

| Day | Venue | Course Code | Course Title | Start Date | Time | Length | Fee | Concessions |
|-----|-------|-------------|-------------------------------------|------------|---------------|--------|-----|-------------|
| Wed | GLEN | Q3495 | Pilates in the Pool GLEN AUTUMN | 02/10/19 | 19.00 – 20.00 | 9 wks | £70 | £42 |
| Wed | GLEN | Q3496 | Pilates in the Pool GLEN SPRING | 08/01/20 | 19.00 – 20.00 | 9 wks | £70 | £42 |
| Thu | SNLS | Q3502 | Pilates for Beginners SNLS AUTUMN | 03/10/19 | 18.00 – 19.00 | 9 wks | £60 | £32 |
| Thu | SNLS | Q3503 | Pilates – Intermediates SNLS AUTUMN | 03/10/19 | 19.15 – 20.15 | 9 wks | £60 | £32 |
| Thu | RGS | Q3523 | Pilates for All RGS AUTUMN | 03/10/19 | 18.30 – 19.30 | 9 wks | £60 | £32 |
| Thu | RGS | Q3524 | Pilates for All RGS SPRING | 09/01/20 | 18.30 – 19.30 | 9 wks | £60 | £32 |

REIKI

INTRODUCTION TO REIKI

Understanding what Reiki therapy is and its benefits to personal health and wellbeing as part of a mindful holistic lifestyle and integrated healthcare practice. Short Reiki treatments available at the end of the course.

REIKI 1 PRACTITIONER REFRESHER COURSE

Remembering Reiki Degree 1 basics, gaining confidence and practical skills for Reiki self-help. Course includes Reiki share and meditation. Proof of Reiki Degree 1 training required.

REIKI 2 PRACTITIONER REFRESHER COURSE

CPD opportunity for Reiki Degree 2 practitioners. Remembering Reiki techniques for self-care, for private and public sector practice. Establishing standards for Reiki practice and community work. Proof of Reiki Degree 2 training required.

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|-------------|-------|-------------|-----------------------------------------------------------------|---------------------|---------------|--------|-----|-------------|
| Tue | UCM | Q3447 | Introduction to Reiki UCM AUTUMN | 10/09/19 | 18.30 – 20.30 | 1 day | £13 | N/A |
| Mon/ Tue | UCM | Q3448 | Reiki 1 Refresher for Reiki Practitioners UCM AUTUMN NEW | 16/09/19 & 17/09/19 | 18.30 – 20.30 | 2 days | £25 | N/A |
| Tue/ Wed | UCM | Q3449 | Reiki 2 Refresher for Reiki Practitioners UCM AUTUMN | 01/10/19 & 02/10/19 | 18.30 – 20.30 | 2 days | £25 | N/A |

SWIMMING

SWIMMING FOR ADULT BEGINNERS

The aim of the course is to build water confidence for those who have no previous swimming experience, lack confidence or are unable to swim five 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.

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|-----|-------|-------------|------------------------------------------|------------|---------------|--------|-----|-------------|
| Thu | GLEN | Q3493 | Swimming for Adult Beginners GLEN AUTUMN | 03/10/19 | 19.00 – 19.45 | 18 wks | £84 | £42 |
| Thu | GLEN | Q3494 | Swimming for Adult Improvers GLEN AUTUMN | 03/10/19 | 19.45 – 20.30 | 18 wks | £84 | £42 |

TAI CHI

TAI CHI FOR BEGINNERS

Unique Chinese form of relaxation and movement. Loose clothing recommended and thick socks/soft soled shoes. All ages and abilities welcome – especially beginners.

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| Mon | ST JOHNS | Q3514 | Tai Chi for Beginners ST JOHNS SPRING | 06/01/20 | 19.30 – 21.00 | 10 wks | £94 | £47 |
| Thu | BHS | Q3985 | Tai Chi for Beginners BHS AUTUMN | 30/10/19 | 18.45 – 20.15 | 10 wks | £94 | £47 |