



DERRY CITY COUNCIL

Connections is a programme funded by the Community Relations Department of Derry City Council to celebrate culture and diversity.



Fit for Life is a new range of courses being delivered following successful funding from the Big Lottery. These courses will encourage women to become more active and get fitter.

### Waterside Women's Centre Crèche

The Crèche operates to provide on-site childcare for women undertaking courses. Crèche places are free while attending the course. Spaces are limited and early booking is essential.



A drop-in crèche is available when sessions have spaces, please ask in the crèche for details or to book.

Crèche sessions run to coincide with classes  
9.30-11.30am and  
12.30-2.30pm

### OFFICE HOURS:

Monday - Friday 9am-5pm  
Registered Charity No. XR 62761

## Courses continuing from last term

Course	Return Date	Time
<b>Monday</b>		
Watercolours	11 January	9.30-11.30am
Dressmaking	11 January	7.30-9.30pm
Word Processing Stage 2	11 January	7.30-9.30pm
<b>Tuesday</b>		
Conversational English	12 January	10am-noon
Skills to Build	12 January	10am-noon
Conversational English	12 January	12.30-2.30pm
<b>Wednesday</b>		
Manual Book-keeping	20 January	9.30-11.30am
Numeracy	20 January	9.30-11.30am
Patchwork & Quilting	20 January	12.30-2.30pm
Digital Photography	20 January	12.30-2.30pm
<b>Thursday</b>		
Oil Painting	14 January	12.30-2.30pm
Computerised Accounts	14 January	12.30-2.30pm

### Have you made any New Year's Resolutions?

Have a look inside at the courses on offer and make a date for 13th January to enrol on a course.

170, Spencer Road, Waterside, BT47 6AH  
Tel : (028) 7134 1579  
email: info@watersidewomen.net



## January 2010 Programme



**Open Day  
for Enrolments  
Wednesday  
13th January  
10am - 7.30pm**

# New Courses - January 2010

Course Name	Start Date	Class Time	Full Rate	Conc. Rate	Exams Cost	Additional Costs
<b>MONDAY</b>						
Driving Theory Test (15 weeks)	25 January	9.30-11.30am	£30	£20	n/a	
Confidence to Question (10 weeks)	25 January	12.30-2.30pm	£10	£10	n/a	
<b>TUESDAY</b>						
Start IT—Internet & E-mail (15 weeks)	26 January	9.30-11.30am	£30	£20	TBC	
CLAIT - & Thursday morning 9.30-11.30am (15 weeks)	26 January	12.30-2.30pm	£60	£20	TBC	
After School Art Club (8 weeks)	26 January	4-6pm	£2 per session per child			
<b>WEDNESDAY</b>						
Cook It (8 weeks)	27 January	9.30-11.30am	£20	£20	n/a	Ingredients
Safe & Sound (8 weeks) 18-25 year olds	27 January	12.30-2.30pm	Free	Free	n/a	
After School Art Club (8 weeks)	27 January	4-6pm	£2 per session per child			
Meditation	27 January	7.30-9pm	Free	Free	n/a	
<b>THURSDAY</b>						
Flower Arranging (8 weeks)	28 January	9.30-11.30am	£20	£20	n/a	
<b>FRIDAY</b>						
Literacy (20 weeks)	29 January	9.30-11.30am	Free	Free	TBC	
Appliqué (8 weeks)	29 January	9.30-11.30am	£15	£15	n/a	Materials
Walking Group	29 January	10-11am	Free	Free	n/a	

## Fit for Life Programme - Big Lottery

Day	Course Name	Start Date	Class Time	Location	Admin. Fee
Monday	Beginners Yoga (10 weeks)	25 January	6.15-7.45pm	Waterside Theatre Gateway Studio	£10
Monday	Improvers Yoga (10 weeks)	25 January	7.45-9.15pm	Waterside Theatre Gateway Studio	£10
Tuesday	Tai Chi (10 weeks)	26 January	10 - 11.30am	Echo Echo Dance Studio	£10
Tuesday	Improvers Swimming (10 weeks)	26 January	12.30-1.30pm	Lisnagelvin LC	£10
Wednesday	Beginners Swimming (8 weeks)	27 January	12.30-1.30pm	Lisnagelvin LC	£10
Wednesday	Self Defence (6 weeks)	27 January	7.30-9pm	Waterside Women's Centre	£10
Thursday	Look Good Feel Good (8 weeks)	27 January	9.30-11.30am	Waterside Women's Centre	£10
Thursday	Gentle Aerobics (8 weeks)	28 January	12.30-1.30pm	Lisnagelvin LC	£10
Friday	Aqua Aerobics (8 weeks)	29 January	12.30-1.30pm	Lisnagelvin LC	£10

A deposit of £5 is required to enrol on each course  
 (All deposits and course fees are non-refundable )  
 Crèche places must be booked when enrolling for classes