

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.*