



**Hampshire
Learns**
Skills & Participation

Online programme Spring term Adult learning Programme 2022

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Hampshire
County Council

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Our **Free courses** are aimed at Hampshire residents **aged 19+** although we can accommodate a small number of residents from bordering counties. Courses with a course fee are open to anyone aged 18+

Attendance is expected at each session to ensure that you get the most out of your learning experience and to minimise disruption for other learners.

Participants will be required to use Zoom (no account required) Not sure how to use Zoom? Check out these helpful videos: <https://support.zoom.us/hc/en-us/articles/206175806>

Please note that due to the nature of the funding on free courses priority is given to learners who have not yet completed a course in the 2022-2023 academic year. You are welcome to book on more than 1 course but you may be placed on a wait list to allow new learners the opportunity to book.

If this event is sold out, please contact **learningInLibraries@hants.gov.uk** so that we can inform you of any future courses.

If you have any questions, please do not hesitate to contact us at **learningInLibraries@hants.gov.uk** or on **023 9223 2957**

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Our online courses

Course	Start date	Time	No of weeks	Booking link	Cost
new year - new you	04-Jan	18:00-20:30	3	https://tinyurl.com/5ah7jm52	Free
Just Relax	10-Jan	12.00-12:30	6	https://tinyurl.com/yc679v2x	Free
Just Relax	10-Jan	13:00-13:30	6	https://tinyurl.com/2p8kder4	Free
Zumba for All	10-Jan	18.30-19.30	10	https://tinyurl.com/yckuxjhu	Free
Food safety	10-Jan	9.30-12.30	4	https://tinyurl.com/yckuxjhu	Free
Restorative yoga	10-Jan	11.30-12.30	8	https://tinyurl.com/2p8j4599	Free
Chair Yoga for desk workers A	10-Jan	12:15-12:45	12	https://tinyurl.com/a999shdt	Free
Chair Yoga for desk workers B	10-Jan	13:15-13:45	12	https://tinyurl.com/a999shdt	Free

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Our online courses

Course	Start date	Time	No of weeks	Booking link	Cost
Makaton Level 1	10 - Jan	18.30-20.30	6	https://tinyurl.com/a999shdt	Free
Introduction to Paediatric First Aid	11-Jan	19.00-21.00	4	https://tinyurl.com/mytbns52	Free
intro to working in schools	11-Jan	10:00-12:00	6	https://tinyurl.com/8bz6mdjr	Free
Stretch & Tone	11-Jan	09.30-10.15	10	https://tinyurl.com/3syk4j63	Free
Dance Fitness	11-Jan	10.30-11.30	10	https://tinyurl.com/2eujpk9u	Free
Ballet Fitness (Sculpt & Tone)	11 – Jan	18.30-19.15	4	https://tinyurl.com/2p89y4uf	£20
Sewing for Happiness	12-Jan	18.30-20.30	5	https://tinyurl.com/a999shdt	Free
preparation for work	12-Jan	13:00-15:00	6	https://tinyurl.com/3uu5ryne	Free

Our online courses

Course	Start date	Time	No of weeks	Booking link	Cost
Intro to teaching adults	12-Jan	18:30-20:30	6	https://tinyurl.com/376svpx2	Free
Midday Mindful Yoga with Cate	12 – Jan	12.00-13.00	10	https://tinyurl.com/5466mwzx	Free
Yin Yoga for Relaxation	12 – Jan	13.15-14.15	10	https://tinyurl.com/5amx45v4	Free
How Children Learn to Read and Write	13-Jan	10.00-11.15	6	https://tinyurl.com/43n76hcz	Free
Stretch & Tone	13 – Jan	19.00-19.45	10	https://tinyurl.com/cy9dpuj	Free
Seated Dance & Exercise	13-Jan	10.00-11.00	4	https://tinyurl.com/v5xh387f	£20
Ballet Fitness (Sculpt and Tone)	13-Jan	11.15 – 12.00	10	https://tinyurl.com/y n759u9d	Free
Senior Fitness with Rachael	14-Jan	11.00-12.00	4	https://tinyurl.com/y ckk4tzv	£20

Our online courses

Course	Start date	Time	No of weeks	Booking link	Cost
Ballet Fitness (Sculpt and Tone) (AM)	14-Jan	11.15-12.00	10	https://tinyurl.com/a999shdt	Free
Stretch & Tone	14-Jan	19.00-19.45	10	https://tinyurl.com/a999shdt	Free
Dance Fitness	14 – Jan	09.45-10.45	4	https://tinyurl.com/3p2yjby	£20
Zumba Gold	14 – Jan	10.45-11.45	10	https://tinyurl.com/47sxn8cd	Free
Zumba Gold	14 – Jan	09.30-10.30	6	https://tinyurl.com/4nr7vzkb	£30
body confidence	15-Jan	09:30-11:30	4	https://tinyurl.com/4m3r7s4s	Free
positive parenting	17-Jan	18:30-20:00	5	https://tinyurl.com/vwndpnbk	Free
Discover Yourself Through Art	17 – Jan	10.00-12.00	5	https://tinyurl.com/4a8d9e6v	Free



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Course	Start date	Time	No of weeks	Booking link	Cost
Mindfulness at work	17-Jan	18:00-20:00	6	https://tinyurl.com/438m932y	Free
Pilates for Improvers	18 – Jan	18.00-19.00	10	https://tinyurl.com/ypvx3y2x	£50
Paint & Draw with Fatima	18 – Jan	19.00-21.00	5	https://tinyurl.com/5n6chnut	£50
mindful photography	19-Jan	18:00-20:00	4	https://tinyurl.com/mu3re3nr	Free
raising resilient children	19-Jan	18:30-20:00	5	https://tinyurl.com/2s35r9by	Free
Japanese Beginners Year2 Term1	19-Jan	19.30-21.00	10	https://tinyurl.com/2p97ztt3	£75
ESOL for Beginners	20-Jan	13.00-14.15	10	https://tinyurl.com/a999shdt	Free
The art of mindfulness	20-Jan	18:30-20:00	5	https://tinyurl.com/3a7nttps	Free



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Building Resilient Teenagers	20-Jan	18:00-19:30	5	https://tinyurl.com/4peshmw7	Free
Discover Yourself Through Art	20 – Jan	19.00-21.00	5	https://tinyurl.com/3p9nbyzc	Free
taking wedding photos	21-Jan	18:00-20:00	6	https://tinyurl.com/r5677d98	Free
Mindful Garden Design and Planning	21-Jan	10.00-12.00	5	https://tinyurl.com/bddkkmkxc	Free
Water & Colour	21 – Jan	14.00-16.00	5	https://tinyurl.com/ye4wh4dr	£50
wellness for women	26-Jan	10:00-12:00	4	https://tinyurl.com/a3k7uk89	Free
How to take better photographs	27 – Jan	10.00-13.00	1	https://tinyurl.com/2p8skkya	£15
Ballet Fitness (Sculpt & Tone)	22 – Feb	18.30-19.15	6	https://tinyurl.com/ycktfk48	£30

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Course	Start date	Time	No of weeks	Booking link	Cost
Seated Dance & Exercise	24-Feb	10.00-11.00	6	https://tinyurl.com/2p97eh4e	£30
Senior Fitness with Rachael	25-Feb	11.00-12.00	6	https://tinyurl.com/yckmawmv	£30
Dance Fitness	25 – Feb	09.45-10.45	6	https://tinyurl.com/88j95u7e	£30
be more confident at work	28-Feb	18:00-20:00	6	https://tinyurl.com/2p9xf4tu	Free
raising resilient children	28-Feb	18:30-20:00	5	https://tinyurl.com/2efexynr	Free
Discover Yourself Through Art	28 – Feb	10.00-12.00	5	https://tinyurl.com/mr2w6khc	Free
Makaton Level 1	28 Feb	18.30-20.30	6	https://tinyurl.com/yckuhc2b	Free
Mindfulness for Stress Relief	20 – Feb	18.30-19.45	8	https://tinyurl.com/mr44za6n	Free

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Course	Start date	Time	No of weeks	Booking link	Cost
Let's get ready for school	01-Mar	18:00-19:30	5	https://tinyurl.com/2tf3x68x	Free
Paint & Draw with Fatima	01 – Mar	19.00-21.00	5	https://tinyurl.com/a999shdt	£50
positive parenting	02-Mar	18:30-20:00	5	https://tinyurl.com/muhfaer6	Free
self-care and a work life/balance	02-Mar	18:30-20:30	6	https://tinyurl.com/bdeswmvz	Free
Sewing for Happiness	02-Mar	18.30-20.30	5	https://tinyurl.com/a999shdt	Free
Starting secondary school	03-Mar	18:00-19:30	5	https://tinyurl.com/3xeyxua2	Free
Italian for Beginners	03 – Mar	19.00-21.00	5	https://tinyurl.com/bdfmcmcf	£50
How Children Learn to Talk	03 – Mar	10.00-11.15	6	https://tinyurl.com/yckpxv46	Free

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Course	Start date	Time	No of weeks	Booking link	Cost
Discover Yourself Through Art	03 – Mar	19.00-21.00	5	https://tinyurl.com/a999shdt	Free
Water & Colour	04 – Mar	14.00-16.00	5	https://tinyurl.com/yzxtbety	£50
Prepare to build business website	07-Mar	18:00-20:00	6	https://tinyurl.com/2p8ce9kv	Free
Introduction to Mental Health First Aid	08 – Mar	19.00-21.00	4	https://tinyurl.com/a999shdt	Free
Menopause at Work	08- Mar		5	https://tinyurl.com/a999shdt	Free
stay safe online	09-Mar	18:00-20:00	6	https://tinyurl.com/4embxjw4	Free
windows 11	11-Mar	18:00-20:00	4	https://tinyurl.com/a999shdt	Free
Menopause at Work	11 – Mar		5	https://tinyurl.com/a999shdt	Free



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Creative Landscapes in Pencil	14 – Mar	10.00-12.30	4	https://tinyurl.com/a999shdt	Free
Watercolours for Beginners	30 – Mar	10.00-12.30	3	https://tinyurl.com/a999shdt	Free

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