

Adult Learning & Fitness at Linton Village College

Course Programme 2011/12



Welcome to the 2011/12 Adult Education Programme

Welcome to our new-look Adult Education Programme for Linton Village College.

This publication presents our courses for the whole year so that you can plan your choices. Our hope is that you will find something to excite and engage you on these pages – whether it's to enhance your current skills, for leisure, mental stimulation, well being – or all of these!

Our programme has been built on the familiar and successful courses from previous programmes, and has many new additions for this year which we hope will prove popular.

Once again, we are delighted to be able to offer our community such a vibrant and varied programme.

Courses are offered in the daytime, evenings and on Saturdays, and, when you join a class, you can be assured of a high-quality service, on a course taught by a well-qualified and enthusiastic tutor.

We look forward to welcoming you to one of our courses.

Caroline Derbyshire, Principal
Linton Village College

ENROLMENT

You can enrol in either of the following ways:

Telephone

Please telephone the College on **01223 891233** and select adult education from the options menu. Should you wish to make payment over the telephone please ensure that you have a valid debit/credit card and details to hand. Please note that card payments incur a £1 charge.

Email

You can contact Tracy Chafer the adult education administrator by emailing adult.eduction@lvc.org for more information or alternatively you can download course information from our website www.lvc.org

The office will be open for enrolments from Monday 29th August. Should you call and receive no answer please do leave a message on our 24 hour answerphone and we will call you back as quickly as possible.

We will also be open on Saturday 3rd September 9:00am – 12 noon to take enrolments.

Please make sure you enrol early to avoid disappointment or the cancellation of the class.

Unless you are notified by us you should attend your course on the first evening, however please do be aware that where possible we will run courses on minimum numbers, however this does on occasion mean that courses may be cancelled the day before they are due to run.

COURSE FEES and REFUNDS

Course fees are payable in full upon enrolment in advance of the class commencing. Please be aware that courses with higher fees are inclusive of extra costs, these include costs for models as in the drawing workshop and/or additional materials.

Refunds are available should the College cancel a course or if you withdraw due to ill health: in this case, a doctors note is required and a £10 admin fee will be charged.

If a class is cancelled due to circumstances out of our control, such as adverse weather conditions or tutor illness, then extra classes will be added to the programme and no refund will be available.

CONCESSIONS

A discount of 25% is available if you are in receipt of a means-tested benefit, evidence of which must be available on enrolment.

LEARNER INFORMATION

On starting your course you will receive our learner handbook and information, directing you to our policies and regulations. If at any stage, you have any questions about anything, please do not hesitate to contact us by phone or email.

ARTS and CRAFTS

Course	Day	Time	Venue	Autumn 2011	Spring 2012	Summer 2012	Term Weeks	Term Cost
Drawing & Watercolours	Th	19:30-21:30	LVC	22-Sep	12-Jan	26-Apr	10	£85
Drawing Workshop	W	18:30-20:30	LVC	21-Sep	11-Jan	25-Apr	10	£110
Floristry- Beginners	M	19:00-21:00	LVC	19-Sep	09-Jan	23-Apr	10	£85
Floristry- Contemporary and Modern Design	W	19:30-21:30	LVC	21-Sep	11-Jan	25-Apr	10	£85
Portraiture	Tu	18:30-20:30	LVC	20-Sep			5	£55
Pottery	M	15:30-17:30	LVC	19-Sep	09-Jan	23-Apr	10	£105
Sewing	TBC	TBC	LVC				10	£85
Sugarcraft- Beginners	Tu	19:00-21:00	LVC	20-Sep	10-Jan	24-Apr	10	£105
Sugarcraft- Improvers	Th	19:00-21:00	LVC	22-Sep	12-Jan	26-Apr	10	£105
Upholstery	Tu	19:00-21:30	LVC	20-Sep	10-Jan	24-Apr	10	£107
Watercolours	M	13:30-16:00	HILD	19-Sep	09-Jan	23-Apr	10	£107
Writing for Publication	Tu	19:00-21:00	LVC	20-Sep	10-Jan	24-Apr	10	£85

5 week course for this term £55



GENERAL INTEREST

Course	Day	Time	Venue	Autumn 2011	Spring 2012	Summer 2012	Term Weeks	Term Cost
An Introduction to Film	TBC	TBC	LVC			24-Apr	10	£85
Digital Photography- Begg	Th	19:00-21:00	LVC	22-Sep	12-Jan	26-Apr	10	£85
Numeracy and Literacy	TBC	TBC	LVC					FREE
Singing Workshop	M	19:00-21:00	LVC	19-Sep	09-Jan	23-Apr	10	£110
Introduction to Computers	T	19:00 - 21:00	LVC	20-Sep	10-Jan	24-Apr	10	£85

ARTS DEVELOPMENT IN SAWSTON AND LINTON

The Sawston & Linton Area is served by Arts Development Manager, Lesley Morgan, who works to champion new and existing arts initiatives. She would like to hear from you if you would like support in promoting your activities or advice in developing something new. Contact: Lesley Morgan, Arts Development Manager, telephone: 01223 712825 or email: lmorgan@sawstonvc.org.



To find out more check out:
www.start-arts.org.uk

LANGUAGES

Course	Day	Time	Venue	Autumn 2011	Spring 2012	Summer 2012	Course Weeks	Course Cost
French Beginners	Tu	09:30-11:30	LVC	20-Sep	10-Jan	24-Apr	28	£238
French Improvers	Tu	10:00 – 12:00	LVC	20-Sep	10-Jan	24-Apr	28	£238
French Int/Adv	Th	10:00 – 12:00	LVC	22-Sep	12-Jan	26-Apr	28	£238
Mandarin Beginners	M	19:30-21:30	LVC	19-Sep	09-Jan	23-Apr	28	£238
Mandarin Improvers	W	19:30-21:30	LVC	21-Sep	11-Jan	25-Sep	28	£238
Spanish Beginners	Tu	18:30-20:30	LVC	20-Sep	10-Jan	24-Apr	28	£238

KEY to Venues

LVC – Linton Village College

LCSC – Linton Community Sports Centre

ABTN – Abington Institute

HILD – Hildersham Village Hall



Cambridgeshire County Council supports a wide range of adult learning opportunities across Cambridgeshire, including courses, clubs, community groups and family learning opportunities.

Equality Statement

The County Council is committed to ensuring equality, recognising and celebrating difference and promoting cohesion and a sense of belonging amongst diverse communities.

Safeguarding Statement

Arrangements have been made to make sure that you are safe in this centre. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the centre manager, who will investigate to ensure your safety.

Support for you

Further support, advice and specific courses are available for people with disabilities. Contact 01223 703530.

Careers Guidance

Careers Guidance support is available to all learners. The Next Step adult guidance service provides advice on all aspects of learning and work. Careers advice is available over the phone, online and face -to - face; to talk to an adviser or to book a careers appointment call 0800 100 900 or go to www.nextstep.org.uk

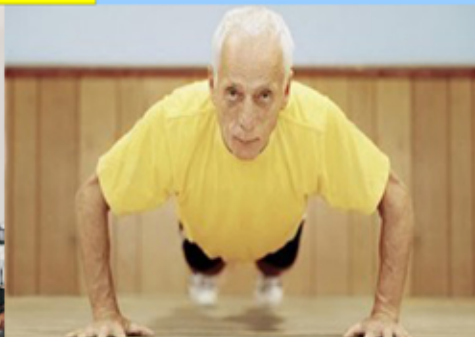


Cambridgeshire
County Council

HEALTH and FITNESS

Course	Day	Time	Venue	Autumn 2011	Spring 2012	Summer 2012	Term Weeks	Term Cost
Belly Dance	F	18:45-19:45	LVC	12-Sep	Ongoing	Ongoing	Ongoing	£60
Keep Fit	Tu	19:00-20:00	ABTN	20-Sep	Ongoing	Ongoing	Ongoing	£50
Meditation	W	19:30-21:30	LVC	05-Oct			4	£45
Pilates Beginners	Th	18:10-19:10	LVC	08-Sep	Ongoing	Ongoing	Ongoing	£50
Pilates Improvers	Th	19:15-20:15	LVC	08-Sep	Ongoing	Ongoing	Ongoing	£50
Pilates Intermediate	Th	20:20-21:20	LVC	08-Sep	Ongoing	Ongoing	Ongoing	£50
Tai Chi Beginner	Tu	18:30-20:00	LVC	20-Sep	10-Jan	24-Apr	10	£75
Tai Chi Improvers	Tu	18:30-20:30	LVC	20-Sep	10-Jan	24-Apr	10	£100
50 plus Hatha Yoga	Th	10:30 – 11:30	LVC	08-Sep	07-Jan	19-Apr	10	£50

Ongoing from Autumn – must be purchased in 10 week blocks



Drop In Classes

Course	Day	Time	Venue	Autumn 2011	Spring 2012	Summer 2012	Term Weeks	Per Session
Aquacise	M	12:00-13:00	LCSC	Ongoing	Ongoing	Ongoing	Ongoing	£6
Boxercise	T	18:00-19:00	LCSC	Ongoing	Ongoing	Ongoing	Ongoing	£5
CardioTone	W	18:30-19:30	LCSC	Ongoing	Ongoing	Ongoing	Ongoing	£5
Circuit Training	M	19:00-20:00	LCSC	Ongoing	Ongoing	Ongoing	Ongoing	£5
Spinning	W	19:00-20:00	LCSC	Ongoing	Ongoing	Ongoing	Ongoing	£5
Zumba	M	18:00-19:00	LVC	19-Sep	09-Jan	23-Apr	10	£5

GP REFERRAL

Linton Community Sports Centre runs a GP Referral scheme as part of its ongoing programme. The scheme is aimed at people of all ages who have been referred by their GP for conditions that may be improved by regular exercise such as, heart conditions, obesity and mental health problems.

Once referred you will receive a review from our specially trained instructors and will then be required to sign up for a 12 week programme where you will be trained and monitored for your specific requirements. The cost of the 12 week programme is **£66** payable in two instalments (one at the beginning of each six week period) plus two **£6.80** assessment fees, one at the beginning of the 12 week period and one at the end.

The GP Referral sessions are currently on a Monday and Wednesday morning from 8am – 9am.

For further information speak to your GP or contact Linton Community Sports Centre on 01223890248

WEEKEND WORKSHOPS

Throughout the year we will be offering Saturday and weekend workshops.

Workshops will include courses such as:

- Trampolining
- Expressive Drawing
- Introduction to Meditation
- Introduction to Alexander Technique
- Film Studies
- Sugar Craft Wedding Bouquets
- Flower arranging for weddings and Christmas
- Colour Style and Make Up

If you would like to stay informed on when these courses will run please join our mailing list by emailing adult.education@lvc.org.

Please write 'ACL mailing list' in the subject box and include your full name.

LINTON COMMUNITY SPORTS CENTRE



Several of our Health and Fitness classes take place at Linton Community Sports Centre. Located in the grounds of Linton Village College the sports centre boasts some of the best facilities in South Cambs including badminton courts, a fitness suite and a 3rd generation rubber crumb All Weather Pitch. The centre has also recently opened 4 brand new 3rd generation outdoor cricket nets.

For more information on the facilities the sports centre has to offer and to get more information on a variety of membership options, please visit the Linton Community Sports Centre website at www.linton-sport-fitness.co.uk or call on 01223 890248 to speak to a member of the team.



COURSE REGULATIONS

1. Classes may be closed (in which case a proportionate refund may be made), the length curtailed, or fees varied if classes are not fully enrolled and financially viable. Where classes are cancelled due to a tutor's unavailability, extra sessions will be added at the end. No refunds will be given.
2. Fees are not refunded except in very exceptional circumstances to ensure the viability of the course. No interest will be paid on refunded fees, and no interest or charges made for Debit/Credit card payments will be refunded. A small administration fee will be levied in the case of a refund being agreed.
3. Students are reminded that all fees are due upon enrolment, and late payment of fees may entail a surcharge. Students who have to be pursued for payment of overdue fees by letter or otherwise may, in addition, be further surcharged for the additional administrative costs.
4. The College offers the facility to pay for courses that run over more than 10 weeks in two instalments, half upon enrolment and half by November. (An administration fee of £5 may be charged for this service.) All fees quoted include exam/assessment fees (if appropriate to the course) and these are not refundable. Full fees are payable even if the student decides not to continue with the course.
5. Class membership is at the College's discretion at all times, and acceptance of any enrolment or payment does not constitute a right to class membership.
6. Students participating in physical activity classes should satisfy themselves that they are capable of undertaking the activity and, if in doubt, consult their doctor beforehand.
7. Personal accident insurance for students engaged in class or club activities IS NOT PROVIDED. Students wishing to have such cover should consult an Insurance Broker.
8. The College is insured against Public Liability. However, students are reminded that insurance is not provided against theft or accidental damage of their property. Students should arrange their own cover if they are concerned about this.
9. Students will be held liable for any damage they may cause to the College or County Council property. Cars and any personal property are left on the premises entirely at owners' risk. Students are asked always to park sensibly.
10. Students paying by Debit/Credit card will be charged £1.00 per transaction to cover costs. All details are correct at time of publication but are subject to confirmation. Course details may be altered from time to time, and we apologise for any inconvenience this may cause.

Family Learning

Are you a parent or do you look after children? If so, **family learning is free, fun and could be for you!**

Family learning gives you:

- time to think about your own learning needs and how they can be met.
- a planned programme with a clear outline of what you will be doing
- a chance to work in small groups with other parents in a safe environment
- good teaching
- opportunities to find out what happens in pre-schools, schools and colleges
- free refreshments and a crèche, where necessary.

For more details of what is available contact us:

Email: family.learning@cambridgeshire.gov.uk

Tel: 01223 703534

http://www.cambridgeshire.gov.uk/education/adult_community/family/

TERM DATES

Autumn Term 19 September - 02 December

Half Term 24 October - 28 October

Spring Term 09 January - 23 March

Half-Term 13 February - 17 February

Summer Term 23 April - 09 July

Half-Term 04 June - 08 June

Linton Village College

Cambridge Road, Linton, Cambridge CB21 4JB

T: 01223 891233 E: adult.education@lvc.org

www.lvc.org/community

Linton Community Sports Centre

T: 01223 890248 E: lcsc@lvc.org

www.linton-sport-fitness.co.uk

Artworks used on both the cover design and throughout this publication were produced by students and tutors on the Linton Village College Adult Community Learning programme. We would like to thank Eithne Fisher, Dee Carter, Margaret Kiddy and the watercolour students of Sarah Warnes for their kind permission in using these images.

