



Onehunga
High School
Community
Education

Term 3 & 4 Classes

July - December
2026

Explore lifelong
learning opportunities

Onehunga High School
24 Pleasant Street, Onehunga

adultlearn.co.nz
09 636 9060



Welcome to Term 3 and 4

Whether you're picking up something new, revisiting an old passion, or simply looking to connect with others in your community, there's something in this programme just for you.

How to enrol

Visit our website adultlearn.co.nz to enrol online. Pre-enrolment is required for all classes.

Pricing

Fees listed are for New Zealand citizens and residents only. Non-residents welcome. Non-resident fees applicable.

Refunds

Full refund if class does not start. No refund if you withdraw within 5 working days of the class start, or after the class has started. It is possible to transfer between classes within 3 working days of a class starting.

Parking

Parking is free of charge to our learners. There are dedicated carparks at the top of school and limited parking available on Pleasant Street.

Term Dates

Term 1: 2 February
Term 2: 27 April
Term 3: 27 July
Term 4: 19 October

Enrol Online:

www.adultlearn.co.nz

Email Us:

comed@ohs.school.nz

Phone Us:

(09) 636 9060

All information is correct at time of printing. For up to date information please check our website



Onehunga High School
Community Education

24 Pleasant St,
Onehunga

New to Term 3 & 4

Term 3: 20th July - 19th September
Term 4: 12th October - 18th December

Book Online: www.adultlearn.co.nz

NEW COURSES

Suminagashi - Floating Ink Marbling Workshop

\$50.00 1 Day

Learn the ancient Japanese art of Suminagashi paper marbling through guided demonstration, hands-on practice, and creative ink drawing.

Saturday 8 August 10:00am - 1:00pm

Pottery - Hand-Building with Clay

\$275.00 8 Weeks

Learn coiling, pinching, and slab building techniques. Explore texture, form, and design while creating your own unique pieces.

Wednesday 29 July 6:00pm - 8:00pm

Kurinuki Pottery Workshop

\$60.00 1 Day

Learn the traditional Japanese hand-building technique of kurinuki, carving a tea bowl from clay in this mindful, beginner-friendly workshop.

Saturday 8 August 10:00am - 12:00pm

Sashiko Hand-Stitching Workshop

\$65.00 1 Day

Learn the history and technique of traditional Japanese Sashiko stitching. Kit includes indigo fabric, needle, thread and design paper.

Saturday 5 September 9:30am - 12:30pm

Canva for Social Media: Simple, Professional Design Saturday Workshop

\$40.00 1 Day

Learn to create professional social media designs. Build a brand kit, use Canva efficiently, and create reusable templates with confidence.

Saturday 8 August 10:00am - 4:00pm

Saturday 5 September 10:00am - 4:00pm

MS Excel Beginners to Intermediate Workshop

\$85.00 1 Day

Practical course for learners new to Excel. Learn to create spreadsheets, use formulas, format data, and build charts. Advance to sorting, filtering, and statistical calculations.

Saturday 19 September 10:00am - 4:00pm

Social Media Marketing for Small Business Workshop

\$80.00 1 Day

Practical workshop covering platform selection, content strategy, Meta Ads Manager, and organic and paid posts. Leave with a 30-day action plan.

Saturday 5 September 9:00am - 1:00pm

Starting a Small Business Workshop

\$60.00 2 Days

Map out a simple roadmap, find your ideal customers, and master startup numbers. Practical, low-cost strategies to build real confidence.

Saturday 8 August 9:30am - 1:30pm

Saturday 22 August 9:30am - 1:30pm

Te Reo Māori Stage 3

Free 8 Weeks

Build on Level 2 with passive, possessive, and location sentences. Conclude the term learning negation for everyday Te Reo use.

Thursday 6 August 6:50pm - 8:50pm

Korean Cuisine Jipbap House Cooked Meals*

\$140.00 5 Weeks

Learn to make authentic Korean banchan and guk through step-by-step demonstration and hands-on cooking practice.

Tuesday 28 July 6:30pm - 8:30pm

HIIT Pilates

\$85.00	8 Weeks
Full-body workout combining high-intensity bursts with controlled Pilates movements. Build strength, core stability and cardiovascular fitness. All levels welcome.	
Thursday 30 July	6:15pm - 7:15pm
Thursday 22 October	6:15pm - 7:15pm

Mindful Movement

\$85.00	8 Weeks
Low-impact class using swiss balls and resistance bands. Improve mobility, stability and core strength. Move feeling balanced and refreshed.	
Tuesday 28 July	6:00pm - 7:00pm
Tuesday 20 October	6:00pm - 7:00pm

Indian Cuisine Saturday Workshop*

\$65.00	1 Day
Cook alongside the instructor and learn essential techniques. Each session features a vegetarian and non-vegetarian dish with rice, naan or salad.	
Saturday 8 August	9:30am - 1:00pm
Saturday 31 October	9:30am - 1:00pm



24 Pleasant Street, Onehunga

Weekend Courses

Scan here
to book:



Visit our website at www.adultlearn.co.nz to enrol online.

Confident and Assertive Communication Skills Workshop

\$50.00 1 Day

Learn practical strategies to manage thoughts and emotions, communicate assertively, and express your needs in a safe, supportive environment.

Saturday 8 August 9:00am - 12:00pm

Saturday 31 October 9:00am - 12:00pm

Social Media Marketing for Small Business Workshop

\$80.00 1 Day

Practical workshop covering platform selection, content strategy, Meta Ads Manager, and organic and paid posts. Leave with a 30-day action plan.

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Saturday 8 August 9:30am - 1:30pm

Saturday 22 August 9:30am - 1:30pm

Self Care with Ayurveda - Women's Health Workshop

\$70.00 1 Day

Hands-on workshop exploring Ayurvedic principles for women's health. Learn body types, diet, wellness practices, face massage, yoga, meditation, and recipes.

Saturday 22 August 9:00am - 12:00pm

Saturday 28 November 9:00am - 12:00pm

101 Basics of Retirement Workshop

\$35.00 2 Days

Practical retirement planning. Learn about KiwiSaver, NZ Super, wages, taxes, cost of living, and financial strategies to secure a comfortable future.

Saturday 8 August 10:00am - 1:00pm

Saturday 31 October 10:00am - 1:00pm

Upholstery Beginners - Saturday Workshop

\$125.00 4 Days

Hands-on beginners upholstery. Refurbish small items with guidance on measuring, cutting, and basic techniques.

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1 Day

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1 Day

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Saturday 5 September

9:30am - 12:30pm

Indian Cuisine Saturday Workshop*

\$65.00

1 Day

Cook alongside the instructor and learn essential techniques. Each session features a vegetarian and non-vegetarian dish with rice, naan or salad.

Saturday 8 August

9:30am - 1:00pm

Saturday 31 October

9:30am - 1:00pm



ENGLISH

English Conversation Club - All Intermediate Levels

Free* 8 Weeks

Practice and build on existing English skills. Improve vocabulary, speaking fluency, and confidence in real-life, supportive conversations.

Friday 31 July 12:45pm - 2:15pm

Friday 23 October 12:45pm - 2:15pm

Kiwi English for Migrants - Level 1

Free* 4/8 weeks

Introductory ESOL class focusing on "Kiwi" English. Learn phonics, vocabulary, basic grammar, and speaking skills in a communicative, fun format.

Tuesday 28 July 6:45pm - 8:45pm

Tuesday 25 August 6:45pm - 8:45pm

Tuesday 20 October 6:45pm - 8:45pm

Tuesday 17 November 6:45pm - 8:45pm

Kiwi English for Migrants - Level 2

Free* 4/8 weeks

Improve grammar, vocabulary, and conversational confidence. Suitable for learners who can speak and understand simple sentences.

Tuesday 28 July 6:45pm - 8:45pm

Tuesday 25 August 6:45pm - 8:45pm

Tuesday 20 October 6:45pm - 8:45pm

Tuesday 17 November 6:45pm - 8:45pm

Kiwi English for Migrants - Level 3

Free* 4/8 weeks

Improve grammar, vocabulary, and conversational confidence. Suitable for learners who can speak and understand simple sentences.

Tuesday 28 July 7:00pm - 9:00pm

Tuesday 25 August 7:00pm - 9:00pm

Tuesday 20 October 7:00pm - 9:00pm

Tuesday 17 November 7:00pm - 9:00pm

English Beginners and Pre-Intermediate

Free* 10 Weeks

A beginner ESOL course introducing basic words and phrases, ideal for those just starting out with English.

Monday 20 July 9:15am - 12:15pm

Monday 12 October 9:15am - 12:15pm

Kiwi Culture and Language

Free* 10 Weeks

Learn New Zealand culture and Kiwi vocabulary through themed lessons. Practice everyday topics, discover Kiwi expressions, and gain confidence in speaking with New Zealanders.

Monday 20 July 12:30pm - 2:30pm

Monday 12 October 12:30pm - 2:30pm

General English - All Intermediate Levels

Free* 8 Weeks

Relaxed conversation course to improve vocabulary, listening, and fluency. Learn at your own pace in a supportive, interactive environment.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

English Intermediate and Upper Intermediate

Free* 10 Weeks

Post-beginners class for learners with prior knowledge or speaking confidence. Expand grammar, vocabulary, and conversational skills.

Tuesday 21 July 9:15am - 12:15pm

Tuesday 13 October 9:15am - 12:15pm

*Free for NZ residents in 2026. Bring your passport to the first lesson to prove residency status.

ENGLISH

Job Skills and Interview Coaching for ESOL Learners

Free* 8 Weeks

Practical course covering CV writing, cover letters, and interview techniques. Build confidence and professional skills for the NZ job market.

Tuesday 28 July 5:00pm - 6:30pm

Tuesday 20 October 5:00pm - 6:30pm

LANGUAGES

French Stage 1

\$105.00 7 Weeks

Friendly, conversation-based course for beginners. Learn basic vocabulary, grammar, everyday expressions, and gain insights into French culture.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

German Stage 1

\$105.00 7 Weeks

Absolute beginner's German course. Learn essential vocabulary, pronunciation, and everyday conversation skills for travel and communication.

Tuesday 28 July 7:00pm - 9:00pm

Tuesday 20 October 7:00pm - 9:00pm

Italian Stage 1

\$105.00 7 Weeks

Conversation-focused Italian for beginners. Learn essential vocabulary, expressions, and cultural insights to handle simple conversations confidently.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

Japanese Stage 1

\$75.00 7 Weeks

Beginner Japanese course. Learn essential greetings, vocabulary, and expressions while exploring Japanese culture and customs.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

French Stage 2

\$105.00 7 Weeks

Build on Stage 1 with expanded vocabulary, grammar, and practical conversation skills. Grow confidence and deepen understanding of French culture.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

German Stage 2

\$105.00 7 Weeks

Continuation of German Stage I. Expand spoken and written skills while building confidence in real-world communication.

Wednesday 29 July 7:00pm - 9:00pm

Wednesday 21 October 7:00pm - 9:00pm

Italian Stage 2

\$105.00 7 Weeks

Take your Italian further with advanced vocabulary, grammar, and conversation, plus deeper exploration of Italian culture.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Japanese Stage 2

\$75.00 7 Weeks

Build on Stage 1, strengthen vocabulary, pronunciation, and conversational skills while deepening cultural understanding.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

LANGUAGES

Korean Beginners

\$75.00 8 Weeks

Learn basic Korean reading, writing, speaking, and cultural insights to confidently introduce yourself and hold simple conversations.

Wednesday 29 July 5:00pm - 7:00pm

Wednesday 21 October 7:00pm - 9:00pm

Korean Stage 2

\$75.00 8 Weeks

Expand your Korean skills with longer sentences, interactive exercises, and deeper cultural understanding.

Wednesday 29 July 7:00pm - 9:00pm

Wednesday 21 October 5:00pm - 7:00pm

Spanish Stage 1

\$105.00 7 Weeks

Absolute beginner Spanish. Learn pronunciation, greetings, numbers, basic grammar, and essential vocabulary for everyday communication.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Spanish Stage 2

\$105.00 7 Weeks

Continuation of Spanish beginners. Build grammar, vocabulary, and practical conversation skills for everyday situations.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

Spanish Stage 3

\$105.00 7 Weeks

Focus on confidence in spoken and written Spanish. Practice complex sentences, idioms, cultural traditions, and conversation skills.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Samoan Beginners

\$35.00 8 Weeks

Introductory Samoan language course. Learn basic vocabulary, grammar, conversation, and gain insights into Samoan culture.

Thursday 30 July 7:00pm - 9:00pm

Thursday 22 October 7:00pm - 9:00pm

Samoan Post Beginners

\$35.00 8 Weeks

Stage 2 Samoan. Expand vocabulary, grammar, and conversational confidence while exploring fa'a Samoa culture and traditions.

Wednesday 29 July 6:30pm - 8:30pm

Wednesday 21 October 6:30pm - 8:30pm

Tongan Language and Culture

\$35.00 8 Weeks

Beginner Tongan. Learn vocabulary, pronunciation, and conversation skills while exploring Tongan society and language registers.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Tongan Language and Culture Stage 2

\$35.00 8 Weeks

Continuation of Tongan. Expand vocabulary and grammar while developing conversational confidence and cultural understanding.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Mandarin Stage 1

\$75.00 7 Weeks

Conversation-focused beginner Mandarin. Learn vocabulary, expressions, and cultural customs for everyday interactions.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

NZ SIGN LANGUAGE

New Zealand Sign Language Level 1 (Beginners A)

\$75.00 8 Weeks

Introduction to NZSL for absolute beginners. Learn greetings, fingerspelling, numbers, and how to introduce yourself and express basic needs.

Tuesday 28 July 6:50pm - 8:50pm

New Zealand Sign Language Level 1 (Beginners C)

\$75.00 8 Weeks

Continue building NZSL skills. Learn to start conversations, give compliments, discuss everyday topics, and negotiate appointments and bookings.

Tuesday 28 July 6:50pm - 8:50pm

New Zealand Sign Language Level 1 (Beginners B)

\$75.00 8 Weeks

Build on NZSL 1A knowledge. Learn to communicate about whanau, personal details, routines, feelings, numbers, and simple time phrases.

Tuesday 20 October 6:50pm - 8:50pm

New Zealand Sign Language Level 1 (Beginners D)

\$75.00 8 Weeks

Extend NZSL skills from Intro 1C. Learn invitations, addresses, home layout, directions, celebrations, travel, and future plans in this 8-week course.

Tuesday 20 October 6:50pm - 8:50pm

TE REO MĀORI

Te Reo Māori - Beginners

Free 8 Weeks

Step-by-step beginner Te Reo Māori. Learn pronunciation, karakia, proverbs, numbers, greetings, personal pronouns, basic sentences, and mihimihi with cultural context.

Tuesday 4 August 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Te Reo Māori Stage 3

Free 8 Weeks

Build on Level 2 with passive, possessive, and location sentences. Conclude the term learning negation for everyday Te Reo use.

Thursday 6 August 6:50pm - 8:50pm

Te Reo Māori Stage 2

Free 8 Weeks

Intermediate Te Reo Māori. Build on Level 1 with active, indefinite, and classifying sentences, connectors, pronouns, and basic kīwaha for everyday use.

Tuesday 4 August 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Te Reo Māori Stage 4

Free 8 Weeks

Continue to develop and practice your skills in Te Reo Māori in this intermediate level extension class. A continuation class for those who have completed Te Reo Māori Level 3. Suitable for learners who have completed at least 32 hours' study in Te Reo Māori.

Tuesday 20th October 6:50pm - 8:50pm

HEALTH AND WELLBEING

Self Care with Ayurveda - Women's Health Workshop

\$70.00

1 Day

Hands-on workshop exploring Ayurvedic principles for women's health. Learn body types, diet, wellness practices, face massage, yoga, meditation, and recipes.

Saturday 22 August 9:00am - 12:00pm

Saturday 28 November 9:00am - 12:00pm

Critical Thinking

\$35.00

6 Weeks

Cut through misinformation, spot weak arguments, and sharpen reasoning through real-world examples and debate. Perfect for career growth or lifelong learning.

Thursday 30 July 6:45pm - 8:45pm

Morality and Moral Dilemmas

\$35.00

6 Weeks

Explore moral theories and real-world dilemmas, developing a solid ethical framework to navigate tough choices with integrity.

Thursday 22 October 6:45pm - 8:45pm

The Art and Science of Longevity: Living a Longer, Happier, Healthier Life

\$35.00

5 Weeks

Practical course on healthy ageing, covering exercise, nutrition, cognitive wellbeing, and lifestyle habits to support a longer, vibrant life.

Thursday 30 July 6:00pm - 8:00pm

Thursday 22 October 6:00pm - 8:00pm

Vision to Reality: A 3 Week Creative Vision Board

\$35.00

3 Weeks

Clarify goals and build a visual roadmap for your future. Three weeks of guided creativity — no art skills required.

Thursday 30 July 6:20pm - 8:20pm

Psychological Theories and Their Application

\$35.00

6 Weeks

Learn core psychological theories and how they apply to daily life, relationships, and self-understanding in an accessible, practical format.

Tuesday 28 July 6:30pm - 8:00pm

Tuesday 20 October 6:30pm - 8:00pm

Psychological Theories and Their Application Part 2

\$35.00

4 Weeks

Build on foundational theories to explore applied psychology, including narrative therapy, attachment theory, and real-world applications.

Wednesday 26 August 6:30pm - 8:00pm

Wednesday 18 November 6:30pm - 8:00pm

Wake up Your Life: How to Make Small Shifts for a Big Impact

\$35.00

6 Weeks

Interactive course guiding you to clarify values, break habits, build resilience, and make meaningful life changes with practical tools.

Thursday 30 July 6:30pm - 8:30pm

Thursday 22 October 6:30pm - 8:30pm

Effective Stress Management

\$35.00

4 Weeks

Learn to recognise personal stress responses and develop practical strategies to support calmer thinking, balanced emotions, and healthier choices.

Wednesday 29 July 6:30pm - 8:30pm

Wednesday 21 October 6:30pm - 8:30pm

Psychological Presentations

\$35.00

6 Weeks

Overview of common psychological difficulties, including depression, anxiety, PTSD, bipolar, and OCD, with insights into treatment approaches.

Thursday 30 July 6:30pm - 8:00pm

Thursday 22 October 6:30pm - 8:00pm



FITNESS, DANCE & MUSIC

Badminton Ninja Course

\$125.00 8 Weeks

Beginner to intermediate course developing footwork, offensive and defensive shots, and game strategy.

Wednesday 29 July 7:00pm - 8:30pm

Wednesday 21 October 7:00pm - 8:30pm

Bollydance Beginners to Intermediate

\$85.00 7 Weeks

Get fit and have fun with Bollywood dance. Learn upbeat routines while building stamina, coordination, and confidence in a lively class.

Thursday 6 August 7:00pm - 8:00pm

Thursday 22 October 7:00pm - 8:00pm

Guitar Beginners

\$85.00 8 Weeks

Perfect for first-time players. Learn chords, easy tablature, and well-known songs including Kiwi classics and popular favourites.

Tuesday 28 July 6:45pm - 8:45pm

Tuesday 20 October 6:45pm - 8:45pm

Guitar Intermediate

\$85.00 8 Weeks

Build on the basics with blues, classical, country and reggae styles. Explore songs by The Beatles, Clapton, Crowded House and more.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

HIIT Pilates

\$85.00 8 Weeks

Full-body workout combining high-intensity bursts with controlled Pilates movements. Build strength, core stability and cardiovascular fitness. All levels welcome.

Thursday 30 July 6:15pm - 7:15pm

Thursday 22 October 6:15pm - 7:15pm

Wing Chun Kung Fu

\$75.00 8 Weeks

Beginner-friendly martial art class learning foundational Wing Chun movements, drills, balance and timing. Build fitness and confidence from day one.

Wednesday 29 July 6:00pm - 7:20pm

Wednesday 21 October 6:00pm - 7:20pm

Mindful Movement

\$85.00 8 Weeks

Low-impact class using swiss balls and resistance bands. Improve mobility, stability and core strength. Move feeling balanced and refreshed.

Tuesday 28 July 6:00pm - 7:00pm

Tuesday 20 October 6:00pm - 7:00pm

Serrada Escrima - Filipino Stick Fighting

\$75.00 8 Weeks

Learn Filipino stick-fighting fundamentals including angles of attack, footwork and counters. Build coordination, timing and confidence in a safe environment.

Wednesday 29 July 7:30pm - 8:30pm

Wednesday 21 October 7:30pm - 8:30pm

Tai Chi and Qigong Beginners

\$85.00 8 Weeks

Gentle flowing movements with rhythmic breathing to improve flexibility, balance and circulation. Calm the mind and energise the body. All ages welcome.

Wednesday 29 July 6:00pm - 7:00pm

Wednesday 21 October 6:00pm - 7:00pm

FITNESS, DANCE & MUSIC

Tai Chi and Qigong Intermediate

\$85.00

8 Weeks

Deepen your Tai Chi and Qigong practice with intermediate-level exercises enhancing flexibility, coordination, stamina and mental wellbeing.

Wednesday 29 July 7:00pm - 8:00pm

Wednesday 21 October 7:00pm - 8:00pm

Yoga for All Levels

\$85.00

8 Weeks

Blend of yoga exercises, breathing techniques and deep relaxation. Enhance wellbeing and unlock your inner potential in a welcoming environment.

Tuesday 28 July 5:30pm - 7:00pm

Thursday 30 July 5:30pm - 7:00pm

Tuesday 20 October 5:30pm - 7:00pm

Thursday 22 October 5:30pm - 7:00pm

COMPUTING

Canva for Social Media: Simple, Professional Design Saturday Workshop

\$40.00

1 Day

Learn to create professional social media designs. Build a brand kit, use Canva efficiently, and create reusable templates with confidence.

Saturday 8 August 10:00am - 4:00pm

Saturday 5 September 10:00am - 4:00pm

Chat GPT and AI Applications

\$74.00

8 Weeks

Learn practical AI tools and applications for everyday tasks, from recipes and gardening to image creation and budgeting. Hands-on practice helps you confidently apply AI at home or work.

Tuesday 28 July 6:30pm - 8:30pm

Tuesday 20 October 6:30pm - 8:30pm

Xero Training for Beginners and Intermediate

\$115.00

7 Weeks

Hands-on accounting course to manage business finances in Xero. Learn invoicing, bills, bank feeds, GST, income tax, budgeting, and business setup. Prepare for professional accounting tasks and Xero Certification.

Tuesday 28 July 6:30pm - 8:30pm

Tuesday 20 October 6:30pm - 8:30pm

MS Excel Beginners to Intermediate Workshop

\$85.00

1 Day

Practical course for learners new to Excel. Learn to create spreadsheets, use formulas, format data, and build charts. Advance to sorting, filtering, and statistical calculations.

Saturday 19 September 10:00am - 4:00pm

“Knowledgeable teacher at a price that fits any budget. I’ve learned so much here without breaking the bank!”

Canva for Social Media: Simple, Professional Design Saturday Workshop



The workouts are incredibly fun and kept me engaged with a great variety of exercises. I especially loved the creative and effective use of the swiss balls and resistance bands!



LIFE SKILLS

Car Maintenance and Repairs - Basic

\$104.00

8 Weeks

Hands-on course covering oil changes, spark plugs, tyres, brake pads and basic troubleshooting. Bring your own vehicle to work on.

Wednesday 21 October

5:30pm - 7:30pm

101 Basics of Retirement Workshop

\$35.00

2 Days

Practical retirement planning. Learn about KiwiSaver, NZ Super, wages, taxes, cost of living, and financial strategies to secure a comfortable future.

Saturday 8 August

10:00am - 1:00pm

Saturday 31 October

10:00am - 1:00pm

First Aid

\$125.00

1 Day

Learn essential first aid and CPR. Hands-on training with a certified trainer; NZQA-registered learners can gain two credits.

Saturday 8 August

9:00am - 5:00pm

Saturday 31 October

9:00am - 5:00pm

Sewing Workshop - Open

\$95.00

7 Weeks

Work on your own sewing projects with personal guidance. Social, flexible, and ideal for those who know the basics.

Tuesday 28 July

6:50pm - 8:50pm

Tuesday 20 October

6:50pm - 8:50pm

“A great opportunity to create something new, connect with like-minded people, and learn new skills under the guidance of a fantastic teacher.”

LIFE SKILLS

Crochet Beginners

\$55.00 8 Weeks

Learn the basics of crochet. Practice fundamental stitches, reading patterns, and create small projects like dishcloths, medallions, and toys.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

Crochet Intermediate

\$45.00 8 Weeks

Advance your crochet skills. Create toys and projects of your choice while refining techniques and exploring NZ/ Aus/UK vs US stitch terminology.

Thursday 30 July 6:45pm - 8:45pm

Thursday 22 October 6:45pm - 8:45pm

Upholstery Beginners - Saturday Workshop

\$125.00 4 Days

Hands-on beginners upholstery. Refurbish small items with guidance on measuring, cutting, and basic techniques.

Saturday 8 August 9:00am - 1:00pm

Saturday 31 October 9:00am - 1:00pm

Welding and Metal Sculpture

\$225.00 8 Weeks

Learn MIG welding and basic metalwork. Hands-on projects, safety equipment provided, and guidance to create sculptures or furniture.

Tuesday 28 July 6:30pm - 8:30pm

Thursday 30 July 6:30pm - 8:30pm

Tuesday 20 October 6:30pm - 8:30pm

Thursday 22 October 6:30pm - 8:30pm

Pottery - Hand-Building with Clay

\$275.00 8 Weeks

Learn coiling, pinching, and slab building techniques. Explore texture, form, and design while creating your own unique pieces.

Wednesday 29 July 6:00pm - 8:00pm

Sewing Beginners

\$95.00 8 Weeks

Learn basic sewing skills: stitches, seams, zips, buttonholes, and completing a class project at your own pace.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Sewing Advanced

\$95.00 8 Weeks

Continue your sewing journey. Bring your own projects and take skills to the next level with guidance from an experienced tutor.

Thursday 30 July 5:00pm - 6:45pm

Thursday 22 October 5:00pm - 6:45pm

Upholstery - Beginners

\$125.00 8 Weeks

Hands-on beginners upholstery. Refurbish small items with guidance on measuring, cutting, and basic techniques.

Wednesday 29 July 6:00pm - 8:00pm

Thursday 30 July 6:00pm - 8:00pm

Wednesday 21 October 6:00pm - 8:00pm

Thursday 22 October 6:00pm - 8:00pm

Woodwork Beginners to Intermediate

\$125.00 8 Weeks

Hands-on woodworking. Complete your own projects with tutor guidance; materials needed for finishing projects not included.

Tuesday 28 July 6:30pm - 8:45pm

Wednesday 29 July 6:30pm - 8:45pm

Tuesday 20 October 6:30pm - 8:45pm

Wednesday 21 October 6:30pm - 8:45pm

BUSINESS AND CAREERS

Accounting for Non-Accountants - Beginners

\$65.00 8 Weeks

Hands-on course to learn basic accounting for home or work. No prior experience required. Develop confidence managing finances and understanding core accounting concepts.

Wednesday 29 July 6:30pm - 8:30pm

Wednesday 21 October 6:30pm - 8:30pm

101 Basics of Retirement Workshop

\$35.00 2 Days

Practical workshop covering cost of living, KiwiSaver, NZ Super, taxes, and strategies for a financially secure retirement.

Saturday 8 August 10:00am - 1:00pm

Saturday 31 October 10:00am - 1:00pm

Career Development

\$35.00 4 Weeks

Develop a roadmap for career growth. Covers personal branding, communication, leadership, time management, negotiation, and workplace skills.

Thursday 30 July 6:30pm - 8:30pm

Thursday 22 October 6:30pm - 8:30pm

Workplace Dynamics

\$35.00 4 Weeks

Enhance workplace culture and productivity. Covers team behaviour, communication, conflict resolution, inclusion, and emotional intelligence.

Thursday 27 August 6:30pm - 8:30pm

Thursday 19 November 6:30pm - 8:30pm

First Aid

\$125.00 1 Day

Learn essential first aid and CPR. Hands-on training with a certified trainer; NZQA-registered learners can gain two credits.

Saturday 8 August 9:00am - 5:00pm

Saturday 31 October 9:00am - 5:00pm

Confident and Assertive Communication Skills Workshop

\$50.00 1 Day

Learn practical strategies to manage thoughts and emotions, communicate assertively, and express your needs in a safe, supportive environment.

Saturday 8 August 9:00am - 12:00pm

Saturday 31 October 9:00am - 12:00pm

101 Investment and Kiwisaver

\$35.00 3 Weeks

Learn fundamentals of investing, risk vs. return, KiwiSaver, retirement planning, and insurance products. Gain confidence in financial decision-making.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Money Skills

Free 3 Weeks

Free workshop on the five stages of personal financial independence. Learn financial literacy basics to plan for financial stability and wealth.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

Speak. Lead. Connect

\$35.00 6 Weeks

Practical course to speak confidently in everyday situations. Learn structure, manage nerves, and communicate naturally in work and community contexts.

Thursday 30 July 6:15pm - 8:15pm

Thursday 22 October 6:15pm - 8:15pm

Social Media Marketing for Small Business Workshop

\$80.00 1 Day

Practical workshop covering platform selection, content strategy, Meta Ads Manager, and organic and paid posts. Leave with a 30-day action plan.

Saturday 5 September 9:00am - 1:00pm

BUSINESS AND CAREERS

Starting a Small Business Workshop

\$60.00

2 Days

Map out a simple roadmap, find your ideal customers, and master startup numbers. Practical, low-cost strategies to build real confidence.

Saturday 8 August

9:30am - 1:30pm

Saturday 22 August

9:30am - 1:30pm

Selling a Property - What Do You Need to Know!

\$35.00

3 Weeks

Learn to navigate the current property market, maximise home value, and understand legal and financial requirements.

Tuesday 28 July

6:50pm - 8:50pm

Tuesday 20 October

6:50pm - 8:50pm

“I learnt more tips and ways to structure my money and I enjoyed learning a few things about kiwisaver and where I feel I sit in that bracket.”

FOOD TECHNOLOGY

Appetisers Asian Fusion*

\$90.00 3 Weeks

Create a variety of Asian appetisers, learning techniques across cuisines while making flavourful bites.

Tuesday 1 September 6:45pm - 8:45pm

Tuesday 24 November 6:45pm - 8:45pm

Cambodian Cuisine*

\$160.00 4 Weeks

Explore vibrant Cambodian flavours, learning to balance sweet, sour, salty and spicy elements.

Wednesday 26 August 6:15pm - 8:45pm

Wednesday 18 November 6:15pm - 8:45pm

Korean Cuisine Jipbap House Cooked Meals*

\$140.00 5 Weeks

Learn to make authentic Korean banchan and guk through step-by-step demonstration and hands-on cooking practice.

Tuesday 28 July 6:30pm - 8:30pm

Flavours of Malaysia*

\$145.00 8 Weeks

Explore authentic Malaysian cuisine, learning traditional recipes and techniques while creating flavourful dishes

Thursday 30 July 6:30pm - 9:00pm

Thursday 22 October 6:30pm - 9:00pm

Indian Food Made Easy*

\$105.00 4 Weeks

Learn to cook classic Indian dishes, exploring layered flavours, spices and techniques.

Wednesday 26 August 6:45pm - 8:45pm

Wednesday 18 November 6:45pm - 8:45pm

Oriental Cuisine Trail*

\$125.00 4 Weeks

Explore Asian cuisines, creating flavourful dishes inspired by Thailand, Vietnam, Korea and beyond.

Tuesday 28 July 6:45pm - 8:45pm

Tuesday 20 October 6:45pm - 8:45pm

Indian Cuisine Saturday Workshop*

\$65.00 1 Day

Cook alongside the instructor and learn essential techniques. Each session features a vegetarian and non-vegetarian dish with rice, naan or salad.

Saturday 8 August 9:30am - 1:00pm

Saturday 31 October 9:30am - 1:00pm

Mediterranean Cooking Extravaganza*

\$165.00 5 Weeks

Explore Mediterranean cuisine, authentic techniques and creating dishes inspired by Italy, Greece and beyond.

Thursday 30 July 6:30pm - 8:30pm

Thursday 22 October 6:30pm - 8:30pm

Tasty Thai Cuisine*

\$125.00 5 Weeks

Learn authentic Thai cooking techniques, creating flavourful dishes with fresh herbs and spices.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

*Includes cost of ingredients.

FOOD TECHNOLOGY

Baking for Beginners*

\$95.00 4 Weeks

Learn to bake cupcakes, muffins, cookies, shortbread, and brownies. Add your own twist to basic recipes and impress family and friends.

Wednesday 29 July 6:20pm - 8:50pm

Wednesday 21 October 6:20pm - 8:50pm

Baking: from Sweets to Savouries*

\$95.00 4 Weeks

Intermediate baking course building on the basics. Explore flaky pastries and balanced desserts while developing technique, confidence, and creativity.

Wednesday 21 October 6:20pm - 8:50pm

Cake Decorating for Beginners

\$75.00 6 Weeks

Learn cake decorating techniques including piping and fondant work while creating beautifully detailed cakes.

Tuesday 28 July 6:20pm - 8:50pm

Tuesday 20 October 6:20pm - 8:50pm

Cake Decorating Stage 2

\$75.00 6 Weeks

Learn cake decorating techniques including piping and fondant work while creating beautifully detailed cakes.

Thursday 22 October 6:20pm - 8:50pm

Barista Course for Beginners*

\$130.00 3 Weeks

Learn to craft café quality coffee with hands on practice, building confidence in espresso techniques.

Wednesday 2 September 6:50pm - 8:50pm

Wednesday 25 November 6:50pm - 8:50pm

Barista Certificate NZQA 2 Day Workshop

\$275.00 1 Day

Two-day beginner barista course. Hands-on espresso and café drinks training on commercial machines. NZQA-aligned, ideal for those new to NZ café and restaurant work and keen to earn credits towards future employment. NZQA Unit Standard: 17285

Saturday 8 August 9:00am - 3:00pm

Saturday 22 August 9:00am - 3:00pm

Saturday 28 November 9:00am - 3:00pm

Saturday 12th December 9:00am - 3:00pm

Food Hygiene NZQA 1 Day Workshop

\$115.00 1 Day

Hands-on, practical training in food safety, hygiene, and contamination control. Get certified fast, meet council requirements, and be ready for any café, restaurant, or takeaway.

Saturday 19 September 9:00am - 4:00pm

Saturday 31 October 9:00am - 4:00pm



ART, HOME AND GARDEN

Painting for Beginners

\$74.00 8 Weeks

Explore acrylic painting, colour theory, and composition while creating landscapes, still life, and portraits.

Wednesday 29 July 6:50pm - 8:50pm

Wednesday 21 October 6:50pm - 8:50pm

Drawing - Beginners

\$75.00 8 Weeks

Learn the basics of drawing with pencil, charcoal and ink in a relaxed, beginner-friendly workshop.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Introduction to Indoor Plant Care

\$34.00 6 Weeks

Practical hands-on course teaching plant selection, care, propagation, and troubleshooting to grow thriving indoor plants.

Thursday 30 July 6:30pm - 8:30pm

Thursday 22 October 6:30pm - 8:30pm

Crochet Intermediate

\$45.00 8 Weeks

Advance your crochet skills. Create toys and projects of your choice while refining techniques and exploring NZ/Aus/UK vs US stitch terminology.

Thursday 30 July 6:45pm - 8:45pm

Thursday 22 October 6:45pm - 8:45pm



ART, HOME AND GARDEN

Crochet Beginners

\$55.00 8 Weeks

Learn the basics of crochet. Practice fundamental stitches, reading patterns, and create small projects like dishcloths, medallions, and toys.

Wednesday 29 July 6:45pm - 8:45pm

Wednesday 21 October 6:45pm - 8:45pm

Digital Photography Level 1 (Beginners to Intermediate Level)

\$94.00 5 Weeks

Move beyond auto mode. Learn shutter speed, aperture, ISO and composition through practical, hands-on lessons in real-world scenarios.

Tuesday 20 October 6:50pm - 8:50pm

Pottery - Hand-Building with Clay

\$275.00 8 Weeks

Learn coiling, pinching, and slab building techniques. Explore texture, form, and design while creating your own unique pieces.

Wednesday 29 July 6:00pm - 8:00pm

Raranga for Beginners (Māori Weaving)

\$125.00 6 Weeks

Learn traditional Māori flax weaving, harvesting and preparing harakeke to make flowers, containers and decorations.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Raranga Intermediate (Māori Weaving)

\$125.00 8 Weeks

Advance your weaving skills with wall hangings, kete, and introduction to kete whakairo, for confident students.

Thursday 30 July 6:50pm - 8:50pm

Thursday 22 October 6:50pm - 8:50pm

Sashiko Hand-Stitching Workshop

\$65.00 1 Day

Learn the history and technique of traditional Japanese Sashiko stitching. Kit includes indigo fabric, needle, thread and design paper.

Saturday 5 September 9:30am - 12:30pm

Digital Photography Level 2 (Intermediate Level)

\$94.00 5 Weeks

Take your photography further with advanced composition, lighting, and storytelling techniques.

Tuesday 28 July 6:50pm - 8:50pm

Kurinuki Pottery Workshop

\$60.00 1 Day

Learn the traditional Japanese hand-building technique of kurinuki, carving a tea bowl from clay in this mindful, beginner-friendly workshop.

Saturday 8 August 10:00am - 12:00pm

Suminagashi - Floating Ink Marbling Workshop

\$50.00 1 Day

Learn the ancient Japanese art of Suminagashi paper marbling through guided demonstration, hands-on practice, and creative ink drawing.

Saturday 8 August 10:00am - 1:00pm

Watercolours for Beginners

\$74.00 8 Weeks

Step-by-step watercolour painting for complete beginners, developing brush, colour mixing, layering and your own style.

Tuesday 28 July 6:50pm - 8:50pm

Tuesday 20 October 6:50pm - 8:50pm

Lalaga E Kato Niue - Niuean Weaving

\$135.00 8 Weeks

Learn the art of weaving kato, creating decorative baskets, pencil holders, and gifts with durable polypropylene

Tuesday 28 July 6:30pm - 8:30pm

Tuesday 20 October 6:30pm - 8:30pm

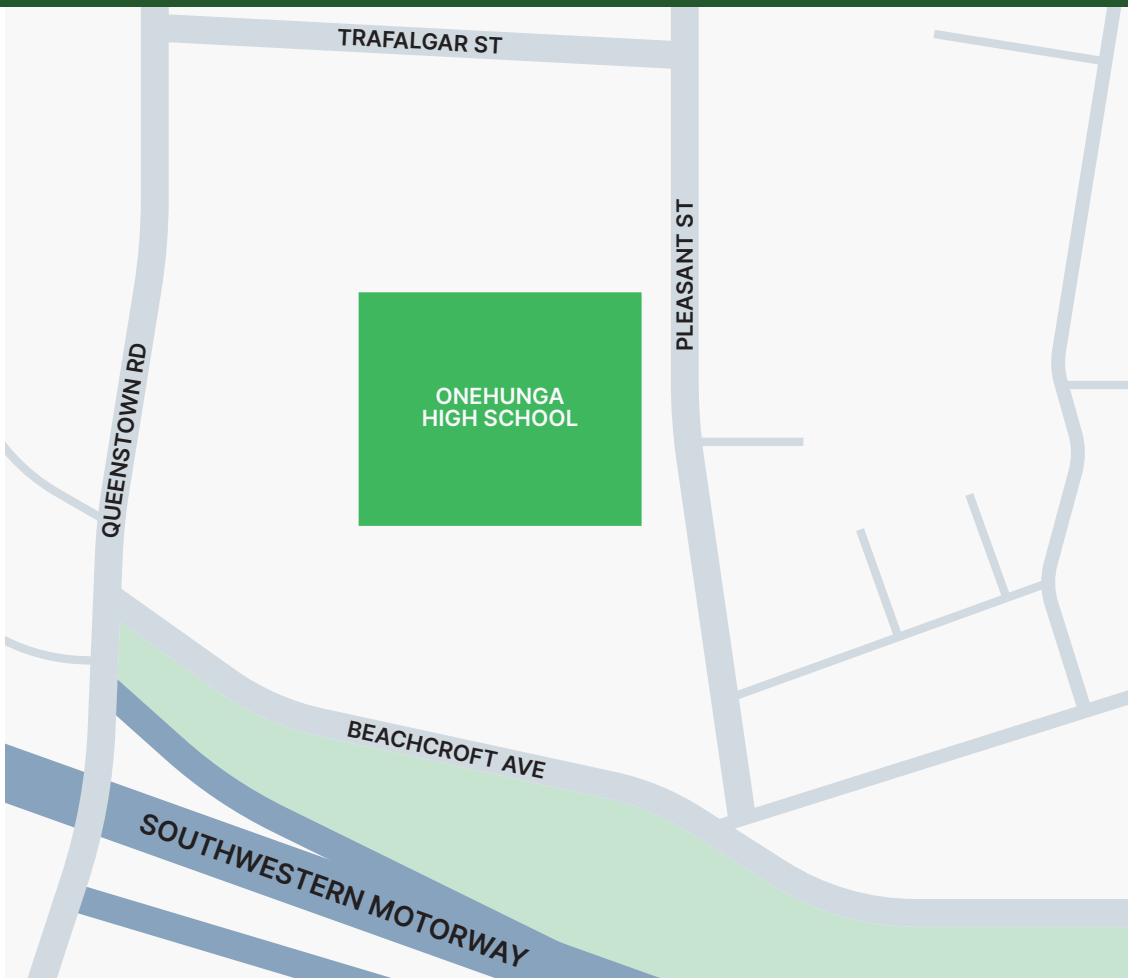
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