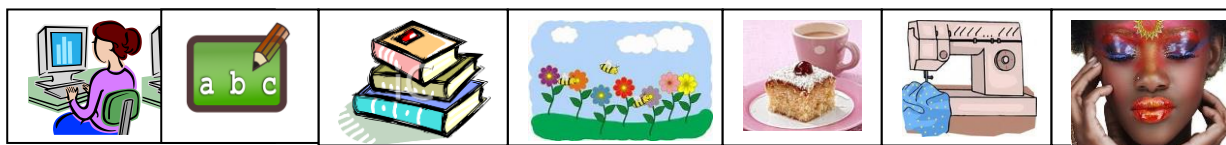


SPRING 2025 COURSE PROGRAMME



ENGLISH CONVERSATION

(Have fun speaking & listening in English!)

PRE-ENTRY CONVERSATION: Mon and Tue 12:15- 2:15 pm (13/1/25 - 25/3/25)

BEGINNERS: Tuesdays and Wednesdays 9:45am - 11:45am (14/1/25 - 26/3/25)

IMPROVERS: Tuesdays and Wednesdays 12:15pm - 2:15 pm (14/1/25 - 26/3/25)

INTERMEDIATE: Mondays and Wednesdays 9:45am- 11:45 am (13/1/25 - 26/3/25)

ENGLISH READING AND WRITING

(Improve your English with an emphasis on reading and writing)

BEGINNERS: Mondays 9:45am- 11:45am (13/1/25 - 24/3/25)

IMPROVERS: Mondays 12:15-2:15pm (13/1/25 - 24/3/25)

SEWING SKILLS

(Learn to make a skirt, dress or shalwar kameez)

BEGINNERS: Tuesdays 9:45am - 11:45 am (14/1/25 - 25/3/25)

IMPROVERS: Tuesdays 12:15pm - 2:15 pm (14/1/25 - 25/3/25)

LOOKING GOOD, FEELING GOOD BEGINNERS

(Beauty care and confidence-building)

Thursdays 12:15 - 2:15 pm (16/1/25 - 27/3/25)

BEGINNERS IT (If you have never used a computer before)

Wednesdays 12:15pm -2:15 pm (15/1/2025 - 26/3/2025)

WELLBEING COURSE

Fridays 9:45am-2:45pm (2 weeks 14/3/25 & 21/3/25)

ESOL SKILLS FOR HEALTH at RCLC

(Learn ESOL within the context of health for over 50's women)

Wednesday 9:45 - 11:45 am (15/1/2025 - 26/3/2025)

SEATED YOGA: ONLINE

10-week course for elderly women

Mondays 11-12 pm (13/1/25 - 24/3/25)

Enrolment dates: BY APPOINTMENT ONLY WITH HEMA IN DEC 2024 & JAN 2025

Spring Term Mon 13/1/25 - 28/3/25

Half Term: Monday 17/2/25 - 21/2/25

Course Fee: £15 Creche fee: £15 Beauty & sewing class resource contribution fee £5



PLEASE NOTE:

- All classes are for women only
- Once enrolled if learners do not attend class on 3 consecutive dates without informing RCLC they will be withdrawn as our waiting lists are very long.