



Bellarine Training & Community Hub



Term 3 Program 2021



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

Out of hours activities also take place, please see the program for details of the times and dates.

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 \$100 non-refundable deposit is required on all Certificate III 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.

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.

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 2021 is \$10.00

The centre may rent rooms out on a weekly, fortnightly or monthly basis. If you require a room for your function or meeting, contact the centre for availability.

Cost:

Single room - **\$25 (+GST) per hour**

Double room - **\$35 (+GST) per hour**

Cost for not for profit organisations:

Single room - **\$20 (+GST) per hour**

Double room - **\$30 (+GST) per hour**

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

Nationally Recognised Training...

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. Students may be eligible for additional funding, Centrelink entitlements or JSA entitlements. A \$100 non-refundable deposit is required on enrolment for all full certificate courses. 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 go to 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 25 minutes.***

Venue

Ocean Grove - Sat 17th July or
Sat 21st August or
Sat 4th September

Fees

Full Fee - \$130.00

**Fees include all text books and admin costs.
NO MORE TO PAY.**

Provider: Bellarine First Aid



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 14th August 9am

Fees

Full Fee - \$130.00

**Fees include all text books and admin costs.
NO MORE TO PAY.**



Participate in Safe Food Handling Practices (SITXFSA00)

This food supervisors course 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.

Venue

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.

Venue

Ocean Grove - 9am Sat 24th July or
Sat 28th August or 11th September

Fees

Full Fee - \$70.00



Hospitality Essentials

This comprehensive hospitality package which includes **Use Hygienic Practices for Food Safety SITXFSA001** **Responsible Service of Alcohol Certificate (SITHFAB002)** **Barrista Basics and Customer Service Skills** has been developed to give you the skills and certificates to fast track your career in the hospitality industry. This course includes barista and customer service training as well as Responsible Service of Alcohol and Safe Food Handling which are required certificates to work within most hospitality venues.

Venue Ocean Grove

Dates and Times Sat 7th August 9am - 3.30pm

Sessions 4 x 6.5 hours

Fees

Funded Fee - \$300

Concession Funded- \$250

Full Fee- \$440

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.



Cert 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.

Venue

Ocean Grove - Mon & Wed starting 4th October

Information Session -15th September 1pm

Fees

Funded / Concession - **\$380**

Full Fee - **\$4500**

Fees include all text books and admin costs. (Police 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.

Prerequisite modules apply for this course. Students must be working in a facility to complete this course.

Venue

Ocean Grove / Offsite

Fees

Funded / Concession - **\$500**

Full Fee - **\$3700**

Fees include all text books and admin costs. (Police 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.

Venue

Ocean Grove - Thurs & Fri starting 7th October

Information Session -16th September 10am or

Tues, Wed & Thurs evenings 5.30 - 9.30pm

starting 2nd September

Information Session -12th August 6pm

Fees

Funded / Concession - **\$440**

Full Fee - **\$3800**

Fees include all text books 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.

Venue

Ocean Grove - Mon & Tues starting 19th July

Information Session -13th July 1pm

Fees

Funded / Concession - **\$380**

Full Fee - **\$3800.00**

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



Certificate IV in Leisure and Health (CHC43415)

This qualification reflects the role of workers participating 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 and Working with Children Check is required within this industry.

Venue

Offsite

Fees

Funded / Concession - **\$480**

Full Fee - **\$4000**

Fees include all text books and admin costs. (Police check and WWC 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. This work may be undertaken through employment in the community, government and welfare sector.

Venue

Ocean Grove - offsite

Fees

Funded - **\$520** / Full Fee - **\$5000**

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



Diploma of Early Childhood Education and Care (CHC50113)

This qualification reflects the role of early childhood educators who are responsible for designing and implementing 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 - Mon & Tues starting 12th July

Information Session 22nd June 1pm

Fees

Funded - **\$660** / 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).



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 14th July

Information Session -22nd June 1pm or

Ocean Grove- Mon & Wed evenings 12th July

Information Session -16th June 6pm

Fees

Funded - **\$500** / Full Fee - **\$5000**

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



Community Groups and Activities...

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

Fee: Free

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Depression and Anxiety Support Group

Help break down the barriers. Join this group which is run by a qualified mental health practitioner to support those with mental health issues. The group meets weekly during the school term.

Time & Date Thursdays 1pm

Fee \$2.50 Per session

Practitioner Sue Eddy

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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.

Club is currently full- however we are taking expressions of interest for a new group.

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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

Fees \$2.50 Per week

Primary School Children...

Kids 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. Materials list available on enrolment.

Time & Date Mondays 4pm from 19th July or
Thursday 4pm from 22nd July

Fees 8 x 1.5 hour sessions - \$135

Tutor Adie McDermott

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Young Adults, 12-17 yrs...

Drop In / Youth Group

Welcome to Drop In the Bellarine's longest running youth group. Drop In provides a safe and supportive environment for young people to hang out, learn new skills, make new friends and have a fun Friday night. Activities range from surfing, bush walks, yoga for teens, camping, life-skills and team building games. If you're son or daughter is 12-17 years old then please contact us at reception@btach.com.au. We look forward to welcoming them to the group.

Time & Date Fri 6 - 9pm during school term

Fees Per week in house activities - \$5

External excursions approx - \$15

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.

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 Wednesdays 1pm from 28th July

Fees 8x 2.5 hour sessions (funded) - \$100.00

Tutor Leanne Mumford

Computer / iPad / Mobile Phone Help

Needing some help with your laptop, mobile phone or tablet / iPad? Come along to the Hub for some advice and problem solving help with an experienced volunteer. (by appointment only)

Time & Date Tuesdays 3pm Please ring 52554294 for an appointment

Fees \$2.50 Per week

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.

Tuesdays 4pm from 31st August

Fees 3x2 hour sessions- \$65

Tutor Barry White

Photography...

Landscape Photography

This course is a general introduction to the topic of landscape photography. It is suitable for photographers who have a good understanding of their cameras and are looking to expand their photographic expertise and experience into landscape. Topics covered will include: defining and understanding landscape photography, camera settings for landscape photography; advice on shooting in the field; understanding light; composition; strategies for finding and making memorable landscape photographs. The course will include two field trips and critiques of participant photographs.

Pre-requisites and expectations of background knowledge:

It is expected that participants have a good understanding of how to use their camera and how to change the functional and background menu settings, so it is important that participants have a copy of their camera manual with them during the course.

If you are a beginner with a digital SLR or mirrorless camera, please consider doing the course Getting to Know Your Digital SLR or Mirrorless Camera first.

What you will need:

A camera with some level of manual control (i.e., the capability to override the fully automatic settings) is desirable so you can get the most from the technical aspects of the course. Most modern compact cameras, 'bridge' cameras, DSLR or mirrorless cameras would be suitable. However, a significant proportion of this course deals with aesthetics of landscape photography so almost any camera will do. A camera with interchangeable lenses or a built-in zoom lens would be desirable but is NOT mandatory. A tripod would be highly desirable but is NOT mandatory.

Please note: This course will discuss a range of gear and introduce some advanced techniques but participation in the course will not require specialised gear so participants are advised to NOT purchase gear they don't already own just to take this course. The tutor will provide advice on the appropriate gear that participants may wish to purchase in the future if they want to pursue an interest in landscape photography.

Time & Date Thursdays 1pm from 15th July or Thursdays 6.30pm from 15th July

Fees 5x 2hr sessions (plus 2 x field trips) - \$151

Field trips: Saturday 24th July and Saturday 7th August – times and locations TBA during the course.

Tutor Ian Smissen

Photo Processing with Adobe Lightroom and Photoshop

This is an introductory course for photographers who want to learn how to manage, edit and process their photographs using Adobe Lightroom and Photoshop. We will focus on the use of the Library and Develop modules in Lightroom to manage and process photographs, including: importing and managing files; processing images using global and local adjustments – exposure, contrast, white balance, colour management, noise removal, sharpening, cropping. We will also look at the basic functions in Photoshop that can enhance what we do in Lightroom, including filters, layers and masking.

Pre-requisites and expectations of background knowledge

It is recommended that participants have photo files in RAW format. If you are a beginner with a digital SLR or mirrorless camera, please consider doing the course Getting to Know Your Digital SLR or Mirrorless Camera first.

Participants will be expected to have basic computer skills. No prior knowledge of Adobe Lightroom or Photoshop is expected.

What you will need

Participants will need to bring their own laptop computer with Adobe Lightroom and Photoshop pre-installed – please do this before the first class. These two software packages are available (for Mac or PC) as a combined Photography package from www.adobe.com/au/products/special-offers.html for \$AU14.29 per month and you can cancel your subscription at any time.

Time & Date Wednesdays 1pm from 21st July or Wednesdays 6.30pm from 21st July

Fees 4x 2hr sessions - \$90

Tutor Ian Smissen



Health & Wellbeing...

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 Tue 10.15am from 13th July

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 Thu 9am from 15th July

Fees Per 1hr session - \$8

Fitness Instructor Heather Peck



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, energy-burning, dance-fitness party is here. Feel the music and let loose! The fun begin....

Time & Date Mon 6pm from 12th July

Fri 9:30am from 16th July

Fees Per 1hr session - \$13

Tutor Mariela Gonzalez

Health & Wellbeing...

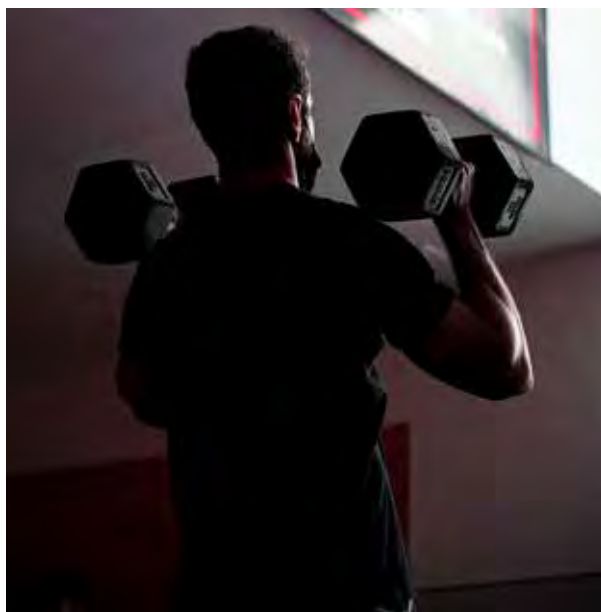
Strength Training for Older Adults

This group weight training class will help you build muscle, bone strength and improve your balance and flexibility . Bring along your water bottle.

Time & Date Wed 9.30am from 14th July

Fees Per week - \$8

Fitness Instructor Heather Peck



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 Tue 6pm from 13th July

Fees 10x 1.5 hr sessions - \$135

Single session - \$15

Tutor Jannie Kemp



Cheng Ming Tai Chi- Beginners

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. No prior experience needed.

Time & Date Wed 1pm from 14th July

Fees 10x 1hr sessions - \$108

Tutor Leanne Mumford

Tai Chi Continued

Continue learning the 108 form Cheng Ming Tai Chi pattern. Prerequisite: Cheng Ming Tai Chi term 1

Time & Date Wed 6pm from 14th July

Fees 10x 1hr sessions - \$108

Tutor Leanne Mumford



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 Tues 11.30am from 13th July

Fees 6x 1hr sessions - \$2.50

Tutor Rochelle Hadjiloukas

Stretchtone

Stretchtone is a gentle exercise technique that involves creating a tiny pulse movement into an extended muscle. It's completely no-impact and the mostly isometric exercises strengthen the core and pelvic floor to improve posture, strength, and balance. Your back and knees are protected at all times. You can learn more at www.movementmentors.com.au and the Movement Mentors Facebook page. Virginia Cooke is a certified Callanetics instructor and Level 1 yoga teacher (IYTA).

Time & Date Mon 10.30am from 16th August

Fees 6x 1 hr sessions - **\$81**

Fitness Instructor Virginia Cooke

Ageless Grace

Ageless Grace® is a fun, brain and body fitness program set to music old and new. The entire class is done seated in a chair, which challenges the body to use its core muscles to recreate movements from life experiences. Ageless Grace is based on the science of neuroplasticity; the brain's ability to create new neural pathways, with practice. Classes are 45-50 minutes long and we don't wear shoes - socks or bare feet are fine.

Time & Date Mon 9.30am from 16th August

Fees 6x 50 min sessions - **\$81**

Fitness Instructor Virginia Cooke



Depression and Anxiety 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. The group meets weekly during the school term and is facilitated by a qualified Mental Health Practitioner.

Time & Date Thu 1pm from 15th July

Fees Per week - **\$2.50**

Facilitator Sue Eddy



Cath Warren Wellness Coaching

Functional Strength Circuit Sessions

60 minutes of programmed and coached functional resistance and body weight movement patterns suitable for all fitness levels.

Build muscle, gain strength, improve your mindset and strive to be the best possible version of yourself in a social, supportive and fun training environment.

*Wednesdays @6am

*Saturdays @8am

\$15/casual session

or 10 pass = \$130

To book please call Cath on 0402320699

High Intensity Interval Training

45 minutes of body weight functional compound muscle movement patterns.

Improve cardiovascular health, burn fat, gain strength, improve movement functionally and enjoy the holistic benefits of HIIT training in a coach-led, motivating training environment.

*Tuesdays @6am

*Thursdays @6am

All CWWC training sessions are \$15/casual session OR

10 sessions pass = \$130

To book please call Cath on 0402320699

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 Mon 12.30pm from 26th July

Fees 6x 2hr sessions - **\$160 (includes test and tag to be done on your machine prior to starting class)**

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

Tutor Jenni Farrar



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 water colour, acrylic painting, pencil, pen and pastel drawing, 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. This term we will be exploring watercolour and inks A materials list will be provided on enrolment.

Time & Date Mon 10am from 19th July

Fees 8x 2hr sessions - **\$195**

Materials list is provided on enrolment

Tutor Adie McDermott

Reclaim your creative self

This is an introduction to mixed media and art journaling for Adults. Creative and expressive as opposed to skills based- these classes are your invitation to have fun with art. Ignore perfectionism, ignore your feelings of not being good enough, ignore all the usual rules and create unique artworks with a group of other fun adults, who just like you, are returning to art making. Be gently guided by introductory exercises that explore mixed media techniques and mediums, and teach you how to create unique, layered mixed-media artworks. Take cues from the process, but carry each one in your own individual direction. Most importantly, learn how to let go have fun with your art!!! No experience is necessary for this class. People of all abilities and ages are welcome. A materials list will be provided.

Time & Date Fri 1pm from 23rd July

Fees 8x 2hr sessions - **\$195**

Materials list is provided on enrolment

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 water colour, acrylic painting, pencil, pen and pastel drawing, 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. This term we will be exploring watercolour and inks A materials list will be provided on enrolment.

Time & Date Mon 10am from 19th July

Fees 8x 2hr sessions - **\$195**

Materials list is provided on enrolment

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, pencil, pen and 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. This term we will be exploring watercolour and inks. A materials list will be provided on enrolment.

Time & Date Mondays 12.30pm from 19th July

Fees 8x 3hr sessions - \$285

Materials list is provided on enrolment

Tutor Adie McDermott



Kid's art classes

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. Mediums and themes change each term. A materials list will be provided on enrolment.

Time & Date Mondays 4pm from 19th July or

Thursday 4pm from 22nd July

Materials list is provided on enrolment

Fees 8x1.5 hour sessions - \$145

Tutor Adie McDermott



Abstract Painting with Sue Woolnough

In this workshop you will learn the fundamentals of painting with acrylics with a focus on colour mixing and blending. We will explore various ways of applying paint to create interesting marks and textures as we work in an abstract style. The emphasis will be on experimentation in an atmosphere that is judgement free and fun so that each person can find their inner creativity and style. Sue will guide you every step of the way and you will come away with your own original on canvas.

Time & Date Wed 11am on 18th August or

Sat 11am on 18th September

Fees 1 x 4 hr sessions - \$180

All quality materials supplied

BYO lunch / snacks

Tutor Sue Woolnough



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 Mon 12.30pm from 26th July

Fees 6x 2hr sessions - \$160 (includes test and tag to be done on your machine prior to starting class)

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

Tutor Jenni Farrar



Annie & Alice's Sewing School

Have you always wanted to learn to sew? Or are you looking to expand on your existing sewing skills? Perhaps you would like to learn how to embellish your clothes and home with machine applique and embroidery techniques. Annie & Alice's sewing school offers seven different courses, ranging from absolute beginner though to intermediate. Come along and join in the fun of learning how to restyle and repair your op shop finds or attend our fleece series to learn how to make your own basic winter warmers.

Tutor : Nerise Davis

Fee prices, course dates and required materials are listed online at annieandalice.com/sewingschool

General Interest...

Basic Bicycle Maintenance

Intended for bicycle riders with limited repair experience, this course teaches fundamental methods for performing bicycle maintenance. It may begin as simply as the identification of bicycle parts and tools for working on them before moving into basic adjustments and maintenance. The basics include repairing gears and chains, changing flat tires and adjusting and replacing brake mechanisms. Other common tune-up procedures and emergency repair techniques are also covered. There will be some direct instruction, however this course will involve more hands-on practice with the bike. Students should bring their own bicycles to work on in class.

Time & Date Mon 6pm from 2nd August

Fees 4x2 hour sessions - \$90

Tutor Ralph Wright



Genealogy

Genealogists have calculated that if you trace your family back for 10 generations starting with your parents, you will discover a total of 2,046 ancestors – all directly related to you!

Each of these people has their own story to tell about themselves and their families, as well as the times and places they lived in.

If you are interested in discovering the story of your family, the Genealogy class is able to help; whether you are just starting out or if you have been researching for some time.

Over six weeks, the course will provide you with the tools to trace your family history and information about where you can find out more about your ancestors.

Genealogy is a fascinating activity which can be enjoyed by anyone. All you need is some time and a large dose of curiosity to find out more about your family.

Just think: who knows who is waiting to be discovered amongst your 2,046 ancestors?

Time & Date Tues 6pm from 10th August or Wed 10am from 11th August

Fees 6x2 hour sessions - \$130

Tutor Mark Hoystead

Introduction to Australian Politics

Like it or not, politics plays a vital role in the daily lives of us all. Decisions made by politicians or governments at any level – Local, State or Federal – can have a direct impact on what we do and how we do it.

Even though it might not seem so at some moments, our governments operate within a system which controls the amount of powers they have; and how they are able to use these powers.

Over six weeks, we will examine how our governments work: their structure, division of powers, how laws are made and the checks and balances on their authority. At the end of the course, participants will have a good working knowledge of how our political system should operate and understand the respective roles of the various levels of government in Australia.

Presented by Mark Hoysted. Mark has been directly involved in Australian Politics for many years. He has also lectured and written extensively on our political system. Mark believes that if we all have a fundamental understanding of how we are governed, then our system of Australian Parliamentary Democracy will operate as it should do.

Time & Date Fri 1pm from 6th August or

Mon 6pm from 26th July

Fees 6x2 hour sessions - \$130

Tutor Mark Hoysted



Creative and Professional Writing Workshops

Have an interest in creative or professional writing? Always wanted to write your family history or memoir or tackle that novel? Love poetry or journaling? Join us for a series of workshops in a relaxed, encouraging environment to discuss, read, learn writing craft and be inspired. Experienced and beginner writers welcome. Minimum Year 10 English and good communication skills recommended. Enrol in 1 workshop or all 3...

Time & Date Mon 10am on 19th July, 16th August and 13th September

Fees 3x2 hour sessions - \$90 or single session \$30

Tutor Carole Poustie



Introduction to History

Are you interested in History?

Would you like to find out more about the rise and fall of great Empires; important events which still influence our lives today or the influential people who have changed the way we do things?

Over six weeks, we will explore some of the key events in History; examining the people, the events and discovering the reasons behind some of the most important episodes in our History.

We will also examine some historical research techniques which will assist you in researching your own topics of historical interest.

Presented by Mark Hoysted. Mark is a passionate historian who has lectured and researched for many years. He believes that, through exploring our History, we come to a better understanding of who we are today.

Time & Date Tues 10am from 27th July

Fees 6x2 hour sessions - \$130

Tutor Mark Hoysted

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 6pm from 28th July

Fees 8x 1hr 30min sessions - \$130

Tutor Tina Birch

French French for the Future Traveller

Now is the time to get ready for when the International borders open. Are you looking at holidaying in France or would you just like to learn some French? Then this class is for you! It is the first class in a series of 'French for travellers' courses and will cover the very basics you will need to know: how to pronounce the French alphabet, 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 must know phrases. The class will be run by a native Frenchman.

Time & Date Thur 6pm from 15th July

Fees 10x 1.5 hr sessions - \$162

Tutor Serge Botans

Intermediate Italian

These Intermediate Italian classes continue on from previous terms which students must have completed to join this class. Please ring to enquire if you have previous knowledge and would like to join the class.

Time & Date Tuesdays 7pm from 20th July or

Wednesday 5pm from 21st July

Fees 8x1.5 hr session \$130

Tutor Maria Sestito

Spanish For Beginners

This class is suitable for prospective travellers or those who would like to learn a new language for enjoyment and cultural insight. No prior knowledge required.

Time & Date Mon 6pm from 19th July

Fees 8 x 1.5 hr sessions - \$130

Tutor Maria Jose Sanmiguel

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.

Time & Date Wed 2pm from 28th July

Fees 8x 1hr sessions - \$108

Tutor Jenny Gore



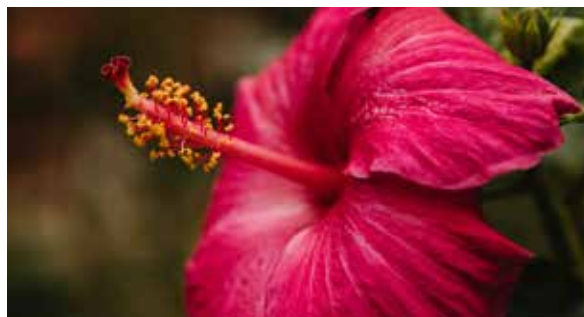
Ongoing beginners Ukulele

This course is for those who have completed the beginners course, have a good knowledge of basic chords and are ready to further explore chords, melody and harmony on the ukulele.

Time & Date Wed 3.15pm from 28th July

Fees 8x 1hr sessions - \$108

Tutor Jenny Gore





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