



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10am - 12pm

**Everyday English**  
Pre-intermediate  
Room 2  
Taught by Jade



**Cooking Beginners**  
Learn basic cooking skills  
Kitchen  
Taught by Salma




**1 to 1 Session with Alison**  
Available in 30 mins and 1hr Slot  
**Room 3 FREE**  
Led by Alison

**Employability Skills**  
6 Weeks course  
Room 3  
Taught by Alison  
**£2 per session**



**NPA Childcare**  
9.30am  
(Sept - June) **£25 each term**  
This class now full only waiting list-  
Room 4  
Taught by Anne-Marie




**Everyday English** **FREE**  
Elementary  
Room 2  
Taught by Jade



**Walking Group**  
10:30 - 12:00  
Meet at centre  
Led by Joyce **FREE**



**IT Beginners** **£2**  
skills for work  
Room 3  
Taught by Alison



**Everyday English**  
Beginners  
Room 2 **FREE**  
Taught by Jade



**Cooking** **£2**  
Share your own recipes  
Taught by Salma



**English Upper Elementary plus** **FREE**  
Room 2  
Taught by Jade



**Toddler +1** **FREE**  
Adult and Toddler group  
10am - 11.30am  
with Anica & Hafsha



**Breathe & Bloom**  
11:00 - 13:00 **£2**  
See Joyce for dates  
Room 2



**Booking essential**

**Rise & Shine Crèche**




Available for children up to 16

1 free play session a day if not in classes

Contact Crèche on 07563197374 for availability

1pm - 3pm

**Sewing** **£2**  
Beginners -Room 4  
Taught by Salma



**Job Search** **£2**  
Help with your CV, application forms, and more  
Room 3  
Taught by Alison




**Yoga** **£2**  
With Yoga on Tay  
Book at Reception  
Room 2  
1.30pm - 2.30pm  
Taught by Frances



**College English**  
Pre-Intermediate  
12.30pm-3pm **£2**  
Room 2  
Taught by Albina



**French - Room 4** **£2**  
Conversation at Elementary / Pre-Intermediate level  
Taught by Jade



**1 to 1 Parenting Advice Session with Salma**  
Room 3  
Contact Salma for more information



**College English**  
Elementary - Room 4  
12.30pm 3pm **£2**  
Taught by Amanda



**Everyday English** **FREE**  
Intermediate  
Room 3  
Taught by Jade



**Wellbeing Circle**  
1:00 - 2:30  
Room 2  
Taught by Joyce

**Women of Dundee** **£2**  
Art, Filming trips & Stories - Room 4  
With Ele



**Flourish**  
Mums Support Group  
Creche Area **£2**  
Taught by Salma



For up to date information visit our website and Social Media pages  
**Class info and rules**



Class Info

