




Course Information 2017/18

Fitsteps

Start Date	26 th September 2017
Time	7.45pm-8.45pm
Day of week	Tuesday
Number of Weeks	10
School Holiday Dates PLEASE NOTE CLASSES WILL NOT RUN DURING SCHOOL HOLIDAYS & OPEN EVENINGS	Autumn Half Term: 23-27 October 2017 School Open Evening 5 th October 2017 Christmas Holiday: 20 Dec 2017 - 4 Jan 2018 Spring Half term: 12-16 February 2018 Easter Holiday: 30 March - 13 April 2018 Summer half Term: 28 May - 1 June 2018
Venue	ELY COLLEGE
Course Fee	£ 49.50 Concessionary Fee: £37.00 Fees are payable by cash in person or cheque payable to Ely College
Course Level	Mixed ability
Additional Course Cost (e.g. visits, materials, books, assessment fee, equipment)	No additional costs
Any skills or qualifications needed for entry to the class	None
Materials required for first class	Wear some fitness shoes, comfortable clothing, a bottle of water
Course description - Including aims & objectives This is a fun fitness class incorporating dance moves from Latin, ballroom, disco & modern into easy to follow routines. Mix up the steps of ballroom & up tempo Latin together to create a fun, energetic & effective way to stay fit and keep trim. Even if you cannot dance this will appeal! The tutor will be able to deliver steps in varying degree of intensity, adjusting the level of effort needed to accommodate the varying levels of fitness that could be found in any mixed ability class. This class is suitable & achievable for everyone, no matter what age, gender or previous experience. Have fun & burn calories!	
Any further next steps Carry on with the class into the Spring term	
What else will you need to do	We ask all students to complete an enrolment form which asks for details required by the Education & Skills Funding

	Agency & the county council and is a requirement of entry to the course. We ask for full payment prior to the course beginning. Please note refunds can only be made if a class is cancelled or closed.
Safeguarding	We have made arrangements to ensure you are safe in 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 tell your tutor or the centre manager. We will investigate and try to resolve the situation
What else do we ask of you	Please can you let us know if you have any attendance problems and if you are not able to attend the class (contact details below). We like to know if you have a problem.
How do we know if you are happy with your course	We will ask you to complete a course evaluation, giving us your feedback on the course, tutor & college. You are always welcome to feedback directly to us at any time during your course. We welcome feedback & comments to help us improve our services & courses.
<p>Equalities Statement</p> <p><i>"The County Council operates an Equality of Opportunity Policy. We will ensure that resources and equipment are accessible to all and make reasonable adjustments to ensure that all can access activities. If you have any specific needs which might affect your learning you are entitled to a confidential interview where we can look at the support you require. We believe that everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust."</i></p>	
<p>Please contact us for further information Tel: 01353 664853 Email: community@elycollege.co.uk Web: www.elycollege.com/community Address: Community Education, Ely College Downham Road, ELY, Cambs CB6 2SH</p> <p> Follow us on Twitter @Elycommedu</p>	



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