



Community Courses

SEPTEMBER TO DECEMBER 2016



Personal Interest Courses

“Learning to use your iPad” - from the beginning

On this course you will learn the essential basics of using your iPad. You will cover email, internet, BBC Iplayer, Facetime and choosing, downloading and using APPS. It is preferable to bring your own iPad, one can be provided for you but there will be limitations to what you can do.

Please note we are unable to cover Android, Tablets or Hudl machines on this course.

12th, 19th October 2nd, 9th, 16th November from 7 - 9 pm

(Please note due to half term there will NOT be an iPad class held on the 26 October)

£40

Learn to Play the Piano Accordion!

Why not learn something different and exciting and play the Piano Accordion. This course is for total, absolute, can't-read-a-note of music beginners. You will be lent an Accordion **free of charge** for the duration of the course. There are limited spaces available so book early to avoid disappointment

12th, 19th October and 2nd, 9th November (4 weeks) from 7 - 8 pm

(Please note due to half term there will NOT be an Accordion class held on the 26 October)

£28

Painting Portraits using Watercolour Paints for Beginners

Learn the basics of how to start painting portraits. You will be developing techniques and obtaining lots of tips and advice. You will be using watercolour paints. Students are asked to bring with them a sketchbook, pencil 2b or 4b and apron all other materials will be provided.

2nd, 9th and 16th November from 7 – 9 pm

£30

Sketching Still Life for Beginners Course

On the course we will be looking at a variety of techniques enabling you to create different textures and effects with your drawing. You will then produce a final piece using these methods. Students are asked to bring with them a sketchbook, pencil 2b or 4b and apron all other materials will be provided.

6th and 13th December from 7 – 9 pm

£20

Understanding Your Dog Workshop

In this workshop you will learn how to understand your dog's behaviour and gain an insight into their canine blueprint for life which doesn't always fit in with our human approach to incorporating them into our homes and families. This workshop is for humans only!

13th October from 7 – 9 pm **OR** 22nd November from 7 - 9 pm
(please note you need only attend one workshop)

£10

Beauty & Make up Tips Workshop

This workshop is for all ages and will give you some really good advice and tips on how to apply your make up, what will suit you and how to enhance your features making you feel good inside and out!

Please note you will be asked to bring the make up you have at home with you so you can start applying all those top tips the next day! Please see additional make up sheet with further details.

11th October from 7 – 9 pm **OR** 7th November from 7 - 9 pm
(please note you need only attend one workshop)

£10

Spanish 4 Beginners

This course will cover learning to speak Spanish in various situations such as going for a meal, shopping and more.

8th, 15th, 22nd and 29th November from 7 - 9 pm

£32

Creative Writing Course

In this course you will learn simple techniques about how to begin and structure your writing idea into a polished piece of work with a focus on novels and short stories. Develop your knowledge of writing styles and generate ideas in an encouraging and fun class. If you would like to develop your skills as a writer then this is the course for you! Please bring a pen and a writing book with you to the course.

9th, 16th and 23rd November from 7 – 9 pm

£25

Sewing for Beginners Introduction Course

This course is for beginners who would like to learn the basics of how to use a sewing machine to create your own bag or cushion. If you have always wanted to learn how to sew and don't know how then this is the course for you! Please note on this course you will be provided with a sewing machine but are expected to bring your own materials to make either a cushion or tote bag, please see additional flyer with details.

8th, 15th, 22nd and 29th November from 7 – 9 pm

£32

Woodwork for Beginners Course

This course is for beginners who would like to learn the basics of how to do woodwork and use simple workshop equipment. If you have always wanted to learn some basic woodwork techniques then this is the course for you! You will learn simple techniques such as how to cut wood, make wood joints and finishing and you will have the opportunity to create your own bird house! This course is workshop based with tools materials provided for you.

8th, 15th, 22nd and 29th November from 7 – 9 pm

£45

Holistic Courses

Reiki I Course

Be attuned to this gentle Japanese method of channelling energy for the purpose of healing. Discover the benefits of meditation, relaxation and thought patterns. This course is certified by Aamar Healing.

29th November and 6th, 13th December from 7 – 9 pm

£35

Reflexology Introduction Workshop

An introduction to find out about reflexology and how to do simple foot massage techniques

12th October from 7 – 9 pm

Mindfulness in Everyday Life Course

We all go through life not really noticing what we are doing, how we are breathing, what we are eating and oblivious to our immediate surroundings. In this short course, we will explore mindfulness, what it means, how we can achieve it and how it will help us in our daily lives. Sometimes we have to stop and appreciate what is happening now, this minute.

10th, 17th and 24th November from 7 – 9 pm

£10

£25

Relaxation & Meditation Workshop

Learn how to relax the body and mind, breathing techniques to let go of stress, relaxation music to help switch off your inner chatterbox, guided visualisation to heal your worries and angel cards – guidance and inspiration.

19th October from 7 – 9 pm

£10

Head Massage Introduction Workshop

This workshop will introduce you to some basic head massage techniques to help with relaxation and to feel peaceful.

18th October from 7 – 9 pm

£10

Sound & Music Holistic Workshop

During this brief introduction you will learn how to tune your own body with sound, learn the benefits of chants and look at solfeggio sounds. The workshop will be more interactive and you will be asked to participate and enjoy the beauty of sound

5th October from 7 – 9 pm

£10

Food Hygiene Courses

Food Safety in Catering Level 2 Award - Food Hygiene

This course covers the basic principles of food hygiene for caterers and other food handlers. A food handler is any person, in any type of food business, who handles food. The food can be open or packaged and includes drinks. (Awarding Body - The Royal Society for Public Health - www.rsph.org.uk)

Course fee includes examination, registration fees, all refreshments are provided on the day.

15th November **OR** 6th December from 9 – 5 p.m.

£60

Fitness & Slimming Classes

Please note for the classes below you need to contact the person where indicated **not** the school for further information. Thank you

Ju-Jitsu & Russian Martial Arts Classes Saturday from £5 a session

For further details please contact Dave at the Shrewsbury Ju-Jitsu Academy on 07885 541457

Ceroc Addiction - learn to dance - Wednesdays 8 - 11 pm

For further details see www.cerocaddiction.com or contact Maja on 07983 703166

Slimming World - Tuesday Evenings

For further details please contact Michele on 07891803234

Yoga Classes - Tuesday Evenings 7.15 - 8.15 pm

For further details please contact Mr Tom Stacey

on 07974810254

Fitstep Classes - & Barreconcept Classes - various days and times

For further details please contact Lianne Hayley on 07585553800

All courses/workshops are held at:

The Priory School
Longden Road
Shrewsbury
Shropshire SY3 9EE

If you would like to enrol or have any questions, please call 01743 284022 or 284011 or email: deb@priory.shropshire.sch.uk or sc@priory.shropshire.sch.uk

Course and enrolment details can be obtained from our website www.priory.shropshire.sch.uk community courses. On-line enrolment & payment facilities are available