

# What's New @ Learning4Life

## Feb-Apr 2012 1st Edition

ADULT EDUCATION, TRAINING AND LEISURE

ACTIVITIES FOR YOUNG PEOPLE

The Wordsley School  
Brierley Hill Road, Wordsley Stourbridge, West Midlands. DY8 5SP

### FRENCH

Cont. Beginners: Mondays 19.00-20.30. Cont. Improvers: Tuesdays 19.00-20.30. Check availability with reception.

### INTRO TO SIGN LANGUAGE

Mon. 12th Mar. 19.00-21.00, 6 wks. £30.60 #

### LITERACY & NUMERACY

#### ADULT CERT. 1 & 2

Following a thorough evaluation we will provide a personalised, relevant course of study to meet your needs. Start at any time and work towards a City & Guilds qualification equivalent to a GCSE. Assessments take place when you're ready.

**SESSIONS:** take place on Weds 19.00-21.00 OR Thurs 10.00-12.00. Term dates: Tues 21st Feb.-Thurs 29th Mar. 6 wks.

**CHARGES:** reduced to £5 (normal charge £10 per term) plus £12 certificate fee. No reductions! No hidden extras!

### CREATIVE WRITING

Mon. 20th Feb. 19.00-21.00. 5 wks. £25.50 #

### INTRO TO FAMILY HISTORY

Mon 20th Feb 13.30-15.30 OR Thurs 1st Mar. 19.00-21.00. Both 5 wks. £36.00 #

### CREATE YOUR OWN WEBSITE

Wed 1st Feb 10.00-12.00 OR Thurs 2nd Feb 19.00-21.00. Both 7 wks £50.40 #

### WATERCOLOUR PAINTING FOR BEGINNERS

Short'N'Sweet Mon 20th Feb. 14.00-16.00. 3 wks. £21.60 #

### DRAWING FOR BEGINNERS

Short'N'Sweet Mon 12th Mar. 14.00-16.00. 3 wks. £21.60 #

### PAINTING and DRAWING

suitable for all levels. Tuesdays 19.00-21.00, Wednesdays 10.00-12.00, Thursdays 10.00-12.30 and Thursdays 13.30-15.30. Check availability with reception

### INTRO. TO DIGITAL IMAGING USING PHOTOSHOP

ELEMENTS Wed. 22nd Feb. 13.30-15.30. 5 wks. £49.50 #

### CONT. DIGITAL IMAGING USING PHOTOSHOP

ELEMENTS Mon 20th Feb. 10.00-12.00. 5 wks. £49.50 #

### FOLK ART

Mon 20th Feb. 19.00-21.00 3 wks. £21.60 #

### CANAL ART

Mon 12th Mar. 19.00-21.00. 3 wks. £21.60 #

### ROSES AND CASTLES

Check availability with reception

### JEWELLERY MAKING

Check availability with reception

### WIRE WRAPPED JEWELLERY MAKING

Improvers: Mon 27th Feb. 19.00-21.00, 5 wks £25.50# OR Tues.13th Mar. 9.30-12.30, 3 wks. £22.95 #

### FACE PAINTING and GLITTER TATTOOS

Mon 20th Feb. 19.00-21.00. 3 wks. £24.60 Cons. £19.20 and £8

### FLOWER ARRANGING

Continuing: Mon.20th Feb.10.00-12.00. 6 wks. £30.60 #

### FLORISTRY

Continuing: Thurs 23rd Feb.19.00-21.00. 6 wks. £30.60 #

### PATCHWORK

suitable for all levels  
Tues 21st Feb.. 19.00-21.00. OR  
Fri 24th Feb.. 10.00-12.00. Both 5 wks. £30.60 #

### STITCH TEXTILE APPLIQUE

Short'N'Sweet Wed. 14th Mar. 13.30-15.30. 3 wks. £21.60 #

### UPHOLSTERY

Short'N'Sweet Tues 21st Feb. 10.00-12.00 OR  
Mon.13th Mar. 19.00-21.00 Both 3 wks. £21.60 #

### START YOUR OWN BUSINESS

Wed 1st Feb. 10.00-12.00 8 wks. £40.80 #

### INTRO. TO TRADING ON THE STOCK MARKET

Short'N'Sweet Wed.14th Mar.19.00-21.00 3 wks £21.60 #

### PLAY THE GUITAR

Short'N'Sweet Fri 2nd Mar. 13.30-15.30, 3 wks. £21.60 #  
Other levels: Beginners: Thursdays: 19.00-20.00, Improvers: Tuesdays 19.00-21.00. Intermediates:19.00-21.00.  
Check availability with reception

### What is Short'N'Sweet?

An introductory taster course of 6 hrs in a small group

### MAKE UP: JUST LIKE A PROFESSIONAL Short'N'Sweet

Tues 31st Jan. 18.00-20.00. 3 wks. £21.60 # Continuing Make  
Up Wed 1st Feb. 13.30-15.30 OR Tues 28th Feb. 18.00-20.00  
Both 5 wks. £25.50 #

### NEW NEW NEW NEW NEW

### INTRO. TO MEDITATION Short'N'Sweet

Mon. 5th Mar. 19.00-20.30. 4 wks. £21.60 #

### INTRO. TO AROMATHERAPY

Check availability with reception

### INTRO. TO INDIAN HEAD MASSAGE Short'N'Sweet

Tues. 21st. Feb. 19.00-21.00. 3 wks. £21.60 #

### INTRO. TO REFLEXOLOGY Short'N'Sweet

Tues. 13th. Mar. 19.00-21.00. 3 wks.£21.60 #

### DE-STRESS:REFRESH:RE-BOOST

Tues. 28th Feb.13.30-15.30 OR Thurs 1st Mar. 19.00-21.00.  
Both 5 wks.£25.50 #

### PILATES

Beginners: Tuesdays 19.00-20.00, Wednesdays 18.00-19.00,  
Thursdays 18.00-19.00 and @Oakfield. Fridays 10.00-11.00.  
Improvers: Thursdays 19.05-20.05 and 20.10-21.10.

Check availability with reception

### LEGS, BUMS & TUMS

Check availability with reception

### BALLROOM and LATIN AMERICAN DANCING

Mondays: Beginners 18:03-19:30, Improvers/ Intermediates:  
19:30-20:45. Check availability with reception

### ADULT SWIMMING LESSONS

Mon 20th Feb for 6 wks. Fee £18 # Beginners and Improvers:  
19.00-19.45 OR 20.30-21.15 Intermediates: 19.45-20.30

### PRIVATE SWIMMING LESSONS

In a group of 2 or 1 to 1. Contact the office for further details

### RLSS NATIONAL POOL LIFEGUARD

10th Apr 2012, 23rd OR 30th July 2012.  
All 8.30-17.00. 6 days. £172 plus additional fees £78.75

### RLSS NATIONAL RESCUE TEST for SWIMMING

TEACHERS/COACHES  
Thurs 29th and Fri 30th Mar. 2012, 8.30-16.00, £57.20, add. fees  
£26.95. 1 day retake; Fri 30th Mar. subject to previous  
qualification and training £36.50, add. fees £26.95

### EMERGENCY FIRST AID

Sat. 25th Feb OR Fri. 23rd Mar. Both 09.00-16.00. 1 day. £36.50

### PAEDIATRIC EMERGENCY FIRST AID

Fri.24th Feb OR Sat. 24th Mar. Both 09.00-13.00.1/2 day £24.00.

### NEW NEW NEW NEW NEW

### BEGINNERS GUIDE TO APPLE MAC

COMPUTERS Mon 20th Feb. 19.00-20.30. 6 wks. £32.40 #

### NEW NEW NEW NEW NEW

### SOCIAL MEDIA:FACEBOOK, TWITTER,

SKYPE, YOU TUBE. WHATS ALL THE FUSS?  
Tues 21st Feb. 19.00-20.30. 6 wks. £32.40 #

### BUYING AND SELLING ON E-BAY Short'N'Sweet

Mon 27th Feb. 19.00 -21.00 OR Fri 2nd Mar. 11.30-13.30 .  
Both 3 wks, £21.60 #

### ONLINE BASICS

Learn to e-mail, surf the Internet and stay safe on-line  
Courses cost £10  
Thursday 12.30-14.30 5  
wks from 23rd Feb.



### FREE FAST TRACK ONLINE BASICS

Improve your existing skills working on the internet. Choose 2 modules from e-mail, internet surfing and internet safety. Not for complete beginners. Places MUST be booked in advance  
Mon. 19th Mar. 19.00-21.00 OR Tues. 20th Mar. 10.00-12.00

### COMPUTING for the TERRIFIED

Learn to use a computer from scratch! Tues 21st Feb. 10.00-12.00 4 wks. £39.60 #

### PLAY THE GUITAR

A brilliant opportunity for kids (over 5 years old) to learn tunes on electric or acoustic guitar and have fun! Provide your own guitar, an adult must remain onsite with children aged 5-8 years old. Other conditions apply

Beginners:  
Mon 20th Feb. 6 wks. 16.45—17.45 OR 17.45-18.45. £51.90  
Intermediates:  
Thursdays 17.45—18.45.  
Check availability with reception



### LEARNING4LIFE SWIM SCHOOL

### CHILDREN'S SWIMMING LESSONS

Mon 20th Feb. -Sun 1st April, 6 wks

\*SPECIAL PRICE\*

£25

\* ALL SESSIONS \* 30 and 60 mins \*

\* ALL STANDARDS \*

We operate 7 days a week and offer sessions at the following standards:

<b>First Steps.</b>	An ideal first class for your child. It enables young children from 3 to 4 1/2 years to enjoy water, develop confidence and preliminary skills with the help of buoyancy aids when needed. Five different 'Stanley' incentive badges award progress towards successful transition into pre-beginners stage and beyond.
<b>Pre-Beginner.</b>	Min age 4 1/2 years. Provides familiarisation activities and skills to develop floatation and propulsion without aids up to 2m.
<b>Beginner.</b>	Min age 4 1/2 years. Provides skill development to swim 5m on a front stroke and 5m back crawl.
<b>Improver.</b>	Improves aquatic skills and stamina to swim 15m on a front stroke and 15m back crawl.
<b>Intermediate 1.</b>	Develops confidence in deep water and front crawl breathing action to swim 20meters on a front stroke and 20m back crawl.
<b>Intermediate 2.</b>	Helps to build stamina and endurance to swim 50m on a front stroke and 25m on back crawl.
<b>Intermediate 3.</b>	Develops competence on all four strokes (25m) and a front and back stroke for 100m.
<b>Rookie Lifeguard</b>	Learn new skills, have fun and overcome challenges. Min. age 8 years. Must be able to swim 20 m on a front stroke and 20 m on a back stroke.
<b>Advanced Swimmer. AS</b>	To further develop swimming skills, speed and stamina.
<b>Water Skills.</b>	To develop survival and rescue skills.
<b>Life saving.</b>	Min age 10 years. Must be able to swim 20m on a front stroke and 20 m on a back stroke. Develops water safety principles and performance of survival skills towards Lifesaving 1,2 and 3 and Bronze Medallion Awards
<b>Advanced Lifesaving. ALS.</b>	For students who have achieved their Bronze Medallion. Work towards RLSS Award of Merit and Life Support 3 in an environment which supports the development of leadership skills and promotes voluntary activity. This is an ideal class for aspiring young people, not old enough or too inexperienced to become qualified lifeguards or aquatic teachers.

### COMMUNITY SESSIONS

<b>ADULT SWIM</b>	Mon. 12.40-13.25	£2.60
	Thurs. 19.00-20.15	£2.60
<b>AQUAFIT</b>	Wed. 12.40-13.25	£2.60
	Wed. 19.00-20.00	£3.70
	Fri. 12.40-13.25	£2.60
	Sun . 9.00-10.00	£3.70
<b>FITNESS SWIM*</b>	Mon. 18.00-18.45	£1.60
	* for young people 10-19 yrs old	

### WORDSLEY PRESCHOOL/PLAYGROUP

From 2 years, nappy facilities available.  
Morning and afternoon sessions,  
lunch club available.  
Qualified and CRB checked staff. Good Ofsted report.  
Tel. 07817 682421



REDUCED FEES

Where you see this # sign you can claim a 25% reduction on tuition fees if you are in receipt of a state pension and pay a registration fee of £5.00 if you are in receipt of certain benefits.



Tel. 01384 816043.

Mon. to Fri. 9.00 - 13.00

www.learning4life.co.uk