

DICKSON COLLEGE RECREATIONAL PROGRAM

TERM 2, 2008

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<p>Languages</p> <p>Japanese Monday Intermediate 6:15-8:15pm \$130 Wednesday Beginners 6:30-8:30pm \$130</p> <p>Spanish Monday Beginners 6:30-8:30pm \$130 Monday Intermediate 6:30-8:30pm \$130</p> <p>Arts & Crafts</p> <p>Woodworking * Monday 6:00-9:00pm \$170 For all levels.</p> <p>Upholstery* Wednesday 6:00-9:00pm \$160 Do you have a favourite piece of furniture which needs upholstering? Bring it to this class and have the satisfaction of giving it a new look.</p> <p>Steps towards Art Quilts * Monday 6:30-8:30pm \$130 Small projects and challenges to explore ideas, techniques, colour, embellishment and free machine quilting. Suitable for all levels.</p> <p>Traditional Quiltmaking* Wednesday 6:30-8:30pm \$130 From everyday quilts to heirlooms. Your projects or mine, including scrapaholics heaven. For all levels of experience.</p> <p>Sewing for beginners* Tuesday 6.30-9.00pm \$150 Learn to sew your own clothes or soft furnishings. This class will cover the techniques you need to know. For beginners. Materials \$10</p> <p>Personal Development</p> <p>Childbirth and parenting preparation Wednesday 6:30-8:30pm \$175 Women and men can gain confidence about childbirth and early parenting through understanding the physiology of birth, by learning labour management techniques and practical baby care. This course will assist you to make well-informed decisions about labour and caring for your baby.</p> <p>Yoga Monday 6:00-7:15pm \$100 Tuesday 6:00-7:15pm The class is based on the principles of Integral Yoga and covers yoga postures, breathing and relaxation. For all levels. Bring blanket, pillow. Wear loose clothing.</p> <p>Personal Computing Thursday 3.00-5:00pm \$130 A course for mature age people who want to gain very basic skills in using Windows, Word, email and the internet.</p> <p>Grow your own vegies (4 weeks only) Wednesday 6:30-8:30pm \$80 Organic no dig gardening techniques for those with little money and even less time.</p>	<p>Karate (6 weeks only) Monday 7:30-9:30pm \$100 Tora Shotokan is a traditional style of karate that focuses on efficient use of the body. The course will cover basic attacks (punches and kicks) and defences (blocks) and will introduce individual (kata) and partnered (kumite) routines. Suitable for a range of ages and abilities.</p> <p>Food</p> <p>Flavours of Asia * Wednesday 6:00-9:00pm \$160 Learn how to cook delicious food from the Indian subcontinent and other countries including China, Thailand and Vietnam. 8 nights 8 great dinners. Additional cost for ingredients.</p> <p>Business</p> <p>Introduction to Small Business (7 weeks only) Monday 6:00-8:00pm \$120 Thinking of setting up your own business? Taken the plunge already? This course will help you plan to set up a business or improve one.</p> <p>Music and Dancing</p> <p>Guitar for beginners Monday 6:00-7:00pm \$100 Or 7:00-8:00pm Learn the basic skills of how to play a guitar in a small group of up to four students. Two groups only</p> <p>Egyptian Belly Dance Wednesday Beginners 6:00-7:30pm \$100 Continuing 7:30-8:30pm \$85 Have fun! Great for the waist and suitable for all ages and fitness levels. Wear leggings or track pants for stretching plus a flowing skirt and scarf for hips.</p> <p>Panta Rei Handdrumming Tuesday 6:30-7:30pm \$80 Panta Rei hand drumming - learn different Egyptian and African rhythms, learn to play in sync with a group and work towards accompanying the dance group. Bring your own handdrum or contact Panta Rei at fusiondancing@gmail.com or 0405 638910</p> <p>Panta Rei Fusiondancing Tuesday 7:30 -8:30pm \$80 Panta Rei fusion dancing combines different forms of world dancing such as Spanish gypsy, middle eastern Asian and African dance fusing them into a new type of dance. A great way to get fit and have fun. www.pantarei.org for more information.</p> <p>Ballroom Dance Wednesday 6:00-7:00pm \$80 Includes elegant waltz and foxy foxtrot.</p> <p>Latin Dance Wednesday 7:00-8:00pm \$80 Romantic Rumba, cheeky cha cha, rock n roll.</p> <p>South American Dance Wednesday 8:00-9:00pm \$80 Sexy salsa and meringue. Dancing is fun and energising. Discover the steps so you'll be able to dance with confidence.</p>	<p>Meet new people; acquire new skills, learning is fun so enrol today.</p> <p>Enquiries: Co-ordinator Tel: 6205 6424 or 6205 6455 Email: liese.baker@ed.act.edu.au Web: www.dicksonc.act.edu.au</p> <p>HOW TO ENROL Enrolment nights are at the College on Monday 28th and Tuesday 29th April, 6.00-8.00pm. Payment is by cash or cheque. Regrettably NO CREDIT CARD FACILITY. Cheques made payable to: Dickson College Community Education Program OR, you can mail your enrolment form and course fee to: Evening Classes Dickson College Phillip Avenue DICKSON ACT 2602 OR Fax: 6205 6462. Follow up fax enrolments by posting course fee same day to secure your place. * indicates Materials extra All classes begin week starting 5th May and run for 8 weeks unless otherwise specified. All course fees are GST inclusive. Classes will start as advertised unless you are otherwise informed. Classes are established on a minimum number of paid enrolments. Thus, course costs are NOT refundable once classes commence. \$10 discount to pensioners, unemployed and those doing 2 or more courses. Available on one course only.</p> <p>ENROLMENT FORM</p> <p>Name..... Address..... Home Ph: Mobile</p> <p>Email Please tick box if you do not want to receive future course programs by email. <input type="checkbox"/> Course Night.....Time.....</p> <p>Payment: Pls circle one: Cash Cheque</p> <p>Amount paid: \$.....</p> <p>Receipt number:</p> <p>\$10 discount: Yes/No</p>
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