

# Luton Adult Learning

## Leisure Courses



At **Luton Adult Learning** we are passionate about arts and crafts and their many therapeutic benefits; such as reducing stress, building confidence and improving memory, mental health and wellbeing.

Taking part in an art and craft class also provides a great opportunity to socialise with other like-minded individuals in a supportive environment. All our courses will be held at our town centre location, **2 Dunstable Road**.

We are offering a range of sewing courses throughout the year from courses for complete beginners to those with a little more experience. Beginners will create a range of samples demonstrating a selection of sewing techniques before putting them into practice creating a final scale garment. During the "Beyond the Basics" & workshop courses you will take your skills further using commercial patterns to create your own garments or bags.

Would you like to start a new hobby or discover how to take your flower arranging skills a step further?

Then a 10 week course could be for you. You will learn the essential skills required to make beautiful floral designs.

You will learn how to make a variety of different floral displays both modern and traditional, making professional looking designs. You will learn how to create a range of different style arrangements and see why colour, shape and texture are so important to successful floristry.

You will be required to provide your own materials and equipment for this course. The teacher will advise you of what is needed in the first session. *Sewing machines are available for use but you must bring everything else.*

COURSE	START TIME	END TIME	START DATE	END DATE	DAY	FULL FEE	BENEFIT FEE
Sewing Basics and Beyond	09:30	11:30	11/01/2017	22/03/2017	Wednesday	£110	£28
Sewing Workshop	12:00	14:00	03/05/2017	12/07/2017	Wednesday	£110	£28
Floristry for Beginners	09:30	11:30	12/01/2017	23/03/2017	Thursday	£110	£28
Floristry for Beginners	18:00	20:00	12/01/2017	23/03/2017	Thursday	£110	£28
Floristry for Beginners	09:30	11:30	04/05/2017	13/07/2017	Thursday	£110	£28

To enrol or for more information Tel: 01582 490033

[www.lutonacl.ac.uk](http://www.lutonacl.ac.uk)