



# Autumn 2025

AUTUMN MON 15/9/25 – 28/11/25  
ENROLMENT IN JULY & AUG 2025

HALF TERM: MONDAY 27/10/25 – FRI 31/10/25  
Course Reg. Fee: £15 Creche Reg. fee: £15

## ENGLISH CONVERSATION

HAVE FUN SPEAKING & LISTENING!  
**PRE-ENTRY CONVERSATION:  
NO FEE**

Monday 9:45-11:45 and 12:15-2:15pm  
(15/9/25 – 25/11/25)

### BEGINNERS:

Tuesdays and Wednesdays  
9:45am - 11:45am (16/9/25 – 26/11/25)

### IMPROVERS:

Tuesdays and Wednesdays  
12:15pm - 2:15 pm (16/9/25 - 26/11/25)

### INTERMEDIATE:

Mondays and Wednesdays  
9:45am- 11:45 am (15/9/25 – 26/11/25)

## SEWING SKILLS

LEARN TO MAKE A SKIRT, DRESS OR  
SHALWAR KAMEEZ: £5 RESOURCES

**BEGINNERS:** Tuesdays  
9:45am - 11:45 am (16/9/25 – 25/11/25)

**IMPROVERS:** Tuesdays  
12:15pm - 2:15 pm (16/9/25 – 25/11/25)

## LOOKING GOOD, FEELING GOOD

**BEAUTY CARE AND CONFIDENCE-  
BUILDING: Resource Contribution £5**

Thursdays 12:15 - 2:15 pm (18/9/25 –  
27/11/25)

## BEGINNERS I.T.

**IF YOU'VE NEVER USED A COMPUTER**

Wednesdays 12:15pm -2:15 pm  
(17/9/2025 – 26/11/2025)

## ENGLISH READING & WRITING

IMPROVE YOUR ENGLISH WITH AN  
EMPHASIS ON READING AND WRITING

### BEGINNERS:

Wednesday 12:15-2:15 pm (17/9/25 – 26/11/25)

### IMPROVERS:

Mondays 12:15-2:15pm (15/9/25 – 24/11/25)

## WELLBEING & SELF-CARE COURSE

MASTER STRESS, PRACTICE  
MINDFULNESS FOR LASTING WELLBEING

Fridays for 2 weeks **Reg. Fee: £10**  
9:45am-2:45pm (14/11/25 & 21/11/25)

## \*ESOL SKILLS 4 HEALTH: NO FEE

LEARN ESOL WITHIN THE CONTEXT  
OF HEALTH FOR OVER 50'S WOMEN

Wednesdays 9:45 – 11:45 am  
(17/9/2025 – 26/11/2025)

## \*SEATED YOGA: ONLINE: NO FEE

GENTLE EXERCISES DESIGNED FOR  
OLDER WOMEN

Mondays for 10 weeks  
11am-12 pm (15/9/25 – 25/11/25)

## PLEASE NOTE:

- ✓ All classes are for **women only**
- ✓ If you do not attend class on **3** consecutive dates without informing RCLC you will be withdrawn as our waiting lists are long..

**RED CLASSES ARE FREE**