



Fit for Life is a range of courses which will help you to gain the confidence to participate in and reap the benefits of exercise based activities which are both fun and healthy.

## LAEP Grants Available

We have grants available for some of our courses if you meet the criteria:

- Over 18
- Not in paid employment
- Have no or low qualifications



### 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 deposit of £5 is required to enrol on each course.**  
(All deposits and course fees are non-refundable)

### OFFICE HOURS:

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

# Swimathon & Fit for Life Courses – September 2011

Day	Course Name	Start Date	Class Time	Location	Admin. Fee
Monday	Spinning Class (10 weeks)	26/9/11	10-11am	Ebrington Centre	£10
Monday	Yoga for Beginners (10 weeks)	26/9/11	5.45-7.15pm	Gateway Studio Waterside Theatre	£10
Monday	Yoga for Improvers (10 weeks)	26/9/11	7.15-8.45pm	Gateway Studio Waterside Theatre	£10
Tuesday	Conversational English (20 weeks)	27/9/11	9.30-11.30am	WWC	£10
Tuesday	Look Good Feel Good (8 weeks)	27/9/11	9.30-11.30am	WWC	£10
Tuesday	Improvers Swimming (10 weeks)	27/9/11	12.15-1.15pm	Lisnagelvin	£10
Wednesday	Learn to Swim (10 weeks)	28/9/11	12.15-1.15pm	Lisnagelvin	£10
Friday	Walking Group	30/9/11	10:00-11:00am	WWC	FOC
Friday	Aqua Aerobics (10 weeks)	30/9/11	12.15-1.15pm	Lisnagelvin	£10

September  
2011  
Programme



*What will it mean for you?*

**Open Day  
for Enrolments  
Thursday  
8th September  
10am—7.30pm**


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


*See inside and back for courses and information on grants available*

# Course List – September 2011

Course Name	Weeks	Start Date	Class Time	Full Rate	Conc. Rate	Exams Cost	Additional Costs
<b>MONDAY</b>							
(B) Flower Arranging	15	26/9/11	9.30-11.30am	£30	£20	TBC	Materials
(P) L1 Certificate in Holistic Health & Complimentary Therapies	30	26/9/11	9.30-11.30am	£10 Admin Fee			Materials
(B) C&G Computerised Accounts L1	30	26/9/11	9.30-11.30am	£60	£20	TBC	
(B) IAB Manual Payroll Level 1	30	26/9/11	12.30-2.30pm	£60	£20	TBC	
(B) Jewellery Making	15	26/9/11	12.30-2.30pm	£30	£20	TBC	Materials
(B) Word-processing Stage 2 / Stage 3	30	26/9/11	7.30-9.30pm	£60	£20	TBC	
<b>TUESDAY</b>							
(P) Start IT—IT for Work	25	27/9/11	9.30-11.30am	£10 Admin Fee			
(B) CLAIT	30	27/9/11	12.30-2.30pm	£60	£20	TBC	
Beginning Dressmaking	20	27/9/11	12.30-2.30pm	£20	£20	n/a	Materials
After School Art Club (P3—P7)	10	27/9/11	4-6pm	£2 per session per child			
<b>WEDNESDAY</b>							
(P) Essential Skills—Maths for Work	28	28/9/11	9.30-11.30am	£10 Admin Fee			
(B) CPCAB L1 Listening Support Skills	10	28/9/11	9.30-11.30am	£20	£20	TBC	
Stitch-craft Crochet	10	28/9/11	12.30-2.30pm	£10	£10	n/a	Materials
Beauty Therapy	15	28/9/11	12.30-2.30pm	£30	£20	n/a	Materials
(P) Word Processing Stage 2	30	28/9/11	12.30-2.30pm	£10 Admin Fee			
After School Art Club (P3—P7)	10	28/9/11	4-6pm	£2 per session per child			
<b>THURSDAY</b>							
(B) Essential Skills—ICT	28	29/9/11	9.30-11.30am	£10 Admin Fee			
(B) Watercolours	30	29/9/11	9.30-11.30am	£60	£20	TBC	Materials
(B) IAB Manual Book-Keeping Level 1	30	29/9/11	9.30-11.30am	£60	£20	TBC	
(B) Oil Painting	30	29/9/11	12.30-2.30pm	£60	£20	TBC	Materials
Driving Theory Preparation Course	15	29/9/11	12.30-2.30pm	£30	£20	n/a	
STEM Homework Club (P4—P7)		29/9/11	3.30-5pm	FOC	FOC	n/a	
<b>FRIDAY</b>							
Appiqué (Hand sewing, soft furnishings)	20	30/9/11	9.30-11.30am	£20	£20	n/a	Materials
(P) Essential Skills—English for Work	30	30/9/11	9.30-11.30am	£10 Admin Fee			

## Information and criteria for joining some of our classes

 Courses highlighted in blue are from our PROSPER Project and are available to women who are not in paid work, i.e. women on benefits, retired or economically inactive but hoping to move into work.

 Courses highlighted in green are from our LAEP Project and are available to all women, however a reduction in cost may be available if you meet certain criteria.

 Courses highlighted in pink have no exclusions, there is no accreditation for these courses.