



# Summer 2026

**SUMMER MON 20/4/26- 6/7/26**  
**ENROLMENT IN Mar & Apr 2026**

**HALF TERM: MONDAY 25/5/26 - FRI 29/5/26**  
**Course Reg. Fee: £15      Creche Reg: £15**

## ENGLISH CONVERSATION

**HAVE FUN SPEAKING & LISTENING!**  
**PRE-ENTRY CONVERSATION:**  
**FREE**

Monday 9:45-11:45 and 12:15-2:15pm  
(20/4/26- 6/7/26)

### **BEGINNERS:**

Tuesdays and Wednesdays  
9:45am - 11:45am (21/4/26-1/7/26)

### **IMPROVERS:**

Tuesdays and Wednesdays  
12:15pm - 2:15 pm (21/4/26 - 1/7/26)

### **INTERMEDIATE:**

Mondays and Wednesdays  
9:45am- 11:45 am (27/4/26 - 8/7/26)

## SEWING SKILLS

**LEARN TO MAKE A SKIRT, DRESS OR**  
**SHALWAR KAMEEZ: £5 Resource**  
**Contribution**

### **BEGINNERS:**

Tuesdays  
9:45am - 11:45 am (21/4/26 - 30/6/26)

### **IMPROVERS:**

Tuesdays  
12:15pm - 2:15 pm (21/4/26 - 30/6/26)

## LOOKING GOOD, FEELING GOOD

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

Thursdays 12:15 - 2:15 pm (30/4/26 -  
9/7/26)

## BEGINNERS I.T.

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

Wednesdays 12:15pm -2:15 pm  
(22/4/26- 1/7/26)

## ENGLISH READING & WRITING

**BEGINNERS:** Wednesday 12:15-2:15 pm  
(22/4/26 - 1/7/26)

**IMPROVERS:** Mondays 12:15-2:15pm  
(27/4/26- 13/7/26)

## WELLBEING & SELF-CARE COURSE

**MASTER STRESS, PRACTICE**  
**MINDFULNESS FOR LASTING WELLBEING**

Tue 7/7/2026 and Wed 8/7/2026  
**Reg. Fee: £10      9:45am-2:45pm**

## \*ESOL SKILLS 4 HEALTH: FREE

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

Wednesdays 9:45 - 11:45 am  
(22/4/26- 1/7/26)

**Pre-entry Conversation for**  
**Afghan Women: FREE**

Mon and Thu 9:45 am - 11:45 am  
(27/4/26- 8/7/26)

## \*SEATED YOGA: ONLINE: FREE

**GENTLE EXERCISES DESIGNED FOR**  
**OLDER WOMEN**

Mondays for 10 weeks  
11am-12 pm (20/4/26 - 6/7/26)

## 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- ✓ If you do not attend class on **3 consecutive dates** without informing RCLC you will be withdrawn as our waiting lists are long.
- ✓ Refunds **ONLY** given up to **3 weeks** before the class start date