


CAM ACADEMY TRUST COURSE INFORMATION

Course Title	YOGA					
Course Description	A relaxing Yoga class in a friendly and inclusive environment, this class will cover a variety of different Yoga exercises to improve flexibility, mobility, balance and strength, using physical postures, meditation and breathing exercises.					
Start Date	19 th Sept 23 16 th Jan 24 30 th April 24	Day & Time	Tuesday 8pm – 9pm	Venue	Melbourn Village College	
Tutor Details	Victoria is a highly trained dancer with a professional dance background, and brings a wealth of knowledge and experience from the dance and fitness industry					
No. of wks	10	Terms		3		
Fee	£58	Concessionary Fee		£46		
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			No Previous experience is required. This class is open to mixed abilities, and adults of all ages.			
Course aims & objectives						
This yoga course aims to improve physical and mental well-being, by focusing on an array of yoga exercises, postures, and sequences. This will gradually but effectively, improve flexibility, strength, mobility and balance at a pace to suit all abilities and levels.						
Progression – after this course what might you do next?						
Students will be able to see benefits in their Physical wellbeing, especially with consistent and continuous attendance						
Materials/equipment required for first class		Equipment – Please bring a yoga mat along to each class. (If you have additional Yoga equipment such as yoga blocks or resistant bands then you are very welcome to bring these along too) Clothing - Please wear loose and comfortable clothing for ease of movement.				

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 (credit card fees are more expensive for us), however, if that is not possible then we will accept cheques/cash.

By Phone: 01223 264721 – once the office is open in September

Email: commed@catrust.co.uk

Cheques: The Cam Academy Trust

Address: Adult Education, Comberton Village College, Comberton, Cambridgeshire, 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/snow) 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 23rd – 27th Oct 2023

Spring Term Half term 19th – 23rd Feb 2024

Summer Term Half term 27th May – 31st May 2024

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 2023). 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>