

Portlethen Community Learning Centre

Adult Learning Programme 2011 - 2012



Enrolment Dates

For further information and booking of all classes,
come along to
Portlethen Community Learning Centre on

Thursday 25th August 6pm - 8pm
or
Friday 26th August 10am - 12noon

Class	Day	Time		Start Date	Duration	Cost
Intermediate/advanced Pilates	Mon	19:30 - 20:30		29.08.11	5 weeks	£22.50/£13.75
Fitball Conditioning	Mon	20:30 - 21:15		29.08.11	5 weeks	£18.75/£11.50
Gentle exercise	Tues	09:50 - 10:50		30.08.11	6 weeks	£27/£16.50
Dancersize	Tues	19:00 - 20:00		30.08.11	6 weeks	£27/£16.50
Dru Yoga	Tues	20:00 - 21:30		30.08.11	6 weeks	£36/£21.90
Legs, Bums and Tums	Thurs	18:30 - 19:30		01.09.11	6 weeks	£27/£16.50
Yoga Stretch	Thurs	19:30 - 20:30		01.09.11	6 weeks	£27/£16.50
Pilates Beginners	Thurs	20:30 - 21:15		01.09.11	6 weeks	£22.50/£13.80

Intermediate/advanced Pilates - Pilates is a mind body system of exercise and wellbeing designed to create a flexible, strong and healthy person. The intermediate level is for people who have done the beginners class.

Fitball Conditioning - A core strengthening class which is designed to improve range of motion, strength, stability co-ordination and balance.

Gentle Exercise - Take part in a weekly low intensity gentle exercise class specifically designed for adults in a friendly atmosphere. This session is for all abilities and can be adapted to suit your individual need and level. An excellent way to socialise and meet new people.

Dancercise - A great way to keep fit and have fun! Using a fun blend of sexy Latin American dance moves, you'll burn the fat, keep fit and tone your body. Feel the latin rhythm and say 'adios' to the usual routine of boring gym workouts! The music is uplifting and makes you feel good (even on a bad day). Simple 1 hour + fun = 450 calories.

Dru Yoga - An easy and flexible form of yoga that will suit all ages and abilities allowing everybody the chance to experience the relaxing practice of yoga.

Legs, Bums and Tums - A fun fitness, cardio, fat burning and toning class for everyone!


Yoga Stretch - A series of yoga stretches and positions followed by relaxation.

Pilates Beginners - Pilates is a mind body system of exercise and wellbeing designed to create a flexible, strong and healthy person.

Family Learning

Community Learning provides advice, help and support for families with children. Our parenting classes Early Years (Triple P), Primary Age (Confidence and Consistency) and Teenagers (Time out for Teens) provide information and strategies for dealing with the demands of parenthood and the opportunity to meet other parents. For advice or support with any parenting issues, or for details of local groups and support for children and families please contact Evelyn Hart, at Portlethen Community Learning Centre on **01224 786198**.

Early Years Programme

The  **PEEP Learning Together programme** focuses on how to make the most of the learning opportunities in everyday life at home - listening, talking, playing, singing, sharing books - and having fun! PEEP supports parents and carers in their role as the first educators of their children. It works with adults helping to support their children's very early learning. Currently Community Learning and Development provide groups for babies (4mth - 8mth) and two year olds, for further information please contact Evelyn Hart, at Portlethen Community Learning Centre on **01224 786198**.

Bumble Bee Programme



For the youngest members of our community we have our Bumble Bee programme. **Baby Bee's** is aimed at 2 - 6month old children, where you can meet your health visitor, get your baby weighed and listen to talks about relevant topics. **Bumblebee's** is for 6month - 12 month olds and follows a similar format, and **Busy Bee's** is an active play session designed to develop muscles, hand and eye coordination for 12 months - 2 year olds. For further information, please contact the Health Visiting Team on **01224 785402** or Evelyn Hart on **01224 786198**.

Rainbow Crèche



The Crèche runs in Portlethen Community Centre on Monday, Wednesday, Thursday and Friday morning from 9.30—11.30 The Crèche is a non-profit making group which primarily supports classes, groups and activities within the area. It also gives opportunities for parents to get some respite time.

To book a place, please call the Crèche staff on **01224 786198**.

Parent and Toddlers



This group offers the opportunity for parents and their children to socialise. They meet every Thursday in the Community Centre between 1.30pm and 3pm. Come and join them for a coffee and a chat. For further information please contact Evelyn Hart on **01224 786198**.

Adult Literacy and Numeracy



If you would like help to brush up on your skills with reading, writing and numbers. The big plus offers free, friendly advice and can put you in touch with someone who can help locally. For an informal chat call the big plus **free** on **08081001080** or call your local contact Lynn Buchan, at Portlethen Community Learning Centre on **01224 786198**.

English for Speakers of Other Languages

If you would like help with the development of very simple and basic language including speaking, reading, writing and listening, please contact Lynn Buchan at Portlethen Community Learning Centre on **01224 786198**.

Newspaper Group



Why not join our friendly group, a chance to meet new people and discuss topical issues, Friday's 10am - 11am, Portlethen Library. For further information, contact Evelyn Hart at Portlethen Community Learning Centre on **01224 786198**.

Aberdeen College



ABERDEENCOLLEGE®

Aberdeen College offer a wide variety of courses, both at the Gallowgate Centre and within local communities. Details of what is available and the opportunity to register an interest in a class within your local community is available at <http://www.abcol.ac.uk/community/index.cfm>

ILA Scotland



Get up to £200 towards learning something new. If you are over 16 and your income is £22,000 a year or less, ILA Scotland is a Scottish Government scheme which helps you get up to £200 a year towards the cost of learning something new. To find out more and to request your information pack call the ILA helpline **free** on **08081001090** or visit www.ilascotland.org.uk

Working for Families



Working for families provides support towards learning, training and development. They can assist families by providing information on training and employment, help to find appropriate childcare, advice on money and benefits. For further information contact Working for Families Aberdeenshire on **08000 328 750**