

COMMUNITY EDUCATION



GOVERNMENT OF BERMUDA

Ministry of Education and Workforce Development

WINTER TERM COURSE SCHEDULE REGISTRATION INFORMATION 2018

REGISTRATION DATES Tuesday, 2 January - Friday, 12 January, 2018

WINTER TERM COURSE SCHEDULE REGISTRATION INFORMATION 2018

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

Tuesday, 2 January – Friday, 12 January, 2018

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, 22 January, 2018

CLASSES END: Week of Monday, 27 March, 2018 (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: Booklets 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

C 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: 27 Jan & 3 Feb 2018

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

AERIAL LYRA OR CIRCUS HOOP \$80

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

Wed 6:30 – 7:30 p.m.

Thurs 11:00 - 12:00 p.m.

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

Lotus Mind Body Spirit Wellness Centre

AERIAL SILKS - GET FIT TO FLY \$80

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

Mon 11:00 - 12:00 p.m.

Mon 6:00 - 7:30 p.m.

Fri 11:00 - 12:00 p.m.

Sat 4:30 - 6:00 p.m.

Lotus Mind Body Spirit Wellness Centre

AERIAL YOGA \$70

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

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

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

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

Kinetix (Berkeley Cultural Centre)

AERIAL YOGA DEEP STRETCH BEGINNER \$70

Are you a runner? Too much strength training and feeling tight. Do you suffer from low back pain or arthritis? This class is for you! Feel longer and taller and allow all of your stress to melt away.

Mon 7:45 - 9:00 p.m.

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.

Thurs 6:00 – 7:00 p.m.

Bermuda National Sports Centre

Sat 7-8 a.m.

St. Georges 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

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

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

**NEW CONTINUING EDUCATION & EMPLOYMENT:
NAVIGATING YOUR WAY \$60**

Prepare yourself with the next steps for continuing your education and/or seeking employment. Understand the basic requirements and options for continuing your education and preparing for the workforce. Strategies and practical guidance will be given to assist you in navigating your path.

Thurs CedarBridge Academy 6 – 8 p.m.

**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.

Tue/20 Mar 6:00 to 8:00 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. CedarBridge Academy

C 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

C 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

C 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

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/28 Jan 2:00 – 3:30 p.m Ferry Reach
Sun/18 Feb 2:00 – 3:30 p.m. Spittal Pond Nature Reserve

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 Jan 12:00 – 2:00 p.m.
Ebenezer Methodist Church, St. George's

**NEW GENTLE AERIAL HAMMOCK PREGNANCY
YOGA \$80**

Much like the mother's womb, the yoga hammock is very comforting. This restorative class will allow you

to connect with yourself and connect with your unborn child while creating a healthy stretch for you both. Also, learn breathing exercises and expert tips to help you through your labour and through daily living. All mothers to be should be 3 months along to participate.
Thurs 5:30 - 6:30 p.m.
Lotus Mind Body Spirit Wellness Centre

★ INSURANCE 101 \$80

This course is designed to cover key concepts and principles of risk management and insurance. This course will also cover the various domestic personal and commercial insurance policies available in Bermuda and how residents can best utilize these insurance policies to help manage risk.
Wed 6:00 - 8:00 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/4 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

★ HYBRID AND ELECTRIC VEHICLES \$20

One-off introductory seminar showing how hybrid and electric vehicles work, the differences between standard vehicles and new technology, the advances in technology that make the modern vehicle possible, with practical demonstrations of the electrical and computer systems.
Tues/19 Feb 6:00 - 8:30 p.m.
Bermuda Motors

© 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

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

NATURAL AND HOME WATER BIRTH IN BERMUDA \$80

You CAN achieve a natural home or water birth in Bermuda. Come and learn HOW - from the woman who single-handedly forged a movement to bring natural birth back to the island. Topics to be covered: Safety, Insurance, Midwives and Doulas, supplies, investment and more. This is a one off course.
Sun/28 Jan
Sun/4 Feb
Sun/11 Feb
Lotus Mind Body Spirit Wellness Centre

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

PILATES INTRODUCTION 101 WITH PILATES EXPERT, SOPHIA CANNONIER \$70

Develop strength, flexibility, coordination, precision movement & overall mind and body awareness.
Mon 12:00 - 1:00 p.m.
Tues 5:30 - 6:30 p.m.
Wed 12:00 - 1:00 p.m.
Thurs 12:00 - 1:00 p.m.
Fri 12:00 - 1:00 p.m.
Lotus Mind Body Wellness Spirit Centre

POLE FITNESS 101 AND CONDITIONING \$70

This anaerobic and aerobic class combines acrobatics, gymnastics, strength training and artistry.
Mon 5:30 - 6:30 p.m.

Tues 11:00 - 12 noon

Tues 7:45 - 9:00 p.m.

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

Sat 12:00 - 1:00 p.m.

Sun 1:00 - 2:00 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

C SCARS TRAINING FREE

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

Mon/5 Feb 5:45 - 9:00 p.m. Clearwater Middle School

Mon/12 Feb 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

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. 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

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

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

Thurs 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 SILKS 101* \$70

An exciting introduction to Silks. Participants will learn how to climb the fabrics, create footlocks and condition their muscles for flight.

Mon 7:00 - 8:30 p.m.

Wed 7:00 - 8:30 p.m.

Kinetix (Berkeley Cultural Centre)

★ AERIAL SILKS 102* \$75

Practice building blocks of aerial technique executing wraps and harnessing your inner aerial artist.
Wed 7:00 – 8:30 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 – 6:30 p.m.
Thurs 5:30 – 6:30 p.m.
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

© 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 WEBSITE BUILDING \$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: BERMUDA CUISINE* \$80

Learn island favorites. Add to your recipe box and fix local dishes that will make any dinner menu sublime.
Thurs 6:00 – 9:00 p.m. T.N. Tatem Middle School

★ COOKING: FROM THE GARDEN TO THE TABLE *\$80

Prepare delightful meals and learn a range of delectable food options--from the garden to your table with flare and extraordinary taste.
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

© 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

© 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

NAVIGATION: PILOT PREP* **\$60**

Considering sitting the Pilot's 'C' License Exam? In need of a charting refresher? Join us for a few sessions to delve deeper into navigating local waters (three week course commencing February 22nd).

Thurs 6:30 - 8:30 p.m. T.N. Tatem

C PORTUGUESE: BEGINNERS **\$80**

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

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

🌟 PORTUGUESE: BEGINNERS II **\$80**

Students will expand on vocabulary and conversational phrases to generate basic conversation. Join us!

Tues 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. (This is a five session course commencing March 7th)

Mon/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. (This is a five session course commencing March 6th)

Tue/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 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/19 Feb 5:45 - 8:45 p.m. T.N. Tatem Middle School

🌟 SEWING 101 **\$80**

Join us for sewing basics. Learn the parts of the machine, how to take measurements and other fun pieces on your way to creating and finishing a class project.

Mon 6:00 - 8:00 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.

Tue 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.

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.

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

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

VINYASA YOGA FLOW* **\$70**

This popular yoga style incorporates smooth movements synchronised with breaths. Spend your lunchtime learning to and restore balance.

Thurs 12:30 - 1:30 p.m. Kinetix (Berkeley Cultural Centre)

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 - PART II **\$50**

This course will increase knowledge of typing using the standard computer keyboarding, and also explore the use and advantages of cellphone technology in the lives of seniors.

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

VINYASA YOGA FLOW* **\$70**

This popular yoga style incorporates smooth movements synchronised with breaths. Spend your lunchtime learning to and restore balance.

Thurs 12:30 - 1:30 p.m.

Kinetix (Berkeley Cultural Centre)

FIT FOR LIFE **\$20**

Enjoy indoor and outdoor low impact exercise to feel healthier, happier and fit. *This is a five week course.*

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

Pembroke Community Club

FLOWER ARRANGING **\$20**

Create beautiful floral designs with roadside vegetation, silk flowers and dried materials. Dates: 3 & 10 Feb

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 Club

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)

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 FITNESS LOTUS BUDS **(AGES 6-13)** **\$50**

Cirque De Soleil here we come! Students will learn Fundamental Skills, Safety and Progressive Routines in all four of the Aerial Arts offered at Lotus (Aerial Hammocks, Silks, Lyra Circus Hoop and Pole Fitness). Lotus is a "G" rated studio and all classes focus on fitness only. Performance opportunities are afforded to students who graduate through our level progressions.

Mon 4:00 - 5:30 p.m.

Wed 4:00 - 5:30 p.m.

Fri 4:00 - 5:30 p.m.

Lotus Mind Body Spirit Wellness Centre

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

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.

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.*

Sat/5 week course 4:30 – 5:30 p.m.

Strykz Bowling Lounge

KIDS GOLF (AGES 5-10) \$50

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

Sat/5 week course 1:00 – 2:00 p.m.

East End Primary School Field

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.Tatern Middle School

BERMUDA HOSPITALS BOARD

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

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

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

MINISTRY OF EDUCATION AND WORKFORCE DEVELOPMENT

For information, services and resources offered by the Ministry of Education and Workforce Development visit the following website:

**Ministry of Education
HYPERLINK
“<http://www.moed.bm>”
www.moed.bm**

Apprise yourself of the new
Plan 2022
Bermuda’s Strategic Plan
For Public School Education

**THE COMMUNITY
EDUCATION AND
DEVELOPMENT
PROGRAMME STAFF
WOULD LIKE TO WISH
EVERYONE HAPPY
HOLIDAYS AND
A PROPEROUS
NEW YEAR.**

NOTES: _____

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.
 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

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 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.*