

ACADEMY TRUST	Course Title Pilates Beginners & Improvers					
Course Description Pilates is a strengthening form of exercise with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates focuses on posture, balance and flexibility. The chance of injury is much lower than with other more strenuous forms of exercise. Pilates also focuses on the mind-body connection. While doing the various exercises your mind needs to be constantly aware of your breathing and the way your body responds to movement.						
Start Date	22 Sept 2025 12 th Jan 2026 20 th April 2026	Day & Time	Monday 18:30-19:25	Venue	Comberton Village College	
Tutor Details	Melanie Thompson is a qualified Pilates instructor and yoga teacher. Her classes are accessible for all and may also be tailored to suit specific requirements. All levels are welcome.					
No. of weeks	10	Terms	3			
Fee	£71	Concessionary Fee	£53			
Course Level:	Mixed ability			x		
	Class 1- beginners					
	Class 2 - Intermediate					
Skills or qualifications needed for entry into the class		No specific experience is required, although all students will be asked to complete a medical questionnaire so that they can be supported in practicing safely. Students with a specific medical condition should check with their doctor before attending.				
Course aims & objectives						
- Understand and apply the principles and fundamentals of Pilates to movements in everyday life. - Perform exercises safely and effectively, working at your own pace, modifying or adapting where necessary. - Enhance core stability, increase flexibility, mobility, strength, balance. - Greater awareness of posture and alignment. - Promote wellbeing and relaxation.						
Progression – after this course what might you do next?						

Explore Pilates further, change the focus of your sessions to support their personal journey, try out other activities applying the lessons learned. Advice will be offered by the tutor.	
Additional course costs (e.g. visits, materials, books, equipment)	
None required.	
Materials/equipment required for first class	Students are asked to wear comfortable clothes such as leggings and a T shirt so that they can move easily. Please also bring a mat and a blanket or towel for padding. A thicker Pilates style mat is best: 10-15 mm. A yoga mat is too thin as we do a lot on hands, knees and joints and backs. The tutor will supply some props but it would be advisable to have the following of your own if possible; A pilates ball, light hand weights (1kg,) large yoga block 30 x 20 cm. Mel has given details of her recommended props to our office, so please contact us for further information.
Contact for further information	Adult Education: 01223 264721 commed@combertonvc.org

Enrolment and payment

Enrolments in person, for all our courses, can take place from our office based at Comberton Village College. Please note, the quickest way to enrol onto a class will be to visit our website and follow the online booking links from there. Enquiries can also be made by emailing commed@combertonvc.org or calling our office on 01223 264721.

We are a cashless school. We accept card and cheque payments (made payable to The Cam Academy Trust), from our office based in Comberton Village College. Online enrolments can be paid directly in GBP (Sterling) via a secure server over the internet by debit or credit card. Online enrolment will ask for additional information that will enable us to register you, on your chosen course and allocate your payment accordingly.

Your debit/card details will be encrypted via a payment processing company Stripe, payment information is not held on college servers. If you are paying online for a course, you will also be asked for contact information to be provided. This information will be held by the college, so we are able to contact you if required.

For further information on Stripe and its privacy policy
<https://stripe.com/gb/privacy>

For further information on how we use your data
<https://www.gov.uk/government/publications/privacy-information-key-stage-4-and-5-and-adult-education>

Secure payment links for courses, can also be sent out via emails or text messages. This process would involve you being notified in advance, of a secure link due to be sent shortly afterwards. If required card payments, in person, can also be taken at the beginning of each term, via a portable payment system.

Refunds

If you choose to withdraw your booking, at least 2 weeks before the start date of a course, a refund will be given, minus a £5 administrative charge. Refunds are only available in the event of course cancellation or early closure from the college.

Classes cancelled by the college due to unforeseen circumstances, will be replaced with an extra class at the end of the course, whenever possible. For comprehensive details, please refer to our fees and refund policy which can be found on our website.

Concessionary Fees

A 25% discount is available for those in receipt of JSA/ESA, Universal Credit, Carers Allowance or a social care assessment (EHCP/PIP), evidence must be provided on enrolment. Most of our courses display two fees, the concessionary fee is the lower amount advertised. It is also possible to pay the fees for a course by instalments, please contact us directly for details.

Equalities statement

We are fully committed to equality of opportunity and welcome enrolments from all adults aged 19+ (on 31 August 2025). 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 their website **www.cambsals.co.uk** for details of all their 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.

Calendar (Please check start date of specific courses)

Autumn Term Half term 27th Oct – 31st Oct 2025

Spring Term Half term 16th Feb – 20th Feb 2026

Summer Term Half term 25th May – 29th May 2026