

LEARNER INFORMATION

Government legislation, introduced on 1 July 2007, places a total ban on smoking in public places; the College site has been smoke-free since September '05 - all users are required to respect this.

Data Protection

All students will be required to complete an enrolment form at their first session. Details given at that time are held on our computerised database and governed by the Data Protection Act.

Equalities Statement

The County Council operates an Equality of Opportunity Policy. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. We welcome disabled people and those with support needs, learning difficulties and medical conditions such as wheelchair users, those with mental health difficulties, epilepsy, dyslexia, D/deaf and partially sighted.

Please tick box if you would like:

- further information about the range of support we can offer
- us to contact you, in confidence to discuss support available

Linton Village College
Cambridge Road
Linton
Cambridge CB21 4JB

Phone: 01223 891233
Email: adulthoodeducation@lvc.org

Hours: 09:00-13:00 Mondays and Fridays
14:00-18:00 Tuesdays, Wednesdays and Thursdays



PILATES BEGINNERS LEVELS 1-3

LINTON VILLAGE COLLEGE
THURSDAYS from 18:10 to 19:10
COMMENCING 19 APRIL 2012

Tutor: ALISON SUTTON
£50 per 10 WEEKS

Any skills or qualifications needed for entry into class?

No previous knowledge of Pilates required. All levels of experience are welcome!

Students will be requested to complete a Health Awareness form on the first night. Students should also consult a medical practitioner before participating if in any doubts as to suitability of Pilates exercises for them.

Course Description

This is a Pilates mat-work class. This is for those who are totally new to Pilates or new to group exercise classes in general. This class is also suitable if returning to exercise or Pilates after a gap. This class will be significantly more gentle than mixed level classes. Mats are provided but students are also welcome to bring their own. The tutor guides the group through a series of Pilates exercises which are demonstrated and described. Each week the sequence and focus of the session will vary to allow students to work on different parts of the body and to work at their own level. Students will be assisted with adapting exercises for their own capability.

The sessions will cover various aspects of Pilates exercise – breathing, muscle isolation, working from the centre etc. Students should wear comfortable clothing which enables them to move freely. Leggings or jogging trousers and a ‘t’ shirt would be ideal. Pilates is done in bare feet or just in socks.

Equipment

None required. There will be an opportunity during the term for students to bring their own pieces of small Pilates equipment for a special session.

By the end of the course you will learn how to improve your posture, strengthen your spine and increase your flexibility.

TERM DATES 2011-12

Autumn term:	19 September–2 December
Half term:	24 October–28 October
Spring term:	9 January–23 March
Half term:	13 February–17 February
Summer term:	23 April–20 July
Half term:	4 June–18 June