

# The Centre's Summer Community Learning Program for 2011

Make a great start to the New Year by enrolling in a course *today!*

## Language Programs:

For those interested in travelling overseas immerse yourself in a new culture with travel phrases and confident conversation basics. Also suitable for beginners who wish to order confidently in restaurants and enjoy fun speaking and listening activities.

### French

Travellers/Beginners

February 15 – March 22  
Time: Tuesdays 6:30 – 8:00 pm  
Venue: The Eighth Day Baptist Church, 4 Miller Street West Melbourne  
Cost: \$105 Concession \$90

### Spanish

Travellers/Beginners

February 16 – March 23  
Time: Wednesday 6.30 – 8.00 pm  
Venue: The Eighth Day Baptist Church, 4 Miller Street West Melbourne  
Cost: \$105 Concession \$90

### Italian

Travellers/Beginners

February 17 – March 23  
Time: Thursday 6.30 – 8.00 pm  
Venue: The Centre, 58 Errol Street North Melbourne  
Cost: \$105 Concession \$90

## Fitness Programs:

### Yoga

Our classes are taught by accredited teachers

#### General

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

February 7 – March 21  
Time: Monday 7.30 – 8.45 pm  
Venue: The Meat Market 5 Blackwood Street North Melbourne  
Teacher: Katie de Arujo  
Cost: \$105 Concession \$95

#### Beginner

This is for those who wish to learn the basic principles of Hatha Yoga. It covers yoga philosophy, postures and breathwork.

February 9 – March 23  
Time: Wednesday 7.45 – 9.00 pm  
Venue: The Meat Market 5 Blackwood Street North Melbourne  
Teacher: Renate Giacometti  
Cost: \$105 Concession \$95

#### Intermediate

A class for students who have completed two terms of Beginners or one year of yoga practice elsewhere. This class will go into the deeper and more subtle aspects of yoga.

February 9 – March 23  
Time: Wednesday 6.15 – 7.30 pm  
Venue: The Meat Market 5 Blackwood Street North Melbourne  
Teacher: Renate Giacometti  
Cost: \$105 Concession \$95

### 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.

#### Beginner

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

February 10 – March 24  
Time: Thursday 6.30 – 7.15 pm  
Venue: The Meat Market, 5 Blackwood Street, North Melbourne  
Teachers: Maria Zuluaga and Sue Gertzel  
Cost: \$150 Concession \$120

#### Beginner Plus

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

February 10 – March 24  
Time: Thursday 7.30 – 8.15 pm  
Venue: The Meat Market, 5 Blackwood Street, North Melbourne  
Teachers: Maria Zuluaga and Sue Gertzel  
Cost: \$150 Concession \$120

### First Aid:

To be held over two consecutive days.

Wednesday February 23 & Thursday February 24  
Time: 9.30 am to 4.30 pm  
Venue: The Meat Market, 5 Blackwood Street North Melbourne  
Cost: \$170

## Family History

The North Melbourne Library and The Centre would like to hear from any members of the community who may be interested in joining a Family History class. There are great on-line resources available to track down family members which are available in the library. You can drop in to either place or ring the library on 9658 9702, or The Centre on 9328 1126 to register an expression of interest, or, meet at the Library at 10am on Friday 11th February.

If there is anything you would like to learn or if there is anything you would like to teach please contact us. We are happy to run any programs for which there is a demand.

## Other Fitness Programs:

### Bellydancing

Our classes are taught by accredited teachers

Unleash your inner gypsy, learn how to shiver and shimmy in our non impact, yet weight bearing bellydancing class. It's great exercise for the prevention of osteoporosis and menstrual problems.

February 8 – March 22  
Time: Tuesday 6.30 – 7.30 pm  
Venue: The Meat Market, 5 Blackwood Street, North Melbourne  
Teacher: Marina Sabljo  
Cost: \$100 Concession \$90

### Zumba

A fusion of Latin and International Music with dance, it is a highly enjoyable fitness system.

February 8 – March 22  
Time: Tuesday 7.45 – 8.45 pm  
Venue: The Meat Market 5 Blackwood Street North Melbourne  
Teacher: Marina Sabljo  
Cost: \$100 Concession \$90

## Computer Courses:

### Basics

"How do I switch it on?" Learn to use your computer confidently. If you have little or no experience with computers, this class is for you. The class has small numbers and is adapted to the interests of participants.

February 12 – March 19  
Time: Saturday 10 am – 12 noon  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: John Louey  
Cost: \$25

### Intermediate

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

February 11 – March 25  
Time: Friday 2.00 pm – 4.00 pm  
Venue: North Melbourne Library, Errol Street, North Melbourne  
Teacher: Paul Murray  
Cost: \$100 Concession \$50

### Beginner

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

February 11 – March 25  
Time: Friday 9 am – 11 am  
Venue: North Melbourne Library Errol Street North Melbourne  
Teacher: Chiemi Jardine  
Cost: \$100 Concession \$50

### Beginner Plus

Build on skills learnt in the Beginner course. You will be introduced to more advanced features of Microsoft Office and overall PC management.

February 11 – March 25  
Time: Friday 11.30 am – 1.30 pm  
Venue: North Melbourne Library, Errol Street, North Melbourne  
Teacher: Paul Murray  
Cost: \$100 Concession \$50

## Art Programs:

### Art Warriors

This class offers an imaginative range of artistic and creative activities to inspire and motivates children to extend and develop their own natural creative abilities. Suitable for Grades 1 – 4 and children must be signed out by a parent or nominated guardian. Must have a minimum of ten students to run.

February 8 – March 22  
Time: Tuesday 3.45 pm – 5.15 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Nikita Burt  
Cost: \$85 Concession \$75

### Arty Farty Institute

Get in touch with your inner artist in our adult art classes. 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. Experience is not needed, just enthusiasm.

February 8 – March 22  
Time: Tuesday 1.00 – 3 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Nikita Burt  
Cost: \$50 Concession \$15

### Calligraphy

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.

February 8 – March 22  
Time: Tuesday 7.00 – 9.00 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Steve Wright  
Cost: \$130 Concession \$100

### Girls Create!

Through construction of an Artistic Journal, young women aged 11 – 15 have the opportunity to draw, paint, sew, assemble words, inspirational images and quirky observations. Discuss issues which concern, delight and need advocacy through your art! A collaborative project will emerge from group interests.

February 7 – March 21  
Time: Monday 4.00 – 5.50 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Nikita Burt  
Cost: \$110 Concession \$95

### Building a Wood Fired Oven

To be advised, expressions of interest are most desirable. Please contact **The Centre** 58 Errol Street, North Melbourne on 9328 1126 for information if you would like to learn this or would like to teach this.

### Retirement Planning

To be advised. If interested please contact The Centre 58 Errol Street North Melbourne

### Yearning to Paint (Adults)

Ever wanted to learn how to paint? This group will playfully explore a wide range of painting mediums, techniques and processes. We'll unfurl any blocks you may have about painting, as well as assist you to work towards a project of your choice. Experience is not needed but be prepared to get messy!

February 8 – March 22  
Time: Monday 6.30 pm – 8.00 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Nikita Burt  
Cost: \$110 Concession \$95

### Digital Photography and Photo Editing

The perfect short course for beginners! Learn to understand the operation of your digital camera and how to take better pictures. Bring your own digital camera and learn different photography techniques. Learn how to download to your computer, email, burn onto CDs and edit and manipulate them. You will learn basic manipulation techniques which will enable you to cut out objects in photos, combine images together, change backgrounds and photo effects. It will cover basic digital photo retouching techniques such as smoothing skin, softening wrinkles and removing blemishes.

February 9 – March 23  
Time: Wednesday 6.30 pm – 8.00 pm  
Venue: The Centre 58 Errol Street North Melbourne  
Teacher: Amanda Novak-Knight  
Cost: \$120 Concession \$105

## Finances

### Inside Money: Finance, Investments and Personal Money Management

We know money makes the world go around: *Do you want to know exactly how?*

If you want to understand money management and take control of your personal finances, this is the class for you. It will introduce you to the key theories of investments, the structure of the financial sector, how banks, the share market and investment industry really work. Learn the difference between nominal and real interest rates, fiscal and monetary policy and the answer to the perennial question of property versus shares investment.

Learn how economics, finance, fiscal and monetary policy come together, what Alan Kohler's graphs mean, the key questions to ask your advisors and more.

Join instructor Simon Whatmore as he teaches the fundamentals of the financial system in simple easy-to-understand examples.

February 1 – 4 sessions  
Time: Tuesday 6.30 – 8.30  
Venue: The Leveson Hotel Board Room Leveson Street North Melbourne  
Cost: \$110 Concession \$95



The Centre will be closed from December 20th – January 27th onwards. Class bookings can be made in person or on the phone on January 24th, 25th and 27th. An enrolment form can also be downloaded from the website [www.centre.org.au](http://www.centre.org.au) and mailed to us.

If there is anything you would like to learn or if there is anything you would like to teach please contact us. We are happy to run any programs for which there is a demand.

