



Lancashire
Adult Learning

HEALTHIER
FLEETWOOD
connecting our community



Learn something new in...

Fleetwood

All courses are FREE and open to anyone aged 19 or over.
Register your interest on eventbrite.co.uk by searching for the venue name to find the course, or just come along on the day!

Fylde Coast YMCA

Lofthouse Building, London Street, Fleetwood, FY7 6JE

COURSE	DAY	TIMES	DATE	WEEKS	COST
Lancashire Lifesavers	Monday	2pm - 4pm	24th June	1	FREE
Singing for Health and Happiness	Wednesday	9:30am - 11:30am	26th June	1	FREE
Introduction to Self Employment	Thursday	10am - 12:30pm	27th June	1	FREE
Chair Based Exercise with Drumming	Thursday	1:30pm - 4pm	27th June	1	FREE
Interview Masterclass	Thursday	1pm - 3:30pm	27th June	1	FREE

Milton Street Neighbourhood Centre

Milton St, Fleetwood, FY7 6QS

COURSE	DAY	TIMES	DATE	WEEKS	COST
Relax and De-Stress	Thursday	9:30am - 12:30pm	27th June	1	FREE
Get into Volunteering	Thursday	9:30am - 12:30pm	4th July	1	FREE

Emmanuel on the Mount

Mount Road, Fleetwood, FY7 6RE

COURSE	DAY	TIMES	DATE	WEEKS	COST
Get Online and Get Started with Public Services	Monday	1:30pm - 3:30pm	10th June	1	FREE
Introduction to Microwave Cookery	Monday	1:30pm - 4:30pm	17th June	1	FREE
Get Online and Get Started with Public Services	Wednesday	10am - 12pm	19th June	1	FREE
Discover the Five Ways to Wellbeing	Monday	9:30am - 12pm	24th June	1	FREE
Eat Well For Health	Wednesday	1pm - 4pm	26th June	1	FREE
English and Maths Functional Skills Assessment Drop-in	Thursday	10am - 4pm	27th June	1	FREE
Introduction to the Art of Paper Cutting	Monday	9:30am - 11:30am	1st July	1	FREE
Be Food Smart	Monday	9:30am - 12:30pm	8th July	1	FREE
Art for Wellbeing	Wednesday	10am - 12pm	10th July	1	FREE
Art for Wellbeing	Wednesday	1pm - 3pm	10th July	1	FREE