

# DICKSON COLLEGE RECREATIONAL PROGRAM

## TERM 1, 2008

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<p><b>Languages</b></p> <p><b>Italian</b> (A structured approach)            Tuesday <b>Beginners</b> 6:30-8:30pm \$130            Wednesday <b>Intermediate</b> 6:30-8:30pm \$130</p> <p><b>Japanese</b>            Monday <b>Intermediate</b> 6:15-8:15pm \$130            Wednesday <b>Beginners</b> 6:30-8:30pm \$130</p> <p><b>Spanish</b>            Monday <b>Beginners</b> 6:30-8:30pm \$130            Tuesday <b>Intermediate</b> 6:30-8:30pm \$130</p>	<p><b>Grow your own vegies (4 weeks only)</b>            Tuesday 6:30-8:30pm \$80            Organic no dig gardening techniques for those with little money and even less time. The teacher has offered to set up a vegetable plot in the garden of a student if one in the group volunteers their backyard for the class.</p>	<p><b>Meet new people; acquire new skills, learning is fun so enrol today.</b></p> <p>Enquiries: Co-ordinator            Tel: 6205 6424 or 6205 6455            Email: <a href="mailto:liese.baker@ed.act.edu.au">liese.baker@ed.act.edu.au</a>            Web: <a href="http://www.dicksonc.act.edu.au">www.dicksonc.act.edu.au</a></p>
<p><b>Arts &amp; Crafts</b></p> <p><b>Woodworking *</b>            Monday 6:00-9:00pm \$170            For all levels.</p>	<p><b>Food</b></p> <p><b>Flavours of Asia *</b>            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><b>HOW TO ENROL</b>  <b>Enrolment nights are at the College on Monday 4<sup>th</sup> and Tuesday 5<sup>th</sup> February, 6.00-8.00pm. Payment is by cash or cheque. Regrettably NO CREDIT CARD FACILITY.</b>            Cheques made payable to:  <b>Dickson College Community Education Program</b>  <b>OR</b>, you can mail your enrolment form and course fee to:</p>
<p><b>Upholstery*</b>            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><b>Business</b></p> <p><b>Introduction to Small Business (7 weeks only)</b>            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>Evening Classes            Dickson College            Phillip Avenue            DICKSON ACT 2602  <b>OR Fax: 6205 6462. Follow up fax enrolments by posting course fee same day to secure your place.</b></p>
<p><b>Steps towards Art Quilts *</b>            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><b>Music and Dancing</b></p> <p><b>Guitar for beginners</b>            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><b>* indicates Materials extra</b>            All classes begin week starting <b>11th February</b> and run for 8 weeks unless otherwise specified.  <b>All course fees are GST inclusive.</b>            Classes will start as advertised unless you are otherwise informed.            Classes are established on a minimum number of paid enrolments. Thus, course costs are <b>NOT</b> refundable once classes commence.            \$10 discount to pensioners, unemployed and those doing 2 or more courses. Available on one course only.</p>
<p><b>Traditional Quiltmaking*</b>            Thursday 6:30-8:30pm \$130            From everyday quilts to heirlooms. Your projects or mine, including scrapaholics heaven. For all levels of experience.</p>	<p><b>Egyptian Belly Dance</b>            Wednesday <b>Beginners</b> 6:00-7:30pm \$100  <b>Continuing</b> 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>Please phone 6205 6424 after 8<sup>th</sup> February to ensure the course is going ahead.</p>
<p><b>Sewing for Beginners*</b>            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. <b>Materials \$10</b></p> <p><b>Sewing continuing*</b>            Wednesday 6.30-9.00pm \$150            Learn more advanced techniques.</p>	<p><b>Fusion Dancing</b>            Tuesday 6:00 -7:00pm \$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.  <a href="http://www.pantarei.org">www.pantarei.org</a> for more information.</p>	<p><b>ENROLMENT FORM</b></p> <p>Name.....            .....</p> <p>Address.....            .....            .....</p> <p>Home Ph: .....</p> <p>Mobile .....</p> <p>Email .....            Please tick box if you do not want to receive future course programs by email. <input type="checkbox"/></p> <p>Course .....</p> <p>.....</p> <p>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>
<p><b>Personal Development</b></p> <p><b>Childbirth and parenting preparation</b>            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><b>Drumming</b>            Tuesday 7:00-8:00pm \$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 <a href="mailto:fusiondancing@gmail.com">fusiondancing@gmail.com</a> or 0405 638910</p>	
<p><b>Yoga</b>            Monday 6:00-7:15pm \$100            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><b>Ballroom Dance</b>            Wednesday 6:00-7:00pm \$80            Includes elegant waltz and foxy foxtrot.</p>	
<p><b>Personal Computing</b>            Thursday 2.00-4:00pm \$130            A course for mature age people who want to gain very basic skills in using Windows, Word, email and the internet.</p>	<p><b>Latin Dance</b>            Wednesday 7:00-8:00pm \$80            Romantic Rumba, cheeky cha cha, rock n roll.</p>	
	<p><b>South American Dance</b>            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>	