

Computer Program

These courses are funded by ACFE.

Beginner

Time: Friday 9.00am – 11.00am

Venue: *The Centre*

Dates: 3 February - 30 March (9 sessions)

Teacher: Chiemi Jardine

Cost: \$80, concession \$50

Gain confidence and understanding in the practical use of computers. The course will cover Windows, word processing, the Internet and email, spreadsheets and multimedia.

Beginner Plus

Time: Friday 11.00am – 1.00pm

Venue: *The Centre*

Dates: 3 February - 30 March (9 sessions)

Teacher: Chiemi Jardine

Cost: \$80, concession \$50

Start broadening your abilities in the areas of office skills and multimedia.



Venue Information:
*The Meat Market
5 Blackwood Street
North Melbourne

The Centre
58 Errol Street
North Melbourne

For Bookings and Course Enquiries:

Please contact *The Centre* on
03 9328 1126

We are open:
Monday, Wednesday, Thursday
10.00am-3.00pm

Tuesday
10.00am-5.30pm



The Centre
Phone: 03 9328 1126
Fax: 03 9328 4812
Email: centre@centre.org.au
ABN: 21 236 030 938



The Centre

Community Learning Program:

Term 1, 2012



The Centre
58 Errol Street
North Melbourne VIC 3051

Course Enquiries: 03 9328 1126



The Centre's Community Learning Program:

Term 1, 2012

All courses are 8 or 9 sessions. You can join any time after the course begins for a reduced rate.

Fitness Program

Yoga

Our classes are taught by accredited teachers.

General

Time: Monday 6.00pm – 7.30pm
Venue: *The Meat Market**
Dates: 6 February - 26 March (8 sessions)
Cost: \$140, concession \$120
Teacher: Katie de Araujo



This Hatha Yoga class is suitable for all levels. It incorporates posture, breathing, meditation and relaxation.

General

Time: Monday 7.30pm – 9.00pm
Venue: *The Meat Market**
Dates: 6 February - 26 March (8 sessions)
Cost: \$140, concession \$120
Teacher: Renate

This class is suitable for a beginner plus or intermediate level.

Simple Steps to Better Health

Time: Thursday 10:00am - 11:30am *or*
Thursday 7:00 pm - 8:30pm
Venue: *The Centre*
Dates: 9 February -29 March (8 sessions)
Teacher: Nancy Lane
Cost: \$40

Take some easy steps to improve your health that do not require strict dieting or strenuous exercise.

Pilates

Join our Pilates classes run by Maria and Sue, fully qualified and experienced physiotherapists from City North Physiotherapy. You may be asked to attend an initial screening to assess which class is more suitable for you.

Absolute Beginner

Time: Thursday 5.30pm - 6.15pm
Venue: *The Meat Market**
Dates: 9 February - 29 March (8 sessions)
Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$150, concession \$120

For those who have no experience at all of Pilates.

Beginner Plus

Time: Thursday 7.30pm – 8.15pm
Venue: *The Meat Market**
Dates: 9 February - 29 March (8 sessions)
Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$150, concession \$120

Working on mats, this class involves gentle stretching and strengthening exercises to develop your core strength.

Intermediate

Time: Thursday 6.30pm – 7.15pm
Venue: *The Meat Market**
Dates: 9 February - 29 March (8 sessions)
Teachers: Maria Zuluaga & Sue Gertzel
Cost: \$150, concession \$120

This class deepens the stretching and strengthening of core muscles that was started in Beginner Plus. A great class if you are recovering from an injury.

Feldenkrais Method®

The Feldenkrais Method® facilitates learning about movement, posture and breathing to ultimately increase your ease and range of movement, to improve flexibility and coordination.

Time: Tuesday 7.30pm - 8.30pm
Venue: *The Meat Market**
Dates: 7 February - 27 March (8 sessions)
Teacher: Kylie Sparkman
Cost: **Special Introductory Offer:** \$80, concession \$60

The Feldenkrais Method® is suitable for all ages. This class is suitable for those interested in preventing or relieving stiffness, recurrent injury, pain or strain. This class can benefit those living with difficulties such as stroke, multiple sclerosis, cerebral palsy and learning difficulties.

Art Program

Calligraphy

Time: Tuesday 7.30pm – 9.30pm
Venue: *The Centre*
Dates: 7 February - 27 March (8 sessions)
Teacher: Stephen Wright
Cost: \$115, concession \$100

Learn how to make beautiful cards, envelopes and scrapbooks with your new-found writing artistry. Explore different scripts, illumination and family trees. Ask for a materials list when you enroll.

Arty Farty Institute (ACFE funded)

Time: Tuesday 1.00pm – 3.00pm
Venue: *The Centre*
Dates: 31 January - 27 March (9 sessions)
Teacher: Nikita Burt
Cost: \$50, concession \$35

Bring your inner artist to this friendly and supportive group who explore the creative process. In a relaxed, informal and supportive environment you can create and explore your artistic self working with a variety of media (paint, clay and textiles) to create an individual project. *No experience needed, just a touch of curiosity!*

Art Warriors

Time: Tuesday 3.45pm – 5.15pm
Venue: *The Centre*
Dates: 7 February - 27 March (8 sessions)
Teacher: Nikita Burt
Cost: \$115, concession \$100



Kids aged 7–11; bring your enthusiasm and imagination! This playful class will explore a variety of artistic techniques and processes. Explore your imaginative realm and build on your own natural creativity. Recycle, invent and create! Suitable for Grades 1–6 and children must be signed out by a parent or nominated guardian.

Must have a minimum of eight students to run

New Skills Development Program

Fancy Becoming a Freelancer?

So you think you have good ideas, can string a sentence together and know the difference between a profile and a review? This course will help you hone your skills and increase your profits! Share magazine article tips and tricks with other emerging freelance writers.

Cost: \$125/\$105 concession

Introduction to Media

Includes and introduction to the use media to disseminate information, writing content for a range of media, media editorial, production services and resources.

Through participation in the North & West Melbourne News and The Centre E Newsletter and promotional material

Cost: \$125/\$55 concession/Free to volunteers

New Education & Training Program

Food Handling

This program covers the skill set FDFFS1001A Follow work procedures to maintain food safety and FDFFS2001A Implement the Food Safety program and procedures.

Cost: \$125/\$105 concession

Certificate III in Children's Services

This full-time accredited course is offered through our partnership with Kensington Neighbourhood House and is well known and highly regarded by local childcare providers. We give full ESL support to students with an accredited module from Certificate III in ESL. The course is a mix of classroom teaching and training in a childcare setting.

Dates: February - October 2012 and July 2012 - May 2013

Cost: \$900/\$350 concession

Introduction to Teachers Aide work

Includes and introduction to legislative policy and industrial requirements in the education environment, working with diversity, assisting in facilitating student learning and more. through participation in the Global Homework Program and the Adult ESL Program.

Cost: \$125/\$55 concession/Free to volunteers

Certificate III in Education Support

For those who seek to be employed as a teachers aide. This course covers a broad range of topics that provide participants with the knowledge, skills and attributes essential to support students and teachers in either primary, secondary or special schools under broad based supervision.

Dates: Wednesdays (12 weeks)

Cost: \$1585/\$280 concession

New Education & Training Program

Certificate IV in Training and Assessment

This course trains you to design, facilitate and train and assess in the adult education, business, industry and TAFE sectors.

There are two programs:

Intensive course

This course involves 12 intensive classroom based sessions focused on interpersonal delivery skills, planning and workplace assessment. There is some out of classroom work and the ability to use a computer is expected.

Dates: Mondays (12 weeks),

Cost: \$1500/\$280 concession

Upgrade from the old BSZ40198 or TAA40104

This is a one day workshop for people who already hold the former Certificates in Assessment and Workplace Training or Training and Assessment. It includes a requirement to submit a small learning portfolio.

Date: 1 day (Tuesday 31 January 2012)

Cost: \$425

**All programs are planned to commence:
Term 1, Week 2 (subject to minimum numbers).
Please contact The Centre on 9328 1126 to register
your interest.**

**The Centre
58 Errol Street
North Melbourne VIC 3051**

The Centre

New Programs Term 1, 2012



Course Enquiries: 03 9328 1126



The Centre's Community Learning Program: From Term 1, Week 2, 2012

All programs are planned to commence Term 1, week 2 (subject to minimum numbers). Please contact The Centre on 9328 1126 to register your interest.

New Programs for Term 1, 2012

Are you interested in improving your skills and knowledge?

Are you interested in participating in community events?

Are you just plain bored?

Then come join us @ The Centre for our 2012 Program, commencing Term 1, Week 2 (subject to minimum numbers).

To register your interest in any of our courses and events, please contact

The Centre on 9328 1126

New Community Program

The Centre's Volunteer Program

The Centre's Volunteer Program offers something for everybody. Volunteering is a great way to meet people in your area, do something for your community, gain new skills or just do something out of the ordinary. We have a wide array of opportunities for everyone, from volunteering in Spring Fling 2012 to writing and editing for our newspaper, tutoring and much more.

Introduction to Community Volunteering and Event Management (New)

This course includes an introduction to the knowledge and skills required to be a volunteer. The course provides through participation in the Administration, Reception and Events Program.
Cost: \$125/\$55 concession/Free to volunteers

Chess Club

All skill levels, workers and unemployed, homeowners, renters and homeless. Come and join us at The Centre, with tea and coffee, chess pieces and boards provided.

Time: Sundays 12.00pm noon – 3.00pm

Cost: Free

Globe Trotting Lunches @ The Centre

A gastronomic taste sensation awaits you when you come on in for our delicious Globe Trotting Lunches. On our gastronomic cultural journey we will experience a range of tastes, sounds, sights and smells, whilst enjoying a fabulous three-course meal. *Booking with payment required one week before lunch.*

Cost: \$17 per lunch

Date: Various, TBA

Morning Tea @ The Centre

Come join the community at The Centre for tea, scones, conversation and fun!

Cost: \$2 per morning tea

Weekly/Fortnightly/Monthly

Centre Adventures (Half/Full Day Bus Trips)

The Centre's Adventure program allows our participants to join in the fun and 'jet off' to various destinations around Melbourne and beyond. Transport costs from The Centre are included.

Proposed Centre Adventures include op shop tours, Melbourne city tours, Sovereign Hill, Daylesford, Queenscliff, various markets and more!

Booking with payment essential to guarantee your seat

Cost: From \$25

New Health and Wellbeing Program

Course in Level II First Aid

This program covers the unit HLTF301A Apply First Aid including Perform cardiopulmonary resuscitation, Provide basic life support and Apply first aid

2 days (Saturdays) \$160

Management of Anaphylaxis Course

A nationally recognised course providing you with the knowledge and skill to manage severe allergic reactions and anaphylaxis, as well as developing risk minimisation strategies.

3 hours (Saturdays) \$55

Nature Play (Toddlers + Parents)

Toddlers and parents learn from nature with this play-based art making and story time! Inspire and foster generosity in this creative class about sustainable, sensory ways to express and care for your world.

Dates: 7 February -27 March (8 sessions), Tues 11.00-11.45am

Teacher: Nikita Burt

Cost: \$5 per session

New Skills Development Program

English as a Second Language and Spoken and Written English

Through our partnership with North Melbourne Language and Learning, we will offer these nationally recognised Certificates subject to demand.

Introduction to working in a contact centre

This course provides an introduction to working effectively in a call centre environment. Includes conducting customer contact, preparing for work in a contact centre, operating a personal computer and OHS.

Cost: \$125/\$55 concession

Word Processing and Business Documents

This course will provide you with the skills and knowledge to produce simple word processed documents.

Cost: \$125/\$55 concession

Be a Better Writer

This course is for anyone who has left school and would like to create writing that is clear, coherent and engaging! Everyone will work from their own writing with support from a published author and teacher. Each writer will also have the option of an individual session at the end of the course.

Cost: \$125/\$105 concession