









# Adult Learners Week May 2008 at West Park School, Spondon



Date & Time	Course	Cost
Mon 19th May 2008 6:30pm-8:30pm	 <b>Computers &amp; Cameras</b> Learn how to put your photographs to CD and use with a computer.	£5
Tues 20th May 2008 6:30pm-8:30pm	<b>Keeping your Computer Healthy</b>  Learn how to keep your computer running smoothly and safely.	£5
Tues 20th May 2008 7pm-9pm	<b>Line Dancing for Beginners</b>  A good way to keep fit for all ages and great fun.	£2
Wed 21st May 2008 7pm-8pm	<b>Tai Chi for Beginners</b>  Find out how Tai Chi can help you relax and improve your health.	£2
Thu 22nd May 2008 6:30pm-8:30pm	 <b>Saving Money using the Internet</b> Learn about those websites that can save you money in every day life.	£2
Fri 23rd May 2008 1:15pm -3:45pm	<b>Silver Surfers</b> Today is National Silver Surfers Day. The idea is to help nearly 10 million over-50s who aren't yet online taste the delights of cyber-life. 	Free
Sat 24th May 2008 9:30am -11:30am	<b>Introduction to the Internet</b>  This is open to anyone who is not sure how the Internet can help them.	Free

For more information, to find out details of other courses and to book a place, please contact Mrs Jean Moss at West Park School, West Road, Spondon, Derby DE21 7BT, telephone 01332 821964, e-mail [community@westpark.derby.sch.uk](mailto:community@westpark.derby.sch.uk) or look at our website [www.westparkcommunity.co.uk](http://www.westparkcommunity.co.uk)