

2019 / 2020

Course Code	Q3496
Tutor	Mo Sherring
Venue	Glencrutchery School Pool, Douglas
Cost	£70
Start Day, Date & Time	Wednesday 8 th January 2020 7pm – 8pm
Number of Weeks / Sessions	9 Weeks

What is the course about?

The principles of pilates with the therapeutic effect of movement of joints and muscles within water. The body is virtually weight less 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.

Previous experience:

No previous experience required, all welcome.

Equipment you need to bring:

Swimwear

General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

Who should I contact?

For further information, please contact the Programme Area Secretary on 648204.