

## PROVISIONAL TIMETABLE – SPRING 2022

Course Title	Start Date	Day	Time	Duration
<b>WELLBEING CLASSES</b>				
Spring Clean Your Life	25/04/2022	Monday	1.00pm – 3.00pm	6 Weeks
Ditch The Pyjamas	25/04/2022	Monday	1.00pm – 3.00pm	4 Weeks
Pilates	26/04/2022	Tuesday	1.30pm – 2.30pm	6 Weeks
Walk & Talk	27/04/2022	Wednesday	10.00am – 12.00pm	6 Weeks
Chi Me	28/04/2022	Thursday	1.00pm – 2.00pm	6 Weeks
Forest Bathing	Tbc	Tbc	Tbc	5 Weeks
For more info/to book contact Amanda at <a href="mailto:fswc.amandab@gmail.com">fswc.amandab@gmail.com</a> – 028 87727648				
<b>FIRST AID/FOOD SAFETY COURSES</b>				
First Aid Training Level 1	06/05/2022	Friday	9.30am – 1.00pm	1 Day
Food Safety Level 1	13/05/2022	Friday	9.30am – 1.00pm	1 Day
First Aid Training Level 1	20/05/2022	Friday	9.30am – 1.00pm	1 Day
Food Safety Level 1	27/05/2022	Friday	9.30am – 1.00pm	1 Day
For more info/to book contact Ingrid at <a href="mailto:fswc.Ingrid@gmail.com">fswc.Ingrid@gmail.com</a> – 028 87727648				

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