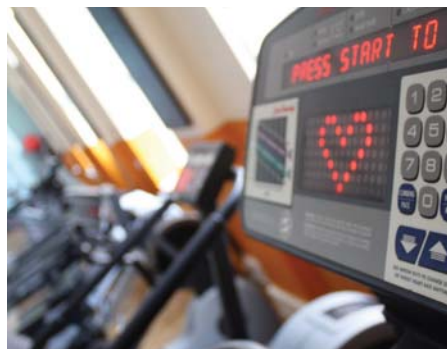


Community Programme 2012

Loving Learning , Loving Life - Join us at Oasis Green Lane or Fairisle Road

In the past year Oasis Academy Lord's Hill has further developed its Community Programme. Now, as well as evening sports and recreational activities, and a preschool at the Fairisle site, members of the community can take part in the extended range of learning and leisure activities that we have been offering throughout the day, evenings and weekends at the Green Lane site.

Oasis actively seeks to offer learning opportunities for every member of the community and we look to work with local partners to offer a programme that will cater for both the mind and body. We believe we offer something for everyone - Why not try a new activity this coming year? Tai Chi, trumpet playing, Zumba, Internet shopping and sports leadership training are all examples of new activities on offer this year.



Take a look inside to see what we've got on offer for the coming year...

- Mind, body and soul
- Fitness classes
- Fitness suite
- Facilities for hire
- Adult & family learning
- Clubs and Societies
- Pre-school sports clubs
- News and more...



Fitness suite AGE 16+

Located at our Green Lane site, our fitness suite has a fantastic range of fitness and strength equipment. Whether you are looking to join a gym for the first time, looking for a fresh start at a new club or if you have been out of training for a while and want to get back into shape we can help you!

Our fully qualified and friendly fitness team are dedicated to help all our members get the results they want and to help them enjoy a fitter and healthier lifestyle regardless of age, size, shape or ability!



Fitness suite prices

	Full	Concession
Induction	£10	£7.50
Daily	£3	£2
Monthly	£20	£12
Three months	£45	£30
Annually - peak	£149	£99
Annually - off peak	£99	£79
Fitness programme	£10	£7.50

Opening hours

Monday - Thursday 9 - 10pm
 Friday 9 - 9pm
 Saturday & Sunday 10 - 5pm
 Inductions Tuesday, Wednesday, Thursday and Fridays 7pm or 8pm. Daytime inductions available on request.

Fitness classes

	Time	Full	Concession
Monday			
Over 50's Fitness	11 - 12noon	£3.50	
Legs , Bums & Tums	6.30 - 7.25pm	£3.60	£2.15
Tuesday			
Legs , Bums & Tums	12.45 - 1.45pm	£3.00	
Over 50's Keep Fit	1.45 - 2.45pm	£3.00	
Wednesday			
Over 50's Fitness	12 - 1pm	£3.50	£3.50
Fitness Gym	9 - 1pm	£10	£7
Drop-in with GP referral instructor			
Thursday			
Legs , Bums & Tums	6.30 - 7.25pm	£3.60	£2.15



Eazyfit

Oasis has teamed up with Eazyfit personal training, who specialise in tailored one to one fitness sessions. Eazyfit also cater for ante and post natal exercise, nutritional advice, assessments and training in outdoor environments. All Eazyfit trainers are REP'S level 3 qualified.

For further information on one to one sessions contact: 07590046509 or go to www.eazyfit.co.uk



Mind, Body and Soul AGE 16+

Yoga Beginners/Improvers

This class is for the complete beginner and those who have some experience, it aims to promote a healthy and stress free life with the help of yoga.

10 weeks, Thur 7 - 8.30pm

Start dates 15 Sep, 19 Jan, 26 Apr

Full fee £50

Yoga Advanced

This course is for learners who have at least one year's experience of yoga.

10 Weeks, Tues 6.30 - 8pm

Start dates 27 Sep, 17 Jan, 24 Apr

Full fee £50



Tai Chi

Suitable for beginners and improvers

10 weeks, Wed 10 - 11am

Start dates 21 Sep, 18 Jan, 2 May

£30

Ballroom & Latin American Beginners

This class is an introduction to Ballroom and Latin American during which students will learn basic movements in variations in Waltz, Quickstep, Cha Cha Cha, Foxtrott and Rumba

10 weeks, Mon 6.30 - 7.30pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £30

Ballroom & Latin American Improvers

This course will suit anyone who has completed the beginners course.

10 weeks, Mon 7.30 - 9pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £45



Ballroom & Latin American Intermediate

This course will suit anyone who has completed the beginners and improvers classes.

10 weeks, Mon 9 - 10.30pm

Start dates 26 Sep, 16 Jan, 23 Apr

Full fee £45

Line Dance Beginners

This course is designed for absolute beginners, you will learn basic steps of line dancing. The style of dance is very low impact and suitable for all ages.

10 weeks, Wed 6 - 7pm

Start dates 28 Sep, 18 Jan, 25 Apr

Full fee £30

Line Dance Improvers

These sessions are suitable for learners who have completed the beginners course and will involve more advanced dances.

Weekly, Weds 10.30 - 12noon,
7 - 8.30pm

Start dates Wed 28 Sep, 18 Jan,
25 Apr

£3.50 per session

Intro to Sport and Recreation

Come and try out badminton and other indoors sports

6 weeks, Fri 3 - 4pm

Start dates 4 Nov, 6 Jan, 24 Feb,
20 Apr, 15 Jun

£3 per session

Exercise for Fitness and Wellbeing

6 weeks, 8 hours, Mon 11 - 12noon,
Wed 12 - 1pm

Start dates 12 Sep, 14 Sep, 31 Oct,
2 Nov, 9 Jan, 11 Jan, 20 Feb, 22,
Feb, 16 Apr, 18 Apr, 11 Jun, 13 Jun

Includes a lifestyle assessment at
the start and end of the course

£3.50 per session



One to One Exercise and Lifestyle

Do you need extra help to improve your fitness? Come in for a one to one review of your present and future fitness needs.

2 hours

£10 Ring for details

Zumba

If you have ever wanted to learn Zumba, this is your opportunity!

10 weeks courses starting

September 2011. Ring for details

Personal Development - Technology AGE 16+



Making the Most of your Digital Camera

Gain insight into the exciting world of digital photography. Aimed at those with little or no knowledge to help you to get the best results from your digital camera.

6 weeks, Thur 12.30 - 2.30pm
Start dates 3 Nov, 23 Feb
Full fee £48

Intro to Photoshop

A basic understanding of computers is essential for this course. Learners will be shown how to manipulate images using Photoshop.

6 Weeks, Wed 10.30 - 12.30pm
Start 4 Jan
Full fee £48

Photoshop 2

A basic understanding of computers is essential as is attendance on the Introduction to Photoshop course. Learners will build on skills already learned to get the most from this digital image package.

6 weeks, Wed 10 - 12noon
Start dates Feb 22, 13 Jun
Full fee £48



Web Page Design

(Using Dreamweaver CS3)

This course will introduce students to the Dreamweaver application showing how to create and edit a simple website.

6 weeks, Thur 3 - 5pm
Start 23 Feb
Full Fee £48

Never too Late 50+ Computer Basics

Aimed at those who have little or no experience using computers. You will learn the basics and build up your confidence in using computers.

6 weeks, Wed 1 - 3pm
Start dates 14 Sep, 2 Nov, 4 Jan, 22 Feb, 25 Apr, 13 Jun
6 weeks, Fri 10 - 12noon
Start dates 16 Sep, 4 Nov, 6 Jan, 24 Feb, 27 Apr, 15 Jun
Free



Gaining confidence in Internet and Email 50+

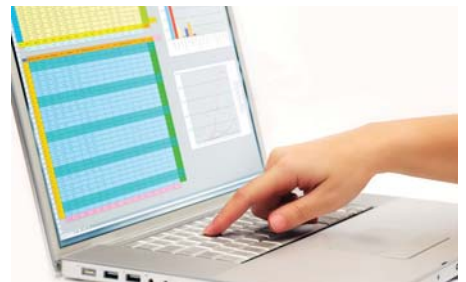
This course is ideal for any one anxious about new technology. Basic keyboard and mouse knowledge needed.

6 weeks, Wed 10 - 12noon
Start dates 2 Nov, 25 Apr
Free

Word Processing

This course aims to teach learners how to insert and manipulate text, copy, paste line spacing, bullets, indents and tables. Basic keyboard and mouse knowledge will be required.

3 weeks, Thurs 7 - 9pm
Start Dates 15 Sep, 5 Jan, 19 Apr
Free



Spreadsheets

This course aims to teach learners how to use Microsoft Excel and create their own information store. Practice how to insert and manipulate text, formulas and formatting. Basic keyboard and mouse knowledge required.

3 weeks, Thurs 7 - 9pm
Start dates 6 Oct, 26 Jan, 10 May
Free

Desk Top Publishing

This course aims to teach students how to use Microsoft Publisher and how to create and print a poster and a 2 fold leaflet.

3 weeks Thurs 7 - 9pm
Start dates 3 Nov, 23 Feb, 14 Jun
Free

PowerPoint

This course aims to teach learners how to produce a simple PowerPoint presentation with text, graphics and animation.

3 weeks, Thurs 7 - 9pm
Start dates 24 Nov, 15 Mar, 5 Jul
Free

Personal Development - Creative

AGE 16+

Guitar for Beginners

Students will learn the fundamental basics of guitar playing. No previous experience required, just the desire to have fun learning to play the guitar.

10 weeks, Wed 7 - 8pm

Start dates 28 Sep, 18 Jan, 25 Apr

Full fee £33

Guitar for Improvers

Students will need to have completed the beginner's course and have the ability to tune the guitar. Students will learn in a fun and relaxed class.

10 weeks Wed 8 - 9pm

Start dates 28 Sep, 18 Jan, 25 Apr

Full fee £33



Beginners/Improvers Watercolours

This course is ideal for beginners or those who have little experience who wish to develop their skills, techniques and creative flair in watercolour painting.

10 weeks, Thur 10 - 12noon

Start dates 29 Sep, 19 Jan, 26 Apr

Full fee £40

Learn to play the Double Bass or Trumpet

Ring 02380739797 for details

Personal Development - Certified Courses

AGE 16+

Level 1 Coaching in Football

6 sessions, 36 hours - £140 ring for details

Day Certificate in Sports Leadership

£25 ring for details

Mental Health First Aid training

2 Days, 14.4 hours - £60 ring for details

Emergency First Aid at Work

1 Day, Sat 9 - 4pm

Dates 19 Nov, 17 March, 7 July

£45 (includes book)



Bite Size Courses

Why not try one of our 2 hour taster sessions for just £5!

Jewellery Making

Sat 10 - 12noon, 26 Nov, 28 Jan, 26 May

If you would be interested in booking an adult jewellery party for you and your friends please ring 023 8073 9797 for details.



Floristry

Come and make a gift wrapped bouquet and learn a little about what it is like to work in a florist shop.

Sat 12.30 - 3.30pm, 22 Oct

Job Search

Learn how to search for jobs effectively on the computer.

Sat 10 - 12noon, 8 Oct

Mail Merge

Sat 10 - 12noon, 5 Nov

File Management

Learn how to manage your computer files to help the efficient running of your computer

Sat 10 - 12 noon, 21 Jan

How to use the Internet Safely

Sat 10 - 12noon, 3 Mar

CV Writing

Learn how to produce a CV to impress future employers.

Sat 10-12noon, 1 Oct

Shopping on the Internet

Sat 10-12noon 12 Nov

Youth Activities

Holiday Camps

We run holiday camps all year round for the 8-13 year olds (ages 5-7 are welcome on creative camps with an adult carer in attendance).



Football Development Camp

We welcome boys and girls who love the beautiful game! Young people will learn to develop awareness, skills and football fitness.

Multi Sports Camp

Our multi-sport camp will introduce youngsters to games like Boccia, Basketball, Badminton, Kwik Cricket, Tennis, Fitness and Mini Olympics.

Creative Camp

A combination of arts & crafts, sport and regular visits to our City farm to learn farming skills.

For more information or to book on to a holiday camp please telephone 023 8073 9797.

Oasis Academy Lord's Hill Pre-School (Fairisle Road)

Ofsted accredited Pre-School for 2 years 9 months - 4+ years. Places are funded by the Government. Ask for details. Why not arrange to visit us and have a look around.

Mon - Fri, 9 - 12noon (term time).

Enquiries to 023 8073 9797

Parent & Toddler Group (Fairisle Road)

This session prepares children for Pre-School and helps parents to learn about early learning and how their child is developing. Come and join us and meet other parents. Pre-school setting.

Mon 9.30 - 11.30am (term time).

Only £1.50 per session.

Partnerships

The centre has been working with local groups, which enables us to offer a diverse programme of activities

Elite Hair and Beauty Academy

One of the UK's leading trainers specialising in intensive training courses. Elite offers 1/2, 1 & 2 day training courses suitable for total beginners and professionals. Training is available at the Green Lane site. For more information call Sarah on 07840 793790 or email mobilebeautician1985@hotmail.co.uk

Active Options

Oasis Academy are working in partnership with Active Options to deliver adult learning, health and fitness testing, staff wellness, specialist GP referral service and fitness classes to local residents. If you wish to contact the Active Options Team to discuss any of our programme or corporate wellness call 07776 184358, 07919 692765 or visit www.activeoptions.co.uk

U3A

We are working with the Southampton U3A to offer a wide range of learning activities for their members. U3A is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. Further details of U3A are available from www.u3asouthampton.org.uk

QK Southampton FC

QK Southampton FC are a local team playing in the Hampshire Premier League, located at Lordshill Recreation Centre. The club currently caters for three men's sides, a youth section (u11s, 2 x u12s, u13s, 2 x u16s, and u18s), a ladies team and a veteran's side.

Oasis and QK are working together to support the growth of the club

and enable it to integrate fully into the local community. QK Southampton is asking for people to become part of what is an exciting opportunity to rebuild and develop a successful sports club. For further information about becoming part of QK Southampton please visit www.qksouthamptonfc.co.uk/club/home

Health Trainers

At Green Lane we have linked up with the local NHS health trainers to bring health advice and healthy activities to the local community. Meet trainers Lynda and Alison on Thursday mornings at the Oasis Café, Green Lane and go on a stimulating walk. They can also talk about lifestyle changes, such as stopping smoking or planning a healthy diet. For more information, Contact Health Trainer, Lynda on 07825 843422.

Summer Art!



Summer 2011 saw the continuation and completion of a giant mural on the Oasis Academy Green Lane site. The wall (12m x 2m), located between the Down to Earth Farm and Oasis Academy, was painted during August 2010 and 2011 by approximately 15 children, whilst all participating in the summer holiday activities.

The mural was a real live project for the children to work on and gave them an enormous sense of satisfaction and achievement, as

it took shape in front of their eyes. Put together by Oasis Community Supervisor David Talbot, it depicts a relaxing idyllic countryside theme with paintings of animals from the farm within it. A bit of countryside in the middle of the city!

If you would like to see this enormous piece of artwork then you are more than welcome to come and visit us both at the Oasis Academy and Down to Earth Farm, both located on Green Lane.

Spotlight on Oaklands Judo Club

Ray has been a Judo teacher at Oasis (previously Oaklands) for 27 years. He is a 3rd Dan and member of the British Judo Association. Ray has been county champion and finished third in the All England Championships. He is assisted by Russell Istkyu who is a Brown Belt.

The club has won the Hampshire Girl's league and finished fourth in the boys league. Members can attempt their coloured belts (or grades) every three months.

If you are interested in Judo please come along and meet Ray every Monday at Oasis Academy Lord's Hill, Tel: 023 8090 0619.

Juniors: 6.30 - 7.30pm

Higher Grades: 7.30 - 8.30pm

£2.50 a session



Oasis Community staff member plays in the prestigious Hong Kong Soccer Sevens Tournament!

Community coach and fitness instructor Joe Crook, was lucky enough to be selected to represent Eastleigh Football Club in the world renowned Hong Kong Soccer Sevens.

The Tournament sees healthy competition between the academy teams of some of the world's most well-supported clubs heralding from all over the globe. Included this year were Ajax FC, Aston Villa, Boca Juniors, Celtic, Glasgow Rangers, Liverpool, Eastleigh and a host of top Asian sides. Joe who is also a second year sports student at

Winchester University was grateful for a £100 donation from Oasis Academy to help him towards the trip. The team was jointly managed by

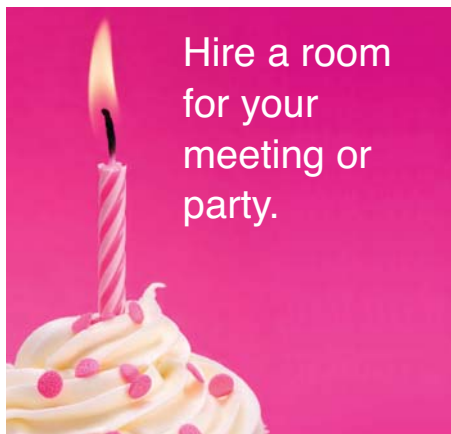
Danny Smith (Eastleigh's Academy and Community manager) and Wade Elliot of Burnley FC who is a very good friend of Danny Smith from their Bournemouth FC days.

The squad were knocked out at the group stage, losing two games 1-0 and by 3-0 to a very strong Aston Villa side. They did however reach the semi-final of the plate competition.

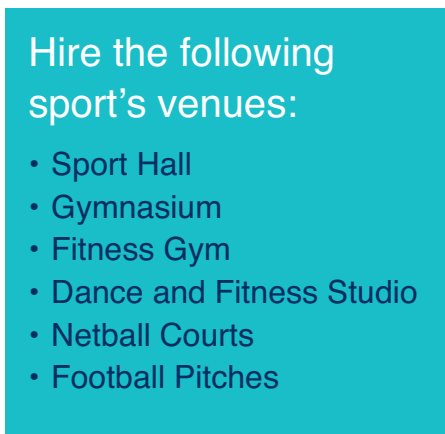


Joe with Wade Elliott - Burnley FC

Facilities for Hire



Hire a room for your meeting or party.



Hire the following sport's venues:

- Sport Hall
- Gymnasium
- Fitness Gym
- Dance and Fitness Studio
- Netball Courts
- Football Pitches



To book any of these facilities please call 023 8073 9797.

There is a 40% discount available for daytime bookings.

Further information

Fees Policy

Throughout this newsletter full fees are shown against each adult learning course. This does not include the fitness suite. Concessions are available as follows:-

Band A (total household income £12,000 - £18,000) 50% of full fee

Band B (total household income less than £12,000) 25% of full fee

Band C (over 60) 75% of full fee

TERMS AND CONDITIONS

Refunds Policy

We are able to refund fees in the following circumstances:

- If you have to withdraw within 7 working days after enrolment. If the course starts within this period there will be no refund after the start of the course.
- Where the college cancels a course for example, due to insufficient enrolments to make the course viable.
- We reserve the right to delay or change start or finish dates if we are obliged to do so. Only if such change includes a change of day or venue will the repayment of fees be possible.

We regret that no refunds will be given in any other circumstances.

Disclaimer

Details are correct at the time of going to press. We reserve the right to change the details published in the brochure where this is unavoidable. We will inform you of such changes when you apply, or at the earliest possible opportunity.

For more information or to book courses please contact:

Oasis Academy Lord's Hill, Green Lane, Maybush,
Southampton SO16 9RG

Tel: 023 8073 9797

Email: info@oasislordshill.org

www.oasisacademylordshill.org

If you require this information in another format please contact the community reception on 023 8073 9797.



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