

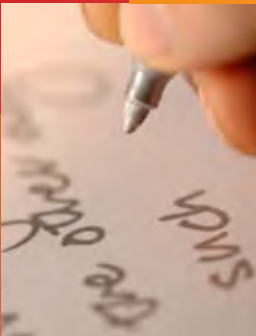
At Strode College we are committed to your personal development. We try to ensure that most students have the opportunity to gain skills and enjoy sport and other activities alongside receiving the support you need to achieve qualifications which will take you further towards your career goals.

Taking part in a wide range of experiences and learning opportunities will make your time at Strode College much more enjoyable, increase your circle of friends and add another interesting dimension to your CV whether you are applying to University or going into employment.

## Courses & activities

# ENRICHMENT

2011/2012



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01458 844400



Strode College, Church Road, Street, Somerset BA16 0AB  
Tel: 01458 844400 [www.strode-college.ac.uk](http://www.strode-college.ac.uk)



World class  
learning on your  
doorstep

# ENRICHMENT COURSES AND ACTIVITIES 2011-12

Courses start week commencing 12 September 2011 (unless otherwise stated)

## Creative and Performance Arts

Choir	Thurs, 4.30pm	DV0CHX
College Ensemble	Wed, 12.25-1.25pm	DV0COX
Digital Photography (Autumn term only)	Thurs, 4.30-6.00pm	DV0DPX
Film Making Workshop	Wed, 1.23-3.25pm	DV0FMX
Jazz Band	Tues, 12.15-1.15pm	DV0JZX
Music Technology (Autumn term only)	Wed, 1.25-3.00pm	DV0MTX
Strode College Music Academy 1:1 Tuition	See separate leaflet	
Theatre Company	Wed, 1.30-4.30pm	DV0TCX

## Personal Development

Cooking on a Budget	Wed, 2.00-3.30pm	CV0ECX
Creative Writing	Wed, 1.30-4.00pm	AV0CWX
Critical Thinking AS Level	Wed, 2.00-4.30pm	AS3CT
Debating Society	Mon, 12.30-1.15pm	AV0DSX
* Dinghy Sailing Level 2 (July only, note there will be a cost to students)	Summer term (dates to be confirmed)	AV0SAX
* Duke of Edinburgh's Award	Wed (time to be confirmed)	BV0DEX
European Film Club	Wed, 12.45-2.25pm	AV0EFX
Gambia Project	Mon, 12.30-1.30pm	BV0GMX
* Learn to Row (Sept-Nov, approx £50 cost)	Sept 2011 & March 2012, 4.30-8.00pm (day to be confirmed)	AV0LRX
Strode Student Newspaper	Thurs, 12.30-1.00pm	AV0SNX

## Sport/Fitness Enrichment

Badminton/Table Tennis	Tues, 12.15-1.15pm	BV0TSX01
Balance	Mon, 5.15-6.00pm	BV0TSX32
Basketball	Fri, 3.00-4.30pm	BV0TSX02
Circuits	Wed, 7.00-8.00pm Thurs, 6.00-7.00pm	BV0TSX34
Combat	Mon, 6.00-7.00pm	BV0TSX24
Dodgeball	Mon 12.30-1.00pm	BV0TSX31
Netball	Day and time to be confirmed	BV0TSX09
Fencing	Day and time to be confirmed	BV0TSX04
Fitness Enrichment (includes activities such as combat, circuits, aerobics, balance, boot camp and possibly Zumba and Street Dance)	Tues, 12.15-1.15pm Wed, 12.15-1.15pm	BV0TSX29
Football Enrichment (women's)	Wed, 12.15-1.15pm	BV0TSX21
6 a side football	Tues, 12.15-1.15pm	BV0TSX30
Indoor Climbing	Wed, 12.15-1.15pm	BV0TSX03
Karate Club	Thurs, 7.00-9.00pm	BV0TSX35
Multi-sport Enrichment (includes activities such as indoor hockey, Frisbee, handball and indoor football)	Fri, 12.15-1.15pm	BV0TSX36
Self Defence	Wed, 6.00-7.00pm	BV0TSX33
* Street Judo Club	Tues, 6.00-8.00pm	BV0TSX08
Trampoline Enrichment	Wed, 10.40am-1.00pm	BV0TSX11
Volleyball Enrichment	Thurs, 12.15-1.15pm	BV0TSX12

## Sport Development Squads

* Football Academy (men's)	Mon, 1.00-3.00pm Wed, 1.00-4.00pm	BV0FAF
* Netball Academy	Mon, 1.00-3.00pm Wed, 1.00-4.00pm	BV0NAF
* Trampoline Academy	Tues, 12.15-1.15pm Wed, 10.40am-1.00pm Fri, 3.00-4.00pm	BV0TAF

## Languages

Spanish GCSE Level	Mon, 10.40-11.10am & Thurs, 9.00-10.30am	AE2SP
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## Employability Skills

First Aid	Wed, 1.00-3.00pm (for 3 weeks) Thurs, 1.00-3.00pm (for 3 weeks)	CV0FAX
Food Hygiene	Day and time to be confirmed	CC2FHX



### Learn to Row Course

Fine rowing is a fun and friendly sport. Most universities have rowing squads and there are boatclubs in towns and cities across the world – so if you are planning to go to University or move away to work – knowing how to row can help you make new friends.

Why not get involved with the Strode Rowing Squad? If you have never rowed before, take advantage of the 'Learn to Row course', the cost is £50 (approx) for 6 sessions.

\* Courses which incur additional costs

All enrichment activities are subject to courses having viable numbers/changes to rooms and timings.