

PROVISIONAL TIMETABLE Spring 2024

Course Title	Start Date	Day	Time	Duration
WELLBEING				
Pilates	09/04/2024	Tuesday	1.30pm – 2.30pm	6 weeks
Food for Thought	10/04/2024	Wednesday	9.45am – 11.45am	3 weeks
Introduction to Yoga	10/04/2024	Wednesday	1.00pm – 2.15pm	3 weeks
Spring Clean Your Life	16/04/2024	Tuesday	9.45am – 11.45am	6 weeks
Coming into Balance	25/04/2024	Thursday	9.45am – 11.45am	5 weeks
LIFESKILLS				
English for Beginners	14/09/2023	Thursday	9.45am – 11.45am	Ongoing
ESOL Entry Level 1	11/09/2023	Monday & Tuesday	9.45am – 11.45am	Ongoing
ESOL Entry Level 2 (AM)	11/09/2023	Monday & Wednesday	9.45am – 12.45pm	Ongoing
ESOL Entry Level 2 (PM)	12/09/2023	Tuesday & Thursday	1.00pm – 3.00pm	Ongoing
ESOL Entry Level 3	12/09/2023	Tuesday & Thursday	9.45am – 12.45pm	Ongoing
Improve Your English (W)	13/09/2023	Wednesday	9.45am – 11.45am	Ongoing
REAP PROJECT				
Recreational IT	08/04/2024	Monday	9.45am – 11.45am	4 weeks
Smartphone Photography	08/05/2024	Wednesday	9.45am – 11.45am	4 weeks
First Aid	12/06/2024	Wednesday	9.30am – 3.30pm	1 day
COMMUNITY RELATIONS				
Cultural Awareness	14/09/2023	Thursday	9.45am - 11.45am	Ongoing

***Courses/Dates/Times Subject to Change**

Apply online at <https://www.firststepswomenscentre.org/index.php/application-form>

Email: thewomenscentre@gmail.com