



Pilates – Mixed Ability (Bar Hill Village Hall)

Monday 14th January – 25th March 2019

19.15 – 20.15 10 weeks Full Fee: £65/ Concession: £49

Learning Outcome: improve posture, balance, flexibility and core strength
Progression: Improvers Class

This course incorporates all the principals of Pilates such as concentration, good use of breath, abdominal work and good alignment. Each class will improve your body awareness and movement patterns in class and hopefully in your everyday life.

Classes will incorporate small pieces of equipment to add challenge and variation.

This class is suitable for men and women.

Please wear comfortable fitness clothing, drinking water and bring a mat. All equipment is provided.

Safeguarding:

We have made arrangements to ensure that you are safe in our centre. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against; tell your tutor or the Centre Manager immediately.

Enrolment & payment

Booking forms are available from the website www.swaveseyvc.co.uk or from the College. You can also enrol by phone on 01954 234488. Payment can be made by cheque payable to Swavesey Village College, cash or credit/debit card in person, over the phone or by completing the section on the booking form and posting it to the College. Please note that refunds can only be made if a class is cancelled or closed.

Equalities statement

“The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. 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.”