



Bellarine Training & Community Hub

CAREER CHANGE AT YOUR DOORSTEP

COURSE GUIDE TERM 4 2019

More than 60 courses and activities for all ages. Learn something new, gain a qualification, improve your fitness, or just have fun!





Opening Hours

The centre office is open from:
9am to 6.30pm Monday to Thursday
9am to 5pm Friday

Enrolments

Enrolments can be taken over the phone on **5255 4294 using Bankcard, MasterCard, Visa Cards or in person at 1 John Dory Drive Ocean Grove**. Full payment must be made at time of enrolment or a \$200 non-refundable deposit is required on all Cert II courses & above. Conditions apply, please see refund policy. (Unless negotiated with centre staff prior to enrolment). No class enrolment is deemed valid until payment has been received.

Cancellation

Should a class be cancelled due to a lack of enrolments or unforeseen circumstances, fees are refunded in full and the enrollee notified by phone. Clients wishing to withdraw from a course must do so prior to the commencement of the course. In this case, a refund will be issued with an administration fee of \$8 deducted. No refund will be issued once a course has commenced.

BTACH Full Membership

A full member of the Bellarine Training and Community Hub has the right to be elected to the committee of management at the Annual General Meeting or where a vacancy exists on a current Committee. Full members also have a valid vote at the Annual General Meeting on any and all special resolutions or changes to the constitution.

Cost of full membership for 2019 is \$10.00

Room Rental

The centre may rent rooms out on a weekly, fortnightly or monthly basis. If you require a room for your private class or meeting, contact the centre for availability. (Sundays excluded)

Non Profit Organisations

Single room - **\$20 per hour**
 Double room - **\$30 per hour**

Commercial/Private Users

Single room - **\$25 per hour**
 Double room - **\$35 per hour**

Classes

- Health & Fitness
- Cooking
- Art & Craft
- General Interest
- Languages
- Computers
- Preschool
- Primary School
- Youth Activities
- Accredited Training

Nationally Recognised Training...

TOID 20459

Training is provided with Victorian Government funding. Those seeking funded places must meet the funding criteria to be eligible. Payment plans are available for all Certificate III and above courses through an external company. Students may be eligible for additional funding, Centrelink entitlements or JSA entitlements. A \$200 non-refundable deposit is required on enrolment for all full certificate courses. No enrolment will be taken without a deposit. The following courses cover nationally accredited units therefore you are required to provide a Unique Student Identifier (USI) on enrolment.

To obtain your USI simply click on www.usi.gov.au

Provide First Aid (HLTAID003)

This course provides the learner with their Apply First Aid Level II and incorporates Level I and CPR. The certificate is current for 3 years; however, the student must complete CPR every 12 months for the certificate to remain valid. This course will develop skills in the learner to assist and support them when conducting first aid on an injured or sick person.

****This course is a one-day course so each participant is required to undertake the pre course enrolment which will take approximately 5 -10 minutes.***

Venues

Ocean Grove - **Wed 9th October or Sat 23rd November**

Fees

Full Fee - **\$130.00**

RTO- Results First Aid Training



Basic Food Safety (Use Hygienic Practices for Food Safety) SITXFSA001

Safe food handling skills are essential for all people working within the food industry of Australia. This course meets the workplace requirements in applied food handling and provides a pathway to completion of Certificate II or III in Hospitality.

Venue

Ocean Grove - **Sat 7th December 9am**
 Torquay - **Sat 12th October 9am or 9th November 9am**

Fees

Full Fee - **\$130.00**



Participate in Safe Food Handling Practices (Food Supervisor) SITXFSA00

This unit covers the performance outcomes, skills and knowledge required to handle food safely during the storage, preparation, display, service and disposal of food. It requires the ability to follow predetermined procedures as outlined in a food safety program. The unit applies to all organisations with permanent or temporary kitchen premises or smaller food preparation areas. It applies to food handlers who directly handle food during the course of their daily work activities. Businesses are required to designate a food safety supervisor who is required to be certified as competent in this unit through a registered training organisation.

Venues

Ocean Grove - this is an on demand course, please ring for enquiries.

Fees

Full Fee - **\$130.00**



Responsible Service of Alcohol Certificate (SITHFAB002)

This course covers all areas relating to the serving of alcohol in and around licensed premises and is essential if you plan to work in the hospitality industry. Participants receive a recognised certificate in RSA from Liquor Licensing Victoria.

Venues

Ocean Grove - **Sat 19th October 9am**
Sat 23rd November 9am

Torquay - **Sat 26th October 9am** or
Sat 16th November 1pm

Fees

Full Fee - **\$70.00**



Certificate III Individual Support (CHC33015) (Ageing, Home and Community)

This qualification reflects the role of workers in the community and/or residential setting who follow an individualised plan to provide person-centred support to people who may require support due to ageing, disability or some other reason. The work involves using discretion and judgment in relation to individual support. Workers have a range of factual, technical and procedural knowledge, as well as some theoretical knowledge of the concepts and practices required to provide person-centred support. Workers are required to obtain a current clear Victorian Police Check and Working with Children Check.

Venues

Ocean Grove - **Mon & Wed starting 9th October**

Torquay- **Thurs & Fri starting 25th October**

Fees

Funded - **\$800** / Concession - **\$516**

Full Fee - **\$4500**

Fees include all text books, first aid and food handling courses and admin costs. (Police and WWC check not included in price)



Certificate IV In Ageing (CHC43015)

This qualification applies to workers in residential facilities. These workers carry out activities related to maintaining an individual's wellbeing through personal care and/or other activities of living. Occupational titles may include but are not limited to: accommodation support worker, care team leader, care supervisor, residential care worker, support worker, day activity worker, assistant coordinator, or personal care worker.

Venues

Offsite if you are currently working in the field.

Fees

Funded - **\$850** / Concession - **\$538**

Full Fee - **\$3700**

Fees include all text books, first aid and food handling courses and admin costs. (Police and WWC check not included in price)



Certificate IV in Education Support (CHC40213)

This qualification reflects the role of workers in a range of education settings, including public and independent schools and community education settings, who provide assistance and support to teachers and students under broad based supervisions as integration aides or teachers' aides. Students are required to obtain a current clear Victorian Police Check and Working with Children Check card. If you have any concerns, please speak to our friendly staff.

Venues

Ocean Grove - **Thurs & Fri starting 11th October**

Fees

Funded - **\$950** / Concession - **\$588**

Full Fee - **\$3800**

Fees include all text books, first aid course and admin costs. (Police and WWC check not included in price)



Certificate IV in Health Administration (HLT47315)

This qualification will provide you with the technical skills to interpret and apply medical terminology, lead effective workplace relationships and manage patient record keeping systems. Our highly-experienced industry professionals will guide you every step of the way to ensure your transition into the health sector is a success. Successful completion of this course will qualify you to lead a health admin team. It will also give you the knowledge to undertake further studies in the field. This course provides the skills required to work in a senior/supervisor role within health administration.

Venue

Ocean Grove- **Wed & Thurs evenings starting 17th October**

Fees

Funded - **\$950** / Concession- **\$588** or

Full Fee - **\$3800**

Fees include all text books and admin costs.



Certificate IV in Leisure and Health (CHC43415)

This qualification prepares you to participate in the design, implementation and evaluation of leisure, health activities and programs for clients in one or more sectors. Workers may be in residential facilities and/or in community agencies and day centres, completing specialised tasks and functions in relation to leisure and health. A clear Victorian Police Check is required within this industry.

Venues

Offsite if you are currently working in the field

Fees

Funded - **\$850** / Concession - **\$642**

Full Fee - **\$4000**

Fees include all text books, first aid and food handling courses and admin costs. (Police and WWC check not included in price)





Diploma of Early Childhood Education and Care (CHC50113)

This qualification prepares you to design and implement programs within the child care field. This course covers all of the approved learning frameworks within the requirements of the education and care services national regulations and the national quality standards. The Diploma of Early Childhood Education and Care will be phased in as the minimum qualification for working within the child care field.

Venue

Ocean Grove - **Wed & Thur evenings starting 24th October**

Fees

Funded - **\$1050** / Full Fee - **\$5000**

Fees include all text books, First Aid certificates, Management, Food Handling and admin costs. (Police check and WWC not included in price).



Certificate IV In Disability (CHC43115)

This qualification reflects the role of workers in a range of community settings and clients' homes, who provide training and support in a manner that empowers people with disabilities to achieve greater levels of independence, self-reliance, community participation and wellbeing. Workers promote a person-centred approach, work without direct supervision and may be required to supervise and/or coordinate a small team. A current clear Victorian Police Check and Working with Children Check card are required.

Venues

Ocean Grove - **Course starting in 2020**

Fees

Funded - **\$850.00** / Concession - **\$610.00**

Full Fee - **\$3800.00**

Fees include all text books, first aid and food handling courses and admin costs. (Police and WWC check not included in price)



Diploma of Youth Work (CHC50413)

This qualification reflects the role of people with responsibility for the development and outcome of programs and services for young people managed through a range of agencies and designed to meet the social, behavioural, health, welfare, developmental and protection needs of young people. The skills that you acquire as part of this course will enable you to work in a wide range of employment in the community, government and welfare sector.

Venue

Ocean Grove - **Course starting in 2020**

Fees

Funded - **\$1050**

Full Fee - **\$5000**

Fees include all text books, first aid course and admin costs. (Police and WWC check not included in price)



Diploma of Mental Health (CHC53315)

This qualification prepares you to provide services to clients in relation to mental health and wellbeing. It includes the knowledge and skills to provide person centred recovery, referral, advocacy, trauma informed practice and education/health promotion services. The skills that you acquire as part of this course will enable you to work in a wide range of mental health programs, including group facilitation for people with a mental illness, case management, support work and crisis support management.

Venue

Ocean Grove - **Tues & Wed starting 30th October**

Fees

Funded - **\$1050** / Full Fee - **\$5000**

Fees include all text books, and admin costs. (Police check and WWC not included in price).



Community Groups and General Interest...



Depression and Anxiety Self Help Support Group

Help break down the barriers. Join this group which meets to support each other and offer friendship to those with mental health issues. Various activities and guest speakers are scheduled throughout the term. The group meets weekly during the school term.

Time & Date Thursdays 1pm from 10th October
Fee Per session \$2.50



UFOs (Unfinished Objects Craft Group)

Join in with other crafty women and finish off your craft projects or start a new one. Or come along and learn a new skill as these experienced crafters share their knowledge. This is a self-run women's group that enjoys a social chat over a cuppa and craft.

Time & Date Mondays 9.30am from 7th October or Wed 1pm from 9th October
Fees Per session \$2.50

Chess group

Come along each week and play the intriguing game of chess. Beginners welcome.

Time & Date Tuesdays 7pm from 8th October
Fee Per 2hr session - \$2.50

Book Club

Would you like to belong to a book club? This is a group for anyone who loves nothing more than getting lost in a good book. This is an informal club that will meet the second Friday of the month.

Time & Date The second Friday of the month at 10am
Fees Per 2hr session - \$2.50

Mahjong

Mahjong is a traditional Chinese game which is played with tiles and dice. Experienced and new players welcome. Come along and learn how to play if you are new to the game.

Time & Date Mondays 1pm from 7th October
Fees Per 2hr session - \$2.50



Walking Group

Meet at the Hub to walk with a small group around the local area. This is a great chance to meet new people and keep fit at the same time. New members welcome!

Time & Date Thursdays 9am from 10th October
Fees Gold coin donation

Scrabble

Come along and enjoy a game of Scrabble with other Scrabble lovers. Beginners welcome.

Time & Date Mondays 1pm from 7th October
Fees Per 2hr session - \$2.50



Bellarine Connections Community Kitchen

BCC Community Kitchen is a group of people who come together on a regular basis to cook and socialise. The group is supported by a trained community facilitator.

Time & Date Fridays 1pm from 11th October
Fees \$2.50 per session

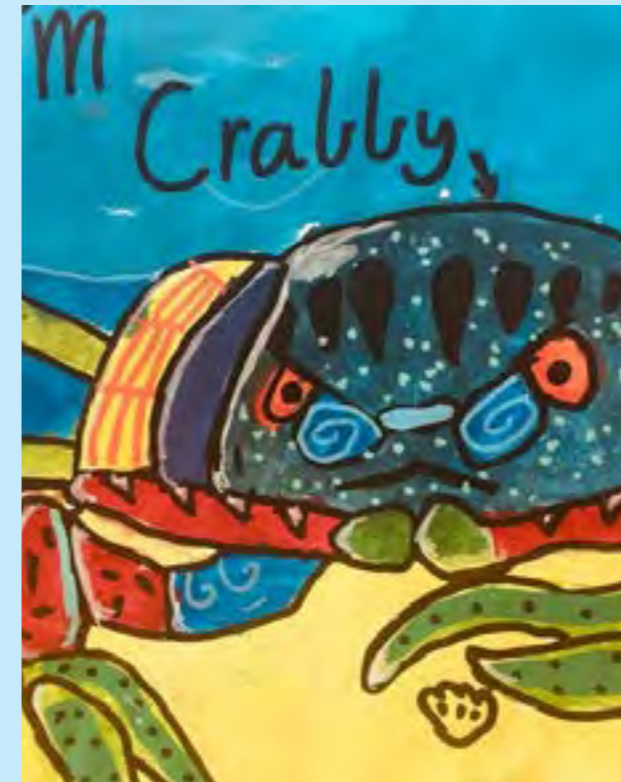
Non Accredited Courses

Primary School Children...

Chess for Kids (7 yrs and over)

Always wanted to play chess? Do you know how but would like to improve your skills? Then this class is for you! Ralph, who is an experienced and keen chess player, will teach the absolute beginners through to the more experienced player. All material supplied.

Time & Date Tuesdays 4pm from 8th October
Fees Per 1hr session - \$5
Tutor Ralph Wright



Children's art class

Young artists will experiment with a variety of new techniques and mediums such as drawing, painting, collage, stenciling, stamping and photography to construct a personal visual journal. A balance between direction and freedom, these classes are a rare opportunity for our children to express themselves creatively, become comfortable with their own abilities, skills and style and perhaps even develop valuable skills they need to feel comfortable to become more like their unique selves instead of always trying to be like everyone else. \$30 for journal and materials. Pay directly to the tutor.

Time & Date Mondays 4pm from 14th October or Fridays 3.45pm from 18th October
Fees 8x1.5 hour sessions - \$130
Tutor Adie McDermott

Young Adults, 12-17 yrs...

Kids Beginner Sewing class -NEW!

This class is perfect for children aged between 8-15 who would love to learn to sew. With The Kids Beginner Sewing class we teach students to thread a machine, pin and cut fabric as well as all the sewing techniques needed to complete the 2 projects the students will take home. This class teaches all the basics from scratch learning one step at a time. Over the 3 weeks students will complete 2 projects:

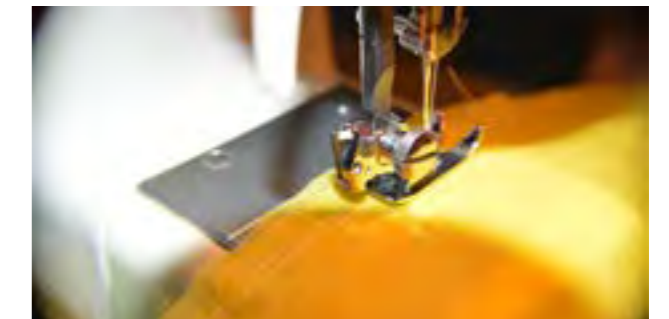
Week 1 Learning about the sewing machine and how to thread and sew

Week 2-Scrunchies

Week 3- A crossbody bag

All sewing machines, and equipment to use will be provided. However we encourage you to bring your own machine if you have one. (With over 25 years of professional sewing experience, Donna began her career by studying Fashion in her hometown of Geelong. Amongst other endeavours, Donna has worked as a lecturer specialising in Patternmaking, Garment Construction and Styling and Couture for Melbourne School of Fashion for 12 years.)

Time & Date Fridays 4pm from 8th November
Fees 3x 2hr sessions - \$65
Materials cost of \$20 to be paid directly to tutor
Tutor Donna Mineo



Drop In / Youth Group

If you are between the ages of 12 (grade 6) and 17 then this is the group for you. Come along, bring your friends and be part of the wildest activities on the Bellarine Peninsula. Pop in to the centre for a week by week activities sheet. Supervised by youth workers with sympathetic ears and the knowledge to guide and support young people through these difficult teen years. Nicki, Sean, Megg, Rachel, Linton, Charlie, Liam and Bec can't wait to see you there! BTACH does not have any religious or political affiliations in the youth program.

Time & Date Fridays 6pm - 9pm from 11th October during school term
Fees Per week in house activities - \$5
 External excursions approx - \$15- \$20
Annual Camp to Cairns in 2020

Computer Classes...

Some of this training is provided with Victorian Government funding for eligible participants through Adult, Community & Further Education (ACFE). Those seeking funded places must meet the funding criteria to be eligible.



Ipod Introduction

Do you have an iPad but struggle to understand how to use it, or what you can do with it? In this 3-week course (2 x 1.5 h), you will learn things like: understanding the visual display, how to use your fingers, what apps are, the basics of taking photos or videos, organising your apps, adding and removing apps, the basics of surfing the Internet and getting your emails, connecting to a WiFi hotspot, and lots more... Understand this is a basic introductory course designed to introduce you to the features of the iPad.

Time & Date Tuesdays 6pm from 26th November
Fees 2x1.5 hour session - \$40
Tutor Serge Botans

Computers 1

If you're new or nervous about computers, this is the course for you! Learn how to use a mouse, get a clear understanding of what is the Internet, what is the Cloud, learn how to create Word documents, Excel spreadsheets, do a dash of graphic design with PowerPoint, and learn about and use email. Most importantly, learn how to resolve your computer questions or hiccups yourself after the course is over! The course is Windows-based, not Mac.

Time & Date Fridays 1pm from 25th October
Fees 8x2.5 hour sessions (funded) - \$100.00
Tutor Leanne Mumford



Search Engine Optimisation

Do you have a website but it is not ranking well with search engines? It may be that your website needs 'search engine optimisation'. In this course, you will learn: the difference between on-page optimisation and off-page optimisation, the need for keyword research, the basics of keyword research, the need for so-called LSI, how to optimise your web pages for search engines, how to devise a keyword plan for your site, and lots more... This course focuses on so-called 'on-page optimisation' only. And in some cases, it is enough to get a website to improve its rankings. Your instructor is an experienced local web designer.

Time & Date Tuesdays 6pm from 22nd October
Fees 3x1.5 hour session - \$61
Tutor Serge Botans

Improve Your Website

Do you have a website that is not working for you? It may be that your website is not properly set up to convert visitors into clients. In this 2-week course, you will learn: a formula for writing headlines and content, why you need headlines, one word you should use minimally in your content and one word you should use instead, one thing every page of your website must have, how to format the content of your pages and why, and more... Through this course, you will become better equipped towards setting up your website to convert visitors into clients, which is what your website should be doing. Your instructor is an experienced local web designer and he will teach you the practical aspects of web design..

Time & Date Tuesdays 6pm from 12th November
Fees 2x1.5 hour session - \$40
Tutor Serge Botans



Photo Editing

Do you take photos with your smartphone or tablet/iPad, and wish you could easily edit your photos to make them look better? This 1.5 h course will do just that.

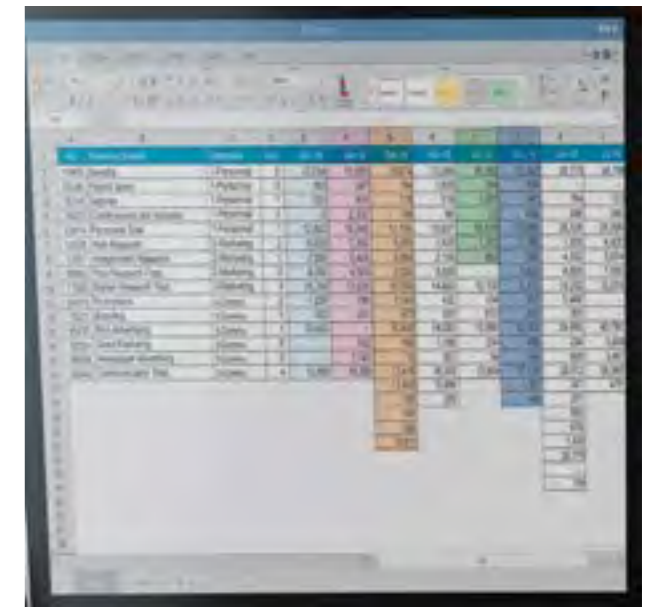
In this course, you will learn about a free app (for iOS and Android) that makes it very easy to edit photos to get the look you want.

You will need to bring your smartphone, tablet or iPad to the course where you will learn things like: how to sharpen your photos, how to brighten shaded areas, how to make your photos 'warm' or 'cool', how to add a frame to your photos, how to make the subject of your photo stand out, how to give your photos the 'old photo' look, and lots more... You will need to have a photo on your device you will be able to edit. A tablet is preferable due to the bigger screen.

This non-technical course will help you transform ordinary photos into photos that pop!

PS Make sure you come able to download the app from Google Play or the iStore, as applicable.

Time & Date Tuesday 6pm from 10th December
Fees 1x1.5 hour session - \$25
Tutor Serge Botans



Introduction To Excel

Excel allows you to develop computer records that involve calculations or comparisons. Examples include household budgets or spending and other financial data, including tax. It can also be used for record keeping related to health or fitness, e.g. blood pressure or sugar levels, DVD or CD collections, sports performance, weather or tide data, etc. This short course provides an introduction to spreadsheets and data entry and manipulation using MS Excel and Windows. Please bring a memory stick to save your work.

Time & Date Tuesdays 4pm from 15th October
Fees 3x2 hour sessions - \$65
Tutor Barry White



Health & Wellbeing...

Zumba®

Monday + Friday = ZUMBA® FITNESS

Finish up the work day and prepare yourself for some fun filled Zumba time! Dance and smile your way to fitness with this international exercise phenomenon. Party yourself into shape. The Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party is here. Feel the music and let loose! The fun begins...

Time & Date Mondays 6pm from 7th October

Fridays 9:30am from 11th October

Fees Per 1hr session - \$13

Tutor Mariela Gonzalez



Fit Forever

This group fitness class encourages co-ordination, strength, balance and flexibility. It is a low-impact workout which uses a variety of styles and equipment. Bring along your water bottle.

Time & Date Tuesdays 9am from 8th October

Fees Per week - \$8

Fitness Instructor Heather Peck

Fit Forever Circuit

This is an energetic blend of functional strength training, cardio, balance and flexibility. It is a low impact circuit based class. Bring along your water bottle.

Time & Date Thursdays 9am from 10th October

Fees Per 1hr session - \$8

Fitness Instructor Heather Peck

Gentle, Low Impact Exercise- NEW!

This group class suits older adults who are wanting to maintain or gain better overall fitness. This enjoyable, one-hour session will focus on strength, balance, flexibility and co-ordination. It is mainly chair-based and light weights will be used in the session. Please bring along your water bottle.

Time & Date Wednesdays 9:30am from 9th October

Fees Per 1hr session - \$8

Fitness Instructor Heather Peck

Fit for Surf - NEW!

Want to get fitter and stronger for surfing? (or in general?) Spend a fun and energetic hour (out of the water) to help boost your surfing fitness and technique. Surfing is a very complete sport, which requires a wide range of physical qualities - including balance, core and leg strength, paddling and flexibility. In these classes we will adapt movements from simple exercises and make them more functional for surfing.

Heather is a level 2 surf coach, a fitness instructor and has had many years experience competing at state and national surfing titles.

Time & Date Wednesdays 6pm from 9th October

Fees First session is a come and try- \$8

followed by 2x 4 week blocks - \$32 each block

Fitness Instructor Heather Peck



Beginners Golf

Come along to these sessions to learn the beginnings of playing that perfect round of golf.

Venue OG Golf Club - Thursdays 10am from 31st October

Fees 5x 1hr sessions - \$85

Tutor Mal Humphries



Pilates for Over 50s

Staying fit and healthy is extremely important, especially in middle age and onwards. Pilates is a great way to build and maintain your strength as it improves posture, balance, stability and flexibility.

Time & Date Mondays 10:30am from 7th October

Fees 10x 1hr sessions - \$108

Tutor Jane Green



Tai Chi Advanced

Continue learning the 108 form Cheng Ming Tai Chi pattern and explore Nei Gong which is Internal Energy Work. Prerequisite: Cheng Ming Tai Chi sections 1 and 2

Time & Date Thursdays 11am from 10th October

Fees 11x 1hr sessions - \$119

Tutor Leanne Mumford

Cheng Ming Tai Chi- Beginners con't

Enjoy the gentle movement of Tai Chi to improve your balance, flexibility and co-ordination, gradually stretching and opening all the joints, improving blood flow, and providing gentle massage to the internal organs. Remembering the Tai Chi pattern and learning to move your body in new ways creates subtle new challenges for your brain, keeping both your mind and your body active and learning. Any ages and fitness levels are welcome. Please wear loose, comfortable clothing and flat shoes. Prior experience an advantage

Time & Date Thursdays 1pm from 10th October

Fees 11x 1hr sessions - \$119

Tutor Leanne Mumford



Health & Wellbeing...

Home made natural beauty products-NEW!

Natural skin products make a great gift or to use at home. In this workshop you will learn how to make at home healing calendula oil and lavender soft skin scrub/ bath product and about the healing properties and uses of these two products. These would be an ideal gift for Christmas. Healing calendula oil is also a must for your first aid kit. The lavender soft skin can be used as a scrub or bath- soak, perfect for getting your skin summer ready. You will get to take home both finished products and detailed instructions will be given to take home. Ingredients for this workshop are easily obtained locally.

Time & Date Friday 10am from 22nd November or Monday 6:30pm from 2nd December

Fees 1x 1.5hr sessions - \$50 (materials included)

Tutor Rochelle Hadjiloukas



Homeopathy for the Family- NEW!

This short course is designed to teach you how to safely treat every day common complaints such as colds, coughs, teething, earache and first aid situations such as bruising, sprains, joint pain and more..

This course teaches you how to safely treat first aid and everyday common ailments with Homoeopathy. Homoeopathy is an energetic form of medicine that gently stimulates your body to regain its healthy balance. Homoeopathy treats each person as an individual who has their own unique way of expressing when the whole person is not in balance. These are called symptoms. The Homoeopathic approach is to look at this symptom picture which will include both mind and body and find a Homoeopathic remedy to match this symptom picture. The Homoeopathic remedies are gentle and safe – using very small amounts (Nano doses) to gently stimulate the healing response.

Time & Date Wednesdays 10am from 6th November or Mondays 6.30pm from 11th November

Fees 4x 1.5hr sessions - \$81

Tutor Rochelle Hadjiloukas



Beginners Surfing for Women

Enrol in this 4 week course for an excellent introduction to basic surfing skills. Have fun, learn in a safe, supportive environment and get advice about equipment, surf safety and fitness for surfing. Wetsuits and soft boards are provided. Book early as numbers are limited.

Time & Date Fridays 9:30am from 8th November

Fees 4x 2hr sessions - \$190

Tutor Heather Peck



Walking Group

Meet at the Hub to walk with a small group around the local area. This is a great chance to meet new people and keep fit at the same time. New members welcome!

Time & Date Thursdays 9am from 10th October

Fees Gold coin donation



Yoga

Enjoy Yoga poses, stretching, breathing practices and relaxation for fitness and well-being. This class will help those people coping with stress, recovering from illness or improving their health. Please bring a mat and blanket or towel.

Time & Date Tuesdays 6pm from 8th October

Fees 10x 1.5 hr sessions - \$135

Casual session - \$15

Tutor Jannie Kemp



Mindful Meditation

Mindfulness simply means paying attention to the present moment. We live in busy times and our attention is often focused on many different things at once. This can make us feel stressed and exhausted. Take an hour out of your day and learn how to give your mind and body a rest. Learning and practising mindfulness can help you to cope with everyday life and deal with tough times. It can also help you to concentrate, relax and be more productive.

Time & Date Tuesdays 10.15am from 8th October

Fees 8x 1hr sessions - \$2.50

Tutor Rochelle Hadjiloukas



Arts and Crafts...



Children's art class

Young artists will experiment with a variety of new techniques and mediums such as drawing, painting, collage, stenciling, stamping and photography to construct a personal visual journal. A balance between direction and freedom, these classes are a rare opportunity for our children to express themselves creatively, become comfortable with their own abilities, skills and style and perhaps even develop valuable skills they need to feel comfortable to become more like their unique selves instead of always trying to be like everyone else. \$30 for journal and materials. Pay directly to the tutor.

Time & Date Mondays 4pm from 14th October or Fridays 3.45pm from 18th October

Fees 8x1.5 hour sessions - \$130

Tutor Adie McDermott



Evening Drawing and Painting Classes

Have you ever dreamed of being able to draw, paint or live a more creative life? We welcome anyone of any age, skill level or ability to our classes where we will combine drawing 101 with painting in different mediums, and techniques to encourage creative thinking. Learn to feel comfortable in your own individual ability, improve your observation skills, allow yourself to be creative and develop new, professional painting techniques such as acrylic painting, watercolour, pastel painting, pen and ink and mixed media to use in your private art making practice. \$20 for materials. Pay directly to the tutor.

Time & Date Mondays 6pm from 14th October

Fees 8x 2hr sessions - \$173

Materials Extra (pay direct to tutor please) - \$20

Tutor Adie McDermott



Drawing and Painting Classes

In our class we are continuously discovering new mediums and learning new professional drawing and painting techniques. We see developments in each other's work every single week. Class members enjoy hanging out within a group of like-minded creative people, whilst exploring mediums such as watercolour, acrylic painting, pastel painting, pen and ink and mixed media. It is encouraged from the start that you learn to feel comfortable in your own individual artistic ability and that you allow yourself to be creative. Prior experience in drawing is an advantage in these classes, but not essential. \$20 for materials. Pay directly to the tutor.

Time & Date Mondays 12.30pm from 14th October

Fees 8x 3hr sessions - \$259

Materials Extra (pay direct to tutor please) - \$20

Tutor Adie McDermott



Beginners drawing and painting classes

You don't need to be a highly skilled artist to use art to bring more joy, healing, stress relief or connection into our community. These classes will introduce you to mediums such as watercolour, acrylic painting, pastel painting, pen and ink and mixed media and are designed to nurture your own ability no matter what level you are at, whilst connecting you with a group of like-minded interesting and fun creative people. \$20 for materials. Pay directly to the tutor.

Time & Date Mondays 10am from 14th October

Fees 8x 2hr sessions - \$173

Materials Extra (pay direct to tutor please) - \$20

Tutor Adie McDermott

Reclaim your creative self -NEW!

This is a gentle introduction to mixed media and art journaling for adults. Do you have a longing to be more creative but don't think you are good enough?

This is your invitation to ignore perfectionism, ignore your feelings of not being good enough, ignore all the other jobs on your to do list and indulge in some serious fun with other adults, who just like you, are returning to art making. You will be gently guided by introductory exercises that explore techniques and mediums such as stencilling and acrylics, inks, paint pens, text, water colour and collage; creating layered mixed-media artworks and whimsical characters; taking cues from the process, but carrying each one in your own direction. \$30 for art materials to be paid directly to tutor.

Time & Date Fridays 10.30am from 18th October

Fees 8x 2hr sessions - \$173

Materials Extra (pay direct to tutor please) - \$30

Tutor Adie McDermott



Paint yourself happy!

Mixed media and journaling for adults.

Loosen up, overcome creative blocks, express yourself and find your own unique creative voice without the fear of perfection and getting things wrong.

Explore different mixed media techniques and mediums such as stencilling and acrylics, inks, paint pens, text, watercolour and collage; create multi-layered mixed media backgrounds and whimsical characters.

Most importantly, have fun with your art!!! No experience is necessary for this class. People of all abilities and ages over 18 are welcome.

Time & Date Fridays 1pm from 18th October

Fees 8x 2hr sessions - \$173

Materials Extra (pay direct to tutor please) - \$30

Tutor Adie McDermott



Arts and Crafts...



Permission to patch and Quilt

Join Jenni who has an infectious enthusiasm for patchwork and a desire to share the joy of quilting with others. In this workshop she will demonstrate how quickly and easily beautiful quilts can come together. She shares little tips and tricks to help simplify the patching process and encourages participants to play with colour and pattern. Most importantly Jenni gives participants permission to laugh, relax and enjoy the process of creating and she will not allow anyone to get bogged down with perfectionism. BYO sewing machine.

Time & Date Thursdays 10am from 24th October

Fees 6x 2hr sessions - \$130

Materials Kit available for \$70 (pay direct to tutor please) - or materials list available.

Tutor Jenni Farrar



Permission to patch at Christmas

Join Jenni for this enjoyable Christmas patchwork class. Learn how to create a lovely table runner which looks complicated but is actually very simple to make. This workshop will be relaxing, entertaining and informative as Jenni shares hints and creative tips to help make your Christmas table beautiful.

Time & Date Wednesdays 6.30pm from 30th October

Fees 3x 2hr sessions - \$65

Materials Kit available for \$40 (pay direct to tutor please)

Tutor Jenni Farrar



Kids Beginner Sewing class -NEW!

This class is perfect for children aged between 8-15 who would love to learn to sew. With The Kids Beginner Sewing class we teach students to thread a machine, pin and cut fabric as well as all the sewing techniques needed to complete the 2 projects the students will take home. This class teaches all the basics from scratch learning one step at a time. Over the 3 weeks students will complete 2 projects:

Week 1 Learning about the sewing machine and how to thread and sew

Week 2-Scrunchies

Week 3- A crossbody bag

All sewing machines, and equipment to use will be provided. However we encourage you to bring your own machine if you have one.

Time & Date Fridays 4pm from 8th November

Fees 3x 2hr sessions - \$65

Materials cost of \$20 to be paid directly to tutor

Tutor Donna Mineo

Learn to Sew - (Basic Beginner Sewing)

NEW!

This class is perfect for complete beginners and people who have sewn in the past but need a refresher.

With the Basics Beginner Sewing class we are going back to the basics, starting from scratch, and taking you step by step through all the essentials to create beautiful sewing projects in the future. Over the 3 weeks we will complete 3 projects;

Week 1 -Enviro bag in a pouch

Week 2-Cushion with a zip

Week 3- Apron

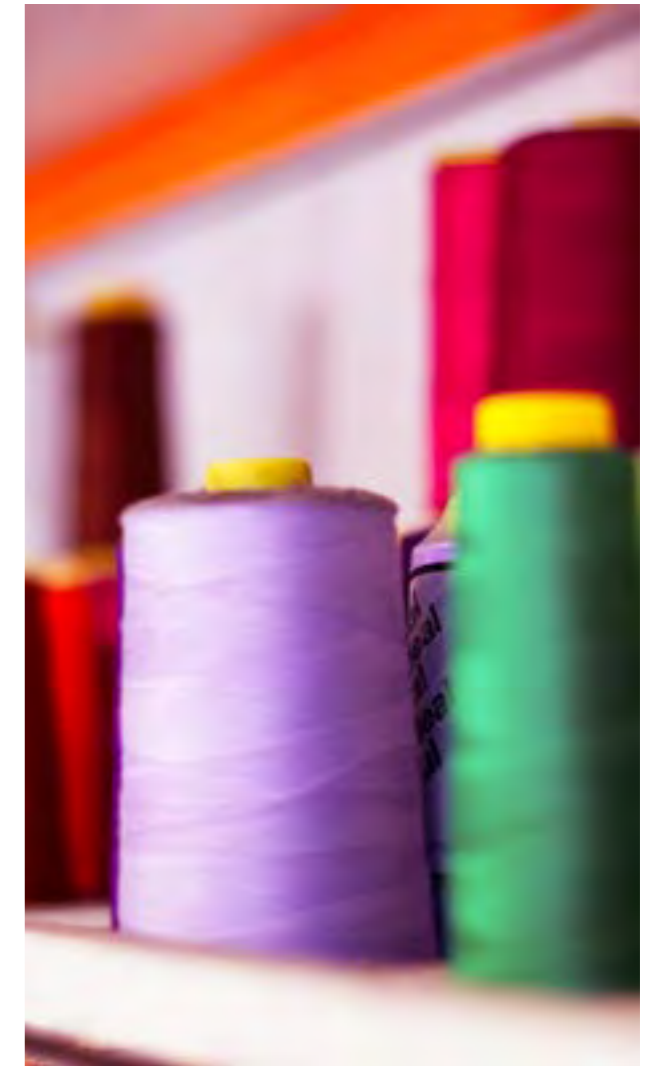
All sewing machines, and equipment to use will be provided, although we encourage you to bring your own machine if you have one. (With over 25 years of professional sewing experience, Donna began her career by studying Fashion in her hometown of Geelong. Amongst other endeavours, Donna has worked as a lecturer specialising in Patternmaking, Garment Construction and Styling and Couture for Melbourne School of Fashion for 12 years.)

Time & Date Fridays 12noon from 8th November

Fees 3x 3hr sessions - \$97

Materials cost of \$30 to be paid directly to tutor

Tutor Donna Mineo



Copy a Pattern From a Garment

Would you like to make an exact copy of an existing garment you own or maybe you have a vintage blouse and would like to make it in other colors and fabrics?.....well this is the perfect workshop for you! There are 2 parts to the day:

Part 1- Demonstrations and learning all the necessary skills

Part 2 -Students work on their own copy pattern from the garment they bring to class (must not be stretch fabric)

This class is perfect for anyone who has garments they love and just don't want to buy patterns that are "something like it". What you will get :

- Detailed notes and all equipment provided, just bring a garment with you

- The skill to copy garments to make a replica pattern

What to bring :

Just bring along your garment that you would like to copy , everything else is provided for you on the day.

Time & Date Saturday 10am on 9th November or Tuesday 10.30am on 26th November

Fees 1x 4 hr sessions - \$45

Materials cost of \$10 to be paid directly to tutor

Tutor Donna Mineo

Languages...

Beginners Auslan (Australian Sign Language)

In this class you will learn the basics to help you communicate with Deaf and Hearing Impaired people. During these practical and fun classes you will learn how to fingerspell, develop a vocabulary of basic conversational signs; learn how to structure a sentence and more.

Time & Date Wednesdays 6.30pm from 9th October

Fees 6x 1hr 30min sessions - \$97

Tutor Tina Birch



Italian For Beginners T4

This course continues on from the previous terms and students must have completed at least three terms of Italian to join this class.

Time & Date Tuesdays 7pm from 15th October

Fees 7x 1hr 30min sessions - \$114

Tutor Maria Sestito

Italian for Beginners T2

This course is suitable for beginners who have done one term of Italian and would like to further their knowledge of the language. Participants enrolling in this course have the option of continuing with their Italian to achieve a higher level of proficiency and fluency.

The learning of any language involves listening, speaking, reading and writing; all four of these strands will be incorporated in this course. Participants will engage in interactive activities to practise these skills. Grammar is covered appropriate to each level. Lessons are delivered in a learner friendly manner.

Time & Date Wednesdays 5pm from 16th October

Fees 7x 1.5 hr sessions - \$114

Tutor Maria Sestito



Basic 'Survival' French For Travellers

Are you going for a holiday in France and would you like to get by with very basic and simple French? Then this class is for you! The course will cover the very basics you will need to know to make your holiday much more enjoyable: how to pronounce the French alphabet (and why), how to count to 100, the gender of words and their definite/indefinite articles, negation, the use of 'tu' and 'vous', greetings, telling the time, courtesy phrases, how to ask questions and more... We will be focusing on very basic and essential grammar, as well as on pronunciation and basic vocabulary for lots of situations/locations. This is not a French Conversation course but a 'survival French' for those who want to feel empowered with a very basic command of French while travelling through France. The class will be run by a native Frenchman.

Time & Date Thursdays 6pm from 10th October

Fees 10x 1.5 hr sessions - \$162

Tutor Serge Botans

Christmas classes.....

Permission to patch at Christmas

Join Jenni for this enjoyable Christmas patchwork class. Learn how to create a lovely table runner which looks complicated but is actually very simple to make. This workshop will be relaxing, entertaining and informative as Jenni shares hints and creative tips to help make your Christmas table beautiful.

Time & Date Wednesdays 6.30pm from 30th October

Fees 3x 2hr sessions - \$65

Materials Kit available for \$40 (pay direct to tutor please)

Tutor Jenni Farrar



Christmas Crackers (Bon Bons)

Learn how to make your very own bespoke Christmas crackers, something extra special for your celebration table setting. Let your imagination run loose as you create your unique crackers. There will be a variety of materials for you to use, including pearlised and metallic papers in beautiful colours, contrasting ribbons, rhinestones, crackers snaps and more. Materials will be included except scissors and a ruler which you will need to bring along to the class. An information sheet will also be supplied for you to take home with you.

Time & Date Friday 10am on 29th November or Monday 6.30pm on 25th November

Fees 1x 2 hr sessions - \$32

Tutor Jane Tosh

Penguin Christmas Cake

If you would like to make a Christmas cake this year but want something a little bit different that looks like fun, this class may be for you. This is a far cry from the traditional Christmas cake- this modern version is a triple layer sponge cake filled and decorated with delicious fluffy butter cream icing. In this demonstration class you will learn how to prepare, layer and cover the entire cake before adding the decorations. A family of hand made fondant penguins will provide the 'fun element' on the top of the cake, and you will be shown how to make each one and add the finishing touches to make this cake a little bit special. The cake will be offered for tasting at the end of the class and an information sheet with instructions on how to make the butter cream, decorate the cake and make the cute penguin family, will also be supplied.

Time & Date Wednesday 1pm on 27th November or Monday 6.30pm on 2nd December

Fees 1x 2 hr sessions - \$30

Tutor Jane Tosh

Music..

Beginners Ukulele

Learn to play the ukulele in an informal and fun group. Initially you will learn how to tune, hold and strum your ukulele. New songs, strums and progressions will build on your skills each week as you gain confidence. We will focus on learning a basic set of chords to enable you to play a wide variety of songs by the end of this course.

This class would suit those who have not played before or need a refresher. All ages are welcome. BYO ukulele (or please contact us if you need to borrow one.)

Time & Date Mondays 12.30pm from 21st October

Fees 8x 1hr sessions - \$108

Tutor Jenny Gore



Beginners Ukulele Stage 2

This course continues on from Beginners Ukulele and you need to have completed at least one term of Ukulele to join this class. All ages are welcome. BYO ukulele (or please contact us if you need to borrow one.)

Time & Date Mondays 1.30pm from 21st October

Fees 8x 1hr sessions - \$108

Tutor Jenny Gore

Evening Ukulele for Beginners

Learn to play the ukulele and sing a variety of songs in a relaxed group situation. In the process, learn basic theories of music and compile a list of songs that you may wish to practice in the comfort of your home.

Time & Date Tuesdays 6pm from 15th October

Fees 8x 1hr sessions - \$86

Tutor Tony Sestito



Ukulele Social Sessions

This is an open invitation to all ukulele players to join in to strum and have fun. You will be introduced to new songs regularly. Requirements: basic ukulele chord knowledge
BYO ukulele

Time & Date Wednesdays 1pm from 16th October

Fees 8x 1hr sessions - \$86

Tutor Tony Sestito



Cooking Classes...

Simple and Tasty Japanese Cooking

Japanese food is refined and elegant; its preparation and presentation developed over the centuries so that its flavours are pure and delicate. Food and equipment all-inclusive with recipe handouts to take home.

Menu:

California Roll, sushi with prawn or vegetarian

Miso soup with chicken and udon noodle

Tender beef with teriyaki sauce and rice

Time & Date Monday 6.30pm on 21st October

Fee \$45.00 1x 2 hour session

Tutor Rosita Friend



Introduction to Thai Cooking

Healthy by nature and distinct in flavour, Thai food has become a modern day staple for the health and time conscious. This cooking class brings authentic styles to your kitchen with simple recipes using traditional Thai ingredients. Samples of the food cooked will be available to taste during the class and recipes are supplied.

Menu:

Satay chicken on skewers with peanut coconut sauce,

Thai spicy vegetarian rice noodle

Thai red curry prawn with jasmine rice

Time & Date Monday 6.30pm 25th November

Fee \$45.00 1X 2 hour Session

Tutor Rosita Friend



Asian Dumplings

Dumplings are delicious and healthy. Come along to this class and learn all the secrets to cooking authentic Asian Dumplings. Food and equipment all-inclusive with recipe handouts to take home.

Menu:

Pork dim sim

Pork and prawn wonton soup

Chicken dumpling steamed and pan fried

Time & Date Monday 6.30pm 11th November

Fee \$45.00 1x2 hour session

Tutor Rosita Friend

A Taste of Vietnam

Vietnamese food is one of the most varied and appealing on the planet: a delicious mix of the food of its colonial visitors and age-old native flavours and techniques. Food and equipment all-inclusive with recipe handouts to take home.

Menu:

Prawn rice paper roll

Beef rice noodle soup (PHO)

Chicken green papaya salad

Time & Date Monday 6.30pm 9th December

Fee \$45.00 1x2 hour session

Tutor Rosita Friend



Public Services Available...

Photocopying

A4 black and white, single sided - \$0.30

A4 black and white, double sided - \$0.40

A4 Colour single sided - \$1.00

A4 Colour double sided - \$1.50

A3 Black and white single sided - \$0.60

A3 Black and white double sided - \$0.70

A3 Colour single sided - \$2.00

A3 Colour double sided - \$2.50

Faxing

1st Page - \$2.00

Every page after 1st page - \$1.00

Scanning \$3.00

Laminating

A4 - \$2.00

A3 - \$3.00

Computer Access

Per hour or part thereof - \$3.00

Printing costs per page

A4 Black and white - \$0.30

A4 Colour - \$1.00

BTACH full membership

Annually - \$10.00



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