

ADULT COLLEGE

@ NORTH LINDSEY COLLEGE

ALL COURSES
ONLY £60
OR LESS!

Brand **NEW** courses for Adults

North Lindsey College is introducing an exciting and varied range of new courses this September. These courses are designed specifically for those wishing to dip their toe into a new area or wanting to develop an existing interest, all in a friendly and informal atmosphere.

For more information please contact Customer Services on 01724 294030 or visit the college website: www.northlindsey.ac.uk

COURSE	REF.	DAY	TIME	WEEK	LEE
Basic Dog Grooming	J0001P	Mon	6.30 - 8.30	10	£60
Car Maintenance	J0002P	Mon	6.30 - 8.30	10	£60
Developing Personal Leadership and Effectiveness Skills	J0003P	Mon	6.30 - 8.30	10	£60
Gospel of Mark	J0004P	Mon	6.30 - 8.30	10	£60
History with a Difference	J0005P	Mon	6.30 - 8.30	5	£30
Research Your Family Tree	J0006P	Mon	6.30 - 8.30	10	£60
Watercolour Painting for Beginners	J0007P	Mon	6.30 - 8.30	10	£60
Website Design for Beginners	J0008P	Mon	6.30 - 8.30	10	£60
The Art of Feltmaking	J0009P	Mon	6.30 - 8.30	10	£60
Line Dancing for Beginners	J0010P	Mon	6.30 - 8.30	10	£60
Holiday Spanish for Beginners	J0011P	Tues	6.30 - 8.30	10	£60
Keeping and Caring for Your Horse or Pony	J0012P	Tues	6.30 - 8.30	10	£60
How to Eat Tasty Meals and Stay Slim	J0015P	Wed	6.30 - 7.30	10	£30
Gardening for Beginners	J0014P	Thur	6.30 - 8.30	10	£60

* Please note, three courses have additional material costs as stated below.

Basic Dog Grooming

An introductory course that will cover the main coat types and simple grooming methods, health checks, nail care, pre bath grooming, bathing, dry techniques and finishing.

Car Maintenance

An introduction to maintaining your vehicle covering weekly checks, safe removal of wheels by the roadside, basic car servicing, brake operation, basic engine faults, health and safety issues. Protective clothing requirements will be discussed at the first session.

Developing Personal Leadership and Effectiveness Skills

A series of workshops providing a range of personal development related opportunities in areas such as personal effectiveness, time management, assertiveness, problem solving, presentation and training skills, coaching and mentoring, motivation and confidence building.

Gospel of Mark

This course offers a chance to look in detail at the oldest telling of the story of Jesus. The course will look at how the Gospel portrays Jesus of Nazareth and his teaching, looking at the words and story telling techniques used to get the message across and how they are woven together across the whole story. The course will draw on modern scholarship and is open to people of all faiths and none.

* **Additional cost:** £10 text

History with a Difference

Were you put off history at school by endless lists of dates and names to remember? Did all the facts and figures seem irrelevant to your life today? This course takes a different approach to looking at the past. Each week for five weeks we will look at the background to a different period in history. We will also take part in a "hands on" activity relating to each period. All are welcome with no previous knowledge of the subject required. History will never be boring again!

Research Your Family Tree

A short course that offers support on how to begin to trace your family history and a look at the sources that can be helpful to your research. Please note this can be addictive!

Watercolour Painting for Beginners

For those who have never undertaken any watercolour painting before. You will be introduced to the basic techniques and each week will complete a painting by following the tutor as you are taken step by step from a blank page to a finished picture. You don't need to be good at drawing, all you need to bring is enthusiasm!

* **Additional cost:** £20 materials

Website Design for Beginners

Interested in creating your own website for home or business? This course looks at the basics of website design and covers the purposes and features of different kinds of websites, the basics of website coding and creating pages using commercial editing software, design and layout for web pages, promoting your website within search engines and finding a host for your site.

Holiday Spanish for Beginners

Want to get a little more out of your holiday to Spain? This short course gives you an easy introduction to everyday Spanish phrases, focusing on the practical language skills you need for travelling and socialising. Each lesson develops a language skill for a different tourist scenario.

Keeping and Caring for Your Horse or Pony

Are you a Pony Club parent? Don't know what to do? Kids begging you for a pony and worried you don't know how to look after it? Been out of horses for a while and need to brush up? Then this is the course for you. Each week we will cover a particular horsemanship topic from feeding guidelines to what lotion to put where.

The Art of Felt Making

Get creative with the art of traditional felt making using natural dyed fleece. Learn wet and needle felting techniques - incorporating textiles, beads and buttons - to create contemporary felted decorations, flowers, animals and jewellery.

* **Additional cost:** £30 materials and tools

Gardening for Beginners

Want to improve your gardening skills? Then this beginners' guide to gardening is for you. Over the ten weeks topics will include: ornamental and decorative horticulture, lawn care, fruit and vegetable gardening, propagation and plant identification. The course members will also gain expert advice and guidance.

How to Eat Tasty Meals and Stay Slim

Discuss new recipes, swap ideas with like minded people, learn how to enjoy family meals and eating out in restaurants whilst watching your figure.

Line Dancing for Beginners

This course will follow the nationally recognised A-B Line Dancing programme. The key philosophy behind the Beginners Line Dance Programme and the A-B series is to teach absolute beginners "to line dance" not just to teach them some line dances. Provides base for progression to more difficult dances.