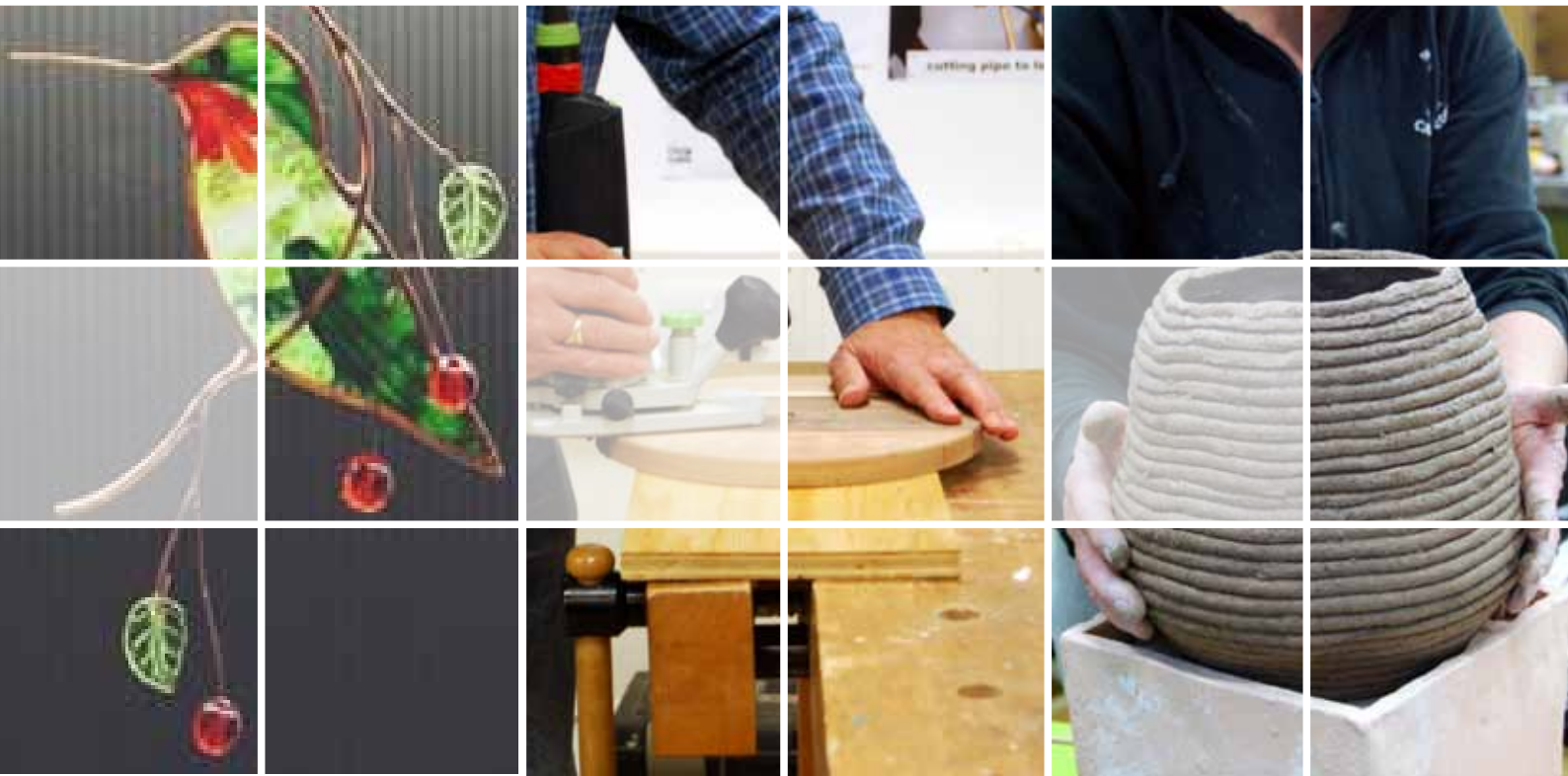


ADULT LEARNING & SKILLS SPRING 2018 COURSES

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: -

Cottenham VC - cheque payable to **Astrea Academy Trust**
Swavesey VC - cheque payable to **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 12th - 16th February 2018
Swavesey 12th - 16th February 2018

PAYMENT: Fees are payable in full on enrolment by cash/cheque/credit or debit card (or parentpay at Swavesey VC)

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)



Adult Learning in Cambridgeshire

Cambridgeshire County Council, Adult Learning and Skills 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. Some of our courses are subsidised by the Education & Skills Funding Agency (ESFA) and part financed by the 2014-20 European Social Fund (ESF) Programme. This funding is managed by Cambridgeshire County Council, Adult Learning & Skills.

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.

National Careers Service (NCS)

Careers advice is available to all learners. The National Careers Service provides free information and advice on all aspects of learning, skills development and employment. Help is provided in a way that suits you, online, face to face or by telephone. Go to www.cambsals.co.uk and click on the "I need some advice" button for more information or call our booking line on 0845 603 1059

Support for you

Further support advice & specific courses are available for people with learning difficulties and disabilities for more information contact 01223 703530

Search www.cambridgeshire.net for opportunities of other courses and learning in Cambridgeshire



Booking Form

Title: _____ Forename: _____

Surname: _____

Address: _____

_____ Postcode: _____

Tel (Home): _____

Tel:(Work): _____

Mobile: _____

Email: _____

Course	College C/S	Day	Fee £	Receipt No.

Arts and Crafts

Course	Day	Start date	Time	Weeks	Cost
C Calligraphy+ NEW	Wed	28 Feb	09.30-13.00	5	£90/£68
C Carpentry, Learn Design & Make+	Wed	17 Jan	19.00-21.00	9	£90/£68
S Come and Print With Nina - Mixed Ability+	Wed	10 Jan	19.00-21.00	5	£50/£38
C Copperfoil Stained Glass+ NEW	Wed	17 Jan	09.45-12.00	4	£50/£38
C Creative with Clay (Clay & Firing Included)	Mon	08 Jan	19.00-21.00	10	£120/£90
C Creative with Clay (Clay & Firing Included)	Wed	10 Jan	19.00-21.00	10	£120/£90
S Dichroic Glass Jewellery+ NEW	Mon	15 Jan	19.00-21.00	4	£40/£30
S Dichroic Glass Jewellery+	Wed	28 Feb	19.00-21.00	5	£50/£38
C Dichroic Glass Jewellery+ NEW	Mon	26 Feb	19.00-21.00	5	£50/£38
C Dressmaking - Mixed Ability+	Mon	08 Jan	12.30-14.30	10	£100/£75
S Mosaics for Beginners+ NEW	Mon	15 Jan	19.00-21.00	9	£90/£67
S Patchwork & Quilting plus help with unfinished projects+	Mon	15 Jan	19.00-21.00	9	£90/£67
C Sewing with Stretchy Fabric+ NEW	Mon	26 Feb	19.00-21.00	4	£40/£30
C Silver Jewellery for Improvers+	Tues	16 Jan	19.00-21.00	9	£90/£68
C Upholstery Workshop+	Thurs	11 Jan	10.00-15.30	10	£250/£187
C Upholstery Workshop+	Fri	12 Jan	10.00-15.30	10	£250/£187
C Upholstery Workshop+Rampton Village Hall	Thurs	18 Jan	10.00-15.00	8	£248/£186
S Upholstery Mixed Level+	Wed	17 Jan	19.00-21.00	9	£90/£67
S Upholstery Mixed Level+	Thurs	18 Jan	19.00-21.00	9	£90/£67
C Watercolour Painting for Improvers+	Mon	08 Jan	10.00-12.00	10	£100/£75
S Watercolour Painting - Mixed Level+ Papworth Everard	Tues	09 Jan	10.00-12.30	10	£115/£86
S Woodwork for Beginners+	Mon	15 Jan	19.00-21.00	9	£90/£67

+ **Materials Extra**

Calligraphy - Cottenham

For the complete beginner or those with a little experience. Immerse yourself in the calming art of hand lettering, a wonderful combination of Ancient & Modern. Create decorated greeting cards, bookmarks, gift boxes, a poem or quotation.

Carpentry and Woodwork at Cottenham & Swavesey

Gain a basic understanding of woodwork techniques, with the opportunity to design and build individual projects.

Upholstery - Mixed Level+ Swavesey & Cottenham

An introduction to simple upholstery skills - with hands-on teaching and demonstration - that will enable you to upholster a small piece of furniture using both modern and traditional techniques.

Dressmaking & Sewing Courses Cottenham

Be guided through the skills and techniques to make your own garments. Get the best out of your sewing machine or overlocker. Also **NEW** this term is Sewing with Stretchy Fabrics.

Dichroic & Coloured Fused Glass - Cottenham & Swavesey

Be amazed at how creative you can be, making tiles and jewellery at these workshops.



General

Course	Day	Start date	Time	Weeks	Cost
C British Sign Language Intro NEW	Wed	21 Feb	19.00-21.00	5	£50/£38
S Creative Writing for Beginners	Thurs	18 Jan	19.00-21.00	8	£80/£60
C Indian Cooking Made Simple+	Wed	10 Jan	19.00-21.00	5	£55/£42
S Indian Street Food+	Wed	21 Feb	19.00-21.00	5	£50/£38
S Italian Cuisine & Pasta Making+	Thurs	18 Jan	19.00-21.00	8	£80/£60
C RYA Coastal Skipper + 3 Saturdays (27 Jan, 24 Feb, 24 Mar) NEW	Tues	09 Jan	19.30-21.30	13 + 3 Sats	£330
C The Grandest Tour - A Journey from Earth to the Edge of the Universe NEW	Wed	17 Jan	19.00-21.00	8	£80/£60
S Woodwork for Beginners+	Mon	15 Jan	19.00-21.00	9	£90/£67

Creative Writing - Swavesey

Find your creative flair while learning the skills required to write fiction. This class will help you to identify writing goals and how to achieve them, plus produce a piece of your own and gain feedback on it.

The Grandest Tour - Earth to the Edge of the Universe Cottenham

A step by step overview of our universe through modern astronomy with a grand tour of the solar system, galaxy and beyond.

Indian Cooking at Cottenham and Swavesey

Increase your confidence week by week learning how to cook fresh and authentic Indian dishes with our experienced Tutor.



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Swavesey - 01954 234488
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Cambridgeshire
County Council



Education & Skills
Funding Agency



European Union
Social Fund

Fitness and Health

Course	Day	Start date	Time	Weeks	Cost
S Aerobic Workout	Mon	15 Jan	18.00-19.00	9	£45/£34
S Badminton for Fun - Improvers	Tues	09 Jan	20.00-21.30	10	£59
S Dynamic Mindfulness	Mon	15 Jan	19.00-21.00	5	£50/£38
C Fitness for Mature Movers (Tillage Hall, Waterbeach)	Mon	08 Jan	10.00-11.00	5	£20
C Fitness for Mature Movers (Salvation Army Hall, Willingham)	Tues	09 Jan	11.30-12.30	5	£20
C Fitness for Mature Movers (Cottenham Village College)	Wed	10 Jan	14.00-15.00	5	£20
S Over 50's Dance Fitness (Bar Hill Village Hall) NEW	Tues	16 Jan	14.00-15.00	9	£50/£38
C Pilates for Everyone (Ploughman's Hall, Willingham)	Mon	08 Jan	11.30-12.30	9	£50/£38
C Pilates for Everyone	Mon	08 Jan	19.00-20.00	9	£50/£38
S Pilates for the Mature Learner (over 50's) Bar Hill Village Hall	Thurs	11 Jan	10.00-11.00	10	£55/£42
S Pilates - Mixed Ability	Wed	10 Jan	19.00-20.00	10	£55/£42
S Pilates - Mixed Ability	Thurs	11 Jan	19.00-20.00	10	£55/£42
S Pilates - Mixed Ability (Bar Hill Village Hall)	Mon	15 Jan	19.15-20.15	10	£55/£42
S Slow Yoga	Thurs	11 Jan	19.00-20.00	10	£55/£42
C T'ai Chi for Beginners	Tues	09 Jan	18.00-19.00	10	£50/£38
C T'ai Chi for Beginners Plus	Tues	09 Jan	19.00-20.00	10	£50/£38
C T'ai Chi for Improvers	Tues	09 Jan	20.00-21.15	10	£63/£47
S T'ai Chi - Beginners welcome	Wed	10 Jan	19.30-21.00	10	£75/£56
C Yoga for Beginners	Mon	15 Jan	18.30-20.00	9	£68/£51
C Yoga for Improvers	Tues	16 Jan	19.00-20.30	9	£68/£51
S Yoga - Mixed Level	Thurs	11 Jan	20.00-21.00	10	£55/£42
S Yoga - Mixed Level	Mon	15 Jan	19.00-20.00	10	£55/£42
S Yoga - Mixed Level	Mon	15 Jan	20.00-21.00	10	£55/£42

Computing and Photography

Course	Day	Start date	Time	Weeks	Cost
S An Intro to Digital Photography	Mon	15 Jan	19.00-21.00	4	£40/£30
C Get to Know your Laptop NEW	Mon	05 Mar	19.00-21.00	4	£40/£30
S Adobe Photoshop for Beginners	Mon	26 Feb	19.00-21.00	5	£50/£38



Dynamic Mindfulness Swavesey

The ultimate way to reduce stress and find peace, creativity and insight. Learn how to manage anxiety or depression while improving your concentration, energy levels and life enjoyment.

Pilates - Mixed Ability Class Bar Hill Village Hall

Improve your posture, balance, flexibility and core strength in our class at Bar Hill. Learn the principles of Pilates such as concentration, good use of breath, abdominal work and good alignment. Improve body awareness and movement in everyday life.

Pilates - Cottenham & Swavesey

Various classes available at both Colleges and at Ploughmans Hall in Willingham. Improve all over toning, core & general fitness, with experienced Tutors.

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.

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

Get to Know Your Laptop **NEW** Cottenham

Gain confidence using your laptop and the Internet.

Get to Know Your iPad Cottenham

Sat 27th Jan (FREE to Over 60s)

A basic introduction to using the most popular features of your iPad.

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 of opportunity and welcome enrolments from all adults aged 19+. 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 do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.



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 community@cvcweb.net
<http://community.cvcweb.net>



Swavesey - 01954 234488
 community@swaveseyvc.co.uk
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Dance and Music

Course	Day	Start date	Time	Weeks	Cost
C Acoustic Guitar for Beginners NEW	Mon	15 Jan	19.00-20.30	8	£60/£45
S Adult Street Dance - Mixed Ability	Tues	16 Jan	19.00-20.00	9	£45/£34
C Ballet for Beginners (Cott Commun Centre)	Thurs	11 Jan	10.00-11.00	9	£60/£45
C Ballet for Improvers (Cott Commun Centre)	Mon	08 Jan	11.00-12.00	9	£60/£45
C Ballet for Improvers (Cott Commun Centre)	Thurs	11 Jan	11.00-12.00	9	£60/£45
C Ballroom Dancing for Beginners	Mon	15 Jan	18.15-19.15	8	£40/£30
C Ballroom Dancing for Intermediates	Mon	15 Jan	18.45-19.45	8	£40/£30
S Banjo for Beginners	Thurs	11 Jan	18.45-19.45	9	£45/£34
S Guitar for Absolute Beginners Term 2	Thurs	11 Jan	20.00-21.00	9	£45/£34
C Salsa Dance for Beginners	Wed	10 Jan	19.00-20.00	10	£50/£38
C Salsa Dance for Improvers	Wed	10 Jan	20.00-21.00	10	£50/£38
C Swing Dances: Jive, Lindyhop & Charleston for Beginners NEW	Mon	15 Jan	19.45-20.45	8	£40/£30
C Swing Dances: Jive, Lindyhop & Charleston for Intermediates NEW	Mon	15 Jan	20.15-21.15	8	£40/£30
C Tap Dancing for Beginners	Wed	10 Jan	19.00-20.00	6	£30/£23
C Tap Dancing for Improvers	Wed	10 Jan	20.00-21.00	6	£30/£23
S Zumba with Chrissy Thompson	Wed	10 Jan	19.30-20.30	10	£50/£38

Languages

Course	Day	Start date	Time	Weeks	Cost
C British Sign Language Intro NEW	Wed	21 Feb	19.00-21.00	5	£50/£38
C French - Revive Your French Term 2	Tues	09 Jan	19.00-21.00	10	£100/£75
S French for Absolute Beginners	Thurs	11 Jan	19.30-21.00	10	£75/£56
C French Conversation Intermediate	Thurs	11 Jan	09.30-11.30	10	£100/£75
S Functional Skills English**	Mon	08 Jan	10.00-12.00	5	FREE
C Italian for Beginners Term 2	Mon	08 Jan	19.00-21.00	10	£75/£56
S Italian for Absolute Beginners	Mon	15 Jan	18.30-20.00	10	£75/£56
S Italian Intermediate	Wed	17 Jan	19.00-21.00	10	£100/£75
S Italian Advanced Conversation	Mon	15 Jan	20.00-21.30	10	£125/£94
C Just Talk French (Improvers) Term 2	Wed	10 Jan	19.00-21.00	10	£100/£75
C Latin - Revive Your Latin	Tues	16 Jan	19.00-20.30	8	£60/£45
S Latin for Beginners Term 2	Mon	15 Jan	19.00-20.30	9	£67/£50
S Spanish for Beginners	Thurs	11 Jan	18.00-19.30	10	£75/£56
S Spanish Intermediate	Mon	15 Jan	19.30-21.00	9	£91/£68
S Spanish for Absolute Beginners Term 2	Thurs	11 Jan	19.30-21.00	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

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

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

Functional Skills English at Swavesey

**FREE 30-week course designed to help improve your English skills and qualifications.

Please note this accredited course has a 5-week initial assessment period. Basic English reading and writing skills required. Phone Swavesey 01954 234488 for more info.

Swing Dances: Jive, Lindyhop & Charleston - Cottenham

A fun class learning a range of swing dances from Charleston to Jive. Beginners & Intermediate classes available.

Tap Dancing Beginners Cottenham

A great dance class for having fun and developing rhythm and co-ordination, whilst toning and strengthening your legs and hips.

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 and join a fun dance class!



Salsa Beginners & Improvers Cottenham

Salsa is a fabulous and lively dance style. In a relaxed and enjoyable class, cover the essential steps, build your confidence and progress to more complex combinations.

Zumba with Chrissy Thompson Swavesey

A fun exercise class to fast and slow rhythms from a variety of music styles, including salsa, merengue, flamenco and hip hop.

British Sign Language Intro Cottenham

Learn the BSL Finger Spelling Alphabet, greeting signs and vocabulary. Our Tutor will teach you the basic signing to be able to hold a simple conversation. **FREE Taster Saturday 27th Jan 10am-12**

Latin at Cottenham & Swavesey

The basic foundations of Latin and its syntax and grammar. This class will focus on translating written Latin and explore the way it impacts our lives today through language and culture.

C

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http://community.cvcweb.net

S

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Saturdays - Bring a packed lunch - refreshments available

Course	Day	Start date	Time	Weeks	Cost
C Dressmaking+ (3 days 27 Jan/24 Feb/24 Mar)	Sat	27 Jan	10.00-16.00	3	£105/£79
C Battenberg Cake+	Sat	27 Jan	10.00-14.00	1	£23/£17
C British Sign Language FREE TASTER	Sat	27 Jan	10.00-12.00	1	Free
C Get to know your iPad - FREE to over 60s	Sat	27 Jan	10.00-13.00	1	£18/Free
C Mad Hatters (Felt a Hat)+	Sat	27 Jan	10.00-16.00	1	£35/£26
C Rush Weaving for Beginners+	Sat	27 Jan	10.00-16.30	1	£38/£28
C Upholstery+ (3 days 27 Jan/24 Feb/24 Mar)	Sat	27 Jan	10.00-16.00	3	£105/£79
C Watercolour, Pen & Wash+	Sat	27 Jan	10.00-16.00	1	£35/£26
C Baking for Afternoon Tea+	Sat	24 Feb	10.00-16.00	1	£35/£26
C Glass Fusing Metals & Inclusions+	Sat	24 Feb	09.30-13.30	1	£20/£15
C Learn to Love Your Overlocker+	Sat	24 Feb	10.00-16.00	1	£35/£26
C Lino Printing*	Sat	24 Feb	10.00-16.00	1	£45/£36
C Mosaics Workshop+	Sat	24 Feb	10.00-16.00	1	£35/£26
C Patchwork Day - Fabric Bowls+	Sat	24 Feb	10.00-16.00	1	£35/£26
C Willow Weaving Platters+	Sat	24 Feb	10.00-16.00	1	£35/£26
S Dichroic Glass Jewellery+	Sat	10 Mar	10.00-16.00	1	£35/£26
S Emotional Detox (2 days 10 & 17 Mar)	Sat	10 Mar	10.00-16.00	2	£70/£52
S Experimenting with Watercolours - Mixed Ability+	Sat	10 Mar	10.00-16.00	1	£35/£26
S Introduction to Counselling (2 days 10 & 17 Mar)	Sat	10 Mar	09.30-15.30	2	£70/£52
S Introduction to Mosaics+	Sat	10 Mar	10.00-16.00	1	£35/£26
S Introduction to Play Therapy (2 days - 10 & 17 Mar)	Sat	10 Mar	10.00-16.00	2	£70/£52
S Patchwork Quilting - Take Six Shirts+	Sat	10 Mar	10.00-16.00	1	£35/£26
S Stone Carving a Green Man & Other Figures+ (2 days 10 & 17 Mar)	Sat	10 Mar	10.00-16.00	2	£70/£52
S Traditional Bread Making+	Sat	10 Mar	10.00-16.00	1	£35/£26
S Woodwork for Beginners+	Sat	10 Mar	10.00-16.00	1	£35/£26
S 1920's Charleston	Sat	10 Mar	10.00-12.00	1	£20/£15
S Chair Caning & Upholstery+	Sat	17 Mar	09.30-15.30	1	£35/£26
S Create a Copperfoiled Tea Light Holder or Suncatcher+	Sat	17 Mar	10.00-16.00	1	£35/£26
S Get Moving with Saturday Salsa	Sat	17 Mar	10.00-12.00	1	£20/£15
S Introduction to the Harmonica	Sat	17 Mar	10.00-16.00	1	£35/£26
S Introduction to Mosaics+	Sat	17 Mar	10.00-16.00	1	£35/£26
S Machine Applique to personalise work using letters and patches+	Sat	17 Mar	10.00-16.00	1	£35/£26
S Stunning Spring Flower Bouquets+	Sat	17 Mar	09.30-12.30	1	£23/£17
S Watercolour Painting Spring Flowers, Daffodils, Snowdrops & Crocuses+	Sat	17 Mar	10.00-16.00	1	£35/£26
S Woodwork for Beginners+	Sat	17 Mar	10.00-16.00	1	£35/£26
C Advanced Overlocker Techniques+	Sat	24 Mar	10.00-16.00	1	£35/£26
C Balti Banquet - All Things Spice & Indian+	Sat	24 Mar	10.00-16.00	1	£38/£28
C Dichroic Glass Jewellery+	Sat	24 Mar	10.00-15.00	1	£30/£23
C Frame Baskets in Willow & Rush+	Sat	24 Mar	10.00-16.30	1	£38/£28
C Roman Blinds (make a sample)+	Sat	24 Mar	10.00-16.00	1	£35/£26
C Stitch & Embroider a Book Cover+	Sat	24 Mar	10.00-16.00	1	£35/£26
C Tai Chi - Celebrating Spring	Sat	24 Mar	10.00-13.00	1	£18

+ Materials not included * Materials included



Ballet For Children And Young People at Cottenham

WEDNESDAYS at Cottenham Village College. Classes start 10 January for 11 weeks.

Tutor - April Martin (Associate ARBTA & Member BDQT)

For enquiries telephone 01954 200533 or E-mail a.r.martin@ntlworld.com or tutusrus@ntlworld.com

1 Term

Cj51 & Cj52 Reception & Years 1 & 2	4.15-4.45pm	£33.00
Cj53 School Years 3, 4, 5, 6	5.00-5.45pm	£50.00
Cj54 School Year 6 upwards	5.45-6.45pm	£66.00

C

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