

## Adult Education in your area from September

A new academic year is beginning and Adult Education has its new brochure out. Below is a list of all our local courses for 2004-2005. For a full brochure, for further information or indeed to enrol, please call the office on:

01953 455634 Monday to Friday, 9am – 4 pm.

*Happy learning!*

| Course code | Course title                       | Day  | Start Date | Start Time | Duration per session per session | Number of weeks of weeks | Venue                  | Full fee | Benefit fee | Over 60's fee |
|-------------|------------------------------------|------|------------|------------|----------------------------------|--------------------------|------------------------|----------|-------------|---------------|
| K402004A    | Computing - Home PC First Steps    | Tue  | 14/09/2004 | 19:00      | 02:00                            | 12                       | Hethersett High School | £36.00   | Free        | £36.00        |
| K412004D    | Italian Beginners*                 | Tue  | 14/09/2004 | 19:00      | 02:00                            | 31                       | Hethersett High School | £126.50  | £33.50      | £126.50       |
| K452004D    | Spanish Intermediate*              | Tue  | 14/09/2004 | 19:00      | 02:15                            | 31                       | Hethersett High School | £146.00  | £37.50      | £146.00       |
| K404004D    | Spanish Improvers*                 | Thur | 16/09/2004 | 19:00      | 02:15                            | 31                       | Hethersett High School | £142.50  | £37.50      | £142.50       |
| K434004D    | Spanish Beginners*                 | Thur | 16/09/2004 | 19:00      | 02:00                            | 31                       | Hethersett High School | £126.50  | £33.50      | £126.50       |
| K454004D    | Interior Design – OCN              | Thur | 16/09/2004 | 19:00      | 02:15                            | 32                       | Hethersett High School | £139.00  | £31.00      | £139.00       |
| K421004A    | Art - Drawing & Painting Beginners | Mon  | 20/09/2004 | 19:00      | 02:00                            | 10                       | Hethersett High School | £54.00   | £27.00      | £43.00        |
| K392004A    | Indian Head Massage                | Tue  | 21/09/2004 | 19:00      | 02:00                            | 10                       | Hethersett High School | £54.00   | £27.00      | £43.00        |
| K422004A    | Mosaics - Made Easy                | Tue  | 21/09/2004 | 19:00      | 02:00                            | 10                       | Hethersett High School | £54.00   | £27.00      | £43.00        |
| K432004A    | Flower Arranging                   | Tue  | 21/09/2004 | 19:00      | 02:00                            | 10                       | Hethersett High School | £54.00   | £27.00      | £43.00        |

|                    |                                       |      |            |       |       |    |                            |        |        |        |
|--------------------|---------------------------------------|------|------------|-------|-------|----|----------------------------|--------|--------|--------|
| K492004A<br>£43.00 | Egyptian Dance                        | Tue  | 21/09/2004 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 |        |
| K382004B           | Reflexology- An Introduction          | Tue  | 04/01/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K422004B           | Mosaics - Made Easy                   | Tue  | 04/01/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K432004B<br>£43.00 | Flower Arranging                      | Tue  | 04/01/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 |        |
| K492004B           | Egyptian Dance                        | Tue  | 04/01/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K421004B           | Art - Drawing & Painting<br>Beginners | Mon  | 10/01/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K421004C           | Art - Drawing & Painting              | Mon  | 11/04/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K422004C           | Mosaics - Made Easy                   | Tue  | 12/04/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K432004C           | Flower Arranging                      | Tue  | 12/04/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K492004C           | Egyptian Dance                        | Tue  | 12/04/2005 | 19:00 | 02:00 | 10 | Hethersett High School     | £54.00 | £27.00 | £43.00 |
| K401004A           | Swimming – Aquafit                    | Mon  | 20/09/2004 | 12:30 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K411004A           | Swimming – Beginners                  | Mon  | 20/09/2004 | 11:35 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K441004A           | Swimming – Aquafit                    | Mon  | 20/09/2004 | 10:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K462004A           | Swimming – Aquafit                    | Tue  | 21/09/2004 | 19:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K472004A           | Swimming – Beginners                  | Tue  | 21/09/2004 | 19:00 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K414004A<br>£30.50 | Swimming - Perfect Your<br>Stroke     | Thur | 23/09/2004 | 19:30 | 01:00 | 10 | Hethersett Old Hall School | £38.00 | £19.00 |        |
| K444004A<br>£23.00 | Swimming - Aquafit<br>Beginners       | Thur | 23/09/2004 | 18:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 |        |
| K405004A           | Swimming – Aquafit                    | Fri  | 24/09/2004 | 10:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K415004A           | Swimming – Aquafit                    | Fri  | 24/09/2004 | 11:35 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |

|          |                                |      |            |       |       |    |                            |        |        |        |
|----------|--------------------------------|------|------------|-------|-------|----|----------------------------|--------|--------|--------|
| K425004A | Swimming - Aquafit Deep Water  | Fri  | 24/09/2004 | 12:30 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K494004A | Swimming – Sheltered           | Fri  | 24/09/2004 | 10:00 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K462004B | Swimming – Aquafit             | Tue  | 04/01/2005 | 19:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K472004B | Swimming – Beginners           | Tue  | 04/01/2005 | 19:00 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K414004B | Swimming - Perfect Your Stroke | Thur | 06/01/2005 | 19:30 | 01:00 | 10 | Hethersett Old Hall School | £38.00 | £19.00 | £30.50 |
| K444004B | Swimming - Aquafit Beginners   | Thur | 06/01/2005 | 18:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K405004B | Swimming – Aquafit Beginners   | Fri  | 07/01/2005 | 10:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K415004B | Swimming – Aquafit             | Fri  | 07/01/2005 | 11:35 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K425004B | Swimming - Aquafit Deep Water  | Fri  | 07/01/2005 | 12:30 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K494004B | Swimming – Sheltered           | Fri  | 07/01/2005 | 10:00 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K401004B | Swimming – Aquafit             | Mon  | 10/01/2005 | 12:30 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K411004B | Swimming – Beginners           | Mon  | 10/01/2005 | 11:35 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K441004B | Swimming – Aquafit             | Mon  | 10/01/2005 | 10:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K401004C | Swimming – Aquafit             | Mon  | 11/04/2005 | 12:30 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K411004C | Swimming – Beginners           | Mon  | 11/04/2005 | 11:35 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K441004C | Swimming – Aquafit             | Mon  | 11/04/2005 | 10:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K462004C | Swimming – Aquafit             | Tue  | 12/04/2005 | 19:45 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |
| K472004C | Swimming – Beginners           | Tue  | 12/04/2005 | 19:00 | 00:45 | 10 | Hethersett Old Hall School | £28.50 | £14.50 | £23.00 |

|          |                                 |      |            |       |       |    |                                  |        |        |        |
|----------|---------------------------------|------|------------|-------|-------|----|----------------------------------|--------|--------|--------|
| K414004C | Swimming – Perfect Your Stroke  | Thur | 14/04/2005 | 19:30 | 01:00 | 10 | Hethersett Old Hall School       | £38.00 | £19.00 | £30.50 |
| K444004C | Swimming - Aquafit              | Thur | 14/04/2005 | 18:45 | 00:45 | 10 | Hethersett Old Hall School       | £28.50 | £14.50 | £23.00 |
| K405004C | Swimming – Aquafit              | Fri  | 15/04/2005 | 10:45 | 00:45 | 10 | Hethersett Old Hall School       | £28.50 | £14.50 | £23.00 |
| K415004C | Swimming – Aquafit              | Fri  | 15/04/2005 | 11:35 | 00:45 | 10 | Hethersett Old Hall School       | £28.50 | £14.50 | £23.00 |
| K425004C | Swimming - Aquafit Deep Water   | Fri  | 15/04/2005 | 12:30 | 00:45 | 10 | Hethersett Old Hall School       | £28.50 | £14.50 | £23.00 |
| K494004C | Swimming – Sheltered            | Fri  | 15/04/2005 | 10:00 | 00:45 | 10 | Hethersett Old Hall School       | £28.50 | £14.50 | £23.00 |
| K474004A | Computing - Home PC First Steps | Thur | 16/09/2004 | 09:30 | 02:00 | 12 | Hethersett Village Hall          | £36.00 | Free   | £36.00 |
| K464004A | Mosaics – Daytime               | Thur | 23/09/2004 | 14:00 | 02:00 | 10 | Hethersett Village Hall          | £54.00 | £27.00 | £43.00 |
| K484004A | Yoga                            | Thur | 23/09/2004 | 09:30 | 01:30 | 10 | Hethersett Village Hall          | £40.50 | £20.50 | £32.50 |
| K484004B | Yoga                            | Thur | 06/01/2005 | 09:30 | 01:30 | 10 | Hethersett Village Hall          | £40.50 | £20.50 | £32.50 |
| K464004B | Mosaics – Daytime               | Thur | 13/01/2005 | 14:00 | 02:00 | 10 | Hethersett Village Hall          | £54.00 | £27.00 | £43.00 |
| K464004C | Mosaics – Daytime               | Thur | 14/04/2005 | 14:00 | 02:00 | 10 | Hethersett Village Hall          | £54.00 | £27.00 | £43.00 |
| K484004C | Yoga                            | Thur | 14/04/2005 | 09:30 | 01:30 | 10 | Hethersett Village Hall          | £40.50 | £20.50 | £32.50 |
| K442004A | Yoga – Hatha                    | Tue  | 21/09/2004 | 20:00 | 01:30 | 12 | Hethersett Woodside First School | £48.50 | £24.50 | £39.00 |
| K482004A | Yoga – Hatha                    | Tue  | 21/09/2004 | 18:15 | 01:30 | 12 | Hethersett Woodside First School | £48.50 | £24.50 | £39.00 |
| K424004A | Yoga - Hatha Intermediate       | Thur | 23/09/2004 | 19:30 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |
| K442004B | Yoga – Hatha                    | Tue  | 04/01/2005 | 20:00 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |
| K482004B | Yoga – Hatha                    | Tue  | 04/01/2005 | 18:15 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |
| K424004B | Yoga - Hatha Intermediate       | Thur | 06/01/2005 | 19:30 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |
| K442004C | Yoga – Hatha                    | Tue  | 12/04/2005 | 20:00 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |

|          |                              |      |            |       |       |    |                                  |        |        |        |
|----------|------------------------------|------|------------|-------|-------|----|----------------------------------|--------|--------|--------|
| K482004C | Yoga – Hatha                 | Tue  | 12/04/2005 | 18:15 | 01:30 | 12 | Hethersett Woodside First School | £48.50 | £24.50 | £39.00 |
| K424004C | Yoga - Hatha<br>Intermediate | Thur | 14/04/2005 | 19:30 | 01:30 | 10 | Hethersett Woodside First School | £40.50 | £20.50 | £32.50 |

## How do I get more details on the above courses?

There is a detailed factsheet for every course. Telephone or email your area office for a copy. The factsheet will tell you about any materials or books you may need to buy for the course.

## Help with Fees

Would you like to learn but feel you cannot because of the fees? If your combined family income is less than £16,000 you may be eligible for help towards the cost of your course. Contact your area office for advice.

## What if I have special requirements?

If you need special facilities or disabled access, please call the area office before enrolling as facilities differ from centre to centre. Help may be available if you need additional help such as a hearing loop or dyslexia support.

## For more information on the above courses, contact:

Attleborough & District Adult Education Office, Community Centre, Church Street, Attleborough, Norfolk NR17 2AH.

**Tel:** 01953 455634 **Fax:** 01953 457561

**E-mail:** [attleborough.adult.edu@norfolk.gov.uk](mailto:attleborough.adult.edu@norfolk.gov.uk)

**www.** [esinet.norfolk.gov.uk/pacs/adulteducation](http://esinet.norfolk.gov.uk/pacs/adulteducation)