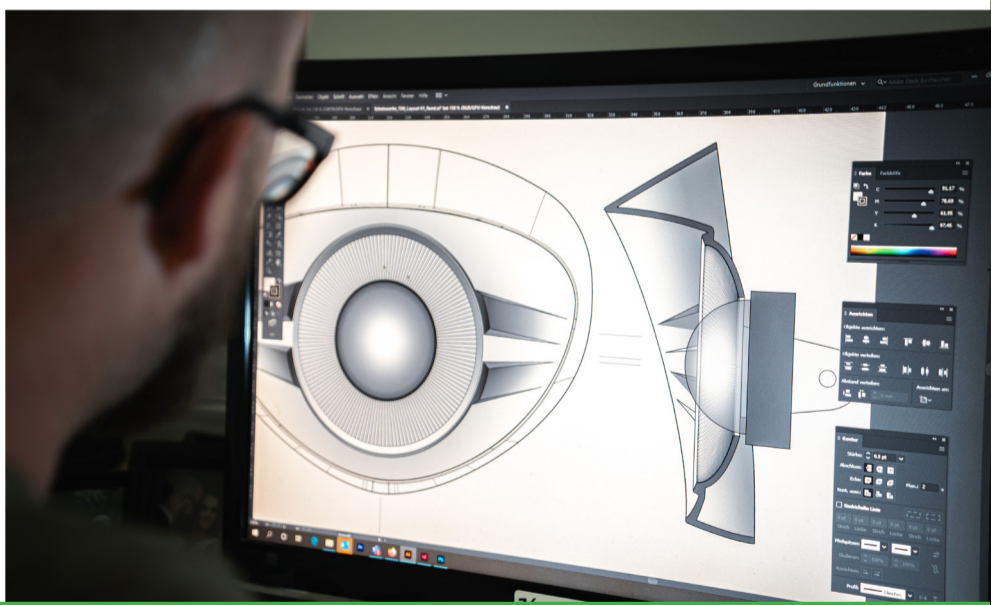


SPRING 2023 COURSES



Highlands College Adult & Community Education



Adult & Community Education
Telephone: 608655 | email: ace@highlands.ac.uk www.HighlandsACE.com



ART

Drawing for Beginners**Tuesday, January 31, 2023 | 7 - 9pm | 8 weeks****Price: £140**

This course is for students with little-to-no previous drawing experience. Over the eight-week course, students will gain a solid foundation in drawing. Students will learn the basics of light and tone; shape and line; textures; composition; perspective and measuring. By the end of this course, students will have experience and confidence in drawing natural objects, still life and the human figure using pencils, chalk, charcoal and pastels.

Q81DRW121**Philip Mourant Centre****Julia Coutanche****Drawing for Beginners****Tuesday, January 24, 2023 | 11.30am - 1.30pm | 8 weeks****Price: £140**

This course is for students with little-to-no previous drawing experience. In this eight-week course, students will learn basic drawing techniques to gain a solid foundation on which to build their art skills. Drawing is a skill that anyone can learn at any point of their lives, and it can be done anywhere at any time. Students will gain confidence and creativity.

Q81DRW122**Philip Mourant Centre****Lisa MacDonald****Intermediate Drawing****Tuesday, January 24, 2023 | 9.15 - 11.15am | 8 weeks****Price: £140**

This course is for students who have completed a Beginners Drawing course or its equivalent. In this 8-week course, students will improve confidence in drawing natural objects, still life and other stimuli using pencils, pastels and charcoal. Tableaus will be set up for students to experiment with, and students will be encouraged to look at things in a whole new light. This workshop will build on students' knowledge as they create some exciting work to add to their portfolios.

Q81DRW221**Philip Mourant Centre****Lisa MacDonald****Mixed Media for Beginners****Monday, January 23, 2023 | 11.30am - 1.30pm | 8 weeks****Price: £140**

In this 8-week course, students will experiment with different media to build their creative skills and engage their imaginations. Using poetry, stories and images, this course draws heavily on illustrative elements and other disciplines. By the end of the course, students will be able to display confidence in playing with mixed media to unlock their creativity. Students will take home their creations at the end of the course.

Q81MXM121**Philip Mourant Centre****Lisa MacDonald****Mixed Media: Exploring Colour****Friday, January 27, 2023 | 11.30am - 1.30pm | 8 weeks****Price: £140**

For students with some previous art experience. Students will further develop their knowledge of colour theory using drawing, painting and collage, starting with fruit and flowers as inspiration then moving on to other subjects, wherever they find inspiration. Students will take home their creations at the end of the course.

Q81MXM221**Philip Mourant Centre****Lisa MacDonald****Mixed Media: Sketchbooks****Friday, January 27, 2023 | 1.45 - 3.45pm | 8 weeks****Price: £140**

Students will use sketchbooks or scrapbooks to record their experiences in a mixed media workshop approach. Students will learn different techniques to record their moments and memories in their sketchbooks or scrapbooks.

Q81MXM222**Philip Mourant Centre****Lisa MacDonald****Painting for Beginners****Monday, January 23, 2023 | 9.15 - 11.15am | 8 weeks****Price: £140**

This course is for students with little-to-no previous painting experience. In this 8-week course, students will work with either watercolours or acrylics. Using still life, natural objects and other stimuli, students will explore techniques to create some engaging compositions. By the end of the course, students will be more confident in working with watercolours or acrylics. Students will take home their creations at the end of the course.

Q81PAI121**Philip Mourant Centre****Lisa MacDonald****Intermediate Painting in Acrylics & Watercolours****Thursday, January 26, 2023 | 9.15 - 11.15am | 8 weeks****Price: £140**

For students with previous painting experience a basic understanding of techniques. In this eight-week course, students will further explore watercolour and acrylic painting using a variety of processes and applications. Students will take home their creations at the end of the course.

Q81AWC221**Philip Mourant Centre****Lisa MacDonald****Intermediate Drawing and Watercolours II****Tuesday, January 17, 2023 | 1.45 - 3.45pm | 10 weeks****Price: £140**

For students with some previous drawing and watercolour painting experience. In this 10-week course, students will use various drawing materials and watercolours to produce artwork in a range of varying techniques. They will continue to gain confidence in using various media such as watercolour, gouache, pens, charcoal and pastels to improve their techniques. Students will take home their creations at the end of the course.

Q81DAW221**Philip Mourant Centre****Barbara Jackson****Intermediate Drawing and Watercolours II****Thursday, January 19, 2023 | 10am - 12pm | 10 weeks****Price: £140**

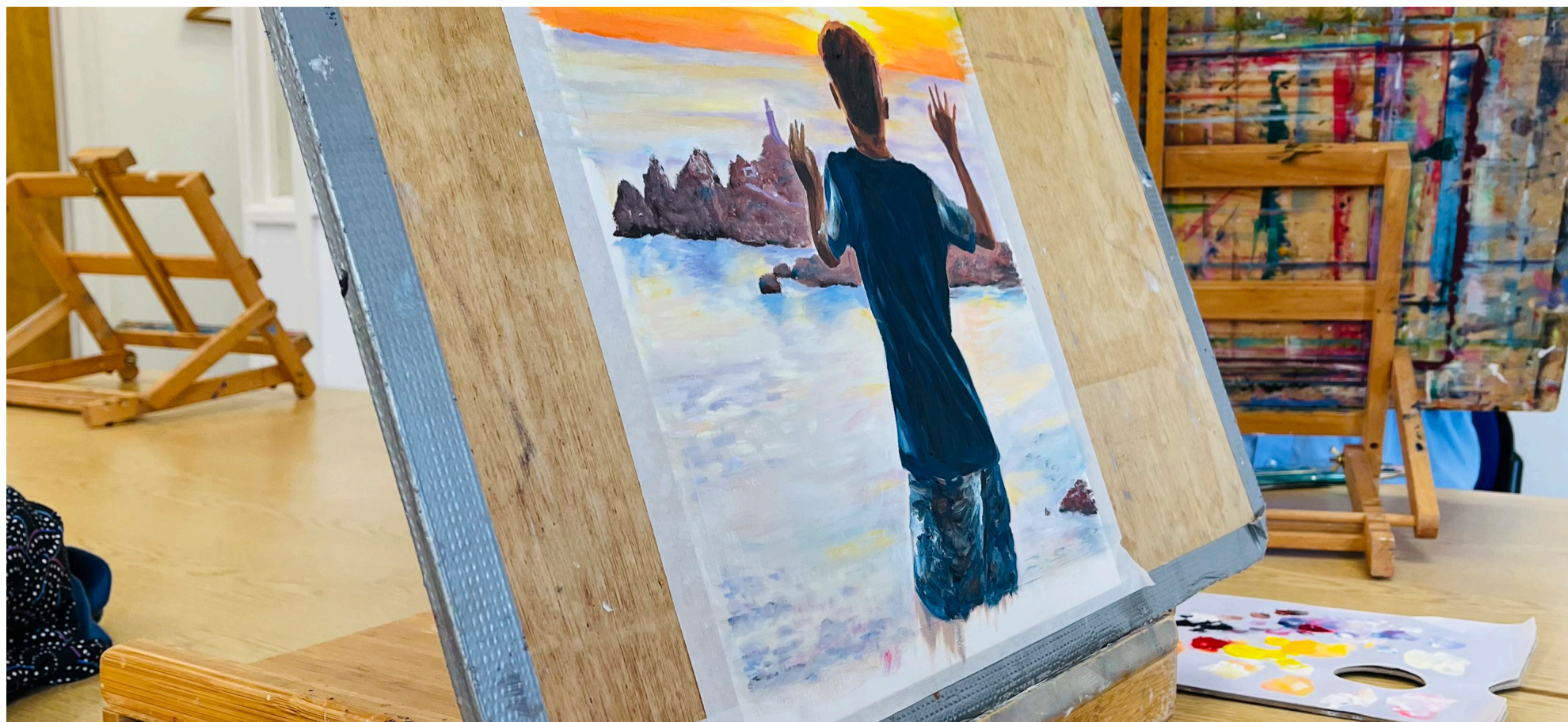
For students with some previous drawing and watercolour painting experience. In this 10-week course, students will use various drawing materials and watercolours to produce artwork in a range of varying techniques. They will continue to gain confidence in using various media such as watercolour, gouache, pens, charcoal and pastels to improve their techniques. Students will take home their creations at the end of the course.

Q81DAW222**Philip Mourant Centre****Barbara Jackson****Advanced Drawing and Watercolours II****Thursday, January 19, 2023 | 2 - 4pm | 10 weeks****Price: £140**

For students who have taken an intermediate watercolour class or its equivalent. In this 10-week course, students will use various art media such as watercolour, gouache, pens, pastels, etc to improve their techniques and artistic ability. Students will build on their techniques and creativity. Students will take home their creations at the end of the course.

Q81DAW321**Philip Mourant Centre****Barbara Jackson****Drawing & Painting Studio****Wednesday, January 25, 2023 | 7 - 9pm | 8 weeks****Price: £140**

This class is for students who have experience in drawing and painting and would like to develop their interest further. Students will be encouraged to think about the creative process and add to their portfolios. Students use the medium of their choice to complete one or more paintings over the course of the term. The tutor will be there to support students' progress, offer guidance and improve their techniques. Students will take home their creations at the end of the course.

Q81DRP421**Philip Mourant Centre****Lisa MacDonald**

Figurative Sculpture for Beginners**Monday, January 16, 2023 | 7 - 9pm | 10 weeks****Price: £245**

For students with little-to-no prior sculpting experience. In this 10-week course, students will learn the basics of sculpting figures. At the end of this course, students will be able to display basic confidence in using wax and clay to sculpt figures through additive processes. Students will use wire to create armatures then build up the armatures with air-drying clay. Students will also work in wax to create a piece to be 'lost wax' cast, which will then be cast in Bronze, as well as learning about different finishes to bronzes. Each student will have one small bronze cast as part of the course. Cost of materials is included in the fee.

Intermediate Figurative Sculpture**Tuesday, January 17, 2023 | 7 - 9pm | 10 weeks****Price: £245**

For students who have completed Figurative Sculpture for Beginners. In this 10-week course, students will improve on their skills of sculpting figures. At the end of this course, students will be able to display improved confidence in using wax and clay to sculpt figures through additive processes. Students will create sculptures based on life models. Students will use wire to create armatures then build up the armatures with air-drying clay. Students will also create a piece to be a 'lost wax' cast, which will be cast in bronze. Each student will have one small bronze cast as part of the course. Cost of materials is included in the fee.

Linocut Printing for Beginners**Wednesday, January 18, 2023 | 9.15 - 11.15am | 3 weeks****Price: £105**

At the end of this course, students will be able to display a basic confidence in designing, carving and printing linocut prints. Students will learn about the history, equipment and techniques involved with linocut printing. Students will be able to demonstrate skill in employing these techniques on their own original creations. Students will take home their creations at the end of the course as well as a starter kit of tools and ink to continue experimenting. Cost of materials is included in the fee. Please note: this course is not eligible for any concessionary rates.

Linocut Printing for Beginners**Wednesday, January 18, 2023 | 7-9pm | 3 weeks****Price: £105**

At the end of this course, students will be able to display a basic confidence in designing, carving and printing linocut prints. Students will learn about the history, equipment and techniques involved with linocut printing. Students will be able to demonstrate skill in employing these techniques on their own original creations. Students will take home their creations at the end of the course as well as a starter kit of tools and ink to continue experimenting. Cost of materials is included in the fee. Please note: this course is not eligible for any concessionary rates.

Introduction to Printmaking**Tuesday, January 31, 2023 | 6.30 - 8.30pm | 6 weeks****Price: £165**

For students with little-to-no printmaking experience. In this six-week course, students will create monoprints and collagraph prints (prints that employ various textures and materials to determine the overall impression). By the end of this course, students will know their way around a printmaking workshop and its equipment. Cost of materials is included in the fee. This class takes place at Luddite Press at The Barracks at Grève de Lecq.

Q81FSC121**Philip Mourant Centre
Will Romeril****Q81FSC222****Philip Mourant Centre
Will Romeril****Q81LIN121****Philip Mourant Centre
Kerry-Jane Warner****Q81LIN122****Philip Mourant Centre
Kerry-Jane Warner****Q81PRM121****Greve de Lecq Barracks
Tim LeBreuilly****Introduction to Printmaking****Thursday, February 2, 2023 | 6.30 - 8.30pm | 6 weeks****Price: £165**

For students with little-to-no printmaking experience. In this six-week course, students will create monoprints and collagraph prints (prints that employ various textures and materials to determine the overall impression). By the end of this course, students will know their way around a printmaking workshop and its equipment. Cost of materials is included in the fee. This class takes place at Luddite Press at The Barracks at Grève de Lecq.

Pottery for Beginners**Wednesday, January 18, 2023 | 10am - 12.30pm | 10 weeks****Price: £225**

This course is strictly for students with no previous pottery experience. This is a 10-week course in which students will learn clay preparation, pinch pots, coil pots and slab pots to get them comfortable with the medium. They will learn to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). At the end of this course, students will be able to display confidence in basic hand-built pottery. Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Pottery for Beginners**Wednesday, January 18, 2023 | 6.45 - 9.15pm | 10 weeks****Price: £225**

This course is strictly for students with no previous pottery experience. This is a 10-week course in which students will learn clay preparation, pinch pots, coil pots and slab pots to get them comfortable with the medium. They will learn to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). At the end of this course, students will be able to display confidence in basic hand-built pottery. Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Pottery for Beginners**Saturday, January 21, 2023 | 9.45am - 12.15pm | 10 weeks****Price: £225**

This course is strictly for students with no previous pottery experience. This is a 10-week course in which students will learn clay preparation, pinch pots, coil pots and slab pots to get them comfortable with the medium. They will learn to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). At the end of this course, students will be able to display confidence in basic hand-built pottery. Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Intermediate Pottery**Monday, January 16, 2023 | 10am - 12.30pm | 10 weeks****Price: £225**

This course is for students who have completed Pottery for Beginners. In this 10-week course, students will build on previous knowledge of slab pots and will be using shapes and moulds to create vases and houses etc. They will learn wheel throwing and begin working on the pottery wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). At the end of this course, students will be able to display confidence in the use of the pottery wheel as well as hand-built pottery. Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Q81PRM122**Greve de Lecq Barracks
Tim LeBreuilly****Q81PTY121****Philip Mourant Centre
Raymond Ubsdell****Q81PTY122****Philip Mourant Centre
Raymond Ubsdell****Q81PTY123****Philip Mourant Centre
Raymond Ubsdell****Q81PTY221****Philip Mourant Centre
Raymond Ubsdell**



Intermediate Pottery

Monday, January 16, 2023 | 6.45 - 9.15pm | 10 weeks
Price: £225

This course is for students who have completed Pottery for Beginners. In this 10-week course, students will build on previous knowledge of slab pots and will be using shapes and moulds to create vases and houses etc. They will learn wheel throwing and begin working on the pottery wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). At the end of this course, students will be able to display confidence in the use of the pottery wheel as well as hand-built pottery. Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Pottery Studio

Thursday, January 19, 2023 | 10am - 12.30pm | 10 weeks
Price: £225

This course is for students who have completed the intermediate pottery course or its equivalent. In this 10-week course, students will create pottery in a studio setting with the guidance and assistance of their tutor. Students will create hand-built pots and pots on the wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Pottery Studio

Thursday, January 19, 2023 | 6.45 - 9.15pm | 10 weeks
Price: £225

This course is for students who have completed the intermediate pottery course or its equivalent. In this 10-week course, students will create pottery in a studio setting with the guidance and assistance of their tutor. Students will create hand-built pots and pots on the wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Pottery Studio

Tuesday, January 17, 2023 | 10am - 12.30pm | 10 weeks
Price: £225

This course is for students who have completed the intermediate pottery course or its equivalent. In this 10-week course, students will create pottery in a studio setting with the guidance and assistance of their tutor. Students will create hand-built pots and pots on the wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Q81PTY222

Philip Mourant Centre
Raymond Ubsdell

Pottery Studio

Tuesday, January 17, 2023 | 6.45 - 9.15pm | 10 weeks
Price: £225

This course is for students who have completed the intermediate pottery course or its equivalent. In this 10-week course, students will create pottery in a studio setting with the guidance and assistance of their tutor. Students will create hand-built pots and pots on the wheel. They will continue to glaze and decorate their own pots. All pots will be fired in the kiln with a two-fire method (biscuit and glaze). Students will take home their creations at the end of the course. Cost of materials is included in the fee.

Digital Photography for Beginners

Tuesday, January 17, 2023 | 6.30 - 9pm | 10 weeks
Price: £160

For beginners only. Students will gain confidence in using their cameras in aperture and shutter priority mode. Students will explore the fundamentals of photography covering essential camera controls, light and composition as well as basic image editing using Lightroom and Photoshop. Students will need to bring along their own Digital SLR camera and a laptop computer. Adobe Photoshop and Lightroom software will be provided.

Q81PTY424

Philip Mourant Centre
Raymond Ubsdell

Q81DPH121

Philip Mourant Centre
Colin Cruickshank

CRAFT

Beginners Crochet

Thursday, January 26, 2023 | 1 - 3pm | 8 weeks
Price: £115

For beginners or those with minimum crochet skills. In this eight-week course, students will gain an understanding of yarn, tools and techniques for crochet. Students will learn the four basic stitches as well as pattern and chart reading. By the end of the course, students will have the confidence to crochet a small project. Cost of materials is included in the fee.

Q81CRO121

Philip Mourant Centre
Hazel McLaren

Beginners Crochet

Wednesday, January 25, 2023 | 6.45 - 8.45pm | 8 weeks
Price: £115

For beginners or those with minimum crochet skills. In this eight-week course, students will gain an understanding of yarn, tools and techniques for crochet. Students will learn the four basic stitches as well as pattern and chart reading. By the end of the course, students will have the confidence to crochet a small project. Cost of materials is included in the fee.

Q81CRO122

Philip Mourant Centre
Hazel McLaren

Q81PTY423

Philip Mourant Centre
Raymond Ubsdell

Intermediate Crochet**Tuesday, January 17, 2023 | 10am - 12pm | 10 weeks****Price: £140**

For students with basic crochet skills. In this ten-week course, students will learn traditional and Tunisian crochet methods; they will also continue to read patterns and charts. By the end of the course, students will complete a medium-sized project of their choice. Cost of materials is included in the fee.

Intermediate Crochet**Thursday, January 19, 2023 | 6.45 - 8.45pm | 10 weeks****Price: £140**

For students with basic crochet skills. In this ten-week course, students will learn traditional and Tunisian crochet methods; they will also continue to read patterns and charts. By the end of the course, students will complete a medium-sized project of their choice. Cost of materials is included in the fee.

Beginners Jewellery Making 1**Tuesday, January 17, 2023 | 10am - 12.30pm | 10 weeks****Price: £200**

For students with little-to-no prior jewellery making experience. In this 10-week course, students will learn the basic skills in jewellery making: piercing, sawing, filing, forming, texturing, soldering and polishing. Students will work in silver to create a simple ring, pendant and earrings. Cost of materials is included in the fee. Students will take home their creations at the end of the course.

Beginners Jewellery Making 1**Wednesday, January 18, 2023 | 2-4.30pm | 10 weeks****Price: £200**

For students with little-to-no prior jewellery making experience. In this 10-week course, students will learn the basic skills in jewellery making: piercing, sawing, filing, forming, texturing, soldering and polishing. Students will work in silver to create a simple ring, pendant and earrings. Cost of materials is included in the fee. Students will take home their creations at the end of the course.

Beginners Jewellery Making 1**Wednesday, January 18, 2023 | 6.30 - 9pm | 10 weeks****Price: £200**

For students with little-to-no prior jewellery making experience. In this 10-week course, students will learn the basic skills in jewellery making: piercing, sawing, filing, forming, texturing, soldering and polishing. Students will work in silver to create a simple ring, pendant and earrings. Cost of materials is included in the fee. Students will take home their creations at the end of the course.

Beginners Jewellery Making 2**Thursday, January 19, 2023 | 2 - 4.30pm | 10 weeks****Price: £200**

For students who have taken Jewellery Making for Beginners 1. In this 10-week course, students will further develop the basic skills in jewellery making: (piercing, sawing, filing, forming, texturing, soldering and polishing) and learn new techniques (bezel setting, chain making, cold connections). Students will work in silver to make a spinner ring, chain and other pieces using the skills learned. Cost of materials is included in the fee. Students will take home their creations at the end of the course.

Beginners Jewellery Making 2**Thursday, January 19, 2023 | 6.30 - 9pm | 10 weeks****Price: £200**

For students who have taken Jewellery Making for Beginners 1. In this 10-week course, students will further develop the basic skills in jewellery making: (piercing, sawing, filing, forming, texturing, soldering and polishing) and learn new techniques (bezel setting, chain making, cold connections). Students will work in silver to make a spinner ring, chain and other pieces using the skills learned. Cost of materials is included in the fee. Students will take home their creations at the end of the course.

Q81CRO221**Philip Maurant Centre****Hazel McLaren****Q81CRO222****Philip Maurant Centre****Hazel McLaren****Q81JWY121****Philip Maurant Centre****Aida de la Herran****Q81JWY122****Philip Maurant Centre****Aida de la Herran****Q81JWY123****Philip Maurant Centre****Aida de la Herran****Q81JWY221****Philip Maurant Centre****Aida de la Herran****Q81JWY222****Philip Maurant Centre****Aida de la Herran****Patchwork and Quilting for Beginners 2****Monday, January 23, 2023 | 1 - 3pm | 10 weeks****Price: £150**

For students who have taken Patchwork and Quilting for Beginners or its equivalent. By the end of this 10-week course, students will work towards completing a sampler quilt using different patchwork blocks and quilting methods. Students should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week. Please note this course will run during half term.

Intermediate Patchwork and Quilting 2**Thursday, January 19, 2023 | 1 - 3pm | 10 weeks****Price: £150**

For students with previous patchwork and quilting experience. By the end of this 10-week course, students will work towards completing an advanced sampler quilt using more complicated patchwork blocks and quilting methods. Students should bring a general sewing kit, a selection of fabrics and three different colours of scrap material for the first week.

Upcycling Fashion**Thursday, January 19, 2023 | 7 - 9pm | 10 weeks****Price: £140**

For students with no sewing experience. In this 10-week course, students will learn basic sewing machine skills and complete a few refashioning projects. Students will be encouraged to use their creativity to refashion old garments into something they will be excited to wear and that express their personality. By the end of the course, students will have a good understanding of basic sewing skills and simple upcycling of existing garments. Some materials will be provided but students will bring in clothes to be upcycled. Please bring in a piece of 100% cotton fabric to the first session.

Upholstery for Beginners 2**Monday, January 23, 2023 | 9.30am - 12.30pm | 10 weeks****Price: £180**

For students who have taken Upholstery for Beginners or its equivalent. In this 10-week course, students will learn basic traditional furniture upholstery techniques. By the end of this course, students will be able to cover a basic dining chair. Students should bring a small dining chair or equivalent to the first session, and a basic tool kit. Students will take home their creations at the end of the course. Please note this course will run during half term.

Intermediate Upholstery 2**Thursday, January 19, 2023 | 9.30am - 12.30pm | 10 weeks****Price: £180**

For students who have taken Intermediate Upholstery 1 or its equivalent. In this 10-week course, students will learn traditional furniture upholstery techniques, such as webbing, springs and buttoning. By the end of this course, students will be able to cover a small chair. Students should bring an easy chair or equivalent to the first session, and a basic tool kit. Students will take home their creations at the end of the course.

DANCE

Burlesque for Every Body**Wednesday, January 18, 2023 | 7.30 - 8.30pm | 10 weeks****Price: £100**

Students will build confidence in their burlesque dance skills, learning the art of the tease. This is a gender-inclusive class for all to explore their saucy side in a safe environment while learning to dance to choreography provided by the instructor. Suggested clothing: shorts/hotpants, fishnet tights, danceable heels, and a comfortable top (but athletic wear is also perfectly acceptable). All students should dress to their comfort level. This class is open to all.

Q81PAQ121**Philip Maurant Centre****Mary Dunford****Q81PAQ221****Philip Maurant Centre****Mary Dunford****Q81UPF121****Philip Maurant Centre****Saskia Kornerova****Q81UPH121****Philip Maurant Centre****Mary Dunford****Q81UPH221****Philip Maurant Centre****Mary Dunford****Q81BUE121****Highlands College****Vicky Phillips**

Burlesque for Ladies**Wednesday, January 18, 2023 | 6.15 - 7.15pm | 10 weeks****Price: £100**

Students will build confidence in their burlesque dance skills, learning the art of the tease. This is a relaxed space for women to explore their saucy side in a safe environment while learning to dance to choreography provided by the instructor. Suggested clothing: shorts/hotpants, fishnet tights, danceable heels, and a comfortable top (but athletic wear is also perfectly acceptable). All students should dress to their comfort level. This class is open to women only; a gender-inclusive session is also being offered.

Beginners Tap Dance**Monday, January 16, 2023 | 6.30 - 7.30pm | 10 weeks****Price: £100**

For students with little-to-no tap dancing experience. Students will learn the basic steps and moves of tap dance. Students will learn fundamental footwork combinations and be introduced to simple routines. Students should wear comfortable clothing and tap shoes are required.

Intermediate Tap Dance**Monday, January 16, 2023 | 7:45 - 8.45pm | 10 weeks****Price: £100**

For students who have completed Tap for Beginners. Students will learn more complicated steps and moves of tap dance. Students will learn fundamental footwork combinations and be introduced to more challenging routines. Students should wear comfortable clothing and tap shoes are required.

Q81BUL121**Highlands College
Vicky Phillips****Q81TAP121****Highlands College
Vicky Phillips****Q81TAP221****Highlands College
Vicky Phillips****Writing a Book****Wednesday, February 8, 2023 | 6.30 - 9pm | 1 session****Price: £45**

In this one-day workshop, *New York Times* best-selling author Sophie Cousens will guide students through the basics of how to write a book. Students will learn motivation techniques, time management structures, and book project planning as well as how to craft, edit, develop and submit a manuscript for publication. This course is for anyone who is writing a book or wants to write a book. Please note: this course is not eligible for any concessionary rates.

Q81WRB921**Philip Mourant Centre
Sophie Cousens****Q81MAK121****Apply Your Makeup Like a Pro****Wednesday, January 18, 2023, 2023 | 6 - 8pm | 6 weeks****Price: £110**

This six-week course on professional makeup will help students master many important techniques that professional makeup artists use to create contemporary looks in their everyday work. At the end of this course, students will be able to enhance their own features or others' features, disguise minor flaws and express themselves creatively.

**Highlands College
Grace Le Masurier****Beginners Massage for Two****Tuesday, January 17, 2023 | 7 - 9pm | 6 weeks****Price: £125**

For pairs of students who want to learn basic Swedish massage. At the end of this five-week course, students will be able to administer a full body massage safely, professionally and effectively. Students will learn the basic underpinning structures of the body. They will learn the effects of Swedish body massage on the body and techniques used. Pairs of students may be partners, relatives or friends.

Q81MAT121**Highlands College
Natalie Devine**

GENERAL INTEREST

Book Club: Dante**Wednesday, February 22, 2023 | 6.30 - 8.30pm | 6 weeks** Philip Mourant Centre**Price: £70**

This six-week course will provide a comprehensive introduction to one of the greatest works of Italian literature, Dante's "The Divine Comedy". Taught in English with reference to a number of translations of the original text, this course will provide students with an appreciation of Dante's poem, the numerous themes it explores, and the lasting cultural impact it has had which is still felt today.

Q81BCD121**Katie Bastiman****Book Club: German Writers****Wednesday, March 1, 2023 | 6.30 - 8.30pm | 5 weeks****Price: £70**

Taught in English with translated texts. At the end of this five-week course, students will be able to display an appreciation for contemporary German literature in translation. Students will read contemporary poetry, short stories and a novel to get a taste of what is currently happening in German literature.

Q81BCG121**Highlands College
Anuradha Ananth Huggler****Dipping Into Drag****Thursday, February 9, 2023 | 6.30 - 9pm | 1 session****Price: £65**

This one-day workshop teaches students about the history of drag queens and drag kings and offers students a chance to experiment with makeup, fashion, wigs, accessories and attitude to find their drag identity. Makeup as well as some wigs, clothing and shoes will be supplied, but students are encouraged to bring their own ideas. Please note: this course is not eligible for any concessionary rates.

Q81DRA921**Highlands College
Romano Pezzali**

HEALTH AND WELLBEING

Do Nothing Meditation**Wednesday, January 25, 2023 | 6 - 8.30pm | 4 weeks****Price: £95**

In this course, students will learn what meditation is and what meditation isn't. By the end of this course, students will learn that they don't need to turn off their minds in order to reach a greater level of awareness. Students should bring their own yoga mats, blankets and pillows.

Q81DNM121**Philip Mourant Centre
Pauline Higgins****Reconnecting: Sense of Smell****Monday, March 6, 2023 | 10am - 12pm | 1 session****Price: £45**

At the end of this workshop, students will have a better understanding of their sense of smell. Students will use colours and words to explore the different ways that they experience fragrances and aromas. This workshop is led by artisanal perfumer Frances Lamb. Students are asked not to wear any perfumes or scented lotions to the class.

Q81RES921**Philip Mourant Centre
Frances Lamb****Sound Bath Meditation****Tuesday, February 7, 2023 | 6.30 - 7.30pm | 1 session****Price: £35**

During this session, students will be immersed in waves of sound. The powerful sound waves reduce the stress, rush and haste that have accumulated throughout the day. Participation in a relaxation session allows participants to pause, relax, deepen the breath, release tensions, and feel lighter. Students should wear casual, comfortable clothes. Students should bring a yoga mat, pillow, and blanket.

Q81SBW921**Philip Mourant Centre
Tom Nalichowski**



Sound Bath Meditation

Tuesday, February 7, 2023 | 8 - 9pm | 1 session

Price: £35

During this session, students will be immersed in waves of sound. The powerful sound waves reduce the stress, rush and haste that have accumulated throughout the day. Participation in a relaxation session allows participants to pause, relax, deepen the breath, release tensions, and feel lighter. Students should wear casual, comfortable clothes. Students should bring a yoga mat, pillow, and blanket.

State of Mind Development

Monday, January 23, 2023 | 6 - 8.30pm | 4 weeks

Price: £75

At the end of this course, students will understand how their state of mind impacts their day-to-day living and yet mostly goes unnoticed. With this understanding, students are able to recognise how to get the best out of themselves and others. Recognising state of mind can bring more flow into their lives.

Q81SBW922

**Philip Mourant Centre
Tom Nalichowski**

Q81SOM121

**Philip Mourant Centre
Pauline Higgins**

IT Fundamentals

Wednesday, January 18, 2023 | 6 - 8.30pm | 11 weeks

Price: £250

This course is for students who would like to determine if a career in IT might be right for them or for students who would like a deeper understanding of Information Technology. At the end of this course, students will be able to display a competency in Information Technology. The course covers features and functions of common operating systems, establishing network connectivity, identifying common software applications and their purpose, using security and web browsing best practices. Students may choose to take the professional certification exam for the CompTIA ITF+ certificate after taking this course. Please note this 11-week course will run during half term.

Podcasting for Beginners

Wednesday, January 18, 2023 | 6 - 8pm | 10 weeks

Price: £140

At the end of the course, students will have confidence in setting up and running their own podcasts. Skills covered include planning, hosting, recording, editing, and publishing podcast episodes, as well as creating podcast artwork, finding and interviewing guests, and promoting a podcast. Students must have competent computer literacy and a personal email address. Students may bring their own laptops, but they are not required during the sessions.

Household Cybersecurity

Monday, January 16, 2023 | 6 - 8pm | 8 weeks

Price: £195

Cybersecurity is the practice of protecting critical systems and sensitive information from digital attacks. This includes preventing unauthorised access to your devices and information, protecting against malicious software, and ensuring the integrity of hardware and software. This course covers the actions you need to take to protect your network, your devices, and the information stored on your network. It will be based on Windows operating systems and include practical exercises on how to configure, inspect, test, backup and restore systems and information.

Q81ITF121

**Highlands College
Peter Hopley**

Q81POD121

**Philip Mourant Centre
Verity Sangan**

Q81CYB121

**Highlands College
Peter Hopley**

INFORMATION TECHNOLOGY

Beginners Coding & Web Development

Thursday, January 19, 2023 | 6pm - 8pm | 10 weeks

Price: £155

For students with no prior coding experience. In this ten-week course, students will learn how the internet and web browsers work and what the career of a web developer looks like. They will gain basic confidence in using HTML, CSS, JavaScript, Bootstrap, the command line, git and GitHub. At the end of this course, students will be able to build their own website or webapp. Please note: this course requires some at-home practice between sessions to reinforce lessons.

Beginners Coding & Web Development

Wednesday, January 18, 2023 | 6pm - 8pm | 10 weeks

Price: £155

For students with no prior coding experience. In this ten-week course, students will learn how the internet and web browsers work and what the career of a web developer looks like. They will gain basic confidence in using HTML, CSS, JavaScript, Bootstrap, the command line, git and GitHub. At the end of this course, students will be able to build their own website or webapp. Please note: this course requires some at-home practice between sessions to reinforce lessons.

Beginners Computer Literacy

Friday, January 20, 2023 | 10am - 12pm | 8 weeks

Price: £155

This course is for students with little-to-no computer skills. At the end of this course, students will be able to display basic confidence in using the Windows 10 operating system. They will be able to demonstrate an understanding of computer terminology, software, files, applications, internet, communications and security. Students should bring their own laptop.

Q81COD121

**Highlands College
Anca Toma**

Q81COD122

**Highlands College
Anca Toma**

Q81COM121

**Philip Mourant Centre
Peter Hopley**

LANGUAGES

French Beginners 1

Wednesday, February 1, 2023 | 6 - 8pm | 8 weeks

Price: £160

This course is for beginners only. At the end of this 8-week course, students will cover topics such as numbers, alphabet, family, pets, food and drink, house and home, money, time, days, months, possessions, jobs and places. Sessions are fun, interactive and gently paced. This course is taught in partnership with L'Alliance Française Jersey. Students will be required to purchase an Edito A1 coursebook. Students will earn a certificate from L'Alliance Française Jersey and students are encouraged to continue study for the DELF exam. Before joining, a level assessment is necessary at the L'Alliance Française Jersey, booking is essential at <https://www.afjersey.com/level-assessment/>

Q81FRE121

**Highlands College
Anna Peluso-Allen**

French Conversation**Wednesday, February 1, 2023 | 9.15 - 11.15 | 8 weeks****Price: £160**

This course is suitable for students who have studied Intermediate French or its equivalent. This 8-week course offers an opportunity for students with a knowledge of French to practice their conversation whilst also learning new grammar and vocabulary. At the end of this course, students will be able to demonstrate an advanced knowledge and verbal use of French. They will be able to hold complex conversations with authentic accents. Students will explore a variety of topics. This course is taught in partnership with L'Alliance Française Jersey, and students will earn a certificate at the end of the course. Before joining, a level assessment is necessary at the L'Alliance Française Jersey, booking is essential at <https://www.afjersey.com/level-assessment/>

German Beginners 1**Wednesday, January 18, 2023 | 6.30 - 8.30pm | 5 weeks****Price: £75**

For students with no previous knowledge of the German language. At the end of this five-week course, students will have some basic vocabulary and be able to compose simple sentences for every day situations. Sessions are fun, interactive and gently paced.

Italian Beginners 2**Monday, January 16, 2023 | 6 - 8pm | 6 weeks****Price: £95**

For students who have taken Italian Beginners 1. At the end of this six-week course, students will have some basic vocabulary and be able to compose simple sentences for every day situations. Sessions are fun, interactive and gently paced.

Intermediate Italian Conversation**Wednesday, January 18, 2023 | 6 - 8pm | 10 weeks****Price: £130**

Suitable for students with intermediate knowledge of the Italian language who want to improve their conversation skills. At the end of this ten-week course, students will have an improved confidence in conversational Italian, and they will explore Italian across a variety of topics. Sessions are fun, interactive and gently paced.

Polish Beginners 1**Wednesday, January 18, 2023 | 6pm - 8pm | 10 weeks****Price: £130**

This ten-week course is aimed at beginners or people with a limited knowledge of the Polish language. The sessions will cover basic vocabulary as well as various situations when travelling in Poland, such as ordering food and drinks, shopping and asking for directions. Sessions are fun, interactive and gently paced.

Portuguese Beginners 1**Wednesday, January 18, 2023 | 6pm - 8pm | 10 weeks****Price: £130**

This ten-week course is aimed at beginners or people with a limited knowledge of the Portuguese language. At the end of this 8-week course, students will cover topics such as numbers, alphabet, family, pets, food and drink, house and home, money, time, days, months, possessions, jobs, places and basic grammar. The sessions will cover basic vocabulary as well as various situations when travelling in Portugal, such as ordering food and drinks, shopping and formulating questions. Sessions are fun, interactive and gently paced.

Q81FRE321**Philip Mourant Centre
Anna Peluso-Allen****Q81GER121****Highlands College
Anuradha Ananth Huggler****Q81ITA121****Highlands College
Romano Pezzali****Q81ITC221****Highlands College
Romano Pezzali****Q81POL121****Highlands College
Anna Kowalewska****Q81POR121****Highlands College
Jaqueline Goncalves****Spanish Beginners 2****Wednesday, January 18, 2023 | 7 - 9pm | 10 weeks****Price: £130**

For students who have completed Spanish for Beginners 1 or its equivalent. In this 10-week course, students will cover topics such as questions and answers, times and dates, adjectives, food and drink, family and friends, house and home and things to do around town. At the end of this course, students will have more basic vocabulary and continue to compose simple sentences for every day situations. Sessions are fun, interactive and gently paced.

Spanish Conversation 1**Monday, January 16, 2023 | 11am - 1pm | 10 weeks****Price: £130**

This course is suitable for students who have studied Intermediate Spanish or its equivalent. This 10-week course offers an opportunity for students with a knowledge of Spanish to practice their conversation whilst also learning new grammar and vocabulary. At the end of this course, students will be able to demonstrate an advanced knowledge and verbal use of Spanish. They will be able to hold complex conversations with authentic accents. Students will explore a variety of topics.

Spanish Conversation 1**Tuesday, January 17, 2023 | 7 - 9pm | 10 weeks****Price: £130**

This course is suitable for students who have studied Intermediate Spanish or its equivalent. This 10-week course offers an opportunity for students with a knowledge of Spanish to practice their conversation whilst also learning new grammar and vocabulary. At the end of this course, students will be able to demonstrate an advanced knowledge and verbal use of Spanish. They will be able to hold complex conversations with authentic accents. Students will explore a variety of topics.

SPORT AND FITNESS**Movement and Meditation****Thursday, January 19, 2023 | 5.30 - 6.30pm | 10 weeks****Price: £100**

By the end of this course, students will be able to comfortably rest in the stillness of meditation and will have learned basic meditation techniques. Students will be taught movements to prepare their bodies for meditation. Students must bring their own yoga mats.

Beginners Dynamic Yoga**Wednesday, January 18, 2023 | 11am - 12.15pm | 10 weeks****Price: £100**

Students will be introduced to the art of yoga. At the end of the course, students will be able to display basic confidence in how to support their bodies within the movements of a sequence of postures and poses. Students must bring their own yoga mats and a blanket.

Beginners Dynamic Yoga**Tuesday, January 17, 2023 | 11am - 12.15pm | 10 weeks****Price: £100**

Students will be introduced to the art of yoga. At the end of the course, students will be able to display basic confidence in how to support their bodies within the movements of a sequence of postures and poses. Students must bring their own yoga mats and a blanket.

Q81SPA121**Highlands College
Miriam Taylor****Q81SPC321****Philip Mourant Centre
Miriam Taylor****Q81SPC322****Philip Mourant Centre
Miriam Taylor****Q81MED121****Philip Mourant Centre
Henrietta Brice-Smith****Q81YOD121****Philip Mourant Centre
Henrietta Brice-Smith****Q81YOD122****Philip Mourant Centre
Henrietta Brice-Smith**



Beginners Yoga

Friday, January 20, 2023 | 11am - 12.30pm | 10 weeks
Price: £90

For students with no previous yoga experience. In this 10-week course, students will learn yoga safely and effectively through a step-by-step approach. Students will learn to release tension in poses whilst maintaining good posture and alignment. Through yoga, students will tone and stretch their muscles, lubricate their joints, and increase their flexibility and blood circulation. Students must bring their own yoga mats.

Advanced Yoga

Friday, January 20, 2023 | 9.15 - 10.45am | 10 weeks
Price: £90

For students with some previous yoga experience. In this 10-week course, students will learn yoga safely and effectively through a step-by-step approach. Students will learn to release tension in poses whilst maintaining good posture and alignment. Through yoga, students will tone and stretch their muscles, lubricate their joints, and increase their flexibility and blood circulation. Students must bring their own yoga mats.

Beginners Restorative Yoga

Thursday, January 19, 2023 | 12.30 - 1.30pm | 10 weeks
Price: £90

A gentle hatha yoga practice for beginners. Students will begin by mobilising the major joints in the body with soft rhythmic movements and discover how to consciously relax. Students must bring their own yoga mats and a blanket.

Seated Chair Yoga

Monday, January 16, 2023 | 6.30 - 7.30pm | 10 weeks
Price: £85

At the end of this course students will have practiced various yoga techniques to release tension in the neck, shoulders and back and simple movements and stretches for the whole body. A variety of breathing exercises will also be taught and students will be able to take all these techniques away to use in daily life when needed. Each session will close with a guided relaxation or meditation with Yoga Mudra (yoga of the hands). All sessions will be taught seated on a chair, no standing or getting down to the floor required.

Q81YOG121

Philip Maurant Centre
Elayne Cole

Q81YOG321

Philip Maurant Centre
Elayne Cole

Q81YOR121

Philip Maurant Centre
Henrietta Brice-Smith

Q81YOS121

Philip Maurant Centre
Anne Meadows

VOCATIONAL

Technical Drawing

Thursday, January 19, 2023 | 6.30 - 9pm | 20 weeks
Price: £540

By the end of this 20-week course, students will be able to produce technical drawings using manual drawing methods and computer aided design (CAD) software. For the manual drawings, students will use appropriate drawing equipment to produce orthographic drawings (drawings in which a three-dimensional object is represented in two dimensions). This course is for any adults wishing to learn technical drawing skills and CAD software. Basic computer literacy is required. At the end of this course, students may choose to complete the assessment pack and receive a certificate from ABC Awards.

Basic DIY Skills

Wednesday, January 18, 2023 | 6 - 8.30pm | 10 weeks
Price: £330

At the end of this 10-week course, students will display basic confidence in performing simple do-it-yourself tasks. Students will be able to demonstrate basic skills in various techniques used in plastering, tiling, woodwork and plasterboarding and brick/blockwork. Stout footwear is required (steel-toe capped boots or other sturdy work boots).

Q81DRT121

Highlands College
David Freeman

Q81DIY121

Highlands College
Patrick Kelly



Highlands College Adult & Community Education

CONTACT US TODAY

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