

Spring Cookery

We started a series of cookery courses last term with Winter Warmers, this was so popular that we have progressed on to Spring Cooking. This class is suitable for all ages and abilities. Come along and make some great dishes that can feed you and your family.

Starting Thursday 25th Feb - 1st April

9.15- 11.15. At John Moulton Hall



There is a small weekly charge for ingredients. Crèche available

Pilates

FREE CLASS

If you are dieting and need to tone up, or just want to improve your posture and inner core strength and are able to get on to the floor to complete exercises, then this course is for you. Gives you a marvellous sense of wellbeing and achievement. You don't have to be super fit, there are gentle and more demanding methods of completing each exercise, in fact Pilates is suitable for both beginners and those more experienced.

Crèche available.

Starting Thursday 25th Feb - 1st April

1.30 - 2.30. At John Moulton Hall



1st Aid Early Years

FREE CLASS

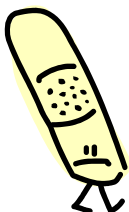
Do you need to re-new your qualification? Or perhaps you are starting a new job where this qualification could help, or maybe you just want to be more aware of how to look after your child in case of accidents. This course will be running twice weekly for 3 weeks. Crèche available

Starting Tues & Wed. 23rd & 24th Feb

" " " 2nd & 3rd March

" " " 9th & 10th March

12.30 - 2.30 @ **UNITED REFORMED CHURCH**



You do need to book your place as they are limited.

Ring Margaret on 07854 766 768

Or

email me on simons@clip.org.uk