

AdultEd

COMMUNITY COLLEGE

JANUARY TO JUNE

Pleasure Classes

Non-Accredited Leisure, Business and Technology Classes

pleasure class

/ˈPLEZə /kɔːs/

a general leisure or
lifestyle class or activity
from which one derives
enjoyment.



Flip Brochure for
CAREER courses

FREE

BATEMANS BAY | MERIMBULA | ULLADULLA

Head Office - Phone 02 4472 9202

www.southcoastcolleges.edu.au

The difference between Adult Ed Community College and South Coast Careers College

I thought it time to pop into the Adult Ed side of our brochure to say hi and also explain why our brochure is flipped with two different names.

You have known us as Adult Ed Community College for more than 30 years. At the beginning of 2016 we re-branded our Vocational Education and Training branch as South Coast Careers College. While the focus of South Coast Careers College is for those of you who are interested in courses that may change your career prospects, Adult Ed Community College aims to provide enjoyable classes in a variety of areas.

Our Pleasure Classes are for people who are looking to learn something new, wanting to meet new people, form friendships and socialise. These classes are for your enjoyment. We hope that you are able to find something here that will inspire, energise and captivate you.

We create a safe place for you to explore new possibilities and hopefully this will allow you to be 'me-sponsible'. Let 2018 be the year where you focus on YOU and spend some time which may benefit your health, happiness and well-being.

Best wishes,

Sarah

CEO - South Coast Colleges



every day is a learning day

Enrol with South Coast Colleges



ONLINE

Visit our secure website to enrol and pay online
www.southcoastcolleges.edu.au



BY PHONE

We'd love to chat to you! Call Head Office to enrol and pay using your Visa or Mastercard - 02 4472 9202



IN PERSON

Visit one of our three campus locations to enrol with one of our friendly staff - find us on Google!

WE DO CUSTOMISED TRAINING

CAN BE DELIVERED

AT YOUR WORKPLACE

WHERE, WHEN AND HOW YOU WANT IT

TIME EFFICIENT AND COST EFFECTIVE

DAY OR EVENING

VINCENTIA TO EDEN

CONTACT HEAD OFFICE FOR MORE INFORMATION

Privacy and Refund Policy

Want to read our Privacy and Refund Policies or download our Student Handbook?
Follow this link: southcoastcolleges.edu.au/terms-and-policies/

“I would definitely do another course
at the College, they rock!”
Brad - Easy Travel Tips Workshop

Where to find us

Head Office

Batemans Bay

42 Orient Street, Batemans Bay NSW 2536



Merimbula Campus

Bega Valley Regional Learning Centre

Suite 10, 14 Cabarita Place, Merimbula NSW 2548



Ulladulla Campus

Suite 33, Ulladulla Plaza

107 Princes Highway, Ulladulla NSW 2539



“Hire our training rooms. Rooms are suitable for meetings, are perfect for your staff development days and for all your business needs.”

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Android™ for Beginners

Cost \$95 **Time** 10.00am - 1.00pm

NAR

APR

FRI 6 & 13

Bring your own Android™ phone or tablet so that you can explore and personalise your settings, notification bar and more! Learn how to use the web browser; set up your email and calendar; as well as how to manage your contacts and photos. We will also show you how and what Apps are and show you to some of our favourite Apps. 2 Sessions.

Introduction to iPad

Cost \$95 **Time** 10.00am - 1.30pm

BAY

NAR

ULL

MAR

WED 21 & 28

MON 19 & 26

APR

WED 4 & 11

You have bought or been given an iPad and would now like to know how to get the most out of this device. Bring it with you and we will show you how to: surf the internet; send and receive emails; take and enjoy photos; watch videos you have taken or watch streaming services like Netflix; listen to music; and use some of the many Apps that are available. Our expert will help you to start accessing the many features of your new iPad.

Facebook for Beginners

Cost \$85 **Time** 9.30am - 2.00pm

BAY



JUN

MON 18

Are you new to Facebook or have friends and family asked you to join so that they can keep in touch with you? Set up your own Facebook page and we will guide you through setting up the security and privacy settings so that you can start sharing photos and comments with those close to you. Let us help you to confidently join the world of social media.



Computers Basics for Beginners

Cost \$190 **Time** 9.30am - 3.00pm

	BAY	MER
FEB		WED 21, 28 & 7
MAY	MON 7, 14 & 21	

Are you new to using computers? Become technology ready by learning about the features and capabilities of a computer. Our experienced tutors will take you through how to manage files and folders in Microsoft Windows 10, how to use the internet, how to use email effectively and basic word processing. Become a part of our computer driven world today.

Microsoft Windows 10 - New Users

Cost \$50 **Time** 10.00am - 1.00pm

	BAY
APR	THU 5

Windows 10 is Microsoft's flagship operating system. This is the software that supports all of your computers basic functions. Learn the basics of what Windows 10 can do for you including: customising your computer; setting up email, calendar and contacts; working with files and folders; and discover the various applications and how to use them.

Microsoft Windows 10 - Next Step

Cost \$50 **Time** 10.00am - 1.00pm

	BAY
APR	THU 5

Do you already understand the basics of Windows 10 but want to learn more about customising your computer? Extend your knowledge by learning about: managing security and privacy settings; performing basic troubleshooting when something goes wrong; set up and share files between computers over your home network; back up your important documents and restore lost files; and how to configure and manage those Windows 10 updates.



Microsoft Excel - Introduction

Cost	\$95	Time	9.30am - 3.00pm (Batemans Bay) 6.00pm - 9.00pm (Merimbula)
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	BAY	MER
MAR		WED 14 & 21
APR	TUE 10	

Spreadsheets can be confusing but let us show you how they can help you in either your work or personal life. Be introduced to the power of the best calculator and number crunching software to create simple budgets with formulas to perform the calculations or manipulate the numbers and make interesting and easy to read charts.

Microsoft Excel - Next Step

Cost	\$95	Time	6.00pm - 9.00pm
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	MER
MAY	WED 2 & 9

Build your Excel skills and manipulate your data even more by exploring more formulas and functions. We will show you how you can use functions to find specific information from within your spreadsheet. Explore how to use formulas that calculate data from various sheets within your workbook; use functions like VLOOKUP, IF and HLOOKUP; and change boring numbers into professional looking charts.

Don't forget to have a look at our Microsoft Windows Courses online too! See here



Microsoft Word - Introduction

Cost \$95 **Time** 10.00am - 1.00pm

	BAY
APR	THU 6
MAY	THU 15
JUN	TUE 28

Use the world's most popular word processing software to create a variety of professional documents. Learn about the basic tricks and tips that will make your documents pop including: font and paragraph formatting; creating tables; simple header and footers; spelling and grammar checks as well as using the thesaurus to change those repetitive words; and printing. Basic computer skills are necessary to successfully complete this course.

Starting an Online Shop

Cost \$120 **Time** 5.30pm - 8.30pm

	BAY
JUN	TUE 5, 12 & 19

Tap into the ever-growing online market to sell goods or services via the internet. Whether you are starting a new online business or are a retail shop wanting to expand your customer base this class will provide you with the tools to create your online store. Get creative and build your e-shopfront from start to finish, ready to launch your business into the future. Online sales opportunities await.

COURSE LOCATIONS

The following pages use abbreviated location names, Use this table to find your nearest course location!

BAY	Batemans Bay	MOR	Moruya
BEG	Bega	NAR	Narooma
MER	Merimbula	ULL	Ulladulla



Xero Accounting for Your Business

Cost \$195 **Time** 5.30pm - 8.30pm

	BAY
FEB	WED 14, 21, 28 & 7
MAY	WED 9, 16, 23 & 30



Our accountant / bookkeeper is ready to help you run the paperwork side of your business more efficiently so that you can spend more time on the floor doing what you love. Gain efficiencies by using Xero to manage your cashflow, debtors, creditors and monitor your profits in real-time. Xero also provides your accountant with real-time access to help you with lodging your BAS and Tax returns accurately and on time.

Introduction to WordPress

Cost \$75 **Time** 5.30pm - 7.30pm

	BAY
MAR	THU 15 & 22



WordPress is an online website creation tool and is currently one of the easiest and most powerful blogging and website content management systems available. Learn how to start your own website which you design and customise to suit your style and requirements. Suitable for artists to bloggers who have basic computer skills.

Have you left school.... didn't get your ATAR?

KEEP  CALM
WE CAN HELP YOU
GO TO UNI

Call the College to find out about our
Nursing and Business University Pathways.

SouthCoast
CAREERS COLLEGE



Digital Camera Kick Start

Cost \$140 **Time** 9.30am - 4.30pm

BAY

FEB **SUN 18**

MAY **SUN 27**

Digital photography is now the most popular way to take photos. Whether you use a Digital SLR, Compact or Mirrorless camera our tutor will show you the tips and tricks so that your photos look like they were taken by an expert photographer. Get the most out of your camera by changing focus options, exposure levels, colour controls, video modes, and special shoot selections. Clear and easy to understand detailed instructions are provided, with no jargon, on how to get the most out of your camera.

Editing Photos in Lightroom App

Cost \$140 **Time** 9.30am - 4.30pm

BAY

MAR **SUN 4**

Get started with editing your digital photos using the Lightroom Mobile App. Load your phone or tablet with photos you would like to edit, bring these together with your charger/leads and we will show you how to master a professional edit. Explore using the pre-set effects when taking photos or changing the colour, exposure, tone and contrast after taking your photos. Let us help you make your photos pop!

Suitable for Apple and Android devices and it also synchs with Adobe Lightroom desktop software. Please ensure that prior to the class you have downloaded the Lightroom App to the devices you are bringing with you.



Worm Farming in Eurobodalla

Cost \$25 **Time** 9.30am - 11.30am

	BAY	MOR
MAR	SAT 10	
MAY		FRI 9

Minimise your food waste while producing a nutrient-rich waste fertiliser for your plants and soil. How you ask? This workshop run by Eurobodalla Council's waste management team will show you how to set up a worm farm and what you can and can't feed your worms. Receive a voucher to collect a free worm farm that you can then set up at home and start reducing the amount of food waste that ends up in landfill. No need to bring anything but classes are run in semi-outdoor venues, so dress suitably.

For Eurobodalla residents only - not the Council will ask you to complete a survey on the day and another one in 3 months' time.

Weaving Feathers, Fibres and Native Grasses

Cost \$99 **Time** 10.00am - 2.00pm

	BAY
MAR	SAT 24
MAY	SAT 19

Weaving has been used by Aboriginal women of South-eastern Australian for thousands of years. Learn the art of coil weaving using our native grasses and feathers from one of our local Aboriginal artists. All materials are provided and by the end of the workshop you will have created your own unique piece of art.

Creative Headwear - How to Make a Fascinator

Cost \$75 **Time** 10.00am - 1.00pm

BAY

MAY **FRI 18**

Be guided by an experienced practising Milliner to create a stunning head piece which can be worn to the races a wedding or any occasion where you want to look 'bewitching'! Using a headband or long clip and using techniques such as modelling petals, sewing ribbons, attaching flowers and feathers using glue, you will create your own fascinating headpiece.

Mosaics for Beginners

Cost \$155 **Time** SAT 9am - 4.30pm SUN 10am - 12pm

BAY

ULL

MAR **SAT & SUN - 17 & 18**

APR **SAT & SUN - 21 & 22**

Mosaics can be an impressive piece of art or a simple interior decoration. We will introduce you to the basic techniques needed to create an extraordinary mosaic artwork from plain, ordinary and easily accessed materials. Beginning with a square terracotta pot, watch as your 'still-life' comes to life through a variety of discarded materials such as mirror, vintage crockery, tiles and coloured glass. All materials are provided.

Mosaics - Next Step

Cost \$155 **Time** SAT 9am - 4.30pm SUN 10am - 12pm

BAY

MAY **SAT & SUN - 26 & 27**

Once you have mastered the basic techniques of creating mosaics, it is time to then build on those skills. Create a beautiful 'still life' on a tile, using fine china and coloured glass, and utilising various cutting and scoring tools.



Beginners Dance Class

Cost	\$135 (or \$175 for both)	Time	6.30pm - 7.30pm
	MOR		
FEB	SAT FEB 8 - APR 12		
MAY	SAT MAY 3 - JUL 5		

Dancing is a great skill to learn and can improve your health mentally and physically by boosting your overall happiness! Learn to dance in a safe and friendly atmosphere starting with 'basic moves'. Our experienced dance instructor will take you through a mixture of progressive and partnered dancing styles and you can come along by yourself, with a partner or with friends to learn how much fun dancing can be!

Advanced Dance Class

Cost	\$135 (or \$175 for both)	Time	7.30pm - 9.00pm
	MOR		
FEB	SAT FEB 8 - APR 12		
MAY	SAT MAY 3 - JUL 5		

This dance class is more advanced and suited to people who are ready to progress on from the basic moves. Enjoy the fun of Jive and Rock N Roll, , Cha Cha, Samba, Rumba and Argentine Tango. Lots to learn and lots of fun to be had while getting a good workout at the same time.





Beginners Self Defence

Cost \$120 **Time** 6.30pm - 7.30pm

BAY

FEB **MON FEB 5 - APR 16**

During this class you will gain an understanding of what self-defence actually is. Have you ever wondered if you have to wait to be hit before you can act? In this course you will be taught what you are allowed to do in order to protect yourself and what is considered 'reasonable force'. This practical course will equip you with the skills needed to practice self-defence at a beginner's level.

Self Defence for Women

Cost \$120 **Time** 6.30pm - 7.30pm

BAY

MAY **MON MAY 10 - JUL 16 (excluding JUN 11)**

Self Defence for Women will help you to understand the unique challenges of being a female in confrontational circumstances. Learn what the word 'disparity' relates to in this context and become acquainted with 'force multipliers'. Your trainer will explain your rights NOT to be a victim and share with the class practical self-defence skills that will empower you and give you more confidence.





Introduction to Massage

Cost \$165 Time 9.30am - 4.00pm

BAY

APR SAT & SUN 7 & 8

Introduction to Massage is a class that will help you to learn the basics of massage. Massage involves working and acting on the body with pressure with the purpose of alleviating stress. During this fun hands-on class you will be provided with practical skills and knowledge for giving fabulous, relaxing massage at home. Oil massage tables and notes are supplied by your tutor. As this will be a 'delightfully oily' experience we ask you to bring along an old single bed sheet or sarong, a couple of old towels and be sure to wear old and comfortable clothing. Please note: BYO lunch

Introduction to Makeup

Cost \$95 Time 5.30am - 8.30pm

MER

MAR TUE 13

Introduction to Makeup is the workshop that will guide you towards getting a professional look with your make up. This class is a great starting point for people that would like to learn more about how to apply make-up products that will keep you looking good all day. Your instructor will share new and trending techniques and you'll have a fun information filled day changing your 'look'.





Eating for Health - How to Navigate the Confusing Area of Diet and Nutrition

Cost \$110 **Time** 9.00am - 12.30pm

ULL

APR **SAT 14**

What is a “healthy” diet? The answer to this question changes depending on who you ask and it can be very confusing. Gluten free, dairy free, vegetarian, vegan, raw food, FODMAPS, GAPS, Paleo, whole foods, organic, food intolerance, food allergies, superfoods, clean eating... what do these terms all mean? Are these particular ways of eating really healthy? Find out during this course what nutritional elements our bodies really need and why we need to avoid certain foods. This is your opportunity to learn how to enjoy healthy eating via practical and straight forward approach. Includes: Handout materials with practical information, and recipes.

Gut Health - The Digestive System and Microbiome Explored

Cost \$110 **Time** 9.00am - 12.30pm

BAY

ULL

FEB **SAT 10**

SAT 24

Learn all about how your gut works! In this course you will find out what the health implications are of the human microbiome (the trillions of bacteria, yeasts, fungi and viruses that inhabit your digestive system). Includes: Handout materials with information, recipes, additional readings, and a taste testing session of fermented foods.



Welcome to Yoga

Cost \$160 **Time** 10.00am - 11.30am

FEB **WED FEB 7 - APR 11**

Designed for beginners, this course will welcome you to some of the physical and mental practices and benefits of yoga. Classes will include basic physical poses, flowing movement, breath awareness, guided meditations and yoga wisdoms. Suitable for all, beginners specially welcome.

Yoga for Relaxation

Cost \$160 **Time** 6.00pm - 7.30pm

FEB **WED FEB 7 - APR 11**

This course will explore simple techniques for mental and physical relaxation and rejuvenation. Learn easy, gentle restorative poses and breathing practices to help reduce anxiety, stress and tension in the mind and body. Quieten your mind, relax your body, calm and soothe your nervous system. Suitable for all, beginners welcome.

Youth Mental Health First Aid

Cost \$225 **Time** 9.00am - 4.00pm

BAY

FEB **MON & TUE 26 & 27**

The Youth Mental Health First Aid Course is for adults working or living with adolescents (those aged between 12 and 18 years) who may be at risk, or be affected by mental health issues in particular, parents, teachers, sports coaches, and youth workers. However, the course can be relevant for those assisting people in the wider community.