



Courses & Activities

All courses and activities will be delivered at the Community House, unless otherwise stated

New

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Card Making for Beginners

Tutor | Liz Clark

Liz will introduce new card makers to cutting, stamping, embossing and colour. You will learn a range of skills - some simple, some more challenging - to produce cards for women, men, kids/babies, a general purpose formal card, and one for father's day. Basic kit and materials can be purchased. Please bring sharp paper scissors with you.

When: Thursdays 10.30 am – 12.30 pm commencing 25 July for 6 weeks.

Enrol early for this one.

Cost: \$45, plus \$15 for materials

Creative Stitching using plant fibre and found objects

Tutor | Joy Beeby

Guided by well known and talented local basket weaver Joy Beeby, you will learn how to create a beautiful container or platter using different plant fibres and found objects. Materials will be supplied but please bring scissors, secateurs, crewel needle and an old towel.

When: Fridays 12.30 – 3.00 pm commencing 16 August for 5 weeks.

Cost: \$65, includes all materials

Kids Performing Arts Classes

CALLING ALL KIDS WITH A PASSION FOR PERFORMING! This new program will foster a love of drama, singing and all round performance skills, focusing on fun activities that encourage individual expression, group work and confidence building in a supportive peer environment.

Jess Dunn is an experienced performer and music facilitator, known in the Surf Coast area for her enthusiasm and passion for encouraging artistic expression and development in children. Jess is excited to be sharing her skills in stage performance as an actor, spoken word artist and musician with children in this program.

When: Tuesdays 4.00pm - 4.50pm for 5 - 8 year old children, 5.00pm - 5.50pm for 9 - 12 year old children.

Cost: \$100 per child per term

The first session is available obligation free to families who would like to try out the program first.

Call or email Jess for more information or to enrol - 0408 102 542 or jessdunn.arts@gmail.com

(Concession price or discounts for more than one family member may be available).

Lotus Yoga

Tutor | Jannie Kemp

This very popular class will enhance your fitness through yoga poses and stretching.

Learn breathing, relaxation and meditation techniques and wash those everyday stresses away.

When: Fridays 9.30–11.00am
19 July –20 September.

Cost: \$110 for 10 weeks or \$13 casual.

Inquiries: Jannie Kemp 5261 3592 for further information

Great Ocean Yoga

Tutor | Evelyn Switajewski

Body Awareness, Stretch, Relaxation

Enjoy the benefits of correct posture, building muscle strength and awareness of your breath.

General classes – during school terms

When: Mondays 7.00–8.30pm
Tuesdays 9.30–11.00am

Cost: \$12 per session.

Inquiries: Evelyn on 0423 768 979 for further information.



Yoga @ Aireys Inlet

Tutor | Shane Lewis

Beginners and general classes.

When: Mondays 6.00–7.30pm
at the Aireys Inlet Community Hall.

Cost: \$10 per week/\$8 concession.

Contact Shane on 52 896 862 for further information.

Fitness/Circuit Classes

Tutor | Nicky Friel

Qualified & Registered Personal Trainer

Improve your fitness in a class that includes low impact moves, muscle conditioning, basic step moves and circuit work. Funky music and variety ensure you will never get bored.

Where: Anglesea Memorial Hall,
McMillan Street.

Cost: 10 classes for \$100 or \$12 casual.

When: Tuesdays 7.00pm and
Saturdays 8.30am.

Suitable for all levels of fitness.
Bring a bottle of water and towel/mat.

**Personal training also available.
Call Nicky on 0403 779 084.**

Over 50's Exercise Class

Tutor | Greg Walsh

Come and join other seniors in this very popular and enjoyable class for an hour of challenging exercises for active seniors.

Greg Walsh, physiotherapist, has years of experience in designing and taking exercise classes.

When: Wednesdays 9.00–10.00am
& 10.00–11.00am at the Aireys Inlet
Community Centre.

Fridays 9.00–10.00 am at the
Anglesea Memorial Hall Youth Room
(enter side door).

Cost: \$5 per person.

Zumba Fitness

Tutor | Vicky Jones

No experience necessary. Come for fitness, fat-burning, friendship & fun!

Where: Anglesea Memorial Hall,
McMillan Street

When: Wednesdays 6.30 – 7.30 pm

Cost: \$10 per class

Inquiries: Vicky 0432 891 926 or
Elise 0401 160 282

Lifestyle

Spanish for Travellers

Tutor | Paulina Gutierrez

This course is designed for people who have plans to travel to any Spanish-speaking country. You will learn the basics of the language and vocabulary for various travelling situations such as how to buy food and groceries, book accommodation, use public transport and ask for directions. The course includes cultural information about various countries. Fit these fun language classes into your pre-departure itinerary.

When: Saturdays 9.30 – 11.30 am
commencing 27 July for 8 weeks

Cost: \$240 or \$220 concession

Includes learning materials

Spanish Level 1

Tutor | Paulina Gutierrez

This course is designed for students who want to get an insight into the Spanish language, as well as people who would like to continue studying Spanish in order to learn a new language for cultural insight and general knowledge.

When: Fridays 9.30 – 11.00 am
commencing 26 July for 8 weeks

Cost: \$230 or \$210 concession

Includes learning materials

Authentic Mexican Cooking – 3 workshops

Tutor | Paulina Gutierrez

You don't have to be a qualified chef to be able to cook authentic Mexican food in your kitchen. With Paulina's help you can learn the basics of Mexican cooking in these hands on cooking workshops and enjoy your cooking after the class. Choose from the menu options below – enrol in one, two or all three, or give a workshop as a gift to a lucky family member or friend! Workshops will be conducted in the Anglesea Memorial Hall kitchen. All ingredients are gluten free.

Workshop 1: Sunday, 4 August 9.30 -12.30pm

Menu: Migas (wintery pork soup), Tortillas (handmade with corn flour), Capirotada (Mexican bread pudding)

Workshop 2: Saturday 17 August 9.30 am – 12.30 pm

Menu: Marquesote (cake/bread made of corn and wheat flour), Rompope (eggnog), Caldo de piedra (fish and prawn soup)

Workshop 3: Sunday 1 September, 9.30 am – 12.30 pm

Menu: Tortitas de camaron (Mexican prawn croquettes), Tortitas de papa (potato croquettes), Arroz rojo (red rice)

Cost: \$65 per workshop (includes all ingredients).



Computers & Technology

Create & Maintain Your Own Website

Tutor | Donna Nolan

Build a website using Wordpress. Upload, optimise and manage images, edit content, menus and layouts. You will learn basic website design skills and general web design best practice. By the end of the course you will have a working website.

Topics covered in the course include:

- Internet Introduction
- Intro to Web Design
- Website Design
- Managing Web Content
- Mobile Devices
- Search Engine Optimisation (SEO)
- Social Media
- Statistics
- Email Setup

When: Wednesdays 6.30 – 9.00 pm commencing 14 August for 6 weeks

Cost: \$75 or \$65 concession

Basic computer skills required.



Microsoft Office Programs

Word, Excel, Publisher, PowerPoint, Access, Internet & Email and Keyboarding/Touch Typing

Tutor | Ann Wingad

MS Office programs are widely used in business and the home. Whichever program you choose to learn you will cover all the basics and be supported every step of the way by your tutor, as well as comprehensive learning materials.

So come along and improve your knowledge and confidence to enable you to carry out all those tasks which may have been beyond your reach in the past. Over 6 weeks you will cover all the essentials to operate the program of your choice.

When: Thursdays 6.30 – 9.00 pm commencing 8 August for 6 weeks

Cost: \$75 or \$65 concession.

Basic computer skills required.



Computers & Technology

Apple Mac *Computers for Everyone*

Discover the capabilities of Apple Mac Computers. Join this informal group to share information, get personalised assistance and learn from each other.

Led by experienced and knowledgeable Mac users, you will learn how to use various applications, programs and software to help you get the most out of your Mac. Bring along your questions, and your computer. If you are thinking about getting an Apple Mac come along for some general information and advice (except for iPads).

When: 1st & 3rd Thursdays of the month, from 1.00–2.30 pm

Cost: Gold coin donation.

Kids

Creative Dance for Kids

For toddlers and pre-schoolers, this popular and entertaining activity is great fun for kids and parents alike.

Great music and lots of fun. Guaranteed to get everyone dancing and involved.

When: Wednesdays from 9.15–9.45am
beginning 17 July

Cost: \$3 per child or \$5 per family.

No bookings required.

Arts & Crafts

Design Basics

Tutor | Jenny Darling



The focus of Design Basics for term 3 is to examine elements and principles of design by exploring 3D and extending understanding of colour theory.

Students will learn how inspiration from the shapes around us when making design for 3D has its correlation in 2D art and design. Outcomes of learning can be applied to both.

It is not necessary to have prior design training, just a willingness to explore and experiment creatively.

When: Mondays 10.00am–1.00pm for 8 weeks commencing 29 July

Cost: \$75 or \$65 concession.
(materials list provided)

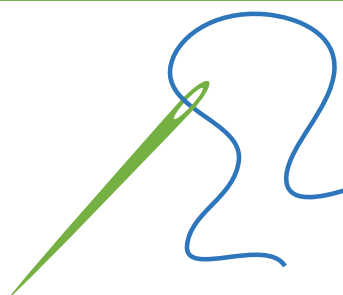
Surfcoast Probus Quilters

We meet the fourth Monday of each month from 9.30am–4.00pm.

All welcome!

Anglesea Needles

'The Needles' are Anglesea's long running group of embroiderers, meeting on the second Saturday of each month 10.00am–4.00pm.



Wednesday Stitchery

**Come join our group each
Wednesday 10.00am–12noon.**

If you need advice, or you are skilled with any handicraft, or just want to chat. Our ladies quilt, knit, do appliqué, tapestry and cross-stitch or anything else!

All welcome!



Bookings

- **Please book in early**
- Courses will only proceed if sufficient enrolments are received.
- Full payment is required at least one week before course starting date.
- Cancellations must be advised at least 72 hours prior to starting date to receive a full refund.