



The Coastal
Eco Centre



Seagull
Recycling
Ltd

PCDL Course Information - Spring Term 2010

Getting fit in the Woodlands

Why not come along and get fit whilst learning all of the skills practised for centuries in England's woodlands? There is no barrier to age, fitness or ability so it doesn't matter whether you are fully fit and wanting to hone those muscles, or whether you are recovering from surgery and your movement is limited, we can individualise your activities to suit you.

Start Date: Wednesday 17th February

Time: 5 hours per session

Location: Skegness Environmental Site & the Coastal Eco Centre

Duration: 6 sessions

Cost: £40 per person

Recycling

Learn all about recycling and the processes that go into making sure that the materials you don't need are responsibly removed and diverted from landfill.

Start Date: Monday 1st March

Time: 5 hours per session

Location: Seagull Recycling Centre, Skegness

Duration: 6 sessions

Cost: £40 per person

Working in the woodlands

Ever wanted to be a woodsman? What are woodland crafts? Come along and learn how the process of how to change trees into lots of different items. Learn how to make a walking stick alongside learning all about wild food and the ways of the woodlands.

Start Date: Monday 1st March

Time: 5 hours per session

Location: Skegness Environmental Site & the Coastal Eco Centre

Duration: 6 sessions

Cost: £40 per person