

PROVISIONAL TIMETABLE WINTER 2022



Course Title	Start Date	Day	Time	Duration
Computer Courses				
Canva ONLINE	10/01/2022	Monday	9.45am – 11.45am	4 Weeks
Microsoft Excel – Intermediate - ONLINE	10/01/2022	Monday	12.30pm – 2.30pm	6 Weeks
IAB Level 1 Computerised Book-Keeping ONLINE	22/02/2022	Tuesday	9.45am – 11.45am	12 Weeks
IAB Level 1 Computerised Payroll - ONLINE	22/02/2022	Tuesday	12.30pm – 2.30pm	12 Weeks
Shopping & Staying Safe - ONLINE	07/02/2022	Monday	9.45am – 11.45am	3 Weeks
Computer Programming using Java	03/02/2022	Thursday	10.00am – 12.00pm	10 Weeks
WELLBEING				
Assertiveness	17/01/2022	Monday	1.00pm – 3.00pm	6 Weeks
Holistic Therapies	11/01/2022	Tuesday	1.00pm – 3.00pm	6 Weeks
Dance your way to health & happiness	13/01/2022	Thursday	1.00pm – 3.00pm	6 Weeks
Hormone Harmony & Female Health	17/01/2022	Monday	10.00am – 12.00pm	5 Weeks
Retirement – What Next? – Online	18/01/2022	Tuesday	7.00pm – 8.00pm	2 Weeks
Creative Writing	01/03/2022	Tuesday	1.00pm – 3.00pm	6 Weeks
Stretch & Tone	01/03/2022	Tuesday	1.30pm – 2.30pm	6 Weeks
Mindfulness	03/03/2022	Thursday	1.00pm – 3.00pm	6 Weeks
Chi Me	28/04/2022	Thursday	1.00pm – 2.00pm	6 Weeks
ESOL				
ESOL Entry 1 Speaking & Listening	06/09/2021	Monday & Tuesday	9.45am - 11.45am	Ongoing
ESOL Entry 2 Speaking & Listening	07/09/2021	Tuesday & Thursday	1.00pm – 3.00pm	Ongoing
ESOL Entry 3 Speaking & Listening	07/09/2021	Tuesday & Thursday	9.45am - 12.45pm	Ongoing
ESOL Level 1	06/09/2021	Monday & Wednesday	9.45am - 12.45pm	Ongoing
Pre-Esol	15/09/2021	Wednesday	9.45am – 11.45am	Ongoing
LIFESKILLS				
Improve Your English	07/09/2021	Tuesday & Wednesday	9.45am-11.45am	Ongoing
ANCILLARY				
Flavours of the World	14/01/2022	Friday	9.45am – 12.45pm	5 Weeks
LUCED – Celebrating Diversity	17/01/2022	Monday	12.30pm – 2.30pm	6 Weeks
Photo Voices	03/03/2022	Thursday	10.00am – 12.00pm	10 Weeks

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Apply online www.firststepswomenscentre.org **Email:** fswc.enquiries@gmail.com

Courses/Dates/Times Subject to Change