

COMMUNITY EDUCATION AND DEVELOPMENT PROGRAMME

Department of Community and Cultural Affairs

REGISTER ONLINE AT

www.communityed.gov.bm



SPRING TERM 2016

REGISTRATION:

Monday, 4 April – Friday 15 April, 2016



GOVERNMENT OF BERMUDA

Ministry of Community, Culture 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



Heather Whalen
Director of Community
and Cultural Affairs



Patricia Chapman
Executive Officer
pchapman@gov.bm



Lynn Stephenson
Liaison Officer – Central Area
lstephenson@gov.bm



LaVerne Simmons
Coordinator – Central/Eastern Area
lcsimmons@gov.bm



Erika S Russell
Coordinator – Western Area
esrussell@gov.bm



Susan Bailey
Programme Assistant – Eastern Area
sdbailey@gov.bm



Leslie-Ann Rochester
Programme Assistant – Western Area
larochester@gov.bm



Valerie Wright
Administrative Assistant – Western Area
vwright@gov.bm



MINISTER'S FOREWORD

The Time for Impact is Now!

The Community Education and Development Programme continuously strives to bring individuals, families, schools and communities together to meet their needs and interest by providing coordinated educational, social, recreational, cultural activities and services for residents in Bermuda.

Fostering community partnerships and collaborating with key stakeholders is an integral part to the success of Community Education toward strengthening our local communities and impacting life-long learning.

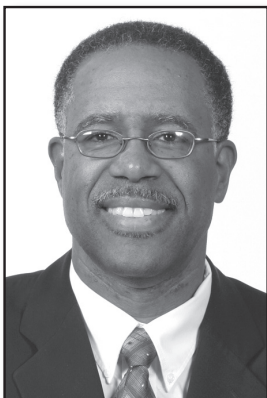
We invite you to share in the success and popularity of our new *Day Course and Seminar* initiative offered for adults and seniors for the first time. Guided by the demand for daytime courses, seminars and programmes, we heeded the call in response to our participants' request. The purpose of this new initiative is to inform, engage and educate the public of the various activities, resources and services during the day in a safe, fun and structured environment.

This term, we invite the residents of Bermuda to register for and participate in new course offerings such as: Employability Skills, Craft Making with the Experts, Home Computing 101, Crime Prevention for Seniors', Conversational Spanish, Social Media Networking, Health & Fitness, Tough Care-giving Decisions and so much more.

Take advantage of this **Spring Term Special Promotional Offer: Register online at www.communityed.gov.bm and receive a \$10 discount.**

'Community Action Now'

The Honourable Minister Patricia Gordon-Pamplin, JP, MP
Minister of Community, Culture 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

SPRING TERM COURSE SCHEDULE 2016

REGISTRATION INFORMATION

REGISTRATION DATES

Monday, 4 April – Friday 15 April, 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.communityed.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 two CEDP offices.

SPRING TERM PROMOTIONAL OFFER: Register online and receive \$10 off your first course only.

CLASSES BEGIN

Week of Monday, 25 April, 2016

CLASSES END

Week of Monday, 13 June, 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

GENERAL PROCEDURES

COORDINATORS' CONTACT INFORMATION

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. Coordinators may be contacted at their respective community office locations Monday to Thursday 9:00 a.m. to 1:30 p.m. and Friday 8:45 a.m. to 4:45 p.m.

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 changed personal matters and health. 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 on 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 seven 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.

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 three 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, 18 April, 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) PROMOTIONAL OFFER

Golden Agers – Seniors will pay \$10 on the first day of registration, Monday, 4 April, 2016 for one class ONLY. 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.

****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 held during the 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. Coordinators may be contacted at their respective community school offices Monday to Thursday 9:00 a.m. to 1:30 p.m. and Friday 8:45 a.m. to 4:45 p.m.

CERTIFICATES

Participants are required to attend six of eight classes or miss no more than two classes in order to obtain a Certificate of Completion.

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

GOLDEN AGERS (65+ YEARS) PROMOTIONAL OFFER

Golden Agers – Seniors will pay \$10 on the first day of registration, Monday, 4 April, 2016 for one class ONLY. 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.

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

SPRINGTERM PROMOTIONAL OFFER: Register online and receive \$10 off your first course only.

"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 25 APRIL, 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. This class is scheduled to commence May 7, 2016.

DAY	INSTRUCTOR	TIME
Sat	S. Smith	9:30– 10:30 a.m.

VENUE
 Grahams Gym-Arukah Fitness

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 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

AVIATION GROUND SCHOOL **\$20**

Learn what is required to obtain a pilot's license, and receive coaching to take the FAA Aeronautical Knowledge Exam. Classes are held in an aviation setting at the L.F. Wade International Airport.

This course is scheduled for 30 April and 7 May, 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.

BEGINNERS SALSA **\$85**

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	K. Paynter	6:30 – 8:00 p.m.

VENUE
 Evolutions Gym, St. David's

BODY SCULPTING **\$60**

Introduces exercise techniques to improve overall physical fitness. The course emphasizes the interaction between muscular strength, endurance and flexibility. This course also focuses on blending together different combinations and sequences of exercises while conditioning the entire body. Participants must wear exercise clothing and bring a towel and water to class. There is a \$60 fee for each course.

DAY	INSTRUCTOR	TIME
Tue	C. Foggo	6:30 – 7:30 p.m.
Sat	C. Foggo	10:00 – 11:00 a.m.

VENUE
 Evolutions Gym, St. David's

CARDIO BLAST **\$60**

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

DAY	INSTRUCTOR	TIME
Wed	Q. Francis	6:30 – 7:30 p.m.

VENUE
 Evolutions Gym, St. David's

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 a soca, reggae, salsa, 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		

CIRCUIT TRAINING \$60

Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. Circuit training is a fast-paced class in which you do one exercise for 30 seconds to 5 minutes and then move on to another exercise. It is like a game of musical chairs: Everyone begins at a station (that is, a place where an exercise is done), and when the instructor yells 'Time!' everyone moves to the next station.

DAY	INSTRUCTOR	TIME
Mon	Q. Francis	6:30 – 7:30 p.m.
VENUE		
Evolutions Gym, St. David's		

CLASSIC STRETCH \$60

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

DAY	INSTRUCTOR	TIME
Wed	D. Adam	6:00 – 7:00 p.m.
VENUE		
St. George's Youth Centre		

NEW COMPUTERS: HOME COMPUTING 101 \$80

This course is offered to ensure that individuals are better equipped to use the internet as safely as possible; to avoid being scammed into giving money and to avoid being trapped into signing onto unscrupulous websites and to 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. Supplies and ingredients will be given before start of courses. *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.

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.

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.

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 April 27 & 4 May 2016

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

NEW 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 two one off sessions are scheduled for 1st & 15th May, 2016. Please note that is the same session for two different dates and areas.

DAY	INSTRUCTOR	TIME
Sun	D. Williams-James	3:00 – 4:30 p.m.

VENUE
 Shelly Bay Nature Trail, Hamilton Parish
 Ferry Reach, St. Georges

GARDENING: BUTTERFLY GARDEN \$20

Come and learn what types of plants harbour butterflies to grow a beautiful butterfly garden. Garden visits are scheduled during this course. Wear comfortable shoes and bring paper and pen to class. *This course is scheduled for 21 and 28 May 2016.*

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

VENUE
 Ebenezer Methodist Church, St. George's

NEW PARENTING: RAISING RESPONSIBLE CHILDREN \$20

Have you ever asked the question, "How can I help children to make responsible choices?" In this workshop, participants will be introduced to tools that will add meaningful value to any parenting

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

toolbox. This workshop is designed to complement existing parenting strategies and strengthen effectiveness. Strong united families make strong united communities. Come along and rebuild our communities. These two, one-off seminars are scheduled for 26 April and 10 May, 2016.

DAY	INSTRUCTOR	TIME
Tue	O. Vaucrossen	6:00 – 8:00 p.m.

NEW PLEIN AIR WATERCOLOUR \$20

This class is for anyone who simply wants to enjoy studying the beauty of our Bermuda home. Taking a photograph is great but sitting and absorbing the surroundings with a brush in your hand is magical. This is a location class, so please remember to bring a hat and suntan lotion. These one off seminars will be held on 28 and 30 April, 2016. This course is \$20 per class.

DAY	INSTRUCTOR	TIME
Thurs	J. Amos Raine	9:30 – 12 noon

VENUE
 Cooper's Island, Southside, St. David's
 Sat J. Amos Raine 9:30 – 12 noon
 Town Square, 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, with 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

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

NEW UNESCO WALKING TOUR \$20

We invite you to discover and experience Bermuda's culture, traditions and heritage of the town of St. George's. This United Nations Educational, Scientific and Cultural Organization walking tour 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 that recognized this town as the oldest English town in the New World. This one off session is scheduled for 26 April, 2016.

DAY	INSTRUCTOR	TIME
Tue	P. Anderson	5:30 – 7:30 p.m.

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

VINYASA FLOW YOGA \$70

Vinyasa Flow is for the student who enjoys 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
Tue	M. Dupres	6:30 – 7:30 p.m.

VENUE
 World Heritage Centre, St. George's

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. This course is \$60 per course.

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

VENUE
 St. George's Club Pool

NEW ZUMBA \$60

Zumba Latin Dance Fitness fuses Latin rhythms and easy-to-follow moves to create a fitness programme. Participants will get a calorie-burning workout. *This is a 6 week course.*

DAY	INSTRUCTOR	TIME
Tue	C. Simmons	6:30 – 7:30 p.m.

VENUE
 Evolutions Health Gym
 Clearwater

CENTRAL ZONE

**ALL CLASSES WILL BE HELD AT
 CEDARBRIDGE ACADEMY, UNLESS
 OTHERWISE STATED, STARTING
 MONDAY 25 APRIL, 2016**

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.

NEW ADULT POLE FITNESS FOR BEGINNERS \$60

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.

DAY	INSTRUCTOR	TIME
Fri	S. Connonier	5:30 – 7:30 p.m.

VENUE
Lotus Mind Body Wellness Spirit Centre

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. This class is scheduled to commence May 10, 2016.

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. Relieves stress, promotes total relaxation, and helps to promote good health.

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

AQUA – MOVE, SHAKE AND SPLASH \$70

Jump into the water and make a splash with Aqua Fit. A fun, 'feel good' aqua fitness class that tones and shapes the entire body. Great class for first time and experienced water exercisers in a graded shallow to deep water pool. Participants of all skill and fitness levels can enjoy this low impact water workout combining dance, cardiovascular exercise, endurance, muscle toning, resistance, core and interval training. Improve your balance, strength, intensity and range of motion. Swimming skills are not necessary. Space is limited.

DAY	INSTRUCTOR	TIME
Tue	A. Lewis	6:00 – 7:00 p.m.

VENUE
National Aquatic Centre.

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
Wed	Sabor Instructors	7:30 – 8:25 p.m.

VENUE
Sabor Dance School (Old Berkeley Institute)

BARBERING \$60

Learn the hidden and creative techniques of barbering. Students will learn from a qualified, professional barber the basics of barbering services. Students will be taught how to cut and trim hair according to client's request by using clippers, combs, hand-held blow driers and scissors. *This is a 4 week course.*

DAY	INSTRUCTOR	TIME
Wed	R. Spence	6:30 – 8:00 p.m.

NEW BERMUDA BAKING – BEGINNERS \$80

Learn how to bake classic Bermuda fare: Hot Cross Buns, Farine Pie, Pound Cake, Banana Bread, Gingerbread, Sugar Cookies and more. Students are responsible for bringing their own ingredients. This is a 4 week course. Recipes will be provided the first night of class.

DAY	INSTRUCTOR	TIME
Wed	T. Ebbin	6:00 – 8:30 p.m.

BERMUDA COOKING – BEGINNERS \$80

Learn how to cook classic Bermuda dishes: macaroni and cheese, Spanish rice, peas and rice, scalloped potatoes and paw paw casserole. Please bring containers to take away cooked food. Participants are responsible for bringing their own ingredients. This is a 4 week course. Recipes will be provided the first night of class.

DAY	INSTRUCTOR	TIME
Mon	T. Ebbin	6:00 – 8:30 p.m.

BOLLYWOOD DANCE \$70

Bollywood dance combines traditional Indian dance styles with some western movement and is characterised by lots of hip action, facial and body expressions and, of course, attitude. This class will range from beginner to intermediate levels using a variety of music and songs from the latest Bollywood hits to the classics. Participants are required to wear comfortable and stretchy clothing to class. Shoes are not required for this course. This class will commence 9 May 2015.

DAY	INSTRUCTOR	TIME
Sat	Sabor Instructors	2:30 – 3:25 p.m.

VENUE
Sabor Dance School (Old Berkeley Institute)

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.

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

and be injury free. In the event you do have an injury please advise what that injury is. This class will commence 9 May 2016.

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. This class will commence 9 May 2016.

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

NEW CANDLELIGHT YOGA \$70

Escape from your hectic schedule and start your week off with the tranquility of a slow paced Hatha Yoga class set to candlelight. The class will focus on postures to awaken and relax your body and mind.

DAY	INSTRUCTOR	TIME
Sun	Lotus Instructor	9:00 am – 11:00 am

VENUE
Lotus Mind Body Wellness Centre

NEW 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.

VENUE
Bda Tennis Stadium

CLASSICAL BALLET \$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

NEW COMPUTERS: HOME COMPUTING 101 \$80

This course is offered to ensure that individuals are better equipped to use the internet as safely as possible; to avoid being scammed into giving money and to avoid being trapped into signing unscrupulous websites and to 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.

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.

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.

NEW 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 language and problem solving.

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

NEW 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 and readiness in the workplace. *This is a 4 week course.*

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

NEW 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
Tue	Small Business Assoc.	6:00 – 8:00 p.m.

VENUE
Bda Small Business Office, Sophia House, Church St., Hamilton

NEW 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 it is \$70 per class. *This class is scheduled to commence May 12, 2016.*

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

NEW HEALTH/DISEASE AND NATURAL REMEDIES: INTRODUCTION \$60

This 5 week course will introduce participants to a new way of thinking about health. We will look at the importance of the mind body connection and how this is relevant to our healthy path, what it means to heal, and how our emotional health is crucial in this process. We will explore the significant meaning of certain diseases and discover the many natural therapies used in treating these, specifically looking at natural remedies for common conditions. We will also see how natural remedies are used to maintain health and wellness.

DAY	INSTRUCTOR	TIME
Thurs	M. Dupres	7:00 – 8:00 p.m.

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

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.

NEW KARMA COMMUNITY YOGA \$70

Slow Flow Yoga incorporates conscious flowing of breath with mindful movement of 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	S. Cannonier	7:30 – 8:30 p.m.

VENUE
Lotus Mind Body Spirit Wellness Centre

NEW 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.

NEW 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 per day.

DAY	INSTRUCTOR	TIME
Sun	S. Cannonier	11:30 a.m. – 12:30 p.m.
Mon	S. Cannonier	1:00 – 2:00 p.m.
Tue	S. Cannonier	6:30 – 7:30 p.m.

VENUE
Lotus Mind Body Wellness Spirit Centre

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 \$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	Lotus Instructor	5:30 – 6:30 p.m.

VENUE
Lotus Mind Body Wellness Spirit Centre

PUBLIC SPEAKING \$60

Come and learn essential elements of public speaking from seasoned Toastmasters members. Seminars will include an array of topics and will provide you with an opportunity to present your own speeches and receive feedback on how to improve. Topics to include: overcoming the fear of public speaking, impromptu speaking, beginning your speech and much more.

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

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)

"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

**SCARS TRAINING
 SAVING CHILDREN AND
 REVEALING SECRETS**

PRICELESS

Whether you're a parent, a family member, a youth serving organization, a teacher, a coach, a member of a church, or a babysitter it's 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. Registration is required. This one off seminar is scheduled for 3 May, 2016. Participants will receive a Certificate of Completion once the full three hours are completed.

DAY	INSTRUCTOR	TIME
Tue	E. Robinson	5:45 – 8:45 p.m.

SEWING: BEGINNERS COMBO **\$80**

This course is designed for students with no sewing experience. Participants will be taught how to use sewing tools, take measurements, and choose the correct fabric for the garment and placement of patterns. Participants will have completed a skirt or small project by the end of the course. Alterations will also be taught during this class. Participants are encouraged to go on line at info@sewingpatterns.com to order a pattern. Sewing kits can be bought for an additional fee. 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
Mon	L. Stephenson	6:00 – 8:30 p.m.

SEWING: INTERMEDIATE **\$85**

This course is designed for participants who have prior sewing experience and are familiar with intermediate sewing techniques. Participants are encouraged to go on line at 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 course.

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

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.

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.

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.

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 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 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 instructor before starting course.

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

VENUE
 Bda. Tennis Stadium

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 **\$70**

Vinaya Flow is for the participants who enjoys 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	Lotus Instructor	10:30 – 11:30 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.

WESTERN ZONE

**ALL CLASSES WILL BE HELD AT
T. N. TATEM MIDDLE SCHOOL,
UNLESS OTHERWISE STATED,
STARTING MONDAY 25 APRIL, 2016**

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

Relieves stress, promotes total relaxation, and helps to promote good health. Learn the basics of the ancient art of Tai-chi-chuan.

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

ART: BEGINNERS PAINTING AND DRAWING **\$80**

This course will cover the basics of drawing, painting and illustrating technique 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.

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. Preference will be given to industry personnel. 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**

In this class you will learn how to create blossoms, holiday figures and piping. Participants will bring tips, paper, cakes and other ingredients. Bring pencil and notepad to the first class.

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

CAKE DECORATING: ADVANCED **\$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. Prerequisite: Beginners' Cake Decorating, or permission from the instructor.

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

COMPUTERS: iPad 1 **\$30**

Are you the owner of an iPad? Learn all the advantages to this new ownership. *This one-off session is scheduled for 26 May 2016.*

DAY	INSTRUCTOR	TIME
Thurs	L. Mienzer	6:00 – 9:00 p.m.

COMPUTERS: iPad 2 **\$30**

There is so much more to learn about the services an iPad offers. It is advised that registrants complete the first instalment- iPad 1. *This one-off session is scheduled for 2 June 2016.*

DAY	INSTRUCTOR	TIME
Thurs	L. Mienzer	6:00 – 9:00 p.m.

COMPUTERS: IPAD APPS MAKING LIFE EASIER **\$30**

Learn how to record videos, take photos, play music and perform internet functions such as web-browsing and e-mailing, gaming, social networking, downloading and installing the latest apps. *This one-off session is scheduled for 9 June 2016.*

DAY	INSTRUCTOR	TIME
Thurs	L. Mienzer	6:00 - 9:00 p.m.

COMPUTERS: SOCIAL MEDIA NETWORKING **\$30**

Make your social media life easier by networking and sourcing to one release. *This one-off session is scheduled for 16 June 2016.*

DAY	INSTRUCTOR	TIME
Thurs	L. Mienzer	6:00 - 9:00 p.m.

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	6:00 – 8:00 p.m.

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	6:00 – 8:00 p.m.

NEW 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

COMPUTERS: QUICKBOOKS PRO LEVEL II \$110

This course will expand on content covered in QuickBooks Pro Level 1. 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. Recipes will be provided the first night of class.

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

COOKING/BAKING: TASTE OF BERMUDA CUISINE \$70

Learn how to make codfish cakes, peas and rice, potato salad, gingerbread, cassava/farine pie and Johnny bread. Please bring containers 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
Tue	W. Lightbourne	6:00 – 9:00 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.

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

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.

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.

EXPLORING THE TRUST Vs. THE WILL \$80

As you plan your future and the best route for your assets, have you ever researched the benefits of using a trust? A trust can be put in effect during your lifetime and beyond. A will only has effects after

you are deceased. Explore your options to ensure 'peace of mind'.

This is a 4 week course.

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

GOLF: BEGINNERS \$80

Learn the fundamentals of the golf swing and the general principles of the game of golf. Bucket of balls can be purchased at the Port Royal Golf Club for \$6.00. Proper golf attire must be worn at all times. *Equipment needed – putter, 5 iron and 9 iron.* Limited enrolment. If there is inclement weather two hours before class, the course is automatically postponed until the following week.

This is a 5 week course.

DAY	INSTRUCTOR	TIME
Sat	K. Swan	10:00 – 11:00 a.m.

VENUE
Port Royal Golf Course

GOLF:INTERMEDIATE \$80

Have your golf swing evaluated and receive an assessment on how to take your golf game further. The course will focus on helping golfers gain better understanding of proper fundamentals and how to apply these techniques. Learn golf etiquette and improve your chipping, pitching and putting techniques. Bucket of balls can be purchased at the Port Royal Golf Club for \$6.00. Proper golf attire must be worn at all times. *Equipment needed – putter, 5 iron and 9 iron.* Limited enrolment. If there is inclement weather two hours before class, the course is automatically postponed until the following week.

DAY	INSTRUCTOR	TIME
Sun	K. Swan	9:45 – 10:45 a.m.

VENUE
Port Royal Golf Course

GOLF: INTRODUCTION TO THE RULES OF GOLF AND GOLF ETIQUETTE \$80

Learn the rules of golf and golfing etiquette. This is a 5 week course.

DAY	INSTRUCTOR	TIME
Mon	K. Swan	6:00 – 7:00 p.m.

VENUE
Port Royal Golf Course

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	7:30 – 8:30 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	7:30 – 8:30 p.m.

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 (eight sessions) course – 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.

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 session 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.

JEWELLERY CREATION AND REDESIGN \$75

Learn how to design and make your own jewellery. The instructor will also assist in the redesign of old pieces into modern looks. Participants are responsible for the purchase of tools, materials and supplies. *This is a 4 week course.*

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

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 4 week course starts on 25 May 2016.*

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

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

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.

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: INTERMEDIATE \$85

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

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

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.

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.

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 outline the speech that makes or break a successful interview. This one-off session is scheduled for 12 and 19 May, 2016.

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

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 10 May, 2016. Participants will receive a Certificate of Completion once the full three hours are

"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

completed. Registration is required.

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

SPANISH: BEGINNERS PART I **\$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.

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

TRI-TRADES II: 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.

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, fun and structured environment. Light refreshments will be served.

**NEW 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 allows 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 17 May 2016. Details of handouts 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

**NEW 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. We even have guest speakers who can share on such topics as wellness relaxation therapy, cooking sessions and so much more.

DAY	TIME
Wed	10:30 – 12:30 p.m.

VENUE
Sandys Community Centre

NEW COMPUTER EXPLORER \$50

(On-line course registration, payments 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, pay bills and taxes, register for a course, or apply for a job using www.bermudajobboard.bm a user friendly and relaxed environment. This is a 2 session course scheduled for 18 & 25 May, 2016.

DAY	INSTRUCTOR	TIME
Wed	T. Johnson	10:30 – 12:00 noon

VENUE
Care Computer Learning Centre
Mount Hill
Pembroke

NEW 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 3 week session scheduled for May 17, 31 and 7 June 2016.

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

VENUE
Care Computer Learning Centre
Mount Hill
Pembroke

NEW COMPUTER: SOCIAL MEDIA SAVVY (STAYING CONNECTED) \$50

Participants will delve into internet navigation and learn about communication platforms and computer safety. Participants will be introduced to the technical language and receive a brief overview in the more popular social media platforms: facebook, twitter, Pinterest, and instagram. This four week session is scheduled for 18, 25 May and 1, 8 June 2016.

DAY	INSTRUCTOR	TIME
Wed	M. Allen	10:00 - 12:00 noon

VENUE
Care Computer Learning Centre
Mount Hill
Pembroke

CRIME PREVENTION TIPS PRICELESS

Come and get some important tips on safety in the home and the community. The Community Action Team of the Bermuda Police Service will be making presentations on the following topics:

- How to Protect Your Home From Burglary / Home Security
- Benefits of Being Part of a Neighbourhood Watch
- Crime Prevention Through Environmental Design (CPTED) principles
- Predator Alert and Top Ten (10) Tips for Seniors.

These sessions are scheduled for 17 may and 8 June, 2016

DAY	INSTRUCTOR	TIME
Tue	BPS	10:00 a.m. – 12:00 noon
Wed	BPS	10:00 – 12:00 noon

VENUE
CEDP
Board Room,
Hamilton:

NEW 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 and readiness in the workplace. This is a 4 week course scheduled for 19, 26 May and 2, 9 June, 2016.

DAY	INSTRUCTOR	TIME
Tue	J. Adams	12:00 -2:00 p.m.

VENUE
Care Learning Computer Centre
Mount Hill
Pembroke

NEW 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. This is a 5 week course commencing 20 May – 23 June 2016.

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

VENUE
Pembroke Community Centre

NEW 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 for 9 June 2016.

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

VENUE
Botanical Gardens

NEW 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,

"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 Vizien

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 scheduled from 19 May – 16 June, 2016.

DAY INSTRUCTOR TIME
Thurs A. Simmons 10:30 – 11:30 a.m.
VENUE
Pembroke Community Centre

NEW 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

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. These seminars include walks around the grounds of the Botanical Gardens to explore the herbs. These two one-off seminars are scheduled for 18 May and 1 June, 2016. Please register for one date only as the same class is taught on both days.

DAY INSTRUCTOR TIME
Wed Dr. Frith 10:00 – 12:00 noon.
VENUE
Botanical Gardens
Kitchen Gardens

NEW 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 is a two session course scheduled for 11 and 18 May, 2016. Limited spaces available.

DAY INSTRUCTOR TIME
Wed S. Dill 10:00 – 12:00 non
VENUE
Care Computer Learning Centre, Mount Hill, Pembroke

NEW TOUGH CAREGIVING DECISIONS PRICELESS

Real life experiences transitioning to formal care in consultation with you and your family in accessing senior health services. Also dealing with signs and symptoms of Alzheimer's Dementia. What you need to know about health care needs, counseling services, access and availability to resources. This one-off session is scheduled for 11 May, 2016.

DAY INSTRUCTOR TIME
Wed A. Furbert 11:00 a.m. – 3:00 p.m.
VENUE
Age Concern, Charities House

NEW TRX EXERCISE PRICELESS

A fun exercise class geared just for you! Created by a Navy SEAL, TRX is a fully 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 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) PROMOTIONAL OFFER

Golden Agers – Seniors will pay \$10 for the first day of registration, Monday, 4 April 2016 for one class only. 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.

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 course scheduled for 30 April and 7 May, 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	6:30 – 8:30 p.m.	Clearwater Middle School Gymnasium

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. 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

NEW COOKING/BAKING FOR YOUTH (Ages 13 – 18) \$50

Learn how to cook classic Bermuda dishes: macaroni and cheese, Johnny bread, peas and rice, potato salads and lasagna. Ingredients and recipes will be provided. Please bring containers to take away cooked food. This is a 4 week course.

DAY	INSTRUCTOR	TIME
Thurs	T. Ebbin	4:30 – 6:30 p.m.

VENUE
CedarBridge Academy

NEW CHILDREN'S POLE FOR SPORT AND 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

NEW 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

NEW 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

"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

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

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

INTERNATIONAL COMPUTER DRIVERS LICENCE (ICDL) CERTIFICATION LEVEL II \$135

This is a 2 week (4 sessions) course for students interested in completing the Certification ONLY. The ICDL is the world's most successful end user computer skills certificate accredited programme. Each module provides a practical programme of up-to-date skills and knowledge which are test validated. Pre-requisite for the ICDL Certification is completion of Microsoft Office Suite level I. This course starts on 30 May, 2016. This is a developmental course.

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

SAT ENGLISH \$135

This is a 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

SAT MATHEMATICS \$135

This is a 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

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. Mathtie 10:00 – 11:00 a.m.
 VENUE
 Clearwater Middle School

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. Mathtie 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 11:30 a.m. – 12:00 p.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**



**Department of Community and
 Cultural Affairs Programmes,
 Events and Activities**

For further information regarding the programmes listed below, please contact the Department of Community & Cultural Affairs at 292-1681.

**BERMUDA DAY PARADE
 "A TAPESTRY OF CULTURES"**

The 2016 Heritage Month theme reflects on the interconnection of influences that make up the dynamic tapestry of Bermuda's people. We celebrate the diversity of Bermuda, with cultural influences spanning the globe including British, Africans, Caribbean, Native American, Portuguese, Sottish, Filipino, and may others. Bermuda's people remain fiercely proud of their roots while welcoming other nationalities into our cultural mosaic with signature Bermudian hospitality. This diversity helps shape a never-evolving national identity that is created of many disparate influences but distinctly Bermudian.

For further information, details, forms, times and dates, please visit our Bermuda Day website www.communityandculture.bm

DAY TIME
 Tue 1:30 p.m.

**BERMUDA'S EARTHQUAKES AND TSUNAMIS
 5th ANNUAL DR. KAMARAKAFEGO MEMORIAL LECTURE**

This one-off session is scheduled for Friday, 15 April, 2016

DAY INSTRUCTOR TIME
 Fri Dr. Martin Brewer 6:30 p.m.
 VENUE
 BUEI

**"CELEBRATING OUR LINGUISTIC HERITAGE:
 THE MYTHS AND MYSTERIES OF BERMUDA ENGLISH"**

In collaboration with the Bermuda Historical Society, this two session event is scheduled for Wednesday, 4 May, 2016 and Thursday, 5 May,

**SPRING TERM
 PROMOTIONAL
 OFFER: Register
 online and receive
 \$10 off your first
 course only.**

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

2016. Tickets are \$5 and can be collected from the Department of Community & Cultural Affairs by calling 292-1681.

DAY	INSTRUCTOR	TIME
Wed	B. Cann-Fubler	6:00 p.m.
Thurs	R. Hall	6:00 p.m.

VENUE

St. Teresa's Cathedral Hall
13 Elliott Street

HARBOUR NIGHTS STREET FESTIVAL

This annual street festival occurs every Wednesday evening along Front Street, Hamilton. This Festival takes place from 4 May to 31 August 2016. The department of Community & Cultural Affairs is a sponsor for the festival and hosts a booth with a variety of Bermudian Tradition Bearers can vary from fishing, woodcraft, building arts, gombey craft demonstration, naturopath, beekeeping and many more.

For further information and details, please contact the Department of Community & Cultural Affairs at 292-1681.

DAY	TIME
Wed	6:00 – 1:00 p.m.

VENUE

Front Street, Hamilton

OUR ISLAND'S TAPESTRY

"MULTIRACIAL MEANDINGS OF BERMUDA"

DAY	INSTRUCTOR	TIME
Wed	TBA	6:00 p.m.

VENUE

TBA

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 25 April, 2016.*

DAY	INSTRUCTOR	TIME
Mon/Wed	J. Duncan	6:00-8:30 p.m.

VENUE

CedarBridge Academy

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 25 April, 2016.*

DAY	INSTRUCTOR	TIME
Tue/Thurs	I. Whyte	6:00 – 8:30 p.m.

VENUE CedarBridge Academy

Community Education and Bermuda College 2016

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



ENG 0001 BASIC WRITING

\$135

A study of the essentials 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 25 April, 2016.*

DAY	INSTRUCTOR	TIME
Tue/Thurs.	M. Braithwaite	6:00 – 8:30 p.m.

VENUE

CedarBridge Academy

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 or 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.

National Certification for Activity Professionals

\$250



This Modular Education Programme for Activity Professionals, better known as (MEPAP) was developed by The National Certification Council for Activity Professionals (NCCAP).

This two term certification programme will prepare you with the skills to develop and deliver interactive activity programmes, which in turn will assist you with a better understanding of culture change and the fundamentals to increase person-centred care. Upon successful completion, you will receive a certificate of completion from a certified instructor and be eligible to sit the NCCAP exam for National Certification for an additional fee of \$60. The first part of this course will take place April to June 2016 and the second part will take place September to November, 2016. Cost for this certification course is \$250.00 per term.

Participants must be proficient in English written and oral skills, Microsoft computer abilities and possess a high school diploma or equivalent. Any further information please contact Ms. Karen Fox-Simmons TRS, ACC at 234-0525.

Classes will be held at CedarBridge Academy Tuesdays and Thursday 6:00 – 8:30 p.m. CEDP bears no liability for the delivery of this programme.

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.communityed.gov.bm. Click on the Penn-Foster

image.

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

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



The Community Education and Development Programme is recruiting new Instructors.

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

Call 236-0829

PLEASE PRINT CLEARLY

Last Name: _____ MI: _____
 First: _____
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

FAX TO ONE OFFICE ONLY
 St. George's Office
Fax: (441) 297-0386
 Hamilton Office
Fax: (441) 292-7786
 Warwick Office
Fax: (441) 236-1980

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

ALL CHEQUES MADE PAYABLE TO THE ACCOUNTANT GENERAL

FOR OFFICE USE ONLY

Course: 1. _____ **Fee: \$** _____

Fee: \$ _____ Cash Cheque Credit Card

Community School Location: Eastern Central Western

Registration Period: Early Regular Late

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 within 7 working days after notification of a cancelled class.
- Cash and cheques refunds will be processed within 15 – 20 working days 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.*

WWW.COMMUNITYED.GOV.BM

Brochures will be available for collection from the three Community Education and Development Programme
 Office Locations: 12 Longfield Road, St. David's • 81 Court Street, Hamilton • 72 Middle Road, Warwick
 as well as the Department of Community and Cultural Affairs and post offices