



Queen Elizabeth High School, Hexham
Community & Leisure Programme



Spring/Summer 2012

<i>Course & Tutor</i>	<i>Code</i>	<i>Start</i>	<i>Time</i>	<i>Wks</i>	<i>Venue</i>	<i>Fee</i>
MONDAY						
PILATES - Intermediate - <i>Sarah Hennessy</i> An exercise programme to increase core and lumbar strength.*	JM1	9 Jan	6.00 – 7.00pm	11	QEHS Hydro	£40.00
PILATES - Beginners - <i>Sarah Hennessy</i> See JM1 for details.	JM2	9 Jan	7.10 – 8.10pm	11	QEHS Hydro	£40.00
INTRODUCTION TO FELT MAKING - <i>Caroline Mann</i> Learn the versatile and tactile craft of felt making to create a picture, bag and jewellery. Material costs - £5 per session.	JM3	16 Jan	7.00 – 9.00pm	10	QEHS	£59.50
BADMINTON COACHING - Beginners/Intermediate - <i>Niels Kristensen</i> For beginners and those who have not played recently. This class includes coaching and playing time. Please bring your own racket.	JM4	16 Jan	6.30 – 8.00pm	10	QEHS	£48.75
BADMINTON COACHING - Advanced - <i>Niels Kristensen</i> For players with more experience or those aiming for club standard. Please bring your own racket.	JM5	16 Jan	8.00 – 9.30pm	10	QEHS	£48.75
NOT STRICTLY COME DANCING - Step One - <i>Veronica Stokes</i> For absolute beginners. An introduction to the basic steps of ballroom and Latin American dancing.	JM6	16 Jan	6.00 – 7.00pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING - Step Three - <i>Veronica Stokes</i> For those who have completed at least three terms of dancing. Gain confidence, expand routines and learn additional dances.	JM7	16 Jan	7.10 – 8.10pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING - Step Four - <i>Veronica Stokes</i> For those who have completed at least four terms. Enjoy expanding your routines even further.	JM8	16 Jan	8.20 – 9.20pm	10	QEHS	£47.00
COOKERY FOR BEGINNERS - <i>Steven Hill</i> An introduction to basic cooking. Learn how to prepare vegetables, makes sauces, cook meat dishes and present your finished meal.	JM9	16 Jan	7.00 – 9.00pm	10	QEHS	£59.50
WEB PAGE DESIGN FOR BEGINNERS - <i>Mick Duncan</i> Learn the basics of web page design using techniques similar to those used in word processing. Use Adobe Dreamweaver to create simple but effective web sites for personal, business or community purposes, and learn how to publish them on the internet.	JM10	16 Jan	6.30 – 9.00pm	6	QEHS	£45.00
FAMILY HISTORY IN PRACTICE - <i>Rosemary Bowyer</i> Practice in solving typical family history puzzles.	JM11	23 Jan	7.00 – 9.00pm	8	QEHS	£48.00

*Please bring an exercise mat and towel. Students with a pre-existing injury or medical condition are advised to consult their GP.

<i>Course & Tutor</i>	<i>Code</i>	<i>Start</i>	<i>Time</i>	<i>Wks</i>	<i>Venue</i>	<i>Fee</i>
TUESDAY						
NOT STRICTLY COME DANCING – Step Two - <i>Veronica Stokes</i> For those who have completed one terms course. Re-visit the basic steps and learn additional steps.	JT1	17 Jan	6.00 – 7.00pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING – Step Five - <i>Veronica Stokes</i> For those who have completed at least five/six terms of dancing. Practice, develop and expand all dances.	JT2	17 Jan	7.10 – 8.10pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING – Step Six - <i>Veronica Stokes</i> For those who have completed at least seven terms. Continue to increase, develop and enjoy all dances.	JT3	17 Jan	8.20 – 9.20pm	10	QEHS	£47.00
KNITTING - <i>Lynn Morns</i> From basic stitches through to following patterns – come and join this friendly informal group. More experienced knitters also welcome.	JT4	17 Jan	7.00 – 9.00pm	10	QEHS	£59.50
PILATES - Beginners - Intermediate - <i>Lorna Hodgson</i> An exercise programme to strengthen and tone muscles, improve posture, flexibility and balance.	JT5	17 Jan	9.45 – 11.00am	10	Riding Mill Parish Hall	£43.50
SUGARCRAFT - <i>Sue Wardle</i> Classes will provide a range of skills in flower and leaf making using petal paste.	JT6	17 Jan	7.00 – 9.00pm	10	QEHS Hydro	£59.50
BEADED JEWELLERY - <i>Lena Pringle</i> Have fun creating jewellery with beads! This course is suitable for beginners. Tools and equipment will be provided by the tutor. Students may bring their own materials or purchase items from the tutor.	JT7	17 Jan	7.00 – 9.00pm	3	QEHS	£18.50
PERIOD HOUSES AND THEIR INTERIORS - <i>Richard Young</i> Discover more about the architecture and interiors of period houses from Jacobean times to the Twentieth Century.	JT8	21 Feb	7.00 – 9.00pm	6	QEHS	£35.75

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WEDNESDAY						
GENTLE EXERCISE TO MUSIC - <i>Isobel Hakim</i> Improve your fitness in a fun and relaxed atmosphere.	JW1	18 Jan	10.00am – 12 noon	10	Corbridge Parish Hall	£58.50
KURLING - <i>Isobel Hakim</i> Kurling is an indoor form of the game of curling. The game can be enjoyed by anyone regardless of age or ability.	JW2	18 Jan	6.30 – 8.30pm	10	QEHS Hydro	£59.50
FLOWER ARRANGING - <i>Anne Codd</i> A course designed to help you create floral displays for summer.	JW3	29 Feb 7, 21 & 28 Mar & 18 Apr	6.30 – 8.30pm	5	QEHS	£29.75
THURSDAY						
CHINA RESTORATION - <i>Sheila Maurice</i> For beginners and those with experience. The course will cover the basic techniques needed to repair and disguise damage to china objects. Materials available to purchase.	JTH1	12 Jan	9.30am – 12.30pm	10	Barrasford Village Hall	£92.50
RAQS SHARQI EGYPTIAN DANCE - <i>Sarah Hennessy</i> A traditional and grounded form of belly dancing.	JTH2	12 Jan	7.15 – 8.45pm	11	QEHS	£57.75
CALLIGRAPHY FOR BEGINNERS - <i>Chris Bowen</i> The perfect starting point for anyone seeking to master the fascinating art of calligraphy.	JTH3	19 Jan	1.00 – 3.00pm	6	Snods Edge Church Hall	£48.50
BEADED JEWELLERY TASTER WORKSHOP - <i>Lena Pringle</i> Have fun creating items of jewellery with beads! This one day workshop includes a two course lunch in the Charter Restaurant. Materials will be available to purchase from the tutor. Students may bring their own materials to work with if they wish.	JTH4	29 Mar	10.00am – 3.00pm		QEHS	£19.00

Course & Tutor	Code	Start	Time	Wks	Venue	Fee
MONDAY						
HOME FURNISHINGS FOR BEGINNERS - <i>Hannah Shaw</i> A sewing class designed to create soft furnishings for the home. Students should have a sewing machine and provide fabrics they wish to work with.	AM1	16 Apr	6.00 – 8.00pm	6	QEHS	£36.00
NOT STRICTLY COME DANCING – Step One - <i>Veronica Stokes</i> Continuing from spring term's course.	AM2	16 Apr	6.00 – 7.00pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING – Step Three - <i>Veronica Stokes</i> Continuing from spring term's course.	AM3	16 Apr	7.10 – 8.10pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING – Step Four - <i>Veronica Stokes</i> Continuing from spring term's course.	AM4	16 Apr	8.20 – 9.20pm	10	QEHS	£47.00
PILATES - Intermediate - <i>Sarah Hennessy</i> See JM1 for course details.*	AM5	16 Apr	6.00 – 7.00pm	12	QEHS Hydro	£42.00
PILATES - Beginners - <i>Sarah Hennessy</i> See JM1 for course details.*	AM6	16 Apr	7.10 – 8.10pm	12	QEHS Hydro	£42.00
COOKERY FOR BEGINNERS - <i>Steven Hill</i> See JM9 for course details.	AM7	16 Apr	7.00 – 9.00pm	10	QEHS	£59.50
TENNIS – Beginners/Improvers - <i>Tutor to be appointed.</i> Recreational tennis for beginners and those who have not played recently. Please bring your own racket.	AM8	16 Apr	6.30 – 8.00pm	8	QEHS	£38.00
SILK PAINTING FOR BEGINNERS - <i>Caroline Mann</i> This introduction to silk painting will teach you the basics; how to stretch silk onto a frame, transferring your design and different ways to achieve your finished picture. Tutor will supply paints, frames and silks – cost of materials £15.	AM9	14 May	7.00 – 9.00pm	3	QEHS	£18.50
THE BUILDINGS OF HEXHAM - <i>Richard Young</i> A walk of approximately one mile around the old centre of Hexham looking at twenty historic buildings. Please wear comfortable footwear and suitable outdoor clothing.	AM10	14 May	6.30 – 8.30pm	1	Meet at East end of Hexham Abbey next to the Market Place	£8.75
THE BUILDINGS OF CORBRIDGE - <i>Richard Young</i> A walk of approximately one mile around the old centre of Corbridge looking at twenty historic buildings. Please wear comfortable footwear and suitable outdoor clothing.	AM11	21 May	6.30 – 8.30pm	1	Meet at the Cross in Corbridge Market Place	£8.75
PILATES - Intermediate - <i>Sarah Hennessy</i> See JM1 for course details.*	AM12	23 Jul	6.00 – 7.00pm	7	QEHS	£24.50
PILATES - Beginners - <i>Sarah Hennessy</i> See JM1 for course details.*	AM13	23 Jul	7.10 – 8.10pm	7	QEHS	£24.50
TUESDAY						
KNITTING - <i>Lynn Morns</i> See JT4 for further details.	AT1	17 Apr	7.00 – 9.00pm	10	QEHS	£59.50
BEADED JEWELLERY - <i>Lena Pringle</i> See JT7 for details.	AT2	17 Apr	7.00 – 9.00pm	3	QEHS	£18.50
NOT STRICTLY COME DANCING – Step Two - <i>Veronica Stokes</i> Continuing from the spring term's course.	AT3	17 Apr	6.00 – 7.00pm	10	QEHS	£47.00
NOT STRICTLY COME DANCING – Step Five - <i>Veronica Stokes</i> Continuing from the spring term's course.	AT3	17 Apr	7.10 – 8.10pm	10	QEHS	£47.00

(continued)

*Please bring an exercise mat and towel. Students with a pre-existing injury or medical condition are advised to consult their GP.

ENROLMENT FORM

Please use a separate form for each person. (Additional copies available from www.qehs.net)

Send to: Community & Leisure, QEHS, Hexham NE46 3JB

Surname		First Name	
Title		Date of Birth	
Address			
Address		Post Code	
Home Tel.		Work/Mobile	
Email Address			
Do we need to make any special arrangements to help you access and take part in the course?			

Please list below the course(s) you wish to enrol on.

Please note we do not confirm places on courses. You will only be contacted if a place is not available or if changes are made to the course.

Course Code	Course Title	Fee
		£
		£
		£
	Total Amount Due	£

Please indicate method of payment	Cash	Cheque
Cheques should be made payable to NCC QEHS		

How did you find out about our courses? (Please tick a box)							
Local Newspaper		Library		Retail Outlet		School Circulars	Previous Course
Other:							

For office use only			
Receipt Number		Register	

Course & Tutor	Code	Start	Time	Wks	Venue	Fee
TUESDAY (continued)						
NOT STRICTLY COME DANCING – Step Six - <i>Veronica Stokes</i> Continuing from the spring term's course.	AT4	17 Apr	8.20 – 9.20pm	10	QEHS	£47.00
PILATES - Beginners - <i>Lorna Hodgson</i> See JT5 for details.	AT5	17 Apr	9.45 – 11.00am	10	Riding Mill Parish Hall	£43.50
SUGARCRAFT - <i>Sue Wardle</i> See JT6 for details.	AT7	17 Apr	7.00 – 9.00pm	10	QEHS Hydro	£59.50
WEDNESDAY						
BOCCIA - <i>Isobel Hakim</i> Boccia is a form of bowls which can be enjoyed by anyone regardless of age or ability.	AW1	18 Apr	6.30 – 8.00pm	10	QEHS Hydro	£59.50
THURSDAY						
CHINA RESTORATION - <i>Sheila Maurice</i> See JTH1 for details	ATH1	19 Apr	9.30 am – 12.30pm	10	Barrasford Village Hall	£92.50
SUGARCRAFT FOR BEGINNERS - <i>Sue Wardle</i> Learn how to make hand pulled flowers and roses in petal paste.	ATH2	19 Apr	7.00 – 9.00pm	10	QEHS	£59.50
IYENGAR YOGA – Beginners - <i>Trish Sykes</i> Focus on basic posture, stretches and relaxation techniques. Bring a mat and wear loose clothing.	ATH3	19 Apr	6.30 – 8.00pm	10	St Joseph's Middle School	£48.75
IYENGAR YOGA – Intermediate - <i>Trish Sykes</i> A more physically demanding course, focusing on a wider variety of postures. Bring a mat and wear loose clothing.	ATH4	19 Apr	8.00 – 9.30pm	10	St Joseph's Middle School	£48.75
RAQS SHARQI EGYPTIAN DANCE - <i>Sarah Hennessy</i> Please see JTH2 for details.	ATH5	19 Apr	7.15 – 8.45pm	12	QEHS	£63.00
RAQS SHARQI EGYPTIAN DANCE - <i>Sarah Hennessy</i> Please see JTH2 for details.	ATH6	26 Jul	7.15 – 8.45pm	7	QEHS	£36.75
FRIDAY						
HERE COMES SUMMER - <i>Emma Thompson/Anne Codd</i> Explore the school's Victorian Walled Garden. Enjoy a two course lunch in the Charter Restaurant followed by a floral art demonstration.	AF1	22 June	10.00am – 3.00pm	1	QEHS Conference Centre	£19.00

QEHS COMMUNITY & LEISURE PROGRAMME

Telephone 01434 610322 www.qehs.net

Welcome to our combined SPRING AND SUMMER programme offering leisure courses. We hope that everyone will find something of interest.

The leisure courses do not have any examinations or external assessment. Fees for these courses are set to cover their costs. All courses are open to everyone over 16 years of age.

You can enrol by post, telephone or in person at the school. The school website provides more details on the courses and additional enrolment forms can be downloaded. Fees must be included with the enrolment for spring courses. You can also enrol now for summer courses; payment will be required by Monday, 16 April 2012.

Please note we do not confirm places on courses. We shall only contact you if a place is not available or if changes have been made to your course.



Enrolments taken from December 2011

Community & Leisure
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www.qehs.net

This leaflet can be reproduced in a larger font to make it accessible to anyone with a visual impairment.