

**Courses & Activities @ St Thomas More Community Centre,
Parson Cross Forum, 56 Margetson Crescent, Sheffield S5 9NB
Tel: 0114 327 97 27
Website: <http://parsonxforum.webs.com/>**

Accredited: Powerpoint L1 / WP, Beginners Internet & Email

Day & Time: Thursdays 9.30am – 11.30am
Starts: 8th September 2011 (12 weeks)
Cost: £58.00 or £10.00 if ESA or JSA

Accredited: Internet & Email L1 / Internet & WP Beginners

Day & Time: Thursdays 11.30am – 1.30pm
Starts: 8th September (12 weeks)
Cost: £58.00 or £10.00 if ESA or JSA

Computer Drop In Workshop

Day & Time: Thursdays 1.30pm – 3.30pm
Starts: ongoing
Cost: Free
Drop in and let a qualified tutor help you with any IT issues you may have.

Evening Basic IT

Day & Time: Thursdays 6pm to 8pm
Starts: 8th September 2011
Cost: Free
This course introduces absolute beginners to the practical use of computers. The course includes text processing, how to send and receive emails and how to use the internet for personal research.

Numeracy (Accredited)

Day & Time: Fridays 9:30am to 11:30am
Starts: 16th September
Cost: £10.00
A 12 week accredited course to develop competency in maths.

Literacy (Accredited)

Day & Time: Fridays 12:45pm to 2:45pm
Starts: 16th September
Cost: £10.00
A 12 week accredited course to develop reading, writing and spelling.

Chairbics and Gentle Exercise

Day & Time: Mondays 10am to 11am
Starts: Ongoing
Cost: Free
Come and do gentle exercise to music in a friendly and welcoming atmosphere.

Zumba

Day & Time: Mondays 12:15pm to 1:15pm & Fridays 11am to 12pm

Starts: ongoing (but not on Bank Holidays)

Cost: £3.00 per session

Enjoy a funky and fast dance to Latin American style music with Dean Ellis (formerly of Fitness First). It's a great way to work out and have fun.

Genealogy (Family History)

Day & Time: Monday 12:30pm to 2:30pm

Starts: 12th September

Cost: Free

Learn how to research and chart your family history in this 12 week course. Necessary computer skills will be taught.

Active Bodies

Day & Time: Tuesday 10:30am to 11:30am

Starts: 13th September

Cost: £2.50 per session

This is a type of personalised circuit training using stations where you can do exercises at your own pace. Exercises include steps, squats and free weights. Get weighed and have your blood pressure checked, as well. Sessions will cater for patients who have had heart condition and other medium risk medical problems.

Taekwondo

Day & Time: Tuesdays 6:30pm to 8pm

Starts: Ongoing

Cost: £6.00 per session

Oriental martial arts class for all ages from 5 onwards, male and female

Arts & Crafts

Day & Time: Wednesday 7th September 1pm to 3pm

Starts: September 7th

Cost: £50.00 or £10.00 if on ESA or JSA. There is an extra charge of £2.00 per class for materials. Learn how to make various items of jewellery with instructor, Cynthia Horsfield.

Boxercise

Day & Time: Wednesdays 6:30pm to 7:30pm

Starts: Ongoing

Cost: £2.00

Adult Sports Activities

Day & Time: Thursdays 10am to 12pm

Starts: Ongoing

Cost: £1.00

Activities include table tennis, badminton and boccia.

Come Dance With Me

Day & Time: Thursday 12:30pm to 1:30pm

Starts: 8th September

Cost: £2.00 per session

Keep fit while learning various steps and styles.

Dancercise

Day & Time: Thursdays 6pm to 8pm

Starts: Ongoing

Cost: £3.00 per session

Have fun and get fit while line dancing to popular music.

Mini Circuit

Day & Time: Friday 10am to 11am

Starts: Ongoing

Cost: £2.00 per session

This is a gentle form of circuit training using a ring of chairs with different exercise instructions on each such as seated weight lifting and stretching.

Mixed Martial Arts

Day & Time: Friday 6pm to 7pm

Starts: ongoing

Cost: £1.00 per session

Mixed martial arts class for ages 4-15.

Sharon Berry's School of Theatre Dance

Day & Time: Mon. 4pm-9pm & 6pm to 9pm; Tues. 4:30pm to 8pm; Sat. 10am to 4pm.

Starts: Week starting Monday, 5th September

Cost: Contact the tutor for further information on different classes.

Classes include a beginner's course in ballet, tap and theatre craft at £4.00 per hour on Saturdays for ages 3+.

Contact: 0114 246 6126.