



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

New Programmes - September 2009

Day	Course Name	Start Date	Class Time	Location	Admin. Fee
Fit for Life Programme - Big Lottery					
Monday	Yoga (12 weeks)	21/9/09	6.15-7.45pm	Waterside Theatre	£10
Tuesday	Tai Chi (12 weeks)	22/9/09	10 - 11.30am	Echo Echo Dance Studio	£10
Tuesday	Learn to Swim (10 weeks)	22/9/09	12.30-1.30pm	Lisnagelvin	£10
Wednesday	Gentle Aerobics (10 weeks)	23/9/09	12.30-1.30pm	Lisnagelvin	£10
Friday	Aqua Aerobics (10 weeks)	25/9/09	12.30-1.30pm	Lisnagelvin	£10
Connections Programme - Derry City Council					
Monday	Line Dancing (10 weeks)	21/9/09	12.30-2.30pm	St Columbs Pk Leisure Centre	£10
Tuesday	Conversational English (20 weeks)	22/9/09	12.30-2.30pm	WWC	£10



waterside
WOMENS
centre

September 2009 Programme



**Open Day
for Enrolments
Wednesday
16th September
10am-7.30pm**

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

See inside and back for courses

Course List – September 2009

Course Name	Start Date	Class Time	Full Rate	Conc. Rate	Exams Cost	Additional Costs
MONDAY						
NVO Level 2 or Level 3 Children's Care, Learning & Development (34 weeks)	21/9/09	9.30-12.30pm	£765 / £875	£155 / £175	TBC	
Watercolours (30 weeks)	21/9/09	9.30-11.30am	£60	£30	n/a	Materials
CLAIT 2 unit top-up (15 weeks)	21/9/09	9.30-11.30am	£30	£20	TBC	
Dressmaking (30 weeks)	21/9/09	7.30-9.30pm	£60	£30	n/a	Materials
Word-processing Stage 2 (30 weeks)	21/9/09	7.30-9.30pm	£60	£30	TBC	
TUESDAY						
Essential Skills – Literacy (28 weeks)	22/9/09	9.30-11.30am	Free	Free	TBC	
Exploring Enterprise (12 weeks)	22/9/09	9.30-11.30am	£20	£20	n/a	
Skills to Build (12 weeks)	22/9/09	10–noon	£20	£20	TBC	
Aromatherapy (10 weeks)	22/9/09	12.30-2.30pm	£20	£20	n/a	
After School Art Club (10 weeks)	22/9/09	4-6pm	£2 per session per child			
Word Processing Stage 3 (30 weeks)	22/9/09	7.30-9.30pm	£60	£30	TBC	
WEDNESDAY						
Essential Skills—Numeracy (28 weeks)	23/9/09	9.30-11.30am	Free	Free	TBC	
CLAIT Diploma 5 units & Friday (23 weeks)	23/9/09	9.30-11.30am	£90	£30	TBC	
Cook It (10 weeks)	23/9/09	9.30-11.30am	£20	£20	n/a	£3 per week
Patchwork & Quilting (30 weeks)	23/9/09	12.30-2.30pm	£60	£30	n/a	Materials
Digital Photography Me, Myself & I (10 weeks)	23/9/09	12.30-2.30pm	£20	£20	TBC	
After School Art Club (10 weeks)	23/9/09	4-6pm	£2 per session per child			
Who do you think you are? (10 weeks)	23/9/09	7.30-9.30pm	£20	£20	n/a	
THURSDAY						
IAB Manual Book-keeping (30 weeks)	24/9/09	9.30-11.30am	£60	£30	TBC	
Level 2 Food Safety (6 weeks)	24/9/09	9.30-11.30am	£20	£20	TBC	
Flower Arranging (10 weeks)	24/9/09	9.30-11.30am	£20	£20	n/a	Materials
Start IT (15 weeks)	24/9/09	9.30-11.30am	£30	£20	TBC	
Safe & Sound (17-24 year olds) (10 weeks)	24/9/09	12.30-2.30pm	Free	Free	n/a	
Oil Painting (30 weeks)	24/9/09	12.30-2.30pm	£60	£30	n/a	Materials
C&G Computerised Accounts L1 & L2 (30 wks)	24/9/09	12.30-2.30pm	£60	£30	TBC	
FRIDAY						
Appiqué (12 weeks)	25/9/09	9.30-11.30am	£20	£20	n/a	Materials
Walking Group	25/9/09	10-11am	Free	Free	n/a	

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

See back for more courses