

# COMMUNITY EDUCATION AND DEVELOPMENT PROGRAMME

Department of Community and Cultural Affairs

REGISTER ONLINE AT  
[www.gov.bm](http://www.gov.bm)



# FALL TERM 2016

REGISTRATION:

Tuesday, 6 September - Friday, 16 September, 2016



GOVERNMENT OF BERMUDA  
Ministry of Social Development and Sports  
Department of Community and Cultural Affairs  
**Community Education and Development Programme**



# Department of Community and Cultural Affairs Community Education and Development Programme Team



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## MINISTER'S FOREWORD

The Community Education and Development Programme continues to provide access and opportunity to residents of Bermuda by keeping pace with their evolving interests and needs. Through carefully coordinated efforts, day and evening educational, social, recreational, cultural, personal and professional development courses and activities are offered for adults, youth and seniors.

In keeping with the Ministry Vision Statement, we aim to strengthen the social fabric of our community for people of all ages. This is achieved in part through the continuing education and lifelong learning courses which provide structure and facilitates an environment that promotes a sense of belonging and possibility of learning something new. The courses also provide an opportunity to practice the skills acquired in safe and nurturing surroundings.

We are also appreciative of our ongoing public and private sector community partnerships which are essential to the success of Community Education. Such partnerships support efforts to strengthen our local communities, impact change and promoting life-long learning.

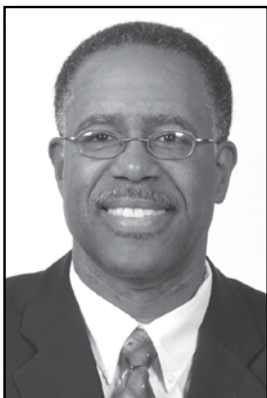
In direct response to our participants' requests we have created our new Day Course and Seminar Initiative. We invite you to participate in this initiative especially designed for adults and seniors to inform, engage and educate the public through the various activities, resources and services offered during the day in a safe, lively and structured setting.

This term, new day and evening courses include, but are not limited to: Conversational Spanish Part II, Employability Skills, Marine Engine Gas & Diesel Outboard Engines, Aerial Yoga, Pole Fitness, Microsoft Excel, Disaster Preparedness, Understanding Trust, Foundation of Civility, Eating Healthy, Living Well, and Accu-Aero Aviation Ground School.

Register on our new website: [www.gov.bm](http://www.gov.bm)

### ***'Community Action Now'***

The Honourable Sylvan Richards, JP, MP  
Minister of Social Development and Sports



## MISSION STATEMENT

The Department's mission is to educate the community and foster a greater sense of identity through an appreciation of Bermuda's culture and heritage.

Wayne Carey  
Permanent Secretary

# FALL TERM COURSE SCHEDULE 2016

## REGISTRATION INFORMATION

### REGISTRATION DATES

Tuesday, 6 September – Friday, 16 September, 2016

### REGISTRATION HOURS

Monday – Friday 9:00 a.m. – 4:00 p.m.

**METHODS OF PAYMENT: On-line, Cash Cheque, Credit and Debit Cards.**

**On-line registration: [www.gov.bm](http://www.gov.bm) must have a valid credit card and e-mail address.**

**THERE IS NO REGISTRATION IN THE EASTERN ZONE**

**Registration by fax to one centre ONLY: Hamilton 292-7786, Warwick 236-1980.**

**Drop box for registration forms are located at the two CEDP offices Hamilton and Warwick**

### CLASSES BEGIN

Week of Monday, 26 September, 2016

### CLASSES END

Week of Monday, 21 November, 2016 (8 week courses)

**Community Education and Development Programme:  
St. George's Office  
Channel House**

12 Longfield Road, St. David's DD 03

Tel: (441) 297-0892 or 297-0007 Fax: (441) 297-0386

**Hamilton Office**

81 Court Street, Hamilton

Tel: (441) 292-7735 Fax: (441) 292-7786

**Warwick Office**

72 Middle Road Warwick

Tel: (441) 236-2019/236-0829/236-5411 Fax: (441) 236-1980

**Proof of ID will be required i.e. bank statement or copy of bank card for cash and cheque refunds.**

# GENERAL PROCEDURES

## THE ROLE OF COORDINATORS

Coordinators will be available to assist you the first night of class. Coordinators are responsible for site-based management and supervision of instructors and participants.

## CLASS CANCELLATION

There will be no refunds of tuition once you have registered unless classes have been cancelled by the office. Participants assume the risk of changes of any details. A class may be cancelled if minimum enrolment is not met. Every effort is made to notify participants when a class is cancelled.

## REFUND POLICY

A full refund is automatically processed for cancelled class/es only, and participants will receive a refund from the Accountant General by cheque or direct deposit to their bank account. If the CEDP office has not received a decision regarding transfer/refund by Friday before classes begin, a refund will automatically be processed. Participants may not audit classes. Registration will not be accepted after start of the second week of classes. For ease of use credit card refunds will be processed within ten working days after notification of cancelled class.

Cash and cheque refunds will be processed within 30 working days after notification of a cancelled class. Proof of ID will be required, i.e. bank statement or copy of bank card for cash and cheque refunds. All cash refunds will be deposited in a Bermuda dollar account. Refunds are processed through the Accountant General's Department.

## INSTRUCTORS/CONTRACTORS PAYMENT POLICY

Payment for instructors will be processed within 30 working days net upon the completion of class and receipt of rosters. All payments will be deposited in a Bermuda dollar account.

## FEES

All cheques are to be made payable to the Accountant General. American Express cards are NOT accepted. Courses that are in italics signify a separate second course.

Course fees for courses offered twice per week on different day and time incur a separate charge.

## ALCOHOL AND DRUG-FREE POLICY

All Government buildings are designated as smoke and drug-free. Therefore smoking, use of any illegal substance and/or drinking of alcohol is not permitted during class times or on the premises.

## CLASS ATTENDANCE

Classes may NOT be audited. Applicants must register at any of the two CEDP offices BEFORE attending class. Please refrain from bringing children to adult classes.

## DISCLAIMER

Fees do not include accident insurance. The Community Education and Development Programme does not assume any liabilities, and absolves itself and personnel of any legal action for any damage or personal injuries, caused to instructors or participants in courses whilst on property in question at which aforementioned programmes are conducted.

N.B. Classes require minimum enrolment. However, to better serve and accommodate the community, CEDP will occasionally run a class short of the minimum. In such cases, the class may run for fewer weeks than advertised. The instructor will be informed and will then inform participants at start of class. CEDP does not prorata fees in such cases.

### **BOOKS, MATERIALS and SUPPLIES**

Textbooks, materials and supplies are available from the Warwick and Hamilton offices, and can be bought from Monday, 19 September, 2016 from 9:00 a.m. to 4:00 p.m.

Check the schedule to find out whether books are required for class. Instructors occasionally suggest supplies or books not noted on the schedule or included in the registration fee. There will be a charge for some photocopied materials.

Participants enrolled in cooking classes are required to bring take-away food containers, aprons, dishcloths or towels and ingredients to all cooking classes. All cooking classes begin on the second night of class unless otherwise stated. Recipes will be handed out on the first night of class. Ingredients will be provided for the first night of class only.

### **GOLDEN AGERS (65+ YEARS)**

For computer and some specialized classes a minimum fee of \$50 will be charged. There may be separate charges for books, materials and supplies. Limited spaces are available. ID is required at registration.

### **\*\*STUDENTS\*\***

Primary, middle and senior secondary school students may register for a nominal fee of \$50 with the exception of developmental courses.

### **CLASS LOCATIONS and TIMES**

Assigned classes are subject to change. Community classes are offered during the regular school term as well as Government school holiday mid-term breaks, with the exception of Halloween. Notification and advice may be obtained from the office staff. Coordinators will be available to assist you for the duration of the term. Coordinators are responsible for site-based management and supervision of instructors and participants.

### **C CERTIFICATES**

**A Certificate of Completion will be processed for further education, professional development and employability courses ONLY. Classes may not be audited.**

### **GENERAL INFORMATION**

Community Education classes are offered on a non-credit basis. These 'life-long learning' classes allow individuals of all ages the opportunity to explore new fields, sharpen professional skills, and enrich their personal lives. The Community Education and Development Programme strives to present classes that meet both the needs and desires of the community.

### **PRE-REQUISITE FOR INSTRUCTORS**

The Community Education and Development Programme, in partnership with the Department of Education, offer these classes at Government school facilities for all residents of the community. Instructors are people in the community who are trained and qualified and have previous exceptional knowledge, skill and experience about a given subject.

### **AFFILIATIONS**

#### **International Community Education Association (ICEA)**

Institute for Community Education International Academy  
Free University for Berlin, Koenigin-Luise-Strasse  
24-261-14195 Berlin, Germany

#### **National Center for Community Education**

1017 Avon Street Flint, Michigan 48502, U.S.A.

#### **Region 2 South East & Caribbean**

Honda of South Carolina, 1111 Honda Way, Timmonsville  
South Carolina 29161, U.S.A.

#### **Bermuda Community Education Advisory Council**

72 Middle Road, Warwick WK 07, Bermuda.

*Education is the passport to the future, for tomorrow belongs to those who prepare for it today.*

**Malcolm X**



**The Community Education and  
Development Programme is  
recruiting  
new instructors.**

**We would be delighted to receive  
your course or workshop  
proposal.**

**Call 292-7735 / 236-0829**

*"After 4 weeks of boot camp I see a big difference in myself not just in my weight and inches lost but also on how much physical strength and endurance I have now." - Darlene*

# EASTERN ZONE

## COMMUNITY SCHOOLS ALL CLASSES WILL BE HELD AT CLEARWATER MIDDLE SCHOOL, UNLESS OTHERWISE STATED, STARTING MONDAY 26 SEPTEMBER, 2016

### **ABS, BUTT AND THIGHS WORKOUT** **\$60**

This Abs, Butts and Thighs Workout is a great workout course that will help blast calories while toning and tightening the major muscles of the lower body. This one-hour workout will also improve your fitness level and take off inches. Participants are required to bring a towel and water to class.

DAY	INSTRUCTOR	TIME
Tue	S. Smith	5:30 – 6:30 a.m.

VENUE  
St. George's Cricket Club

### **AEROBIC KICKBOXING** **\$60**

This Kickboxing course will challenge your body through cardiovascular drills and strength training designed to burn fat, calories and get you fit and toned. This one-hour class will improve your endurance, strength, flexibility and leave you feeling focused and refreshed. Participants are required to bring a towel and water to class.

DAY	INSTRUCTOR	TIME
Sat	S. Smith	7:00 – 8:00 a.m.

VENUE  
St. George's Cricket Club

### **ARCHERY** **\$80**

Learn how to master a safe approach to a sport that is as old as time. Experience the unique thrill of target archery – a terrific way to enjoy yourself while developing your skills. Physical, emotional or mental disabilities must be made known to the instructor prior to starting course. Limited enrolment. Participants must be at least 16 years old. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME	VENUE
Sun	P. Harshaw	3:00 – 5:00 p.m.	Southside Softball

### **ARCHERY: INTERMEDIATE** **\$85**

The sessions will allow the intermediate recurve archer to improve their form (position). The course requires the archer to have their own equipment to enable them to learn the basics in bow tuning, arrow and bow maintenance. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME	VENUE
Sun	R. Roberts	2:00 – 4:00 p.m.	Southside Softball Field

### **NEW C ACCU-AERO AVIATION GROUND SCHOOL** **\$20**

The course is to coach participants to obtain all the required Aeronautical knowledge to pass the FAA Private Pilot Exam. A signed endorsement on completion of course will enable participants

to take the exam at any Flight School which they attend in the United States. The course covers all areas of the Private Pilot Airplane Single Engine land Aeronautical knowledge training syllabus. This is an excellent foundation for anyone planning a career in aviation. A course study material package will be made available to prospective participants by the instructor. Classes are held in an aviation environment. *These two week sessions are scheduled for 3 & 17 October, 2016.*

DAY	INSTRUCTOR	TIME
Sat	P. Wilson	12:00 – 1:00 p.m.

VENUE  
Longtail Aviation Hangar, 3 Southside, St. David's

### **BALLROOM DANCING: BEGINNERS** **\$80**

Here's your chance to learn the foxtrot, jitterbug, cha-cha, tango and waltz. Couples preferred, but not essential. Limited enrolment.

DAY	INSTRUCTOR	TIME
Wed	W. & J. Ingham	6:30 – 8:00 p.m.

### **CARDIO SURPRISE** **\$60**

The Cardio Surprise aerobics class is just what it is, A SURPRISE! You never know what you are going to experience. You will burn calories and have fun, whether it is soca, reggae, salsa or kickboxing, session, or much more! Participants are required to bring a towel, mat and 5lb weights to class.

DAY	INSTRUCTOR	TIME
Thurs	S. Smith	5:30 – 6:30a.m.

VENUE  
St. George's Cricket Club

### **CARDIO TENNIS** **\$75**

Cardio tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie-burning aerobic workout. It is a fun class for players of all ability levels taught by a professional. Participants are required to bring racquets and water to class.

DAY	INSTRUCTOR	TIME
Sat	R. Douglas	10:00 – 11:00 a.m.

VENUE  
Grotto Bay Tennis Courts

### **C COMPUTERS: HOME COMPUTING 101** **\$80**

This course is offered to ensure that individuals are better equipped to use the internet as safely as possible; and avoid being scammed into giving money, avoid being trapped into signing onto unscrupulous websites and avoid being infected by viruses and worms. *This is a 4 week course.*

DAY	INSTRUCTOR	TIME
Tue	E. Cannonier	6:00 – 8:00 p.m.

### **COOKING: FUNDAMENTALS OF COOKING** **\$80**

This course will introduce you to the trade of culinary arts by teaching the fundamentals of cooking. Skills learned will include knife skills, basic cooking methods, making sauces, emulsions and the essentials of food safety. Recipes will be given before start of class. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Mon	R. Richardson	6:30 – 8:30 p.m.

### **CROCHET AND KNITTING** **\$80**

Whether you are a beginner or a more experienced needle crafter, you will find this class relaxing. What a fun way to learn a new skill and share time with others while crocheting and knitting those socks, bags and other holiday gifts. All levels invited. Materials and supplies are not included.

DAY	INSTRUCTOR	TIME
Thurs	F. Wilkinson	6:00 – 8:00 p.m.

**C CUSTOMS CLEARANCE \$80**

Learn how to gain release and take delivery of goods from sea and air cargo terminals, including electronic submission of data; master Tariff fundamentals; and practice completing the new Bermuda Customs Declaration form. Please ensure you have a copy of the most recent Customs Tariff, a business calculator and a binder for handouts.

DAY	INSTRUCTOR	TIME
Tue	A. McKey	6:30 – 8:30 p.m.

**DIGITAL CAMERA TECHNIQUES \$80**

This course explores the new techniques of digital photography. Bring a digital camera to class.

DAY	INSTRUCTOR	TIME
Mon	L. Webb	6:30 – 8:30p.m.

**C DO-IT-YOURSELF HOME REPAIR FOR WOMEN \$80**

This class is designed for women who want to learn how to do simple repairs and maintenance around the home. This course will cover the use of basic tools and materials, common repairs to walls, floors, windows and doors. Students will also learn how to install a dimmer switch, fix leaky faucets and replace bathroom fixtures. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Wed	C. Wellman	7:00 – 8:30 p.m.

**C ELECTRONIC AND ENERGY INVENTORS' SERIES \$80**

A two night lecture series exploring the history of electricity generation, transmission and distribution. Discussions on the potential of a previously unrecognized source of electrical power generated from the infamous 'pulse motor'. These sessions are scheduled for 28 September and 5 October, 2016.

DAY	INSTRUCTOR	TIME
Wed	H. Matthie	6:00 – 8:00pm

**NEW FLOW YOGA \$70**

Students of yoga will learn self-awareness principles through breath and movement. This practice will help develop the connection of mind/body which assists in relaxation and releasing stress. Students are required to have previous experience of yoga, bring a mat and wear comfortable clothing. It is best not to eat 90 minutes before class.

DAY	INSTRUCTOR	TIME	VENUE
Mon	M. Dupres	6:30 - 7:30 p.m.	World Heritage Centre
Wed	M. Dupres	6:30 - 7:30 p.m.	Champions Marital Arts Centre.

**NEW FUNDAMENTALS OF YOGA \$70**

Learn the principles of Yoga; the fundamentals of breathing deeply, body awareness and how to move your body using your breath. The course will start with basic postures progressing to postures

that will create flexibility in mind and body. Students are required to bring a mat, and wear comfortable clothing, it is best not to eat 90 minutes before class.

DAY	INSTRUCTOR	TIME	VENUE
Tues	M. Dupres	6:30 - 7:30 p.m.	World Heritage Centre

**C FORAGING FOR WILD HERBS OF BERMUDA \$20**

Learn about and forage for wild edible plants in Bermuda. Come on this exciting venture as we engage all our five senses in nature. Tasters will be provided from selected plants. *These one off sessions are scheduled for 2 and 9 October, 2016.* The same material is taught on both days. Please note that there is a charge of \$70 for either morning or afternoon classes for the term.

DAY	INSTRUCTOR	TIME
Sun	D. Williams-James	10:00 - 11:30 a.m.

VENUE  
Bailey's Bay Nature Trail, Hamilton Parish  
Sun D. Williams-James 2:00 - 3:30 p.m.  
VENUE  
Cooper Island, Southside, St. David's

**GARDENING: BUTTERFLY GARDEN \$20**

Come and learn what types of plants harbour butterflies in order to grow a beautiful butterfly garden. Garden visits are scheduled during this course. Wear comfortable shoes and bring paper and pen to class. *This one-off session is scheduled for 1 October, 2016.*

DAY	INSTRUCTOR	TIME
Sat	R. Douglas	12:00 – 2:00 p.m.

VENUE  
Ebenezer Methodist Church, St. George's

**SELF-DEFENCE \$70**

This course will teach participants how to prevent an attack from happening to them and defend themselves. Learn how to quicken your reflexes, escape from holds, and maneuvers. Feel good about yourself and have confidence in all aspects of life.

DAY	INSTRUCTOR	TIME
Sun	P. Bailey	12:00 – 1:00p.m.

VENUE  
St. George's Preparatory School

**SPANISH: INTRODUCTION \$80**

This course offers basic practice in comprehension and production of the spoken language, with emphasis on oral communication; and an introduction to basic grammatical concepts, reading concepts and vocabulary skills.

DAY	INSTRUCTOR	TIME
Wed	V. Booth	6:30 – 8:30 p.m.

**TENNIS FOR BEGINNERS \$75**

Wear comfortable clothing and tennis shoes. Participants are required to bring racquets and water to class.

DAY	INSTRUCTOR	TIME
Wed	R. Douglas	7:00 – 8:30 p.m.

VENUE  
Grotto Bay Tennis Courts

*"Hola, my instructor is patience and knows how to pace his Spanish." – Troy Thompson*

**TENNIS FOR THE ADVANCED \$80**

Wear comfortable clothing and tennis shoes. Participants are required to bring racquets and water to class.

DAY	INSTRUCTOR	TIME
Tue	R. Douglas	7:00 – 8:30 p.m.

VENUE  
Grotto Bay Tennis Courts

**WALKING TOUR OF UNESCO WORLD HERITAGE SITE TOWN OF ST. GEORGE'S \$20**

We invite you to discover and experience Bermuda's culture, traditions and heritage in the town of St. George's. This walking tour of an UNESCO World Heritage Site will give you a unique experience of the historical aspects of the old town and its buildings. In 2000, the Historic Town of St. George and its related fortifications joined an elite group and was recognized as the oldest English town in the New World. *This one off session is scheduled for 8 October, 2016.*

DAY	INSTRUCTOR	TIME
Sat	P. Anderson	10:30 - 11:30 a.m.

VENUE  
Visitor's Information Centre  
King Street, St. George's

**VINYASA FLOW YOGA: ADVANCED \$75**

Vinyasa Flow is for the participants who enjoy a more active style of yoga. This is a strong dynamic breath to movement flow class that will start with basic postures and progress to an increase in physical, mental and emotional flexibility and strength. Participants are required to bring a mat and wear comfortable clothing. This class is for the advanced participants only.

DAY	INSTRUCTOR	TIME
Mon	M. Dupres	6:30 - 7:30 p.m.

VENUE  
World Heritage Centre,  
St. George's

**VINYASA FLOW YOGA: ADVANCED \$75**

Vinyasa Flow is for the participants who enjoy a more active style of yoga. This is a strong dynamic breath to movement flow class that will start with basic postures and progress to an increase in physical, mental and emotional flexibility and strength. Participants are required to bring a mat and wear comfortable clothing. This class is for the advanced participants only.

DAY	INSTRUCTOR	TIME
Wed	M. Dupres	6:30 - 7:30 p.m.

VENUE  
Champion Academy of Marital Arts  
Somers Wharf, 2nd Floor  
4 Water Street  
St. George's GE 05

**WATER AEROBICS \$60**

This is a fitness programme designed for the water and includes regular aerobic muscular conditioning along with exercises to stretch your body. This course also includes flexibility exercise and cardiovascular conditioning, strengthening and toning. Participants are required to bring a towel to class.

DAY	INSTRUCTOR	TIME
Tues	D. Adams	8:00 – 9:00 a.m.
Sat	D. Adams	8:00 – 9:00 a.m.

VENUE  
St. George's Club Pool

**CENTRAL ZONE**

**ALL CLASSES WILL BE HELD AT CEDARBRIDGE ACADEMY, UNLESS OTHERWISE STATED, STARTING MONDAY 26 SEPTEMBER, 2016**

**C ACCOUNTING \$70**

This course provides an introduction to the accounting process and will enable participants to record financial transactions and prepare basic financial statements. It is also suitable for those who require knowledge of formal accounting qualifications. Participants must have knowledge of computers for this course. Textbook required.

DAY	INSTRUCTOR	TIME
Thurs	L. Francis	6:00 – 8:00 p.m.

**AERIAL YOGA \$70**

Aerial Yoga is a modern style of yoga that incorporates a low-hanging soft fabric hammock to explore alignment, release chronic tension, hang around upside down, and have fun! It's appropriate for anyone including beginners with no yoga experience. For experienced yogis, aerial yoga will add a new dimension to complement your existing practice on the ground. For those with little or no yoga experience, aerial yoga is a great place to start. Every class includes spinal decompression, supported inversions, core and upper body strengthening, deep relaxation, and fun!

DAY	INSTRUCTOR	TIME
Mon	K. Marcus	5:30 – 6:30 p.m.

VENUE  
Old Berkeley Institute

**AEROBIC KICKBOXING \$60**

This is a slow version that will change your body through cardiovascular drills and strength training, designed to burn fat and calories, and to get you fit and toned. This one-hour class will improve your endurance, strength, flexibility and leave you feeling focused and refreshed. Participants are required to bring a towel and water to class.

DAY	INSTRUCTOR	TIME
Tue	S. Smith	6:00 – 7:00 pm

**ANCIENT ART OF BODY BALANCE AND COORDINATION \$70**

Learn the basics of the ancient art of Tai-Chi-Chuan; it relieves stress, promotes total relaxation, and helps to promote good health.

DAY	INSTRUCTOR	TIME
Thurs	L. Robinson	6:00 – 7:00 p.m.

**ARCHERY TAG \$80**

Archery Tag is a phenomenal new concept in friendly combat sports! It can be played indoors or outdoors and utilizes archery with special foam tipped arrows. The game is a fusion of the classic sport of archery, dodge-ball and paintball. The result is an insanely fun action packed event! Players divide into two teams and using inflatable bunkers (or other obstacles) as cover, try to be the first team to knock out the centres of a 5-spot target on the opponent's side of the field or eliminate the opposing team. Virtually painless and



mess free, Archery Tag is intense enough for thrill seekers yet safe enough for children to play. Making this game the most fun you will ever have with a bow and arrow! *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Thurs	A. Browne	6:30 – 8:30 p.m.

**BALLROOM DANCING (SOCIAL) \$80**

This class will introduce the dancer to the basic steps of the waltz, foxtrot, cha-cha, rumba and east coast swing. Learning these dances will allow the participant to partner dance to any type of classical and popular music.

DAY	INSTRUCTOR	TIME
Tues	Sabor Instructors	6:30 – 7:25 p.m.

VENUE  
Sabor Dance School (Old Berkeley Institute)

**NEW BERMUDA TELECOMMUNICATIONS MARKET**

**WHAT IN THE WORLD IS HAPPENING NOW? \$20**

Mergers and acquisitions are making you unsure of whom your telecommunications provider is now? Fumbling and bundling and want to know more about getting more value for your dollar? Come and listen to the experts on this topic and receive advice. *This one off session is scheduled for 15 November, 2016.*

DAY	INSTRUCTOR	TIME
Tue	Fort Knox Bda.	6:00 - 7:30 p.m.

VENUE  
Charities House

**BOOT CAMP/WEIGHT CONDITIONING BEGINNERS \$175**

This programme is designed for those people looking to lose weight, tone up and improve their overall cardiovascular fitness level. This circuit-based programme consists of resistance training, core/abdominal work, stretching and cardio intervals. Sessions will be held in a weight room, outdoors or on the beach when possible. Participants are required to bring water and a large towel to class, and be injury free. In the event you do have an injury please advise what that injury is.

DAYS	INSTRUCTOR	TIME
Mon/Wed/Thurs	J. Jackson	5:30 – 6:30 p.m.

**BOOT CAMP/WEIGHT CONDITIONING INTERMEDIATE \$185**

This programme is designed for those people looking to lose weight, and get that summer body toned up and improve their overall cardiovascular fitness level. This circuit-based programme consists of resistance training, core/abdominal work, stretching and cardio intervals. Sessions will be held in a weight room, outdoors or on the beach when possible. Participants are required to bring water and a large towel to class, and be injury free. In the event you do have an injury please advise what that injury is.

DAYS	INSTRUCTOR	TIME
Mon/Wed/Thurs	J. Jackson	6:35 – 7:35 p.m.

**CARDIO TENNIS \$75**

Cardio tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie-burning aerobic workout. It is a fun class for players of all ability levels taught by a professional. Participants are required to bring racquets and water to class.

DAY	INSTRUCTOR	TIME
Mon	T. Smith	12:00 – 1:00 p.m.
Thurs	T. Smith	12:00 – 1:00 p.m.

Sat	T. Smith	10:00 – 11:00 p.m.
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VENUE  
Bda Tennis Stadium

**CLASSICAL BALLET: INTRODUCTION \$70**

Develop long, lean muscles and relax the ballerina way! With beginner's ballet you will learn the basics of classical ballet. This class is for adults of all ages, sizes and experience levels. Come with your hair off your face and with comfortable clothing that is not too loose fitting.

DAY	INSTRUCTOR	TIME
Thurs	S. Cannonier	6:30 – 7:30 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**C COMPUTERS: HOME COMPUTING 101 \$80**

This course is offered to ensure that individuals are better equipped to use the internet as safely as possible; and avoid being scammed into giving money, avoid being trapped into signing unscrupulous websites and avoid being infected by viruses and worms. *This is a 4 week course.*

DAY	INSTRUCTOR	TIME
Thurs	E. Cannonier	6:00 – 8:00 p.m.

**C COMPUTER: INTRODUCTION TO MICROSOFT OFFICE WORD \$100**

This course caters to participants who have no experience using the computer. Participants will learn the Windows application, create a document and folders and save a document. Participants are required to bring a flash drive to class.

DAY	INSTRUCTOR	TIME
Wed	M. Dyer	6:00 – 7:00 p.m.

**NEW COOKING/BAKING: ITALIAN CUISINE \$70**

This course offers culinary techniques on how to prepare a variety of Italian dishes. Recipes will be given out during the first day of class. Participants are required to bring their own ingredients to class and a container to take away cooked food. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Mon	M. Elfeky	6:00 - 8:30 p.m.

**NEW COOKING/BAKING: MEDITERRANEAN CRUISINE \$70**

Participants will learn how to prepare foods from around the Mediterranean Sea. Participants will also be taught how to cook amazing dishes which include, but limited to main course, salads, sauces and desserts. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Tue	I. Youssef	6:00 - 8:30 p.m.

**C CREATIVE WRITING \$80**

Participants will learn how to write expressive ideas and thoughts in an imaginative way. The focus of this style of writing is to entertain the reader.

DAY	INSTRUCTOR	TIME
Mon	M. Brathwaite	6:00 – 8:00 p.m.

**CUSTOMER SERVICE \$75**

This course will help you understand the customer's expectation, as well as how to deliver fantastic service. Components will include identifying relevant behaviours, effective listening skills, positive

*"I enjoy teaching for CEDP. It gives me the opportunity to share my knowledge." - Kevin Gibbons*

language and problem solving.

DAY INSTRUCTOR TIME  
Thurs TBA 6:00 – 8:00 p.m.

**NEW CYBER SECURITY \$20**

Address your concerns over internet security when storing or releasing personal and financial information using electronic devices and technology. *This one off session is scheduled for 6 October, 2016*

DAY INSTRUCTOR TIME  
Thurs Fort Knox Bda. 6:00 - 7:30 p.m.  
VENUE  
Charities House

**C EMPLOYABILITY SKILLS PREPARATION \$60**

Engage yourself in preparation for the next step in the re-training, re-tooling and re-skilling for a new job, existing job, or a better job. Elements of both soft skills and hard skills are complementary assets required in the job readiness process. Position yourself for the next step in securing your career interest. The course will include four modules for workforce preparation. A certification of completion will be obtained at the end of the course to demonstrate to potential employers readiness for the workplace. *This is a 4 week course.*

DAY INSTRUCTOR TIME  
Thurs J. Adams 6:00 – 8:00 p.m.

**C ENTREPRENEURSHIP \$80**

Learn the basics of small business management and compiling a business plan. This course covers what is needed to start a business in Bermuda, legislation, budgeting, control and financial management tools. The Employment Act, home-based business, ways to maintain healthy cash flow, and how to get your customers and keep them will also be discussed.

DAY INSTRUCTOR TIME  
Thurs BEDC. 6:00 – 8:00 p.m.  
VENUE

Bda Economic Development Corp,  
Sophia House, Church St., Hamilton

**FIT FOR LIFE WALKING \$70**

Join this fun, stress-free walking class. This one-hour class will improve your endurance, strength, flexibility and leave you feeling focused and refreshed. Participants are required to bring a towel and water to class. Please note that there is a charge of \$70 for either morning or afternoon classes for the term.

DAY INSTRUCTOR TIME  
Thurs S. Smith 6:00 – 7:00 a.m.  
Thurs S. Smith 1:00 - 2:00 p.m.

VENUE  
National Stadium, North

**HYPNOSIS FOR HEALTH \$60**

Hypnosis is not what you think it is, come and learn why the British Medical Association described 'hypnotherapy as a valuable medical tool'. Experience weight loss and reduce stress easily, effortlessly, safely and permanently. This course is taught by a qualified instructor and is not a mind control based course. Participants are required to bring a towel or mat to class.

DAY INSTRUCTOR TIME  
Tue M. Jackson 6:00 – 7:30 p.m.

VENUE  
CEDP Board room  
81 Court Street, Hamilton

**NEW INTRODUCTION TO LYRA \$80**

The Aerial Hoop (also known as the lyra, aerial ring or cerceau) is a circular steel apparatus (resembling a hula hoop) suspended from the ceiling, on which an artist performs aerial acrobatics. It can be used static, spinning, or swinging. Routines are an exciting display of athleticism, coordination and flexibility.

DAY INSTRUCTOR TIME  
Wed S. Cannonier 7:30 – 8:30 p.m.  
VENUE  
Lotus Mind Body Spirit Wellness Centre

**NEW INTRODUCTION TO NATURAL MEDICINE \$60**

This course will provide insight into holistic health and homeopathy. Discover the importance of interaction between Mind, Body and Spirit, and when out of balance how this can lead to 'disease'. We will explore some common illnesses and how to treat them using natural medicine.

DAY INSTRUCTOR TIME  
Thurs M. Dupres 6:00 - 7:00 p.m.

**NEW INTRODUCTION TO SILKS \$80**

Aerial Tissu (Silks) is the art of suspended dance. "Tissu" means "fabric" in French, and is a fitting description for this cirque-inspired dance form because the performers dance on long silk fabrics. The performer uses the fabric to wrap, suspend, fall, swing, and spiral their body into and out of various positions. Aerial silks may be used to fly through the air, striking poses and figures while flying.

DAY INSTRUCTOR TIME  
Mon K. Marcus 7:15 – 8:15 p.m.  
Wed K. Marcus 7:15 – 8:15 p.m.

VENUE  
Lotus Mind Body Spirit Wellness Centre

**INVESTING \$80**

Come and learn about money market concepts, stock markets, mutual funds, bonds, equities, pension funds and alternative investment ideas.

DAY INSTRUCTOR TIME  
Mon C. Walls 6:00 – 8:00 p.m.

**LINE DANCING \$70**

Kick up your heels and have a great time in this fun, stress-free class. Enjoy a variety of wonderful rhythmic music as you exercise, dance and meet new friends.

DAY INSTRUCTOR TIME  
Mon W. Maxwell 6:45 – 7:45 p.m.

**LOTUS PRENATAL YOGA AND DANCING FOR BIRTH \$70**

This class is the ideal preparation for giving birth and will help you access your own intuitive understanding of birth. Come and learn to strengthen the uterus, pelvic ligament, improve circulation, aid digestion, exercise the spinal column, relieve fatigue and tension and revitalize the internal organs. This class can also help alleviate nausea, constipation, back pain, varicose veins, swelling and sciatica. Breathing is improved, calms the nerves and gives the mother greater control during her birth. Please note that there is a charge

of \$70 for Sunday class and \$70 for Tuesday class for the term.

DAY	INSTRUCTOR	TIME
Sun	S. Cannonier	11:30 a.m. – 12:30 p.m.
Tue	S. Cannonier	6:30 – 7:30 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**C NAVIGATION \$80**

Learn to navigate Bermuda's coastline and surrounding waters. Course covers the buoyage system, rules of the sea and a practical approach to boating.

DAY	INSTRUCTOR	TIME
Tue	W. Burchall	6:00 – 8:00 p.m.

**PILATES \$70**

This full-body fitness class will strengthen, lengthen, and tone your muscles, while at the same time improve your flexibility, posture and overall daily activities. The core principles of Pilates and modification options make this class ideal for all experience levels.

DAY	INSTRUCTOR	TIME
Mon	Sabor Instructor	6:30 – 7:25 p.m.

VENUE  
Sabor Dance School

**PILATES: INTRODUCTION \$70**

The Pilates method seeks to develop controlled movement from a strong core and it does this using a range of apparatuses to guide and train the body. Participants must wear exercise clothing and bring a hand towel and water to class. Enrolment is limited.

DAY	INSTRUCTOR	TIME
Tues	S. Cannonier	5:30 – 6:30 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**POLE FITNESS 101: FOR PURE BEGINNERS INTRODUCTION TO POLE \$70**

It's the Happiest Happy Hour in Bermuda and you get super fit doing it! Pole fitness combines acrobatics, gymnastics, strength training and artistry. It is anaerobic and aerobic, it improves flexibility, builds and maintains lean muscle mass, increases bone strength and density, boosts metabolism and your mood. Evolve your mentality and release the stigma. Pole fitness is exploding and besides all of the above... it's tons for FUN! Participants are required to bring a towel, water, shorts and a sport top to class. A proper curriculum is in place to help you learn pole safety with a lot of professional guidance. You will learn elegant walks, poses, spins and preparation or climbs plus develop strength and grace.

DAY	INSTRUCTOR	TIME
Tues	S. Cannonier	7:45 - 8:45 p.m.
Fri	S. Cannonier	5:30 - 6:30 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**NEW POLE FITNESS 201: INTRODUCTION TO CLIMBING \$70**

In this class you will learn how to get your feet off the ground by mastering many different climbing techniques and conditioning tricks.

DAY	INSTRUCTOR	TIME
Mon	S. Cannonier	6:00 - 7:00 p.m.
Fri	S. Cannonier	6:45 – 7:45 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**NEW POLE FITNESS 301: INTRODUCTION TO INVERTS \$70**

Pole 301 will turn your world upside down. Learn the techniques for inverting and gain confidence in leg hangs.

DAY	INSTRUCTOR	TIME
Thurs	S. Cannonier	7:45 - 8:45 p.m.

VENUE  
Lotus Mind Body Wellness Spirit Centre

**NEW POWER OF ATTORNEY LIVING WELL \$20**

Participants will get a better understanding of how to put a power of attorney and healthcare directive in place. *This one-off session is scheduled for 3 November, 2016.*

DAY	INSTRUCTOR	TIME
Thurs	H. DeFrias	6:00 - 8:00 p.m.

VENUE  
Charities House

**NEW RETIREMENT PLANNING \$20**

Come and learn how to optimize life beyond retirement age. *This one-off session is scheduled for September 26, 2016.*

DAY	INSTRUCTOR	TIME
Mon	Olderhood Group	6:00 - 8:00 p.m.

VENUE  
Charities House

**SALSA: BEGINNERS \$80**

Salsa is an exciting Latin partner dance. Participants will learn the elements of leading and following while mastering basic dance steps that will allow the dancer to feel confident to dance in any social setting. Participants will also be introduced to merengue and bachata, two other popular Latin dances.

DAY	INSTRUCTOR	TIME
Tue	Sabor Instructor	5:30 – 6:25 p.m.

VENUE  
Sabor Dance School (Old Berkeley School)

**C SCARS TRAINING SAVING CHILDREN AND REVEALING SECRETS PRICELESS**

Whether you are a parent, a family member, a youth serving organization, a teacher, a coach, a member of a church, or a babysitter it is important to know how to protect the children in your life from sexual abuse. Learn the facts, minimize the opportunity, talk about it, recognize the signs and react responsibly – these are important steps in protecting the children who are entrusted in your care. *This one off seminar is scheduled for 6 October, 2016.* Participants will receive a Certificate of Completion once the full three hours are completed. Registration is required.

DAY	INSTRUCTOR	TIME
Thurs	TBA	5:45 – 8:45 p.m.

**SEWING: PART 2 \$85**

This course is designed for students who have previously taken a sewing course. Participants will continue on with unfinished garments from last term, start a new garment or learn how to do alternations. Participants are encouraged to go on-line at [info@sewingpatterns.com](http://info@sewingpatterns.com) to order a pattern. Limited sewing machines are available, but participants are allowed to bring their own machine. Limited enrolment. *This is a 7 week class.*

DAY	INSTRUCTOR	TIME
Tue	L. Stephenson	6:00 – 8:30 p.m.

*“The passion for tennis instilled in my son is a direct result of the fun team drills and friendly coaches at Grotto Bay!” - Maria-Teresa Galluzzo*

**NEW SLOW FLOW YOGA: INTRODUCTION \$70**

Slow Flow Yoga incorporates conscious flowing of breath with mindful movement of the body. If you are a beginner or returning to yoga this class offers a space to learn and explore basic postures. Those with a bit more experience may enjoy the meditative experience of a gentle, focused practice. Throughout the term the class ebbs and flows between a slightly stronger more dynamic intention and a more restorative approach.

DAY	INSTRUCTOR	TIME
Mon	E. Sloan	7:30 – 9:00 p.m.

VENUE

Lotus Mind Body Spirit Wellness Centre

**C SPANISH: BEGINNERS \$80**

This course offers basic practice in comprehension and production of the spoken language, with emphasis on oral communication, with an introduction to basic grammar concepts, reading concepts and vocabulary skills. Textbook required.

DAY	INSTRUCTOR	TIME
Wed	C. Seale	6:00 – 8:00 p.m.

**C SPANISH: INTERMEDIATE \$85**

This is a continuation of the beginner's class. Go further into the basic understanding of the Spanish language in a relaxed environment. Textbook required.

DAY	INSTRUCTOR	TIME
Thurs	C. Seale	6:00 – 8:00 p.m.

**NEW STRALA YOGA \$70**

This yoga experience will guide you through breath and movement using music to encourage a deeper fun practice, starting with mellow sounds, entering into upbeat moves, and ending with Inspiring music resulting in a zone of bliss. As you continuously move through yoga poses, your energy will be lifted while feeling natural and good in the body and mind.

DAY	INSTRUCTOR	TIME
SAT	M. Pringle	4:00 - 5:00 p.m.

VENUE

Sabor Dance School  
Old Berkeley Institute

**C SUPERVISORY MANAGEMENT I \$80**

Develop your leadership and supervisory potential. Topics include: coaching, communication and employee development. Textbook required.

DAY	INSTRUCTOR	TIME
Wed	T. Wilson	6:00 – 8:00 p.m.

**C SUPERVISORY MANAGEMENT II \$85**

This course is a continuation of part I. Participants will discover why people do what they do and also what their strengths and weaknesses are for being a supervisor. Case studies will include communication, motivation, discipline, teamwork and decision making.

DAY	INSTRUCTOR	TIME
Thurs	T. Wilson	6:00 – 8:00 p.m.

**TABLE TENNIS \$75**

This course is an introduction to basic Table Tennis strokes and techniques. Designed for those wishing to increase their skills and improve hand-eye coordination, timing and footwork and for those wishing to improve their fitness.

DAY	INSTRUCTOR	TIME
Tue	J. Durham	6:30 – 8:30 p.m.

VENUE

Smash Table Tennis Club, 54 Reid Street, Hamilton

**TENNIS: BEGINNERS \$75**

For the novice player. Wear comfortable clothing and tennis shoes. Participants must bring racquets. Tennis balls will be provided. Students with heart ailments are required to have a physician's certificate. Physical, emotional or mental disabilities must be made known to the instructor before starting course.

DAY	INSTRUCTOR	TIME
Wed	L. Smith	6:00 – 7:30 p.m.

VENUE

Bda. Tennis Stadium

**TENNIS: INTERMEDIATE \$80**

Wear comfortable clothing and tennis shoes. Participants must bring racquet. Tennis balls will be provided. Participants with heart ailments are required to have a physician's certificate. Physical, emotional or mental disabilities must be made known to the instructor before starting course.

DAY	INSTRUCTOR	TIME
Tue	J. Bradshaw	6:30 – 8:00 p.m.

VENUE

Bda. Tennis Stadium

**NEW UNDERSTANDING TRUSTS \$20**

Why guess about the extent of your estate planning? Learn about whether a Trust structure might benefit you. *This one-off session is scheduled for 24 November, 2016.*

DAY	INSTRUCTOR	TIME
Thurs	H. DeFrias	5:00 - 9:00 p.m.

VENUE

Charities House

**C UPGRADE ENGLISH SKILLS \$80**

During this course students will be taught basic English concepts; such as sentence structure, grammar, spelling and the practices of standard written English.

DAY	INSTRUCTOR	TIME
Wed	M. Brathwaite	6:00 – 8:00 p.m.

**VINYASA FLOW YOGA INTRODUCTION \$70**

Vinyasa Flow is for the participants who enjoy a more active style of yoga. This is a strong dynamic breath to movement flow class that will start with basic postures and progress to an increase in physical, mental and emotional flexibility and strength. Participants are required to bring a mat and wear comfortable clothing.

DAY	INSTRUCTOR	TIME
Sun	A. Santucci	10:00 – 11:15 a.m.

VENUE

Lotus Mind Body Wellness Spirit Centre



**ZUMBA** \$65  
 Zumba Latin Dance Fitness fuses Latin rhythms and easy-to-follow moves to create a fitness programme. Participants will get a calorie-burning workout. \$65 per class.

DAY	INSTRUCTOR	TIME
Mon	W. Maxwell	5:30 – 6:30 p.m.
Wed	W. Maxwell	5:30 – 6:30 p.m.

**NEW CAKE DECORATING: ADVANCED PLUS** \$85  
 Participants will expand on the content introduced in the Cake Decorating: Beginners course. Participants will add to their cache of decorations and work with fondant and marzipan to create beautiful, delectable works of art. Participants will also work with Silver Leaf and intricate lacework while exploring the possibilities of previously introduced techniques. Prerequisite: Beginners' Cake Decorating, or permission from the instructor.

DAY	INSTRUCTOR	TIME
Thurs	C. Fisington	6:00 – 8:00 p.m.

## WESTERN ZONE

**ALL CLASSES WILL BE HELD AT  
 T. N. TATEM MIDDLE SCHOOL,  
 UNLESS OTHERWISE STATED,  
 STARTING MONDAY 26  
 SEPTEMBER, 2016**

**ART: BEGINNERS PAINTING AND DRAWING** \$80  
 This course will cover the basics of drawing, painting and illustrating techniques in watercolour, composition and proportion. Participants will receive individual attention. Please bring sketch pad and 6B pencils. Limited enrolment.

DAY	INSTRUCTOR	TIME
Mon	A. Seymour	6:00 – 8:00 p.m.

**BALLROOM DANCING: BEGINNERS** \$80  
 Here's your chance to learn the foxtrot, jitterbug, cha-cha, tango and waltz. Couples preferred, but not essential. Limited enrolment.

DAY	INSTRUCTOR	TIME
Thurs	W. & J. Ingham	6:15 – 7:30 p.m.

**C BLUE FLAG** \$50  
 This 14-hour course focuses on Bermuda's historical and economic development and their importance in the hospitality industry. Bermuda's cultural customs, flora and fauna, and places of interest are also covered. New for this course is the inclusion of elements of the National Tourism Plan, such as the focus on Total Quality Management as it relates to the tourism industry and the new tourism hubs (places of interests grouped together for marketing purposes). This course is aimed at those in the hospitality industry, particularly those who provide tours and informational services to visitors. Such persons will include taxi drivers, concierge personnel, tour guides, among others. Manual included. *This is a 3 week course.*

DAY	INSTRUCTOR	TIME
Tue/Thurs	C. Riley	6:00 – 8:00 p.m.

**CAKE DECORATING: BEGINNERS** \$80  
 This class will introduce you to creative and intricate cake decorating techniques: creating blossoms, holiday figures and piping (to name a few). Participants will need to bring cake decorating equipment to class to perfect their craft: tips, paper, cakes and additional ingredients (list will be shared weekly). Bring a pencil and notepad to the first class.

DAY	INSTRUCTOR	TIME
Mon	C. Fisington	6:00 – 8:00 p.m.

**C COMPUTERS: MICROSOFT EXCEL INTRODUCTION** \$100  
 A thorough introduction to the capabilities of this powerful spreadsheet software application. Prerequisite: Basic computer skills. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Thurs	D. Simmons	6:30 – 8:30 p.m.

**C COMPUTERS: MICROSOFT EXCEL II** \$110  
 Master the essentials of Excel - a powerful spreadsheet software application. Prerequisite: Introduction to Microsoft Excel or permission from the Instructor. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Wed	D. Simmons	6:30 – 8:30 p.m.

**C COMPUTERS: MICROSOFT OFFICE SUITE LEVEL I** \$100  
 Microsoft Office Suite is a collection of software applications that include: Word, PowerPoint, Excel, Access, Outlook and other desktop programmes. Participants must have knowledge of these software applications. This is a four week course (eight sessions) – no testing included. The components of this course are the pre-requisite for students seeking to obtain the ICDL Certification.

DAY	INSTRUCTOR	TIME
Tue/Thurs	N. Warren-Swan	6:00 – 8:00 p.m.

**C COMPUTERS: MICROSOFT OFFICE SUITE LEVEL II** \$80  
 Participants will delve deeper into the Microsoft Suite collection particularly the presentation programmes: Publisher and PowerPoint. This is a four week course – no testing included. The components of this course are the pre-requisite for participants seeking to obtain the ICDL Certification.

DAY	INSTRUCTOR	TIME
Mon	N. Warren-Swan	6:00 – 8:00 p.m.

**C COMPUTERS: QUICKBOOKS PRO LEVEL I** \$100  
 This course will cover setting up a company, working with lists, i.e. customers, vendors, etc. The student will also learn how to deal with company and employee lists, customize fields, sell products, work with bank accounts, etc. Prerequisite: must be familiar with Microsoft Office and have a basic understanding of bookkeeping principles. Textbook and USB flash drive are required for this course.

DAY	INSTRUCTOR	TIME
Wed	V. Evans	6:00 – 8:00 p.m.

*"I ask you Seniors where else could you learn to play tennis and dance for free, just call the St George's Community Education Programme and find out more." - Mair Harris*

**C COMPUTERS: QUICKBOOKS PRO LEVEL II \$110**

This course will expand on content covered in QuickBooks Pro Level I. Additionally, students will learn how to set up inventory and generate various business statements and reports. Participants must complete QuickBooks Pro Level I or have permission from the instructor to register for Level II. Textbook and USB flash drive are required for this course.  
 DAY INSTRUCTOR TIME  
 Mon V. Evans 6:00 – 8:00 p.m.

**COOKING/BAKING: PORTUGUESE CUISINE \$70**

Learn the art and culture of Portuguese cooking and baking: Portuguese breads, rolls, doughnuts, meat dishes etc. Please bring a container to take away cooked food. Participants are required to bring ingredients to class. Recipes will be provided the first night of class. *This is a 4 week course.*

DAY INSTRUCTOR TIME  
 Wed A. Spencer 6:00 – 9:00 p.m.

**COOKING/BAKING: SOUTHERN STYLE CUISINE \$70**

Prepared with soul and a lot of love, participants will combine herbs and infuse seasonings to create southern dishes that are sure to awaken the palette. Please bring a container to take away cooked food. Participants are required to bring ingredients to class. Recipes will be provided the first night of class. *This is a 5 week course.*

DAY INSTRUCTOR TIME  
 Tue Y. Bean 6:00 – 9:00 p.m.

**C CUSTOMS CLEARANCE \$80**

Learn how to gain, release, and take delivery, of goods from sea and air cargo terminals including electronic submission of data. Master Tariff fundamentals, and practice completing the new Bermuda Customs Declaration form. Please ensure you have a copy of the most recent Customs Tariff, a business calculator and a binder for handouts.

DAY INSTRUCTOR TIME  
 Tue K. McCallan 6:00 – 8:00 p.m.

**C ENGLISH AS A SECOND LANGUAGE CONVERSATIONAL \$100**

This course introduces non-native English speakers to basic structures and vocabulary of the English language. The course focuses on conversational English for everyday use. Participants will develop their English through reading, writing, speaking and listening. Limited enrolment.

DAY INSTRUCTOR TIME  
 Thurs S. Dill 6:00 – 8:00 p.m.

**GUITAR: BEGINNERS PART I \$65**

Learn the guitar using open string and bar/ bar three chord progressions. This course provides the skills needed to actually hear and play folk, rock, jazz and blues songs on one's guitar. Participants must provide their own guitar and have a basic knowledge of guitar chords. Limited enrolment.

DAY INSTRUCTOR TIME  
 Tue D. Wharton 6:30 – 7:30 p.m.

**GUITAR: BEGINNERS PART II \$70**

Participants must complete Guitar: Beginners Part I or have permission from the instructor to register for the second level. Limited enrolment.

DAY INSTRUCTOR TIME  
 Wed D. Wharton 6:30 – 7:30 p.m.

**KNITTING AND CROCHETING \$80**

Learn basic knitting /crocheting stitches to cable and lace patterns to create a wonderful scarf. Supplies needed: 200 grams of medium weight #4 yarn and a 5.5mm hook or needles.

DAY INSTRUCTOR TIME  
 Thurs P. Elliott 6:00 – 8:00 p.m.

**C MAKEUP APPLICATION \$70**

In today's world, everybody is worried about how they look. However, looking great doesn't have to take much time or effort. Join this class to learn makeup tips and techniques. *This is a 6 week course.*

DAY INSTRUCTOR TIME  
 Wed D. Grant 6:00 – 8:00 p.m.

**C MARINE ENGINES: GASOLINE & DIESEL OUTBOARD ENGINES \$80**

Students will learn how to service and maintain an outboard engine: seasonal preparation, prevention, maintenance and winterizing. In addition, students will have a look at diesel and gasoline inboard engines. This course is designed for all marine operators, crew and boating enthusiasts. Participants are encouraged to bring a notepad and pencil to class.

DAY INSTRUCTOR TIME  
 Wed M. Smith 6:30 – 8:30 p.m.

**C MARINE ENGINE OPERATORS: BASIC \$80**

This course is designed to prepare students for the Marine Engine Driver's Licence. It consists of six sections.

DAY INSTRUCTOR TIME  
 Wed G. Peets 6:30 – 8:30 p.m.

**MUSIC: RECORDER ENSEMBLE PRICELESS**

Do you know how to play the recorder? Would you like to play in a recorder ensemble? Beginner, intermediate or advanced players are welcome. This course is offered to recorder players of all ages and standards (able to read at least three notes). Participants will be given the opportunity to improve skills through working with other recorder players using familiar ensemble music.

DAY INSTRUCTOR TIME  
 Tue J. Arnold 6:00 – 7:30 p.m.

VENUE  
 St. Paul's Church, Paget

**C NAVIGATION: INTRODUCTION TO BERMUDA PILOT/BOATING \$80**

Learn about Bermuda's coastline and surrounding water. This course covers the buoyage system, rules of the sea; and practical approaches to boating. Must bring chart #334, dividers, parallel ruler and a #2 soft pencil. This course will assist students in preparation for the Boat Pilot Licence. Textbook required.

DAY INSTRUCTOR TIME  
 Mon W. Raynor 6:30 – 8:30 p.m.

**C PARENTHOOD - THE FIRST 6 MONTHS \$60**

While prenatal courses focus on pregnancy and birth, these sessions were designed for expecting parents to help them prepare for the first few months of parenthood. The top 'things' new parents wish they knew before their baby was born are shared. The course encourages expecting parents to begin preparing mentally and emotionally for their precious bundle's first 6 months and beyond. Come join me so you can start building your 'parenting toolbox!' *This is a 7 week course.*

DAY	INSTRUCTOR	TIME
Mon	C. Simons	6:00 - 8:00 p.m.

**PHOTOGRAPHY: BASIC \$80**

This course is for the beginning photographer who has just picked up a camera for the first time. It is also for the amateur photographer wanting to refresh his or her skills. Participants are required to bring their own camera to the first class.

DAY	INSTRUCTOR	TIME
Wed	L. Webbe	6:00 - 8:00 p.m.

**PHOTOGRAPHY: DIGITAL CAMERA TECHNIQUES \$80**

This course explores the techniques required to capture stunning images using digital photography. A digital camera is required for class.

DAY	INSTRUCTOR	TIME
Tue	L. Webbe	6:00 - 8:00 p.m.

**PHOTOGRAPHY: INTERMEDIATE \$85**

Prerequisite: Basic Photography, or by permission from the instructor.

DAY	INSTRUCTOR	TIME
Thurs	L. Webbe	6:00 - 8:00 p.m.

**C PLUMBING: BASIC \$100**

Learn the basics of plumbing. Materials and supplies not included.

DAY	INSTRUCTOR	TIME
Thurs	I. Leaning	6:00 - 9:00 p.m.

**C PORTUGUESE: BEGINNERS \$80**

Introduction to basic Portuguese. Participants will learn conversational Portuguese grammar, phrases and vocabulary.

DAY	INSTRUCTOR	TIME
Mon	A. Spencer	6:00 - 8:00 p.m.

**C SCARS TRAINING  
 SAVING CHILDREN AND  
 REVEALING SECRETS PRICELESS**

Whether you are a parent, a family member, a youth serving organization, a teacher, a coach, a member of a church, or a babysitter it is important to know how to protect the children in your life from sexual abuse. Learn the facts, minimize the opportunity, talk about it, recognize the signs and react responsibly - these are important steps in protecting the children who are entrusted in your care. This one off seminar is scheduled for 4 October, 2016. Participants will receive a Certificate of Completion once the full three hours are completed. Registration is required.

DAY	INSTRUCTOR	TIME
Thurs	E. Robinson	5:45 - 8:45 p.m.

**NEW C SPANISH: BEGINNERS \$80**

Learn Spanish the fast and simple way. This course offers basic practice in the spoken language (with emphasis on oral communication) and an introduction to basic grammar concepts. Textbook required.

DAY	INSTRUCTOR	TIME
Tue	E. Valencia	6:00 - 8:00 p.m.

**NEW C SPANISH: INTERMEDIATE \$85**

Delve deeper into the language! Learn more about the spoken language in a relaxed and FUN environment. Prerequisite Spanish: Beginners Part I or permission from the instructor. Textbook required.

DAY	INSTRUCTOR	TIME
Tue	T. Talbot	6:00 - 8:00 p.m.

**STAINED GLASS \$85**

Create a hobby, use sun catchers, mobiles, lamps, special occasion ornaments and more. Participants will need to buy a kit from the Warwick Community Education and Development Programme Office. This class is for both beginners and advanced students.

DAY	INSTRUCTOR	TIME
Mon	C. Henry	6:00 - 9:00 p.m.

**TENNIS: BEGINNERS \$75**

This course is for the novice player. Participants must wear comfortable clothing and tennis shoes and must bring a tennis racquet. Tennis balls will be provided. Participants with heart ailments are required to have a physician's certificate. Physical, emotional and/or mental disabilities must be made known to instructor before starting course.

DAY	INSTRUCTOR	TIME
Sat	S. Bean	10:00 - 11:30 a.m.

VENUE  
 Port Royal Tennis Courts

**TENNIS: INTERMEDIATE \$80**

This course is for the more advanced player. Participants must wear comfortable clothing, tennis shoes and must bring a tennis racquet. Tennis balls will be provided. Participants with heart ailments are required to have a physician's certificate. Physical, emotional and/or mental disabilities must be made known to instructor before starting course.

DAY	INSTRUCTOR	TIME
Sat	S. Bean	11:30 - 1:00 p.m.

VENUE  
 Port Royal Tennis Courts

**C TRI-TRADES: MASONRY, CARPENTRY, TILING \$100**

This course offers a basic understanding and application of those trades that will assist in small projects, repair and the maintenance of your home.

DAY	INSTRUCTOR	TIME
Tue	P. Maybury	6:00 - 8:00 p.m.

**WOMEN'S SLIMNASTICS \$70**

Tone and firm those muscles. Help blood circulation and take off inches and weight. Please bring towel and 3 lb - 5 lb weights to class.

DAY	INSTRUCTOR	TIME
Mon	D. Hall	6:00 - 7:00 p.m.
Wed	D. Hall	6:00 - 7:00 p.m.

*"It is so nice to know someone who actually practices customer care and not just offers service.  
 Call Susan at 297- 0007 and find out for yourselves." - Jack Harris*

**YOGA FOR EXERCISE**

**\$70**

Learn to relax while toning and trimming your body. Wear exercise clothing. Bring a towel and small mat to class.

DAY	INSTRUCTOR	TIME
Tue	R. Thomas	7:15- 8:15 p.m.

## DAY ACTIVITIES, COURSES AND SEMINARS

### Community Awareness New Initiative 2016

**These activities are designed to inform, educate and engage adults and seniors during the day in a safe, lively and structured environment. Light refreshments will be served.**

**AN ENGAGING PROGRAMME FOR ALL  
LET'S SHARE MEMORIES**

**\$40**

There is no need to sit at home or to lament 'I wish I could' or 'I wish there was.' Here is an opportunity for you to participate in meaningful activities that allow you to share your interest and knowledge of Bermuda's traditions, history and culture. Join this group activity that may be as varied as a walk along the railway trails, discovering the joy of dancing and exercise and debating current events or simply sharing memorable moments. This is a 4 week session scheduled to commence 18 October, 2016. Details of activities will be provided at the first meeting session where participants will meet at the Evangelical Church, Parking Lot, South Shore Road, Paget. Other sessions will be held at Pembroke Community Centre. Weekly activities and topics include:

- Exploring Parish Railway Trails
- Sharing and Recording Grand Ma and Grand Pa's Stories/Reviving Community Spirit
- Hearing from our Community Leaders
- Craft making with the experts.

DAY	INSTRUCTOR	TIME
Tue	L. Tannock	10:00 – 12:00 noon

VENUE  
Pembroke Community Centre

**BALANCED LIFE GOLD SENIOR'S EDITION  
YOUR HEALTH, FITNESS AND LIFE**

**PRICELESS**

Our Balanced Life Gold programme is a wonderful social outlet for seniors who are looking for fun activities which include games, music, crafts, exercise and outings. But that's not all. Guest speakers will share information on such topics as wellness relaxation therapy, cooking sessions and so much more.

DAY	TIME
Wed	10:30 a.m. – 12:30 p.m.

VENUE  
Sandys Community Centre

**C COMPUTER EXPLORER**

**\$50**

On-line course registration and job application  
Do you get frustrated having to use the computer to register for a job or a course online? Learn how to get connected and stay connected. Participants will learn how to navigate the computer and access to the internet to create an account and e-mail address, register for a course on line, or apply for a job using [www.bermudajobboard.bm](http://www.bermudajobboard.bm) in a user friendly and relaxed environment. *This is a 2 session course scheduled for 25 & 26 October, 2016.*

DAY	INSTRUCTOR	TIME
Tue/Wed	T. Johnson	11:30 a.m. – 1:00 p.m.

VENUE  
Workforce Development  
Training Room

**C COMPUTER: INTRODUCTION  
(GETTING CONNECTED)**

**\$50**

This is an introductory computer course. Participants will learn the parts to computers and how to utilize the basic functions. Participants will also become familiar with internet-based application to browse the web. *This is a 4 week session scheduled for 25 October, 1, 8 and 15 November 2016.*

DAY	INSTRUCTOR	TIME
Tue	M. Allen	12:00 – 2:00 p.m.

VENUE  
Care Computer Learning Centre  
Mount Hill  
Pembroke

**COMPUTERS: INTRODUCTION MICROSOFT EXCEL \$50**

This is a moderately pace class for beginners and refresher users. Participants will be taught how to use a spreadsheet programme to organize, format and calculate data using formulas, rows and columns to perform basic arithmetic operations and functions. Users will learn about the structure and different parts of how a spreadsheet looks and works. Outcome: Participants will be able to create a simple excel chart using rows, columns and cells relevant to their job function. Limited space is available; preference will be given to Public Works staff and other Government users. *This is a one-off session scheduled for 1 November, 2016.* A Certificate of Completion will be issued at the end of the session.

DAY	INSTRUCTOR	TIME
Tue	D. Simmons	9:00 - 12:00 noon

VENUE  
Ministry of Public Works Training Room



**C COMPUTERS: INTRODUCTION**

**MICROSOFT WORD \$50**

This is a moderately pace class for beginners and refresher users. Participants will be taught how to type and save documents, create, enter, edit and format text. Users can start with a blank document or work from a customized template for work projects and reports. Outcome: Participants will be able to create and save a document relevant to their job function. Limited space is available; preference will be given to Public Works staff and other Government users. *This is a one off session scheduled for 25 October, 2016.* A Certificate of Completion will be issued at the end of the session.

DAY	INSTRUCTOR	TIME
Tue	D. Simmons	9:00 - 12:00 noon

VENUE  
Ministry of Public Works  
Training Room

**NEW DISASTER PREPARATION \$20**

Participants will learn how to prepare in advance for the hurricane season. *This one-off session is scheduled for 21 September, 2016*

DAY	INSTRUCTOR	TIME
Wed	P. Ascott	1:00 - 3:00 p.m.
	Red Cross	

VENUE  
Charities House

**NEW EATING HEALTHILY \$20**

Come and learn how to make the right food choices to keep healthy. *This one-off session is scheduled for 19 October, 2016*

DAY	INSTRUCTOR	TIME
Wed	S. McKittick	1:00 - 2:30 p.m.
	Diabetes Assoc.	

VENUE  
Charities House

**NEW FOUNDATION OF CIVILITY \$50**

Understand the development of politics in Bermuda and the importance of civic engagement. *This is a four week session scheduled for 6, 13, 20 & 27 October, 2016.*

DAY	INSTRUCTOR	TIME
Thurs	Dame Smith	10:00 a.m. - 1:00 p.m.

VENUE  
Charities House

**C EMPLOYABILITY SKILLS \$50**

Engage yourself in preparation for the next step in the re-training, re-tooling and re-skilling for a new job, existing job, or a better job. Elements of both soft skills and hard skills are complementary assets required in the job readiness process. Position yourself for the next step in securing your career interest. The course will include four modules for workforce preparation. A certification of completion will be obtained at the end of the course to demonstrate to potential employers readiness for the workplace. *This is a 4 week course scheduled for 11, 18, 25, October and 8 November, 2016.*

DAY	INSTRUCTOR	TIME
Tue	J. Adams 1	2:00 -2:00 p.m.

VENUE  
Care Learning Computer Centre  
Mount Hill  
Pembroke

**FIT FOR LIFE \$25**

Enjoy indoor and outdoor keep fit low impact exercise. Aim to gain better balance and coordination, sitting, standing, walking and stretching movements in a safe, relaxing and comfortable environment. Feel healthier, happier and fit. Wear comfortable clothing and sneakers.

DAY	INSTRUCTOR	TIME
Mon	L. Manders	10:00 – 11:00 a.m.

VENUE  
Pembroke Community Centre

**LEARNING ABOUT AND LIVING WITH VISION LOSS IN BERMUDA \$20**

This presentation will focus on the most common causes of vision loss in Bermuda, how these eye conditions affect a person's ability to do everyday activities, and how vision rehabilitation helps people who have lost or are losing vision stay healthy, active, and independent. Participants will learn about the cause of sight loss, how they can reduce their risk of losing vision, and strategies, equipment and technology specifically designed for people who are blind or vision impaired. Services provided by the Bermuda Society for the Blind, which is becoming a vision rehabilitation and resource centre, will be highlighted. *This one-off session is scheduled 17 November, 2016.*

DAY	INSTRUCTOR	TIME
Thurs	J. Charlton	10:30 – 11:30 a.m.

VENUE  
Botanical Gardens

**LINE DANCING FOR ALL OCCASIONS (BEGINNERS) \$25**

Line dancing is an excellent activity for all ages. It provides benefits of exercise, improved health, memory recall, social interaction and overall well-being. Participants will enjoy learning how to dance and master several of the basic line dance steps to the coaster, weave, jazz box, lock step, shuffle and vine in a relaxing and enjoyable atmosphere with a varied selection of music. At the course conclusion participants will be able to comfortably participate at any social function with a varied selection of music in a relaxing and enjoyable atmosphere. *The course is available for men and women. This is a 5 week course commencing 27 October - 24 November, 2016.*

DAY	INSTRUCTOR	TIME
Thurs	A. Simmons	10:30 – 11:30 a.m.

VENUE  
Pembroke Community Centre

**MUSIC LESSONS PRICELESS**

Have you ever wanted to learn to play the piano but never had the opportunity? Well here is your chance. At the Sandys Community Centre we offer keyboarding lessons. No equipment or books necessary. We will supply everything that you need.

DAY	TIME
Fri	11:00 – 12:00 noon

VENUE  
Sandys Community Centre

*"I have been attending classes for many years, and would definitely encourage others to support and take advantage of the wide range of very affordable and interesting course that we are so privileged to have available to us." - Louis Vizion*

**NATURAL REMEDIES**

**\$20**

This class will focus on early produce and food sources used by the first settlers and by our ancestors. It also includes a presentation on the herbs and plants in the kitchen and economic gardens. This seminar includes walks around the grounds of the Botanical Gardens to explore the herbs. *This one-off session is scheduled for 16 November, 2016.*

DAY	INSTRUCTOR	TIME
Wed	Dr. Frith	10:00 – 12:00 noon.

VENUE  
Botanical Gardens  
Kitchen Gardens

**RESUME WRITING AND INTERVIEW SKILLS**

**\$40**

Before you get the opportunity to execute any job, you must convince the employer that you are a viable candidate. Before you can talk, the paper must tell a story! This session will assist you – the job seeker with your resumé writing and interviewing skills that makes or break a successful interview. You will be provided with demonstrations of role-play using a list of guidelines in writing your resume, job/company research and preparation for the job interview. *This two session course is scheduled for 26 October and 2 November, 2016. Limited spaces available.*

DAY	INSTRUCTOR	TIME
Wed	S. Dill	10:00 – 12:00 non

VENUE  
Care Computer Learning Centre, Mount Hill, Pembroke

**TRX EXERCISE**

**PRICELESS**

A fun exercise class geared just for you! Created by a Navy SEAL, TRX is a full body strength workout that utilizes your body weight. Some benefits of TRX include: the strengthening of muscles and joints giving you a better posture and an increase in energy resulting in not only a better body but a wonderful mood. No additional exercise equipment needed. Participants must bring a towel and water to class.

DAY	TIME
Mon	10:30 a.m. – 12:00 noon

VENUE  
Sandys Community Centre

**JUST FOR SENIORS**

**GOLDEN AGERS (65+ YEARS)**

**For computer and some specialised classes a fee of \$50 will be charged. There may be separate charges for books, materials and supplies. Limited spaces are available. ID is required at registration.**

**BOWLING**

**\$20**

Learn how to bowl in a friendly seniors' environment. Learn techniques and play a game with fellow bowlers. A shoe rental will be paid at the bowl. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Wed	P. Bailey	11:00 a.m. – noon

VENUE  
Strykz Bowling Lounge

**COMPUTERS: KEYBOARDING FOR SENIORS**

**\$50**

Learn the basic operation of word processing including, editing and formatting text at a slow pace. In addition, all aspects of the keyboard will be covered. Students will learn the functions of the keys including number pad and easy ways to maneuver round the desktop and typing skills. No previous typing skills necessary.

DAY	INSTRUCTOR	TIME
Thurs	E. Kelly	6:00 – 8:00 p.m.

**FLOWER ARRANGING**

**\$20**

Create beautiful floral designs for any occasion or celebration using roadside vegetation, silk flowers and dried materials. Students are required to bring their own tools and materials to class. List of required items will be available prior to starting of course. This is a two week session scheduled for 8 & 15 October, 2016.

DAY	INSTRUCTOR	TIME
Sat	R. Douglas	12:00 – 2:00 p.m.

VENUE  
Ebenezer Methodist Church , St. George's

**SIT-N-CISE**

**\$20**

This course is designed for the physically challenged or senior population. Learn how to relax and tone and trim your body. Students will also learn how to do easy strain-less stretches while sitting in a chair. Wear exercise clothing. Bring a towel and water to class. Do not eat one hour before class. This is a 6 week course.

DAY	INSTRUCTOR	TIME
Mon	R. Thomas	1:30 – 2:30 p.m.

VENUE  
St. George's Youth Centre

**YOGA FOR SENIORS**

**\$20**

Stretch, strengthen, relax, rejuvenate – this class will focus on traditional yoga to build strength and flexibility of the body, massage and tone internal organs, develop focus, will power, discipline, consistency, and cultivate the ability to relax at will. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Mon	R. Thomas	10:30 – 11:30 a.m.

VENUE  
St. George's Youth Centre

# YOUTH DEVELOPMENT

## **Beyond the School Day**

**Primary, middle, senior – public, private and home-schooled – students are invited to participate and receive a Certificate of Completion for co-curricular credit.**

### **ARCHERY \$60**

Learn how to master a safe approach to a sport that is as old as time. Experience the unique thrill of target archery. A terrific way to enjoy yourself while developing your skills. Students 8 – 15 years old. Parent **MUST** stay on premises for the duration of each class. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Sat	R. Roberts	12:00 – 2:00 p.m.
Sat	R. Roberts	2:00 – 4:00 p.m.

VENUE  
Southside Softball Field

### **ARCHERY TAG \$60**

Archery Tag is a phenomenal new concept in friendly combat sports! It can be played indoors or outdoors and utilizes archery with special foam tipped arrows. The game is a fusion of the classic sport of archery, dodge-ball and paintball. Players divide into two teams and using inflatable bunkers (or other obstacles) as cover, try to be the first team to knock out the centre of a 5-spot target on the opponent's side of the field or eliminate the opposing team. Virtually painless and mess free, Archery Tag is intense enough for thrill seekers yet safe enough for children to play. Making this game the most fun you will ever have with a bow and arrow! *This is a 5 week course.*

DAY	INSTRUCTOR	TIME	VENUE
Tue	A. Browne	6:00 – 8:00 p.m.	CedarBridge Academy

### **ART: YOUTHFUL MASTERPIECES \$50**

Children are introduced to a diverse artistic experience exploring a variety of techniques and media. Creativity and imagination are cultivated while interest and knowledge of the visual arts is explored. Supply list will be made available before class. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Sat	R. Douglas	11:00 – noon

VENUE  
Methodist Church, St. George's

### **BOWLING BEGINNERS \$50**

Students will learn the basics of bowling and the five-step approach and delivery. A shoe rental will be paid at the bowl. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Thurs	M. Jackson	4:30 – 5:30 p.m.

VENUE  
Strykz Bowling Lounge

### **CHILDREN'S POLE FITNESS (Ages 7 – 10) \$50**

Pole Sport and Fitness training combines acrobatics, gymnastics, strength training and artistry. It is anaerobic and aerobic, improves flexibility, builds and maintains lean muscle mass, increases bone strength and density, boosts metabolism and mood. Lotus is aiming to train the 1st Pole Sport Team for the 2024 Olympic Games. This course is \$50 per class.

DAY	INSTRUCTOR	TIME
Wed	S. Cannonier	4:30 – 5:30 p.m.
Fri	S. Cannonier	4:30 – 5:30 p.m.

VENUE  
Lotus Mind Body Spirit Wellness Centre

### **CLASSICAL BALLET (Ages 3 -5 years) \$50**

Children and parents love the calm environment, small class size and the fun, clear focus on classical ballet technique with just the right blend of theatre and improvisation. Students must have ballet shoes and a black leotard. No previous ballet experience required.

DAY	INSTRUCTOR	TIME
Mon	S. Cannonier	3:15 – 4:00 p.m.

VENUE  
Lotus Mind Body Spirit Wellness Centre

### **CLASSICAL BALLET (Ages 6-8 years) \$50**

Children and parents love the calm environment, small class size and the fun, clear focus on classical ballet technique with just the right blend of theatre and improvisation. Students must have ballet shoes and a black leotard. No previous ballet experience required.

DAY	INSTRUCTOR	TIME
Mon	S. Cannonier	4:00 – 5:00 p.m.

VENUE  
Lotus Mind Body Spirit Wellness Centre

### **GOLF \$50**

This course is designed to introduce first-time students to the game of golf. Students must bring a 5, 7 iron and putter to class. *This is a 5 week course.* Limited enrolment.

DAY	INSTRUCTOR	TIME
Wed	K. Swan	4:00 – 5:00 p.m.

VENUE  
St. Georges Youth Centre

### **KIDS' KITCHEN \$55**

Let this class bring out the chef in you. Students will learn how to read and understand recipes, measure ingredients, cook pancakes, make pizza and more. This course is suitable for students aged 10 and up. Ingredients and recipes will be provided. Please bring containers to take away cooked food. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Sat	S. Richardson	10:30 – 12:30 p.m.

VENUE  
Clearwater Middle School

### **MARTIAL ARTS (PRIMARY AND MIDDLE SCHOOL STUDENTS) \$50**

This course is designed for primary school students. Students will learn the traditional and basic techniques of self-defence, coordination and discipline. Minimum age of students is 6 years. *This is a 5 week course.*

DAY	INSTRUCTOR	TIME
Sat	G. Cannonier	10:00 – 11:00 a.m.

VENUE  
Clearwater Middle School

*"Since being unemployed, I have a lot of time on my hands and take advantage of Community Education classes every term, (which give value for money) in order to keep physically fit and mentally sharp." - Susann*

**NEW C MATHSKILLS \$135**

This course is designed to enable students to pass math and to meet the BSC graduation requirements. This is a developmental course.

DAY	INSTRUCTOR	TIME
Mon/Wed	TBA	4:00 – 6:00 p.m.
VENUE		
CedarBridge Academy		
Tue/Thurs	TBA	4:00 – 6:00 p.m.
Berkeley Institute		

**C MICROSOFT OFFICE SUITE LEVEL I \$135**

Microsoft Office Suite is a collection of software applications that include: Word, PowerPoint, Excel, Access, Outlook and other desktop programs. This is a 4 week (8 sessions) course –no testing included. The components of this course are the pre-requisite for students seeking to obtain the ICDL Certification. This is a developmental course.

DAY	INSTRUCTOR	TIME
Tue/Thurs	D. Robinson	4:00 – 6:00 p.m.
VENUE		
CedarBridge Academy		

**C SAT ENGLISH \$135**

This is an SAT preparation course. Students will be responsible for purchasing all course materials. Computer lab access on course practice tests will be administered. This is an 8 week course. Text book can be purchased at the Bermuda Bookstore. Students are responsible for registering online to take the final exam. This is a developmental course.

DAY	INSTRUCTOR	TIME
Wed	TBA	4:00 – 6:30 p.m.
VENUE		
CedarBridge Academy		

**C SAT MATHEMATICS \$135**

This is an SAT preparation course. Students will be responsible for purchasing all course materials. Computer lab access on course practice tests will be administered. This is an 8 week course. Text book can be purchased at the Bermuda Bookstore. Students are responsible for registering online to take the final exam. This is a developmental course.

DAY	INSTRUCTOR	TIME
Tue	TBA	4:00 – 6:30 p.m.
VENUE		
CedarBridge Academy		

**C SCIENCE FOR KIDS SERIES Ages 7 – 12 \$50**

Does your child want to know how things work? This is a hands-on experimentation and demonstration class that will introduce kids to the basic components of electronics and how they work together. A take home project will be the ultimate goal of this class. Additional cost may be required for materials and supplies. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Sat	H. Matthie	10:00 – 11:00 a.m.
VENUE		
Clearwater Middle School		

**C SCIENCE FOR KIDS SERIES Ages 13+ \$50**

This is a hands-on experimentation and demonstration class that will introduce teenagers to the basic components of electronics and how they work together. Students are expected to advance at a faster pace and be able to articulate in their own words the concepts being presented. Additional cost may be required for materials and supplies. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Sat	H. Matthie	11:00 – 12:30 a.m.
VENUE		
Clearwater Middle School		

**SOCCER \$50**

Have fun while learning the basic techniques and rules of soccer which includes physical exercise and drill. Children must wear sports clothing and bring water to class. *This is a 5 week class.*

DAY	INSTRUCTOR	TIME
Sat	D. Bailey	10:00 – 11:00 a.m.
VENUE		
Clearwater Middle School		

**TENNIS FOR TINY TOTS (AGES 4-5) \$50**

Learn the basics of tennis, such as: forehand, backhand, serve and volley. Students are to supply their own racquets. Balls will be provided. Students are required to bring water to class. *This is a 5 week class.*

DAY	INSTRUCTOR	TIME
Sat	R. Douglas	9:00 - 9:30 a.m.
Sun	R. Douglas	9:00 - 9:30 a.m.
VENUE		
Grotto Bay Tennis Court		

**TENNIS: BEGINNERS (PRIMARY AND MIDDLE SCHOOL STUDENTS) \$50**

Learn the basics of tennis, such as: forehand, backhand serve and volley. Students are to supply their own racquets. Balls will be provided. Students are required to bring water to class.

DAY	INSTRUCTOR	TIME
Tue	S. Bean	4:15 – 5:15 p.m.
VENUE		
Port Royal Tennis Courts		
Sat	R. Douglas	9:00 – 10:00 a.m.
Sun	R. Douglas	10:00 – 11:00 a.m.
Sun	R. Douglas	11:00 a.m. – 12:00 p.m.
VENUE		
Grotto Bay Tennis Court		

**TENNIS: INTERMEDIATE (PRIMARY AND MIDDLE SCHOOL STUDENTS) \$50**

Prerequisite: Students must have completed a beginner's tennis class. Students are to supply their own racquets. Balls will be provided. Students must be minimum age of 6years old. Students are required to bring water to class.

DAY	INSTRUCTOR	TIME
Wed	S. Bean/S. Maybury	4:15 – 5:15 p.m.
VENUE		
Port Royal Tennis Courts		
Thurs	J. Bradshaw	5:30 – 6:30 p.m.
VENUE		
Bda. Tennis Stadium		



# SUCCESS THROUGH PARTNERSHIP

## Community Education and Bermuda College 2016

**PLEASE NOTE: THE PASS GRADE FOR ALL DEVELOPMENTAL COURSES IS 75%**

### **C** ENG 0001 BASIC WRITING **\$135**

A study of the essential rules of grammar, mechanics, punctuation and usage needed for clear writing. Special emphasis is given to basic sentence structure, English usage and effective presentation of ideas. The course includes tutorials, midterms and a final exam. A 'C' is required to pass this course. Textbook can be purchased at the Bermuda College book store. Upon successful completion of this course participants are required to take ENG 0002 to be eligible for college preparatory courses at Bermuda College. (ENG 0011 followed by ENG 0012). *This is an 8 week course starting the week of 26 September, 2016.*

DAY	INSTRUCTOR	TIME
Tue/Thurs.	M. Braithwaite	6:00 – 8:30 p.m.
VENUE		
CedarBridge Academy		
Mon/Wed	TBA	6:00 - 8:30 p.m.
VENUE		
T. N. Tatem Middle School		

### **C** ENG 0002 BASIC WRITING II **\$135**

This course provides a study of the development, organization, and revision of effective paragraphs. Participants receive instruction in the use of rhetorical strategies, grammar and the practices of standard written English. Prerequisite: A minimum C grade in ENG 0001 or satisfactory performance on College Placement Test. Textbook can be purchased at the Bermuda College book store. Upon successful completion of this course participants will be eligible for entry into college preparatory courses at Bermuda College. *This is an 8 week course starting the week of 26 September, 2016.*

DAY	INSTRUCTOR	TIME
Mon/Wed	J. Duncan	6:00–8:30 p.m.
VENUE		
CedarBridge Academy		
Tue/Thurs	TBA	6:00 - 8:30 p.m.
VENUE		
T. N. Tatem Middle School		

### **C** MAT 0010 BASIC MATHEMATICS **\$135**

A review of basic mathematics for participants who need to strengthen their computational skills. The course includes tutorials, mid-terms and a final exam. A minimum 'C' grade is required to pass this course. Upon successful completion of this course participants will be eligible for entry into college preparatory courses at Bermuda College (MAT 0014 followed by MAT 0015). Textbook can be

purchased at the Bermuda College bookstore. **Preference will be given to students who have taken the College Placement Test at the Bermuda College and have completed the application/registration process.** *This is an 8 week course starting the week of 26 September, 2016.*

DAY	INSTRUCTOR	TIME
Tue/Thurs	I. Whyte	6:00 – 8:30 p.m.
VENUE	CedarBridge Academy	
Mon/Wed	TBA	6:00 - 8:30 p.m.
VENUE		
T. N. Tatem Middle School		

## Community Education and C.A.R.E. Learning Centre General Education Development (GED)



Earn your General Education Development (GED) in partnership with C.A.R.E. Learning Centre and Community Education and Development Programme. Participants must demonstrate mastery of skills and knowledge in:

Reasoning through Language Arts  
Mathematics  
Social Studies and  
Science

The new format of the GED is fully computerized. Computer literacy is a requirement and an integral part of the GED test. Participants may take some or all four subjects at a time using the voucher system of \$75 a subject toward MY GED Ready test to obtain a minimum score of 151.

Qualified teachers will prepare youth and adults who have not graduated from high school and who meet specific eligibility requirements toward passing the GED test and obtaining your GED Diploma.

Participants can take approximately 6 to 12 months of GED readiness preparation and skills testing prior to sitting the final test. Register through the Community Education and Development Programme and receive 10% discount on both the Diagnostic Assessment for \$225 and the MY GED Ready Test package for \$275. Textbooks and scientific calculators can be purchased from CARE Learning Centre.

Once registered, contact C.A.R.E. Learning Centre at 292-0915 to arrange your schedule.

*"I've enjoyed my courses, and suggest that others take advantage of these Community Education classes."*  
- Chanda Johnson

## Accreditation Partnership Initiative with Community Education and Penn Foster



We have partnered with Penn-Foster a world renowned accredited distance learning provider that offers many benefits to Bermudians.

While offering a variety of courses and certifications there are other benefits as well:

- Over 500 online courses
- Self-paced
- 24 hour support

### Examples of career certificates include:

- Locksmith
- Child Day Care Management
- PC Maintenance and Repair
- AutoCAD Essentials Certificate
- CSI (Crime Scene Investigation) Basic Certificate
- Legal Transcriptionist Career Diploma
- Pet Grooming Certificate
- Medical Terminology Certificate

To view and register for all online courses go to [www.gov.bm](http://www.gov.bm). Click on the Penn-Foster image.

The Community Education and Development Programme sponsored by the Ministry of Social Development and Sports

The Department of Community and Cultural Affairs in partnership with the Ministry of Education

## \$\$ Refund Policy \$\$

For ease of use, credit cards refunds will be processed within 10 working days after notification of a cancelled class.

Cash and cheques refunds will be processed through the Accountant General's Department.

# FALL TERM

## REGISTRATION

**Tuesday September 6, 2016 -**

**Friday September 16, 2016**

## OFFICE PROCESSING

**Monday September 19, 2016 -**

**Friday September 23, 2016**

## TERM BEGINS

**Monday September 26, 2016**

## TERM ENDS WEEK OF

**Monday November 21, 2016**

**NB: Recruitment for new courses, seminars, workshops and instructors take place 5-6 weeks prior to registration.**

## Community School Offices



**Hamilton Office**

81 Court Street, Hamilton  
Tel: (441) 292-7735 Fax: (441) 292-7786

## Community School Centres



**CedarBridge Academy**

1 CedarBridge Lane  
Devonshire DV 02

**There is  
NO  
registration in the  
St.George's Office.**



**Clearwater Middle School**

2 St. David's Road,  
St. David's DD 01



**Warwick Office**

72 Middle Road Warwick  
Tel: (441) 236-0829 Fax: (441) 236-1980



**T. N. Tatem Middle School**

60 Middle Road  
Warwick WK 03

# CEDP REGISTRATION FORM

**PLEASE PRINT CLEARLY**

Last Name: \_\_\_\_\_  
 First: \_\_\_\_\_ Mi: \_\_\_\_\_  
**Mailing Address in Full**  
 House #: \_\_\_\_\_  
 Apt./Unit #: \_\_\_\_\_  
 P.O. Box: \_\_\_\_\_  
 House Name: \_\_\_\_\_  
 Street Name: \_\_\_\_\_  
 Parish: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Business Tel #: \_\_\_\_\_  
 Residence Tel #: \_\_\_\_\_  
 Cellular Tel #: \_\_\_\_\_  
 Email Address: \_\_\_\_\_

Male  
 Female  
 Bdian  
 Non Bdian

**Age Group**  
 **School Student**  
 4 – 18 yrs  
**Parent/Guardian Name**  
 **Reg. Student**  
 19 – 64 yrs.  
 **Golden Ager**  
 65 + yrs.

**FAX TO ONE OFFICE ONLY**  
 Hamilton Office  
**Fax: (441) 292-7786**  
 Warwick Office  
**Fax: (441) 236-1980**

**ALL CHEQUES MADE PAYABLE TO THE ACCOUNTANT GENERAL**

**FOR OFFICE USE ONLY**

**Course: 1.** \_\_\_\_\_ **Fee: \$** \_\_\_\_\_  
**Community School Location:**  Eastern  Central  Western

**Fee: \$** \_\_\_\_\_  Cash  Cheque  Credit Card  
**Registration Period:**  Early  Regular  Late

**Day:**  Mon  Tue  Wed  Thu  Fri  Sat  Sun  
**Date Commencing:** \_\_\_\_\_ **Class Time:** \_\_\_\_\_

**Credit Card Type**  Visa  MasterCard  Other  
**Card #:** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_

**Course: 2.** \_\_\_\_\_ **Fee: \$** \_\_\_\_\_  
**Community School Location:**  Eastern  Central  Western

**Received by:** \_\_\_\_\_ **Date of Registration:** \_\_\_\_\_

**Day:**  Mon  Tue  Wed  Thu  Fri  Sat  Sun  
**Date Commencing:** \_\_\_\_\_ **Class Time:** \_\_\_\_\_

**Date entered in Aceware:** \_\_\_\_\_  
**Registration by:**  Walk-in  Mail  Tel  Fax  
 Email  Online

**REFUND POLICY:** *There will be no refund of tuition once you have registered, unless classes have been cancelled by office administration. A full refund is automatically processed on cancelled classes ONLY after the registration process.*

- Credit cards refunds will be processed within 10 working days after notification of a cancelled class.
- Cash and cheques refunds will be processed through the Accountant General's Department.
- Refunds will not be given after commencement of classes.
- Proof of ID will be required, i.e. bank statement for cash and cheque refunds.

**FURTHER LIABILITY RELEASE:** *The CEDP does not assume any liabilities and absolves itself and personnel of any legal action or personal injuries whilst on property in question at which aforementioned programmes are conducted.*

**WWW.GOV.BM**

Brochures will be available for collection from the two Community Education and Development Programme  
 Office Locations: 81 Court Street, Hamilton • 72 Middle Road, Warwick  
 as well as the Department of Community and Cultural Affairs Headquarters and post offices