £40	Conc £20	Full £50	Wed	10:00-11:30	10	ONLINE	27/04/22	AW3060
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**(General) Circuit training for Seniors**

Standard £40	Conc £20	Full £50	Mon	10:00-11:30	10	MAC	25/04/22	AW3050
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**Dance mix**

Standard £40	Conc £20	Full £50	Mon	13:00-14:00	10	MAC	25/04/22	AW3516
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**Dance Mix (online course)**

Standard £40	Conc £20	Full £50	Mon	12:00-13:00	10	ONLINE	25/04/22	AW3880
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**Exercise for the prevention and rehabilitation of osteoporosis**

Standard £40	Conc £20	Full £50	Wed	14:00-15:00	10	MAC	27/04/22	AW3451
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**(Seated) Exercise to music**

Standard £40	Conc £20	Full £50	Wed	12:00-13:00	10	MAC	27/04/22	AW3910
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**Gentle exercise to music**

Standard £40	Conc £20	Full £50	Wed	15:15-16:15	10	MAC	27/04/22	AW3108
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**Gentle Keep Fit/Falls Prevention**

Standard £40	Conc £20	Full £50	Tue	10:00-11:00	10	VPCC	26/04/22	AW3090
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**Pilates beginners/improvers (online class)**

Standard £40	Conc £20	Full £50	Fri	12:00-13:00	10	ONLINE	29/04/22	AW3133
			Tue	12:00-13:00	10	ONLINE	26/04/22	AW3132
			Wed	11:00-12:00	10	ONLINE	27/04/22	AW3135
			Mon	12:00-13:00	10	ONLINE	25/04/22	AW3330

**Pilates Beginners / Intermediate (online class)**

Standard £40	Conc £20	Full £50	Fri	14:00-15:00	10	ONLINE	29/04/22	AW3131
			Fri	15:15-16:15	10	ONLINE	29/04/22	AW3130

**Yin Yoga (online course)**

Standard £40	Conc £20	Full £50	Wed	10:00-11:30	10	ONLINE	27/04/22	AW3550
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**Yoga (online course)**

Standard £40	Conc £20	Full £50	Mon	08:00-09:00	10	ONLINE	25/04/22	AW3180
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**Yoga (online class)**

Standard £40	Conc £20	Full £50	Wed	09:30-11:30	10	ONLINE	27/04/22	AW3190
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**Yogalates (online class)**

Standard £40    Conc £0    Full £50    Sat    09:00-10:30    10    ONLINE    30/04/22    AW3235

**Gentle yoga and meditation**

Standard £40    Conc £20    Full £50    Thu    13:30-15:00    10    MAC    28/04/22    AW3182

**Yoga and meditation (online course)**

Standard £40    Conc £20    Full £50    Wed    15:15-16:45    10    ONLINE    27/04/22    AW3184

**Zumba Gold**

Standard £40    Conc £0    Full £50    Wed    12:00-13:00    10    MAC    27/04/22    AW3515

For more information, such as term dates, opening times, centre addresses and more, go to <https://www.hfals.ac.uk/information-advice>