



Day:	Thursday
Time:	10am—1130am
Dates:	Starts on 26th April 2012 for 10 weeks
Numbers:	Minimum 8, Maximum 14.
Course Level and Title:	n/a
Course Fee:	£75
Tutor:	Shelley Blackhurst

Who is the Course for?

Do I need any prior experience? No

Will I need an Interview? No

What could I do next? Join a regular exercise group/session

What are the aims of the course?

Course aim:

What topics will I cover?

- Safe and effective exercise for the New Mum
- Healthy Eating Tips
- Healthy and appetising recipes ideas
- Ideas on keeping active through the week



What will the sessions consist of?

A fun and friendly session aimed at New (and not-so-New!) Mums The main focus of the session is to get you moving and active, at your own level, as well as advice and information on Nutrition for New Mums.

There will be a big social and fun element to the session , a chance for you to meet other Mums and have a chat too.

The session will consist of an hours exercise outside and half an hour on Nutrition/Recipes/Healthy Eating ideas. Although this is not a Weight Loss course, you have the option, if you choose to be weighed and measured each week.

Please meet outside the LRC with your baby and your buggy and anything you may need for an hour and a half. Please wear comfortable clothing and shoes that you are able to exercise in. Water and a towel is also advisable.

How is the course assessed?

Practical Exam? No Written Exam? No

Awarding Organisation: n/a

How can I prepare for the course?

Ensure you have some comfortable clothing and shoes.

Key Facts

Apprenticeship option? No

Key Qualification? No

**What Next?
Contact us**

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