

## A warm welcome

Welcome to Nunthorpe Learning and Leisure. Our comprehensive programme of courses aims to provide you with a high-quality, well-planned, personalised service tailored to match your interests, lifestyle and learning preferences.

All courses are based at the Nunthorpe site and are available for anyone aged 16 years and above. Most courses are non-accredited courses, although courses can be accredited. The tutors delivering the courses are united in their passion for imparting their skills, knowledge and enthusiasm, to ensure that you enjoy your Learning and Leisure experience.

Whether you sign up to improve your Art skills, learn new skills such as Italian or Flower Arranging, or get fit with Badminton, Tap, Yoga or Zumba classes, we guarantee an enjoyable experience – one which you will never forget!

We have been delivering courses for many years and pride ourselves in our ability to continue to meet the needs and demands of our learners. We are confident that once you join us you will continue to develop your skills for the foreseeable future.

Please join us on Saturday 3 September 2011, 11-1pm, for the Nunthorpe Learning and Leisure Open Day, where you can come along and try many of the courses on offer before enrolling.

If you have any further queries regarding courses at Nunthorpe Learning and Leisure, please do not hesitate to contact me.

*Karen Deen*

Director of Extended School



## Hire of facilities

Nunthorpe School facilities are available to hire all year round for sports, meetings and functions.

Facilities available to hire include:

- Sports Hall
- Gymnasium
- Dance Studio
- Main Hall (including stage)
- Nunthorpe Youth Club –Main Area and Lounge
- School Field
- Art Rooms
- Drama Rooms
- Technology Rooms
- Music Rooms
- Sixth Form Centre



For further information about hiring any of our facilities and our charges, please contact:  
Karen Deen – Director of Extended School  
Nunthorpe School  
Guisborough Road,  
Nunthorpe,  
Middlesbrough  
TS7 0LA

Learning and Leisure  
**Nunthorpe**  
A Specialist Science, Business & Enterprise School

Learning and Leisure courses to suit all tastes and interests

Languages

Sports & Recreation

Creative Arts

Healthy Living

Computing

Hobbies & Interests



## Enrolment

Enrolment on all courses can be done through any of the following methods:

**POSTAL ENROLMENT:** Enrolment forms can be downloaded from the school website [www.nunthorpe.co.uk](http://www.nunthorpe.co.uk), obtained from the school main reception, or by postal application from the school.

**ONLINE ENROLMENT:** Enrolment forms can be downloaded from the school website [www.nunthorpe.co.uk](http://www.nunthorpe.co.uk), completed and emailed to [learningandleisure@nunthorpe.co.uk](mailto:learningandleisure@nunthorpe.co.uk).

**ENROLMENT EVENINGS:** These will be held at Nunthorpe Secondary School on the following dates:

Monday 5 September 2011 – 6-8.30pm

Thursday 8 September 2011 – 6-8.30pm

**ENROLMENT DAYS:** Enrol at the Nunthorpe Learning and Leisure department any time between 9-3pm, Monday-Friday, from Monday 5 September - Friday 16 September 2011.

Tel: (01642) 310561

Fax: (01642) 325672

Email: [learningandleisure@nunthorpe.co.uk](mailto:learningandleisure@nunthorpe.co.uk)

Community Education Programme

2011-12



## Term dates

All courses run over three terms of 10 weeks each\*. Courses can be joined at any time.

**AUTUMN TERM:** Monday 19 September – Friday 2 December 2011  
(Mid-term break: Monday 24 – Friday 28 October 2011)

**SPRING TERM:** Monday 9 January – Friday 23 March 2012  
(Mid-term break: Monday 13 February – Friday 17 February 2012)

**SUMMER TERM:** Monday 23 April – Monday 9 July 2012  
(Mid-term break: Monday 4 June – Friday 8 June 2012)

\*Fly-Tying – Autumn and Spring Term only

\*Introduction to Digital Photography – Autumn and Spring Term only

\*Prepare for Birth with Yoga – 3-week course (delivered each term)

\*Tarots – Summer Term only

## Fees

Course fees are payable each term. Some course fees differ due to duration – please see the individual courses below:

Prepare for Birth with Yoga	£15 (3-week course)
Aerobics, Arabic Belly Dancing, Boxercise, Bums and Tums, Line Dancing Beginners / Improvers, Nunthorpe Running Group, Pilates, Tapmobility for Absolute Beginners	£22.50 per term
Zumba	£22.50 per term or £3 per week (pay as you go)
Badminton	£35 per term
Rainbow Tai Chi & Chi Kung, Yoga Therapy	£45 per term
Accredited Courses:	£45 per term + any examination fees (individual courses differ)
<b>FEE FOR ALL OTHER COURSES:</b>	£45 per term

## Concessions

Income based allowances (proof required)	£22.50 (2 and 1½-hour courses) or £11.25 (45 minute and 1-hour courses)
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Please note there is NO 50% reduction for learners aged 60+ on Nunthorpe Learning and Leisure courses.

## Payment of fees

We're pleased to announce that we now accept payments online for Nunthorpe Learning and Leisure Courses. Using a secure website called Parentpay you can now pay online using your credit or debit card.

Please visit <http://www.parentpayshop.com/schools/Payments/8074121.html>, provide all the necessary information, and make payment following the simple on-screen instructions. You will then be sent an email confirming that your transaction has been successful. Please remember to attach a copy of this to your enrolment form when enrolling.

Alternatively payment can be made by cash or cheque at enrolment evenings and days, or through postal enrolment. Please make cheques payable to 'Nunthorpe School'.

## Refunds policy

- Fees will be repaid in full if the course has insufficient numbers to continue.
- Fees will be repaid pro rata if the course closes after the three-week waiting period (classes will only run if there are sufficient numbers).
- Fees will be repaid if the course proves unsuitable or if personal reasons mean you cannot continue with the course. Refunds are pro rata depending on how many weeks you have attended.

## Parking

Parking facilities are available for Nunthorpe Learning and Leisure classes onsite but a parking space cannot be guaranteed.

*"An interesting and informative course – thank you."*

*"An excellent learning experience with extensive individual tuition and guidance."*



# Monday

- 101 Pilates** 9.30-10.30am  
Relieve the stress of modern life through the basic principles of Pilates, including posture, breathing and exercise techniques. The course includes a range of exercises for strength, toning and mobility.
- 102 Bridge Club for Improvers** 10-12pm  
Improve your playing and bidding skills in this ever-popular game.
- 103 Italian for Beginners** 10-12pm  
An introduction to the Italian language and culture. For the complete beginner.
- 104 Creative Flower Arranging** 1-3pm  
Learn the art of flower arranging for the home, church, family, friends and special occasions.  
Venue: Langdon Square Community Centre, Coulby Newham.
- 105 Italian Level 2** 1-3pm  
For students with some experience in the language. Consolidate and develop your conversational, listening, reading and writing skills.
- 106 Hidden Places, Incredible People and Momentous Events in North East History** 2-4pm  
From crypts and heritages, to tunnels beneath the Rivers Tyne and Tees, and the centres of Newcastle and Middlesbrough to adventurers, campaigning women and outstanding talented people – all feature in this coverage of aspects from the North East's fascinating past.
- 107 Yoga Therapy: Coping with Chronic Disease** 3.30-5pm  
A range of gentle exercises, breathing and meditation methods that will be of particular help to those living with CFS/ME, IBS, High BP, Depression, Cancer and other stress related diseases. Please check suitability with your doctor.
- 108 Conversational French (Level 2)** 4-6pm  
For those with some experience in the language. Develop your understanding of spoken French and learn to respond appropriately to a range of situational topics and issues.
- 109 Family History on the Internet** 4-6pm  
Gain confidence in using the internet, while building your family tree using census records and visiting archives.
- 110 Arabic Belly Dancing** 5-6pm  
Learn the basic moves of this beautiful Arabic dance, set to the rhythms and beats of Arabic music.
- 111 Nunthorpe Running Group** 5.30-6.30pm  
Don't run but would love to try? Run on your own but would like some company? This course will increase your fitness levels. Aimed at all abilities and fitness levels.
- 112 Zumba** 6-7pm  
If you are not going to a Zumba class you are going the wrong way! Burn 500 – 1000 calories an hour – it is exercise in disguise. It's a party! Any age and any ability welcome.
- 113 Rainbow Tai Chi & Chi Kung** 6-7.30pm  
Learn basic principles and exercises to relax and benefit your health and wellbeing – beginners always welcome.
- 114 Pilates** 7-8pm  
Relieve the stress of modern life through the basic principles of Pilates, including posture, breathing and exercise techniques. The course includes a range of exercises for strength, toning and mobility.
- 115 Badminton** 7-9pm  
A non-tutored course for those who want to just turn up and play.

## Tuesday (continued)

- 211 Painting on China and Porcelain** 6.30-8.30pm  
Improve your understanding of this subject using specialist material, increasing your knowledge of colour combinations and trying both modern and traditional designs and techniques to enjoy this wonderful art form.
- 212 Tarots (Summer Term only)** 6.30-8.30pm  
Learn how to read your own cards, learn what they mean and their history.
- 213 Boxercise** 7-8pm  
This form of exercise adapts age-old training principles to form a fun, safe, stress-busting workout suitable for all ages and levels of ability.
- 214 ICT for the Wary** 7-9pm  
This course will cover the use of Microsoft Office, Word Processing, Excel (spreadsheets) and Publisher (desktop publishing), plus basics such as internet and email use. The course will be tailored to individual needs.
- 215 Nunthorpe Choral Group** 7-9pm  
A relaxing way to enjoy singing in a group and taking part in concerts.
- 216 Spanish for Improvers (Year 2)** 7-9pm  
For those with some experience in the language. Develop your Spanish conversational, listening, reading and writing skills from Spanish for Beginners.
- 217 Yoga for Health** 7-9pm  
A range of yoga postures, relaxation, breathing and meditation methods to improve general health and wellbeing.
- 218 Pilates** 8-9pm  
Relieve the stress of modern life through the basic principles of Pilates, including posture, breathing and exercise techniques. The course includes a range of exercises for strength, toning and mobility.

# Wednesday

- 301 Art for Beginners** 10-12pm  
A gentle introduction to art for the absolute beginner. Watercolour, pastels, acrylic and more for you to try in a warm and friendly group.
- 302 Don't Worry Be Happy** 10-12pm  
If you never seem to have enough money, time or patience, then this is the course for you.
- 303 Stained Glass** 10-12pm  
Learn how to cut and grind glass, create items using the 'Tiffany' technique, solder in a safe manner and make lead panels.
- 304 Creative Flower Arranging** 12.45-2.45pm  
Learn the art of flower arranging for the home, church, family, friends and special occasions.
- 305 Creative Art** 1-3pm  
Use your imagination to develop new ways to look at art.
- 306 Introduction to Acrylic Nails** 4-6pm  
Learn the techniques and useful tips in applying Acrylic Nails and the infill treatment.
- 307 Family Cooking** 4.30-6.30pm  
Cook family favourite meals. Bring your child or grandchild along to learn with you.
- 308 Holiday French** 5-7pm  
Develop an understanding of French to use on your holiday.
- 309 Spanish for Work, Business and Travel (OCR Level 1)** 5.30-7.30pm  
Gain a certificate in Spanish – suitable for anyone who needs an up-to-date and relevant language skill. Accredited at a time to suit you.
- 310 Line Dancing – Beginners / Improvers** 6-7pm  
An enjoyable way to learn the basic terminology and steps of Line Dancing.

## Thursday (continued)

- 407 Shorthand – Pitman 2000** 4-6pm  
This useful skill is invaluable at college, work, university or everyday life. Reach speeds of up to 120 words per minute.
- 408 French for Beginners** 5-7pm  
Develop an understanding of conversational and written French.
- 409 An Introduction to Indian Cookery** 6-8pm  
Learn the fundamentals of Indian Cookery to plan and produce a range of Indian dishes for everyone to enjoy.
- 410 Art for All** 7-9pm  
Build your confidence with exercises to introduce you to both traditional and contemporary techniques. Identify, mix and apply colour in a variety of mediums including watercolour, pastels, ink and acrylics.
- 411 Contemporary China Painting** 7-9pm  
Whether your style is Minimalist, Contemporary or Traditional, this course will inspire and help you to paint and design on China and Porcelain. Simple glass fusing and slumping methods will also be introduced to create decorative glass items.
- 412 Creative Flower Arranging** 7-9pm  
Learn the art of flower arranging for the home, church, family, friends and special occasions.
- 413 Creative Writing** 7-9pm  
Identify your strengths and interests as a writer by writing in a range of genres, developing your own directions and styles.
- 414 Holiday Italian for Beginners** 7-9pm  
Develop an understanding of the Italian language. Learn to speak Italian accurately and confidently to use on your holiday.
- 415 Yoga for Health** 7-9pm  
A range of yoga postures, relaxation, breathing and meditation methods to improve general health and wellbeing.

# Friday

- 501 Zumba** 9.30-10.30am  
If you are not going to a Zumba class you are going the wrong way! Burn 500 – 1000 calories an hour – it is exercise in disguise. It's a party! Any age and any ability welcome.
- 502 Art for All** 10-12pm  
Build your confidence with exercises to introduce you to both traditional and contemporary techniques. Identify, mix and apply colour in a variety of mediums including watercolour, pastels, ink and acrylics.
- 503 Bums and Tums** 10.45-11.30am  
This workout is perfect for targeting those stubborn areas.
- 504 Art – Develop your own Style** 1-3pm  
Gain experience in drawing, painting, mixing colours and using other mediums.
- 505 Introduction to Arabic** 4-6pm  
Basic introductory course in written and spoken Arabic.
- 506 An Introduction to Indian Cookery** 5.30-7.30pm  
Learn the fundamentals of Indian Cookery to plan and produce a range of Indian dishes for everyone to enjoy.
- 507 Prepare for Birth with Yoga (3-week course only)** 6.30-8pm  
For low risk pregnant ladies between 15 and 34 weeks. Learn specific postures and breathing methods to help make your 'labour' an empowering and active experience. Please check suitability with your Midwife or Doctor.

- 116 Digital Imaging** 7-9pm  
Develop a good understanding of photo manipulation using Adobe Photoshop. Learn how to repair, re-colour photos and much more.
- 117 Fly-Tying (Autumn and Spring Term only)** 7-9pm  
Learn how to tie flies using a wide variety of techniques, using the best materials and tools.
- 118 Introduction to Digital Photography (Autumn and Spring Term only)** 7-9pm  
Understand digital cameras, choosing the best kit for your needs, what software to use and basic PC operation. Understand lenses: relationship between aperture and shutter speed; lighting: exposure and focusing (including colour temperature) and much more.
- 119 Painting with Watercolours** 7-9pm  
This course is suitable for beginners and for those wishing to improve their watercolour techniques.
- 120 Spanish for Beginners** 7-9pm  
An introduction to Spanish life, its culture and traditions, and learn basic conversational skills in order to survive your visit to Spain.
- 121 Tapmobility (Intermediate / Advanced)** 7-9pm  
For those with some experience in tap – a mixed level of steps and routines to music to brush up your tap skills.
- 122 Aerobics** 8-9pm  
High energy exercise to music that will burn those calories and tone the body whilst having great fun.

## Tuesday

- 201 Bridge for Beginners** 9.30-11.30am  
Bridge is by far the greatest card game of all, and it can provide immense challenge and enjoyment. Intended for the complete beginner.
- 202 Yoga for Health** 9.30-11.30am  
A range of yoga postures, relaxation, breathing and meditation methods to improve general health and wellbeing.
- 203 Stained Glass** 10-12pm  
Learn how to cut and grind glass, create items using the 'Tiffany' technique, solder in a safe manner and make lead panels.
- 204 Inspirational Art** 10.15-12.15pm  
Use your imagination to gain experience in drawing and painting. Learn about using paint, drawing, mixing colours and other mediums.
- 205 Italian Conversation – Level 3** 1-3pm  
This course is intended for students with advanced conversational skills (previous Level 2, GCSE or AS Level).
- 206 Circle Dance – Around the World in 80 Minutes** 1.15-3.15pm  
Enjoy folk dances from many countries including Greece and Israel. Improve your co-ordination, balance and sense of rhythm. No partners or experience required.
- 207 Painting with Watercolours** 2-4pm  
This course is suitable for beginners and for those wishing to improve their watercolour techniques.
- 208 Aerobics** 5-6pm  
High energy exercise to music that will burn those calories and tone the body whilst having great fun.
- 209 Bums and Tums** 6-7pm  
This workout is perfect for targeting those stubborn areas.
- 210 Introduction to Aromatherapy** 6-8pm  
An introduction to the history, use of essential oils and some aromatherapy massage techniques.

- 311 Tapmobility for Absolute Beginners** 6-7pm  
For those with no experience in tap. Learn the basic steps and movements, while improving your balance and fitness.
- 312 Guitar for Beginners** 6-8pm  
Learn how to play chords, accompany songs, develop rhythm guitar method, timing and tuning and different types and styles of music.
- 313 GCSE Maths** 6.30-8.30pm  
This course will enable you to obtain a Foundation / Higher Level Mathematics GCSE, up to a grade C. Modular exams will be taken throughout the year. This course is ideal for anyone wanting to resit their Mathematics GCSE, or learners with good numeracy skills who would like to progress further.
- 314 Introduction into the World of Beauty Therapy** 6.30-8.30pm  
Find out how to perform the treatments you receive in the salon. Learn how to perform relaxing facials, nail art designs, French Manicure treatments, Indian Head Massage and other treatments you are interested in.
- 315 Cooking on a Budget** 7-9pm  
Learn how to cook family favourite meals on a budget.
- 316 Guitar for Improvers** 7-9pm  
For those with basic guitar knowledge. Learn how to use chords more effectively, accompany songs or melodies, bass runs, timing and tuning and how to accompany different styles of music.
- 317 Italian and Mediterranean Cookery** 7-9pm  
Learn the fundamentals to plan and produce a range of Italian and Mediterranean dishes.
- 318 Line Dancing – Intermediates** 7-9pm  
Develop your skills and improve your knowledge of terminology in this more advanced class.
- 319 Spanish for Improvers (3rd Year and above)** 7-9pm  
Acquire greater accuracy, fluency and confidence in your written and spoken Spanish. Suitable for those in their third year of Spanish.
- 320 Tapmobility (Intermediates)** 7-9pm  
Further improve your movement, balance and fitness by continuing to develop the skills for tap from the beginner's class.

## Thursday

- 401 Pilates** 10-11am  
Relieve the stress of modern life through the basic principles of Pilates, including posture, breathing and exercise techniques. The course includes a range of exercises for strength, toning and mobility.
- 402 Contemporary China Painting** 10-12pm  
Whether your style is Minimalist, Contemporary or Traditional, this course will inspire and help you to paint and design on China and Porcelain. Simple glass fusing and slumping methods will also be introduced to create decorative glass items.
- 403 Hand-Knitting** 10-12pm  
Knit a patchwork throw as you learn to knit.
- 404 Hidden Places, Incredible People and Momentous Events in North East History** 10-12pm  
From crypts and heritages, to tunnels beneath the Rivers Tyne and Tees, and the centres of Newcastle and Middlesbrough to adventurers, campaigning women and outstanding talented people – all feature in this coverage of aspects from the North East's fascinating past.
- 405 Pilates** 1.30-2.30pm  
Relieve the stress of modern life through the basic principles of Pilates, including posture, breathing and exercise techniques. The course includes a range of exercises for strength, toning and mobility.
- 406 German for Beginners** 4-6pm  
Develop an understanding of conversational and written German.

# Nunthorpe Learning and Leisure Open Day

Saturday 3 September 2011  
11am - 1pm

Nunthorpe School

Come and try some of the courses that are available at Nunthorpe Learning and Leisure. Speak to tutors that deliver the courses and find out if that course really is for you!

Call (01642) 310561

for further details.

## Your Suggestions

Are there any other courses that you would like to see available through Nunthorpe Learning and Leisure? If you have any suggestions, please complete the reply slip below and return it to us at the address overleaf:

REPLY SLIP

The following are suggestions of courses that I would like to see offered through Nunthorpe Learning and Leisure:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_