

COMMUNITY EDUCATION



GOVERNMENT OF BERMUDA

Ministry of Education and Workforce Development

SPRING TERM COURSE SCHEDULE REGISTRATION INFORMATION 2018

REGISTRATION DATES Monday, 2 April - Friday, 13 April, 2018



SPRING TERM COURSE SCHEDULE REGISTRATION INFORMATION 2018

Community Education is a community driven programme that engages community and public sector stakeholders across the continuum of education. It includes preschools, middle and senior schools, adults, seniors, Bermuda College and Department of Workforce Development.

MISSION STATEMENT

To provide strategic leadership, supervision and policy direction that supports quality delivery in teaching; and an inclusive and progressive learning environment to improve student learning and achievement for every child.

REGISTRATION DATES

Monday, 2 April - Friday, 13 April, 2018

REGISTRATION HOURS

Monday – Friday 9:00 a.m. – 4:00 p.m.

METHODS OF PAYMENT: On-line, Cash, Cheque, Credit and Debit Cards.

ON-LINE REGISTRATION: www.gov.bm Registrants must have a valid credit card and e-mail address

Registration by fax to one office ONLY: Hamilton 292-7786, Warwick 236-1980.

CLASSES BEGIN: Week of Monday, 23 April, 2018

CLASSES END: Week of Monday, 11 June, 2018 (8 week session)

***DENOTES:** Textbook, materials or supplies required for a course.

- C CERTIFICATE COURSES:** A Certificate of Completion will be provided for further education, course recovery and co-curricular credit, professional development and employability courses. Classes may not be audited.

OFFICE LOCATIONS: Booklets for registration can be collected from the two Community Education and Development Programme office locations.

CEDP Warwick Office, 72 Middle Road Warwick

Tel: (441) 236-0829 / 236-2019 Fax: (441) 236-1980

New CEDP Hamilton Office, 43 Church Street Global House (Ground Floor)

Tel: (441) 292-7735 Fax: 292-7786

DISCLAIMER

Fees do not include accident insurance. The Community Education and Development Programme does not assume any liabilities, and absolves itself and personnel of any legal action for any damage or personal injuries, caused to instructors or participants in courses whilst on property in question at which aforementioned programmes are conducted.





EASTERN ZONE

© ACCOUNTING* \$70

Learn how to record financial transactions and prepare basic financial statements. Textbook required.
Thurs 6:00 – 8:00 p.m. CedarBridge Academy

ACCU-AERO AVIATION GROUND SCHOOL \$20

Learn of the required aeronautical knowledge to pass the FAA Private Pilot Exam.
Dates: 28 April & 5 May
Sat 11:00 – 2:00 p.m. Longtail Aviation Hangar

AERIAL LYRA OR CIRCUS HOOP \$80

Perform aerial acrobatics from an aerial hoop suspended from the ceiling.
Wed 6:30 – 7:30 p.m.
Thurs 11:00 – 12:00 p.m.
Sun 10:00 – 11:00 a.m.
Lotus Mind Body Spirit Wellness Centre

AERIAL SILKS - GET FIT TO FLY \$80

Learn the art of suspended dance while on long fabric silks.
Mon 11:00 – 12:00 p.m.
Mon 6:00 – 7:30 p.m.
Fri 11:00 – 12:00 p.m.
Sat 4:30 – 6:00 p.m.
Lotus Mind Body Spirit Wellness Centre

AERIAL YOGA DEEP STRETCH BEGINNER \$70

Are you a runner? Too much strength training and feeling tight. Do you suffer from low back pain or arthritis? This class is for you! Feel longer and taller and allow all of your stress to melt away with this modern style of yoga suspended in a soft fabric hammock.
Mon 7:45 – 9:00 p.m.
Wed 1:00 – 2:00 p.m.
Lotus Mind Body Spirit Wellness Centre

AEROBIC KICKBOXING \$60

This class is designed to burn fat and calories through cardiovascular drills and strength training.
Tue 6:00 – 7:00 p.m.
Thurs 6:00 – 7:00 p.m.
Bermuda National Sports Centre
Sat 7-8 a.m.
St. Georges Cricket Club

ARCHERY \$80

Experience the unique thrill of target archery. This is a 5 week course.
Sun 3:00 – 5:00 p.m. Southside Softball Field

ARCHERY: INTERMEDIATE* \$85

The recurve archer will improve form (position); Must have own equipment. *This is a 5 week class.*
Sun 12:00 – 2:00 p.m. Southside Softball Field

BODY SCULPTING \$60

This course introduces exercise techniques to improve overall physical fitness, and emphasizes the interaction between muscular strength, endurance and flexibility while blending together different combinations and sequences of exercises. Participants must wear exercise clothing and bring a towel and water to class.
Tues 6:30 – 7:30 p.m.
Evolutions Health & Fitness
Thurs 6:30 – 7:30 p.m.
Evolutions Health & Fitness

BOOT CAMP \$185

Circuit based class consisting of resistance training, core/abdominal work, stretching, and cardio intervals.
Mon/Wed/Thurs 6:35 – 7:35 p.m. CedarBridge Academy

CARDIO BLAST \$60

Challenge your body through cardiovascular drills and strength training designed to burn fat and calories and get you fit and toned while improving your endurance, strength and flexibility leaving you focused and refreshed. Participants are required to bring a towel and water to class.
Wed 6:30 – 7:30 p.m.
Evolutions Health & Fitness

CARDIO TENNIS* \$75

High-energy tennis fitness workout including cardiovascular and calorie-burning aerobic exercise.
Sat 10:00 – 11:00 a.m. Grotto Bay Tennis Courts

CIRCUIT TRAINING \$60

Join this body conditioning/resistance training class which uses high-intensity aerobics that targets strength building and muscular endurance at a fast pace in which one exercises for 30 seconds to 5 minutes and then moves on to the next exercise.
Mon 6:30 – 7:30 p.m.
Evolutions Health & Fitness





CLASSIC STRETCH \$70

This class will focus on strengthening the large muscles of the body, joint movement and improving posture, and comprises standing and sitting, smooth and fluid movements with no stress on the body, and will firm, oxygenate and energize your entire body.

Tues 11:00 - 12:00 p.m.

Thurs 11:00 - 12:00 p.m.

Ebenezer Methodist Church

CLASSICAL BALLET: INTRO \$70

Develop long, lean muscles and flexibility while learning the basics of classical ballet.

Thurs 6:30 - 7:30 p.m.

Lotus Mind Body Spirit Wellness Centre

CONTINUING EDUCATION & EMPLOYMENT: NAVIGATING YOUR WAY \$60

Prepare yourself with the next steps for continuing your education and/or seeking employment. Understand the basic requirements and options for your education and preparation for the workforce.

Thurs CedarBridge Academy 6 - 8 p.m.

COOKING FOR THE FAMILY* \$80

Learn how to prepare quick, hardy, tasty meals. *This is a five week course.*

Tues 6:30 - 8:30 p.m. CedarBridge Academy

C CUSTOMER SERVICE \$75

Learn how to deliver fantastic customer service by understanding the customer's expectation.

Thurs 6:00 - 8:00 p.m. CedarBridge Academy

NEW FORAGING FOR WILD HERBS OF BERMUDA \$20

Learn about and forage for wild edible plants in Bermuda. Come on this exciting venture as we engage all five senses in nature. Tasters will be provided from selected plants.

Sun/6 May 10:00 - 11:30 a.m.

Cooper's Island Nature Reserve, St. Davids

GARDENING: BUTTERFLY GARDEN \$20

Garden visits are scheduled during this course. Wear comfortable shoes and bring paper and pen to class.

Sat/12 May 12:00 - 2:00 p.m.

Ebenezer Methodist Church, St. George's

GENTLE AERIAL HAMMOCK PREGNANCY YOGA \$80

Much like the mother's womb, the yoga hammock is very comforting. This restorative class will allow you to connect with yourself and connect with your unborn child while creating a healthy stretch for you both. Also, learn breathing exercises and expert tips to help you through your labour and through daily living. All mothers to be should be 3 months along to participate.

Thurs 5:30 - 6:30 p.m.

Lotus Mind Body Spirit Wellness Centre

INSURANCE 101 \$80

This course is designed to cover key concepts and principles of risk management and insurance. This course will also cover the various domestic personal and commercial insurance policies available in Bermuda and how residents can best utilize these insurance policies to help manage risk.

Wed 6:00 - 8:00 p.m. CedarBridge Academy

HAIR BRAIDING 101* \$60

Learn how to part and section hair to create 3 strand braids, 2 strand twists, and many other basic braid styles.

Tues 6:00 - 8:00 p.m. CedarBridge Academy

HYBRID AND ELECTRIC VEHICLES \$20

One-off introductory seminar showing how hybrid and electric vehicles work, the differences between standard vehicles and new technology, the advances in technology that make the modern vehicle possible, with practical demonstrations of the electrical and computer systems.

Tues/5 June 6:00 - 8:30 p.m. Bermuda Motors

C INVESTING \$80

Learn about the money market, mutual funds, bonds, equities, pension funds and other investment ideas.

Mon 6:00 - 8:00 p.m. CedarBridge Academy

NATURAL AND HOME WATER BIRTH IN BERMUDA \$80

You CAN achieve a natural home or water birth in Bermuda. Come and learn HOW - from the woman who single-handedly forged a movement to bring natural birth back to the island. Topics to be covered: Safety, Insurance, Midwives and Doulas, supplies, investment and more. *This is a one off course.*

Sun/29 Apr 3:00 - 5:00 p.m.

Sun/6 May 3:00 - 5:00 p.m.

Lotus Mind Body Spirit Wellness Centre





PAINTING IN THE PARK

\$90

Enjoy nature in the park while encouraging your artistic skill and creativity with paint by exploring painting on a flat surface, such as a traditional canvas, as well as painting on three-dimensional items, creating utilitarian objects of art.

Sat 11:00 a.m. – 2:00 p.m. Botanical Garden

PILATES INTRODUCTION 101 WITH PILATES INTERNATIONAL EXPERT, SOPHIA CANNONIER

\$70

Develop strength, flexibility, coordination, precision movement & overall mind and body awareness.

Mon 12:00 - 1:00 p.m.

Tues 5:30 - 6:30 p.m.

Wed 12:00 - 1:00 p.m.

Thurs 12:00 - 1:00 p.m.

Lotus Mind Body Spirit Wellness Centre

PLANT POULTICES FOR HEALING

\$20

Learn how to make healing poultices with herbal plants found around the island. What is a poultice? A poultice is a soft moist mass of materials applied to the body to relieve soreness and inflammation and kept in place with a cloth. Learn how to relieve pain and discomfort by mixing your own poultices made from different plants. Please bring a notepad and pen to class. *This is a one off seminar.*

Tues/24 Apr 6:30 - 8:30 p.m.

Clearwater Middle School

POLE CONDITIONING 101

\$70

A Signature Lotus workout and education combining core floor work, body conditioning and the terminology for pole fitness.

Mon 5:30 - 6:30 p.m.

Lotus Mind Body Spirit Wellness Centre

POLE FITNESS 101

\$70

Lotus pole fitness classes combine core conditioning, acrobatics, gymnastics, strength training and artistry.

Tues 11:00 - 12 noon

Tues 7:45 - 9:00 p.m.

Thurs 5:30 - 6:30 p.m.

Sat 12:00 - 1:00 p.m.

Sun 1:00 - 2:00 p.m.

Lotus Mind Body Spirit Wellness Centre

SELF-DEFENCE

\$70

Learn how to quicken your reflexes, escape from holds, and maneuvers.

Sun 12:00-1:00 p.m. George's Preparatory School

C SPANISH: BEGINNERS*

\$80

This course offers basic practice in the spoken language and an introduction to basic grammar concepts.

Wed 6:00 – 8:00 p.m. CedarBridge Academy

STRENGTHENING PELVIC FLOOR & OVERCOMING DIASTASIS RECTI

\$60

This informative and empowering course will show how to strengthen your pelvic floor and deep core muscles for better bladder control and an overall boost in health. Not just for postpartum women but for EVERYONE.

Tues 1:00 - 2:00 p.m.

Lotus Mind Body Spirit Wellness Centre

★ STRETCH AND FLEX

\$60

Defy the aging process. Build and maintain good and lasting healthy muscle with easy fluid movements. Boost metabolism, shape up without bulking up, and feel fantastic. No weights needed. Bring a hand towel and water.

Mon 11:00 a.m. - 12 noon

C SUPERVISORY MANAGEMENT I*

\$80

Develop leadership and supervisory potential. Topics include coaching and communication. *This is a 6 week course.*

Tues 6:00 – 8:00 p.m. CedarBridge Academy

C SUPERVISORY MANAGEMENT II*

\$85

This continuation course includes communication, motivation, discipline, teamwork and decision making. *This is a 6 week course.*

Thurs 6:00 – 8:00 p.m. CedarBridge Academy

TOTAL FITNESS

\$185

In this circuit based class you will lose weight, tone up and improve your overall cardiovascular fitness level.

Mon/Wed/Thurs 5:30 – 6:30 p.m.

CedarBridge Academy

C VEHICLE MAINTENANCE AND ROADSIDE REPAIR

\$20

Learn how to correct fluid levels, change bulbs, adjust the tire pressure, and change a punctured tire to ensure your car is safe and road worthy. *This is a 2 week session scheduled for 24 Apr & 1 May.*

Tues 6:00 - 8:30p.m. Bermuda Motors Limited





WATER AEROBICS

\$60

This program includes regular aerobic muscular conditioning along with exercises to stretch your body.

Tues 8:00 – 9:00 a.m. St. George's Club Pool
Thurs 8:00 – 9:00 a.m. St. George's Club Pool

ZUMBA

\$65

Latin Dance Fitness fused with Latin rhythms and easy-to-follow moves to create a calorie burning workout.

Mon 5:30 – 6:30 p.m. CedarBridge Academy
Wed 5:30 – 6:30 p.m. CedarBridge Academy

WESTERN ZONE

AERIAL SILKS 101*

\$70

An exciting introduction to Silks. Participants will learn how to climb the fabrics, create footlocks and condition their muscles for flight.

Mon 7:00 – 8:30 p.m.
Wed 7:00 – 8:30 p.m.
Kinetix @ Elevate Studio (Union Street)

AERIAL SILKS 102*

\$75

Practice building blocks of aerial technique executing wraps and harnessing your inner aerial artist.

Wed 7:00 – 8:30 p.m.
Kinetix @ Elevate Studio (Union Street)

AERIAL YOGA

\$70

Modern style of yoga using a low-hanging fabric hammock to explore alignment and release chronic tension.

Mon 5:30 – 6:30 p.m.
Tues 5:30 – 6:30 p.m.
Thurs 5:30 – 6:30 p.m.
Kinetix (Berkeley Cultural Centre)

ARCHERY

\$80

Experience the unique thrill of target archery. *This is a 5 week course.*

Sun TBD Bermuda College (Field)

ART: BEGINNERS PAINTING AND DRAWING*

\$80

Discover the basics of drawing, painting and illustrating techniques.

Mon 6:00 – 8:00 p.m. T.N. Tatem Middle School

BALLROOM DANCING: BEGINNERS

\$80

Come and join us and learn the foxtrot, jitterbug, cha-cha, tango and waltz.

Thurs 6:15 – 7:30 p.m. T.N. Tatem Middle School

CARDIO TENNIS*

\$75

Enjoy this high-energy fitness activity that combines the best of tennis with cardiovascular exercise.

Mon 12:00 – 1:00 p.m. W.E.R Joell Tennis Stadium
Thurs 12:00 – 1:00 p.m. W.E.R Joell Tennis Stadium
Sat 10:00 – 11:00 a.m. W.E.R Joell Tennis Stadium

COMPUTERS: QUICKBOOKS PRO LEVEL I*

\$100

This course will cover setting up a company: working with lists, customizing fields, and much more.

Wed 6:00 – 8:00 p.m. T.N. Tatem Middle School

COMPUTERS: INTRO TO WEBSITE BUILDING

\$100

Hands-on information technology course for anyone who is interested in building their own website.

Wed 6:00 – 8:00 p.m. T.N. Tatem Middle School

COOKING: BERMUDA CUISINE*

\$80

Delight with island favorites. Add to your repertoire and prepare local dishes that will make any dinner menu sublime.

Thurs 6:00 – 9:00 p.m. T.N. Tatem Middle School

COOKING: FROM THE GARDEN TO THE TABLE*

***\$80**

Prepare delightful meals and learn a range of delectable food options--from the garden to your table with flare and extraordinary taste.

Tue 6:00 – 9:00 p.m. T.N. Tatem Middle School

CROCHET AND KNITTING*

\$80

Learn basic knitting/crocheting stitches to cable and lace patterns to create a wonderful scarf.

Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School

CUSTOMS CLEARANCE*

\$80

Master tariff fundamentals and learn how to release goods from sea/air cargo terminals.

Tue 6:00 – 8:00 p.m. T.N. Tatem Middle School

ENGLISH AS A SECOND LANGUAGE CONVERSATIONAL

\$100

This course introduces non-native English speakers to basic structures/vocabulary of the English language.

Thurs 6:00 – 8:00 p.m. T.N. Tatem Middle School



★☆☆ FORAGING FOR WILD HERBS OF BERMUDA \$20

Join us to learn about and forage for wild edible plants in Bermuda. Come on this exciting adventure as we engage all five of our senses in nature. Tasters will be provided from selected plants.

Sun/20 May 2:00 - 3:30 p.m.

Southlands Estate, Warwick

★☆☆ FRENCH: BEGINNERS* \$80

This course offers basic practice in the 'love' language. Join us for a solid introduction to the basic grammar concepts.

Tue 6:00 - 8:00 p.m. T.N. Tatem Middle School

GOLF: BEGINNER* \$80

Learn the fundamentals of the golf swing and the general principles of the game of golf (5 week course).

Sat 8:00 - 9:00 a.m. Port Royal Golf Course

HATHA YOGA* \$70

Join us for a relaxed-pace yoga practice that integrates breath work with deliberate muscle elongation, toning and spatial awareness.

Tue 12:30 - 1:30 p.m.

Kinetix (Berkeley Cultural Centre)

© MARINE ENGINE OPERATORS: BASIC \$80

This course is designed to prepare students for the Marine Engine Driver's Licence.

Wed 6:30 - 8:30 p.m. T.N. Tatem Middle School

MUSIC THEORY (INTRODUCTION) \$65

Gain an understanding of the basic building blocks of musical theory and notation: notes, note names, note values, rests, etc.

Mon 6:00 - 7:30 p.m. T.N. Tatem Middle School

© NAVIGATION: INTRODUCTION TO BERMUDA PILOT/BOATING* \$80

This course covers the buoyage system, rules of the sea and practical approaches to boating.

Mon 6:30 - 8:30 p.m. T.N. Tatem Middle School

NAVIGATION: PILOT PREP* \$60

Considering sitting the Pilot's 'C' License Exam? In need of a charting refresher? Join us for a few sessions to delve deeper into navigating local waters (three week course commencing May 31st).

Thurs 6:30 - 8:30 p.m. T.N. Tatem

PHOTOGRAPHY: BASIC* \$80

This course will orient the beginner photographer to

the multitude of camera features to capture the shot.

Wed 6:00 - 8:00 p.m. T.N. Tatem Middle School

PHOTOGRAPHY: INTERMEDIATE* \$85

This course is for the more advanced photographer who is familiar with camera basics.

Thurs 6:00 - 8:00 p.m. T.N. Tatem Middle School

★☆☆ POTTERY MAKING AND PAINTING* \$80

Join us to learn the fundamentals of clay: slump/hump molds, pinching and coiling techniques, scoring, slipping to ultimately glazing your finished project.

Mon 6:00 - 8:30 p.m. Endless Creations

SALSA: BEGINNERS 1 \$80

Participants will learn the elements of leading and following while mastering basic dance steps.

Tue 6:30 - 7:25 p.m.

Sabor Dance School (Berkeley Cultural Centre)

© SCARS TRAINING SAVING CHILDREN AND REVEALING SECRETS FREE

Protect children: learn the facts, minimize the opportunity, talk about it, spot the signs and react responsibly.

Mon/7 May 5:45 - 8:45 p.m. T.N. Tatem Middle School

Mon/4 June 5:45 - 8:45 p.m. T.N. Tatem Middle School

SEWING 101 \$80

Join us for sewing basics. Learn the parts of the machine, how to take measurements and other fun pieces on your way to creating and finishing a class project.

Mon 6:00 - 8:00 p.m. T.N. Tatem Middle School

★☆☆ SIGN LANGUAGE BEGINNERS (ASL) \$85

Join us to learn the basics of sign language--the history, your sign name, alphabet, numbers and vocabulary through fun word/sentence activities and song.

Mon 6:00 - 7:30 p.m. T.N. Tatem Middle School

★☆☆ SIGN LANGUAGE: BEGINNERS PART II (ASL) \$85

Proficient in the basics, you will increase your vocabulary and progress towards becoming more conversational.

Wed 6:00 - 7:30 p.m. T.N. Tatem Middle School

© SPANISH: BEGINNERS* \$80

This course offers basic practice in the spoken language and an introduction to basic grammar concepts.

Mon 6:00 - 8:00 p.m. T.N. Tatem Middle School



C SPANISH: BEGINNERS PART II* \$85

Delve deeper into the language! Learn more about the spoken language in a relaxed and FUN environment.

Thurs 6:00 – 8:00 p.m. T.N.Tatem Middle School

STAINED GLASS* \$85

Create sun catchers, lamps, special occasion ornaments and more.

Mon 6:00 – 9:00 p.m. T.N.Tatem Middle School

TENNIS FOR BEGINNERS* \$75

Learn the basics of tennis such as the forehand, backhand, serve, and volley.

Sat 10:00 – 11:30 a.m. PortRoyalTennisCourts

Wed 6:00 – 7:30 p.m. W.E.R.Joell Tennis Stadium

TENNIS: INTERMEDIATE* \$80

This course is for the more advanced player seeking to improve their all around game.

Sat 11:30 – 1:00 p.m. Port Royal Tennis Courts

Tue 6:30 – 8:00 p.m. W.E.R.Joell Tennis Stadium

C TRI-TRADES: MASONRY, CARPENTRY, TILING \$100

This course offers basic understanding/application of skills that will assist in small projects around the home.

Wed 6:00 – 8:00 p.m. T.N.Tatem Middle School

YOGA (ADULT MAT)* \$70

Learn the fundamentals of breathing and postural alignment: increased range of motion, strength, body awareness and balance.

Tue 6:00 – 7:00 p.m. T.N.Tatem Middle School

VINYASA YOGA FLOW* \$70

This popular yoga style incorporates smooth movements synchronised with breaths. Spend your lunchtime learning to and restore balance.

Thurs 12:30 – 1:30 p.m. Kinetix (Berkeley Cultural Centre)

JUST FOR SENIORS (65+ YEARS)

For computer and some specialised classes a fee of \$50 will be charged. There may be separate charges for books, materials and supplies. Limited spaces are available. ID is required at registration.

BOWLING \$20

Learn bowling techniques in a friendly environment with fellow bowlers. *This is a 6 week course.*

Wed 11:00 – 12:00 noon Strykz Bowling Lounge

COMPUTERS: KEYBOARDING \$50 FOR SENIORS - PART I

Learn the basic operation of word processing including editing and formatting text at a slow pace. No previous typing skills necessary.

Thurs 6:00 – 8:00 p.m. Clearwater Middle School

VINYASA YOGA FLOW* \$70

This popular yoga style incorporates smooth movements synchronised with breaths. Spend your lunchtime learning to and restore balance.

Thurs 12:30 – 1:30 p.m.

Kinetix (Berkeley Cultural Centre)

FIT FOR LIFE \$20

Enjoy indoor low impact exercise to feel healthier, happier and fit. *This is a five week course.*

Mon 10:00 – 11:00 a.m.

Pembroke Community Club

FLOWER ARRANGING \$20

Create beautiful floral designs with roadside vegetation, silk flowers and dried materials. This is a 2 week course. Dates: April 28 and May 5, 2018

Sat 12:00 – 2:00 p.m.

Ebenezer Methodist Church, St. George's

NEW IPAD MADE EASIER* \$20

Designed for beginners, this class will cover the basics and provide useful tips for using and enjoying your iPad. *This is a 4 week class.*

Thurs 12:30 – 1:30 p.m. Bermuda National Library

LINE DANCING FOR ALL OCCASIONS \$20

Join us to master several of the basic line dance steps: coaster, weave, shuffle and vine in a relaxing and enjoyable atmosphere.

Thurs 10:30 – 12:00 noon

Pembroke Community Club

NEW POTTERY MAKING AND PAINTING* \$20

Join us to learn the fundamentals of clay: pinching, coiling, scoring, slipping to glazing your finished project.

Tue 10:30 – 12:00 p.m. Endless Creations





YOUTH DEVELOPMENT (AGES 5-18)

AERIAL DANCE*

(SUITABLE FOR AGES 9-16)

\$50

Learn basic choreography climbs, balances, and mid-air movements on aerial hammocks.

Sat 1:00 - 2:00 p.m. Kinetix (Berkeley Cultural Centre)

AERIAL FITNESS LOTUS BUDS

(AGES 6-16)

\$50

Cirque De Soleil here we come! Students will learn Fundamental Skills, Safety and Progressive Routines in all four of the Aerial Arts offered at Lotus (Aerial Hammocks, Silks, Lyra Circus Hoop and Pole Fitness). Lotus is a "G" rated studio and all classes focus on fitness only. Performance opportunities are afforded to students who graduate through our level progressions.

Mon 4:00 - 5:30 p.m.

Wed 4:00 - 5:30 p.m.

Fri 4:00 - 5:30 p.m.

Sat 3:00 - 4:00 p.m.

Lotus Mind Body Spirit Wellness Centre

AERIAL SILKS*

(SUITABLE FOR AGES 9-16)

\$50

Participants will learn aerial arts with the use of a single long piece of fabric: balance techniques, body awareness and partner work.

Mon 4:00 - 5:00 p.m. Kinetix (Berkeley Cultural Centre)

Wed 4:00 - 5:00 p.m. Kinetix (Berkeley Cultural Centre)

ARCHERY (AGES 8-15)

\$50

Learn how to master a safe approach to this sport, develop skills and enjoy the thrill of target archery. Parents must stay on premises for the duration of the class.

Sat/5 week course 12:00 - 2:00 p.m.

Sat/5 week course 2:00 - 4:00 p.m.

Southside Softball Field

KIDS' KITCHEN (AGE 10 AND UP)*

\$50

Learn to read and understand recipes, measure ingredients, cook pancakes, and make pizza and more.

Sat/5 week course 10:30 - 12:30 p.m.

Clearwater Middle School

MARTIAL ARTS (PRIMARY SCHOOL STUDENTS - 6 YEARS+)

\$50

Learn traditional and basic techniques of self-defense, coordination and discipline. *This is a 5 week course.*

Mon 6:30 - 7:30 p.m. Francis Patton School

C MATH SKILLS

\$135

This course will enable students to pass math and to meet the BSC graduation requirements.

Mon/Wed 4:00 - 6:00 p.m. CedarBridge Academy

PARENT & CHILD YOGA*

\$50

Bond whilst partnering with your toddler in simple animated poses with breathing and strengthening exercises in a fun environment.

Sat 9:00 - 10:00 a.m.

Kinetix (Berkeley Cultural Centre)

NEW POTTERY MAKING AND PAINTING*

\$50

Young crafters will learn through exploration working with clay to design, mould and finish a fun project.

Sat 9:30 - 11:00 a.m. Endless Creations

C SCIENCE FOR KIDS SERIES AGES 7 - 12*

\$50

Hands-on experimentation and demonstration introducing children to the basic components of electronics.

Sat/6 week course 10:00 - 11:00 a.m.

Clearwater Middle School

C SCIENCE FOR KIDS SERIES AGES 13+*

\$50

Hands-on experimentation and demonstration introducing teenagers to basic electronics, and how it works.

Sat/6 week course 11:00 - 12:30 p.m.

Clearwater Middle School

SOCCER*

\$50

Learn the basic techniques and rules of soccer. Physical exercise and drills included. *This is a 5 week class.*

Sat 10:00 - 11:00 a.m. Clearwater Middle School

TEEN YOGA*

\$50

Experience physical and mental benefits of yoga by practicing breathing exercises, flowing sequences, balancing poses, deep relaxation, strength building, and flexibility.

Wed 5:30 - 6:30 p.m.

Kinetix (Berkeley Cultural Centre)

TENNIS FOR TINY TOTS (AGES 4-5)*

\$50

Learn the basic techniques of tennis - forehand, backhand serve and volley. *This is a 5 week class.*

Sat 9:00 - 9:30 a.m.

Grotto Bay Tennis Court

Sun 9:00 - 9:30 a.m.

Grotto Bay Tennis Court



TENNIS: BEGINNERS (PRIMARY AND MIDDLE SCHOOL STUDENTS)* \$50

Learn the basic techniques of tennis – forehand, backhand serve and volley.

Sat 9:00 – 10:00 a.m. Grotto Bay Tennis Court
Sun 10:00 – 11:00 a.m. Grotto Bay Tennis Court
Sun 11:00 – 12:00 p.m. Grotto Bay Tennis Court

PARTNERSHIPS BERMUDA COLLEGE

PLEASE NOTE: THE PASS GRADE FOR ALL DEVELOPMENTAL COURSES IS 75%

ENG 0002 BASIC WRITING II* \$135

Participants receive instruction in the use of rhetorical strategies, grammar and the practices of standard written English. Upon successful completion of this course participants will be eligible for entry into Bermuda College preparatory courses.

Tues/Thurs 6:00 – 8:30 p.m. CedarBridge Academy

MAT 0010 BASIC MATHEMATICS* \$135

Upon successful completion of this course participants will be eligible for entry into Bermuda College preparatory courses.

Mon/Wed 6:00 – 8:30 p.m. CedarBridge Academy

Tue/Thurs 6:00 – 8:30 p.m. T.N.Tatem Middle School

BERMUDA HOSPITALS BOARD

CHILD AND ADOLESCENT SERVICES

Child & Adolescent Services provides innovative, research-based preventative and treatment programmes that strengthen the emotional health, wellbeing and safety of children in their homes, schools and our community at large for youth 4 - 18 years old. Programmes promote the emotional wellbeing of young people and their families by providing professional counselling and treatment services in child friendly environments.

For further information:

Tel: (441) 239-6344 Fax: (441) 232-1512

24 hour Helpline: (441) 236-3770 ext 3258

MENTAL HEALTH FIRST AID \$100

The two day course provides participants practical information to help those experiencing a mental health problem and to guide them to the appropriate professional help. For example, you may encounter an individual in the community, perhaps at work who you believe may be experiencing depression. Participants will receive a certificate indicating they are trained in Mental Health First Aid.

Tue/Wed 9:30am to 5pm 3/4 April

Tue/Wed 9:30am to 5pm 5/6 June

Tue/Wed 9:30am to 5pm 7/8 August

Mid-Atlantic Wellness Institute

Payment at the MWI cashier

Email mhfa@bhb.bm for more information. Register at www.bermudahospitals.bm. Type Mental Health First Aid in the search box.

PROFESSIONAL DEVELOPMENT

Teachers, educators and other community managers and leaders are invited to participate in teaching and learning courses to obtain professional development certification hours.



THE FOLLOWING SCHOLARSHIPS AND AWARDS ARE OFFERED BY THE MINISTRY OF EDUCATION AND WORKFORCE DEVELOPMENT HEADQUARTERS:

- **Minister's Achievement Scholarship** for graduating public school students. This scholarship is valued at \$25,000 for overseas post-secondary study.
- **Bermuda Government Scholarships** for graduating senior school students or college or university students for post-secondary education. This scholarship is valued up to \$35,000 towards the cost of tuition and basic accommodation.
- **Minister's Applied Tech Scholarship** for graduating public school dual-enrolment students in Bermuda College's Applied Technical Programme valued at \$5,000 each. These scholarships will fund the cost of students to complete an Associate's Degree at the Bermuda College once they have graduated from senior school.
- **Teacher Education Scholarship** for promising Bachelor of Education students studying subjects where there are shortages of local candidates, such as social studies, geography, English language arts, mathematics, modern foreign languages and special education. Recipients are required to return to Bermuda and teach within the Bermuda Public School System. Applications will be accepted from persons with and without financial need. This award is valued at \$20,000.
- **Non-Traditional Student Award** for persons 25 and older pursuing post-secondary education. This award is valued at up to \$20,000.
- **Minister's Technical and Vocational Award** for graduating public school students or recent public school alumni attending Bermuda College with a strong interest in technical and vocational studies. Students must demonstrate financial need. This award is valued at \$5,000 for local post-secondary study and \$25,000 for overseas post-secondary study.
- **Minister's Exceptional Student Award** for graduating students, school leavers or persons with disabilities up to the age of 25. Applicants must demonstrate financial need. This award is valued at \$5,000 for local post-secondary study and \$25,000 for overseas post-secondary study.
- **Further Education Awards** for students with at least one year of college or university credits, pursuing overseas post-secondary study. Applicants must demonstrate financial need. This award is valued at up to \$10,000.
- **Minister's Bermuda College Book Awards** to cover the cost of books for students. This award is valued at \$500 each. Applicants must demonstrate financial need.

More detailed information on scholarships and awards, including eligibility and application requirements are available at www.Bermudascholarships.com. Questions can be emailed to: scholarships@moed.bm.

MINISTRY OF EDUCATION AND WORKFORCE DEVELOPMENT

For information, services and resources offered by the Ministry of Education and Workforce Development visit the following website:

Ministry of Education
www.moed.bm

Apprise yourself of the new
Plan 2022
Bermuda's Strategic Plan
For Public School Education



PLEASE PRINT CLEARLY

Last Name: _____

First: _____ MI: _____

Mailing Address in Full

House #: _____

Apt./Unit #: _____

P.O. Box: _____

House Name: _____

Street Name: _____

Parish: _____ Postal Code: _____

☐ Male

☐ Female

☐ Bermudian

☐ Non Bermudian

Business Tel #: _____

Residence Tel #: _____

Cellular Tel #: _____

Email Address: _____

Age Group

☐ **School Student**

4 – 18 yrs

☐ **Parent/Guardian Name**

☐ **Reg. Student**

19 – 64 yrs.

☐ **Seniors**

65 + yrs.

OFFICE CONTACT INFORMATION

Hamilton Office

Tel: (441) 292-7735

Fax: (441) 292-7786

Warwick Office

Tel: (441) 236-0829 OR 236-2019

Fax: (441) 236-1980

ALL CHEQUES MADE PAYABLE TO THE ACCOUNTANT GENERAL

FOR OFFICE USE ONLY

Course: 1. _____ Fee: \$ _____

Fee: \$ _____ ☐ Cash ☐ Cheque ☐ Credit Card

Community School Zone: ☐ Eastern ☐ Western

Registration Term: ☐ Spring ☐ Fall ☐ Winter

Day: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Credit Card Type ☐ Visa ☐ MasterCard ☐ Other

Date Commencing: _____ Class Time: _____

Card #: _____ Exp. Date: _____

Course: 2. _____ Fee: \$ _____

Received by: _____ Date of Registration: _____

Day: ☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Registration by: ☐ Walk-in ☐ Mail ☐ Tel ☐ Fax

Date Commencing: _____ Class Time: _____

☐ Email ☐ Online

REFUND POLICY: *There will be no refund of tuition once you have registered, unless classes have been cancelled by office administration. A full refund is automatically processed on cancelled class/les ONLY after the registration process.*

• Credit cards refunds will be processed after notification of a cancelled class.

• Cash and cheques refunds will be processed after notification of a cancelled class through the Accountant General's Department.

• Proof of ID will be required, i.e. bank statement for cash and cheque refunds.

FURTHER LIABILITY RELEASE: *The CEDP does not assume any liabilities and absolves itself and personnel of any legal action or personal injuries whilst on property in question at which aforementioned programmes are conducted.*