

**PERFORMING ARTS**

**PUBLIC SPEAKING**

CODE: 93PSPE ROOM: STU1  
 START DATE: Sat 18/7/09  
 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: 93SING ROOM: STU2  
 START DATE: Wed 15/7/09  
 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: 93TAPD1 ROOM: KCTS  
 START DATE: Fri 17/7/09  
 NO. OF CLASSES: 6  
 COST: £63 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: 93TAPD2 ROOM: LCL  
 START DATE: Thu 16/7/09  
 NO. OF CLASSES: 6  
 COST: £63 TIME: 19:00-20:30

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

**CREATIVE ARTS**

**CASTING WORKSHOP**

CODE: 93CAST ROOM: ART  
 START DATE: Sat 18/7/09  
 NO. OF CLASSES: 6  
 COST: £99 TIME: 14:00-16:30

To make & cast small sculptures, jewellery or from life (face or hand); in silver, pewter, bronze or plaster.

**CERAMICS**

CODE: 93CERA ROOM: ART  
 START DATE: Tue 14/7/09  
 NO. OF CLASSES: 6  
 COST: £99 TIME: 18:30-21:00

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

**DRAWING FROM LIFE**

CODE: 93DRAW ROOM: ART  
 START DATE: Fri 17/7/09  
 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 <sup>NEW</sup>**

CODE: 93IKE ROOM: STU2  
 START DATE: Tue 14/7/09  
 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: 93JEW1 ROOM: ART  
 START DATE: Mon 13/7/09  
 NO. OF CLASSES: 6  
 COST: £99 TIME: 18:30-21:00

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

**JEWELLERY WORKSHOP 2**

CODE: 93JEW2 ROOM: ART  
 START DATE: Wed 15/7/09  
 NO. OF CLASSES: 6  
 COST: £99 TIME: 18:30-21:00

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

**SCULPTURE FROM LIFE**

CODE: 93SCUL ROOM: ART  
 START DATE: Thu 16/7/09  
 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.

**LANGUAGES**

**FRENCH LEVEL 1**

CODE: 93FREN1 ROOM: STU1  
 START DATE: Fri 17/7/09  
 NO. OF CLASSES: 6  
 COST: £90 TIME: 18:30-21:00

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

**ITALIAN LEVEL 1**

CODE: 93ITAL1 ROOM: STU1  
 START DATE: Tue 14/7/09  
 NO. OF CLASSES: 6  
 COST: £90 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: 93ITAL2 ROOM: STU1  
 START DATE: Wed 15/7/09  
 NO. OF CLASSES: 10  
 COST: £90 TIME: 18:30-21:00

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

**LANGUAGES**

**JAPANESE LEVEL 1**

CODE: 93JAPA1 ROOM: STU1  
 START DATE: Mon 13/7/09  
 NO. OF CLASSES: 6  
 COST: £90 TIME: 18:30-21:00

An introductory class for complete beginners.

**SPANISH LEVEL 1**

CODE: 93SPAN1 ROOM: STU1  
 START DATE: Thu 16/7/09  
 NO. OF CLASSES: 6  
 COST: £90 TIME: 18:30-21:00

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

**SPANISH LEVEL 2**

CODE: 93SPAN2 ROOM: STU2  
 START DATE: Fri 17/7/09  
 NO. OF CLASSES: 6  
 COST: £90 TIME: 18:30-21:00

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

**MIND AND BODY**

**HYPNOSIS FOR CHANGE**

CODE: 93HYPN ROOM: BR  
 START DATE: Thu 16/7/09  
 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: 93IHMA ROOM: BR  
 START DATE: Tue 14/7/09  
 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: 93IHMC ROOM: BR  
 START DATE: Sat 12/9/09  
 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.

**REFLEXOLOGY <sup>NEW</sup>**

CODE: 93REFL ROOM: BR  
 START DATE: Sat 18/7/09  
 NO. OF CLASSES: 6  
 COST: £78 TIME: 14:00-16:00

Reflexology is a unique method of using the thumb and fingers on reflex areas in order to support nature in maintaining homeostasis.

**SWEDISH MASSAGE**

CODE: 93SWED ROOM: BR  
 START DATE: Wed 15/7/09  
 NO. OF CLASSES: 6  
 COST: £117 TIME: 18:00-21:00

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

**THAI MASSAGE**

CODE: 93THAI ROOM: BR  
 START DATE: Mon 13/7/09  
 NO. OF CLASSES: 7  
 COST: £90 TIME: 18:00-20:00

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

**SPORTS**

**GYMNASTICS FOR ADULTS**

CODE: 93GYMN ROOM: MSH  
 START DATE: Thu 16/7/09  
 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

**KAYAK ROLLING & RESCUES**

CODE: 93KAYA ROOM: POOL  
 START DATE: Mon 13/7/09  
 NO. OF CLASSES: 5  
 COST: £69 TIME: 20:30-22:00

A pool-based course in Eskimo rolling & Recovery You should have BCU 1-2 star kayaking skills..

**SWIMMING STROKE 1**

CODE: 93SWIM1 ROOM: POOL  
 START DATE: Sun 19/7/09  
 NO. OF CLASSES: 6  
 COST: £48 TIME: 14:15-15:00

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

**SWIMMING STROKE 2**

CODE: 93SWIM2 ROOM: POOL  
 START DATE: Sun 19/7/09  
 NO. OF CLASSES: 6  
 COST: £48 TIME: 15:00-15:45

Must have basic swimming skills, and seek to improve technique by adding swimming to your daily routine.

**SWIMMING STROKE 3**

CODE: 93SWIM3 ROOM: POOL  
 START DATE: Sun 19/7/09  
 NO. OF CLASSES: 6  
 COST: £48 TIME: 15:45-16:30

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

**BOOK YOUR COURSE TODAY ON 0207 343 1700**

**CENTRAL YMCA CLUB MEMBERS RECEIVE 1/3 OFF COURSE FEE**

# Lifestyle Courses Summer 2009

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**PERFORMING ARTS  
LANGUAGES  
MIND & BODY**

**CREATIVE ARTS  
LEISURE  
SPORTS**



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  $\frac{1}{3}$  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 08/07/2009 from 6.30pm - 8.00pm.

## **SEE OUR WEBSITE**

for full details of all the lifestyle courses  
[ymcaclub.co.uk/lifestyle.html](http://ymcaclub.co.uk/lifestyle.html)  
or email queries to  
[lifestyle@centralymca.org.uk](mailto:lifestyle@centralymca.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.

The Club has recently undergone a £2.6 million transformation and can now cater for your health and fitness needs better than ever. Members can enjoy full access to our new and renovated areas including an extended cardio zone, free weights room, exercise studios and holistic therapy rooms, as well as new larger changing rooms.

In addition, our range of lifestyle courses offers members and non members the opportunity to learn new skills in performing arts, languages, leisure, sport and recreation\*.

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

\*Members receive  $\frac{1}{3}$  off the price of each course.

**BOOK YOUR COURSE TODAY ON 0207 343 1700**

**CENTRAL YMCA CLUB MEMBERS RECEIVE  $\frac{1}{3}$  OFF COURSE FEE**



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

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