




CAM ACADEMY TRUST COURSE INFORMATION

Course Title	Keep Fit to Music 65+ in Caxton Village Hall				
Course Description	A fun and friendly group who meet weekly to enjoy exercise and dance. For over-65s (age not checked), this class hopes 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.				
Start Date	25th Sep 2024 15th Jan 2025 30th April 2025	Day & Time	Wednesday 10.00-11.00am	Venue	Caxton Village Hall
Tutor Details	Tracey Altmann is a professional dance artist who has been teaching dance, gymnastics, martial arts and fitness to all ages for many years. Originally based in Scotland, where she taught a diverse range of adult classes for Dancebase, she moved to Cambridgeshire in 2005 where she continues to run her own classes in the local area. She is keen to encourage older learners to stay fit and flexible.				
No. of wks	10	Terms		3	
Fee	£63	Concessionary Fee		£	
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 improvement in fitness.	
Additional course costs (e.g. visits, materials, books, equipment)	
None.	
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.**

Please note we no longer accept payment over the telephone.

You can contact our office via the following:

By Phone: 01223 264721 – please check our office opening hours

Email: commed@catrust.co.uk

Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, CB23 7DU

We can currently accept card payments within our office based in Comberton Village College. We also accept cash and cheques made payable to The Cam Academy Trust. We will also be available to collect payments in person on all sites, at the beginning of each term. However, if that is not possible, we will send out secure payment requests for fees, via a text message and will notify you in advance of this, with an email.

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 28th Oct – 1st Nov 2024

Spring Term Half term 17th Feb – 21st Feb 2025

Summer Term Half term 26th May – 30th May 2025

During the summer holiday period a member of staff will be answering 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 2024). 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>