

ART.

- Mon** **Enjoying Art/Enhancing Skills – 08852 NPO14A Woolpit Institute 10.00 am - 12.00 pm Jeanie Kemp.**
Beginners and experienced artists will be encouraged to progress in areas of strength and to experiment in new media
22.09.08 – 01.12.08 10 wks £78, £66, £31
Expressive Drawing – 08852NP263A. Great Barton Village Hall. 9.30 am – 11.30 am. Katie Millard
A course designed on using perceptual skills based on the perception of edges, spaces, relationships, light and shadow.
22.09.08 – 01.12.08 10 wks £78, £66, £31
Painting & Drawing - Watercolours – 08852NP015A. Rickinghall Village Hall. 1.00 pm-3.00 pm. Jenny Antoine
A relaxed class suitable for newcomers and more experienced covering watercolour and all other media.
22.09.08 – 01.12.08 10wks £78, £66, £31
- Tue** **Painting with Watercolour & Other Media – 08852NP019A. Badwell Ash V.H. 1.15 pm-3.15 pm. Jenny Antoine.**
An enjoyable and relaxed course that helps beginners and experienced students become confident in technical skills with water colour and all other drawing and painting mediums.
23.09.08 – 02.12.08 10 wks £78, £66, £31
Painting & Sketching – 08852NE018A. Blackbourne Middle, Stanton. 7.00 pm-9.30 pm. Jenny Antoine.
A longer class allowing work to be finished to a high standard. For beginners and more experienced covering and all mediums and subjects. Four art appreciation talks included.
23.09.08 – 02.12.08 10 wks £98, £83, £39
Expressive Drawing - 08852NE264A. Thurston Community College 7.00 pm – 9.00 pm. Katie Millard
A course designed on using perceptual skills based on the perception of edges, spaces, relationships, light and shadow.
23.09.08 – 02.12.08 10 wks £78, £66, £31
- Wed** **Simple Steps in Watercolour – 08852NP241A. Great Barton Village Hall 10.00 am – 12.00 pm. Rosie Copeland**
A structured course covering basic steps to produce lively landscape studies, suitable for beginners.
24.09.08 – 03.12.08 10 wks £78, £66, £31
Painting, Sketching Watercolours - 08852NE022A. Thurston CC 7.15 pm - 9.15 pm. Jenny Antoine
A course designed to help beginners alongside the more experienced to build up confidence and enjoy learning and experimenting with technical skills in watercolour and all other media.
24.09.08 – 03.12.08 10 wks £78, £66, £31
Life Drawing and Painting - 08852NE024A. Thurston CC 7.15 pm - 9.15 pm. Rosemary Copeland.
Learn how to draw the human form directly from the life model (unclothed) in a relaxed, fun and informal class setting. Acquire drawing skills, develop skills in observation and experience a wide range of creative media. Improve confidence in drawing and painting skills.
24.09.08 – 03.12.08 10 wks £83, £71, £36
- Thu** **Art Workshop - 08852NP025A. Ixworth Centre. 10.00 am-12.30 pm. Jenny Antoine.**
A relaxed longer class allowing for more experimental work in all mediums, for beginners and experienced alike. Projects cover drawing, painting and design. There will also be at least 4 art appreciation talks during the course.
25.09.08 – 04.12.08 10 wks £98, £83, £39
Intermediate Watercolour and Related Media - 08850NP060A. Pakenham Village Hall 1.00 pm – 3.00 pm Deanna Sergent
A relaxed and enjoyable class for people who have some experience in watercolour painting.
25.09.08 – 04.12.08 10 wks £78, £66, £31 (9 Oct & 13 Nov times will be 11.30am-1.30pm)
Botanical Illustration - 08852NP235. Garboldisham Village Hall 9.30 am – 12.30 pm. Christine Grey-Wilson
Learn to draw and paint plants in pencil, pen and ink and watercolour, with the emphasis on traditional techniques and botanical accuracy. Beginners are welcome as are the more experienced artists who might like to try a different approach to plant subjects.
25.09.08 – 04.12.08 10 wks £117, £99, £47
- Sat** **Beginners Watercolour and Related Media - 08852NP247A . Pakenham Village Hall 11.00 am – 4.00 pm Deanna Sergent.**
This is a 4 day course (one per month) for absolute beginners in watercolour, where skills will develop over each Saturday. You will learn about materials, colours and techniques in pure watercolour painting and also line and wash, other water soluble media in flower painting, still life and landscapes. Bring a packed lunch and thermos.
20.09.08; 18.10.08; 22.11.08; 06.12.08 £78, £66 £31
Watercolour Painting – 08852NP240A. Pakenham Village Hall 11.00 am – 4.00 pm Deanna Sergent.
Do you feel that you're fiddling and fussing over your painting too much and don't know how to stop? This day course will help you loosen your style, lighten and brighten your colours and liberate your attitude. This class is for those with some experience in watercolour painting. Bring a packed lunch and thermos.
08.11.08 1 wk £20, £17, £9

COMPUTING

Mouserobics and Begin Computing

If you are a complete beginner or are terrified of using a computer then this is the course for you. Work at your own pace using workbooks with a facilitator on hand to assist. £23, £20, £9

City and Guilds e-Quals Levels 1 & 2

Open learning courses, select your study time and use work books to study at your own pace. Choose from the following units: Word Processing; Presentation Graphics; Database; Spreadsheets; Email; Using the Internet; Desktop Publishing with a mandatory IT Principals Unit. Prior basic computer knowledge is required. Please call the Centre 01359 232204 for more information.
Level 1 £65.00 (3 units), Level 2 £95.00 (3 units)

COOKERY & SUGARCRAFT

- Tue** **Sugarcraft – Simply Christmas – 08852NP008A. New Green Centre Thurston. 9.30 am-11.30 am. Glenda Price.**
Cake decorating with a Christmas theme. Decorate a stunning Christmas cake, a Yule log and other items to grace your Christmas table. Suitable for all abilities.
23.09.08 – 02.12.08 10 wks £78, £66, £31

CREATIVE AND WRITING SKILLS

- Mon Soft Furnishing & Upholstery – 08852NP028A. Pakenham Village Hall 9.30 am-11.30 am Pam Buck**
Learn to make curtains, blinds, bedspreads, valances, cushions or upholster small items. Beginners Welcome.
29.09.08 – 08.12.08 10 wks £78, £66, £33
- Tue Bead Jewellery – 08852NP234A. New Green Centre, Thurston. 9.30 am – 12.00 pm. Jackie Tooley**
Learn how to make jewellery using beads and a variety of techniques. Beads will be available to purchase at the class at a very reasonable price. No equipment required.
04.11.08 – 18.11.08 3 wks £29, £23, £11
- It's Sew Easy – You Can do It! – 08852NE219A. Thurston Community College. 7.00 pm – 9.00 pm. Pat Balaam**
Learn the art of dressmaking in a simplified way to take the fear out of trying to make garments. Beginners and those with some experience who would like to learn shortcuts.
23.09.08 – 02.12.08 10 wks £78, £66, £31
- Wed Soft Furnishing & Upholstery – 08852NP032A. New Green Centre, Thurston. 9.30 pm-12.30 pm. Pam Buck.**
Learn to make curtains, blinds, bedspreads, valances, cushions or upholster small items. Beginners Welcome.
01.10.08 – 17.12.08 10 wks £117, £99, £47
- Block Printing – 08852MP029A. New Green Centre, Thurston 10.00 am – 12.00 pm. Lindsay Rollett**
Design and make your own cards, book marks etc., using block printing techniques such as lino cutting. No experience necessary.
24.09.08 – 22.10.08 5 wks £39, £33, £16
- Mosaics – 08852NP122A. New Green Centre, Thurston 10.00 am – 12.00 pm. Lindsay Rollett.**
Mosaics is an ancient and versatile craft that can be used to transform almost any plain surface into a unique work of art using a variety of materials.
05.11.08 – 03.12.08 5 wks £39, £33, £16
- Pottery for Beginners – 08852NE218A. Thurston Community College 7.00 pm – 9.00 pm. Pauline Judge.**
24.09.08 – 03.12.07 10 wks £93, £79, £37
- Thu Writers' Group – 08852NP243A . New Green Centre, Thurston 10.00 am – 12.00 pm. Peter Mievile**
An informal group in which to develop and exchange ideas working on one or more writing projects in the company of like-minded students, facilitated by an experience author. Held on a fortnightly basis. Please ask for dates.
25.09.08 – 04.12.08 6 wks £47 £40 £19
- Fri Peter Mievile – Writing the Creative Journey. 08852NP259. New Green Centre, Thurston. 7.00 pm – 9.00 pm.**
Everyone has a story to tell, do you know where to start? An inspiring short talk by a successful published local author. Refreshments included.
05.09.08 1 wk £4

FITNESS, YOGA and SPORT

FITNESS

- Mon Fit Ball – 08852NE012A. Woolpit Primary School. 7.00 pm- 8.00 pm. Tracey Ward**
This fun friendly class uses the aid of a stability ball to improve core strength whilst toning up all muscle groups. Suitable for all ages and abilities.
22.09.08 – 15.12.08 11 wks £43, £36, £17
- Fit Ball – 08852NE244A. Woolpit Primary School. 8.15pm – 9.15pm, Tracey Ward**
22.09.08 – 15.12.08 11 wks £43, £36, £17
- Tue Fitness Plus - 08852NP177A. Stanton Community Centre. 9.30 am – 10.30 am. Yvonne Galloway**
A course for the more mature students who wish to keep fit or maintain their fitness in a fun and friendly environment.
23.09.08 – 16.12.08 12 wks £47, £40, £19
- Keep Fit Mobility More Mature - 08852NP001A. The Blackbourne, Elmswell. 11.15 am – 12.15 pm. Yvonne Galloway**
Exercise to music to stimulate agility, co-ordination and memory in a fun and friendly environment.
23.09.08 – 16.12.08 12 wks £47, £40, £19
- Fitness Fun – 08852NP260A. New Green Centre, Thurston 1.45 pm – 2.45 pm.**
A class suitable for people of all ages and abilities with an aim to improving overall cardiovascular fitness and definition.
23.09.08 – 16.12.08 10 wks £39, £33, £16
- Bodyworkout – 08852NE044A. Thurston Primary School. 7.30pm- 8.30pm. Clare Steadman.**
A fun and friendly class to improve general fitness, incorporating floor work to improve the tone of the body. All abilities welcome.
23.09.08 – 16.12.08 12 wks £3.90, £3.30 payable each session
- Wed KFA Fitness – Mature Moves – 08852NP262A. Woolpit Village Hall 9.30 am – 10.30 am. Jean Houchin**
Exercise, movement and dance to music to improve and maintain fitness and mobility.
24.09.08 – 17.12.08 12 wks £47, £40, £19
- Circuit Training for Very Fit – 08852NE045A. Beyton Middle School. 6.30 pm-7.30 pm. Tracey Ward**
Using weights, benches and aerobic activity to promote muscle tone and flexibility. All students work at their own level with their own personal fitness programme.
24.09.08 – 17.12.08 12 wks £47, £40, £19
- Circuit Training Beginners/Intermediate – 08852NE003A. Beyton Middle. 7.45 pm-8.45 pm. Tracey Ward**
Using weights, benches and aerobic activity to promote muscle tone and flexibility. All students work at their own level with their own personal fitness programme.
24.09.08 – 17.12.08 12 wks £47, £40, £19
- Thu Keep fit & Healthy - 08852NP047A. Ixworth Village Hall. 2.00pm-3.00pm. Jean Houchin**
A course to improve mobility, suppleness and strength using gentle but effective workouts to music.
25.09.08 – 18.12.08 12 wks £47, £40, £19
- Aerobics/Bodyconditioning – 08852NE068A. Woolpit Primary School. 7.30 pm-9.00 pm. Clare Steadman.**
Fun, friendly aerobics class to improve fitness levels and also the tone of the body by a full floor workout.
25.09.08 – 18.12.08 12wks £70, £60, £28
- Fri Body Focus – 08852NP050A. New Green Centre, Thurston. 9.30 am-10.30 am. Yvonne Galloway**
A fitness programme suitable for the active mature mover. To include warm up, aerobics and cool down with some toning floor work.
26.09.08 – 19.12.08 10 wks £3.90, £3.30 payable at each session

YOGA

- Mon Inspiring Yoga – 08852NP036A. Ixworth Village Hall. 1.00 pm – 2.30 pm. Bridget Quercia-Smale**
A physical yoga class suitable for beginners and intermediate with clear precise instruction. You will learn how to do the postures and the many benefits gained with regular practise.
22.09.08 – 01.12.08 10 wks £59, £50, £23
- Yoga and Relaxation - 08852NE257A. Garboldisham Village Hall 7.30 pm – 9.00 pm. Julie Wilkins**
Release the stresses of the day with a gentle programme of posture work, breathing, relaxation and yoga philosophy. All abilities welcome
22.09.08 – 01.12.08 10 wks £59, £50, £23
- Tue Yoga at Botesdale – 08852NE075A. Botesdale Village Hall. 7.15 pm - 9.1 5pm. Julie Wilkins.**
Release the stresses of the day with a gentle programme of posture work, breathing, relaxation and yoga philosophy. All abilities welcome.
23.09.08 – 02.12.08 10 wks £78, £66, £31
- Wed Yoga and Relaxation – 08852NE04A. Thurston Community College. 7.30 pm - 9.00 pm. Julie Wilkins.**
Release the stresses of the day with a gentle programme of posture work, breathing, relaxation and yoga philosophy. All abilities welcome.
24.09.08 – 03.12.08 10 wks £59, £50, £23
- Thu Yoga For All – 08852NP237A. Pakenham Village Hall. 9.30 am – 11.00 am. Bridget Quercia-Smale**
A physical yoga class suitable for beginners and intermediate with clear precise instruction. You will learn how to do the postures and the many benefits gained with regular practise.
25.09.08 – 04.12.08 10 wks £59, £30, £23

SPORT

- Tue Badminton – 08852NE057A. Thurston Community College. 7.30 pm - 9.30 pm. John Wistow.**
A course designed to provide coaching and the opportunity to play badminton. For beginners and improvers.
23.09.08 – 02.12.08 10 wks £78, £66, £31

GARDENING/GARDEN DESIGN

- Wed Get Planning and Planting – 08852NP123A. Pakenham Village Hall. 10.00am – 12 noon. Patricia Shepherd**
Visit local gardens for colour and design then plan your own garden for instant results. Classes are a mixture of learning about plants and learning to look at your own garden as a new designer. No experience necessary.
24.09.08 – 03.12.08 10 wks £78, £66, £31

HEALTH AND GENERAL INTEREST

- Sat Indian Head Massage – 08852NP239A. New Green Centre, Thurston. 10.00am – 2.00pm. Louise Dyer**
Learn how to perform a full Indian Head Massage for use on family and friends. This is a simple and safe therapy which can be used to relieve tension, stress, headaches, eyestrain and migraine. Extra £2 for oils payable to the tutor of the day.
04.10.08 1 wk £16, £13, £6
- Mon Introduction to Reflexology – 08852NE186A . Thurston Community College 6.30 pm – 9.00 pm Louise Dyer**
Learn the basics of how reflexology works. You will learn a routine to enable you to practise on friends and family.
06.10.08 – 13.10.08 2 wks £20, £17, £8
- Basic Food Hygiene – 08852NP261. New Green Centre, Thurston. Saturday 9.00am – 5.00 pm. Graham Limer**
RSPH Level 2 Award in Food Safety – Catering. Valid for 3 years and suitable for food handlers who are new employees or refresher training for experience food handlers.
08.11.08 1 wk £52.00

LANGUAGES

- Part 1 and Part 2 are needed to complete Year 1 or Year 2. Part 2 will only take place if there is sufficient student enrolment.
- Tue French for Beginners (Part 1 and 2) – 08852VP091 . Ixworth Village Hall 9.30 am -11.30 am. Yannick Limer**
For those who are new to the language. A qualification course.
A Part 1 23.09.08 – 20.01.09 £101, £86, £35 15wks
B Part II 27.01.09 – 02.06.09 £101, £86, £35 15 wks
- Advanced French Conversation – 08852N E053. Thurston Community College 7.30 pm-9.30 pm. Yannick Limer**
A course designed for people who are already quite fluent and would like regular practice to keep improving.
23.09.08 – 02.06.09 30 wks £211, £179, £84
- Wed Intermediate French – 08852NP217 . New Green Centre, Thurston 9.30 am – 11.30 am. Yannick Limer.**
For those who have completed Year 4 or equivalent. A mixed skill class with an emphasis on conversation.
24.09.08 – 03.06.09 30 wks £211, £179, £84
- Thu French Conversation – 08852NE153. Drinkstone Village Hall 7.30 pm - 9.30 pm. Aude Wallace.**
An informal class for those how have some knowledge of French grammar and fluency, designed to improve comprehension and conversational skills. Intermediate to advanced level.
25.09.08 – 04.06.09 30 wks £211, £179, £84
- Spanish for Beginners (Part 1 and 2) - 08852VE083 – Thurston Community College 7.00 pm – 9.00 pm. Juana Maria Casader.**
For beginners to the language. A qualification course.
A Part 1 25.09.08 – 22.01.09 £101, £86, £35 15 wks
B Part 2 29.01.09 – 04.06.09 £101, £86, £35 15 wks
- Spanish Year 2 (Part 1 and 2)–08852VE090. Thurston Community College 7.00 pm – 9.00 pm Susanne Roney**
For those who have completed Spanish Year 1 Part I and 2 or who have some basic knowledge of the language.
A Part 1 25.09.08 – 22.01.09 £101, £86, £35 15wks
B Part 2 29.01.09 – 04.06.09 £101, £36, £35 15wks
- Fri French Circle – 08852NP054. New Green Centre, Thurston. 10.00 am - 12.00 pm. Yannick Limer.**
This course will cover a variety of topics and is suitable for students who already have some confidence in speaking French and would like to keep up/increase their level of fluency and their understanding of grammar.
26.09.08 – 21.06.09 30 wks £211, £179, £84

National Tests in English & Maths

These can enable you to achieve the following:

- Improve your job prospects
- Gain confidence in your every day life
- Feel comfortable with handling money and filling in forms
- Help your children with their homework
- Obtain a qualification that is the same skills level as a GCSE, NVQ & GNVQ.
- **You can work at a pace that suits you.**

FEES - The fee for each course is printed against the course entry. EG: £78, £66, £31
£78 = Full fee; £66 = 60+ concessions; £31 = Means Tested Benefit Concession (evidence must be shown at time of enrolment).

All course fees are subsidised. It is a condition of this subsidy that students following qualification courses complete their studies and submit work or sit examinations for the purposes of accreditation. Learners who do not meet this condition are liable for additional fees.

- All students will be asked to complete an Individual Learning Plan (R.A.R.P.A).
- All students attending a fitness class will have to complete a Health Questionnaire before the commencement of their course.

Class Sizes – Popular courses fill quickly – so book your place early to avoid disappointment. At the same time, we have to maintain minimum class sizes and, unfortunately, courses that do not attract sufficient numbers will be cancelled. Your Learning Centre will advise you about class numbers and keep in touch with you if there are problems with the course you choose to join.

REFUND POLICY – Fees will be refunded in full if a course fails to start except in circumstances beyond the control of the College. Refunds will not be given post enrolment should a student decide to withdraw from course.

All dates and prices are correct at the time of printing but may be subject to change.

To enrol or for further information please telephone: 01359 232204