



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 **£25 each term**  
(Sept - June)  
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**



**Cooking** **£2**

Share your own recipes  
Taught by Salma



**Everyday English**

Beginners  
Room 2 **FREE**  
Taught by Jade



**IT Beginners** **£2**

skills for work  
Room 3  
Taught by Alison



**Beauty Class - Room 4** **£2**

Everything you need for beauty career  
Taught by Afsha



**English Upper Elementary plus** **FREE**

Room 2  
Taught by Jade



**Mellow Bumps**

6-weeks program for mums-to-be and new mums  
Room 4 **FREE**



with Anica & Hafsha

**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**

Intermediate  
Room 3  
Taught by Jade **FREE**



**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**

