**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.**

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| **Course Name** | **Place** | **Times** |
| **Yoga Continuation** | St Vincent’s Primary SchoolContact 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** **C:\Users\mdowling\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UWCPT9GI\5320635195_d3acd3fe59_z[1].jpg** | St Vincent’s Primary SchoolContact Aedamar 086 2726666 |  Wednesdays 9.15-10.45Start date to be confirmed |
| **Cookery and Baking**  | North Pres Primary SchoolContact 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 KitchenContact Mick D 086 7250294 | Fridays at 9:15am to 11:15am starting **8th February**. Running for 6 weeks. |
| **Pilates C:\Users\User\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NTTDGIGH\crosstraining[1].jpg** | North Mon Primary School KitchenContact 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. C:\Users\mdowling\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\QDCHWMWG\yoga_girl_cartoon_jpg_w180h244[1].jpg | North Mon Secondary SchoolContact 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 C:\Users\mdowling\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UWCPT9GI\colorful-music-notes-cutout[1].jpg | Music Academy, North Mon campusContact Christine 087 4158126 | Tuesdays at 4:00pm to 5:30pm starting **19th February**. Running for 10 weeks. |

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| **English Classes –** Learn English in a relaxed manner.  | North Pres Primary SchoolContact Aoife 087 6375290 | Beginners: Tuesdays at 9:15am to 11:15am.Advanced: Thursdays at 9:15am to 11:15am.Running from January to June. |

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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:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_