

## Session Timetable 2022

<u>Day &amp; Times</u>	<u>Activities</u>	<u>Costings</u>
<b>Monday 9am-5pm</b>	<p style="text-align: center;"><b>Outcome based sessions</b></p> Including:- ASDAN, Car / Building Maintenance, Cooking, Drama, Learning about Geography/ History/ Culture, Gardening, Life Skills, Sports, Arts and Crafts etc. And other important outcomes.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.
<b>Coming Soon!</b>  <b>Monday 9am-5pm</b>	<p style="text-align: center;"><b>Woodwork For All</b></p> Learn how to use tools safely Gain new skills Make garden furniture, bird feeders and projects to take home ASDAN Qualification	£13.00 per hour Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.
<b>Tuesday 9am – 5pm</b>	<p style="text-align: center;"><b>Outcome based sessions</b></p> Including:- ASDAN, Car / Building Maintenance, Cooking, Drama, Learning about Geography/ History/ Culture, Gardening, Life Skills, Sports, Arts and Crafts etc. And other important outcomes.	£13.00 per hour Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.
<b>Tuesday 9am – 5pm</b>	<p style="text-align: center;"><b>LFA ACTIVATE!</b></p> Day trips out including Lazer Tag/ Shopping Trips/ Animal experiences/ sports/ Theatre etc  Three monthly Programme in which Members can book onto in advance.	£13.00 per hour Or Through Cheshire West or Cheshire East Council  Member contribution (dependent on activity)
<b>Tuesday Evening 5.30pm – 8.30pm</b>	<p style="text-align: center;"><b>Performing Arts Club</b></p> Members create and perform shows including acting, dancing, singing, direction and set design with qualified team members.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including evening meal, drinks & support.
<b>Wednesday 9am – 5pm</b>	<p style="text-align: center;"><b>Outcome based sessions</b></p> Including: - ASDAN, Car / Building Maintenance, Cooking, Drama, Learning about Geography/ History/ Culture, Gardening, Life Skills, Sports, Arts and Crafts etc. And other important outcomes.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.
<b>Wednesday Evening 5.30pm – 8.30pm</b>	<p style="text-align: center;"><b>Bowling Group</b></p> Home cooked meal at LFA Venue followed by a game of bowling at a local venue.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including evening meal & support. Money required for bowling charge and drinks.
<b>Thursday 9am – 5pm</b>	<p style="text-align: center;"><b>Outcome based sessions</b></p> Including: - ASDAN, Car / Building Maintenance, Cooking, Drama, Learning about Geography/ History/ Culture, Gardening, Life Skills, Sports, Arts and Crafts etc. And other important outcomes.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.

<b>Thursday 9am – 5pm</b>	<b>LFA ENERGIZE!</b> Swimming session in private pool, healthy lunch, physical activities including Dancersize, football, mini gym work out, team games, local walks etc	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including lunch time meal, drinks, activities & support.
<b>Thursday Evening 5.30pm – 8.30pm</b>	<b>LFA SOCIALIZE!</b> A time for our members to relax and spend time with their peers enjoying activities such as: - Pamper Evenings, Gaming nights, Bingo, Pub Quizzes, Clubbersize, Themed Nights etc	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including evening meal, drinks & support. Small amount of money can be bought to spend at the LFA Bar and Tuck shop.
<b>Friday 9am – 5pm</b>	<b>Outcome based sessions</b> Including: - ASDAN, Car / Building Maintenance, Cooking, Drama, Learning about Geography/ History/ Culture, Gardening, Life Skills, Sports, Arts and Crafts etc. And other important outcomes.	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including Lunch time meal, drinks, activities & support.
<b>Friday 9am – 5pm</b>	<b>LFA ENERGIZE!</b> Swimming session at Brio Leisure pool, healthy lunch, physical activities including Dancersize, football, mini gym work out, team games, local walks etc	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including lunch time meal, drinks & support. Money will be required for swimming session.
<b>Saturday Mornings Once a month</b>	<b>LFA SOCIALIZE!</b> Once a month session of fun, social activities including: - Water Party, Day trips out, Carnival Parties, BBQs etc	£13.00 per hour Or Through Cheshire West or Cheshire East Council Including Lunch time meal, drinks & support.
<b>Residential Holidays</b>	<b>Breaks Away</b> Including Beach Breaks, Theatre Trips, Christmas Turkey & Tinsel Trips, Performing Arts & Photography Breaks etc	Set rate depending on nature of the break away to include staffing, transport, meals, and activities.

- All activities, unless stated, are run from our purpose built, sole use venue in Tarvin, Near Chester.
- Transport is available from across Cheshire East and West at an extra charge.
- Only people registered with Looking Forward Activities are able to attend the sessions.

Please contact **LFA** on either **01829 740697** or via email at [Looking.forward@btinternet.com](mailto:Looking.forward@btinternet.com) to enquire about availability