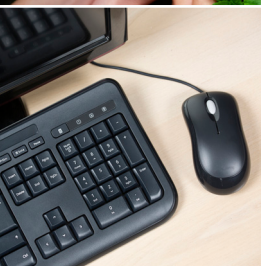
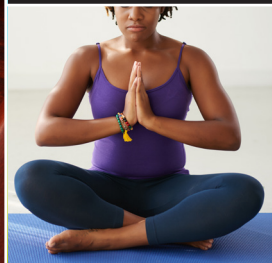


COMMUNITY EDUCATION



GOVERNMENT OF BERMUDA
Ministry of Education and Workforce Development

Community Education and Development Programme

FALL TERM COURSE SCHEDULE REGISTRATION INFORMATION 2017

REGISTRATION DATES Monday, 11 September - Friday, 22 September, 2017

FALL TERM COURSE SCHEDULE REGISTRATION INFORMATION 2017

Community Education is a community driven programme that engages community and public sector stakeholders across the continuum of education. It includes preschools, middle and senior schools, adults, seniors, Bermuda College and Workforce Development.

MISSION STATEMENT

To provide strategic leadership, supervision and policy direction that supports quality delivery in teaching; and an inclusive and progressive learning environment to improve student learning and achievement for every child.

REGISTRATION DATES

Monday, 11 September – Friday, 22 September, 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 office ONLY: Hamilton 292-7786, Warwick 236-1980.

CLASSES BEGIN: Week of Monday, 2 October, 2017

CLASSES END: Week of Monday, 27 November, 2017 (8 week session)

***DENOTES:** Textbook, materials or supplies required for a course.

C CERTIFICATE COURSES: A Certificate of Completion will be provided for further education, course recovery and co-curricular credit, professional development and employability courses. Classes may not be audited.

OFFICE LOCATIONS: Brochures for registration can be collected from the two Community Education and Development Programme office locations.

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)

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

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.

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: 14 & 21 Oct

Sat 12:00 – 1:00 p.m. Longtail Aviation Hangar

AERIAL LYRA 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: GENTLE FLOW **\$70**

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

Mon 7:45 – 8:45 p.m.

Lotus Mind Body Spirit Wellness Centre

NEW AERIAL YOGA & STRETCH: POWER FLOW **\$70**

A signature class at Lotus, where you take your fitness off the ground for challenge and fun.

Wed 1:00 – 2:00 p.m.

Lotus Mind Body Spirit Wellness 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. Devonshire Recreation Club

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

BODY SCULPTING **\$60**

This course introduces exercise techniques to improve overall physical fitness, and emphasizes the interaction between muscular strength, endurance and flexibility while blending together different combinations and sequences of exercises. Participants must wear exercise clothing and bring a towel and water to class.

Tues 6:30 – 7:30 p.m.

Evolutions Health & Fitness

Thurs 6:30 – 7:30 p.m.

Evolutions Health & Fitness

BOOT CAMP **\$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 BLAST **\$60**

Challenge your body through cardiovascular drills and strength training designed to burn fat and calories and get you fit and toned while improving your endurance, strength and flexibility leaving you focused and refreshed. Participants are required to bring a towel and water to class.

Wed 6:30 – 7:30 p.m.

Evolutions Health & Fitness

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

NEW CARPENTRY - BASIC **\$80**

Learn beginner-level carpentry skills, including the fundamentals of building such as measuring, marking, cutting, nailing, tools and aids, building tips, etc.

Mon 6:00 – 8:30 p.m. Southside, St. George.

CIRCUIT TRAINING **\$60**

Join this body conditioning/resistance training class which uses high-intensity aerobics that targets strength building and muscular endurance at a fast pace in which one exercises for 30 seconds to 5 minutes and then moves on to the next exercise.

Mon 6:30 – 7:30 p.m.

Evolutions Health & Fitness

CLASSIC STRETCH \$70

This class will focus on strengthening the large muscles of the body, joint movement and improving posture, and comprises standing and sitting, smooth and fluid movements with no stress on the body, and will firm, oxygenate and energize your entire body.

Thurs 11:00 a.m. – 12:00 p.m.

St. Georges Youth Centre

CLASSICAL BALLET: INTRO \$70

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

Thurs 6:30 – 7:30 p.m.

Lotus Mind Body Spirit Wellness Centre

★ COOKING DEMO WITH WILD HERBS 'N' PLANTS OF BERMUDA \$20

This one off class will take you on a five sense tour on how to identify wild edible plants that grow in Bermuda, and then return to the kitchen to cook some of the plants in tasty dishes.

Sun/29 Oct 2:30 to 4:30 p.m.

Clearwater Middle School

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. Clearwater Middle School

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 course includes resume writing and interviewing skills. *This is a 4 week course.*

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

★ ETYMOLOGY \$80

Improve writing, conversation, and communication skills through study of the word and its origins with free flowing group-study sessions that will bring clarity, confidence, and a deeper understanding to everyday conversations, readings, and the many other forms of spoken and written communication.

Mon 6:00 – 8:30 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/8 Oct 2:00 – 3:30 p.m. Bailey's Bay Nature Trail

Sun/15 Oct 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/7 Oct 12:00 – 2:00 p.m.

Ebenezer Methodist Church, St. George's

★ GOURMET VEGETARIAN COOKING \$80

Experience vegetarian cooking using flavorful, colorful ingredients with special occasion recipes that will delight and satisfy everyone at your dining table. *This is a 4 week course.*

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

INTRO 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

★ HAIR BRAIDING 101* \$60

Learn how to part and section hair to create 3 strand braids, 2 strand twists, and many other basic braid styles.

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

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

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

★ ISLAND PERMACULTURE \$70

Design, Build, Renovate and/or Grow Food in harmony with Nature. - learn how to be more efficient, environmental, and economic while studying the patterns of nature, and the principles of Permaculture, to know what to do and when and where to do it.

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

★ KEYS TO LIVING A HEALTHIER AND HAPPIER LIFE \$60

Walk away with a better understanding of how your mindset, food choices, exercise and self-care routines impact your health and happiness.

Wed 6:45 - 7:45 p.m.

St. George's Preparatory School

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

★ OLD SCHOOL ENGLISH (TEFL/TESOL) \$80

Improve your English reading, writing, and speaking skills through song and learn pronunciation, parts of speech, grammar, informal -vs- formal, slang. etc. - student may chose a song as the base of their study - "Old School" (Hip-Hop/Oldie Goldies) songs preferred.

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

★ PAINTING IN THE PARK \$90

Enjoy nature in the park while encouraging your artistic skill and creativity with paint by exploring painting on a flat surface, such as a traditional canvas, as well as painting on three-dimensional items, creating

utilitarian objects of art.

Sat 11:00 a.m. – 2:00 p.m. Botanical Garden

★ © PATI ACT FREE

This workshop offered by the Information Commissioner's Office explains the new right to access public records under the PATI Act, and what records you can ask for, what information may relate to your concerns, and how to enforce your rights. These are one off sessions.

Tues/17 Oct 6:00 - 8:00 p.m. CedarBridge Academy

Wed/1 Nov 6:00 - 8:00 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: FOR PURE BEGINNERS \$70

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

Tues 5:30 - 6:30 p.m.

Lotus Mind Body Spirit Wellness Centre

★ RESTORATIVE VISION BOARDING \$60

This interactive workshop will help participants to complete unfinished goals and create new SMART goals. This is a three week session.

Mon 6:00 - 8:00 p.m. Cedarbridge Academy

© SCARS TRAINING FREE

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

Wed/25 Oct 5:45 – 9:00 p.m. Clearwater Middle School

Wed/1 Nov 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

C SPANISH: BEGINNERS PART II \$85

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

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

SQUASH \$70

Come join in this highly interactive sport that is played all over the world. Learn the rules and challenges of being a great player.

Sat 10:00 -11:00 a.m.

Bermuda Squash Racquets Association

★ NEW STRENGTHENING PELVIC FLOOR & OVERCOMING DIASTASIS RECTI \$60

Strengthen your pelvic floor muscles for better bladder control, a tighter & toned core and an overall boost in health. Not just for recent mothers but for ALL women.

Wed 1:00 - 2:00 p.m. Lotus Mind Body Spirit Wellness Centre

C SUPERVISORY MANAGEMENT I* \$80

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

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

C SUPERVISORY MANAGEMENT II* \$85

This continuation course includes communication, motivation, discipline, teamwork and decision making.

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

TOTAL FITNESS \$185

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

C 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

★ NEW C VEHICLE MAINTENANCE AND ROADSIDE REPAIR \$20

Learn how to correct fluid levels, change bulbs, adjust the tire pressure, and change a punctured tire to ensure your car is safe and road worthy.

Tues 6:00 - 8:30p.m. Bermuda Motors Limited

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

★ NEW AERIAL SILKS \$70

You will climb, invert, and hang upside down increasing strength and learning sequences featuring drops, slides and flips.

Mon 7:00 - 8:00 p.m.

Wed 7:00 - 8:00 p.m.

Kinetix (Berkeley Cultural Centre)

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

Thurs 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

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

★ NEW CHESS: BEGINNERS* \$75

This course is designed for the player who has zero or very little experience. Join us to learn chess basics: how pieces move and basic chess strategies.

Tues 6:00 - 8:00 p.m. T.N. Tatem Middle School

★ CHESS: BEGINNERS PART II* \$80

This class is for chess enthusiasts familiar with the basics who are seeking to develop their game: opening techniques, middle game strategy and end game (check mate).

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

● 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: 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: INTRO TO WORD PRESS \$100

Hands-on information technology course for anyone who is interested in building their own website.

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

COOKING/BAKING: PORTUGUESE CUISINE* \$80

Learn the art and culture of Portuguese cooking and baking: breads, rolls, doughnuts, meat dishes, etc. *This is a 4 week course.*

Tue 6:00 - 9:00 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

★ ● CUSTOMS CLEARANCE: PART II* \$85

Join us as we level-up to master temporary imports and adjusting BCDs. Prerequisite: Customs Clearance or permission from instructor. (6 week course)

Mon 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

● 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

★ MUSIC THEORY (INTRODUCTION) \$65

Gain an understanding of the basic building blocks of musical theory and notation: notes, note names, note values, rests, etc.

Mon 6:00 - 7:30 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

★ ● PORTUGUESE: BEGINNERS \$80

Introduction to basic (conversational) Portuguese; participants will learn grammar, vocabulary and common phrases.

Mon 6:00 - 8:00 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 I \$80

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

Tue 6:30 - 7:25 p.m.

Sabor Dance School (Berkeley Cultural Centre)

C 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.

Mon/20 Nov 5:45 – 8:45 p.m. T.N. Tatem Middle School

C 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. T.N. Tatem Middle School

C SPANISH: BEGINNERS PART II***\$85**

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

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

STAINED GLASS***\$85**

Create sun catchers, lamps, special occasion ornaments and more. (5 week course starting November 6th)

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

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

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

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

★NEW★ YOGA (ADULT MAT)***\$70**

Learn the fundamentals of breathing and postural alignment: increased range of motion, strength, body awareness and balance.

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

JUST FOR SENIORS

(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: 14 & 21 Oct.

Sat/2 week course 12:00 – 2:00 p.m.

Ebenezer Methodist Church, St. George's

LINE DANCING FOR ALL OCCASIONS**\$20**

Join us to master several of the basic line dance steps: coaster, weave, shuffle and vine in a relaxing and enjoyable atmosphere.

Thurs 10:30 – 12:00 noon

Pembroke Community Centre

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)

★NEW★ AERIAL DANCE**(SUITABLE FOR AGES 9-16)****\$50**

Learn basic choreography climbs, balances, and mid-air movements on aerial hammocks.

Sat 1:00 – 2:00 p.m. Kinetix (Berkeley Cultural Centre)

★ AERIAL SILKS **\$50**
(SUITABLE FOR AGES 9-16)

Participants will learn aerial arts with the use of a single long piece of fabric: balance techniques, body awareness and partner work.

Mon 4:00 - 5:00 p.m. Kinetix (Berkeley Cultural Centre)
Wed 4:00 - 5:00 p.m. Kinetix (Berkeley Cultural Centre)

ARCHERY (AGES 8-15) **\$50**

Learn how to master a safe approach to this sport, develop skills and enjoy the thrill of target archery. Parents must stay on premises for the duration of the class.

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

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

★ CROCHET & KNITTING* **\$50**

Young crafters will learn basic crocheting and knitting stitches and how to read and follow pattern instructions.

Thurs 4:45 - 6:45 p.m. T.N. Tatem Middle School

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

★ HAIR BRAIDING 101* **\$50**

Learn how to part and section hair to create 3 strand braids, 2 strand twists, and many other basic braid styles.

Thurs 4:30 - 6:30 p.m. Clearwater Middle School

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

C MATH SKILLS **\$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

★ PARENT & CHILD YOGA* **\$50**

Bond whilst partnering with your toddler in simple animated poses with breathing and strengthening exercises in a fun environment.

Sat 9:00 - 10:00 a.m.

Kinetix (Berkeley Cultural Centre)

C 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

C 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. Clearwater Middle School

★ TEEN YOGA* **\$50**

Experience physical and mental benefits of yoga by practicing breathing exercises, flowing sequences, balancing poses, deep relaxation, strength building, and flexibility.

Wed 5:30 - 6:30 p.m. Kinetix (Berkeley Cultural Centre)

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 |

PARTNERSHIPS

BERMUDA COLLEGE

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

C 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

C 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.Tatem Middle School

BERMUDA HOSPITALS BOARD

C CHILD AND ADOLESCENT SERVICES

Child & Adolescent Services provides innovative, research-based preventative and treatment programmes that strengthen the emotional health, wellbeing and safety of children in their homes, schools and our community at large for youth 4 - 16 years old. Programmes promote the emotional wellbeing of young people and their families by providing professional counselling and treatment services in child friendly environments.

For further information:

Tel: (441) 239-6344 Fax: (441) 232-1512

24 hour Helpline: (441) 236-3770 ext 3258

C MENTAL HEALTH FIRST AID \$100

The two day course provides participants practical information to help those experiencing a mental health problem and to guide them to the appropriate professional help. For example, you may encounter an individual in the community, perhaps at work who you believe may be experiencing depression. Participants will receive a certificate indicating they are trained in Mental Health First Aid.

Tue/Wed 9:30am to 5pm 3/4 Oct

Tue/Wed 9:30am to 5pm 5/6 Dec

Mid-Atlantic Wellness Institute

Payment at the MWI cashier

Email mhfa@bhb.bm for more information. Register at www.bermudahospitals.bm. Type Mental Health First Aid in the search box.

PROFESSIONAL DEVELOPMENT

C Teachers, educators and other community managers and leaders are invited to participate in teaching and learning courses to obtain professional development certification hours.

AGE CONCERN

HEALTHY EATING A RX FOR WELLNESS

Wed/4 Oct 1:00 - 2:30pm Charities House

POWER OF ATTORNEY/LIVING WILL

Thurs/ Oct 26 6:00 - 7:30 p.m. Charities House

UNDERSTANDING TRUSTS

Thurs/Nov 16 6:00 - 7:30 p.m. Charities House

For further information, please contact:

Ms. Anita Furbert, RN

Education administrator

238-7525 ext. 2007

membereducation@ageconcern

BERMUDA NATIONAL LIBRARY

September is Library Card Sign-up Month, it's the perfect chance to explore everything the Bermuda National Library can offer you. With one card, our

Contact the Bermuda National Library at 295-2905
(Adult) or 294-0487 (Youth)

NOTES:

RECRUITMENT OF INSTRUCTORS

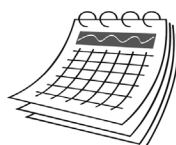


The Community Education and Development Programme is recruiting new Instructors.

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

Call 292-7735 / 236-0829

CEDP TERM CALENDAR 2018



WINTER TERM

REGISTRATION

Tuesday January 2, 2018 –
Friday January 12, 2018

TERM BEGINS

Monday January 22, 2018

TERM ENDS WEEK OF

Monday March 27, 2018

PLEASE PRINT CLEARLY

Last Name: _____

First: _____ MI: _____

Mailing Address in Full

House #: _____

Apt./Unit #: _____

P.O. Box: _____

House Name: _____

Street Name: _____

Parish: _____ Postal Code: _____

ALL CHEQUES MADE PAYABLE TO THE ACCOUNTANT GENERAL

Course: 1. _____ Fee: \$ _____

Community School Zone: ☐ Eastern ☐ Western

Day: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Date Commencing: _____ Class Time: _____

Course: 2. _____ Fee: \$ _____

Day: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Date Commencing: _____ Class Time: _____

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 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.*

☐ 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.

☐ **Seniors**

65 + yrs.

OFFICE CONTACT INFORMATION

Hamilton Office

Tel: (441) 292-7735

Fax: (441) 292-7786

Warwick Office

Tel: (441) 236-0829 OR 236-2019

Fax: (441) 236-1980

FOR OFFICE USE ONLY

Fee: \$ _____ ☐ Cash ☐ Cheque ☐ Credit Card

Registration Term: ☐ Spring ☐ Fall ☐ Winter

Credit Card Type ☐ Visa ☐ MasterCard ☐ Other

Card #: _____ Exp. Date: _____

Received by: _____ Date of Registration: _____

Registration by: ☐ Walk-in ☐ Mail ☐ Tel ☐ Fax

☐ Email ☐ Online