

# Free Summer Taster Courses

## Waltham Forest Community Learning and Skills Service

In partnership with  
Rush Croft Sports College

For more information or to book a place on any of these courses telephone:

020 8523 9355 or 020 8558 6805 or 020 8988 0555 or 020 8521 4311

All courses are free

This is a chance for you to try out a range of vocational and special interest courses. If you would then like to progress to courses with qualifications in September, then talk to CLaSS staff who will be available to discuss this with you at each session.

Code	Title / Details	Day / Dates	Time	Venue
RSJ871-1J2	Introduction to working as a care assistant	<b>Monday</b> 6 July 2009	7-9pm	Rush Croft Sports College
RSJ872-1J2	How to find work in a childcare setting	<b>Monday</b> 6 July 2009	7-9pm	Rush Croft Sports College
RSK036-1J2	<b>“Help! Where are my files”?</b> Learn how to manage your computer files and folders more efficiently.	<b>Monday</b> 6 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSK038-2J2	<b>“Help! Where are my files”?</b> Learn how to manage your computer files and folders more efficiently.	<b>Tuesday</b> 7 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSK037-1J2	<b>Computers for the Terrified</b> For those who are frightened at the thought of using a computer	<b>Monday</b> 6 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSK041-8J2	<b>Computers for the Terrified</b> For those who are frightened at the thought of using a computer	<b>Tue + Wed</b> 7 July & 8 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSK039-3J2	<b>Internet and Email – a taster</b> For those with little or no experience of using the Internet and Email for personal or business use. You need to have keyboard and mouse skills.	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSK040-4J2	<b>Surfing the Internet “Google anything”</b> Learn to use the Internet to search for information. You need to have keyboard and mouse skills.	<b>Thursday</b> 9 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSH060-2J2	<b>Aromatherapy</b> Selecting and blending essential oils	<b>Tuesday</b> 7 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH061-3J2	<b>Swedish Massage - Introduction</b>	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH062-4J2	<b>Introduction to Sports Massage Introduction</b>	<b>Thursday</b> 9 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH063-3J2	<b>Reflexology - Introduction</b>	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College

RSH064-1J2	<b>Facials - Introduction</b>	<b>Monday</b> 6 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH065-2J2	<b>Threading - Introduction</b>	<b>Tuesday</b> 7 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH066-3J2	<b>Indian Head Massage - Introduction</b>	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH067-3J2	<b>Henna - Introduction</b>	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH068-4J2	<b>Nail Art- Introduction</b>	<b>Thursday</b> 9 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSH069-3J2	<b>Interpersonal Skills – Introduction</b> Learn to use your communication skills more effectively	<b>Wednesday</b> 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSS043-8J2	<b>British Sign Language – Pre Level 1</b>	<b>M/T/W/Th</b> 6 July to 9 July 2009	7.30 -9.30pm	Rush Croft Sports College
RSM044-8J2	<b>Trampolining – for women - complete beginners</b>	<b>Tue &amp; Thur</b> 7 July & 9 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSW045-8J2	<b>Salsa – for complete beginners</b>	<b>Mon &amp; Tue</b> 6 July & 7 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSG046-1J2	<b>Art Basketry</b>	<b>Monday</b> 6 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSG047-2J2	<b>Art Basketry</b>	<b>Tuesday</b> 7 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSF048-3J2	<b>Mixed Craft – Silk Painting</b>	<b>Wednesday</b> 8 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSF049-4J2	<b>Batik and Fabric Painting</b>	<b>Thursday</b> 9 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSP050-1J2	<b>Make an Unlined Curtain</b>	<b>Monday</b> 6 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSP051-1J2	<b>Make a Small Cocktail Hat (fascinator)</b>	<b>Monday</b> 6 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSG052-1J2	<b>Staining and Polishing</b> Learn basic techniques to revitalise furniture	<b>Monday</b> 6 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSP053-2J2	<b>Simple Felt Jewellery</b> Learn to make felt and transform into jewellery	<b>Tuesday</b> 7 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSP054-3J2	<b>Make a Small Beach Bag</b> The basic techniques of bag making	<b>Wednesday</b> 8 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSP060-3J2	<b>Plan a Simple Room</b> Acquire basic interior design skills	<b>Wednesday</b> 8 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RSG056-4J2	<b>Floristry</b> Learn to make a buttonhole	<b>Thursday</b> 9 July 2009	7.00 – 9.30pm	Rush Croft Sports College
RST058-8J2	<b>Spanish – for complete beginners</b>	<b>Mon+Wed+Thu</b> 6 / 8 & 9 July 2009	7.00 – 9.00pm	Rush Croft Sports College
RSN057-8J2	<b>Family Numeracy</b> Support your children moving on to secondary school	<b>Tue &amp; Wed</b> 7 July & 8 July 2009	7.00 – 9.00pm	Rush Croft Sports College