


CAM ACADEMY TRUST COURSE INFORMATION

Course Title	Chair Based Exercise			
Course Description	<p>A very friendly class for people who have balance problems and need to increase their fitness through strength and balance exercises. The class will also help prevent falls and teach you how to get up if you do fall over.</p> <p>This class includes a seated warm up, circuit type exercises for strength and balance, use of resistance bands for improving strength and a stretch based cool down section to improve flexibility.</p> <p>The course runs almost every week, excluding Bank Holidays and is usually divided into 4 terms, to include a short course in the summer holidays.</p>			
Start Date	20 th Sept 2021 10 th Jan 2022 25 th Apr 2022	Day & Time	Monday 12:10-13:10	Venue Comberton Village College
Tutor Details	<p>Marlene Sharpe-Westwood is a highly trained fitness instructor who has been teaching specialist exercise and fitness classes around Cambridgeshire for many years.</p>			
No. of weeks	12	Terms:	3/4	
Termly fee	£64	Concessionary Fee	£48	
Course Level:	Mixed ability		x	
Skills or qualifications needed for entry into the class		None.		
Course aims & objectives				
<p>To improve and maintain strength and balance suppleness and mobility. The exercises included in the classes have been proven to help reduce the risk of falls and increase confidence with everyday activities.</p>				
Progression – after this course what might you do next?				
<p>Some learners may improve enough to join more mainstream fitness classes. Please ask at the Adult Education office for details.</p>				

How progress & success will be recorded	
Verbal feedback from tutor.	
Additional course costs (e.g. visits, materials, books, equipment)	
None	
Materials/equipment required for first class	All equipment is provided, but learners should wear comfortable clothing appropriate for gentle exercise.
Contact for further information	Adult Education: 01223 264721 commed@catrust.co.uk

Enrolment and Payment

Please enrol at Comberton Village College for all courses, including those in Cambourne, Melbourn and online. **Please assume the class is running once payment has been received, unless you hear to the contrary.**

We would appreciate payment of fees over the telephone by debit card to avoid contact, however, if that is not possible then we will accept cheques.

By Phone: 01223 264721
 Email: commed@catrust.co.uk
 Cheques: The Cam Academy Trust
 Address: Adult Education, Comberton Village College
 Comberton, Cambridge, CB23 7DU

Refunds

Refunds are only available if we close a class or you withdraw at least two weeks before the start. In the latter case there is a £5 administrative charge. Classes cancelled by us due to unforeseen circumstances (e.g. tutor illness) will be replaced with an extra class at the end.

Concessionary Fees

25% discount (excluding materials) is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP, PIP) evidence to be provided. It is also possible to pay by instalments, please ask for details.

Calendar (Please check start date of specific courses)

Autumn Term Half term 25th – 29th Oct 2021
 Spring Term Half term 14th – 18th Feb 2022
 Summer Term Half term 30th May – 3rd June 2022

During the summer holiday period a member of staff will pick up messages each week and return calls and emails. We are closed in other school holidays.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2021). We positively encourage all learners with any concerns about specific needs which might affect their learning to discuss their requirements with us in confidence. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a community based on mutual trust and respect. We will do our best to ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all learners can access activities.

Cambridgeshire County Council, Adult Learning and Skills service supports a wide range of other adult learning opportunities across Cambridgeshire to support adults with the lowest level of qualifications or no qualification at all, and so typically find themselves in lower paid, less secure jobs or unemployed. Search our website **www.cambsals.co.uk** for details of all our funded courses.

Safeguarding Statement

Arrangements have been made to make sure that you are safe at our Centres. If you feel you are not safe for any reason, for example through verbal or physical abuse or you have been discriminated against, please tell your tutor or the Centre Manager, who will investigate to ensure your safety.

How we use your data

<https://www.gov.uk/government/publications/esfa-privacy-notice>