



# Course Information Sheet

2008/9

<b>Course Title:</b>	<b>Try Trampolining – 1 week taster</b>	
Course Description	Exercise your whole body whilst having fun and learn the simple and safe way of bouncing on a trampoline. Did you know that 10 minutes on a trampoline burns the same amount of calories as a 30 minute jog, with 80% less impact on your joints? and it's a lot more fun!	
Learning goals	By the end of this course you should be able to:	
	<ul style="list-style-type: none"> <li>▪ Learn new skills</li> <li>▪ Improved balance, coordination and mobility</li> <li>▪ Understanding golfing etiquette</li> <li>• Improve your flexibility and co-ordination</li> <li>• Improve your stamina, strength and posture</li> <li>• Have fun!</li> </ul>	
Is this course suitable for you?	This course is designed for the beginner, no experience necessary.	
Assessment/Feedback	Learners will receive continual feedback and informal assessment from the teacher and will be encouraged to monitor their progress using an Individual Learning Plan.	
What should you bring with you to the first session?	Comfortable clothing	
Additional costs	<ul style="list-style-type: none"> <li>• None</li> </ul>	
What next?	Subject Specific Courses:	General:
	<ul style="list-style-type: none"> <li>• By the end of the course it is hoped that you will have gained confidence and started a new hobby.</li> </ul>	Please see our brochure , visit our website ( <a href="http://www.luton.ac.uk">www.luton.ac.uk</a> ) or call us for further details (01582 490033).
	<p>Luton Adult Community Learning also provides free impartial workshops on learning and work opportunities, these include:</p> <ul style="list-style-type: none"> <li>○ Job search</li> <li>○ Interview techniques</li> <li>○ CV writing</li> <li>○ Completing application forms</li> <li>○ Skills check</li> </ul> <p>If you require more in depth help and support, please contact us and we will arrange a meeting with either a manager, teacher or learner</p>	
Help Us to Help You	<p>The service is committed to ensuring that all learners whatever their needs have the best possible chance to enrol, progress, complete and achieve their course goals. Funding may be available to support the following:</p> <p>Examination fees; Travel costs; Books &amp; Equipment; Registration Fees; Childcare; Hardship costs; Additional course costs; Learners with a learning difficulty or disability; Learners with skills for life needs.</p> <p><b><u>For further details contact us on 01582 490033.</u></b></p>	