

ADULT LEARNING & SKILLS SPRING 2017 COURSES

COTTENHAM & SWAVESEY VILLAGE COLLEGES



High Street, Cottenham
Cambridge CB24 8UA
Tel: 01954 288751
community@cvcweb.net

<http://community.cvcweb.net>



Gibraltar Lane, Swavesey
Cambridge CB24 4RS
Tel : 01954 234488
community@swaveseyvc.co.uk

www.swaveseyvc.co.uk

Welcome to Adult Learning at Cottenham & Swavesey Village Colleges

Learning and leisure contributes hugely to health and well-being. Whether you're looking to enhance your current skills, increase your confidence, keep active and fit or just meet new people who want the same as you, there's something for everyone.

ENROL early to avoid disappointment

By Post: Please complete the booking form and post it to the College where your chosen course is being held. A stamped addressed envelope is required for a receipt. Please do not send cash. If you are paying by cheque please make it payable to the appropriate College: -

Cottenham Village College
Swavesey Village College

Telephone/Email:

Please book at the College holding your chosen course using the contact details on the front cover or inside.

In person: Please complete the booking form and bring it with payment to the College you have chosen (not during school holidays).

HALF TERM: Cottenham 13th-17th February 2017
Swavesey 13th-17th February 2017

PAYMENT: Fees are payable in full on enrolment by cash/cheque/ credit or debit card (or parentpay at Swavesey VC) Credit card payments may incur a fee.

Credit/debit card: (Please note that at Swavesey VC these details will be processed on-line using the parentpay site. For information visit www.parentpay.com or visit the school's website: www.parentpayshop.com/schools/8734007/adulted.html)

Online (Swavesey only) www.swaveseyvc.co.uk

REFUNDS: Refunds only available if the College closes a class or if you withdraw due to ill health; in this case a doctor's note is required. If a class is cancelled due to circumstances out of our control, such as adverse weather or tutor illness, then extra classes will be added and no refund will be available.

FEES: Full fee/concessionary fee - concessionary fees (eg. £50/£38) are available if you are in receipt of a means-tested benefit (evidence of which must be available on enrolment)



LEARNER INFORMATION

On starting your course you will receive a Learner Handbook containing information on our policies & regulations.

EQUALITY & DIVERSITY

We are fully committed to equality and welcome enrolments from everyone. We positively encourage learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.



Booking Form

Title: _____ Forename: _____

Surname: _____

Address: _____

Postcode: _____

Tel (Home): _____

Tel:(Work): _____

Mobile: _____

Email: _____

PAYMENT BY CREDIT CARDS MAY INCUR A FEE – CHECK WITH THE COLLEGE

Course	College C/S	Day	Fee £	Receipt No.

Arts and Crafts

Course	Day	Start date	Time	Weeks	Cost
C Art History (The Renaissance Period)	Mon	16 Jan	19.00-20.30	8	£60/£45
S Calligraphy for Beginners+ First Class Free	Wed	18 Jan	09.30-11.30	9	£80/£60
C Carpentry, Learn Design & Make+	Wed	18 Jan	19.00-21.00	9	£88/£66
C Ceramics/Pottery (Clay & Firing included)	Mon	09 Jan	19.00-21.00	10	£120
C Ceramics/Pottery (Clay & Firing included)	Wed	11 Jan	19.00-21.00	10	£120
C Crochet for Improvers+	Wed	18 Jan	19.00-21.00	4	£40/£30
S Crochet - An Introduction+	Mon	16 Jan	19.00-20.30	9	£67/£50
C Dressmaking+	Mon	09 Jan	12.30-14.30	10	£98/£75
C Fundamentals of Drawing+	Weds	18 Jan	19.00-21.00	5	£50/£40
C Learn to Love your Overlocker+	Mon	24 Apr	19.00-21.00	4	£40/£30
C Learn to Love your Sewing Machine+	Mon	27 Feb	19.00-21.00	5	£50/£38
C Silver Jewellery for Beginners +	Mon	09 Jan	19.00-21.00	10	£98/£75
C Small Scale Screen Printing on Textiles+	Weds	01 Mar	10.45-13.30	5	£70/£53
C Textiles-Advanced Textiles Workshop+	alt Tues	17 Jan	10.00-15.30	5	£123/£92
C Upholstery Workshop+	Thurs	12 Jan	10.00-15.30	10	£245/£184
C Upholstery Workshop+	Fri	13 Jan	10.00-15.30	10	£245/£184
S Upholstery Mixed Level+	Thurs	19 Jan	19.00-21.00	9	£89/£67
S Upholstery Mixed Level+	Wed	18 Jan	19.00-21.00	9	£89/£67
C Watercolour Painting+	Mon	09 Jan	19.00-21.00	10	£98/£75
C Watercolour Painting Improvers+	Mon	09 Jan	10.00-12.00	10	£98/£75
S Watercolour Painting - Mixed Level Papworth Everard +	Tues	10 Jan	10.00-12.30	10	£113/£85

+ Materials Extra

General

Course	Day	Start date	Time	Weeks	Cost
S Authentic Indian Cookery Made Simple+	Wed	22 Feb	19.00-21.00	5	£50/£38
S Creative Writing	Thurs	19 Jan	19.00-21.00	8	£78/£60
S Curry Creations - Indian Cookery+	Wed	18 Jan	19.00-21.00	4	£40/£30
C Carpentry Learn Design & Make+	Wed	18 Jan	19.00-21.00	9	£88/£66
S Introduction to Electronics+	Mon	16 Jan	19.00-21.00	4	£40/£30
S Make Me Fabulous Makeup+	Wed	01 Mar	19.00-21.00	4	£40/£30
S Nail Art+ NEW	Wed	18 Jan	19.00-21.00	4	£40/£30
C RYA Day Skipper Theory (12 weeks plus 4 Saturdays)	Tues	21 Feb	19.30-21.30	12	£330

RYA Day Skipper Theory - Cottenham - Course held over 12 evenings plus 4 Saturdays (25th Feb, 18th March, 22nd April & 13th May) to equip students with the theoretical knowledge required for a Day Skipper practical course Certificate. Suitable for beginners or those with little or no experience in cruising yachts or motor cruisers.

Introduction to Electronics - Swavesey - An opportunity to gain a basic understanding of electronics and have the opportunity to design & build electronic circuits and the theory behind the subject. There will also be an opportunity to design & build individual projects.



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Art History - Cottenham

Learn about Renaissance Art between approximately 1400 and 1600. A basic introduction to the period, artists & their work will be studied each week.

Calligraphy for Beginners Swavesey

Discover the beautiful art of Calligraphy, explore lettering & tools, improve your penmanship and create your own very unique calligraphy style.

Crochet - Swavesey & Cottenham

A beginners class at Swavesey learning different stitches and terminology of crochet so that you can follow patterns and make your own creations. Crochet is a relaxing & enjoyable way to engage people's creativity, it does not take very long to make something, it's inexpensive and everyone can do it.

Improvers class available at Cottenham

Learn to Love your Sewing Machine - Cottenham

For everyone who has a new sewing machine, those returning to sewing or have upgraded their machine and not sure how it works! Whilst learning about the machine and stitching techniques you will make a variety of crafted items.

Silver Jewellery for Beginners Cottenham

Join our course to learn & develop skills & techniques to produce silver earrings, ring or pendant.



Fitness and Health

Course	Day	Start date	Time	Weeks	Cost
S Badminton for Fun - Improvers	Tues	10 Jan	20.00-21.30	10	£59
S De-stress & Sleep Better - NEW	Mon	16 Jan	19.00-21.00	4	£40/£30
S Fitness Circuit Workout NEW	Mon	20 Feb	20.00-21.00	5	£25/£19
C Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	09 Jan	10.00-11.00	5	£20
C Fitness for Mature Movers (Salvation Army Hall, Willingham)	Tues	10 Jan	11.30-12.30	5	£20
C Fitness for Mature Movers (Cottenham Village College)	Wed	11 Jan	14.00-15.00	5	£20
S Improve Your Wellbeing, Lift Spirits, Manage Stress - NEW	Mon	20 Feb	19.00-21.00	5	£50/£38
C Pilates for Everyone (Ploughman's Hall, Willingham)	Mon	09 Jan	11.30-12.30	10	£55/£42
C Pilates for Everyone (Ploughman's Hall, Willingham)	Mon	09 Jan	12.30-13.30	10	£55/£42
C Pilates for Everyone	Mon	09 Jan	19.00-20.00	10	£55/£42
C Pilates (Mixed Ability)	Wed	11 Jan	09.15-10.15	10	£60/£45
S Pilates - Improvers	Thurs	19 Jan	20.00-21.00	10	£50/£38
S Pilates for the Mature Learner (over 50's) Bar Hill VH	Thurs	12 Jan	10.00-11.00	10	£50/£38
S Pilates - Mixed Ability	Thurs	19 Jan	19.00-20.00	10	£50/£38
S Pilates - Mixed Ability	Wed	11 Jan	19.00-20.00	10	£50
C Pilates for Runners	Mon	09 Jan	20.15-21.00	5	£25
S Slow Yoga	Thurs	19 Jan	19.00-20.00	9	£45/£34
S Table Tennis Club for Adults	Thurs	19 Jan	18.30-20.30	9	£89
C T'ai Chi for Beginners	Tues	10 Jan	18.00-19.00	10	£50/£40
C T'ai Chi for Beginners Plus	Tues	10 Jan	19.00-20.00	10	£50/£40
C T'ai Chi for Improvers	Tues	10 Jan	20.00-21.15	10	£61/£46
S T'ai Chi for Beginners - Improve your Health & Wellbeing	Wed	11 Jan	19.30-21.00	10	£75/£55
C Yoga for Beginners	Mon	09 Jan	18.30-20.00	10	£73/£55
C Yoga for Improvers	Tues	10 Jan	19.00-20.30	10	£73/£55
S Yoga - Faster Pace	Thurs	19 Jan	20.00-21.00	9	£45/£34
S Yoga - Mixed Level	Mon	16 Jan	20.00-21.00	9	£45/£34
S Yoga - Mixed Level	Mon	16 Jan	19.00-20.00	9	£45/£34

Computing and Photography

Course	Day	Start date	Time	Weeks	Cost
S CAD CAM Laser Cutting+ First Week FREE	Mon	20 Feb	19.00-21.00	5	£40/£30
S Digital Photography	Mon	16 Jan	19.00-21.00	6	£60/£45
S Photoshop for Beginners	Mon	06 Mar	19.00-21.00	4	£40/£30



T'ai Chi - Cottenham & Swavesey

A meditative form of exercise with flowing sequences of movement which can help develop calmness and relaxation, physical fitness, mental clarity and a sense of well-being.

De-Stress & Sleep Better Swavesey

Get some sparkle back! Learn how to relax quickly, anywhere, at any time & switch off an overactive mind. Clear your troublesome emotions & lower your anxiety to get a better quality of sleep.

Pilates - Cottenham & Swavesey

Various classes available at both colleges, new this term at Cottenham is Pilates for Runners.

Fitness for Mature Movers Cottenham, Waterbeach & Willingham, Salvation Army Hall

Come along & join us to gently stretch and tone in a friendly class. All movements to your own ability and will improve your balance and agility. All welcome - you really are never too old to start toning those muscles!

Fitness Circuit Workout - Swavesey

Build strength, improve stamina & cardio and generally improve all over toning. From boxing to slam balls, resistance bands to body weight exercises, circuits is for anyone of any shape, size & gender to improve all over toning & general fitness. Reap the rewards by the end of the course and book now!

Yoga - Cottenham & Swavesey

Various classes available at both Colleges, check the listing for times & dates for classes.

Levels

Beginners = no previous experience
Improvers = 1 year's experience already
Mixed Ability = beginners & some experience



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Dance and Music

Course	Day	Start date	Time	Weeks	Cost
C Acoustic Guitar for Improvers	Mon	16 Jan	19.00-20.30	8	£60/£45
C Adult Ballet - Mixed Ability	Mon	09 Jan	19.00-20.30	10	£75/£56
C Adult Ballet for Beginners (Cottenham Community Centre)	Thurs	12 Jan	10.00-11.00	10	£60/£45
C Adult Ballet for Improvers (Cottenham Community Centre)	Thurs	12 Jan	11.00-12.00	10	£60/£45
S Adult Contemporary Dance	Wed	11 Jan	19.00-20.00	10	£50/£38
S 1940's Swing & Lindyhop	Wed	18 Jan	19.30-20.30	9	£45/£34
C Ballroom Dancing - Intermediate	Mon	16 Jan	19.15-20.15	10	£55/£42
S Fitsteps	Wed	18 Jan	18.15-19.15	9	£45/£34
S Guitar for Absolute Beginners	Thurs	19 Jan	18.45-19.45	8	£40/£30
S Intermediate Guitar	Thurs	19 Jan	20.00-21.00	8	£40/£30
C Just Jive Beginners	Fri	13 Jan	20.00-21.00	10	£50/£38
C Just Jive Improvers	Fri	13 Jan	19.00-20.00	10	£50/£38
C Salsa Dance for Beginners	Wed	11 Jan	19.00-20.00	10	£50/£38
C Salsa Dance for Beginners Plus	Wed	11 Jan	20.00-21.15	10	£63/£48
C Tap Dancing Improvers	Wed	11 Jan	19.00-20.00	10	£50/£38
C Tap Dancing Intermediate	Wed	11 Jan	20.00-21.00	10	£50/£38

Languages

Course	Day	Start date	Time	Weeks	Cost
C French - Revive your French	Tues	10 Jan	19.00-21.00	10	£98/£75
C French Conversation (Intermediate)	Thurs	12 Jan	09.30-11.30	10	£98/£75
S Functional Skills English **Exam Fee Payable	Mon	09 Jan	10.00-12.00	5	FREE TUITION
S Functional Skills English **Exam Fee Payable	Mon	27 Feb	10.00-12.00	5	FREE TUITION
S German for Absolute Beginners NEW	Wed	18 Jan	18.30-20.00	9	£67/£50
S Italian for Beginners (Term 3)	Mon	09 Jan	18.30-20.00	10	£75/£56
S Italian Intermediate	Wed	11 Jan	19.00-21.00	10	£98/£75
S Italian Advanced Conversation	Mon	09 Jan	20.00-21.30	10	£75/£56
C Just Talk French (Improvers)	Wed	11 Jan	19.00-21.00	10	£98/£75
S Spanish Beginners Conversation	Mon	09 Jan	18.00-19.30	10	£75/£56
S Spanish Intermediate Conversation	Mon	09 Jan	19.30-21.00	10	£75/£56
S Spanish for Absolute Beginners (Term 2)	Thurs	12 Jan	18.00-19.30	10	£75/£56

MODERN FOREIGN LANGUAGE LEVELS

Beginner (Level 1) - little or no experience

Revive - a little basic experience

Improvers (Level 2) - 40-60 hours prior experience required

Intermediate (Level 2/3) - 120 hours prior experience required

Advanced/Conversation (Level 2/3) - over 120 hours prior experience required

Just Talk French - Cottenham - For learners with at least one year's knowledge/ experience of French. If you know the basics such as buying food, booking a hotel room, travelling by public transport and would like to develop those skills further then this course is for you. New learners very welcome.

Functional English - Swavesey** - FREE 30 week courses designed to help you improve your English skills and qualifications. Please note this accredited course has a 5 week initial assessment period. Phone Swavesey Adult Learning on 01954 234488 for more information.

Fitsteps - Swavesey

A fun class incorporating dance moves from Latin, Ballroom, Disco & modern styles into easy to follow routines. Mixture of the graceful steps of Ballroom and the up tempo steps of Latin dances together to create a really fun, energetic & effective way to stay fit and keep trim that will appeal to everyone, even if they cannot dance.

Adult Ballet - Cottenham

Classes available for those that are completely new to Ballet or those that have some experience, be it a long time ago or more recently. Daytime classes held at Cottenham Community Centre. Dust off those ballet pumps & join a fun dance class!

Salsa - Cottenham

Classes available for both beginners and those with some experience of Salsa Dancing. Salsa is a fabulous & lively dance style. In a relaxed, enjoyable class cover the essential steps, build your confidence & progress onto more complex combinations.

Just Jive! - Cottenham

Have you always wanted to dance to your favourite jazz/rock&roll music? Join an energetic dance class & learn some iconic jive moves, kicks, jumps, swings & great routines with an experienced Tutor.

Contemporary Dance - Swavesey

Learn to move in a creative, freeing and graceful way, focussing on using unrestricted lines & space. Transform your balance & posture whilst improving your fitness & explore various Contemporary techniques.

1940's Swing & Lindyhop Swavesey

Take a little Lindy Hop, add a sprinkle of Jive, mix in some Boogie Woogie and you've got Swing. A lively & vibrant dance style perfect for those with limited dance experience. Come along & boost your confidence, improve your fitness & have fun!



C

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S

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SATURDAY WORKSHOPS (Bring a packed lunch) Classes run 10am-4pm unless otherwise stated in the listing below

Course	Date	Cost	Course	Date	Cost
C Coloured Glass Fusing Workshop+ 10am-1pm	28 Jan	£18	S Traditional Bread Making - Enriched Dough & Sour Dough+	11 Mar	£35/£26
C Curtain Making for Beginners+	28 Jan	£35/£26	S Painting Fruits & Vegetables in Watercolour+	11 Mar	£35/£26
C Dressmaking (28 Jan, 25 Feb & 18 Mar) waiting list	28 Jan	£105/£79	S Circus Skills for Adults - Juggling & Acrobatics for Beginners 1pm-4pm	11 Mar	£55/£41
C Free Machine Embroidery for Beginners+	28 Jan	£35/£26	S Nail Art+ For Fabulous Fingertips	11 Mar	£35/£26
C Get to know your iPad 10am-1pm	28 Jan	£18	S Emotional Detox (2 days 11 & 18 March)	11 Mar	£70/£52
C Luxury Black Forest Gateau/Roulade+ 10am-2pm	28 Jan	£23	S Laser Cut & Etch Crafts & Gifts - Birthdays, Mothers' Day & Special Occasions+	11 Mar	£35/£26
C Patchwork Trapunto Quilting+	28 Jan	£35/£26	S Calligraphy - Lombardic Versals & Gothic Script	11 Mar	£35/£26
C Social Media Savvy 2pm-4pm	28 Jan	£12	S Introduction to Counselling 2 days (11 & 18 March)	11 Mar	£70/£52
C Upholstery (28 Jan, 25 Feb & 18 Mar) waiting list	28 Jan	£105/£79	S Art Journaling+	11 Mar	£35/£26
C Willow Weaving (Living Plaited Tree)+	28 Jan	£35/£26	S Stone Sculpture - Create a Mythical Spirit+ 2 days (11 & 18 March)	11 Mar	£70/£52
C First Aid for Child Carers (2 days 25 Feb & 18 Mar)	25 Feb	£85	S Get to Know your iPad	11 Mar	£35/£26
C Get to know your Ipad Plus 10am-1pm	25 Feb	£18	S Willow Weaving - Round Willow Basket+	11 Mar	£35/£26
C Learn to Love your Overlocker+	25 Feb	£35/£26	S Create a Copper Foiled Tea Light Holder+	11 Mar	£35/£26
C Traditional Indian Dinner for Friends+	25 Feb	£35/£26	S Watercolour Landscapes Beginners & Improvers+	18 Mar	£35/£26
C Watercolour, Pen & Wash+	25 Feb	£35/£26	S Writing for Children	18 Mar	£35/£26
C All about Zips & Piping+	18 Mar	£35/£26	S Create a Linoprint in a Day for Beginners+	18 Mar	£35/£26
C Easter Cake - Luxury Carrot Cake+ 10am-2pm	18 Mar	£23	S Laser Cut & Etch Crafts & Gifts - Birthdays, Mothers' Day & Special Occasions+	18 Mar	£35/£26
C Make a Sample Roman Blind+	18 Mar	£35/£26	S Blues Guitar	18 Mar	£35/£26
C T'ai Chi Deepening our Practice 10am-1pm	18 Mar	£18	S Latin Language & Roman Culture Workshop	18 Mar	£35/£26
C Willow Weaving Rose Cloches+	18 Mar	£35/£26	S Saturday Spice Authentic Indian Cookery+ 9.30am-3.30pm	18 Mar	£35/£26

+ Materials extra * Materials included

Adult Learning in Cambridgeshire

Cambridgeshire County Council supports a wide range of adult learning opportunities across Cambridgeshire, including courses, clubs, community groups and family learning opportunities. We aim to offer the best possible experience for adult learners in Cambridgeshire and we welcome your views on how we can improve our service.

Safeguarding

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

Careers Service

Careers guidance is available to all learners. The National Careers Service provides advice on all aspects of learning and work. Careers advice can be accessed via the support line Tel: 0800 100 900 Website: <https://nationalcareersservice.direct.gov.uk> For further information contact Louise Bachelor, Adults Careers Manager louise.bachelor@cambridgeshire.gov.uk Tel: 01480 373776

Support for you

Further support advice & specific courses are available for people with disabilities, contact 01223 703530

www.cambridgeshire.net

Search the website for details of other learning opportunities in Cambridgeshire

Swavesey Sports Centre

Fitness suite • Courts • Pitches • Sports Hall




Tel: 01954 234453 email: sport@swaveseyvc.co.uk
www.swaveseyvc.co.uk



cottenhamsportscentre.co.uk
Tel: 01954 288760
Email: info@cottenhamsportscentre.co.uk

Sports Hall • Fitness Suite • 3G Pitch • Tennis/Netball Courts
Dance Studio • Gymnasium

Badminton Classes for All Abilities
Monday's 5:30pm-8:30pm

Cottenham Tennis Club
Memberships & Lessons Available
Wednesday's 7:30-9:30pm
Thursday's 7-9:30pm
Sunday's 1:30-5pm






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