

# SAILING (RYA)

## RYA DAY SKIPPER CERTIFICATE (THEORY)

Basic course in navigation, safety, seamanship pilotage, meteorology and boat management to intermediate level. Fee includes course books & assessment papers. *Leaflet available.*

## RYA VHF RADIO GMDSS SHORT RANGE CERTIFICATE

Passing this course authorises the holder to use a radiotelephone on the VHF international frequencies of the maritime mobile band for voice communication. Separate additional RYA exam fees (currently £60\*) are payable and the exam will take place on the Saturday immediately following completion of the 2 week course (9am – 10am Saturday 3 February 2018, or by arrangement). Course leads to the Short Range Certificate. Course book/assessment pack provided. *Leaflet available.*

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Wed	UCM	ED472-AW	RYA Day Skipper Certificate (Theory)	13/09/17	19.00 - 21.00	22 wks	Mr R Clague	£294
Sat	UCM	PD471-SS	RYA VHF Radio GMDSS Short Range Certificate	20/01/18 27/01/18	09.00 - 16.30	2 days	Mr M Pendlebury	£75* (plus exam fee)

# SWIMMING

## SWIMMING FOR ADULT BEGINNERS

The aim of the course is to build water confidence to those who have no previous swimming experience, lack confidence or unable to swim 5 metres unsupported.

## SWIMMING FOR ADULT IMPROVERS

Develop basic stroke techniques over 10 metres and practice aquatic skills, build confidence to help students participate in other pool activities. Suitable for those who are able to swim 5 - 10 metres unsupported.

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Thu	GLEN P	EG102-AX	Swimming for Adult Improvers	05/10/17	19.00 - 20.00	18 wks	Pauline Glennon	£106
Thu	GLEN P	EG101-AX	Swimming for Adult Beginners	05/10/17	20.00 - 21.00	18 wks	Pauline Glennon	£106

# YOGA & PILATES

## YOGA FOR IMPROVERS

Suit last year's beginners. Own mat and belt required.

## YOGA FOR ALL ABILITIES

Yoga is a holistic system designed to bring harmony to the mind, body and spirit. A series of stretching and breathing exercises, combined with deep relaxation which are physically energizing and emotionally calming. Own mat required and blanket.

## YOGA FOR BEGINNERS/INTERMEDIATE

Gentle yoga positions, breathing, and deep relaxation for optimum health. Own mat and blanket required.

## PILATES IN THE POOL

The principles of Pilates with the therapeutic effect of movement of joints and muscles within water. The body is virtually weightless in water. Pilates in standing exercises are transformed into a new dimension when supported by water – the whole body and mind is involved. Emphasis can also be directed to injuries. A unique way of keeping fit whatever age or fitness level. Highly recommended by the medical profession. *Leaflet available.*

## PILATES FOR BEGINNERS

Course for complete beginners, or those with limited knowledge of Pilates techniques who want to progress and learn the correct methods and gain a true understanding of Pilates. Suitable for men and women of all ages, abilities and fitness levels. Course will progress to include the use of some Pilates Studio equipment. *Leaflet available.*

## PILATES - INTERMEDIATES

Learn to focus the mind as you exercise your body. The Pilates Technique teaches a unique method of body control, posture, flexibility and balance which is suitable for all, in everyday life and can also be of benefit to sportsmen and women to help reduce the risk of injury and strain. Course suitable for men and women of all ages, abilities and fitness levels who wish to enhance existing Pilates knowledge or skills, including its application to a range of activities such as a particular sport/exercise/lifestyle, if desired. Includes the use of some Pilates studio equipment. *Leaflet available.*

## CLASSICAL YOGA FOR BEGINNERS & INTERMEDIATES

Lyengar inspired classical yoga to keep you well in mind and body. Make TIME for your personal health.

## PILATES FOR BEGINNERS (HALF DAY WORKSHOP)

Introduction to Pilates principles and techniques. Suitable for complete beginners or those with a limited knowledge of Pilates. Suitable for women and men of all ages and fitness abilities. *Leaflet available.* Please note for those taking this course in Ramsey you will need to bring your own mat (recommended at least 10mm thick) and blanket.

## PILATES FOR MEN (HALF DAY WORKSHOP)

Pilates was invented by a man, originally for men and is now practised by sportsmen at the top of their profession in all fields ranging from golf, tennis, rugby and football. Pilates cannot only enhance sports performance, but will also benefit daily living and flexibility, aid recovery from injury and help prevent injuries. Suitable for men of all ages and abilities. *Leaflet available.*

## FUNCTIONAL PILATES - SITTING IS THE NEW SMOKING

The human body was designed to move. This workshop is designed for modern living. During the past two decades, research scientists in the medical profession have been studying the impact of sitting for long periods. Muscles in the lower body turn off and become inactive. Computers, mobile phones, tablets and watching TV all have adverse effect on your health. Effects include: back and neck problems; breathing difficulties; eye problems; bad posture and balance. Improve your work and leisure time.

## PILATES FOR SPORT (HALF DAY WORKSHOP)

Pilates is practised by top sports professionals worldwide. Pilates will enhance your performance by improving strength, flexibility, stability, balance, posture and breathing - whatever your sport - football, rugby, golf, equestrian, ballet, gymnastics etc. Course suitable for all levels of expertise. *Leaflet available.*

DAY	VENUE	COURSE CODE	COURSE TITLE	START DATE	TIME	LENGTH	TUTOR	FEE
Mon	WILL	EW522-AM	Yoga for Improvers	02/10/17	19.30 - 20.45	18 wks	Mrs B Thorn	£148
Tue	GLEN G	PG520-AT	Yoga for all Abilities	03/10/17	09.15 - 10.45	18 wks	Mrs A Anderson	£158
Tue	WILL	EW520-AT	Yoga for all Abilities	03/10/17	19.00 - 20.15	18 wks	Mrs B Thorn	£148
Tue	PEEL	EV521-AT	Yoga for Beginners and Intermediates	03/10/17	18.30 - 20.00	18 wks	Mrs L Carswell	£158
Wed	GLEN G	PG520-AW	Yoga for all Abilities	04/10/17	09.15 - 10.45	18 wks	Mrs A Anderson	£158
Wed	GLEN P	EG566-AW	Pilates in the Pool	04/10/17	19.00 - 20.00	9 wks	Mrs M Sherring	£68
Wed	GLEN P	EG566-SW	Pilates in the Pool	10/01/18	19.00 - 20.00	9 wks	Mrs M Sherring	£ 68
Thu	GLEN G	PG520-AX	Yoga for all Abilities	05/10/17	14.00 - 15.15	18 wks	Mrs B Thorn	£148
Thu	SNLS	EN554-SX	Pilates for Beginners	11/01/18	18.00 - 19.15	10 wks	Mr J Grubb	£83
Thu	SNLS	EN567-SX	Pilates for Intermediates	11/01/18	19.15 - 20.30	10 wks	Mr J Grubb	£83
Thu	BALLAS	EH521-AX	Classical Yoga for Beginners and Intermediates	14/09/17	18.30 - 20.00	18 wks	Mrs D Patel	£158
Thu	RGS	ER554-AX	Pilates for Beginners	05/10/17	18.30 - 19.45	18 wks	Mrs W Amaral	£132
Sat	UCM	PD551-AS	Pilates For Beginners	14/10/17	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD552-AS	Pilates For Men	25/11/17	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD579-SS	Functional Pilates – Sitting is the New Smoking	27/01/18	10.00 - 13.00	1 day	Mrs M Sherring	£23
Sat	UCM	PD553-SS	Pilates For Sport	17/03/18	10.00 - 13.00	1 day	Mrs M Sherring	£23