

Healthy Living

Alternative Therapies

COURSE CODE	TITLE	DAY	TIME	START DATE	WKS	PRICE £	VENUE
8ADAP5AAAH	Acupressure and Shiatsu massage	Wed	19.30 - 21.00	17/09/2008	12	£64.80	WCE
8ADAP5AABH	Acupressure and Shiatsu massage	Wed	13.00 - 14.30	17/09/2008	12	£64.80	WCE

Cookery

COURSE CODE	TITLE	DAY	TIME	START DATE	WKS	PRICE £	VENUE
8GGAP5AADH	Cake Decoration and Sugarcraft for beginners	Mon	19.30 - 21.30	15/09/2008	12	£86.40	WCE
8GGAT5AAGH	Cookery – Cooking for men	Wed	18.00 - 20.30	17/09/2008	12	£108.00	WCE
8GGAP5AAHH	Cookery – Eat for a Fiver	Thurs	18.00 - 20.30	18/09/2008	12	£108.00	WCE
8GGAP5AAJH	Cookery – Eat for a Fiver	Tues	13.00 - 15.30	16/09/2008	12	£108.00	WCE
8GGAP5AAKH	Cookery - Vegetarian Cookery	Wed	13.00 - 15.30	17/09/2008	12	£108.00	WCE
8GGAP5AALH	Cookery –Healthy Options	Thurs	9.30 - 12.00	18/09/2008	12	£108.00	WCE
8GGAP5AAMH	Cookery –Healthy Options	Tues	09.30 - 12.00	16/09/2008	12	£108.00	WCE
8GGAP5AAXH	Read Write and Cook	Thurs	13.00 - 15.30	18/09/2008	12	FREE	WCE

Keep Fit and Exercise

COURSE CODE	TITLE	DAY	TIME	START DATE	WKS	PRICE £	VENUE
8HAAP5AAEH	Circuit Training – All Levels	Mon	17.15 - 18.15	15/09/2008	12	£43.20	WCE
8HAAP5AAFH	Circuit Training – All Levels	Wed	17.15 - 18.15	17/09/2008	12	£43.20	WCE
8HAAP5AANH	Fitness and Stretch for Women – All Levels	Thurs	19.30 - 20.45	18/09/2008	12	£54.00	GCP
8HAAP5AAPH	Gentle Exercise	Thurs	9.45 - 10.45	18/09/2008	12	£43.20	TMC
8HAAP5AAQH	Gentle Exercise (over 50's)	Thurs	10:15 - 11:45	18/09/2008	12	£64.80	FMH
8HAAP5AARH	Gentle Exercise (over 50's)	Fri	10:00 - 11:30	19/09/2008	12	£64.80	WCE
8HAAP5AASH	Keep Fit – All Levels	Tues	19.30 - 21.00	16/09/2008	12	£64.80	SPS
8HAAP5AATH	Keep Fit – All Levels	Wed	19.30 - 21.00	17/09/2008	12	£64.80	CHS
8HAAP5AAVH	Keep Fit and Stretch For Women - Intermediate	Mon	19.30 - 21.00	15/09/2008	12	£64.80	CVH
8HAAP5AAWH	Keep Fit Workout for Women – All Levels	Wed	20.00 - 21.00	17/09/2008	12	£43.20	GHS
8HAAP5ABEH	Tai Chi – All Levels	Mon	13.00 - 15.00	15/09/2008	12	£86.40	WCE

Oriental Exercise

COURSE CODE	TITLE	DAY	TIME	START DATE	WKS	PRICE £	VENUE
8HAAP5AAYH	Oriental approaches to Health and Wellbeing	Wed	17.30 - 19.00	17/09/2008	12	£64.80	WCE
8HAAP5ABFH	Tai Chi – All levels	Mon	10:30 - 12:00	15/09/2008	12	£64.80	CVI
8HAAP5ABGH	Tai Chi – All levels	Thurs	18.30 - 20.00	18/09/2008	12	£64.80	WCE
8HAAP5ABHH	Tai Chi Basics – The 24 Step Form	Wed	13:30 - 15.00	17/09/2008	12	£64.80	WCE
8HAAP5ABJH	Very Gentle Yoga & Relaxation for long term, illness related conditions	Mon	13.30 - 15.30	15/09/2008	12	£86.40	WCE
8HAAP5ABKH	Yoga – All levels	Tues	14:30 - 16:00	16/09/2008	12	£64.80	WCE
8HAAP5ABLH	Yoga – All Levels	Wed	19.30 - 21.00	17/09/2008	12	£64.80	WVH
8HAAP5ABMH	Yoga – All Levels	Thurs	19.30 - 21.00	18/09/2008	12	£64.80	HOI
8HAAP5ABQH	Yoga - Beginners plus	Mon	20.00 - 21.30	15/09/2008	12	£64.80	WCE

8HAAP5ABNH	Yoga – Gentle All levels	Thurs	10:00 - 11:30	18/09/2008	12	£64.80	WCE
8HAAP5ABPH	Yoga – Over 40s	Wed	10:00 - 11:30	17/09/2008	12	£64.80	WCE
8HAAP5ABRH	Yoga for Health and Relaxation – All Levels	Tues	17:00 - 18:30	16/09/2008	12	£64.80	WCE

Swimming

COURSE CODE	TITLE	DAY	TIME	START DATE	WKS	PRICE £	VENUE
8HAAP5AACH	Aquafit – All Levels	Mon	13.15 - 14.15	15/09/2008	12	£43.20	HOP
8HAAP5AAZH	Swimming – All levels	Tues	19.00 - 20.00	16/09/2008	12	£43.20	CSP
8HAAP5ABAH	Swimming for Fitness	Tues	19.30 - 20.30	16/09/2008	12	£43.20	HOP
8HAAP5ABBH	Swimming for Fitness	Mon	18.30 - 19.30	15/09/2008	12	£43.20	HOP
8HAAP5ABCH	Swimming for Fitness And improvement	Wed	11:00 - 12:00	17/09/2008	12	£43.20	HOP
8HAAP5ABDH	Swimming for Non-Swimmers and Improvers	Wed	19.00 - 20.00	17/09/2008	12	£43.20	HOP