

Way Forward Weekly Timetable of Activities

(Way Forward are now offering ASDAN qualifications in many of our activities, please see which activities in our timetable below)

	Morning session – 9.30am – 12.30pm	Afternoon Session – 12.30pm – 3.30pm
Monday	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Beauty Workshop - Get pampered while learning beauty techniques on make-up and painting your nails, also healthy eating and looking after yourself.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Dance and Movement – explore dance learning about movement and dance instruction.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Professional Art - This is an opportunity for all you budding artists to come along and be part of this amazing opportunity to become self-employed artists.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Horse Riding Lessons – come with us to Lake Farm and take part in horse riding lessons £7.50 extra please note this activity does not take place during half term or the summer school holidays.</p>
	<p>Craft/Art Workshop – learn different methods of creative craft and explore the artist in you.</p>	<p>Professional Art - This is an opportunity for all you budding artists to come along and be part of this amazing opportunity to become self-employed artists.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Fitness Fun – Take part in exercise sessions, learn about different sports and take part in group activities such as badminton and table tennis.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	

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	<p>Ventnor Botanical Gardens – All day session Conservation project based at the Gardens, learn how to look after the land and its habitats.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Ventnor Botanical Gardens – All day session Conservation project based at the Gardens, learn how to look after the land and its habitats.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Sew and Stitch Project Work – knitting, cross stitch, embroidery start your own project and learn new skills.</p>	<p>Swimming Group – Come with us and enjoy a relaxing way to keep fit with both men’s and ladies swimming group. £2.95 extra</p>
	<p>Community Group – Explore the Island and learn about its history, visit places of interest and take part in fun quizzes to see what you have learnt</p>	<p>Fashion and Costume Design - We can help you develop your skills so you can design your very own clothing and accessories. You can also join us in making all the costumes for our Theatre productions.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Choir – Way Forward are putting a choir together singing all your favourite songs, come along and have fun in this new exciting group.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Information Technology Workshop – Learning how to use a computer and to search the internet.</p>
<p>Wednesday</p>	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>

	<p>Green Gym – Conservation projects across the Island come along and learn how to look after the land and its habitats.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Prop Design/Art and Craft Workshop - learn different methods of creative craft and make props for the stage shows taking place throughout the year.</p>
	<p>Bowling Group – Come with us to Ryde LA Bowl and take part in this fun group activity and meet new friends £3 extra</p>	<p>Bowling Group - Come with us to Ryde LA Bowl and take part in this fun group activity and meet new friends. £3 Extra</p>
	<p>Group Games – NEW - COMING SOON Come along and take part in our groups games morning, table tennis, carpet bowls, circus skills and much more</p>	<p>Film Studies – NEW - COMING SOON Way Forward are preparing to offer this new activity. We will be watching the latest films at the Cinema and then we will be spending time reviewing and analysing the films working towards an ASDAN qualification in Expressive Arts.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
Thursday	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals. £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>
	<p>Fakenham Farm – Animal Care on the farm learn how to care for animals join in with feeding and looking after their homes.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Project Work – Look at different projects of interest and learn about the topics, bring along your own ideas.</p>
	<p>Drama Workshop – Learn the skills to develop confidence, self esteem and communication in a fun environment.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Dance Workshop – learning all about the different styles of dance from line dancing to street dancing.</p> <p><i>(You can gain an ASDAN qualification through this activity)</i></p>

<p>Friday</p>	<p>Cooking - Way Forward Community Kitchen Learn about healthy eating and cooking healthy meals £3 extra <i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Lego Club – NEW - COMING SOON – due to popular demand Way Forward are preparing for this new activity offering building challenges and Cool Creations built by LEGO fans</p>
	<p>Music/Singing Workshop – Join Ricky and his guitar for an hour long sing along session. Followed by a Way Forward QUIZ</p>	<p>Forward Arts/Drama – Come along and take part in this exciting popular drama workshop, learn the skills needed to take part in our full scale productions which take place at Medina Theatre twice a year.</p>
	<p>Digital Photography – Come out and about with us taking photographs around the Island have your photographs shown in our gallery spaces. <i>(You can gain an ASDAN qualification through this activity)</i></p>	<p>Duke of Edinburgh Awards – planning sessions for all those taking part in awards at every level, an opportunity to discuss the awards with your DofE leaders when needed.</p>
	<p>Film and Animation Workshop – Join our exiting new group exploring the world of film and animation. <i>(You can gain an ASDAN qualification through this activity)</i></p>	
<p>Saturday</p>	<p>Morning Session – 10am – 12.30pm NEW - COMING SOON Come along to Way Forward on a Saturday for a full day or half a day, make new friends and join in with lots of activities arranged during the day.</p>	<p>Afternoon session – 12.30pm – 3pm NEW – COMING SOON Come along to Way Forward on a Saturday for a full day or half a day, make new friends and join in with lots of activities arranged during the day.</p>