

<b>Course Title</b>	<b>Further Description</b>	<b>Preparation / What to bring / What to wear</b>
<b>Health, Sport and Fitness</b>		
<b>Tennis (Beginner and Intermediate)</b>	Individual attention – Beginner: covering all the basics – Intermediate: for higher skills. Lessons planned to suit your needs. Join for a fun family activity. <b>**RACQUETS NOT PROVIDED</b>	Tennis racquet, non-marking sports shoes. Balls are provided. Wear comfortable clothing for freedom of movement and bring water for hydration. Adults only.
<b>Yoga (Beginner and Intermediate combined)</b>	Less stress, more flexibility, calmer mind, balanced hormones. This class is a real treat.	Wear comfortable clothing for freedom of movement, bring water for hydration, bring a mat and a towel. Adults only.
<b>Pilates (Beginner to Advanced)</b>	All Levels and use of equipment. "Book early." Improve your body's strength, flexibility and posture. Registered Female Instructor, Trainer, teaches the basic and more. 10 years experience. Gentle, but caters for all levels. Very popular course in air-con' comfort.	Towel or a mat and maybe a pillow. Bring water for hydration. Wear comfortable clothing for freedom of movement. Be motivated to help improve yourself. Adults only.
<b>Workit, Circuit</b>	Young Enthusiastic Experienced Trainer will work you hard and make you feel good about yourself. 'Recruitment Camp Style'. Get Serious!	Towel, mat, water for hydration and comfortable clothing for freedom of movement. Cross-trainer shoes. Be ready! No Procrastination! Adults only.
<b>Fatburner</b>	Get Real Results from a Real Trainer. Don't think about it! Do it! Get Serious!	Towel, mat, water for hydration and comfortable clothing for freedom of movement. Cross-trainer shoes and a smile. No Procrastination! Adults only.
<b>Aqua</b>	Fun exercises to help you feel stronger and so much better. Keep fit & keep cool! Rehab' is 3 times faster in the water. Less impact on the joints.	Swimming gear, towel and water for hydration and a smile. Be ready! No Procrastination! Adults only.
<b>Foot Reflexology</b>	Great for the feet. NEW COURSE! Hands- on course in which participants will learn how to give a proper therapeutic massage. Other skills will enable students to assess and treat some common foot complaints. Intro and history, Feet- Mirror of the body, techniques, foot bath, relaxation sequence, causes of common foot complaints, benefits and contra-indications, Chinese meridians and Acupoints of the foot, composite treatment sequence for a full reflexology treatment.	Bring yourself. Try it! Experienced and Qualified Natural Therapist. Specializes in Remedial bodywork techniques including Deep tissue massage, Neuroskeletal therapy, Biomesotherapy, Segment therapy and Foot Reflexology.
<b>Group personal training Bootcamp</b>	Be tough! be ready! be brave! Get real results from putting real effort in. Great workout with personal trainer cert' 4.	Bring waterbottle, towel and runners.

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<b>Creative Arts, Crafts, Music and Food.</b>		
<b>Inspirational Watercolours, Beginner, Intermediate and Advanced (combined)</b>	<p>Nurture your talent for creating beautiful watercolours with expert tutor Shirley Charlton. New students buy materials before first class.</p> <hr/> <ul style="list-style-type: none"> <li>• Ten Paints-Cotman tubes OR w/n (THE ONES WITH THE * buy first.)</li> <li>• 1 cadmium red, 2 alizarin crimson*, 3 lemon yellow*, 4 cadmium yellow, 5 cobalt blue*, 6 ultramarine, 7 cerulean blue*, 8 burnt sienna, 9 diazine violet optional, 10 rose madder.</li> <li>• Paper - About five pieces of watercolour paper size A4. Cheap Montville or Cotman paper or use the back of old paintings.</li> <li>• 4 pieces of 300gms COLD PRESS full sheets ARCHES paper # cut into half or quarter whichever size you wish to work on. (you can use both sides of the paper.)</li> <li>• Rubber</li> <li>• Pencil b</li> <li>• Brushes - 2 Watercolour brushes sizes 12, and 8 cheapest Roymac.</li> <li>• 1 goat's hair brush hake.1 and half inch</li> <li>• #One good brush (Neef size 8 brush 4600*)</li> <li>• Sea sponge</li> </ul>	<ul style="list-style-type: none"> <li>• 2 white plates to mix on. Or a good palette with wells in a rag to wipe your brushes</li> <li>• Board - Marine ply - or quarter inch plywood which needs to be lightly sealed with varnish. The board can be home made.</li> <li>• Size to fit half sheet of watercolour paper, a half sheet is 22x15 inches (56x38 cm) - so the board needs to be slightly bigger than the paper size about 61x43cm.</li> <li>• Brown gum paper tape roll - students can share a roll</li> <li>• OR a staple gun with staples 5/16" 8 mm staples. Make sure the staples will bite into the board you chose. (I use a staple gun)</li> <li>• 2 containers yoghurt for water.</li> </ul> <ul style="list-style-type: none"> <li>• I am happy for students to buy student quality paints, (that's the COTMAN but not rowney or the cheap aquarelle any paints cheaper than the cotman at about \$5.45 [per tube if you have w/n or a more expensive brand that is okay too.</li> <li>• I insist on the arches good 300 gms paper cold press, which is medium surface.</li> <li>• One-bottle students can share of yellow masking fluid art spectrum.</li> <li>• Any questions feel free to contact me. Tel. Shirley 33789914</li> </ul>
<b>Portraiture</b>	<p>Some drawing ability needed. If you can do this, you can draw anything.</p>	<p>A3 sketchbook, 2B, 4B and 6B pencil and rubber and any other mediums you have around the home. (pastels, charcoal etc.) Adults only.</p>
<b>Creative Landscapes and Acrylics (all levels)</b>	<p>Explore a new, exciting style in versatile acrylics. Buy materials before course starts. See list in next column.</p>	<p>Bring a photo of a landscape scene you might like to paint.</p> <p>BUY: 3 Primary Colours in Acrylic paints (student quality is fine)</p> <p>1 warm red, 1 warm yellow, 1 warm blue</p> <p>1 cool red, 1 cool yellow, 1 cool blue</p> <p>1 burnt umber, 1 dioxide purple, 1 titanium white, 1 bottle of Atelier flow medium.</p> <p>3 full sheets of oil, Acrylic paper</p> <p>2½" (63.5mm) good quality house-painting brush (soft, taklon or nylon)</p> <p>1 size 24 Filbert; 1 size 10 Filbert; 1 size 8 round; 1 size 8 linear; 1 size 6 flat</p>

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		1 willow stick Some paper to work out compositions -- butchers paper is best. Adults only.
<b>Elements of Drawing</b>	What you need to know to make a masterpiece all of your own.	A3 sketchbook, 2B, 4B and 6B pencil and rubber and any other mediums you have around the home. (pastels, charcoal etc) Adults only.
<b>Guitar (Beginner)</b>	The perfect start: how to tune, learning easy chords & good old strumming. Tutor has 40 years experience. Wicked!	A six-string guitar. Adults only.
<b>Indian Vegetarian Cooking</b>	Wow! your guests with Daals, Samosas, Curries, Chapatis, Raita & Sweets! Plus \$20 for ingredients.	Pay tutor \$20 for ingredients for course. Please bring a tea towel, plate, cup and utensils to each class. Adults only.
<b>Hand drumming</b>	Beginner's course for all those who always wanted to tap a drum. Students will learn correct playing techniques and the different parts of an African poly-rhythm in order to play in a drum circle. Other rhythms taught will include Latin, Funk and Reggae. Content: Playing techniques for all hand drums. Sounds of an African drum. How to choose and care for your first drum. The rhythms of West Africa, West Indies, American Funk. Playing poly-rhythms in a drum circle.	Bring your own drum. NEW COURSE!
<b>Seated massage</b>	An easy-to-learn form of relaxation-massage which will enable students to give a competent and effective back, shoulders and head treatment almost anywhere. It also includes Qi Gung headache treatment sequence and is based on a mix of oriental and western techniques and has recently grown in popularity with a wide group.	Bring yourself
<b>Languages and Writing</b>		
<b>Spanish (Beginner)</b>	Everyday Spanish with native speaker: how to meet, greet, shop. South Olé! (+ \$5 for notes.)	Pay tutor \$5 for notes. Writing materials. Adults only.
<b>Spanish (Continuing)</b>	Everyday Spanish with native speaker: how to meet, greet, shop Olé! (+ \$5 for notes.)	Pay tutor \$5 for notes. Writing materials. Adults only.
<b>Italian (Beginner)</b>	Learn lots of good basic skills. Notes are provided. Cassettes or CDs for home practice are \$10 extra. Va bene!	Pay tutor \$10 for tapes, notes & CD. Writing materials. Adults only.
<b>French (Beginner)</b>	Learn lots of good basic skills. Notes are provided. Cassettes or CDs for home practice are \$10 extra.	Pay tutor \$10 for tapes, notes & CD. Writing materials. Adults only.
<b>French (Continuing)</b>	Learn lots of more advanced skills. Notes are provided. Cassettes or CDs for home practice are \$10 extra.	Writing materials. Adults only.
<b>Japanese (Beginner)</b>	Learn basic writing, speaking and greetings to help travellers to Japan.	Pay tutor \$5 for notes. Writing materials. Adults only.
<b>Japanese (Continuing)</b>	Higher skills for better speakers.	Pay tutor \$5 for notes. Writing materials. Adults only.

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<b>English as a second language.</b>	In small group settings, students with languages other than English (English as a second or third language) will develop confidence and skills in conversational English, singing, acting, cooking and dancing over a fun-packed 8-week period.	Pay tutor \$5 for notes. Writing materials. Adults only.
<b>Cabb First Aid</b>	Books handed out on course. NEW COURSE!	Bring yourself