

# Training +

# Activities

Day	Activity	Time	Charge
Monday - Friday	Internet Access	9.00am - 5.00pm	Free
Monday	Pottery (drop-in)	10am - 12.00pm	£2.00
	Yoga	12.30pm - 2.30pm	£4.00
	Computers for Beginners (Database)	10.00am - 12.00pm	Free
Tuesday	Gardening	12.30pm - 2.00pm	Free*(WEA)
	Literacy	10.00am - 12.00pm	Free* (WEA)
	Web Design	10.00am - 12.00pm	Free* (WEA)
Wednesday	Computers (beginners)	10.00am - 12.00pm	Free*(WEA)
	Photoshop	1.30pm - 3.30pm	Free*(WEA)
	Tai - Chi	2.00pm - 3.30pm	£2.00
	Cookery	6.00pm - 8.00pm	£2.00
Thursday	Watercolours	10.00am - 12.00pm	Free*(WEA)
	Relaxation	1.00pm - 2.30pm	£2.00
	European Computer Driving Licence (ECDL - Database)	Time to be confirmed	£30 refundable deposit
	BCS Level 1 - file management, internet and email	10.00am - 12.00pm	
Friday	Baby Massage	10.00am - 12.00pm	Free*(WEA)
	Yoga	1.00pm - 3.00pm	£4.00

**New Courses for October** - Journalism, Fashion Design, Employability Programme

\*All WEA courses are free if you are in receipt of benefits.

To discuss courses or reserve a place – call Simone 0161 212 4991

at The Salford Angel

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