

ADULTS

MEDIA SKILLS TRAINING:

NEW: Introduction to Photojournalism

4 week course, 1 evening per week starting Tue 13 Apr, 7–9pm, £75 (£65)

NEW: Introduction to Social Networking

Wed 28 Apr, 1 day course, 10.30am–5.30pm, £100 (£75)

VJing: mixing projected visuals and images to music

Sat 8 May, 1 day course, 10.30am–5pm, £65 (£55)

Introduction to Video Editing Using Final Cut

Thu 27 May, 1 day course, 10.30am–5.30pm, £65 (£55)

Out & About: Exmouth Festival

Sat 29 & Sun 30 May

Look out for our media workshops on the Media Bus at Exmouth Festival.

For more details including one day intensive Media Skills Training visit www.exeterphoenixdigital.org.uk

Introduction to Digital Photography for Beginners

Tue 1 Jun, 1 day course, 10.30am–5.30pm, £65 (£55)

Introduction to Web Design: Website Creation for Beginners

Wed 2 & Thu 3 Jun, 2 day course, 10.30am–5.30pm, £135 (£120)

Photoshop: Digital Image Manipulation for Beginners

Wed 9 & Thu 10 Jun, 2 day course, 10.30am–5.30pm, £135 (£120)

ART COURSES:

Creative Life Drawing

5 week course starting Mon 26 Apr, 10am–12pm, £65 (£55)

5 week course starting Mon 7 Jun, 1–3pm, £65 (£55)

Portraiture

5 week course starting Mon 26 Apr, 1–3pm, £65 (£55)

5 week course starting Mon 7 Jun, 3.30–5.30pm, £65 (£55)

NEW: Exploring 3D Materials

5 week course starting Mon 26 Apr, 10am–12pm, £65 (£55)

5 week course starting Mon 7 Jun, 3.30–5.30pm, £65 (£55)

Evening Course: Creative Life Drawing

5 week course starting Mon 26 Apr, 6.30–8.30pm, £65 (£55)

5 week course starting Mon 7 Jun, 6.30–8.30pm, £65 (£55)

Intermediate Life Drawing

5 week course starting Fri 23 Apr, 10am–12pm, £65 (£55)

5 week course starting Fri 11 Jun, 10am–12pm, £65 (£55)

Introduction to Painting and Drawing

Fridays, 6 week course starting 23 Apr, 1–3pm, £55 (£45)

NEW: Bookbinding

Sat 24 Apr, 1 day course, 10am–4pm, £55 (£45), 8 places

YOUNG PEOPLE

EASTER HOLIDAY WORKSHOPS (FOR 8–12 YEAR OLDS)

Screenprinting with Double Elephant Print Workshop

Tue 6 Apr, 10am–4pm, £45, 6 places

To Infinity and Beyond!

Thu 8 Apr, 1–4.30pm, £15, 15 places

Breakin' with Just 4 Funk

Fri 9 Apr, 1–4.30pm, £15, 20 places

Matchboxes and Miniature Creations

Wed 14 Apr, 1–4.30pm, £15, 10 places

Saturday Animation Club

6 week sessions starting 24 Apr & 12 Jun, 10am–12pm, £48, 8–12yrs

Freefall Youth Arts Group

Weekly, 13–19 yrs, FREE

FAMILY

FAMILY SUNDAYS

Sun 25 Apr, 30 May, 27 Jun, 12–4pm

See www.exeterphoenix.org.uk/family.php for full details.

**For full details contact Catherine Cartwright or Clare Saunders
on 01392 667081 or Email: education@exeterphoenix.org.uk**

bradninch place, gandy street, Exeter, ex4 3ls

For further details see www.exeterphoenix.org.uk/education.php

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Monday

Rhyming Rascals Music Class

Ongoing through term time and some holidays, 11-11.45am, £3.75 in advance or £4 on the day. Booking advised places are limited. Come and have fun with singing and movement. Great for developing children's language and communication.
For details: Laura on 07701 037596 or 01392 203343. Email: Lauramanser@yahoo.com

Postnatal Pilates

Ongoing until end of May (subject to demand), 1.30-2.30pm, £45 for 6 week course.
6 weeks postnatal onwards. Babies welcome. Booking essential.
For details: Annabel Tsouris 07832274066. Email: pilates_girl@yahoo.co.uk
www.pilates-and-spinaltouch-exeter.co.uk

Ballet for Adults (16+) with Mollie Penn

Starts 26 Apr, £42 for 12 weeks (single class £4.50)
5-6pm: A level 2 post-beginners class for those with some experience.
6.15-7.15pm: A level 4 class for those at a more advanced level.
For details: 01392 272566.

Beginners Ballet for Adults with Hazel Greenlaw

Starts 26 Apr, 7.30-8.30pm, £5 for 1st class, £54 for 12 weeks.
For details: 01392 423577.

Global Harmony

Ongoing, 7.30-9pm, £5 per night if pay half termly or £6 taster session.
Acapella singing in glorious 4/5 part harmony. Folk, gospel, pop, classical, from around the world, ancient and upbeat contemporary. Booking essential.
For details: Roz Walker 01803 862246. Email: rozwalker@naturalvoice.net

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Tuesday

Monkey Music Classes (3 months-4 years)

The premium brand, pre-school music class, nurturing a lifetime of music.

Regular term time classes/£5 per session paid termly in advance (discount for siblings), first introductory class free.

Places are limited. All ages welcome! Look out for school holiday workshops.

Jiggerly Jig: 1.30pm (2-3 yrs). Heigh Ho: 2.05pm (1-2 yrs). Rock 'n' Roll: 2.45pm (3-12 months)

Ding Dong: 3.20pm (3-4 yrs)

For details: Daniele 0845 017 8766. Email: daniele.coombe@monkeymusic.co.uk

www.monkeymusic.com

Tuesday Club with Magic Carpet

Ongoing, 2-4pm

For details: 01392 422938.

www.magiccarpet-arts.org.uk/Thisisgroups.htm

Movement with Magic Carpet

Ongoing, 2.30-4.30pm

The group is suitable for people with mental health issues and will release your natural creativity and sense of play; help build greater confidence and self esteem personally and in relation to others plus find routes into mainstream movement/dance activities within the community.

For details: 01392 422938.

www.magiccarpet-arts.org.uk/Thisisgroups.htm

A Chance to Dance -A movement group for people over 60

Ongoing, 2-3.30pm, £3

Creative dance inspired by the success of the Sadlers Wells Elders Group in London. Age Concern invites men and women over 60 wanting to dance for fitness and fun to give this session a go. Drop in as little or as often as you like. It is not about learning steps but finding the dancer within, guided by a trained facilitator, accompanied by music. No dance experience necessary.

For details: Jessica Cohen, Age Concern Exeter 01392 202092 (extension 2170)

Breaking/Breakdance

Ongoing during term times, 5-6pm

Classes for beginners and intermediates, children and adults.

For details: Matt 07716 002309. Email: matt@just4funkproductions.com

www.just4funkproductions.com

Qigong for Self Healing with Brad Richecoeur

Ongoing. Summer term starts 27 Apr, 5.30-7pm, £66 for 11 weeks

First 2 classes of the term can be 'drop in' and pay per class. Suitable for beginners and experienced.

For details: Brad Richecoeur 0845 3305086.

www.qigong-southwest.co.uk

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

NEW: Make do and Mend

First Tuesday of every month, 6-9pm, £2.50

The aim of the group is to meet regularly in order to share, inspire, start, continue, finish any type of craft project (knitting, crochet, sewing etc). Bring your wool, some needles or any other creative endeavour you are working on.

For details: Email: Joe@kidsknits.co.uk

Intermediate Jazz Dance with Nicholette Pollard

Ongoing, 6.15-7.45pm, £4 per session

For adults with dance experience, improve technique. Learn routines.

For details: 07810 750950. Email: info@jazzdanceexeter.co.uk

www.jazzdanceexeter.co.uk

Abstract Art Classes with Patrick Jones

Ongoing, 7-9pm, All ages and experience welcome.

To encourage creativity, imagination and painting.

For details: Patrick Jones 01392 876615. Email: patrickjonespainter@hotmail.com

Salsa with Alix & Joe

Ongoing. Beginners 8-9.15pm, £5.50 (£4.50)

Improvers 9.15-10.45pm, £6 (£5), both classes £7.50

Salsa is an expressive and fun partner dance. All welcome to these weekly drop in classes. No partners or dance experience required. **For details: 01364 654035.**

Wednesday

The Creation Station

Ongoing during term time. 10-10.50am, £4.50 (Siblings: £2)

Childminders: First child full price (£4.50), all other children half price

The Creation Station inspires children's imaginations through award winning art & craft exploration sessions. The hands on education provides a fun and stress free experience for your child and you to enjoy together!

For details: Sarah Cressall 0845 0508743. Email: sarah@thecreationstation.co.uk

www.thecreationstation.co.uk

Sing and Sign

Ongoing during term time. Stage 1 (6 - 18 months): 10.05am & 11am

Stage 2 (18-30months): 11.55am/£49.50 per term

Sing and sign is the fun way to learn baby sign language. Signs are learnt using music and singing. Baby signing lessens frustration for both child and parent and encourages communication before speech. It also helps older children as their speech develops. **For details: Sarah Glover 01404 548829.**

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Street Jazz with Sammy B

Ongoing during term time/4.45-5.45pm/£4.50

Come and learn Street Dancing in a fun and relaxed environment. Routines are varied and incorporate a mixture of pop, Hip Hop and street moves. **For details: 07762 793118.**

Playback Youth Theatre

Ongoing in term time, 5-6pm (6-9 yr olds); 6-7.30pm (10-13 yr olds);

7.30-9pm (14 & over)/£18-half term (6 weeks).

Aged 6-18? Like acting, singing, games? Come and create original theatre. No auditions.

Positive attitude required. **For details: 01363 773337. Email: playback@waxroom.co.uk**

www.playbackyouththeatre.org

Tai Chi with Taichiexeter

Yang Style Short Form

Term Start 21 Apr-26 May & 9 Jun-14 Jul, 6pm, first session free.

For details: Barbara 01392 216265 or Guy 01395 519705

Contemporary Dance Class with Curt Hennells

Ongoing 5.20-6.20pm, £5 Drop in, £50 for 12 week term

A class that uses Cunningham based centre work, with release based phrases of choreography, focusing on flow, dynamics, and performance. Class is for mix of level from beginners to more experienced dancers. Wear comfortable clothes with bare feet or socks.

For details: 07907484717. Email: curthennells@hotmail.com

www.youtube.com/cashdance

Anusara Inspired Yoga

Ongoing, 6.30-8pm, £7.50 drop in or £6 series

A dynamic flow style yoga suitable for all levels. Everyone welcome. Please bring a yoga mat.

For details: 07979 372041. Email: lisaroberts16@yahoo.co.uk

Thursday

Ready Steady Yoga

10-11am, 2-5 years

Exploring yoga for children through stories, adventures and music.

For details: 01392 213478. Email: thinkyoga@btinternet.com

www.thinkyogadevon.co.uk

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Yoga Babies with Nikki Huddart

11am-12pm (0-1 years), 12-1pm (1-2 years)

Fun and stretches for babies and gentle yoga for parents

For details: 01392 213478. Email: thinkyoga@btinternet.com

www.thinkyogadevon.co.uk

Total Arts with Magic Carpet

12-4pm

Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama. Magic Carpet are starting a brand new Big Lottery funded project in the spring of 2010. **For details: 01392 422938 or see: www.magiccarpet-arts.org.uk**

Monkey Music Classes (3 months-4 years)

The premium brand, pre-school music class, nurturing a lifetime of music.

Regular term time classes/£5 per session paid termly in advance (discount for siblings), first introductory class free.

Places are limited. All ages welcome! Look out for school holiday workshops.

Jiggerly Jig: 1.30pm (2-3 yrs). Heigh Ho: 2.05pm (1-2 yrs). Rock 'n' Roll: 2.45pm (3-12 months)

Ding Dong: 3.20pm (3-4 yrs)

For details: Daniele 0845 017 8766. Email: daniele.coombe@monkeymusic.co.uk

www.monkeymusic.com

Ballet for Adults (16+) with Mollie Penn

Starts 29 Apr, £42 for 12 weeks (single class £4.50)

12.30-1.30pm: A level 3 class for dancers with experience.

5-6pm: A level 3 class for dancers with experience. **For details: 01392 272566.**

NEW: Creative Dance (5-8 years)

Ongoing during term time, 4-5pm, £4.50 or £32 for 6 weeks

Fun, energetic dance class combining contemporary, ballet and street dance to develop creative movement skills.

For details: Tamsin Bone 07958037175. Email: tam@littlefootdance.com

NEW: Freefall Youth Group (13 years +)

Ongoing, 4-7pm, Free. A group of like-minded individuals who enjoy the music, media, performance and visual art.

Based at Exeter Phoenix, it began life as a group of young people to help influence and shape Exeter's first Youth Arts Festival, which took place last November. Join the Group for a fantastic opportunity to learn new skills and be creative, meet new people. Broaden your access and knowledge of the arts in Exeter. You could even use your Freefall Youth Group activities towards gaining an official Arts Award!

For details: Clare Saunders 01392 667081. Email: clares@exeterphoenix.org.uk

Blog: freefallexeter.wordpress.com/

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Pilates (Beginners and Mixed Level)

Ongoing until the end of May, 5.45-6.45pm, £6 per session or £33 for 6 week block

For details: Annabel Tsouris 07832274066. Email: pilates_girl@yahoo.co.uk

www.pilates-and-spinaltouch-exeter.co.uk

Beginners & Improvers Jazz Dance with Nicholette Pollard

Ongoing, 6.15-7.15pm, £4 per session

For adults with no or little dance experience, get fit & have fun.

For details: 07810 750950. Email: infor@jazzdanceexeter.co.uk

www.jazzdanceexeter.co.uk

NEW: Belly Dancing

Ongoing, 7-8pm, £40 for 8 weeks

Mixed ability class. Advanced booking required.

For details: Judith Edis 01404 548995 or 07510 261829. Email: ysondedancer@aol.com

Appalachian Clog Dancing with Alive & Kicking

7-8pm, £36 for the term or £4 per session

Lively percussive dance from the Appalachian mountain region of the USA. Easy to learn.

No partners required. All levels welcome for beginners upwards.

For details: Julie Page 07815 966838. Email: enquires@alive-and-kicking.org.uk

www.alive-and-kicking.org.uk

Ballet for Adults with Hazel Greenlaw

Starts 29 Apr, 7.30-8.30pm, £5 for first class, £54 for 12 weeks.

For experienced dancers. **For details: 01392 423577.**

Exeter Juggling and Spinning Club 16+

Starts Thu 4 Mar. From May onwards sessions will be fortnightly, 8.15-10.45pm, £3.50.

A time to meet new people, learn new skills and develop your own. All circus skill toys are welcome.

For details: Abbey Molyneux 07854972705. Email: exeterjugglespin@hotmail.co.uk

Argentinean Tango

Ongoing, 8.45-10.15pm, £7 (£5.50) per 1.5 hour session. Drop in classes. Booking not necessary.

Comprehensive intro to footwork and step patterns of salon style Argentinean Tango with emphasis on posture, attitude, leading and following techniques, interpretations of music in terms of rhythm and timing.

For details: Avron Levine 01822 832453 or 07974 095275 or 07884 381296. Email: tangolevines@yahoo.co.uk

www.tangodevon.co.uk

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Friday

Ready Steady Yoga

10.30-11.30am, 2-5 years

Exploring yoga for children through stories, adventures and music

For details: 01392 213478. Email: thinkyoga@btinternet.com

www.thinkyogadevon.co.uk

Creative Change with Magic Carpet

Ongoing, 10.30am-12.30pm

For people with mild learning disabilities. Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama. Magic Carpet are starting a brand new Big Lottery funded project in the spring of 2010.

For details: 01392 422938 or see: www.magiccarpet-arts.org.uk

Art Works with Magic Carpet

Ongoing, 1-2pm

Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama. Magic Carpet are starting a brand new Big Lottery funded project in the spring of 2010. **For details: 01392 422938 or see: www.magiccarpet-arts.org.uk**

Snap Dragon with Magic Carpet

Ongoing, 2.15-4.15pm

Magic Carpet run a range of creative activities for people with learning disabilities and mental health issues each week at Exeter Phoenix, these include arts and crafts and drama. Magic Carpet are starting a brand new Big Lottery funded project in the spring of 2010. **For details: 01392 422938 or see: www.magiccarpet-arts.org.uk**

Street Jazz with Sammy B

Ongoing during term time, 4.45-5.45pm, £4.50

Come and learn Street Dancing in a fun and relaxed environment. Routines are varied and incorporate a mixture of pop, Hip Hop and street moves.

For details: 07762 793118.

Beginners Ballet for Adults (16+) with Mollie Penn

Starts 30 Apr, 5-6pm, £42 for 12 weeks (single class £4.50)

A level 1 class-begin or refresh your basic ballet.

For details: 01392 272566.

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Contemporary Dance (16+) with Mollie Penn

Based on the Martha Graham technique

Starts 30 Apr, 6.15 - 7.15pm, £42 for 12 weeks (single class £4.50)

For those with experience in contemporary or another dance style.

For details: 01392 272566.

Classical South Indian Dance

Ongoing, 6.15-7.15pm, £5 per class

Beginners and upwards welcome. Kalakshetra style Bharata Natyam taught by Shakuntala who has been dancing and teaching since 1972. Drop ins welcome.

For details: Ms Sheila Cove 01647 270075.

Ballet for Adults with Hazel Greenlaw

Starts 30 Apr, 7.30-8.30pm, £5 first class, £54 for 12 weeks.

For those with some experience.

For details: 01392 423577.

African Drumming and Songs with Sam Yeboah

Ongoing, 7.30-9.30pm, £5 (£4) per session

Drums available. Beginners welcome to join at anytime.

For details: 07940 179 598. Email: powerfuldrums@yahoo.co.uk

Saturday

Belly Dancing with Judith Edis

Ongoing, 10.30am-12pm, £50 for 8 weeks. Mixed ability class. Advance booking required.

For details: Judith 01404 548995 or 07510 261829. Email: ysonderdance@aol.com

Flamenco with Elena Brandwood

Every Saturday, 11am-12.30pm (elementary class for people with some experience), £10 per class or £75 per term (10 classes), 1.30-2.30pm (beginners class for people with no experience), £6.50 per class or £50 per term

For details: Elena Brandwood 01392 848315. Email: brand14wood8@aol.com

Kinky and Quirky Burlesque Workshop

Last Saturday of each month, 3-6pm, £25 payable in advance

(includes free entry to Kinky & Quirky's Burlesque & Boogie Night)

Sexy, sassy, fun, confidence building – burlesque is the new black! The incredible Venus Noir leads this new workshop to encourage women of all ages, shapes & sizes to find their inner bombshell! Learn all the classic burlesque moves, bump and grind, shimmy and shake your tassles if you dare!

For details: 0785 999 6368. Email: quirky@kinkyandquirky.com

www.myspace.com/kinkyandquirky

CLASSES & WORKSHOPS

EXTERNAL TUTORS AT EXETER PHOENIX

PLEASE CONTACT THE APPROPRIATE TUTOR FOR FURTHER DETAILS ON A CLASS.

Other classes

Kagemusha Taiko

Kagemusha Taiko run a range of training programmes including "Taste of Taiko" half-day public workshops and occasional short courses. **For details: 01392 494486. www.taiko.org.uk**

NEW: Ceroc Beginners Workshops

Sat 10 Apr & 26 Jun, 1-5pm, £25 (advance bookings only)

Have you just started Ceroc & want to learn more quickly? These workshops are designed for complete beginners or those who have learnt some moves & want to improve on the lead/follow or freestyle aspect. You will learn moves, techniques, how to freestyle & much, much more!

For details: Zoe Witheridge (Ceroc Exeter): 07564 291918. Email: contact@cerocdevon.com.

NEW: Latin Twist Workshop

Sat 15 May, 1pm-5pm, £25 (advance bookings only)

Ceroc Devon brings you an inspirational Latin Twist workshop. Come and join the seriously stylish Zoe and Richard for their ultimate guide to Ceroc with a latin twist. This workshop is aimed at intermediate standard dancers who want to add more style and flair to their dancing. You will learn how to incorporate cha cha, tango and rumba into your repertoire.

For details: Zoe Witheridge (Ceroc Exeter): 07564 291918. Email: contact@cerocdevon.com.

Help Yourself!

5, 12, 19, 26 Jun, 10-11.30am, £40

Help Yourself! is a 4-week dynamic healing workshop to help you work on your health and your emotional 'stuff'. The course helps you to bring balance to your body, emotions and relationships.

For details: Jools Bond 07546349768. Email: e-holistichealthdevon@gmail.com

www.joolsbond.com

CLASSES & WORKSHOPS

