

Waitara Adult Community Education

Code	Course	Tutor	Day / Time	Dates	Fee
WA401	Computing A 2 hour session encouraging you to become more confident with a variety of programmes. This course will be adapted to meet your individual needs in a supportive environment.	Terry Partington	Thursday 6 - 8pm	21 Oct -25 Nov 6wks	\$60
WA404	NZ Sign Language - Level 1a Come along and enjoy the benefits of learning everyday NZ Sign Language to enable you to communicate with the deaf. Suitable for learners with little or no experience.	Lisa Shand	Tuesday 6 - 8pm	19 Oct -7 Dec 8wks	\$40
WA406	Yoga Learn ways to release and manage stress through gentle bodywork, relaxation and meditation and promote physical, emotional and mental wellbeing. Held in Urenui.	Kanya Stewart	Friday 9.30 - 11.30am	22 Oct - 10 Dec 8wks	\$60
WA408	Zumba Basic <u>NEW!</u> Zumba will burn calories, build, tone and sculpt long, lean muscle, improve stamina and endurance levels, give you an amazing cardio workout, improve balance, posture and core strength and challenge co-ordination and mental agility.	Charmaine Sutherland	Friday 10 - 11am	22 Oct - 10 Dec 8wks	\$40
WA409	Zumba Gold <u>NEW!</u> Zumba Gold is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or those who may be limited physically. The difference between Zumba Gold and Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun!	Charmaine Sutherland	Friday 1 - 2pm	22 Oct - 10 Dec 8wks	\$40