

PERFORMING ARTS

BELLY DANCING
CODE: 01BELL **ROOM:** ES3
START DATE: Sat 23/01/2010
NO. OF CLASSES: 6
COST: £84 **TIME:** 11:30-13:30

Suitable for all ages & body shapes, this is a great introduction to a fascinating form of exercise & creativity!

JUGGLING WORKSHOP
CODE: 01JUGG **ROOM:** MBS
START DATE: Sun 14/02/2010
NO. OF CLASSES: 1
COST: £15 **TIME:** 14:00-16:00

A beginners course in juggling - no prior experience required, and great fun!

PUBLIC SPEAKING
CODE: 01PSPE **ROOM:** BR
START DATE: Sat 30/01/2010
NO. OF CLASSES: 2
COST: £81 **TIME:** 10:00-16:00

A weekend course for people who want to overcome anxiety in public speaking & strengthen their presentation.

START SINGING!
CODE: 01SING **ROOM:** STU2
START DATE: Wed 20/01/2010
NO. OF CLASSES: 6
COST: £36 **TIME:** 18:00-19:00

A beginners / intermediate pop and rock singing course for those with little or no experience.

TAP DANCING BEGINNERS
CODE: 01TAPD1 **ROOM:** KCTS
START DATE: Fri 22/01/2010
NO. OF CLASSES: 8
COST: £84 **TIME:** 19:00-20:30

Great fun and good exercise! You need to wear either hard soled shoes or tap shoes - no trainers.

TAP DANCING IMPROVERS
CODE: 01TAPD2 **ROOM:** LCL
START DATE: Thu 21/01/2010
NO. OF CLASSES: 8
COST: £84 **TIME:** 19:00-20:30

You need to wear either hard soled shoes or tap shoes, and have attended a beginners' course.

CREATIVE ARTS

CERAMICS (EVENING CLASS)
CODE: 01CERA **ROOM:** ART
START DATE: Tue 19/01/2010
NO. OF CLASSES: 8
COST: £132 **TIME:** 18:00-20:30

We cover a range of 'making' techniques, including the wheel, hand building and glazing.

CERAMICS (WEEKEND CLASS)
CODE: 01CERAS **ROOM:** ART
START DATE: Sat 23/01/2010
NO. OF CLASSES: 8
COST: £132 **TIME:** 14:00-16:30

This is the Saturday version of the evening class, covering a range of 'making' techniques including the wheel, hand building and glazing.

DRAWING FROM LIFE
CODE: 01DRAW **ROOM:** ART
START DATE: Fri 22/01/2010
NO. OF CLASSES: 6
COST: £114 **TIME:** 18:00-20:30

Head & body studies done from life. Please bring charcoal, putty rubber and a large sketch book.

IKEBANA
CODE: 01IKE **ROOM:** LCL
START DATE: Fri 22/01/2010
NO. OF CLASSES: 6
COST: £132 **TIME:** 18:30-20:30

Learn the skills, techniques & principles of Japanese Flower Arranging but rules are always flexible so enjoy the beauty of flowers and be creative!

JEWELLERY WORKSHOP 1
CODE: 01JEW1 **ROOM:** ART
START DATE: Mon 18/01/2010
NO. OF CLASSES: 8
COST: £132 **TIME:** 18:00-20:30

Suitable for all, our facilities enable you to make rings, pendants, bracelets, cuff links etc. by casting or fabrication

JEWELLERY WORKSHOP 2
CODE: 01JEW2 **ROOM:** ART
START DATE: Wed 20/01/2010
NO. OF CLASSES: 8
COST: £132 **TIME:** 18:00-20:30

Lost-wax casting with additional options such as enamelling, etching, or stone setting.

SCULPTURE FROM LIFE
CODE: 01SCUL **ROOM:** ART
START DATE: Thu 21/01/2010
NO. OF CLASSES: 6
COST: £114 **TIME:** 18:30-21:00

Suitable for all, working in clay with a life model. Clay is provided which can be fired & patinated.

MIND AND BODY

HYPNOSIS FOR CHANGE
CODE: 01HYPN **ROOM:** BR
START DATE: Thu 21/01/2010
NO. OF CLASSES: 6
COST: £84 **TIME:** 18:30-20:30

Tap into your own mind power. Be relaxed, confident and successful. Lead a happier and more fulfilled life!

INDIAN HEAD MASSAGE
CODE: 01IHMA **ROOM:** BR
START DATE: Tue 19/01/2010
NO. OF CLASSES: 6
COST: £72 **TIME:** 19:00-21:00

A practical course where students learn the theory and also practise on each other.

INDIAN HEAD MASSAGE CERTIFICATE
CODE: 01IHMC **ROOM:** BR
START DATE: Sat 20/03/2010
NO. OF CLASSES: 2
COST: £204 **TIME:** 10:00-17:00

Weekend Certificate course from the Institute of Indian Head Massage; you need to have completed IHMA course first.

MIND AND BODY

SWEDISH MASSAGE
CODE: 01SWED **ROOM:** BR
START DATE: Wed 20/01/2010
NO. OF CLASSES: 8
COST: £156 **TIME:** 18:00-21:00

Enrol alone or with a friend. Students practice on each other. Bring a towel, water, wear loose comfortable clothes.

TAI CHI
CODE: 01TAIC **ROOM:** ES3
START DATE: Fri 22/01/2010
NO. OF CLASSES: 8
COST: £51 **TIME:** 18:30-19:30

An introduction to this moving meditation, in the Yang Style Short Form, leading to the timetabled classes.

THAI MASSAGE
CODE: 01THAI **ROOM:** BR
START DATE: Mon 18/01/2010
NO. OF CLASSES: 7
COST: £90 **TIME:** 18:00-20:00

An introduction to the basic techniques of Thai massage, combining acupuncture with Yoga stretches.

LANGUAGES

FRENCH LEVEL 1
CODE: 01FREN1 **ROOM:** STU1
START DATE: Fri 22/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

For absolute beginners (not for those who have done any French at school).

ITALIAN LEVEL 1
CODE: 01ITAL1 **ROOM:** STU1
START DATE: Wed 20/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

For absolute beginners, this course is to impart basic conversational skills useful for visitors to Italy.

ITALIAN LEVEL 2
CODE: 01ITAL2 **ROOM:** STU1
START DATE: Tue 19/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

For those who already have a basic knowledge of the language. See overleaf about language assessments.

JAPANESE LEVEL 1
CODE: 01JAPA1 **ROOM:** STU1
START DATE: Mon 18/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

An introductory class for complete beginners.

SPANISH LEVEL 1
CODE: 01SPAN1 **ROOM:** STU1
START DATE: Thu 21/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

Ideal for absolute beginners, this course is to impart basic conversational skills useful for visitors.

SPANISH LEVEL 2
CODE: 01SPAN2 **ROOM:** STU2
START DATE: Fri 22/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

For those with a basic knowledge of Spanish. No textbook is needed, all materials are provided.

SPANISH LEVEL 3
CODE: 01SPAN3 **ROOM:** STU2
START DATE: Tue 19/01/2010
NO. OF CLASSES: 8
COST: £120 **TIME:** 18:30-21:00

You need to have completed an improver's course - ideally you should attend the language assessment evening

SPORTS

BADMINTON
CODE: 01BADM **ROOM:** MSH
START DATE: Mon 18/01/2010
NO. OF CLASSES: 6
COST: £48 **TIME:** 19:30-20:30

This course will improve basic skills for beginners & polish the skills of intermediate players. **NEW**

BADMINTON 2
CODE: 01BADM2 **ROOM:** MSH
START DATE: Mon 18/01/2010
NO. OF CLASSES: 6
COST: £48 **TIME:** 20:30-21:30

This course will improve basic skills for beginners & polish the skills of intermediate players. **NEW**

CANOEING
CODE: 01CANO **ROOM:** POOL
START DATE: Mon 18/01/2010
NO. OF CLASSES: 6
COST: £81 **TIME:** 20:30-22:00

A pool-based course for beginners, and suitable for anyone who can swim 25 metres.

GYMNASTICS FOR ADULTS
CODE: 01GYMN **ROOM:** MSH
START DATE: Thu 21/01/2010
NO. OF CLASSES: 6
COST: £72 **TIME:** 19:30-21:00

For all ages & fitness levels; teaches various moves & flexibility using trampette, vault & floor work.

SWIMMING STROKE 1
CODE: 01SWIM1 **ROOM:** POOL
START DATE: Sun 24/01/2010
NO. OF CLASSES: 8
COST: £63 **TIME:** 14:15-15:00

For complete beginners, this will help construct a sound technique.

SWIMMING STROKE 2
CODE: 01SWIM2 **ROOM:** POOL
START DATE: Sun 24/01/2010
NO. OF CLASSES: 8
COST: £63 **TIME:** 15:00-15:45

You must have basic swimming skills, & seek to improve your technique by adding swimming to your daily routine.

BOOK YOUR COURSE TODAY ON 0207 343 1700
CENTRAL YMCA CLUB MEMBERS RECEIVE 1/3 OFF COURSE FEE

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**LANGUAGES
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**NUTRITION
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**LEISURE
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Please note that you will be required to complete a health questionnaire before enrolling on courses involving physical activity.

REFUNDS

Central YMCA reserves the right to limit enrolments and to cancel any classes. In case of cancellation, students will receive a full refund. Requests for refunds will not otherwise be considered. Classes will not be held on Bank Holidays.

CONCESSIONS

Members get 1/3 off the course fee. Other concession rates available (please contact Reception for details).

LANGUAGE ASSESSMENTS

These will be held in the Club Servery on Wednesday 13/01/2010 from 6.30pm - 8.00pm.

SEE OUR WEBSITE

For full details of all the lifestyle courses visit ymcaclub.co.uk/lifestyle.html or email queries to lifestyle@centrallymca.org.uk.

Central YMCA is a community - a place to meet and socialise, an environment that cultivates a feeling of belonging. The Club provides health and fitness opportunities for the mind, body and spirit.

As the country's leading activity for health charity, Central YMCA is focused on providing affordable services to the local community and businesses, with resources that are accessible to all. We provide an extensive range of programmes for children, older adults and GP referral patients.

For details on memberships please contact the Club Reception on 0207 343 1700

CENTRAL YMCA CLUB MEMBERS RECEIVE 1/3 OFF COURSE FEE



Central YMCA Club, 112 Great Russell St,
London, WC1B 3NQ.

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SPORTS

SWIMMING STROKE 3

CODE: 01SWIM3 ROOM: POOL
START DATE: Sun 24/01/2010
NO. OF CLASSES: 8
COST: £63 TIME: 15:45-16:30

You should be able to swim 3 of the 4 strokes and seek to improve your technique & stamina.

NUTRITION

APPETITE FOR KNOWLEDGE 1

CODE: 01APP1 ROOM: LCL
START DATE: Wed 24/02/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

All the basics of Nutrition: Carbohydrate, protein, fat, vitamins & minerals - what they are, why we need them, how much etc. No prior knowledge of nutrition needed

NEW

APPETITE FOR NEW KNOWLEDGE 2

CODE: 01APP2 ROOM: LCL
START DATE: Wed 03/03/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Learn more about foodstuffs we eat often, & what nutrients they provide; Bread, rice cereals, pasta, dairy, fruit, meat, nuts, oils, seeds, pulses, veg, & processed foods.

NEW

APPETITE FOR NEW KNOWLEDGE 3

CODE: 01APP3 ROOM: LCL
START DATE: Wed 10/03/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Learn about a balanced approach exercise for different aims - fat loss, flexibility, muscle building, general health or a combination. Also more on how our body works.

NEW

APPETITE FOR NEW KNOWLEDGE 4

CODE: 01APP4 ROOM: LCL
START DATE: Wed 17/03/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Learn about the most effective techniques if the prime aim is fat loss and toning. Exercise ideas & nutrition strategies to maximise impact are included

NEW

APPETITE FOR NEW KNOWLEDGE 5

CODE: 01APP5 ROOM: LCL
START DATE: Wed 24/03/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Learn how to construct a balanced healthy diet - variety, content, quantity, quality & timings. We cover 'food pyramids' & analyse some diets/celebrity endorsements too.

NEW

APPETITE FOR NEW KNOWLEDGE 6

CODE: 01APP6 ROOM: LCL
START DATE: Wed 31/03/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Learn about the most effective techniques if the prime aim is muscle building. Exercise ideas & nutrition strategies to maximise impact are included

NEW

APPETITE FOR NEW KNOWLEDGE 7

CODE: 01APP7 ROOM: LCL
START DATE: Wed 07/04/2010
NO. OF CLASSES: 1
COST: £15 TIME: 18:30-20:30

Brings everything together - The icing on the cake! We begin to design a realistic, practical & achievable eating plan that reflects the individual's energy needs.

NEW