



## Course Information 2018/19

# PILATES MIXED ABILITY

<b>Start Date</b>	13 <sup>th</sup> September 2018
<b>Time</b>	6.45pm-7.45pm
<b>Day of week</b>	Thursday
<b>Number of Weeks</b>	10
Please note there will be no class during half term w/c 22 October 2018 and also on 11 Oct & 1 <sup>Nov</sup>	
<b>Venue</b>	ELY COLLEGE
<b>Course Fee</b>	£55.00 <b>Concessionary Fee:</b> £40.00 Fees are payable by cash in person or cheque payable to Ely College
<b>Course Level</b>	Mixed ability
<b>Additional Course Cost (e.g. visits, materials, books, assessment fee, equipment)</b>	No additional costs
<b>Any skills or qualifications needed for entry to the class</b>	None
<b>Materials required for first class</b>	Please bring a yoga mat and wear comfortable clothes. Please bring a bottle of water.
<b>Course description - Including aims &amp; objectives</b> Pilates is suitable for men and women of all ages and all levels of fitness. It is an amazingly effective way to build strength, flexibility, relieve pain and addresses the lower back, abs, pelvic muscles, shoulders and neck. Participants will gain a good knowledge of the principals of Pilates, and will learn how apply them when performing the exercises. The exercises that will be given are taken from the original 34 Joseph Pilates moves and will be tailored to suit all individual needs. Participants will gain flexibility, a strong toned body with flatter stomach, longer lean muscles, improved posture and for some a relief from many aches and pains.	
<b>Learning Outcomes: Aims &amp; Objectives</b> Visual: Instructor to demonstrate each individual exercises. Verbal: Tutor to instruct the participant how to perform each exercise correctly and to recap the Pilates fundamental. Practical: Participant to perform the exercises. Written: Hand outs	
<b>How progress &amp; success will be recorded:</b> Monitored by increased flexibility, a stronger core, being able to work for longer period of time, being able to build up the difficulty and intensity of exercises. Tutor to provide individual feedback for learners. Participant will be able to see they own progress. Each student will be expected to complete an individual tracker form to monitor their goals throughout the course.	
<b>Any further next steps</b> Continue learning Pilates into the next term at Ely College	

<b>What else will you need to do</b>	We ask all students to complete an enrolment form which asks for details required by the Education & Skills Funding Agency & the County Council and is a requirement of entry to the course. We ask for full payment prior to the course beginning. Please note refunds can only be made if a class is cancelled or closed.
<b>What else do we ask of you</b>	Please can you let us know if you have any attendance problems <b>and if you are not able to attend the class</b> (contact details below). We like to know if you have a problem.
<b>How do we know if you are happy with your course</b>	We will ask you to complete a course evaluation, giving us your feedback on the course, tutor & college. You are always welcome to feedback directly to us at any time during your course to help us improve our services & courses.

Some of our courses are subsidised by the Education and Skills Funding Agency (ESFA) and part financed by the 2014-20 European Social Fund (ESF) programme. This funding is managed by Cambridgeshire County Council, Adult Learning and Skills. A short video covering the background of ESF, what it does, how it helps and who benefits is available on the European Union website: <http://ec.europa.eu/esf/home.jsp>

#### How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>

#### Safeguarding

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

#### Equality and Diversity

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+. We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of adult learning opportunities across Cambridgeshire. Search our website [www.cambsals.co.uk](http://www.cambsals.co.uk) for more information. We also deliver specific courses for adults with learning difficulties and disabilities. For more information about these specific courses please call 01223 703530

#### National Careers Service (NCS)

Careers advice is available to all learners. The National Careers Service provides free information and advice on all aspects of learning, skills development and employment. Help is provided in a way that suits you, online, face to face or by telephone. Go to [www.cambsals.co.uk](http://www.cambsals.co.uk) and click on 'I need some advice' for more information or call our booking line on 0845 603 1059

#### Please contact us for further information

Tel: 01353 664853

Email: [community@elycollege.co.uk](mailto:community@elycollege.co.uk)

Web: [www.elycollege.com/community](http://www.elycollege.com/community)

Address: Community Education, Ely College Downham Road, ELY, Cambs CB6 2SH



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