

## 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 £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 £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 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 £30.50	Swimming - Perfect Your Stroke	Thur	23/09/2004	19:30	01:00	10	Hethersett Old Hall School	£38.00	£19.00	
K444004A £23.00	Swimming - Aquafit 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 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)