


# Harris Education and Recreation Association – HERA new classes

## #dundeewestend


Here's the details of the upcoming evening classes from HERA – together with information about enrolment night – click on the images below to enlarge and also more details are available [here](#) :

<p><b>PILATES</b> £36</p> <p>Venue: Blackness Library Pilates with Ali Henderson is a fabulous full body workout. Gentle enough to be suitable for all ages and abilities, yet effective in strengthening the core and aiding flexibility &amp; balance. Improve your posture, ease your niggly back and boost your overall well-being. <i>Bring your own mat.</i></p>	<p><b>PHOTOGRAPHY</b> £64</p> <p>Venue: Harris Academy Arran Sulley will help beginners to take their images to the next level. No need for fancy cameras: dslr, point &amp; shoot and phones are all welcome. Topics include: aperture &amp; shutter priority, tripods, low light &amp; studio lighting. The class is very informal with an opportunity for a small exhibition at the end of the course.</p>	<p><b>FLOWER ARRANGING</b> £58</p> <p>Venue: Harris Academy Paul McFawns, of Olly Bobbins florists, has over ten years experience in the trade. In these beginners' classes he will share his expertise to help and guide you to develop the skill to make a buttonhole and a hand tied bouquet amongst other floral delights. <i>Bring your own flowers, other resources are included.</i></p>
<p><b>DRESSMAKING</b> £76</p> <p>Venue: Harris Academy Have your sewing machine skills become a little rusty or you'd like to learn a new technique? As a dressmaker for nearly 30 years, Ruth Alexander will guide you on to projects from a tangle of threads to the perfect fit. <i>Basic resources provided. Bring your own PAT tested sewing machine and sewing kit.</i></p>	<p><b>DRAWING &amp; PAINTING</b> £66</p> <p>Venue: Harris Academy Learn drawing &amp; painting with local artist Rod Smith in a relaxed, supportive and sociable atmosphere - at your own pace - to background music. Create landscape, portrait or still life paintings to take home. Enjoy meeting visiting artists, demos and discussions too. <i>Bring your own materials.</i></p>	<p><b>CERAMICS</b> £97</p> <p>Venue: Harris Academy Join Steph Liddle to learn ceramic handbuilding. Starting from the basics, you'll learn techniques such as pinch pots, slab-building, and coiling, before moving onto self-directed exploration. Explore surface decoration techniques where you'll learn how to apply patterns, illustration, and colour to bisque fired clay, as well as basic glazing techniques. <i>Resources included</i></p>
<p><b>FRENCH</b> £66</p> <p>Venue: Harris Academy Tutor Lynne Topping has many years experience of teaching adult classes in French. Classes are informal, based on paired group conversations. Topics covered include: food, self &amp; family, daily routine, socialising &amp; travel. <i>Bring a pen and paper.</i></p>	<p><b>CROCHET</b> £50</p> <p>Venue: Harris Academy Ellie Fiddes' course covers all crochet basics and allows you to work at your own rate. Once you have mastered the basics you can move on to a project of your choice, with expert tutor support, or you can continue learning various techniques. This class provides a flexible framework for both complete beginners &amp; those wanting to improve existing skills. <i>Includes resources</i></p>	<p><b>YOGA</b> £36</p> <p>Venue: Blackness Library Yoga is an ancient practice that unites mind and body. Experienced teacher Ali Henderson will guide you through a series of poses to strengthen the body while boosting health and relaxation. The class is suitable for beginners &amp; will also offer challenges if you want. We are confident that you won't find a better-priced yoga practice in the West End! <i>Bring water and a mat.</i></p>
<p><b>JEWELLERY</b> £91</p> <p>Venue: Harris Academy The beginners jewellery class will introduce basic tools and simple techniques for crafting your own hand-made jewellery. Learn how to make wire jewellery using beads and found objects, such as sea glass. This course will offer a unique opportunity to make either a treat for yourself or the perfect gift. <i>All tools, wire &amp; beads are included. Bring along your own objects if you wish &amp; a notebook for ideas.</i></p>	<p><b>PAPERCRAFT</b> £76</p> <p>Venue: Harris Academy Tutor Phillipa Handling has over 20 years experience with paper crafting. Come along and have fun making personalized home decor and gift items, scrapbook frame &amp; decoupage items, Christmas wreaths, and lots of techniques for card making. This course is for beginners and those wanting to improve their existing skills. <i>Includes resources</i></p>	


## NOTES


Classes will be held in multiple venues  
Disabled access to all classes  
Fees non-refundable  
Minimum age 16  
Please do not contact the school

Contacts & info at:

 [enquiries@heradundee.org](mailto:enquiries@heradundee.org)

 07565 951612

 [www.heradundee.org](http://www.heradundee.org)

 HERAdundee

## ENROLMENT

Date: 21st August 2019

Time: 6pm - 7pm

Venue: Harris Academy,  
Perth Rd, Dundee

Places allocated upon registration.  
Online enrolment and payment for  
remaining places will open on the  
22nd August.

## DATES/TIMES

Classes commence 4th September

Dressmaking

French

Jewellery

Photography

Drawing & Painting

Crochet

Papercraft

Flower Arranging

Ceramics

Wednesdays from 6.30pm till 8.30pm  
for 10 weeks until 27th November. No  
classes 9th October, 16th October or  
13th November.

Pilates

Wednesdays, 5pm till 5.45pm & 6pm  
till 6.45pm, for 12 weeks. No classes  
on 11th September

Thursdays, 5:30pm till 6:15pm, for 12  
weeks. No classes on 12th September.

Yoga

Wednesdays, 7pm till 7.45pm for 12  
weeks. No classes on 11th September.