
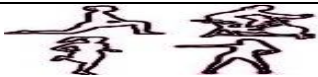




ADULT EDUCATION COURSES

Shandon/North Cathedral/ Blackpool Education Network
Spring Term 2019

Welcome back to everyone! If you'd like to learn a new skill or improve your physical and mental wellbeing, check out the courses available in your local area! All classes are free of charge.

<u>Course Name</u>	<u>Place</u>	<u>Times</u>
Yoga Continuation	St Vincent's Primary School Contact Aedamar 086 2726666	Fridays 9-10.30 am beginning 8th Feb
Yoga Beginners/Continuation	St Vincent's Secondary School Contact Michelle 086 4106370	Tuesdays 9-10.30 beginning March 5th
Aromatherapy for Relaxation 	St Vincent's Primary School Contact Aedamar 086 2726666	Wednesdays 9.15-10.45 Start date to be confirmed
Cookery and Baking	North Pres Primary School Contact Aoife 087 6375290	Fridays at 9:15am to 11:15am starting 29th March . Running for 6 weeks.
Cookery and Baking – Want to learn to prepare simple and affordable meals for your family?	North Mon Primary School Kitchen Contact Mick D 086 7250294	Fridays at 9:15am to 11:15am starting 8th February . Running for 6 weeks.
Pilates 	North Mon Primary School Kitchen Contact Mick D 086 7250294	Tuesdays at 9:30am to 10:40am starting May 7th . Running for 5 weeks
Yoga – great for unwinding and reducing stress. 	North Mon Secondary School Contact Christine 087 4158126	Tuesdays at 11:30am to 1:00pm starting 26th February . Running for 7 weeks.
Music Awareness – Listen to, enjoy and discuss music 	Music Academy, North Mon campus Contact Christine 087 4158126	Tuesdays at 4:00pm to 5:30pm starting 19th February . Running for 10 weeks.
English Classes – Learn English in a relaxed manner.	North Pres Primary School Contact Aoife 087 6375290	<u>Beginners</u> : Tuesdays at 9:15am to 11:15am. <u>Advanced</u> : Thursdays at 9:15am to 11:15am. Running from January to June.



If you are interested in any of these classes, please, fill in your details below and return to your child's school as soon as possible. Thank you.

Name: _____ Contact Number: _____

Class: _____