

# Adult Learning - Course Information Sheet



## SWA2DA14 - Pilates For Beginners

### Weston Favell Academy

Booth Lane S  
Weston Favell  
Northampton

NN3 3EZ

Room Weston Favell Academy

Start Date: 07 January 2025  
End Date: 18 March 2025  
Start Time: 6:30PM  
End Time: 7:30PM  
Day: Tuesday  
Sessions: 10  
Tutor: Ms Elizabeth Willis

### Course aim

To gain knowledge of the fundamentals and principles of Pilates and apply them to the Pilates exercises

### Course outcomes

- Explain 3 fundamentals of Pilates
- Demonstrate lateral breathing
- Show one of the principles of Pilates in your practice
- Choose a Pilates exercise that will work the abdominal muscles

### How will the course be taught?

The course will be a live interactive class. The Pilates exercises will be demonstrated and supported with verbal instructions with explanation and feedback.

### What do I need to bring / have ready?

You will need the following:

A good quality non-slip pilates or yoga mat

A folded blanket or towel (Optional is a kneeling pad or pilates/yoga step block and small pilates ball, but only if you have them already)

Wear layers of comfortable clothing

Drink (water) in a non-breakable container

Please return your completed medical questionnaire via email at least 2 days before the course.

### Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact [alsreferrals@northnorthants.gov.uk](mailto:alsreferrals@northnorthants.gov.uk) or call 01536 535809 (answerphone available). Visit our website [www.northamptonshire.gov.uk/course-info](http://www.northamptonshire.gov.uk/course-info) for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

### Health and Safety / Online Safety

When you enrol, please let us know if you require additional personal support to participate in this course. Your tutor will give you information about Health and Safety on the first day. For information on how to keep safe online go to [https://safety.lovetoknow.com/Internet\\_Safety\\_Adult](https://safety.lovetoknow.com/Internet_Safety_Adult) and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06. The completion of the Health Questionnaire is mandatory prior to the start of your course. Please take the completed form to your first session.

### Further information

Please email your completed Medical Questionnaire (PAR -Q) form at least 2 days before the course.

**Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>**

