



Day:	Thursday
Time:	10am—1130am
Dates:	Starts on 22nd September 2011 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? N/A

What are the aims of the course?

Course aim:

What topics will I cover?

- Antenatal Exercise and Nutrition
- Post Natal Exercise and Nutrition
- Healthy Recipe Ideas
- Healthy Eating Tips



What will the sessions consist of?

This is a session for both New Mums and Mums-To-Be and will be a relaxed session where you can meet other Mums/Mums-To-Be; share experiences and form friendships. There will be 45 minutes of exercise, followed by a Nutrition and Exercise talk each week. Some of this may be outdoors weather permitting. Please wear comfortable and appropriate clothing and footwear. A large bottle of water and a towel are also advisable. You are welcome to bring your baby along, in their buggy. Please meet outside the LRC on the morning of the first session.

How is the course assessed?

Practical Exam? No Written Exam? No

Awarding Organisation: n/a

How can I prepare for the course?

Whether you are pregnant or a new Mum, you must have been cleared to exercise before starting the first session.

Key Facts

Apprenticeship option? No

Key Qualification? No

**What Next?
Contact us**

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