

Adult Learning - Course Information Sheet



SXD2DA11 - Tai Chi

Daventry Leisure Centre

Lodge Road
Daventry
Northants

NN11 4FP

Room Daventry Leisure Centre Studio

Start Date: 08 January 2024
End Date: 05 February 2024
Start Time: 7:00PM
End Time: 8:00PM
Day: Monday
Sessions: 5
Tutor: Ms Caroline Izzard

Course Description

To enable you to try Tai Chi for yourself and begin to feel the benefits for general health and wellbeing.

Course Outcomes

- a) Recall and perform 4 gentle warm-up exercises and lead the class in one
- b) Perform a short Tai Chi sequence in a group
- c) Recognise and name Tai Chi stances

How will the course be taught?

Tutor demonstration, following and practising together, repetition, discussion in small groups or pairs

What do I need to bring?

Light trainers or shoes with non-slip sole, comfortable clothes to exercise in (tracksuit or loose layers). Drink of water. Completed medical form and glasses if necessary.

Further Support or 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 or call 01604 368023 (answerphone available). Visit our website 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

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 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. Please take your completed Activity Questionnaire to your first session (mandatory). Chewing gum and wearing jewellery will not be permitted during sessions. For re-hydration please drink water only.

Further Information

No experience necessary. Absolute beginners are welcome.

Pregnant women can only attend with a medical approval from their doctor or midwife.

In order to show progression throughout the course, it may be necessary to use video or digital cameras during the lesson. Your course induction should cover any further information you may require.

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/>

