

How to Enrol

Location

ENROLMENTS

If you have an enquiry about a course please phone us on 9850 3687.

- Enrolments are taken on a "first come, first served" basis until the class is full.
- Course fees must be paid in full at the time of enrolment. Places will not be held without payment. *A copy of our Fees & Charges policy is available on request.*
- Payment can be made in person or by phone. We accept cash, cheques, eftpos or credit card (except American Express and Diners).
- Concessions are available for Senior Card holders, Health Care Card holders and Pensioners. Arrangements can be made for you to pay in instalments if necessary. Please speak to the centre coordinator.
- Wheelchair access available

REFUNDS

Please check all times, dates and course information carefully before you enrol. Once you have enrolled for a course, refunds will only be given on receipt of an appropriate medical certificate. Courses will be cancelled if there are insufficient enrolments. If BATCH cancels a course, fees will be refunded in full.

PRIVACY

Personal information obtained by BATCH when you enrol in a course or program is protected by privacy policy. A copy of our Privacy Policy is available on request.

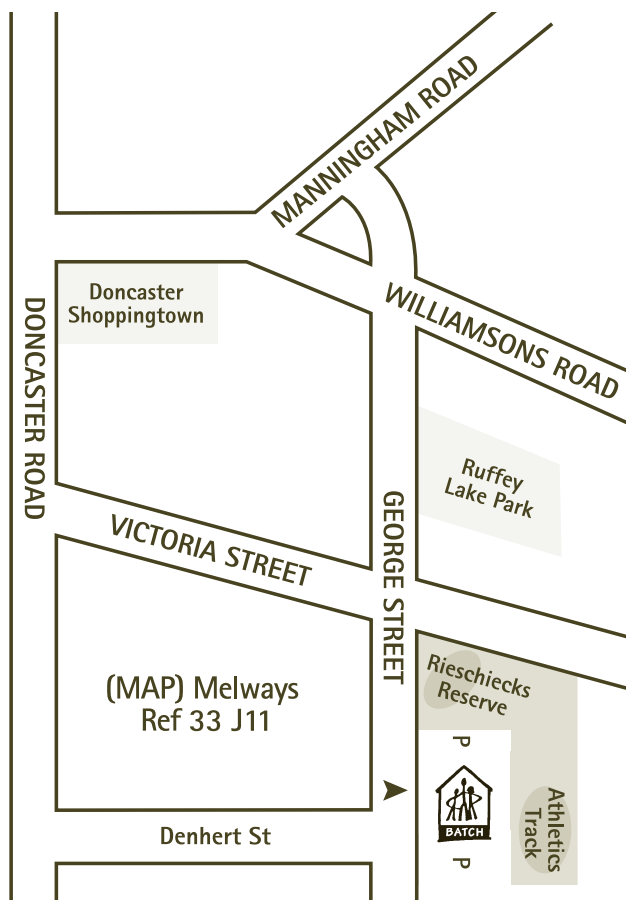
MAILING LIST

If you would like to be put on our mailing list to ensure you get a copy of our brochure, please call us on 9850 3687, or email your postal or electronic address to office@batch.org.au. You can also download our brochures from our website at www.batch.org.au.

PLEASE NOTE

This program was correct at the time of publication however classes or tutors are subject to change. BATCH reserves the right to change classes, replace tutors or amend class fees if necessary.

This brochure is printed on recycled paper.



Bulleen & Templestowe Community House is grateful for the support and funding from: Manningham City Council (MCC) and Department of Human Services (DoH).



BULLEEN AND TEMPLESTOWE COMMUNITY HOUSE

125 George St
Doncaster East 3109
(previously the TRY Activities Centre)
A00 230 13G ABN: 58 759 536 503

Courses & Activities TERM 1 - 2012

JANUARY – FEBRUARY – MARCH

New enrolments taken from Monday 19th September

Term 1 begins Monday 30th January

and ends Friday 30th March

Closed for all School Holidays

Phone: 9850 3687

Fax: 9850 3030

Email – office@batch.org.au

Web – www.batch.org.au

Office Hours:

Monday – Thursday 9.30am – 4.00pm



Enrolments – anytime until classes are full
WHEELCHAIR ACCESS

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GENERAL INTEREST

Painting & Drawing

with *Kim Tarpey*

Kim will introduce you to drawing and painting techniques. You will have the opportunity to explore graphite, charcoal, watercolour, pastel or oil painting. This is a great opportunity to find your creative self. Kim has a degree in visual arts, has taught at the Council for Adult Education in Melbourne for over 10 years and is a practising, exhibiting artist.

Monday 30th January 9.30am-11.30am (8 weeks)

Materials list available from office.

No class Monday 12th March Labour Day

Fee: \$110.00 Concession: \$100.00

The Art of Painting

with *Vicki McInnes*

In this class you will build the skills and confidence to develop your ideas, find an individual style and create finished pictures. The fundamentals of composition, colour and tone will be taught as they apply to your work. Vicki McInnes is a professional artist who exhibits her paintings and drawings regularly and has an established reputation for her decorative painting and murals.

Monday 30th January 11.30am-1.30pm (8 weeks)

Materials list available from office.

No class Monday 12th March Labour Day

Fee: \$132.00 Concession: \$120.00

Floral Art – Ikebana

with *Shoso Shimbo*

Looking for something different? Why not try your hand at a new way of working with flowers? Get into Ikebana, the Japanese art of flower arrangement. Not only will you create floral works of art but you will get some relaxation and meditation at the same time. Shoso Shimbo is a qualified, experienced teacher from Japan, chosen by Belle Magazine as one of Australia's top floral designers and a Gold Award Winner at Melbourne International Flower and Garden Show. Participants will have a different arrangement to take home each session.

Session 1: Basic style and free style – The introduction includes a brief history of Ikebana and participants will make a free style arrangement that allows them to be really creative.

Session 2: Flowers for the Dinner Table – Moribana variation and free style – Learn a basic Ikebana style that is a horizontal arrangement and is suitable for dining tables.

Session 3: Flowers for Café – Nageire variation and free style – Learn how to arrange flowers for a tall cylinder type container that you often find at cafes.

Tuesday 13th March 1.30pm – 3.30pm (3 weeks)

Fee: \$128.00 Concession: \$123.00

The fee includes tuition, flowers and use of the secateurs, container and Kenzan (needle aid) for the course.

Beginners Spanish Language Classes

with *Marta Eppel*

Hola Amigos! Discover Spanish at the community house. This class is suitable for prospective travellers, people wanting to interact socially with the Spanish speaking community in Australia or overseas or those just wanting to learn a new language for enjoyment. Marta is a native speaker and experienced teacher of the Spanish language. She has taught at Melbourne, Latrobe, Monash, and RMIT universities and the Centre of Adult Education.

Monday 6th February 7.00pm – 8.30pm (7 weeks)

No class Monday 12th March Labour Day

Fee: \$92.00 Concession: \$84.00

Ongoing Spanish Language Class

with *Marta Eppel*

This class is for those who have completed the beginners' Spanish language class. You will develop a range of practical content in the ongoing class which is tailored to your needs. There will be a focus on speaking and listening skills.

Wednesday 8th February 7.00pm – 8.30pm (8 weeks)

Fee: \$105.00 Concession: \$96.00

NEW

Living Clutter Free!

with *Angela Lo Valvo*

Clutter has us living with stress instead of ease. It drains our energy, money and time. Does this sound like you? This course helps you identify clutter, take steps to de-clutter, organise your time and finances and set goals for your life; a purpose, a vision and a plan to get there. The 5 topics covered during the course are Clutter, Home Organisation, Time Management, Finances and Setting Goals for Life. Notes will be given for each session.

Wednesday 15th February 1.00pm – 3.00pm (5 weeks)

Fee: \$88.00 Concession: \$80.00

Writing Your Life

with *Dr. Lyn Hatherly*

Learn to improve your life writing and consolidate your existing skills. Discover strategies, publication opportunities and research skills that will make that life shine for your readers. This class encourages you to write out of your individual inspiration and enjoy it. Suitable for writers of all levels.

Tuesday 7th February 1.00pm – 3.00pm (8 weeks)

Fee: \$120.00 Concession: \$109.00

HEALTH AND WELLBEING

Hatha Yoga

with *Jennifer Schrader*

Hatha Yoga creates cohesion and harmony through balancing stability with mobility, activity with stillness and enhancing the body-mind relationship. This class is suitable for students at all levels, including beginners.

Monday 13th February 9.15am – 10.15am (6 weeks)

No class Monday 12th March Labour Day

Fee: \$60.00 Concession: \$55.00

Hatha Yoga

with *Sue Genziuk*

A gentle form of stress relief that is a relaxing and beneficial exercise. Breathing exercises and poses are taught that will enable you to release tension and increase flexibility. Expert tuition from Sue who has been practising and teaching yoga for many years.

Tuesday 31st January 6.45pm-7.45pm (9 weeks)

Fee: \$90.00 Concession: \$82.00

Hatha Yoga

with *Jennifer Schrader*

Intermediate

Hatha Yoga creates cohesion and harmony through balancing stability with mobility, activity with stillness and enhancing the body-mind relationship.

Thursday 16th February 7.00pm – 8.00pm (7 weeks)

Fee: \$70.00 Concession: \$64.00

Yoga, Pilates & Relaxation

with *Maggie Flanagan*

Beginners and ongoing

This class will increase your flexibility and body strength using a combination of relaxing Yoga and Pilates exercises.

Tuesday 31st January 6.15pm – 7.15pm (9 weeks)

Fee: \$90.00 Concession: \$82.00

Yoga, Pilates & Stretch

with *Maggie Flanagan*

This class is a balance of Hatha and Iyengar yoga and Resistance work combined with back and tummy strengthening Pilates. Learn how to create a stronger more stress-proof physique.

Tuesday 31st January 7.20pm – 8.20pm (Beginners) or

8.25pm – 9.25pm (Intermediate) (9 weeks)

Fee: \$90.00 Concession: \$82.00

Yoga & Pilates

with *Karyn Montgomery*

Enjoy all the benefits of full yoga stretches together with the core-strengthening and postural improvement of Pilates. Learn effective methods to improve strength whilst retaining flexibility, toning muscles and improving bone density. Suitable for students of all levels although beginners will need to be moderately fit. (Not suitable for those with neck injuries or during pregnancy).

Monday 30th January 11.00am – 12.00pm (8 weeks)

No class Monday 12th March Labour Day

Fee: \$80.00 Concession: \$73.00

Yoga in Chairs

with *Jennifer Schrader*

A therapeutic Yoga class done mainly in chairs with the option of standing and/or floor work. Group work focuses on learning and applying principles of movement to make all movement easier, while individual work helps address your personal needs. Breathing and relaxation are also incorporated into each class. Classes are run by a registered Yoga Therapist.

Thursday 16th February 1.30pm – 2.30pm (6 weeks)

No class on Thursday 1st March due to Women's Health Day

Fee: \$60.00 Concession: \$55.00

Iyengar Yoga

with *Georgia Kardaras*

Iyengar yoga is a style of yoga that is focused on correct alignment and postural awareness. It is a practical system of yoga in which everyone, regardless of fitness or flexibility can safely participate. Iyengar yoga helps to develop strength, endurance and suppleness using the support of props as required. This approach has allowed people of varying ages, levels of health and fitness to enjoy the benefits which a sustained practice can bring – the ability to face the physical, mental and emotional challenges of contemporary life with strength, vitality, mobility, thoughtfulness and equanimity.

Thursday 2nd February 8.15pm – 9.30pm (9 weeks)

Fee: \$113.00 Concession: \$102.00

Deep Relaxation / Yoga Nidra

with *Nalini Singam*

The name Yoga Nidra represents a state of improved consciousness and the technique that leads you there. It systematically relaxes the whole body and mind to reach a meditative state through guided relaxation. Deep Relaxation/Yoga Nidra helps improve the quality of sleep and increases energy levels. Yoga Nidra or Yogic sleep rejuvenates and liberates energy deep within the tissues. Benefits include improved memory and creativity, clarity of thought and relief from stress and tension.

Friday 10th February 10.45am – 11.45am (8 weeks)

Fee: \$80.00 Concession: \$73.00

Nia

with *Angela Paladin*

Nia is a movement practice with a difference. It is fun, low impact and a highly energising way to workout. There is no wrong way to move, and it is suitable for all ages and fitness levels. Nia increases energy, strength, flexibility, mobility, muscle tone and supports weight loss and stress reduction.

Friday 3rd February 9.30am – 10.30am (9 weeks)

Fee: \$90.00 Concession: \$82.00

Meditation

with *Therese Lapadula*

Enjoy the art of relaxation, bring harmony into your life and improve your general wellbeing. Learn how to release stress and anxiety. The class will start with relaxation techniques followed by various guided visualisations, affirmations and self-improvement meditations. Colour therapy and the chakras will also be unveiled as we progress each week. The class is suitable for beginners and advanced meditators.

Tuesday 7th February 10.30am – 11.30am (8 weeks)

Fee: \$70.00 Concession: \$64.00

Walking for Pleasure

with *Agnès Zordan*

Do you enjoy walking in natural surroundings and meeting people? Come and explore different walks with our walking group. This group is open to men and woman of all ages. We meet at BATCH at 9.30 am and leave at 9.35 am for the walk. Don't forget to wear comfortable clothing, a sun hat and walking shoes. Bring water!

Tuesday 31st January 9.30am – 11.30am (ongoing)

Fee: \$2.50 per walk

Gentle Exercise for over 50's

with *Gilda Canil*

Taught by an experienced Italian/English speaking instructor this is a safe and easy exercise program. No jumping or jogging, only stretching and gentle movement.

Wednesday 1st February 8.45am – 9.45am (9 weeks)

Fee: \$43.00 (no concessions)

Ballroom Dancing

with *Veronica Reichelt*

A fun, social class to learn modern ballroom and latin dances to compliment your style for all social occasions. Classes are conducted by a professional ballroom dance teacher. Bring along your partner and they pay 1/2 price.

Wednesday 1st February 7.30pm-9.00pm (9 weeks)

Fee: \$131.00 Concession: \$119.00

Belly Dancing

with *Georgia*

Learn the sensual movements of this ancient art form. Starting with basic techniques and correct posture, all moves are explained step by step leading to simple combinations. Belly dancing tones the upper body, arms, hips, legs and abdominal muscles and is a great way to get fit. Includes a lesson on using a veil and other belly dancing props. This class is suitable for all ages.

Wednesday 1st February 8.00pm – 9.00pm (9 weeks)

Fee: \$68.00 Concession: \$61.00 (Held in East Doncaster Hall)

Bollywood Dancing

with *Natya Bollywood*

Bollywood dance is about storytelling. The music is from the movies and tells of celebrations, love, seduction and sadness. It is all about fantasy and glamour. The dancing is a fusion of many dance forms and is a fantastic workout. Upbeat and energetic, this is definitely a fun way to get fit! Suitable for all ages.

Wednesday 1st February 7.00pm-8.00pm (9 weeks)

Fee: \$75.00 Concession: \$68.00 (Held in East Doncaster Hall)

NEW

Introduction to

Flower Essences Workshop

with *Jackie Richards*

We will cover the history and practical uses of flower essences to help ease stress, relieve pain and re-balance energy as well as looking at how emotional patterns affect your health. Learn how to powerfully, yet gently change these patterns and improve your quality of life. The workshop covers:

- The background to flower essence therapy and how they work
- The general meaning behind the influence of the different colours
- The specific healing
- The opportunity to have a hands on practical session by using the 'acupoint' therapy (pressure points on the ear)

Notes will be given.

Thursday 16th February 1.00pm – 3.00pm

Fee: \$20.00 Concession: \$18.00

Ongoing Strong People Stay Young (SPSY)

This Exercise Group is for people who have participated in the Introduction to SPSY program and wish to continue to practice and improve or maintain their strength and bone density with a facilitator.

Daytime: Tuesday 31st January 8.45am – 10.00am and

Thursday 2nd February 8.45am – 10.00am (17 sessions)

No class Thursday 1st March due to Women's Health Day

Evening: Monday 30th January 6.45pm – 8.00pm and

Wednesday 1st February 6.45pm – 8.00pm (17 sessions)

No class Monday 12th March Labour Day

Fee: \$70.00 (no concessions)

NEW

Introduction to Reiki

with *Therese Lapadula*

Reiki is a natural form of healing which is applied through non-invasive, gentle touch. This form of therapy aims to increase energy levels and promote relaxation and well-being. Notes will be provided.

Tuesday 31st January 1.30pm – 3.30pm (3 weeks)

Fee: \$56.00 Concession: \$51.00

NEW

Introduction to Reflexology

with *Therese Lapadula*

Reflexology is a therapeutic massage of the hands and feet. The hands and feet are the map of the complete anatomy that correlates to all parts and organs in the body. This technique is used to release blockages and toxins, which have accumulated in the body and to restore and maintain health. Notes will be provided.

Tuesday 21st February 1.30pm – 3.30pm (3 weeks)

Fee: \$56.00 Concession: \$51.00

COMPUTERS

Get individual attention with only 5 people per class!

Introduction to Computers

NEW CLASS

New Monday Class

Introduction to Computers is for the beginner wanting to learn all the computer basics. From learning how to switch the computer on, to using a mouse, to learning how to use the Internet including search engines, emailing and basic word processing.

Monday 6th February 12.30pm-3.00pm (7 weeks) with Scott Moran

No class Monday 12th March Labour Day

Fee: \$168.00 Concession: \$153.00 (Includes notes)

Thursday 2nd February 12.30pm – 3.00pm (8 weeks) with Liz Bower

No class Thursday 1st March Women's Health Day

Fee: \$190.00 Concession: \$174.00 (Includes notes)

Camera to Computer

This course will take you through the steps of creating a filing system on your computer for photos, transferring from camera to computer, resizing large image files to a suitable size for emailing and ordering prints online. Some basic knowledge of using a computer is required for this course. Please bring along a memory stick to copy your photos to.

Thursday 2nd February 9.30am – 12.00pm (5 weeks) Liz Bower or

Tuesday 28th February 7.00pm – 9.30pm (5 weeks) Glenys Bowler

No class Thursday 1st March Women's Health Day

Fee: \$123.00 Concession: \$112.00 (includes notes)

eBay – Learn how to Sell

Learn how to sell on eBay and turn your unwanted goods from home into cash.

During this 3 week course you will set up an eBay account and list an item for auction or sale. Some basic knowledge of using a computer is required for this course. You must have a current webmail account e.g. Gmail, Hotmail or Yahoo. Bring details of your bank account or credit card (Visa or Mastercard) with a low credit limit to use when registering.

Tuesday 7th February 7.00pm – 9.30pm (3 weeks) with Glenys Bowler or

Wednesday 22nd February 7.00pm – 9.30pm (3 weeks) with Scott Moran

Fee: \$78.00 Concession: \$71.00

Twitter and Facebook

with *Scott Moran*

Learn how to use the social networking sites Facebook and Twitter. These hands-on workshops will show you how to set up and manage your own facebook and twitter accounts. You will also learn how to use the privacy settings to ensure that your information can only be viewed by those you choose. As well as being a great way to keep in touch with friends and family social media is also a great way to promote your business or local club. These are interactive sessions; you may already have your own Face Book and Twitter accounts or create them during the class.

Wednesday 8th February 7.00pm – 9.00pm or

Wednesday 14th March 7.00pm – 9.00pm (2 weeks)

Fee: \$46.00 Concession: \$43.00

PARENTS AND CHILDREN

Music for Children

with *Kate Tempany*

Music and movement activities using nursery rhymes, actions, free dance, percussion instruments and listening games. This is a great way for parents and children to have fun together as the children develop musical skills.

Wednesday 8th February 2 year olds 10.00am – 10.45am

3-4 year olds 10.50am – 11.35am (8 weeks) Sessions last for 45 min

Fee: \$56.00 Concession: \$51.00



COURSES AND ACTIVITIES



PARENTS AND CHILDREN

continued

NEW

Drama Class: Acting, Singing & Dance (6-8 year olds) with Jacinta Marasco and Bri King

Create fun drama characters, learn and play cool games and sing and dance along to your favourite songs. Build confidence and make new friends. We invite you to join us in this educational and exciting drama class. Let's work towards a mini play to show at the end of term.

Thursday 8th March 4.00pm – 5.00pm (4 weeks)

Fee: \$33.00 Concession: \$30.00

Dramacraze: Create, Play and Perform (9-12 year olds)

with Jacinta Marasco and Bri King

If you love acting, then Dramacraze is for you! Play theatre games, create interesting characters and work towards an end of term performance. We will be improvising, creating scenes and learning new skills. This class is for the budding actor, the novice actor and the educated actor.

Thursday 8th March 5.00pm – 6.30pm (4 weeks)

Fee: \$49.00 Concession: \$44.00

Playgroups

Our well-equipped, sunny playgroup room is available for new mums groups and playgroups to meet on a weekly basis. Facilities include toys, paints, craft equipment, play doh, dress ups, as well as tea/coffee making facilities for the parents. This is a great, hassle free way to get together with other parents while your children play. Please call to enquire about availability.

Sessions begin from Monday 6th February (7 or 8 weeks depending on day)

Fee: \$38.00 per term per family

BATCH Structured Playgroup

with Coralie

Join our popular structured playgroup. Sessions will include planned art and craft activities, music and singing, story time, free play and morning snack time. These sessions are for 3-4 year olds with their parents, grandparents or carers. Siblings are welcome.

Thursday 2nd February 10.00-12.00 (8 weeks)

No class Thursday 1st March Women's Health Day

Fee: \$83.00 Concession: \$76.00 (for all participating children)

COMMUNITY PROGRAMS

Australian Sewing Guild

This group meets once a month to sew, swap ideas and inspiration, help each other with fitting and devote a day to dressmaking. This is a great way to devote time to your sewing while making friends. Bring your machine/overlocker.

2nd Saturday of each month 9.30am – 3.30pm (ongoing)

Fee: \$5.00 per session

International Women's Group

The International Women's Group meets weekly on a Thursday morning to develop friendships, chat and provide mutual support. This dynamic group of women get involved in a variety of activities including outings, invited speakers and interesting workshops. Come and join us!

Commences: Thursday 2nd February 10.15am – 12.15pm

Phone BATCH on 9850-3687 for further details.

Crossfibres Spinning / Knitting Group

The Crossfibres Spinning Group meets at BATCH on the last Thursday evening of every month from 7.30pm – 9.30pm. For Term 1 the dates will be 23rd February and 29th March. For further information contact BATCH on 9850-3687.

Women's Anxiety and Depression Support Group

This support group meets every week. The program includes group sessions with a psychologist, speakers on other related topics, occasional physical activities, art and craft.

Wednesday 1st February 1pm – 3pm (ongoing)

Fee: \$3.00 per session

This program is supported by Manningham City Council's Community Development Grant Programme

SPECIAL EVENTS

Bus Trip to Geelong and Portarlington

Our bus trip this term will be to the Bellarine Peninsula and our first stop will be at The Heights Historic House in Geelong where morning tea will be served. The house was imported from Germany for Charles Ibbotson, was erected over two months in 1855 and is the largest German prefabricated building in Victoria and noted for its unusual watchtower. Lunch will be at the Sphinx Hotel in Geelong and then we continue on to Portarlington to visit the Steam Flourmill which was built in 1857 and was run with steam powered equipment.

The bus will depart for Geelong at 9.00am from the car park at 125 George Street, East Doncaster so please make sure you arrive at least 10 minutes early to allow the bus to leave on time. The bus will return to the car park at approximately 5.30pm. Please advise if you have any dietary requirements when making your booking.

Thursday 22nd March

Cost: \$35.00 per person includes bus fare, morning tea, lunch and entrance fees to the historical buildings.

Please book and pay by Thursday 15th March.

Cinema under the Stars

Finn's Reserve Comer Union Street, Templestowe (Melways REF 33 A4).

Free outdoor cinema event featuring the hugely enjoyable hit Rio, presented by Manningham City Council and BATCH. BYO picnic, chairs or rugs. This is an alcohol free event. Movie snacks, drinks, tea and coffee will be available for purchase at the event.

Friday 24th February from 7pm

Screening starts at 8:30pm.

Healthy Lifestyle Week

Dad's'n Kids Acting, Improvisation and Theatre Games!!!

Come along and have fun in this high energy and exciting workshop! Ever played Knife and Fork or Space Jump? There will be a variety of theatre games to entertain us all. Children 5-12 years old with their dads or other male carer. Please phone BATCH on 9850-3687 by Monday 27th February to make a booking

Saturday 3rd March 10.00am – 11.30am

Cost: \$5 for Dad and 1 child, \$7.50 per family

Anxiety and Depression Workshop

Everyone feels overwhelmed by emotion or negative thoughts at times. This is worse if you are suffering from anxiety or depression. Learn some simple "mindfulness" techniques that can help you to handle uncomfortable emotions and unhelpful thoughts, so that you can make better decisions and improve your well-being. Afternoon tea is provided. Please Phone BATCH on 9850-3687 by Thursday 23rd February to make a booking.

Wednesday 29th February 1.00pm – 3.00pm

Cost: \$3.00

Women's Health Day

Join us for our annual women's day. A day for women which is devoted to healthy bodies and active minds. This year our speaker will be from BreastScreen Australia and will talk about the importance of having a breast screen. A choice of 3 active workshops will follow in the morning – a local walk or a Zumba Gold class or a Meditation class. A light lunch follows, then a choice of either Ikebana (the art of Japanese flower arranging) or a beading workshop with Jacqui in the afternoon. Numbers are limited for the workshops so book in early!

Thursday 1st March 10.15am – 3.00pm

Cost: \$10.00

YOUNG PEOPLE WITH A DISABILITY

Afternoon Social Program

Participate in social and recreational activities at Bulleen Heights School in a friendly atmosphere with high support attention. Contact BATCH for further information on 9850 3687. This program is funded by the Department of Health.

Mondays, Tuesdays, Wednesdays and Thursdays 3.10pm – 6.10pm

Sessions begin the week of Monday 6th February (7 weeks)

No session Monday 12th March Labour Day

Fees: \$25.00 (per term for 1 session per week). Payment of term fees can be negotiated at the time of enrolment as consideration is given for people in financial hardship.

Shake your Bon Bon

with Veronica Reichelt

A fun and social dance class for young people with a disability to develop co-ordination, recognise beat and rhythm, increase self-confidence and control of movement. Set to contemporary music, create and learn new routines that will get you out on the dance floor.

Tuesday 7th February 5.00pm – 6.00pm (8 weeks)

Fee: \$5.50 per session

Phone 9850 3687

Email – office@batch.org.au

Fax 9850 3030