

COURSES FOR ADULTS IN OUR COMMUNITY



Kauri Coast Community Education - Term 4 2009

• Enrolments close ONE week before the advertised starting date. We DO NOT confirm enrolments • Enrolments can be made by post or EFTPOS at the Dargaville High School office during school hours — use the enrolment form provided • Take advantage of our EARLY BIRD DISCOUNT — details below • If there are INSUFFICIENT enrolments, the course will be CANCELLED. You will be NOTIFIED and your enrolment fee returned • Turn up for your class unless you hear from us • Classes are for adults only • Secondary school students over 16 years of age can apply for dispensation to attend. Contact co-ordinator • Dargaville High School — its grounds and classrooms — is a SMOKEFREE environment • Policies and directions to classrooms are available from the school office — phone 439 7229.

Co-ordinator: **Dale Schick** Dargaville High School, Plunket Street, DARGAVILLE

Telephone: **09 439 7229 ext 709** Fax: **09 439 7563** Email: **dschick@darghigh.schoolzone.net.nz**

Term 4 Courses: * = new courses

HKBS1 Budget Advisor Training

Saturday 19 September—31 October, 9 am-3 pm
Contact: Susanne Green 439 7253 (day time) or nwang@igrin.co.nz
Do you handle your money effectively? Could you help others in the community with their budgeting? A course to train budget advisors so they can pass on money handling skills to others.

H62 Kickfit Tutor: **Roxanne Kelly**
Monday 12 October—7 December, 5.15-6.15 pm, \$25, High School Gymnasium, 8 sessions
Monday low impact workout incorporating martial arts, kickboxing and tai chi to tone and burn fat. Wear comfortable clothes, sports shoes and bring a water bottle and towel.

H63 Monday Yoga Tutor: **Tracy Horne**
Monday 12 October—7 December, 5.30-7 pm, (No session Labour Day), 8 sessions, \$36, Lions Centre, Hokianga Road next to Munn's Flooring
Enjoy sessions of movement, breathing and relaxation for flexibility, strength and balance of mind and body. Bring mat, cushion and blanket. Space is limited, so enrol early.

H64 Monday Art Tutor: **Jean Sircombe**
Monday 12 October—7 December, 7-9 pm, \$35, High School Room G3, 8 sessions
Individual painting tuition for beginners to experienced artists. You choose what you want to create and the medium that appeals. Tutor assistance is available as needed. On the first night discuss with your tutor what equipment you'll need to buy.

H65 Tuesday Yoga Tutor: **Tracy Horne**
(see H63 outline)
Tuesday 13 October—8 December, 9-10.30 am, \$40, Dargaville Methodist Church Hall, 9 sessions

H66 Body Stretch pm Tutor: **Roxanne Kelly**
Tuesday 13 October—8 December, 5.15-6.15 pm, \$25, Old Post Office, Dargaville, 9 sessions
Gentle yoga, pilates and tai chi to energise mind and body. Bring water, blanket—wear loose comfortable clothing but NOT shoes.

H67 Beginners' Kickboxing* Tutor: **Mark Straayer**
Tuesday 13 October—8 December, 6.30-8 pm, \$42, High School Weight Shed, 9 sessions

H68 Dance Improvisation* Tutor: **Eva Chrol**
Tuesday 13 October—8 December, 6.30-8 pm, \$56, Dargaville Methodist Church Hall, 9 sessions
A fun activity for adults of all fitness levels to increase mind and body awareness through movement. No experience needed. Wear loose, comfortable clothing, without shoes.

H69 Tuesday Art Tutor: **Jean Sircombe**
(see H64 outline)
Tuesday 13 October—8 December, 7-9 pm, \$40, High School Room G3, 9 sessions

H70 Aquafit Tutor: **Roxanne Kelly**
Wednesday 14 October—9 December, 5-6 pm, \$46, High School Pool, 9 sessions

Use water to improve balance and build some aerobic fitness. Great alternative to land-based exercise and to assist injury rehabilitation.

H71 Step up to Fitness Tutor: **Roxanne Kelly**
Wednesday 14 October—9 December, 5.15-6.15 pm, \$30, High School Gym and Weight Shed, 9 sessions
Step aerobic class limited to 15 people. Low impact class that is fun and still burns those calories. Wear loose clothing, sports shoes, bring water and towel.

H72 Body Stretch am Tutor: **Jo Duder**
(see H66 outline)
Thursday 15 October—10 December, 9-10 am, \$25, Old Post Office, Dargaville, 9 sessions

H73 Tone and Trim Tutor: **Roxanne Kelly**
Thursday 15 October—10 December, 5.15-6.15 pm, \$30, High School Gym and Weight Shed, 9 sessions
Use weights to improve body tone and shape. Suitable for beginners—no jumping—as well as more advanced participants. Wear loose clothing, sports shoes, bring water and towel.

H74 Thursday Yoga Tutor: **Tracy Horne**
(see H63 outline)
Thursday 15 October—10 December, 5.30-7 pm, \$40, Dargaville Methodist Church Hall, 9 sessions

H75 Introduction to African Drumming* Tutor: **Josie Scott**
Tuesday 20 October—24 November, 6-7.30 pm, \$45, High School Room E3, 6 sessions
Learn about West-African drum rhythms and experience the fun and relaxing benefits hand drumming offers. No previous experience required. Drums provided.

H76 Marine VHF Radio Tutor: **Mike Andrews**
Wednesday 21 October, 7.00-10.30 pm, \$61, High School Room E3, 1 session
Don't become another statistic. Keep yourself, friends and family safe by learning to operate a marine radio. Cost includes manual and exam.

H77 Introduction to Belly Dancing Tutor: **Colleen Cleary**
Thursday 22 October—26 November, 7.30-8.30 pm, \$27, Dargaville Methodist Church Hall, 6 sessions
Explore the physical and mental benefits of cultural belly dancing. Develops fitness and personal confidence. Suitable for all ages and all fitness levels. Wear loose, comfortable clothes—no shoes, with a chain, belt or sash on the hips and bring a length of flimsy material for a veil.

H78 Contact Improvisation* Tutor: **Eva Chrol**
Saturday 24 October, 2-4 pm, \$12, Dargaville Methodist Church Hall, 1 session
A dance form using weight sharing, momentum and gravity through physical contact with another person to create dance. No experience needed. Wear loose, comfortable clothing, without shoes and bring a yoga mat (or something similar) to kneel on.

H79 Cheese Making Tutor: **Pamela Parkinson**
Saturday 24 October, 10 am-2 pm, \$36, High School Room E1, 1 session

Watch and learn the steps to making hard cheeses in your own kitchen. Booklet with instructions and recipes provided. Bring lunch to share plus pen and paper. Limited numbers so enrol early to secure your place.

H80 Steps to Success Tutor: **Paula Powell**
Tuesday 27 October—24 November, 5.30-7.30 pm, \$63, Dargaville Methodist Church Lounge, 5 sessions

Would you like your life to be more fulfilling more often? Come and discover fun and empowering ways to enhance your world... practical skills, insights and motivations to achieve what's most important to you.

H81 Steps to Success Tutor: **Paula Powell**
(see H80 outline)
Wednesday 28 October—25 November, 9.30-11.30 am, \$63, Dargaville Methodist Church Lounge, 5 sessions

H82 da Vinci to Hotere Tutor: **Caroline Gray**
Tuesday 10 November—8 December, 6.30-8.30 pm, \$49, High School Art History Room, 5 sessions
A whistle-stop tour through the tradition of western visual arts from Renaissance to 21 Century New Zealand. A must for all art lovers.

H83 Astronomy: The Milky Way* Tutor: **Deb Hamblly**
Tuesday 10 November—24 November, 7.00-9.15 pm, \$29, Bayllys Beach Presbyterian Church, 3 sessions
Study the clusters, galaxies and stars of the Milky Way. No previous study needed.

H84 Food Safety Certificate Tutor: **Kimberley Rope**
Saturday & Sunday 14 & 15 November, 9 am-3.30 pm, \$86, Dargaville High School Room E1, 2 sessions

For anyone working in food handling situations — cafes, kitchens, food processing plants, etc. Two unit standards completed and assessed. Free NZQA registration on their website. Bring pen and lunch both days.

H85 Beginners' Reflexology Tutor: **Bev Hart**
Saturday & Sunday 28 & 29 November, 9 am-4 pm, \$44, High School Room E3, 2 sessions

Learn how and why reflexology can help maintain your family's wellness. Bring beanbag/cushion, soft pillow, 2 hand towels, lunch, pen.

H86 Beginners' Beekeeping Tutor: **Deb Hamblly**
Saturday 28 November, 10 am-1 pm (Theory) + 2-4 pm (Practical), \$34, Bayllys Beach Presbyterian Church

A rewarding hobby requiring a small backyard garden plus 1 hour per month of time. Learn the yearly basics and enjoy your own honey. Let us know at enrolment if you need to hire beekeeping gear. Bring lunch.

KAURI COAST COMMUNITY EDUCATION Enrolment Form

Kauri Coast Community Education
C/o Dargaville High School
Plunket Street, DARGAVILLE

Surname..... F / M Receipt No:

First Name..... Address.....

Home Phone..... Work/Cellphone.....

Code	Course Name	Cost
	Less 5% Early Bird Discount (see adjacent)	
	Total	

For Ministry of Education statistical purposes, please circle:

Age range: 16-19 20-29 30-39 40-49 50-59 60+
Ethnic origin: Maori NZ Pakeha Pacific Island European Asian Other

Early Bird Discount

Take 5% off course cost if:
You enrol and pay for Term 4 courses by Monday 21 September 2009

This is your last chance to participate in government subsidised adult education classes.

From the start of 2010, Dargaville High School will not offer any ACE courses.

Some tutors may offer self-funded classes — please support them.