

SIGN UP NOW!

6-11 September

Thinking of joining a course but not sure if it's for you?

These courses are FREE if you are new to the College or new to the subject.

Take a look at our **Sign Up Now** week. FREE tasters to allow you to experience what the course is like before you sign up. These tasters offer you a great opportunity to try out something new. To enrol on a free taster complete a College enrolment form or telephone the Centre.

FREE tasters

Health & Fitness

Chairobics

A brief introduction to chair based exercise to help build your activity levels.

Brampton 1008B414 - 1 day

Friday 13:00 - 14:15
10-Sep-10
Debbie Liddy

Drop In Session - Careers in the Fitness Industry

Find out about how to start a career in the fitness industry or develop your skills and employability further.

Brampton 1008B500 - 1 day

Tuesday 10:00 - 12:00
07-Sep-10
Mandy Rawsthorne

Hatha Yoga Taster

Crayford 1008C106 - 1 day

Wednesday 09:45 - 11:30
09-Sep-10
Tony Cranston

Sidcup 1008S111 - 1 day

Thursday 19:15 - 21:00
09-Sep-10
Pamela Jones

Iyengar® Yoga Taster

Sidcup 1008S107 - 1 day

Monday 11:30 - 13:00
06-Sep-10
Eileen Tunbridge

Sidcup 1008S109 - 1 day

Tuesday 10:00 - 11:30
07-Sep-10
Eileen Tunbridge

Sidcup 1008S108 - 1 day

Tuesday 18:30 - 20:00
07-Sep-10
Eileen Tunbridge

Crayford 1008C108 - 1 day

Tuesday 19:30 - 21:15
07-Sep-10
Cressida Senkus

Brampton 1008B104 - 1 day

Saturday 10:00 - 11:30
11-Sep-10
Janet Roberts

Living in Harmony Taster

A brief introduction to the mind and body programmes of Yoga, Alexander technique, Tai chi, Qigong, Stress management, Relaxation, Meditation and Yoga Massage.

Brampton 1008B409 - 1 day

Tuesday 13:00 - 14:45
07-Sep-10
Tony Cranston

Pilates Taster

Brampton 1008B208 - 1 day

Monday 12:15 - 13:15
06-Sep-10
Jane Percival

Brampton 1008B209 - 1 day

Monday 19:00 - 20:00
06-Sep-10
Jane Percival

Crayford 1008C203 - 1 day

Thursday 09:15 - 10:30
09-Sep-10
Joanne Southgate

Brampton 1008B210 - 1 day

Thursday 19:30 - 20:45
09-Sep-10
TBA

Sidcup 1008S203 - 1 day

Friday 12:15 - 13:15
10-Sep-10
Jane Percival



Pilates Intermediate Taster

Crayford 1008C204 - 1 day

Thursday 10:45 - 12:00
09-Sep-10
Joanne Southgate

Posture Correction & Body Alignment Taster

Sidcup 1008S404 - 1 day

Tuesday 09:30 - 11:00
07-Sep-10
Pamela Jones

Brampton 1008B411 - 1 day

Tuesday 19:30 - 21:00
07-Sep-10
Pamela Jones

Short Mat Bowls Taster

Sidcup 1008S405 - 1 day

Friday 10:00 - 12:00
10-Sep-10
Jean Parsons

Special Exercise Rehab Class

Brampton 1008B412 - 1 day

Wednesday 10:00 - 11:45
08-Sep-10
Jane Cullen

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Stretch & Tone for the Mature Adult

A general all-round workout to improve fitness levels, tone and improve flexibility.

Brampton 1008B415 - 1 day

Tuesday 10:00 - 11:15
07-Sep-10
Donna Sugden

Strictly Seniors

Improve fitness and energy levels through exercise and movement.

Sidcup 1008S407 - 1 day

Thursday 10:00 - 11:15
09-Sep-10
Donna Sugden

Tai Chi & Qigong Taster

Crayford 1008C303 - 1 day

Monday 19:15 - 20:15
06-Sep-10
Tony Cranston

Sidcup 1008S303 - 1 day

Thursday 11:30 - 13:00
09-Sep-10
Tony Cranston

Yoga - Parent & Child

Crayford 1008C107 - 1 day

Saturday 13:00 - 14:30
11-Sep-10
Tony Cranston

Neuro Linguistic Programming

Sidcup 1001S669 - 1 day

Tuesday 10:00 - 12:00
07-Sep-10
Tim Gratwick

Sidcup 1001S111 - 1 day

Tuesday 10:00 - 12:00
07-Sep-10
Tim Gratwick

First Aid

Brampton 1001B230 - 1 day

Wednesday 10:00 - 13:00
08-Sep-10
Ian Dunn

FREE tasters

Horticulture / Floristry

Introduction to Floristry

Sidcup 1003S909 - 1 day

Wednesday 19:00 - 21:00
08-Sep-10
Ann Calnan

NCFE Level 1 Floristry Taster

Sidcup 1003S905 - 1 day

Monday 19:00 - 21:00
06-Sep-10
Ann Calnan

NCFE Level 2 Floristry Taster

Sidcup 1003S907 - 1 day

Tuesday 19:00 - 21:00
07-Sep-10
Ann Calnan

RHS Level 2 Certificate in Horticulture Taster

Sidcup 1003S953 - 1 day

Thursday 19:30 - 21:00
09-Sep-10
Joe Woodcock

NPTC Level 2 Diploma in Floristry 'Drop-In' Session

Find out more about the Floristry courses on offer at the College.

Brampton 1003B906 - 1 day

Tuesday 09:30 - 15:00
07-Sep-10
Linda Barton

NPTC Level 2 in Horticulture 'Drop-In' Session

Find out more about the Horticulture courses on offer at the College.

Crayford 1003C952 - 1 day

Thursday 09:30 - 14:00
09-Sep-10
John Davidson

NCFE Level 2 in Event Planning 'Drop-In' Session

Find out more about the Event Planning courses on offer at the College.

Brampton 1003B910 - 1 day

Saturday 10:00 - 14:30
11-Sep-10
Pauline Slane

Leisure

Practical Dog Training Taster

Crayford 1003C941 - 1 day

Friday 11:00 - 12:00
10-Sep-10
Jacqueline Staff



Book Early!
Get your place on our FREE taster sessions. They fill up quickly!

GCSE

GCSE English Language or Literature

Sign Up Now for GCSE English Language and/or Literature! In this session it will be possible to take an Initial Assessment. You will also have the opportunity to speak with the tutor and obtain more information about these courses. If you take an Initial Assessment there will be a charge of £15.

Sidcup 1012S952 - 1 day

Monday 19:00 - 21:00
06-Sep-10
Theresa Elliott

Brampton 1012B959 - 1 day

Wednesday 19:00 - 21:00
08-Sep-10
Theresa Elliott

Brampton 1012B960 - 1 day

Thursday 10:00 - 12:00
09-Sep-10
Theresa Elliott

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SIGN UP NOW 2010
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