

DISCOVER

COMMUNITY EDUCATION



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

SPRING TERM COURSE REGISTRATION INFORMATION 2017

REGISTRATION DATES Monday, 17 April - Friday, 28 April, 2017

SPRING TERM COURSE REGISTRATION INFORMATION 2017

REGISTRATION DATES

Monday, 17 April – Friday, 28 April, 2017

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 Registrants must have a valid credit card and e-mail address

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, 8 May, 2017

CLASSES END: Week of Monday, 19 June, 2017 (7 week session)

* denotes textbook, materials or supplies required for a course.

CEDP Warwick Office, 72 Middle Road Warwick • Tel: (441) 236-0829 / 236-2019 Fax: (441) 236-1980

New CEDP Hamilton Office, 43 Church Street Global House (Ground Floor) commencing 19 April 2017.

EASTERN ZONE

ABS, BUTT AND THIGHS WORKOUT \$60

This workout will help blast calories while toning and tightening the major muscles of the lower body.

Tue 5:30 – 6:30 a.m. St. George's Cricket Club

ACCOUNTING* \$70

Learn how to record financial transactions and prepare basic financial statements. Textbook required.

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

ACCU-AERO AVIATION GROUND SCHOOL \$20

Learn of the required aeronautical knowledge to pass the FAA Private Pilot Exam. Dates: 13 & 20 May

Sat 12.00 – 1:00 p.m. Longtail Aviation Hangar

AERIAL LYRA 101 INTRO \$80

Perform aerial acrobatics from an aerial hoop suspended from the ceiling.

Wed 6:30 – 7:30 p.m.

Lotus Mind Body Spirit Wellness Centre

AERIAL YOGA FLOW – INTRO \$70

This modern style of yoga combines traditional mat yoga postures suspended in a soft fabric hammock.

Mon 7:30 – 8:15 p.m.

Fri 6:30 – 7:30 p.m.

Lotus Mind Body Wellness Spirit Centre

AEROBIC KICKBOXING \$60

This class is designed to burn fat and calories through cardiovascular drills and strength training.

Tue 6:00 – 7:00 p.m. Cedarbridge Academy

Sat 7:00 – 8:00 a.m. St. George's Cricket Club

ARCHERY \$80

Experience the unique thrill of target archery. This is a 5 week course.

Sun 3:00 – 5:00 p.m. Southside Softball Field

ARCHERY: INTERMEDIATE* \$85

The recurve archer will improve form (position); Must have own equipment. This is a 5 week class.

Sun 12:00 – 2:00 p.m. Southside Softball Field

BALLROOM DANCING: BEGINNERS \$80

Learn the foxtrot, jitterbug, cha-cha, tango and waltz. Couples preferred, but not essential.

Wed 6:30 – 8:00 p.m. Clearwater Middle School

BOOT CAMP/WEIGHT CONDITIONING BEGINNERS \$175

In this circuit based class you will lose weight, tone up and improve your overall cardiovascular fitness level.

Mon/Wed/Thurs 5:30 – 6:30 p.m.

CedarBridge Academy

BOOT CAMP/WEIGHT CONDITIONING INTERMEDIATE \$185

Circuit based class consisting of resistance training, core/abdominal work, stretching, and cardio intervals.

Mon/Wed/Thurs 6:35 – 7:35 p.m.

CedarBridge Academy

CARDIO TENNIS* \$75

High-energy tennis fitness workout including cardiovascular and calorie-burning aerobic exercise.

Sat 10:00 – 11:00 a.m. Grotto Bay Tennis Courts

CLASSICAL BALLET: INTRODUCTION \$70

Develop long, lean muscles while learning the basics of classical ballet.

Thurs 6:30 – 7:30 p.m.

Lotus Mind Body Wellness Spirit Centre

COOKING FOR THE FAMILY* \$80

Learn how to prepare quick, hardy, tasty meals. This is a five week course.

Tues 6:30 – 8:30 p.m. Clearwater Middle School

CREATIVE WRITING \$80

Learn how to write expressive ideas and thoughts in an imaginative and entertaining way.

Tues 6:00 – 8:00 p.m. CedarBridge Academy

CROCHET AND KNITTING* \$80

Learn a new skill and share time with others while crocheting and knitting those socks, bags and other gifts.

Thurs 6:00 – 8:00 p.m. Clearwater Middle School

CUSTOMER SERVICE \$75

Learn how to deliver fantastic customer service by understanding the customer's expectation.

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

CUSTOMS CLEARANCE* \$80

Learn how to gain release and take delivery of goods from sea and air cargo terminals.

Tues 6:30 – 8:30 p.m. ClearwaterMiddleSchool

DIGITAL CAMERA TECHNIQUES \$80

Explore the new techniques of digital photography. Bring a digital camera to class.

Mon 6:30 – 8:30 p.m. Clearwater Middle School

EMPLOYABILITY SKILLS PREPARATION \$60

Prepare for an existing or new job by re-training, re-tooling or re-skilling. *This is a 4 week course.*

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

FORAGING FOR WILD HERBS OF BERMUDA \$20

Learn how to forage for wild edible plants in Bermuda in one off sessions.

Sun/14 May 2:00 – 3:30 p.m.

Bailey's Bay Nature Trail

Sun/28 May 2:00 – 3:30 p.m.

Cooper's Island, Southside, St. David's

FUNDAMENTALS OF YOGA \$70

Principles of Yoga – breathing deeply, body awareness and how to move your body using your breath.

Tues 6:30 – 7:30 p.m. World Heritage Centre

GARDENING: BUTTERFLY GARDEN \$20

Learn to recognize the types of plants that attract butterflies in order to create a beautiful butterfly garden.

Sat/27 May 12:00 – 2:00 p.m.

Ebenezer Methodist Church, St. George's

INTRODUCTION TO NATURAL MEDICINE \$60

Discover the interaction between mind, body and spirit, and how to heal the body using natural medicine.

Thurs/3 week course 6:00 – 7:00 p.m.

CedarBridge Academy

INTRO TO SILKS – GET FIT TO FLY \$80

Learn the art of suspended dance while dancing on long fabric silks.

Mon 6:30 7:30 p.m

Lotus Mind Body Spirit Wellness Centre

INVESTING \$80

Learn about the money market, mutual funds, bonds, equities, pension funds and other investment ideas.

Mon 6:00 – 8:00 p.m. CedarBridge Academy

LINE DANCING \$70

Kick up your heels, exercise, dance and have a great time in this fun, stress-free class.

Mon 6:45 – 7:45 p.m. CedarBridge Academy

PILATES \$70

Develop strength, flexibility, coordination, precision movement & overall mind and body awareness.

Tues 5:30 – 6:30 p.m.

Lotus Mind Body Wellness Spirit Centre

POLE FITNESS 101: FOR PURE BEGINNERS \$70

This anaerobic and aerobic class combines acrobatics, gymnastics, strength training and artistry.

Tues 7:45 – 8:45 p.m.

Lotus Mind Body Wellness Spirit Centre

Sat 12:00 – 1:00 p.m.

Lotus Mind Body Wellness Spirit Centre

SCARS TRAINING FREE

Sexual Abuse – learn the facts, minimize the opportunity, talk about it, recognize the signs and react.

Wed/17 May 5:45 – 9:00 p.m. Clearwater Middle School

Wed/7 June 5:45 – 9:00 p.m. CedarBridge Academy

SELF-DEFENCE \$70

Learn how to quicken your reflexes, escape from holds, and maneuvers.

Sun 12:00-1:00 p.m. George's Preparatory School

SPANISH: BEGINNERS* \$80

This course offers basic practice in the spoken language and an introduction to basic grammar concepts.

Wed 6:00 – 8:00 p.m. CedarBridge Academy

Wed 6:00 – 8:00 p.m. Clearwater Middle School

SPANISH: INTERMEDIATE* \$85

This is a continuation of the beginner's class. Go further into the basic understanding of the Spanish language.

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

SUPERVISORY MANAGEMENT I* \$80

Develop leadership and supervisory potential. Topics include coaching and communication.

Wed 6:00 – 8:00 p.m. CedarBridge Academy

SUPERVISORY MANAGEMENT II* \$85

This continuation course includes communication,

motivation, discipline, teamwork and decision making.

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

UPGRADE ENGLISH SKILLS \$80

Students will be taught basic English concepts such as sentence structure, grammar, and spelling.

Wed 6:00 – 8:00 p.m. CedarBridge Academy

WATER AEROBICS \$60

This program includes regular aerobic muscular conditioning along with exercises to stretch your body.

Tues 8:00 – 9:00 a.m. St. George's Club Pool

ZUMBA \$65

Latin Dance Fitness fused with Latin rhythms and easy-to-follow moves to create a calorie burning workout.

Mon 5:30 – 6:30 p.m. CedarBridge Academy

Wed 5:30 – 6:30 p.m. CedarBridge Academy

WESTERN ZONE**AERIAL YOGA \$70**

Modern style of yoga using a low-hanging fabric hammock to explore alignment and release chronic tension.

Mon 5:30 – 6:30 p.m.

Tues 5:30-630pm

Thur 5:30-6:30pm

Kinetix (Berkeley Cultural Centre)

ART: BEGINNERS PAINTING AND DRAWING* \$80

Discover the basics of drawing, painting and illustrating techniques.

Mon 6:00 – 8:00 p.m. T.N. Tatem Middle School

BALLROOM DANCING: BEGINNERS \$80

Come and join us and learn the foxtrot, jitterbug, cha-cha, tango and waltz.

Thurs 6:15 – 7:30 p.m. T.N. Tatem Middle School

BALLROOM DANCING \$80

An exciting Introduction to the basic steps of the waltz, foxtrot, cha-cha, rumba and east coast swing.

Tues 6:30 – 7:25 p.m.

Sabor Dance School (Berkeley Cultural Centre)

CARDIO TENNIS* \$75

Enjoy this high-energy fitness activity that combines the best of tennis with cardiovascular exercise.

Mon 12:00 – 1:00 p.m. W.E.R Joell Tennis Stadium
Thurs 12:00 – 1:00 p.m. W.E.R Joell Tennis Stadium
Sat 10:00 – 11:00 a.m. W.E.R Joell Tennis Stadium

COMPUTERS: MICROSOFT EXCEL

INTRODUCTION \$100

A thorough introduction to the capabilities of this powerful spreadsheet software application (6 week course).

Thurs 6:30 – 8:30 p.m. T.N. Tatem Middle School

COMPUTERS: MICROSOFT OFFICE SUITE

LEVEL I \$100

Learn the infinite possibilities of this collection of software applications (4 week course).

Tue/Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School

COMPUTERS: QUICKBOOKS PRO LEVEL I* \$100

This course will cover setting up a company: working with lists, customizing fields, and much more.

Wed 6:00 – 8:00 p.m. T.N. Tatem Middle School

COMPUTERS: QUICKBOOKS PRO LEVEL II* \$110

An expansion of content covered in QuickBooks Pro Level I and an introduction to generating reports.

Mon 6:00 – 8:00 p.m. T.N. Tatem Middle School

CROCHET AND KNITTING* \$80

Learn basic knitting/crocheting stitches to cable and lace patterns to create a wonderful scarf.

Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School

CUSTOMS CLEARANCE* \$80

Master tariff fundamentals and learn how to release goods from sea/air cargo terminals.

Tue 6:00 – 8:00 p.m. T.N. Tatem Middle School

ENGLISH AS A SECOND LANGUAGE

CONVERSATIONAL \$100

This course introduces non-native English speakers to basic structures/vocabulary of the English language.

Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School

GOLF: BEGINNER* \$80

Learn the fundamentals of the golf swing and the general principles of the game of golf (5 week course).

Sat 8:00 – 9:00 a.m. Port Royal Golf Course

GOLF: INTERMEDIATE* \$80

Have your golf swing evaluated and receive an

assessment on how to take your golf game further.
Sun 8:30 – 9:30 a.m. Port Royal Golf Course

GUITAR: BEGINNERS PART I* \$65

Learn the guitar using open string and bar/bar three chord progressions.

Tue 6:00 – 7:00 p.m. T.N. Tatem Middle School

GUITAR: BEGINNERS PART II* \$70

Participants delve deeper into chord progressions to play a variety of genres.

Wed 6:00 – 7:00 p.m. T.N. Tatem Middle School

MARINE ENGINE OPERATORS: BASIC \$80

This course is designed to prepare students for the Marine Engine Driver's Licence.

Wed 6:30 – 8:30 p.m. T.N. Tatem Middle School

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

This course covers the buoyage system, rules of the sea and practical approaches to boating.

Mon 6:30 – 8:30 p.m. T.N. Tatem Middle School

PHOTOGRAPHY: BASIC* \$80

This course will orient the beginner photographer to the multitude of camera features to capture the shot.

Wed 6:00 – 8:00 p.m. T.N. Tatem Middle School

PHOTOGRAPHY: INTERMEDIATE* \$85

This course is for the more advanced photographer who is familiar with camera basics.

Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School

SALSA: BEGINNERS 1 \$80

Participants will learn the elements of leading and following while mastering basic dance steps.

Tue 5:30 – 6:25 p.m.

Sabor Dance School (Berkeley Cultural Centre)

SCARS TRAINING SAVING CHILDREN AND REVEALING SECRETS FREE

Protect children: learn the facts, minimize the opportunity, talk about it, spot the signs and react responsibly.

Wed/31 May 5:45 – 8:45 p.m. T.N. Tatem Middle School

SPANISH: BEGINNERS* \$80

This course offers basic practice in the spoken language and an introduction to basic grammar concepts.

Mon 6:00 – 8:00 p.m. T.N. Tatem Middle School

SPANISH: BEGINNERS PART II* \$85

Delve deeper into the language! Learn more about the spoken language in a relaxed and FUN environment.

Wed 6:00 – 8:00 p.m. T.N.Tatem Middle School

STAINED GLASS* \$85

Create sun catchers, lamps, special occasion ornaments and more.

Mon 6:00 – 9:00 p.m. T.N.Tatem Middle School

TENNIS FOR BEGINNERS* \$75

Learn the basics of tennis such as the forehand, backhand, serve, and volley.

Sat 10:00 – 11:30 a.m. PortRoyalTennisCourts

Wed 6:00 – 7:30 p.m. W.E.R.JoellTennisStadium

TENNIS: INTERMEDIATE* \$80

This course is for the more advanced player seeking to improve their all around game.

Sat 11:30 – 1:00 p.m. Port Royal Tennis Courts

Tue 6:30 – 8:00 p.m. W.E.R.JoellTennisStadium

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

This course offers basic understanding/application of skills that will assist in small projects around the home.

Tue 6:00 – 8:00 p.m. T.N. Tatem Middle School

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 bowling techniques in a friendly environment with fellow bowlers. This is a 6 week course.

Wed 11:00 – 12:00 noon Strykz Bowling Lounge

COMPUTERS: KEYBOARDING FOR SENIORS \$50

Learn the basic operation of word processing including, editing and formatting text at a slow pace.

Thurs 6:00 – 8:00 p.m. Clearwater Middle School

FLOWER ARRANGING \$20

Create beautiful floral designs with roadside vegetation, silk flowers and dried materials. Dates: 13 & 20 May.

Sat/2 week course 12:00 – 2:00 p.m.

Ebenezer Methodist Church, St. George's

SIT-N-CISE \$20

Learn how to relax, tone and trim your body while doing easy strain-less stretches while sitting in a chair.

Mon/6 week course 1:30 – 2:30 p.m.

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.

Mon/6 week course 10:30 – 11:30 a.m.

St. George's Youth Centre

YOUTH DEVELOPMENT (AGES 5-18)

ARCHERY \$50

Learn how to master a safe approach to this sport, develop skills and enjoy the thrill of target archery.

Sat/5 week course 12:00 – 2:00 p.m.

Southside Softball Field

Sat/5 week course 2:00 – 4:00 p.m.

Southside Softball Field

ART: YOUTHFUL MASTERPIECES* \$50

Introduction to a diverse artistic experience exploring a variety of techniques and media.

Thurs/5 week course 11:00 – 12:00 p.m.

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.*

Thurs/5 week course 4:30 – 5:30 p.m.

Strykz Bowling Lounge

GOLF \$50

Course designed to introduce first-time students to the game of golf. Bring a 5, 7 iron and putter to class.

Wed/5 week course 4:00 – 5:00 p.m.

St. George's Youth Centre

KIDS' KITCHEN (AGE 10 AND UP)* \$50

Learn to read and understand recipes, measure ingredients, cook pancakes, and make pizza and more.
Sat/5 week course 10:30 – 12:30 p.m.
Clearwater Middle School

MARTIAL ARTS (PRIMARY SCHOOL STUDENTS – 6 YEARS+) \$50

Learn traditional and basic techniques of self-defense, coordination and discipline. *This is a 5 week course.*
Mon 6:30 – 7:30 p.m. Francis Patton School

MATHSKILLS \$135

This course will enable students to pass math and to meet the BSC graduation requirements.
Mon/Wed 4:00 – 6:00 p.m. CedarBridge Academy

SCIENCE FOR KIDS SERIES AGES 7 – 12* \$50

Hands-on experimentation and demonstration introducing children to the basic components of electronics.
Sat/6 week course 10:00 – 11:00 a.m.
Clearwater Middle School

SCIENCE FOR KIDS SERIES AGES 13+* \$50

Hands-on experimentation and demonstration introducing teenagers to basic electronics, and how it works.
Sat 11:00 – 12:30 p.m. Clearwater Middle School

SOCCER* \$50

Learn the basic techniques and rules of soccer. Physical exercise and drills included. *This is a 5 week class.*
Sat 10:00 – 11:00 a.m. ClearwaterMiddleSchool

TENNIS FOR TINY TOTS (AGES 4–5)* \$50

Learn the basic techniques of tennis – forehand, backhand serve and volley. *This is a 5 week class.*
Sat 9:00 – 9:30 a.m. Grotto Bay Tennis Court
Sun 9:00 – 9:30 a.m. Grotto Bay Tennis Court

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

Learn the basic techniques of tennis – forehand, backhand serve and volley.
Sat 9:00 – 10:00 a.m. Grotto Bay Tennis Court
Sun 10:00 – 11:00 a.m. Grotto Bay Tennis Court
Sun 11:00 – 12:00 p.m. Grotto Bay Tennis Court

COMMUNITY EDUCATION AND BERMUDA COLLEGE PARTNERSHIP 2017

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

ENG 0001 BASIC WRITING* \$135

A study of the essential rules of grammar, mechanics, punctuation and usage needed for clear writing. Upon successful completion of this course participants are required to take ENG 0002 to be eligible for college preparatory courses at Bermuda College.

Tue/Thurs 6:00 – 8:30 p.m. CedarBridge Academy

ENG 0002 BASIC WRITING II* \$135

Participants receive instruction in the use of rhetorical strategies, grammar and the practices of standard written English. Upon successful completion of this course participants will be eligible for entry into Bermuda College preparatory courses.

Mon/Wed 6:00 – 8:30 p.m. CedarBridge Academy

MAT 0010 BASIC MATHEMATICS* \$135

Upon successful completion of this course participants will be eligible for entry into Bermuda College preparatory courses.

Tue/Thurs 6:00 – 8:30 p.m. CedarBridge Academy

Tue/Thurs 6:00 – 8:30 p.m. T.N.Tatern Middle School

PLEASE PRINT CLEARLY

Last Name: _____
 First: _____ MI: _____
Mailing Address in Full
 House #: _____
 Apt./Unit #: _____
 P.O. Box: _____
 House Name: _____
 Street Name: _____
 Parish: _____ Postal Code: _____

Male
 Female
 Bermudian
 Non Bermudian

Business Tel #: _____
 Residence Tel #: _____
 Cellular Tel #: _____
 Email Address: _____

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

OFFICE TELEPHONE INFORMATION
 Hamilton Office
 (441) 292-1681
 Warwick Office
 (441) 236-0829 OR 236-2019
OFFICE FAX INFORMATION
 Warwick Office (441) 236-1980

ALL CHEQUES MADE PAYABLE TO THE ACCOUNTANT GENERAL

FOR OFFICE USE ONLY

Course: 1. _____ Fee: \$ _____

Fee: \$ _____ Cash Cheque Credit Card

Community School Zone: Eastern Western

Registration Term: Spring Fall Winter

Day: Mon Tue Wed Thu Fri Sat Sun

Credit Card Type Visa MasterCard Other

Date Commencing: _____ Class Time: _____

Card #: _____ Exp. Date: _____

Course: 2. _____ Fee: \$ _____

Received by: _____ Date of Registration: _____

Day: Mon Tue Wed Thu Fri Sat Sun

Registration by: Walk-in Mail Tel Fax

Date Commencing: _____ Class Time: _____

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 class/les ONLY after the registration process.*

- Credit cards refunds will be processed after notification of a cancelled class.
- Cash and cheques refunds will be processed after notification of a cancelled class through the Accountant General's Department.
- 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.*