

Day	Morning (AM)	Afternoon (PM)
Monday	Healthy Soups and Seasonal Lunches*	Healthier Life, Healthier Me
	Story Makers	Computers: Films and Animation*
	Ready Steady Cook - Around the World!	Money Enterprise: Baking
Tuesday	Stitch Club	Crazy Crafts
	Magic of the Musicals	Dancing Hands and Musical Favourites
	Computers: Presentations and Everyday Technology	Animal Earth
	Out and About - Staying Safe With COVID	
Wednesday	Stitch Club	Adventures in Art - The World
	Disney Day!	Rock and Pop
	HS4LC Newsletter Group*	Computers and Photography*
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
Thursday	Performing Arts (All Day Group)	
	Allotment: Plot to Plate	Allotment: Plot to Plate
	Dance Fit / Stress Less	Mindfulness and Relaxation
	Recording and Creating Music	
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)
Friday	Film Club	Games Group
	Super Sensory Session!	Adventures in Art - History
	Ready Steady Cook - Around the World!*	Take Away Cooking*
	Gym & Fitness (Please turnover for gym timetable)	Gym & Fitness (Please turnover for gym timetable)

\*Classes will run on the first floor.

**Please see the course details sheet for further information on each of the courses.**

**Please turnover the page to view our extra activities and HS4LC gym timetable.**



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### HS4LC Gym & Fitness Sessions:

We hope to reopen our gym and run a full programme of fitness activities by the end of the autumn term. If you would like to express an interest in receiving information about this, please contact 01423 593719 for more details.



In the meantime we are going to run this reduced timetable of fitness activities.

Day	Morning (AM) (10.00 - 12.15pm)	Afternoon (PM) (12.45 - 3.00pm)
Wednesday	Wednesday Wanderers (All day group)	
Thursday	Going for Gold	Outdoor Gym / Walking
Friday	Outdoor Gym / Walking	Going for Gold

#### Gym session details:

**Wednesday Wanderers:** this all-weather walking group will undertake easy, medium or hard challenging walks every week.

**Going for Gold:** set your own fitness targets and push yourself to be the best you can be.

**Outdoor gym / walking:** a personalised workout to improve your fitness.

### Extra Activities:

Day	Extra activities
Weekly	Musical Instrument 1/2 hr 1:1 lesson (appointments bookable - various times to suit)

