

## NORTHCOTE COLLEGE EDUCATION FOR LIFE PROGRAMME

## TERM 1 &amp; 2, 2012

*NB Government Funding has been withdrawn and courses must be self supporting. We aim to keep prices as reasonable as possible. Students under the age of 16 are welcome to join most courses. Check with the office to see if you are eligible.*

## Arts, Crafts and Photography

### Beaded Jewellery - Beginners

An introduction to making your very own beaded jewellery! It's cheaper than the shops, it never goes out of fashion and if you don't like it, you can pull it apart and start again. Learn how to tailor make jewellery for a special outfit, or personalised jewellery for gifts, and discover your creative flair. A course for everyone from age 8 onwards! (Students under 14 please enrol with a parent - have a Mother & Daughter day!) If you enjoy this class why not try "Simple Beaded Gifts" to extend your knowledge.

Please enrol at least one week before the course starts. Bring your lunch and at least \$15 cash to the tutor for your materials.

Tutor: Tracy Benton

101	Sat 10 Mar	10am-2.30pm	1 session	\$39
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### Creative Acrylic Art

Take home a work of art to hang on your wall. Explore with acrylic paint, found objects, postcards, sand and especially your imagination. Principles of design, use of colour and the difference texture can make will be covered in a fun day with local artist, Jan Tyler. Materials list sent on enrolment. Please bring \$4 to the tutor for additional materials. Limited to 10 students.

102	Sat 3 Mar	9am-3pm	1 session	\$69
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### Easy Painting

Learn how to use brushes, painting media, acrylic to paint popular New Zealand themes - koru, sunset, Rangitoto - all on canvas. A relaxed class suitable for beginners or those with some experience. Please bring a water jar, apron, old cloths or paper towels and soap, masking tape, pencil, rubber, ruler plus \$40 to the tutor on the first day for materials.

Tutor: Nick Fedaeff

203	Sat 9 & 16 June	9am-3pm	2 sessions	\$120
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### NEW Jewellery Making with Art Clay Silver

Art clay silver is a safe, non-toxic jewellery product made from recycled silver. Learn how to craft unique jewellery pieces in pure silver. It's exciting, creative and easy when you know how. Course fee includes enough art clay silver to make a ring, pendant or earrings. (Value \$80) You can purchase more from the tutor if required. Please enrol at least one week before the course starts.

Tutor: Kathy Servian is a certified art clay silver instructor.

204	Wed 2 May	7-9pm	6 sessions	\$200
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### Korowai Kakahu – Feather Cloak

It takes many hours to achieve a full length traditional Korowai (Feather Cloak). Learn to reach that level by taking smaller and more manageable steps and using more accessible materials. It is preferable to master the art of weaving (see Raranga) before going on to Korowai, but not impossible to achieve a beautiful Cloak, should you want to get straight into this art. Please bring \$25 for starter kit to the tutor on the first day.

Tutor: Herapia Cairns

105K	Sat 25 Feb	10am-2pm	4 sessions	\$120
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205K	Sat 12 May	10am-2pm	4 sessions	\$120
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### Raranga – Flax Weaving

Come and learn the art of weaving with NZ flax / harakeke. This introductory course covers education on the care and use of native weaving plants, as well as instruction for how to make a flower, kete, mat, backpack etc. Absolute beginners as well as students who

have already attended Herapia's classes are welcome to join this fun course. Please bring your lunch - tea & coffee supplied.

Tutor: Herapia Cairns

105	Sat 25 Feb	10am-2pm	4 sessions	\$120
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205	Sat 12 May	10am-2pm	4 sessions	\$120
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### Sewing for Beginners

Learn the basics and complete your garment with professional tips and techniques from our experienced tutor. Materials list sent on enrolment. You will need to buy an "Easy Level" commercial pattern, materials. Sewing machines are available for use in class or bring your own if you prefer.

Course limited to 9 students.

Tutor: Lynn-Marie Young

106	Thur 23 Feb	7-9pm	6 sessions	\$120
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206	Thur 10 May	7-9pm	6 sessions	\$120
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### NEW Beginners Pattern Making

Learn how to draft blocks that fit, create patterns and make garments using industry sewing techniques. This course will cover only women's wear garments in woven fabrics and is aimed at students with some sewing experience. Course fee includes some materials (\$66), Equipment list supplied on enrolment

Tutor: Kathy Servian

107	Tue 14 Feb	7-9pm	6 sessions	\$195
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### NEW Simple Beaded Gifts

Create a fabulous range of simple items that can be used as gifts or for decorating your home, office, bach, car – anywhere you like. We will be making at least 5 separate items such as wineglass charms, serviette rings, bookmarks, beaded angels and decorative pendants. Costs range from \$3 to \$8 so please bring at least \$20 cash to tutor for materials. Plan your presents or your Christmas early and enjoy the satisfaction of having made them yourself and saving money at the same time. A course for everyone aged 8 - 88! A great follow-on course from Beginners Beaded Jewellery, but this is not a pre-requisite.

Tutor: Tracy Benton

201	Sat 19 May	10am-2.30pm	1 session	\$39
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### NEW Soft Stone Sculpture

Create your own masterpiece to complement your home or garden. Soft stone sculpture uses a medium that is easy to work with. Fee includes materials but you need to bring a small sharp knife, rubber gloves, wear old clothes and bring your lunch. Numbers limited. Gillian has been sculpting for over 25 years and holds workshops nationwide and in her studio in Auckland.

Tutor: Gillian Elmslie

108	Sat 17 Mar	11am-4pm	1 session	\$129
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208	Sat 19 May	11am-4pm	1 session	\$129
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### Digital Photography with SLR's

A practical workshop for users of digital SLR cameras. Learn how to use the main functions of your camera & take better images. Simple exercises to help improve your technique. Bring your camera, (ensure battery is fully charged), manual & any accessories. NB With class agreement, a field trip may be organised outside of these session times as part of the course.

Tutor: Gary Black

109	Sat 25 Feb	9am-1pm	2 sessions	\$95
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209	Sat 19 May	9am-1pm	2 sessions	\$95
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**NEW SLR Workshop**

Get to know your camera operations in greater detail. Photograph objects for sale, upload and convert RAW photos to your computer, explore portrait setups if time permits. Please bring your camera, (ensure battery is fully charged), manual & any accessories plus your questions/problems.

Tutor: Gary Black

109A	Sat 24 Mar	9am-1pm	1 session	\$50
209A	Sat 16 June	9am-1pm	1 session	\$50

**Take Better Photos**

Open to anyone with a camera who wants to take better photos. Bring your camera with you to learn what it can do and how to get the most out of it. Subjects covered include: better composition, posing of individual and group subjects, reading light and shadow, where to shoot from to get creative angles. Tutor is a professional photographer.

Once you've taken better photos, learn to edit them in the "Make Better Photos" course.

Tutor: Andrew Hales

110	Tue 13 Mar	7-9pm	2 sessions	\$49
210	Sat 19 May	10am-12n	2 sessions	\$49

**Make Better Photos**

A follow on from the "Take Better Photos" course and for people who want to learn basic image editing. Learn how to use the free program Picasa to make your photos better and more creative. We will learn how to: Fix red eye, Improve colour, contrast and saturation, Crop to improve composition, Black and white conversions. Also covers the use of Picasa to organise and store your images.

Tutor: Andrew Hales

210A	Sat 9 June	10am-12n	2 sessions	\$49
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**Business, Finance and the Law**

**Family Trusts - Do You, or Your Kids, Need One?**

Limited to 15 participants this course will cover:

- \* Why have a Family Trust?
- \* 'Relationship property' protection
- \* What assets should be owned by your Family Trust?
- \* Costs involved in setting up and managing your Family Trust
- \* Abolition of gift duty and why your Family Trust will become more valuable
- \* and more...

Our tutor is a Partner in McVeagh Fleming with a great deal of experience in Family Trusts. Bring your questions.

Tutor: Brandon Cullen

120	Wed 21 Mar	6-8pm	1 Session	\$25
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**NEW How to Start Your Own Business**

This course shows you how to find an idea and turn it into a business to make you money. It also covers the basics of building your business and maximising your profits while minimising the time you spend on your business. A step-by-step system that is to easy to follow and simple to put together. If you've always wanted your own business but weren't sure how to get started - this course is for you!

Tutor: Sam Airy

121	Wed 14 March	7-9pm	4 sessions	\$95
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**NEW THE LAW MADE EASY with Shane Henderson BA LLB**

*The Waitakere Community Law Service presents three sessions of important legal knowledge, empowering you to use your legal rights. We are proud to be in the Northcote community explaining minimum rights at work, powers of attorney and making wills. These sessions will be presented in an easy format, and you are all welcome to come along with questions, stories and problems to solve. It's the law made easy!*

**NEW 1 Know Your Rights at Work**

An overview of the minimum employment rights guaranteed in the law. Includes employment agreements and what to do and where to

go if you have an employment problem. Bring your questions. Handouts provided.

Tutor: Shane Henderson BA LLB

222A	Tue 15 May	7-8.30pm	1 session	\$10
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**NEW 2 Power of Attorney**

An overview of enduring powers of attorney, including how to appoint one validly and what they can do. This area of law is covered by the 3PR Act and what can be a difficult area of law will be explained by way of scenarios and examples.

222B	Tue 12 June	7-8.30pm	1 session	\$10
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**NEW 3 Making a Will**

Get started on drafting your own will. It is recommended that any will be finalised with a lawyer, but a lot of the work can be done you. Covers examples of bad wills and good, and exercises to get you thinking about making your will.

322	Tue 11 Sept	7-8.30pm	1 session	\$10
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**NEW Myers Briggs Type Indicator**

Discover your unique MBTI personality type and learn how to handle the everyday irritations and conflict caused by differences in personalities. Increase your self confidence and enrich interpersonal relationships. Limited to 8 students.

Tutor: Alet du Preez BA,

123	Wed 14 Mar	7-9pm	1 session	\$29
223	Wed 13 June	7-9pm	1 session	\$29

**Speaking with Confidence**

Does the mere thought of public speaking make you want to run a mile? Do you dread presentations? Public speaking is a learned skill. Bring your ideas for a speech or presentation and get plenty of practice to become a confident, competent speaker at this fun class.

Tutor: Sarah Morton BA, Dip Drama, Dip Tchg, LTCL Effective Speaking

124	Wed 22 Feb	7-9pm	5 sessions	\$95
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**Computing**

**Using Windows 7 and Office 2010. One computer per student. Certificate of Attendance if you complete 80% of a course.**

**Building a Website with Dreamweaver**

Learn how to make a simple website for fun using Adobe Dreamweaver. The course will cover web design, creating web pages, text and formatting, adding images and tables, using templates and publishing your website. No previous knowledge of Dreamweaver is required but you should have a basic understanding of your computer's operating system eg launch an application, create, copy and save files

Tutor: Jung Son MNZCS, PGDipComp, DipIT, CertIT

130	Sat 25 Feb	9am-3pm	1 session	\$99
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**Building Websites with WordPress**

Suitable for new and existing users, this course covers all the essentials to begin to effectively install, launch, and use WordPress for your website projects. Make your website quickly and professionally. Understand the right way to install, administer and customize it. Find and install various themes and plugins and learn

## Northcote College Community Education

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how your website works. Your tutor will give explanations, illustrations, resources, and practical scenarios for setting up your own website in 1 day!

No previous knowledge of CMS (Content Management System) is required but you must have a basic understanding of your computer's operating system.

Tutor: Jung Son MNZCS, PGDipComp, DipIT, CertIT

131	Sat 10 Mar	9am-3pm	1 session	\$99
231	Sat 19 May	9am-3pm	1 session	\$99

### Get Found on the Web

There's no point in developing a great website if it can't be found quickly. Learn the key concepts of Search Engine Optimisation (SEO), keywords, how to build good anchor links and page ranking and how to set up your website for maximum exposure. Covers Google Dashboard and Analytics; Yahoo and Bing webmaster interfaces. You need basic computer skills. Experience using an Internet Browser would be helpful.

Tutor: David Partis of Web Design Training

132	Sat 17 Mar	9.30am-4pm	1 session	\$125
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### NEW Starting an Online Business

This course is designed to appeal to people who are contemplating starting an online business from home. Covers the key aspects - market research, writing a business plan, decisions on your website, choosing domain names, selling on-line and how to monitor your success. You need basic computer skills and experience using an Internet Browser would be helpful.

Tutor: David Partis of Web Design Training

232	Sat 12 May	9.30am-4pm	1 session	\$125
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### Social Networking for Small Business

Learn about the powerful social media tools (Facebook, Twitter, LinkedIn) that are available today and how to set them up for business use. Key concepts of blogging will be covered along with tips for keeping your website current. You need basic computer skills. Experience using an Internet Browser would be helpful.

Tutor: David Partis of Web Design Training

332	Sat 8 Sept	9.30am-4pm	1 session	\$125
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### Excel – Introduction

If you're new to the world of Microsoft Excel spreadsheets, this course is for you! It covers Excel basics, data entry, formatting, charts, protection and formulae. Course fee includes a CD with notes, exercises and support files for home study. No previous Excel knowledge required.

Tutor: Gary Black

133	Tue 21 Feb	7-9pm	3 sessions	\$85
233	Sat 12 May	9am-3pm	1 session	\$85

### Excel – Intermediate

Build on the spreadsheet skills you have already gained and learn additional skills for dealing with larger sheets and more complex workbooks. Students must have completed 'Excel – Introduction' or the equivalent. Course fee includes a CD with notes, exercise and support files.

Tutor: Gary Black

134	Tue 13 Mar	7-9pm	3 sessions	\$85
234	Sat 9 June	9am-3pm	1 session	\$85

### NEW Excel – Advanced

Bring your questions / problems. Students must have completed 'Excel – Intermediate or the equivalent. Course fee includes a CD with notes, exercises and support files.

Tutor: Gary Black

235	Tue 15 May	7-9pm	3 sessions	\$85
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### InDesign - Basics

InDesign has become the industry standard in print publishing. Develop an appreciation of print design principles & gain confidence to create elegant, multipage documents using Adobe CS5. Basic mouse, keyboard & Windows skills required. Tutor: Anthony Kwan

136	Wed 14 March	7-9pm	4 sessions	\$99
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### NEW InDesign – Next Steps

Gain further skills in this course using Adobe CS5. If you've completed the Basics course or have some experience this is the class for you.

Tutor: Anthony Kwan

236	Wed 30 May	7-9pm	4 sessions	\$99
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### Photoshop – Introduction

Photoshop is an industry standard image editing and compositing tool. This hands-on course introduces the most frequently used image editing features in Photoshop CS5, including basic selection tools, cropping tool and advanced settings, healing brushes, cloning, red-eye tool, colour replacement, level adjustment, history brush and introduction to layer masks. At the end of the course, you should be confident in using Photoshop to fix up the most commonly encountered errors in digital images, such as incorrect brightness and contrast, skins blemishes, unwanted objects and oversized images for web upload, and build up simple image montages. Students need basic mouse, keyboard & Windows skills. Maximum 10 Students

Tutor: Anthony Kwan

137	Wed 15 Feb	7-9pm	4 sessions	\$99
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### Photoshop – Next Steps

Covers more advanced image manipulation features and techniques using the latest Photoshop CS5. It will focus on advanced usage of selection tools, layering, layer masking for image editing, blending modes, Camera Raw image adjustment and image browsing and organisation using Adobe Bridge. At the end of this course you should

1. Develop confidence in using a range of selection tools
2. Use layers effectively to compose image montage
3. Use layer masking to improve work flow
4. Use Adobe Bridge organise image bank
5. Use Camera Raw image editing features to adjust image quality. Students need basic mouse, keyboard & Windows skills and should have completed Photoshop Introduction . Maximum 10 Students

Tutor: Anthony Kwan

237	Wed 2 May	7-9pm	4 sessions	\$99
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### MYOB – Mind Your Own Business

Learn how to customise the programme to suit your business needs. Create a new company file, customise your accounts, process sales and purchases, reconcile bank transactions and more. Comprehensive notes provided. Prior computing and book keeping experience is required. Uses MYOB Premier V11.

Tutor: Lisa Reynolds NDBS Accounting

138	Wed 22 Feb	7-9pm	6 sessions	\$169
238	Wed 9 May	7-9pm	6 sessions	\$169

### NEW Crystal Payroll

Learn about the future of payroll. Crystal is a cloud-based, user friendly, cost-effective payroll solution that will save you time and money.

Tutor: Lisa Reynolds

139	Sat 24 Mar	10am-2pm	1 session	\$69
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### Xero - Online Accounting

Find out why online accounting with Xero is becoming so popular. You will need an e-mail address to activate the Xero demo.

Tutor: Lisa Reynolds

140	Sat 3 Mar	9.30am-3.30pm	1 session	\$99
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## Cooking

**Please bring an apron & tea towel, dishcloth and scourer to all cooking classes and a container to take home any left-overs.**

### **NEW A Taste Of France - Serie 3&4**

Authentic, everyday French dishes reflecting the season and taught by a Parisienne. Demonstration and hands-on. All new recipes every term. Please bring your own sharp knife and a container to take home any leftovers each week plus \$40 for ingredients costs to the tutor on the first night. NB This course is not suitable for vegetarians.

Tutor: Claudia Routier

150	Wed 14 Mar	7-9pm	4 sessions	\$80
250	Wed 2 May	7-9pm	4 sessions	\$80

### **NEW Afternoon Tea à la Francaise**

During this session you will learn to make a variety of easy and inexpensive French cakes, biscuits etc. These small cakes are ideal to take to a children's party, morning tea or to enjoy with family and friends with a cup of tea, coffee or hot chocolate. Bring containers to take some of your goodies home. Book early to avoid disappointment.

Tutor: Claudia Routier

251	Sat 12 May	9am-12n	1 session	\$45
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### **Authentic Thai Cooking**

Learn to cook Thai food the fun way with a native, experienced chef. A hands-on and demonstration course covering exciting dishes from all regions of Thailand. Aspects of Thai culture will be covered - recipes and ingredients supplied. Extra \$62 food costs payable to the tutor on the first night.

Tutor: Ubol de Ronde

152	Tue 14 Feb	7-9pm	6 sessions	\$99
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### **NEW Baking up a Storm**

If you'd like to be able to make healthy baked treats, delectable brownies and beautiful celebration cakes but your baking falls a little flat, this is the class for you. Please bring an apron and a container to take your baking home. Ingredients cost (\$55) included in the fee.

Tutor: Saya Hashimoto

153	Wed 15 Feb	6.30-9.30pm	4 sessions	\$175
253	Wed 30 May	6.30-9.30pm	4 sessions	\$175

### **NEW Cake Decorating**

Achieve that professional look. Bake your cake (recipe supplied) & bring to class - make a perfect fondant finish and create fondant & gumpaste design elements like flowers & figures to decorate your cake to suit your special occasion.

Tutor: Kathy Servian

154	Sat 3 Mar	9.30am-3.30pm	1 session	\$120
254	Sat 16 June	9.30am-3.30pm	1 session	\$120

### **NEW Chocolate Indulgence!**

Come and join this class dedicated to chocolate - 3 hours of pure chocolate overload. Bring some containers as you will not be able to eat it all (cake, tart, biscuits etc) Book early in order to avoid disappointment. This course is an ideal gift to someone who simply loves chocolate and for Valentine's day!

Tutor: Claudia Routier

155	Sat 10 Mar	9am-12n	1 session	\$45
255	Sat 9 June	9am-12n	1 session	\$45

### **Cup Cakes**

Make and decorate these popular treats using a variety of toppings and techniques to wow your friends and family. Please bring a tea towel, apron and a large container to take your goodies home plus a small container or ziplock bag for left-over icing. Food costs included in the fee. Limited to 12 students.

Tutor: TBA

156	Sat 17 Mar	9am-12n	1 session	\$40
256	Sat 9 June	1-4pm	1 session	\$40

### **NEW Fresh Cheese Making**

Learn to make a range of easy, fresh cheeses such as mozzarella and haloumi at home. A beginners, hands-on class which makes cheese-making easy and accessible to anyone. The course will give you the knowledge and recipes to make your own cheese easily in your own kitchen. Please bring a container to take your cheese home. Ingredients included in the fee.

Tutor: Marly Schimmelschmidt

157	Mon 13 Feb	6.30-9.30pm	2 sessions	\$95
257	Mon 30 Apr	6.30-9.30pm	2 sessions	\$95

### **NEW Home Made Pasta, Pizza, Pesto!**

Come to this one off fun session and learn how to make these everyday classics from scratch! Demonstration & hands on + shared lunch at the end of the morning eating the fruits of your labour. Recipes supplied and food included in the course fee. Book now as places are limited.

Tutor: Claudia Routier

158	Sat 24 Mar	9am-12n	1 Session	\$45 (incl food)
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### **NEW Indian Cooking**

Hands-on cooking with Sushila. Prepare dishes using fresh spices for that delicious, authentic Indian flavour. Recipes provided. Please bring \$40 for all ingredients on the first night. Each week please bring an apron, dishcloth, scourer, tea towel, and a container to take your food home.

Tutor: Sushila Jaduram of Show-off Cooking

259	Mon 14 May	7-9pm	4 sessions	\$80
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### **Italian Cooking**

A simple approach to Italian dishes with our Italian tutor. Please bring a tea towel and take-home container each week and \$35 to the tutor on the first session for all ingredients.

Tutor: Francesca Giansanti

260	Thur 3 May	7-9pm	4 sessions	\$80
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### **Japanese Cooking**

Our Japanese chef will focus on popular restaurant dishes with an authentic Osaka flavour. This term we will cover Okonomi-Yaki (savoury pancake) and Chawan-Mushi (steamed savoury custard cup). Please bring a steamer if you have one. Share the food at the end of class - bring a container to take home any leftovers.

Tutor: Toshi Logan

161	Sat 17 Mar	1-4pm	1 session	\$45
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**NEW Moroccan Magic**

Dishes inspired by the Middle East. Prepare two new recipes each week, suitable for family entertaining or to take as your contribution for a potluck dinner. Please bring \$40 to the tutor for all ingredients on the first night and each week bring an apron, scourer, dishcloth, tea towel, and a container to take your food home.

Tutor: Sushila Jaduram of Show-off Cooking

162	Mon 27 Feb	7-9pm	4 Sessions	\$80
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**South East Asian Cooking**

Something deliciously different! Discover the flavours and a little of the culture of Burma, Laos, Cambodia, Thailand, Vietnam, Malaysia & Indonesia. Recipes and ingredients supplied. Please bring a tea towel, dishcloth and scourer. Extra \$55 food costs payable to the tutor on the first night.

Tutor: Ubol de Ronde

263	Tue 1 May	7-9pm	5 sessions	\$89
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**Sushi Making**

Fresh, delicious and healthy - sushi has so much going for it. Emphasising the importance of making good sushi rice, our Japanese chef shows you the tricks to making Maki, Nigiri and Inari style sushi easily at home. Food costs are included in the fee. Please bring 2 tea towels, cloth and scourer and a container to take your sushi home.

Tutor: Toshi Logan

164	Sat 10 Mar	1-4pm	1 session	\$39
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**Health & Fitness**

**Pilates**

*Please check with your doctor before starting any exercise regimen. Courses are not suitable if you are pregnant. Wear loose comfortable clothing & bring a mat for floor work, a small towel or cushion to support your head and a bottle of water to drink. Our Brazilian tutor, Ione Barczok, holds Polestar Pilates qualification.*

**Pilates 1 Mat for Beginners**

Enjoy this dynamic system of exercise that integrates mind, body and breathing to help you achieve your fitness goals. Energize, stretch and strengthen your body. Suitable for beginners and all ages.

170A	Tue 14 Feb	6.30-7.30pm	8 sessions	\$80
170B	Thur 16 Feb	7.30-8.30pm	8 sessions	\$80
270A	Tue 1 May	6.30-7.30pm	8 sessions	\$80
270B	Thur 3 May	7.30-8.30pm	8 sessions	\$80

**Pilates 2 Mat for Intermediate**

Fun yet challenging, this Pilates Mat Class will take you to the next level of fitness. Learn the classic Pilates exercises and sequences that will strengthen, stretch, tone and relax your body, increasing the mind-body connection. You'll feel awesome and see results fast!

171A	Tue 14 Feb	8.30-9.30pm	8 sessions	\$80
171B	Thur 16 Feb	6.30-7.30pm	8 sessions	\$80
271A	Tue 1 May	8.30-9.30pm	8 sessions	\$80
271B	Thur 3 May	6.30-7.30pm	8 sessions	\$80

**Theraband Pilates**

Limited to 12 students. Define and sculpt your muscles with fun exercises using a theraband (resistance band). You'll feel great and see results fast! Suitable for all ages. One 125cm theraband can be purchased from the tutor on the first night - \$12 BLUE for Beginners, BLACK for Intermediate (Please bring correct change.) Or bring your own theraband.

172	Tue 14 Feb	7.30-8.30pm	8 sessions	\$80
272	Tue 1 May	7.30-8.30pm	8 sessions	\$80

**NEW Pilates - Ball Body Sculpting**

Limited to 12 students. Have a ball while improving muscle tone & sculpting your body. You should have taken Beginners or Intermediate Pilates before joining this class. Balls available from tutor on the first night (\$10 please bring correct change). Or bring your own 15cm diameter soft/bounce ball.

173	Thur 16 Feb	8.30-9.30pm	8 sessions	\$80
273	Thur 3 May	8.30-9.30pm	8 sessions	\$80

**Yoga for Everyone**

Work to your own level and learn Hatha Yoga. Start with basic postures and progress to flowing yoga sequences. Improve your flexibility and strength with traditional postures that create space and energy flow within the body. Included in this course will be breathing techniques to vitalize the body along with meditation and relaxation to cultivate a peaceful mind. Please wear comfortable loose clothing, bring a mat and blanket/jacket and advise instructor if you are pregnant or have health concerns.

Tutor: Monday Gerald Lopez, Wednesday Naomi Ankers

174A	Mon 13 Feb	6-7.30pm	8 sessions	\$79
174B	Mon 13 Feb	7.30-9pm	8 sessions	\$79
174C	Wed 15 Feb	6.30-8pm	8 sessions	\$79
274A	Mon 30 Apr	6-7.30pm	8 sessions	\$79
274B	Mon 30 Apr	7.30-9pm	8 sessions	\$79
274C	Wed 2 May	6.30-8pm	8 sessions	\$79

**NEW Yoga with a Touch of Tai Chi**

Yoga will help you improve your posture and flexibility, gain body tone and strength and learn to breathe. Help prevent falls with Tai Chi / Qui Gong which gives additional attention to balance. But most of all learn to relax and be positive within yourself in this course - ideal for mature students.

Tutor: Karin Brown

175	Thur 16 Feb	6.30-8pm	8 sessions	\$79
275	Thur 3 May	6.30-8pm	8 sessions	\$79

**NEW Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward health and joy. Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive. Ditch the workout and COME JOIN THE PARTY!!

Wear loose, comfortable clothing; bring an old pair of socks to go over your sports shoes, a towel, water to drink & a sweater for afterwards. All ages welcome.

Tutor: Donna Kutia

176	Tue 14 Feb	6.30-7.30pm	8 sessions	\$69
276	Tue 1 May	6.30-7.30pm	8 sessions	\$79

## Languages

### **NEW French for Travellers**

Ooh La La! This course not only provides you with all the French phrases and basic speaking skills you need to have an amazing time in France, it also covers lots of inside information such as travel tips, food, culture, transportation – in short, the whole soufflé. Ideal for beginners. Contact [wende@jowsey.com](mailto:wende@jowsey.com) or 027-256-3010 for more info.

Tutor: Wende Jowsey

180	Tue 14 Feb	6.30-8.30pm	5 sessions	\$95
280	Tue 1 May	6.30-8.30pm	5 sessions	\$95

### **French – Postbeginners**

Increase your speaking and understanding skills to travel with confidence in beautiful France and other French speaking countries. Véronique, a native speaker, will help you to enrich your vocabulary and sentence structuring as well as to discover more about French culture and way of life. Suitable for travellers and armchair travellers with a minimum of prior knowledge. The tutor is happy to assess your level prior to enrolment (email:

[veroniqueguilloteau@hotmail.com](mailto:veroniqueguilloteau@hotmail.com)).

Tutor: Véronique Guilloteau

181	Mon 27 Feb	7-9pm	6 sessions	\$110
281	Mon 30 Apr	7-9pm	6 sessions	\$110

### **German - Beginners 1**

An introduction to conversational German taught by a native speaker in a fun and interactive class. Emphasis is on being able to express yourself in everyday life and travelling situations. This course caters for absolute beginners as well as those with limited knowledge. Ideal for people working in the tourist industry.

You will need to buy a Text/workbook 'Willkommen bei uns' – German for Tourism by Bronwyn Wiltshire. Covers whole year's study. Approx \$35 from tutor.

Tutor: Birgitt Rehbein

182	Tue 21 Feb	7-8.30pm	7 sessions	\$99
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### **German - Beginners 2**

Continuing from Beginners 1 and building on the knowledge you have already gained. New students are welcome but should have some prior knowledge of the language.

Tutor: Birgitt Rehbein

282	Tue 8 May	7-8.30pm	7 sessions	\$99
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### **Italian for Beginners**

An informal class where you will have fun learning Italian language and culture. Suitable for absolute beginners or those with a little knowledge of Italian. Tutor is a native speaker of Italian.

Tutor: Francesca Giansanti

183	Wed 22 Feb	7-8.30pm	7 sessions	\$99
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### **Italian - Post Beginners**

Build on your knowledge of Italian language and culture with native speaker, Francesca Giansanti.

284	Wed 9 May	7-8.30pm	7 sessions	\$99
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### **Korean for Beginners**

Korean is spoken by more than 78 million people around the world. Learn the Korean alphabet and the basics for survival in Korea – greetings, basic conversation, useful phrases, how to introduce yourself, counting, asking for directions, etc. Plus a little about the fascinating customs and culture of Korea. Tutor is a native speaker.

Tutor: Stella (Seunghye) Baek BA

185	Tue 21 Feb	6.30-8pm	7 sessions	\$99
285	Tue 8 May	6.30-8pm	7 sessions	\$99

### **Korean - Next Steps**

Continues from the Beginners course or for those who already know some Korean language. Improve your conversation skills and learn more about the 'Land of Morning Calm'. Course notes provided. Tutor is a native speaker.

Tutor: Stella (Seunghye) Baek

385	Tue 7 Aug	6.30-8pm	7 sessions	\$99
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### **NEW NZ Sign Language - Beginners**

NZSL is an official language with the same status as English and Maori. Sign Language is a combination of hand shapes, facial expressions and body movements. In this course our tutor will deepen your understanding of the deaf community and their cultural identity along with teaching basic conversational NZSL.

Tutor: Jaime Brown

187	Thur 16 Feb	7-9pm	6 sessions	\$99
287	Thur 3 May	7-9pm	6 sessions	\$99

### **NEW Russian Conversation**

Focus on the spoken language. In this class we will cover essential vocabulary as a starting point for simple conversation. You will learn not only how to communicate in Russian in everyday situations through exercises, role-plays and watching movies but also to understand Russia, Russian people, their customs and manners. Suitable for those who already know a little Russian but absolute beginners are also welcome (please contact tutor in advance on 021 137 0602)

Tutor: Irina Bruskina

188	Mon 20 Feb	7-9pm	6 sessions	\$110
288	Mon 30 Apr	7-9pm	6 sessions	\$110

### **Spanish Conversation**

Learn the language you need to travel to any Spanish speaking country. A dynamic and interactive course taught by a native Spanish speaker. Suitable for absolute beginners or those who already know a little Spanish.

Tutor: Vicky Giglio

189	Mon 20 Feb	7-8.30pm	7 sessions	\$99
289	Mon 30 April	7-8.30pm	7 sessions	\$99

## Music & More

### **NEW** Aging Well for Women

Women universally experience a time of personal evolution during midlife and menopause. A generation of women 40-60+ are pioneering new models for their relationships, health, personal & professional well-being. This interactive, research-based course is an invitation to come and feel supported in exploring questions that are relevant to you. Topics tailored to meet the needs and interests of the women who attend. Eg Natural approaches to making peace with hormones, Understanding why relationships change in the second half of a woman's life, What it means to our health to keep expanding our capacity for creativity and pleasure, The gift of owning your vocation vs simply working in a job, Body image and beauty no matter how young you are.

Tutor: Wende Jowsey MAEd  
297 Mon 7 May 6.30-8.30pm 6 sessions \$120

### **Bridge**

BRIDGE - the thinking man's (and woman's) card game. Guaranteed to keep your brain alert and Alzheimers at bay! A beginner's course for those who have wondered what the fascination of this intriguing game is all about, and a polish up of rusty skills for those who have a nodding acquaintance with the King of card games and wish to know more.

Tutor: Richard Ryan  
290 Tue 15 May 7-9pm 6 sessions \$120

### **Guitar**

Please bring your own guitar and pick.

Tutor: Martin Harmadi

**A. Beginners 7-8pm:** Learn to play both classical (plucking) and popular (strumming) techniques. Even if you've never played a note before, you should be able to play a tune by the end of the course. You will need to buy a textbook.

**B. Intermediate 1 8-9pm:** This course suits people who have completed the Beginner's course or who have basic strumming and plucking skills.

**C. Intermediate 2 6-7pm:** If you can already strum and pluck well this course is for you. Learn to play a variety of songs using different techniques.

191A	Tue 14 Feb	7-8pm	8 sessions	\$90
291A	Tue 1 May	7-8pm	8 sessions	\$90
191B	Tue 14 Feb	8-9pm	8 sessions	\$90
291B	Tue 1 May	8-9pm	8 sessions	\$90
191C	Tue 14 Feb	6-7pm	8 sessions	\$90
291C	Tue 1 May	6-7pm	8 sessions	\$90

### **Make-Up Magic**

A hands-on class, where you will learn to prepare the skin for make-up and fundamental skills of make-up application. Apply a polished day time look to enhance your features & achieve a flawless finish. You will be shown the secrets that

the professionals use to create a perfect look. You will also receive advice on how to use the essential make-up application tools, how to save time & money. \*Skin care, cosmetics & brush sets will be available at discounted rates from the tutor on the night.

Tutor: Lisa Koegler  
192 Tue 28 Feb 6.30-9pm 1 session \$49  
292 Tue 8 May 6.30-9pm 1 session \$49

### **Style Secrets**

Treat yourself to this interactive course. Learn what to look for when selecting clothing & accessories. Enhance your assets, gain understanding on how to complement your skin tone & embellish all of your natural inner qualities. Our tutor, Accredited Image Consultant Lisa Koegler -[www.silhouettes.co.nz](http://www.silhouettes.co.nz) - will share the secrets of style & help you save time & money while creating a wardrobe that works for YOU! No more 'lots of clothes but nothing to wear!'

193 Sat 3 Mar 9am-1pm 1 session \$49  
293 Sat 19 May 9am-1pm 1 session \$49

### **Successful Fishing**

Learn techniques to catch common table species from the Waitemata Harbour and inner Hauraki Gulf. You can target Snapper, Kingfish, John Dory, Trevally, Kahawai and others - some available all year. Boat and land-based techniques will be covered.

Tutor: Kevin Lydiard  
194 Mon 27 Feb 7-9pm 4 sessions \$85

### **NEW** How To Make A Good Brain Great

Gain the tools to optimize your brain power, enrich your health and your life in the process. The principles and exercises you will be taught in this program, based on years of cutting-edge neuroscience research and the experiences of thousands of people, provide a wealth of practical information to teach you how to achieve the best brain possible.

Learn:

- how to *eat* right to *think* right
- how to protect your brain from injuries and toxic substances
- how to nourish your brain with vitamins and do mental workouts to keep it strong
- the critical component of physical exercise, and which kinds work best
- how to rid your brain of negative thoughts, counteract stress, and much more

**HOW TO MAKE A GOOD BRAIN GREAT** is a positive and practical road map for enriching and improving your greatest asset—your brain.

Tutor: Gerry Brawn-Douglas BSocSc; M Phil-Education(Hons); Dip Tchg  
199 Thur 23 Feb 7-9pm 6 Sessions \$120

## Workshop

### **Upholstery for Beginners**

(Limited to 12 students)

Tutor: Mike Broadfoot

195A	Tue 14 Feb	7-9pm	8 sessions	\$165
195B	Wed 15 Feb	7-9pm	8 sessions	\$165
295A	Tue 1 May	7-9pm	8 sessions	\$165
295B	Wed 2 May	7-9pm	8 sessions	\$165

### **NEW** Woodwork For Beginners

Introduction to the safe use of machinery & hand tools. Basic knowledge of timbers and finishes. Then choose a project & get started. Materials cost depends on your project.

Tutor: Ross Malcolm

196	Tue 14 Feb	7-9pm	4 sessions	\$80
296	Tue 1 May	7-9pm	4 sessions	\$80

## English for Speakers of Other Languages - 2012

**Come and improve your English. Gain confidence to mix and speak with your Kiwi neighbours and workmates.**

**FREE Introductory Session: Term 1. 7-8pm Tuesday 7 FEBRUARY**

**Term 2. 7-8pm Monday 23 APRIL**

**Come and meet the teachers and find out which is the best course of study for your needs.**

**Community Education - Northcote College Gate 5, 6 Kauri Glen Rd, Northcote**

**NB. These courses are supported by TEC for Permanent Residents aged 16 years or more. Non residents must pay an extra 50% Please provide your passport with proof of your residency status when you enrol..**

### General English

#### **Monday AND Wednesday – 2 nights a week**

Course covers grammar, reading, writing and conversation at Elementary, Pre-Intermediate and Intermediate levels. Study of New Zealand customs & culture will help you improve your English language skills. You will need to buy a textbook.

#### **Elementary**

1801	Mon 13 Feb - 4 April	7-9pm	16 sessions	\$160
2801	Mon 30 April - 20 June	7-9pm	16 sessions	\$160

#### **Pre-Intermediate**

1802	Mon 13 Feb - 4 April	7-9pm	16 sessions	\$160
2802	Mon 30 April - 20 June	7-9pm	16 sessions	\$160

#### **Intermediate**

1803	Mon 13 Feb - 4 April	7-9pm	16 sessions	\$160
2803	Mon 30 April - 20 June	7-9pm	16 sessions	\$160

### English Conversation

#### **Tuesdays – 1 night a week**

Practise speaking English in pairs and small groups. Gain confidence to become more fluent. Learn Kiwi idioms and culture; vocabulary; discuss news articles; improve your pronunciation including Maori place names.

1804	Tue 14 Feb - 3 April	7-9pm	8 sessions	\$80
2804	Tue 1 May - 19 June	7-9pm	8 sessions	\$80

### Preparation for IELTS – General / Academic

#### **Tuesday AND Thursday – 2 nights a week**

A pre-University Course for students at Upper Intermediate level. Practice in reading, writing, speaking and listening with emphasis on preparation for the IELTS Academic/General test. Skills development appropriate for advanced English use. You will need to buy a textbook.

1805	Tue 14 Feb - 5 April	7-9pm	16 sessions	\$195
2805	Tue 1 May - 21 June	7-9pm	16 sessions	\$195

### English Pronunciation

Pronunciation is one of the hardest aspects of English to master. In this class we will look at various techniques to improve pronunciation and speech clarity. We will also introduce the IPA (International Phonetic Alphabet) so you can continue to refine your speech after the course has finished. (Level: Pre-Intermediate +)

1806	Sat 25 Feb - 24 Mar	9am-12.15pm	5 sessions	\$99
2806	Sat 12 May - 16 June	9am-12.15pm	5 sessions	\$99

*NB No class on Sat 2 June (Queen's Birthday weekend.)*

### Business English

Suitable for foreign students interested in learning Business English, especially those intending to work or those who have recently commenced employment in New Zealand. Focuses on day to day communication in the workplace. Role plays will help you gain confidence and prepare you for work. Topics include person-to-person communication and understanding cultural differences, phone calls, writing, exchanging information and writing simple reports. This class will also cover conversation on current events to give you confidence to chat with your work colleagues at morning tea and lunchtime. (Level Pre-Intermediate+)

2807	Sat 12 May - 16 June	9am-12.15pm	5 sessions	\$99
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*NB No class on Sat 2 June (Queen's Birthday weekend.)*

**NEW**

## **ENGLISH INTENSIVE**

Monday 23<sup>rd</sup> – Friday 27<sup>th</sup> JANUARY 2012

Practise your English grammar, conversation and pronunciation skills. Also learn about NZ culture and current issues in a friendly, informal environment. Just right to brighten up your summer holidays. Level: Pre-Intermediate – Intermediate+

Tutor: Sylvia Ronayne

1800	Mon 23 – Fri 27 Jan	9.30am-12.45pm	5 sessions	\$160
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*Fee - Non Residents \$240*

**Our friendly, well qualified tutors include:**

- ☺ Elizabeth Collins BA, RSA Cert in TEFLA, Cert Tch Reg
- ☺ Jimmy Huang BA, AIS St Helens TEFL Cert
- ☺ Jan Tyler CLTA, Dip TESOL, Cert ESOL Home Tutoring

- ☺ Zena Ough BA, Dip Tch, CELTA
- ☺ Sylvia Ronayne BA, CELTA, RSA Cert TEFLA