

ADULT EDUCATION AT RYE COLLEGE

Courses will start on Wednesday 11th January 2012 to 8th February and from Wednesday 22nd February to Wednesday 28th March 2012

Contact :

Bernard Thompson : bthomson@ryecollege.esussex.sch.uk

Thérèse Croft : tcroft@ryecollege.e-sussex.sch.uk

Ballroom Dancing

It's Strictly without the strictures! No judges here, just a friendly, relaxed, professional teacher who'll get you waltzing around the floor like one of Brucie's best.

Time: 7 - 8.15pm

Price: £7 per session

Tutor: Alex Wingate

French

Whether you're thinking about buying a château in the Loire Valley, a few cases of *vin rouge* in Calais or just «un café-crème et un croissant, s'il vous plaît in Paris, Thérèse will teach you how. But listen very carefully, she may say it only once...

Time: 6 - 7.15pm

Price: £6 per session

Tutor: Thérèse Croft

Singing

Do you want to soar solo like a nightingale? Or stick of the comfort of a group, and safety in numbers? Either way, you'll find our Singing course is fun and will give you the chance to shine - come along and prove that Rye's Got Talent!

Time: 4.45 - 6pm

Price: £6 per session

Tutor: Annaliese Dale

Spanish

“Hola! Me llamo Manuel y soy de Barcelona....”

OK so you may not want to work as a waiter in an hotel, but come along to our Basic Spanish course and we'll make sure you're ready for your next holiday on the Costa del Sol!

Time: TBA

Price: £6.00 per session

Tutor: Claudia de la Zerda

Zumba Fitness

Ditch the gym and come and join the party instead! Dance your way to a fitter, trimmer you with this fun, Latin-inspired aerobic workout featuring easy-to-follow steps to a variety of South American rhythms.

Time: 5.30 - 6.30pm

Price: £5 per session

Tutor: Shelley Clark

Computers – Level 1

This course is for beginners of all ages, and offers a gentle introduction to the most popular and useful ways computers can help you. Learn how to surf the Internet, send emails, create letters and documents and much more in a friendly environment.

Time: 5.30 - 6.45pm

Price: FREE

Tutor: Carol Pankhurst

Computers – Level 2

Ready to move on from being a beginner? If you have some prior computing knowledge or have completed our Level 1 course, come along to this easy-paced Level 2 course and learn more about Microsoft Word, using search engines, sending email attachments and more.

Time: 7- 8.15pm

Price: FREE

Tutor: Carol Pankhurst

Happy eating

New to cooking and unsure where to start? Heard of 'healthy eating' but don't know much about it? This course will show you how to prepare healthy, balanced meals that are cheap and easy to make, as well as covering the basics of nutrition and food preparation, storage, handling and hygiene.

Time: 7 – 8.15pm

Price: £6.00 per session

Tutor: Rebekah Gilbert