



*Arts & Enterprise Specialist School*

## ADULT EDUCATION FROM JANUARY 2010 – JULY 2010



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East Sussex  
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Where to find us:

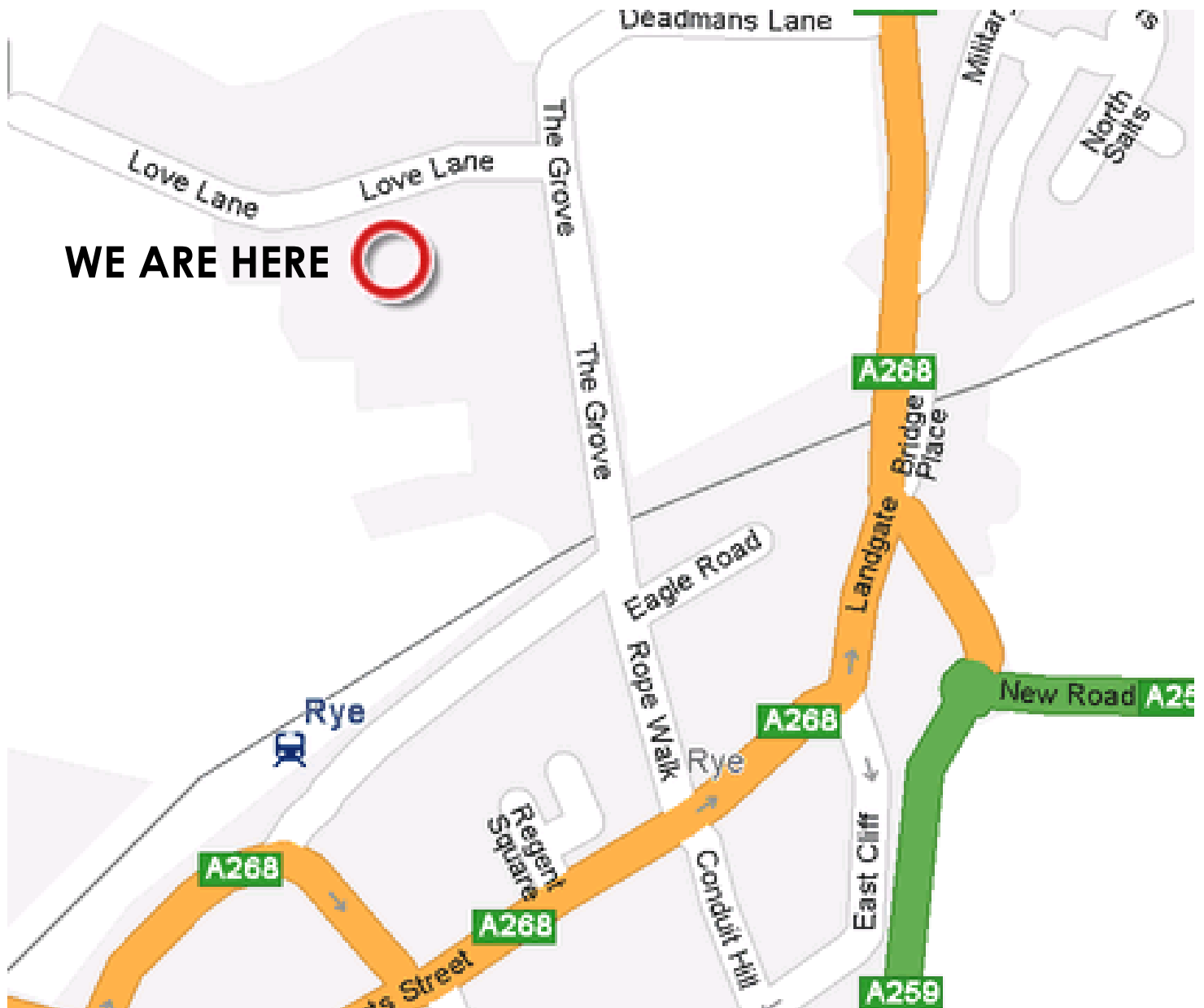


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# A note from your Co-ordinator

## **Hello....**

All courses run on Wednesday evenings – times vary. Each class lasts between an hour and two hours.

Courses start on 20<sup>th</sup> January 2010 and will run up to nine weeks.

Courses cost from £25.00 per person, payable in advance\*

Refunds payable on the discretion of Community Learning Co-ordinator and Business Development Manager of Rye College.

Hope you find a course to suit your needs.

Any suggestions for future courses welcomed.

**Brent Eaton**  
**Community Learning Co-ordinator**

\*Some courses bear additional costs for materials etc, where noted.



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**Contact details:**

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**COLLEGE HOLIDAYS DATES**

***Spring term 2010***

15<sup>th</sup> February – 19<sup>th</sup> February 2010

1<sup>st</sup> April – 16<sup>th</sup> April 2010

***Summer Term 2010***

3<sup>rd</sup> May 2010 (Bank Holiday)

31<sup>st</sup> May – 4<sup>th</sup> June 2010

26<sup>th</sup> July – September 2010

# Body Conditioning

## Introduction to Body Conditioning

Tutor: Sue Lawson



Enrol on this course to enjoy the benefits of doing a variety of exercises for conditioning the various groups of muscles e.g. Arms, legs, abdominals etc...

A class will consist of an important warm-up, some low-impact exercise for cardiovascular, before exercising those muscles. Receive information about each muscle group and general aspects of exercise, in relation to health and fitness.

# Buying and selling on the Internet

## Introduction to Buying and selling on the Internet

Tutor: Bill Shearer



In many ways companies like eBay have revolutionised retailing over the last few years. It now seems to be part of our daily life. Millions of people worldwide use these opportunities to buy and sell a vast array of different goods.

This popular course introduces you to this world of helps build upon knowledge that you may already have.

### **The course will cover:**

- How to get started
- How to get accounts
- Buying and selling
- Feedback
- Payment methods
- Fraud
- Dealing with complaints

# Career Development

**CV Skills, Interview techniques and completing supporting statements**

**Tutor: Matthew Wilkinson**

**FREE COURSE**



A highly interactive set of workshops that will provide delegates with practical advice on how to effectively promote themselves in the job market and how to successfully navigate the recruitment process.

# Ceramics

## Introduction to Ceramic

Tutor: Roz Katz: Glass and Ceramics Specialist



### **This will involve**

- carving a plaster mould
- then slip casting,
- press moulding
- and glazing clay tiles.

**Small additional fee for materials**

# Computing for Beginners

## Introduction to Computing Tutor: Tom Earl

FREE COURSE



This course is aimed at beginners of all ages. Become confident in using your personal computer.

### Learn the basics of:

- Word Processing
- Using the Internet
- Using Search Engines
- How to send e-mails
- Computer safety and maintenance

# Chi Kung

## Introduction to Body Chi Kung

Tutor: Emma Ross



Chi Kung, literally meaning “energy work / energy training” is an ancient Chinese form of movement that promotes the flow of Chi through the body. Chi is the body’s vital energy or life force. Chi Kung generally does not have complex “forms”. Movements are simple. Each action aims to move Chi in a specific way. Chi Kung is often referred to as an “internal exercise”.

### **Chi Kung practise helps and encourages better:**

- Mental clarity and emotional balance
- Self-esteem and confidence
- Concentration
- Physical fitness, flexibility, co-ordination, balance and strength
- It is deeply resourcing, helping us to support ourselves

Classes tend to follow the five element structure of Chinese medicine. All classes are creative and individual self-expression is encouraged within the movement and posture forms. There is an emphasis on the whole body awareness and presence during practise.

The classes will guide you on how to concentrate and regulate your mental activity thereby helping you to enter a more meditative state.

Loose comfortable clothing is a must as is a bottle of water. The class will be open to all levels of fitness and no previous experience is required.

# Cookery

Cookery for all  
Tutor: Tracy Bate



Starters?  
Main courses?  
Desserts?  
It's up to you.....

Come along and enjoy a hands-on Cookery course that is bound to whet your taste buds and whet your enthusiasm for home cooking.

Each week, you build up a portfolio.

**PLEASE NOTE THAT YOU HAVE TO BRING YOUR OWN INGREDIENTS**

# Digital Photography

## Digital Photography for Beginners

Tutor: TBC



Ideal for the complete beginner who wishes to learn how to use some of the many features of a modern digital camera and improve their photography.

### **The course will cover:**

- Aspects of the digital camera
- Practical tips linked to digital photography
- Transferring photos onto your PC
- An introduction to some basic digital imaging techniques
- Altering and manipulating Images

# French

**French Improvers**  
**Tutor: Thérèse Croft**



## **PARLEZ-VOUS FRANÇAIS?**

Would you like to speak more confidently with others in a friendly relaxed atmosphere?

Ideal for those wishing to take their holidays in France or other French speaking countries.

# Makaton

## Makaton for Beginners

Tutor: TBC



Can you imagine what it would be like if you couldn't understand speech? How would you cope?

It's a situation which is similar to the one you might experience if you were in a foreign country and couldn't speak or understand the language.

What would you do? You would probably begin to gesture to explain what you wanted, and hope that others would understand your gestures and

would gesture back. You might also start to draw pictures and diagrams to help get your messages across.

Makaton combines all these elements in a highly successful teaching approach.

### **The course will cover:**

How was Makaton developed?

How is Makaton used?

Why does Makaton use symbols too?

Who uses Makaton?

**YOU HAVE TO BUY YOUR MANUAL**

# Music Technology

## Introduction to Music Technology Tutor: Paul Gardner



The aim of the course is to provide a basic practical introduction to Music Technology, covering basic concepts of the subject whilst focusing primarily on practical composition.

No previous musical or technological knowledge is necessary but an interest in making your own music is essential !

Using 'Garageband' to create your own pieces of music. It is hoped that by the end of the course you will take home a new found interest in the subject as well as a CD of your own work.

# Salsa

## Introduction to Salsa Tutor: Ashley Davis



My aim is to teach you the basic steps of salsa so that you can dance anywhere with confidence. Salsa is a fun dance – come with or without a partner – there is always people to dance with. I go through it step by step and at a pace that suits all.

As the course goes on you will learn some more steps until you have built up a little routine that will impress your

friends and family.

If you want to keep fit and make new friends, come down the college and find out how much fun it is.

# Tracing your Family Tree

## Tracing your Family Tree Tutor: TBC



Genealogy is an ever increasingly popular past-time for many, but if you are new to compiling your family history and want guidance then this is the course for you.

You will be shown what to do and where to look, giving you the confidence to create a comprehensive family history.

Some basic computer skills would be desirable but are not essential to join this course.

# National Vocational Qualifications

## Building skills for the future

Customer Service

Business & Administration

Supporting Teaching & Learning in Schools

A1 Assessors Award

Support Work in Schools Qualification

Team Leading

Many of these qualifications are **FREE**

Further Details Contact: 01797 222545  
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**Sussex  
Coast  
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HASTINGS**