



Lifelong Learning Centre

Summer 2025 Bulletin

To register for classes, visit BDAtix.bm

IMPORTANT DATES

Wednesday, 9 April: BDAtix registration goes live at **10am**

Monday, 21 April: New term starts*

**Some classes may have an earlier start date. Please note the start dates of your chosen courses.*

**YOU MUST BE A CURRENT MEMBER OF
LIFELONG LEARNING CENTRE TO REGISTER!**

**Please refer to our cancellation and refund policies at
the end of this Bulletin.**



Brock Hall, Bermuda College
(441) 239-4029
llc@college.bm



ON MONDAYS

- 1. LLC BRIDGE CLUB** with **Val Sofianos** **ROOM B164**
21 April – 30 June (10 sessions, no class 16 June)
TIME 9.30 a.m. – 12.00 noon **PRICE \$40**
Play this engrossing brain game with a very friendly group of devotees.
- 2. JAZZ DANCE** with **Barbara Frith** **STUDIO (G125)**
21 April – 30 June (10 sessions, no class 16 June)
TIME 9.30 – 10.30 a.m. **PRICE \$80**
In this jumping jazz dance class, you'll learn the moves from Motown to Marley.
- 3. SPANISH CLUB** with **Angela Dallas** **ROOM B 151**
21 April – 30 June (10 sessions, no class 16 June)
TIME 11.00 a.m. – 12.00 noon **PRICE \$40**
Practice your Spanish, one of the world's most widely spoken languages.
- 4. LINE DANCING (improvers)** with **Mary Johnson** **STUDIO (G125)**
21 April – 30 June (10 sessions, no class 16 June)
TIME 11.00 a.m. – 12.30 pm **PRICE \$120**
Join this fun group if you have had at least one year of line dancing experience with Mary.
- 5. INTRODUCTION TO MINDFULNESS MEDITATION** with **Kerri Howland**
28 April – 26 May (5 sessions) ***NEW*** **ROOM B146**
TIME 1.30 – 2.30 p.m. **PRICE \$50**
Learn how to gently weave mindfulness meditation into your everyday routines.
- 6. PICTURE YOUR PETS** with **Michelle Pasquin** **ROOM B151**
Starting 21 April (8 sessions, dates to be confirmed)
TIME 2.30 – 4.00 p.m. **PRICE \$100**
We all love our pets! Learn how to draw a portrait of your fur or feathered friend.
- 7. ARCHERY** with **David Semos** **ST. PAUL'S FIELD**
*14 April – 30 June (10 sessions, no classes 9 and 16 June)
TIME 2.15 – 3.30 p.m. **PRICE \$100**
Now's the time to unleash your inner Robin Hood! For beginners and the experienced.
- 8. MONDAY AFTERNOON BOULES** with **Doug Backeberg** **PÉTANQUE COURT**
21 April – 30 June (10 sessions, no class 16 June)
TIME 2.30 – 4.00 p.m. **PRICE \$40**
New players are welcome to join this fun group!

ON TUESDAYS

9. ZUMBA! GOLD TONING with Jackie Poole

STUDIO (G125)

10. ZUMBA! GOLD TONING with Jackie Poole

ZOOM

22 April – 24 June (10 sessions, hybrid)

TIME 9.30 – 10.30 am

PRICE \$80

Strengthen your muscles to energising music using toning sticks or 1 lb. weights.

11. TAI CHI with Patricia Simon

PÉTANQUE COURT

22 April – 24 June (10 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$80

Help keep the universe and yourself in harmony with this ancient mind-body system.

12. CHARCOAL DRAWING and PAINTING with Sharon Muhammed

ZOOM

22 April – 24 June (10 sessions)

TIME 10.00 a.m. – 1.00 p.m.

PRICE \$240

For students already familiar with Sharon's very special method of online teaching.

13. MAH JONGG CLUB with Cheryl Stafford

ROOM B164

22 April – 24 June (10 sessions)

TIME 10.30a.m. – 12.30 noon

PRICE \$40

Try your luck at this strategic Chinese tile game. If you're new, we'll help you learn.

14. LINE DANCING (intermediate) with Mary Johnson

STUDIO (G125)

22 April – 24 June (10 sessions)

TIME 11.00 a.m. – 12.30 pm

PRICE \$120

Now you know the basic moves, try something with a little fancy footwork.

15. CHAIR YOGA with Sarah Cook

ROOM B146

16. CHAIR YOGA with Sarah Cook

ZOOM

22 April – 24 June (10 sessions)

TIME 11.00 a.m. – 12.00 p.m.

PRICE \$80

This gentle yoga class keeps your body flexible. Using the chair keeps you safe.

17. YOGA (all levels) with Sarah Cook ***NEW LOCATION***

THE CLUB STUDIO

18. YOGA (all levels) with Sarah Cook

ZOOM

22 April – 24 June (10 sessions)

TIME 12.30 – 1.45 p.m.

PRICE \$120

This is a hybrid class both for students new to the asanas and those with some experience.

19. LINE DANCING (for absolute beginners) with Mary Johnson **STUDIO (G125)**

22 April – 24 June (10 sessions)

TIME 1.00 – 2.00 p.m.

PRICE \$80

If you've never tried line dancing, join this new class and learn the basic moves!

ON WEDNESDAYS

20. FIT FOR LIFE with Monique Cook

GYMNASIUM

23 April – 25 June (10 sessions)

TIME 9.00 – 10.00 a.m.

PRICE \$80

Move your body for both strength and flexibility - the bases of a healthy lifestyle.

21. FIT FOR LIFE with Monique Cook

GYMNASIUM

23 April – 25 June (10 sessions)

TIME 10.00 – 11.00 a.m.

PRICE \$80

Move your body for both strength and flexibility - the bases of a healthy lifestyle.

***22. NO PANIC PILATES (for improvers) with Caitlin Curtis**

STUDIO (G125)

16 April – 28 May (7 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$60

This Pilates class is for those with at least two terms as a beginner with Caitlin.

***23. NO PANIC PILATES (for beginners) with Caitlin Curtis**

STUDIO (G125)

***24. NO PANIC PILATES (for beginners) with Caitlin Curtis**

ZOOM

16 April – 28 May (7 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$60

Learn how to develop core strength and stability, muscle control and endurance.

25. KNITTING AND CROCHET CLUB with Peggy Elliot

ROOM B 164

23 April – 25 June (10 sessions)

TIME 11.00 – 12.30

PRICE \$40

Learn to knit or crochet in a friendly group. Improve your skills if you already know how.

26. UKULELE for EVERYONE with Jo Payne

ROOM B 151

23 April – 25 June (10 sessions)

TIME 1.00 – 2.15 p.m.

PRICE \$40

Play and sing along in this fun-filled group for all levels.

27. SHORT CIRCUITS with Beverly Daniels and Mary Stones

OUTDOORS

23 April – 25 June (10 sessions)

TIME 3.30 – 4.30 p.m.

PRICE \$40

Gentle, repeatable walks with friends in beautiful outdoor locations.

ON THURSDAYS

28. **ZUMBA! GOLD** with Jackie Poole

STUDIO (G125)

29. **ZUMBA! GOLD** with Jackie Poole

ZOOM

24 April – 26 June (10 sessions)

TIME 9.30 – 10.30 a.m.

PRICE \$80

A fun, low-impact hybrid fitness class inspired by Latin and international rhythms.

30. **MAH JONGG CLUB** with Debbie Mackenzie

ROOM B164

24 April – 26 June (10 sessions)

TIME 9.30 a.m. – 12.00 noon

PRICE \$40

Try your luck at Mah Jong, a strategic Chinese tile game. Some experience required.

31. **TAP DANCING (intermediate)** with Barbara Frith

STUDIO (G 125)

24 April – 26 June (10 sessions)

TIME 10.45 – 11.45 a.m.

PRICE \$80

For those with some tap experience who would like build on their steps.

32. **IYENGAR YOGA** with Sarah Cook ***NEW LOCATION***

THE CLUB STUDIO

33. **IYENGAR YOGA** with Sarah Cook

ZOOM

24 April – 26 June (10 sessions)

TIME 12.30 – 1.45 p.m.

PRICE \$120

For all levels. Iyengar yoga uses simple props for correct alignment in the asanas.

34. **THE PEOPLE'S PETANQUE**

24 April – 26 June (10 sessions)

PÉTANQUE COURT

TIME 1.00 – 2.30 p.m.

PRICE \$40

Play this outdoor game to meet new people and reconnect with old friends.

35. **CLUB PETANQUE – LATE BLOOMERS** with Debbie Mackenzie

24 April – 26 June (10 sessions)

PÉTANQUE COURT

TIME 3.00 – 4.30 p.m.

PRICE \$40

Meet people and reconnect with old friends when you play this great outdoor game.

36. **BOTANICAL ILLUSTRATION** (beginners) with Michelle Pasquin

24 April (8 sessions, dates to be confirmed)

ROOM B151

TIME 12.30 – 2.00 p.m.

PRICE \$100

Capture the spirit of Bermuda's plants with graphite and aquarelle pencils.

37. **BOTANICAL ILLUSTRATION** (intermediate) with Michelle Pasquin

24 April (8 sessions, dates to be confirmed)

ROOM B 151

TIME 2.30 – 4.00 p.m.

PRICE \$100

Capture the spirit of Bermuda's plants with graphite and aquarelle pencils.

ON FRIDAYS

38. FRIDAY PILATES with Caroline Robinson

STUDIO (G125)

25 April – 4 July (10 sessions, no class 23 May)

TIME 9.30 – 10.30 a.m.

PRICE \$80

Pilates gently improves core strength, movement, and posture for all body types.

39. LLC RAMBLING CLUB with Richard Ferrett

OUTDOORS

25 April – 4 July (10 sessions, no class 23 May)

TIME 10.00 a.m. – 12.00 noon

PRICE \$40

Walk with friends in Bermuda's beautiful countryside.

40. SILVER SWANS (advanced) with Mary Faulkenberry and Jayne Burnett

STUDIO (G125)

25 April – 4 July (10 sessions, no class 23 May)

TIME 10.45 – 11.45 a.m.

PRICE \$80

A more Advanced class for those with previous ballet experience.

***41. GENTLE IYENGAR YOGA with Ann McDermott-Kave**

ZOOM

11 April – 8 August (13 sessions, no classes 18 & 25 April; 23 May; 4 and 11 July)

TIME 11.00 – 12.30 p.m.

PRICE \$155

Learn how to use simple props for correct alignment in your yoga poses.

42. SILVER SWANS (beginners) with Mary Faulkenberry and Jayne Burnett

STUDIO (G125)

25 April – 4 July (10 sessions, no class 23 May) ***NEW***

TIME 12.00 noon – 1.00 p.m.

PRICE \$80

A gentle class for the absolute beginner or those wishing to refresh the basics.

ON SATURDAYS

43. TAI CHI SISTER with Patricia Simons

BOTANICAL GARDENS

26 April – 28 June (10 sessions)

(G125 in case of rain)

TIME 10.00 – 11.00 a.m.

PRICE \$80

Enjoy Tai Chi's slow, focussed sets of movements. For those with some experience.

NB: * Means that a class starts early! Please note the dates.

OUTINGS and SPECIALS EVENTS

a. MISINFORMATION! with **Rehana Packwood**. Weds April 23 from 2.30 – 3.30
Free class in the Library Conference Room.

You use the internet. Now learn more about how to spot what is real and what is fake news.

Please watch out for additional outings and special events during the Summer Term,
including BIRD WATCHING with **Paul Watson** and **FORAGING FOR WILD PLANTS**
with **Doreen Williams James**.

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OUR REFUND AND CANCELLATION POLICY

*If anyone cancels registration in a course, outing or activity offered by the Lifelong Learning Centre **more than 24 hours** before the start of such a course, outing or activity, a full refund will be given for the cost of the course, outing or activity **less an administrative fee of \$5.00**. All refunds will be by cheque or direct deposit and not through BDAtix. There will be no refund of any BDAtix registration fee. Remember that no refund will be given if a member wishes to cancel after the start of a course, outing or activity. A full or pro-rated refund will be given if the LLC must cancel a course, outing or activity. This does **not** apply to unavoidable postponements such as hurricanes. All refunds must be requested for processing within the term of the course, outing or activity and cannot be extended beyond the financial year.*

This policy has been effective from 17 April 2023.

OUR PIPA (PRIVACY) POLICY

*Effective 1 January 2025, **PIPA** or Personal Information and Privacy Act (2016) requires all organisations in Bermuda including charities to have transparent policies and procedures that show how personal data is stored and used. At LLC we record only the bare minimum of personal information to enable us to communicate our activities with our members, our instructors and our club leaders. We never share data outside our organisation, and do not store bank information when processing financial transactions, either online or in the office.*

LLC - follow us on 

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