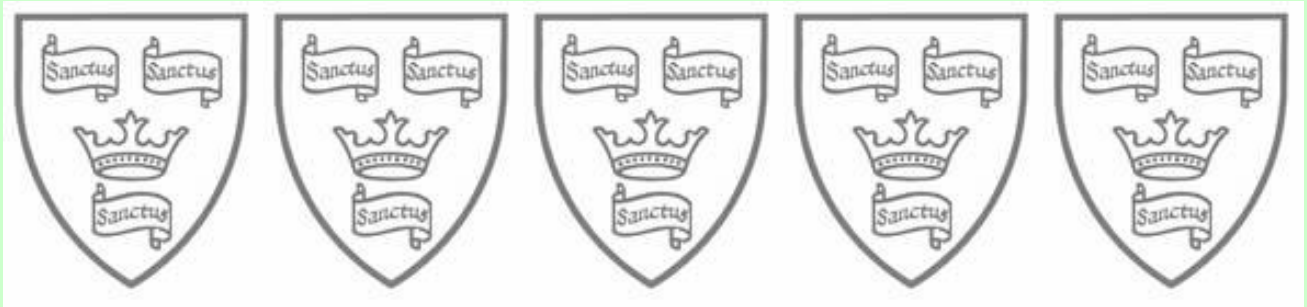


Short Courses for Adults

Nettleham Church of England Aided Junior School

Autumn 2026



We are delighted to be able to continue our Thursday evening classes for the Autumn Term 2026 and really looking forward to another term of adult learning in school on Thursday evenings.

Course Dates for Autumn 2026

Yoga Sessions run from 6.30pm–8.00pm on Thursday evenings

Beginners' Spanish runs from 5.00pm-6.00pm with intermediate and advanced Spanish for 6.00pm- 7.30pm

Choir runs from 6.30pm to 8.30pm

Term Dates for Autumn 2026: Term 1: 17th September – 15th October (5 sessions)

Term 2: 5th November – 3rd December (5 sessions)

Closing date for applications for Autumn 2026 is Friday 11th September 2026

Please [click here](#) to book your place!

Contact details

Nettleham Church of England Aided Junior School, Mill Hill, Nettleham, LN2 2PE

or email enquiries@nettleham-junior.lincs.sch.uk or telephone 01522 750376

Thrilling Thursday Evening Sessions

Yoga £6 per session/ £5 concessions

Yoga is not about touching your toes, it's what you learn on the way down. Yoga is like life – it's a balance of holding on and letting go. Yoga takes you into the precise moment, the only place where life exists.

Yoga is a time set aside to meet up with yourself (a rare thing) and stretch, breathe and find some stillness. Yoga introduces you to techniques to slow down, develop your awareness and refine your concentration. Through stretching and maintaining the postures we become stronger, more supple, and more confident. Soon you find there is no competition in yoga, and you work at your own level.

Dominique Holowina is a local yoga teacher; she has been teaching for 40 years in and around the County. She has trained extensively with the British Wheel of Yoga and the British School of Shiatsu-Do.

All are welcome. Unfortunately, numbers are limited to 10. ☯ For specific enquiries ring Dominique on 01522 595356.

Spanish £6 per session/ £5 concessions Beginners from 5.00 pm until 6.00 pm - Intermediate from 6.00 pm to 7.30 pm .

Aurelie Dale is a native French and fluent Spanish speaker who has lived in England for the past 22 years and worked as a language consultant in various schools, as well as providing adult tuition on numerous occasions. Her aim is to provide a friendly and enjoyable environment, enabling people of a wide range of abilities to thrive regardless of their past experience - making her classes accessible to all.

If you would like to learn Spanish and share the culture as a beginner or if you have previous experience and wish to improve your foreign language , please feel free to join her on Thursdays.

Nettleham Community Choir £4 per session extended timings – 6.30pm – 8.30pm

The mighty Nettleham Community Choir led by experienced and energetic choir leader Liz McIntosh. They sing all sorts of songs, suiting many tastes. No one has to sing on their own or read music; among their members are complete beginners, experienced singers, confident voices and people who think they can't (or shouldn't) sing! Members are encouraged and supported to sing, to perform (if that's something you'd like to try) and to develop their own voice. If you would like to join, please contact Liz directly on 07713746679 or nettlehamcommunitychoir@gmail.com to find out more details. Please note that the choir is very popular and currently operates a waiting list for new members.

Superb Saturday Morning Activities

Nettleham Orchestral Workshops £8 per session

19th September, 17th October, 21st November and 12th December 2026

In conjunction with SoundLincs and local conductor Mary Michell we are delighted to offer the continuation of this wonderful musical opportunity for the community. Aimed at musicians who want to play in a relaxed and friendly atmosphere – these workshops offer the opportunity to brush the cobwebs of your instrument and playing skills in a supportive environment. All you need is your instrument and a music stand to join a friendly group of enthusiastic amateur musicians capturing the joy of playing music together but where the emphasis is very much on fun. To join the Nettleham Orchestral Workshop, please contact Mary Michell directly: mary@musiclessonswithmary.co.uk.

Please [click here](#) to book your place!