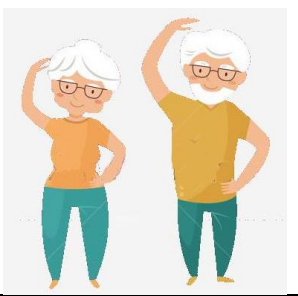


CAM ACADEMY TRUST COURSE INFORMATION

Course Title	<p>Keep Fit to Music 65+ in Comberton Village Hall</p>				
Course Description	<p>A fun and friendly group who meet weekly to enjoy exercise and dance. This class aims to inspire people to keep fit and healthy in an enjoyable way. There will be demonstrations, discussions and lots of practical exercises to improve your fitness, flexibility and balance. Tea at the end.</p>				
Start Date	28 th Sept 2021 11 th Jan 2022 3 rd May 2022	Day & Time	Tuesday 2.00-3.00pm	Venue	Comberton Village Hall
Tutor Details	<p>Joan Friday has been teaching Keep-Fit and exercise classes for many years in and around the local area. She has taught all ages but, in recent years, has specialised in encouraging older learners to stay fit and flexible.</p>				
No. of wks	10	Terms		3	
Fee	£53	Concessionary Fee		£40	
Course Level:	Mixed ability			x	
	Level 1, Level 2 (equiv. to GCSE / NVQ2)				
	Level 3 Equivalent GCE A Level				
Skills or qualifications needed for entry into the class			None		
Course aims & objectives					
<p>To undertake a fitness programme, keeping fit to music which will:</p> <ul style="list-style-type: none"> • promote physical fitness and wellbeing. • keep joints and muscles supple. • help maintain coordination and balance. • enable you to appreciate keeping fit in an enjoyable and friendly setting. 					
Progression – after this course what might you do next?					
<p>It is hoped that people attending this class will find themselves more able to exercise outside the class and to lead an active lifestyle.</p>					

How progress & success will be recorded	
Through tutor feedback and increased mobility.	
Materials/equipment required for first class	Please wear loose fitting and comfortable clothing. Soft shoes or light trainers are essential , bare feet are not appropriate for this class. You may like to bring some water.
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>