

HEALTH & WELLBEING

Modified Tai Chi 103D Tutor: Tamara Bennett **\$52 FULL**
Mon & Thurs, 9 - 10am, 12 Oct - 7 Dec

Modified Tai Chi 104D Tutor: Tamara Bennett **\$52 FULL**
Mon & Thurs, 10 - 11am, 12 Oct - 7 Dec

Tai Chi 106D Tutor: Dave Palmer **\$35 FULL**
Mondays, 7.30 - 9pm, 19 Oct - 23 Nov

Modified Tai Chi 125D Tutor: Julie Powell **\$20**
Wednesdays, 5.30 - 6.30pm, 14 Oct - 18 Nov at St Andrews Centre
Modified Tai Chi is very helpful in managing Arthritis, Diabetes, Osteoporosis, and Back Pain. Visit www.smilingdragon.co.nz for more information: Wear comfortable clothes, flat footwear and bring a drink bottle.

Modified Tai Chi 123D Tutor: Julie Powell **\$20**
Fridays, 9 - 10am, 16 Oct - 20 Nov at St Andrews Centre
Course description as for 125D.

Gentle Yoga 108D Tutor: Sheila Firmin **\$35**
Wednesdays, 9.30 - 11am, 21 Oct - 18 Nov at St Andrews Centre
Suitable for those who have restricted movement, are older, or who prefer an easier practice. Bring a mat, or blanket and wear easy clothes. Enquiries to Sheila, ph 235 7747

Yoga 109D Tutor: Sheila Firmin **\$35**
Tuesdays, 6.30 - 8pm, 20 Oct - 17 Nov at Waiuku Yacht Club
Learn the fundamental principles of Hatha Yoga. Suitable for beginners and intermediates. Bring a mat, blanket and wear easy clothes.

Belly Dance for Beginners 111D Tutor: Angie Hughes **\$35**
Thursdays, 7- 8pm, 22 Oct - 19 Nov at Waiuku College Drama Suite
Learn the basic moves of belly dance. Course includes CD of music plus handouts of each move learnt. Great way to tone muscles and improve fitness while having fun. Designed for women of all ages, shapes and sizes.

No classes on Labour Weekend, Monday 26 October

HOME & GARDEN

Introduction to Modern Garden Stoneart \$95
Tutor: Cherie Frost

130D	Tues & Wed	20 - 21 Oct	9.30am-12.30pm
131D	Sat & Sun	31 Oct - 1 Nov	10am-1pm
132D	Sat & Sun	14 - 15 Nov	10am-1pm

Classes held at 413A Glenbrook-Waiuku Rd.

Learn to make birdbaths, firepots and other modern garden art using moulds found around your home and Willowstream Stoneart's commercial aggregate. Visit www.willowstream.co.nz to see some examples. You will be sent detailed information on enrolment.

Introduction to Interior Design Workshop 135D \$35
Tutor: Michelle Clotworthy

Saturdays, 17 Oct – 21 Nov, 10am – 12noon at Waiuku College C5

No class on Labour Weekend, 24 Oct.

A hands-on Practical Workshop, using the colour wheel, fabrics and other textiles to create your own colour board for a project you have in mind. Notes are handed out covering all aspects of Interior Design and how to apply it.

Furniture Restoration & Repair for Women 136D \$35

Tutor: Arthur Buckland Mondays, 19 Oct - 23 Nov, 7-9pm
at West Franklin Men's Shed, 1391 Waiuku Rd, Waiuku

Learn to repair or restore furniture to a professional standard. 1-1 instruction given to cover all facets of woodworking from basic repairs to a complete restoration. You can bring a piece to work on, or a piece can be provided. Students to pay for consumables used during the course. Women only. Wear enclosed footwear, workshop conditions.

Furniture Restoration & Repair for Women 145D \$35

Tutor: Arthur Buckland

Wednesdays, 21 Oct - 18 Nov, 7-9pm at West Franklin Men's Shed, 1391 Waiuku Rd, Waiuku

Course description as for 136D

ARTS, CRAFTS, TEXTILES

Learn to Sew / Patchwork I34D Tutor: Faye Snook \$35

Tuesdays, 20 Oct - 17 Nov, 7-9pm at Waiuku College, C1

This is a small friendly class where you may use school machines or your own to learn to sew or work on your own projects such as patchwork. All techniques taught, beginners welcome.

Quilt Art – Monochromatic Wall Hanging I46D \$40

Tutor: Sue Bartlett

Saturday & Sunday, 31 Oct - 1 Nov, 9am – 3pm at Waiuku College C1

Using a range of quilt fabrics in one colour way you can create some stunning results. This fusible appliqué project is simple to do and quick to make. You may use the school machines or bring your own. **Materials list provided when you enrol for the course.** Visit www.figjamcreations.com for more information.

Christmas Cards I38D Tutor: Angela Corbett \$15

Wednesday, 29 October, 7 -9pm at Waiuku College C5

Learn to create beautiful Christmas cards. Materials included in course fee. Visit Angela's website, www.angelacorbett.wordpress.com, to see some of her work.

Christmas Tags & Gift Box I41D Tutor: Angela Corbett \$15

Wednesday, 11 November, 7 -9pm at Waiuku College C5

Learn to create Christmas tags and a gift box. Materials included in course fee. Visit Angela's website, www.angelacorbett.wordpress.com, to see some of her work.

Intro. to Mosaic Art I37D Tutor: Ted Ansell \$10 + materials

Tuesdays, 3 November, 7 -9pm at Waiuku College C5

Learn the basics of mosaic making while making a set of coasters. Equipment and materials will be supplied. The materials cost to be advised and will be payable to the tutor.

COMPUTING

Working with Adobe Photoshop I54D Tutor: Jude Gordon \$35

Mondays, 19 Oct - 23 Nov, 7-9pm at Waiuku College Art Computer Suite

Suitable for basic to intermediate users of computers. The aim of the course is to provide an understanding of Adobe Photoshop tools and techniques and refine individual applications in manipulating digital images.

GENERAL

“Street Talk” Drive Defensively I50D \$160

Tutor: Alistair McGregor

Mon & Thu, 9 Nov- 19 Nov, 6.30-9.00pm at Waiuku College M2

This course is fun and interactive with, **in-class theory** modules and an **in-car practical** session. It will move a driver from a restricted to a full licence six months sooner and will teach safer driving skills for life including better control, managing risk, and how to make the right decisions. Participants must have a one hour practical driving session with the tutor to complete the course. Fee includes the practical session.

Course participants must have held their Restricted Licence for more than six months

Workplace First Aid I60D Tutor: Trina Harker (Meditrain) \$145

Tue, Wed & Thu, 27-29 Oct, 6.30-9.30pm at Waiuku College D4

Train to be the First Aid person capable of providing immediate first aid assistance in any situation. Students will be required to take notes and should wear comfortable clothes.

Workplace First Aid Refresher I61D Tutor: Trina Harker \$90

Saturday, 31 October 8.30am - 2pm at Waiuku College D4

This course is to revalidate the Workplace First Aid Certificate. You update and refresh your first aid knowledge and practical skills in all major areas. Students will be required to take notes and should wear comfortable clothes.

Workplace Communication Skills 151D **FREE**

Tutor: Sue Wayne
Tue & Thurs, 13 Oct - 12 Nov, 9.30 - 11.30 am at Waiuku Bookinopolis
For those who want to improve reading and writing skills, beginning at your level. A variety of activities are used. There is the opportunity for 1/2 hour of 1-1 tuition for each student during each session.
Contact Sue, ph 235 0533, for more information.

Dig Up Your Family History 139D **\$35**

Tutor: Lyn McOnie
Tuesdays, 20 Oct - 17 Nov, 7-9pm at Waiuku College F4
Suitable for people who have been researching their family history for a while and are ready to dig deeper and break down some walls.

BikeCheck - DIY Bicycle Maintenance 147D **\$20**

Tutor: Ed Austin
Saturdays, 14 - 21 Nov, 9am -12 pm at Waiuku College M2
This course is designed to give you the confidence and hands-on experience required to keep your bike in good working order. You will feel safer and have more fun cycling when you know your bike is serviceable and more reliable, and if anything goes wrong, you are more likely to be able to fix it. Students may bring and work on their own bikes for both sessions.
This class is open to Year 9 and above students as well as adults.

BikeCheck - DIY Bicycle Overhaul 148D **\$10**

Tutor: Ed Austin
Saturday, 28 Nov, 9am -12 pm at Waiuku College M2
This course consists of one 3-hour session, covering the advanced maintenance tasks required to overhaul and renovate a bike, to extend it's working life. Students on the Overhaul Course are expected to have completed the initial Maintenance Course or already possess equivalent skills and knowledge. Students may bring and work on their own bikes.
This class is open to Year 9 and above students as well as adults.

Waiuku College Adult & Community Education (ACE)

Enrolment Form

Surname: _____ **First Name:** _____

Address: _____

Phone: Hm: _____ Wk: _____ Mob: _____

Email: _____ **Payment:** Cash Cheque

Course Code	Start date	Course Title	Cost

The following information is required for statistical purposes only

Gender: Male Female

Age: 16-19 20-29 30-39 40-49 50-59 60+

Ethnicity: NZ/European Maori Pacific Is. Asian Other

Residency: NZ Non Resident

All courses require a minimum number to open, so please try to enrol well before the start date (at least five working days) to avoid disappointment.

Fees: All fees include GST. Receipts will be given out on at your first class.

How to Enrol: Send your completed enrolment form and cheque to:

ACE Coordinator, PO Box 124, Waiuku 2341

or bring your enrolment form to the Waiuku College Office.

PAYMENT MUST ACCOMPANY ENROLMENT

Cheques should be made out to Waiuku College