



**The Community College
Bishop's Castle**

**Welcome to the
Courses and Activities
Spring Programme
2010**

**Headmaster: Mr T W Hunt
Community Secretary: Mrs Diana Morris
Telephone: 01588 638257
Email: college@cocobc.org
Website: www.cocobc.org**

Monday

Pointeworks School of Dance

Royal Academy of Dance Ballet Lessons
Debbie Collis ARAD

4th January

For lesson fees please enquire

Pre-primary: 3.45 - 4.15pm

Primary: 4.15 - 5.00pm

Grade 1: 5.00 - 5.45pm

Grade 2: 5.45 - 6.30pm

Grade 4: 6.50 - 8.15pm

Modern: 7.50 - 8.15pm

Grade 7: 8.15 - 9.00pm

SpArC

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Public Hall

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Pupils will be given the opportunity to take Royal Academy of Dance ballet examinations and appear in school performances held at the Ludlow Assembly Rooms.

Contact Debbie on 01588 672328.

Aerobics

Lucy Evans

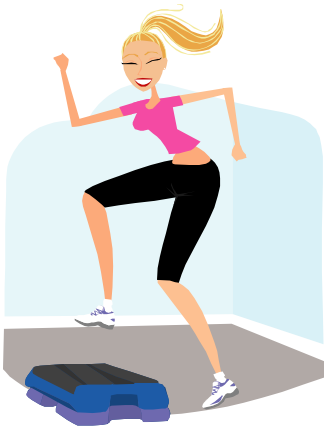
Weekly (except bank holidays) 7.30-8.30pm

£3.50 per session.

Do you want to burn calories and tone up?

If you do, come along. It's fun and great exercise.

Contact Lucy on 01588 650216.



Marches Community Choir

4th January

7.30pm

12 sessions + 3 in April

£1 per session

7.30-9.15pm

Open to all who enjoy choral singing at whatever standard - sectional practice and practice tapes, CD's available.

2010 is our 10th Anniversary Year and the Choir has become a major part of musical life in Bishop's Castle with many singers travelling some distance to take part. We are a friendly choir of about 80 voices and we have a great audience following which makes concerts a real joy.

We shall be rehearsing towards **April 24th** for the first of 3 **Celebration Concerts** to be held during the year.

Programme includes: Handel's *Zadok the Priest*, Vivaldi's *Gloria* and Mozart's *Requiem*.

The concerts will be conducted by Richard White and Ian Ward, with professional soloists and a full orchestra—come join us for this very special celebration Concert and sing some of the most glorious music ever written!

New members are always welcome.

Contact 01588 680312.

Yoga

SpArC

David Hedge

4th January

7.30-9.00pm

£6 per session

Open to all. Wear loose clothing, bring a mat.

Contact David on 01588 630223.

Quest Spiritual Exploration Network

18th January, 15th February, 15th March,

19th April and 17th May

7.30-10.00pm

Quest hosts talks on spiritual and alternative matters, with a very wide range of topics.

Contact 01938 556752 for details.

Tuesday

South West Rural Youth Project

The Youth Project is based at The Community College and organises workshops and opportunities in response to young people's needs.

Young people aged 13-19 years old are invited to attend.

Sessions are mostly based at The Community College or using the Youth Mobile vehicle.

Contact Irene Stelfox on 01588 638809 for further details.

What's On this term @ the Youth Office

Monday Evenings - Mobile Outreach Safe Driving Project.

Tuesday Lunchtime - Chat & Drop In.

Tuesday Evening - Mobile Outreach, Clun.

Wednesday Lunchtime - Drop In.

Wednesday Afterschool - Indoor Football Yr 7, 8, & 9.
C & Do—creative workshops for Yr 8 and above.

Wednesday Evening - Youth Voice, Drop In & Duke of Edinburgh.

Thursday Evening - Activities.

Weekends/Holidays - Workshops & Activities.

Chat to Irene at the Youth Office for more information.

The Youth Office is based at the Clun Road Car Park at The Community College.

Telephone number 01588 638809.

Yoga

David Hedge

5th January

7.30-9.30pm

£6 per session

Open to all. Wear loose clothing, bring a mat.

Contact David on 01588 630223.

SpArC

Mindful Movement

Dee McWilliam

5th January

7.30-9.00pm

£6 per session or £60 per term 12 weeks

Newcastle-on-Clun Village Hall.

A combination of meditational movement, stretches and exercises to promote relaxation, flexibility, improve posture and to strengthen the core muscles.

Suitable for all ages and ability, each person working within their own capabilities.

Bring a mat and cushion.

Contact Dee on 01588 640674.

Where Gods Told Lies of Old

David Preshous

12th January

6 sessions

2.00-4.00pm

£25 Full Course

£20 for full course if paid in advance or at session 1, or £5 per session.

David will talk about historical travels in Athens and Northern Greece.

All lectures will be illustrated with coloured slides and references to contemporary literature (in translation!).

Topics to be covered include:

Athens & Attica, Land of Gods & Heroes, Between Earth & Heaven, North by North-West and Down the Gulf.

Details and enrolment from David on 01588 638363.

Wednesday

The Tudors - a Foray through the 16th Century

Alison Webb

6th January 10.00-12noon

£68/£9 per session 6 sessions

This course is for those people who enjoy History but feel that they have a gap in their knowledge with regard to the Tudor period. We will look at the Tudor dynasty from Henry VII to Elizabeth I through some of the characters of the 16th century. We will discuss significant reigns as well as social and cultural changes.

The course will be conducted in an informal way, using slides and some copies of documents. Students will be expected to bring their enthusiasm with them.

Contact Alison on 01588 640092 or email at Finesse_education@yahoo.co.uk

BHS Horse Owner's Certificate

Sue Lee

For anyone who has an interest in horses. Contact Sue on 01743 791621 for further details on courses and locations.

Level 2 Food Safety in Catering (CIH Award)

Day and time to be confirmed.

On Line also available.

Contact Christine Kinnersley on 07713632191 for further information.

Mindful Movement

Dee McWilliam

6th January 10.30am-12noon

High Town Community Hall, Clun.

6th January 7.30-9.00pm

Lydham Village Hall.

£6 per session or £60 per term 12 sessions

A combination of meditational movement, stretches and exercises to promote relaxation, flexibility, improve posture and to strengthen the core muscles.

Bring a mat and cushion.

Contact Dee on 01588 640674.

Botany of Shropshire

Fiona Gomersall

28th April 10am-2pm

£55 6 sessions

Forays will be made to remote nature reserves to study rich and often rare plant communities.

Visits will be spread out between April and July.

Contact Fiona on 01588 680693 for equipment list and details.

***SWSHAS* 2010**

South West Shropshire Historical and Archaeological Society

Thursday 14th January

Home Guard in Shropshire

College Hall, B.C.

Wednesday 10th February

Chemists & druggists in South Shropshire

SpArC Theatre

Thursday 11th March

Hugh Hanford

College Hall, B.C.

Friday 30th April

Ritherdon Lecture— Welsh Churches

College Hall, B.C.

All meetings start at 7.30pm.

Thursday

Art Society

10.00am-12.30pm

14th January fortnightly

A set programme of topics, themes and demonstrations and workshops. A friendly mixed ability group who help and advise each other.

New members welcome.

Contact 01588 638164

Welsh

Glyn Morgan

7th January 12 sessions

Continuation 6.30-8.00pm

More Advanced 8.00-9.30pm

New students are welcome to attend the first session at 6.30pm, contact Glyn on 01691 828797 because the level will be determined by the student group. Price to be confirmed. Course material supplied by Tutor.

Circuit Training

Lucy Evans

Weekly 7.30-8.30pm

£3.50 per session or £30 for 10 sessions

This class is designed to improve stamina, strength and general fitness—feel the burn and have fun.

Contact Lucy on 01588 650216.

Embroiderer's Guild

Meets the first Thursday in the month

Starting 7th January

All meetings in the Fletcher Room 7.30pm.

Contact 01568 780220.

Badminton Club

Weekly 7.00-9.00pm

£4 (£3) per session. Three courts available.

New members welcome.

Contact 01588 638566.

Anatomy & Physiology for Horses

Jacqueline Molony

14th January 6 sessions

7.30-9.30pm £57

This class takes you beyond basic knowledge, a chance to dive deeper into the understanding of the bio-mechanics of our horses. Learn the structures, circulation, nervous system, bones, organs, ailments and diseases. These classes can be used in preparation for B.H.S or equivalent exams. Classroom only, no horses included.

For shianimalatsu for horses please enquire. Contact Tim or Jacqueline on 01547 530871.

Friday

Yoga *David Hedge*

8th January £6 per session
10.30am-12 noon Term time only

Open to all.

Keep your body supple and strong with sequences and posture. De-clutter your mind with simple breathing techniques and relaxation.

Contact David on 01588 630223.

Yoga *David Hedge*

8th January £6 per session
1.30-3.00pm Term time only

Open to all.

A gentle form of yoga accessible to anybody wishing to find freedom and space within the body and within the mind.

Contact David on 01588 630223.

Mindful Movement

Dee McWilliam

8th January 10.30-12noon
Aston-on-Clun Village Hall.

£6 per session 11 sessions

A combination of meditational movement, stretches and exercises to promote relaxation, flexibility, improve posture and to strengthen the core muscles. Bring a mat and cushion. Contact Dee on 01588 640674.

Saturday

Anatomy & Physiology for Dogs

Jacqueline Molony

9th January

6 sessions

10.00am-12.00pm

£57

This class takes you beyond basic knowledge, a chance to dive deeper into the understanding of the bio-mechanics of our dogs. Learn the structures, circulation, nervous system, bones, organs, ailments and diseases.

Classroom only, no dogs included.

Contact Tim or Jacqueline on 01547 530871

CLIFFORD COOKE

School of Motoring

L Driver Tuition

Theory Tuition

Pass Plus

Pre 17 Off Road

Refresher Classes

07970667872



The Castle Players

Present

'BABES IN THE WOOD'

February 2010

In the SpArC Theatre

Bishop's Castle



See local press and posters for details

**The Connexions Service is available at
lunch-times for
information, help and guidance
for students**

CHAT

**Drop-in Confidential Help & Advice
for Teens**

**Tuesday lunchtimes in the Youth Office or
Connexions Office with the College Nurse**

Lunchtime and After College Clubs & Sports for College Students

Clubs

Art GCSE 'Catch-up'

Mondays 3.30-4.45pm

Mr Farrington

KS3 Drama Club

Wednesdays 12.30-1.00pm

Miss Blackhurst

Computer Club

2 lunchtimes per week

Mrs Medicott

Science Club

After college activities two/three times a month

Mr Weston

Music Clubs

Mondays	Boys Vocal Group	12.30-1.00pm
Tuesdays	Rock Band	3.30-5.00pm
Wednesdays	Vocal Group (Chamber)	3.30-5.00pm
Thursdays	Vocal Group	12.30-1.00pm
Thursdays	College Band	3.30-5.00pm

Mr Wysome

Astronomy Club

Stargazing evenings, approximately two per month

Mr Weston

See the science board outside D6 for up to date information on Science and Astronomy Clubs.

Young Engineers

Wednesdays 3.45-5.00pm

*Mr Vaughan and
Mr McMahon*

Look out for the following sports and activities!

There are usually at least 3 sports or activities offered every lunchtime and after college from the following list.

Boys & girls football ▪ Boys & girls basketball
Boys & girls fitness suite ▪ Boys & girls swimming
Boys & girls table tennis ▪ Girls netball
Girls gymnastics ▪ Mixed badminton

See Mr Black

After School

Fixtures for

Football ▪ Rugby ▪ Netball
Hockey ▪ Basketball

Clubs for

Badminton ▪ Basketball ▪ Hockey
Cross country running ▪ Trampoline
Tennis ▪ Aerobics ▪ Dance

Sports

Boys & Girls Running Club *Mr Lancaster*

Fridays 3.30-4.15pm

Ludlow Runners

(Ludlow Leisure Centre)

Mondays 6.15pm: Year 5/6

Mondays 7.00pm: Year 7 and above

Tuesdays & Thursdays 7.00pm: Seniors

Mr Lancaster

Shrewsbury Athletics Club *Mr Lancaster*

(Athletics track, SCAT, London Road, Shrewsbury.)

Wednesdays 6pm



Teme SpArC

Brampton Road
Bishop's Castle
SY9 5AY

01588 630243

www.teme-leisure.co.uk

e-mail info@temeleisure.co.uk

- **Swimming Pool**
- **Fitness Suite & Fitness Classes**
- **Excellent Squash Courts**
- **3 Court Sports Hall**
- **Sauna & Sunbed**
- **Theatre/Studio seats 140**
- **Swimming Lessons**
- **Public Sessions (free for under 18's & over 60's)**
- **G.P. Referral**

For further information
pick up a brochure from
the reception or telephone
the leisure centre

Please note the following:

1. **In the event of bad weather students should make it their responsibility to find out if a class is running.**
2. **Courses usually break for Half Term: 15th-19th February & 31st May - 4th June**
3. **Easter Holidays: 2nd - 18th April**

The courses and classes in this programme are not run or safeguarded by the school or the authority. CRB checks are required for events offered to children and young people. The company or individual running the course/event is responsible for arranging this.

For Enquiries and Enrolment

- **College Reception: 01588 638257**
- **Email: college@cocobc.org**
- **Programme also available at www.cocobc.org**
- **Contact the Tutor where details are given**



humanities