

LIFELONG LEARNING IN MAIDENHEAD

IT FOR ALL



Our IT course is suitable for learners with or without basic IT skills. Learners will have the opportunity to explore some of the common tools in Microsoft Office and learn how to integrate and develop data, word processing and internet applications.

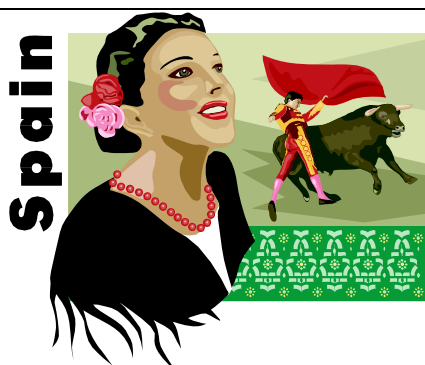
THIS COURSE IS AVAILABLE NOW

WHEN? Wednesdays from 2.15 to 4.15pm

WHERE? Poundfield Hall, Radcot Close (off Shifford Crescent), Maidenhead SL6 7UJ

FEES: £27 with Concessions

SPANISH FOR ALL



This is a fun, informal course for adults. Learn the basics of Spanish through a variety of activities and games. Basic speaking and listening skills for every day family situations will be covered.

**THIS COURSE STARTS ON
TUESDAY 6TH JUNE 2010**

WHEN? Tuesdays from 3.15pm to 5.15pm

WHERE? Poundfield Hall, Radcot Close (off Shifford Crescent), Maidenhead SL6 7UJ

FEES: £35.00 with Concessions

BALLROOM DANCING



'Ballroom dancing combines a cardio workout with load bearing exercise which is vital for building bone density and resisting osteoporosis. It may look elegant but this is no easy option – practising ballroom dancing means a heart pumping workout. Posture is enhanced as well as balance and flexibility. The fact that you have fun as well increases the flood of endorphins to your body and reduces blood pressure – and makes dance fitness great for all round anti aging health'.

THIS COURSE IS AVAILABLE NOW

WHEN? Mondays from 7pm to 9pm

WHERE? Poundfield Hall, Radcot Close (off Shifford Crescent), Maidenhead SL6 7UJ

FEES: £10.00 with Concessions

For further information please contact the Community Investment Officer at One Housing Group by telephone on 0208 821 5169 or 0208 821 5162

By emailing mrobinson@onehousinggroup.co.uk or visit our website at www.onehousinggroup.co.uk