



Community Education  
 Witchford Village College  
 Manor Road, Witchford, CB6 2JA  
[www.witchfordcollege.co.uk](http://www.witchfordcollege.co.uk)  
 Tel: 01353 664468

## Course Information Pilates (Beginners)

The Pilates method was devised over 75 years ago and is now an incredibly popular form of exercise, taught by fitness professionals and recommended by physiotherapists. The controlled flowing movements of Pilates primarily strengthen the deep abdominals and back muscles which stabilise the spine and help to correct postural problems whilst developing mobility, balance and flexibility. Pilates is also famous for flattening the stomach, toning and lengthening the muscles of the body and changing the way you look and feel!

Target Group	Beginners
Skills or entry qualification	No previous knowledge or experience is required.
Programme area	8
Venue	Witchford Village College
Start Date	21 September 2010
Day of the week	Tuesday
Time	7.00 pm - 8.00 pm
No. of Weeks	10
No. of Terms	1
Learning Outcomes	You will learn the basic principals of engaging the deep pelvic floor and transverse abdominis first, finding the neutral spine position, then learn to use the correct breathing technique at the same time as performing movements. You will begin with basic movements so you can really feel what is going on before moving on to harder exercises to avoid injury.
How will your progress and success be monitored and recorded?	Your progress will be monitored on a weekly basis with yourself and the tutor.
Course Level	Beginners
Tuition Fee	£42.50
Concessionary fee	£32
Additional Costs	N/A

Requirements for first class	An aerobic mat for comfort.
Progression post achievement	You may wish to continue with Pilates in January 2011.
What else will you have to do	We ask all students to complete an Enrolment form giving your details and it includes specific information for student monitoring by the Learning & Skills Council and is a requirement of entry to the course.
How do we know if you are happy with your course	We will offer you the opportunity to complete an end of course evaluation, where you can let us have your feedback on the tuition and other elements of your course. We encourage your views as it enables us to improve the courses we offer. You may contact us at other times if you wish.
What else do we ask of you?	We would like you to let us know if you are unable to turn up to a class or are having any long-term difficulties. We like to know if there is a problem.
Equalities Statement	WVC 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 specific needs, which may 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 we building a learning community based on mutual respect and trust.
Contact Us:	Email <a href="mailto:scook2@witchfordvillage.cambs.sch.uk">scook2@witchfordvillage.cambs.sch.uk</a> Or telephone 01353 664468.