



ACTIVE COURSES

Term 2 - January | March 2014

Our ACTIVE COURSES are designed to cater for all students and staff. Whether you are a complete beginner, returning to sport or just want to have fun we have the perfect course for you.

This extensive programme offers lessons in Badminton, Bootcamp, Climbing, Golf, Squash & Racketball, Swimming, Tennis, Watt Bike and Weight Loss.

These sessions are a great way to socialise, increase your confidence and just try something new.

BADMINTON

£30 - 9 sessions

Beginners - Improvers – Learn and improve your play with our 8 week course teaching basic shots and rules, developing towards more advanced techniques and simple tactics. Ideal for people new to the sport, casual players or those who want to improve their technique.

Improvers-Advanced - Improve your play and hone your technique with our 8 week course that covers the main shots and more advanced tactics. Ideal for those with a good standard (i.e. able to hold a rally for several strokes).

BOOT CAMP

£33 - 8 sessions (2 per week)

Get fit with our friendly instructors to improve your lifestyle. These sessions are great for those who want to shape up, feel good, lose weight, learn about healthy living as well as increase strength, stamina and endurance.

We have Bootcamps running with 2 sessions per week for 4 weeks. One indoors at the Main Sports Centre and 1 outdoors at the Medical School.

GOLF

£33 - 8 sessions

Whether you want to work on your technique or just give golf a try, join our lessons in the beautiful surroundings of the Warwickshire Golf Club!

Beginners Golf - Learn To Play with our 8 week introductory course for those new to golf. This will give you everything you need to get around the golf course without embarrassing yourself.

Improvers - Intermediate Golf

Improve your play with our 8 week course for those that want to progress their skills, play more often and want to improve their technique. Instruction will take place at the Warwickshire Golf Club. Price includes instruction, equipment, use of the Driving Range and Par 3 Course.

Please note that transport is only provided to and from Campus for the daytime 11am-2pm sessions. The bus leaves the Sports Centre reception 30 minutes before the lesson start time.

Evening session participants must make their own transport arrangements.

INDOOR ROCK CLIMBING

£33 - 4 sessions

A 4 week course to enable the beginner to climb indoors without instruction. You will learn the basic skills, knots and techniques enabling you to safely belay and climb indoors.

SQUASH & RACKETBALL

£30 - 9 sessions

Beginners - Improvers - Learn and improve your play with our 9 week introductory course teaching the basic rules, techniques and tactics of both sports. Racketball is a slightly slower paced sport than squash; it's currently the 'Fastest Growing Racket Sport in the UK.'

Improvers - Advanced Squash

Improve your play with our 9 week course covering technique, tactics and strategy for more experienced players.

SWIMMING

£30 9 sessions

Beginners - Learn To Swim Afraid of the water? Really unable to swim? Very limited experience? Learn how to swim using aids – lessons take place in the shallow end only and are ideal for becoming water confident.

Improvers

For the quite confident swimmers that can ideally swim a length in more than one stroke. All 3 major strokes broken down and improved, including an introduction to butterfly.

Advanced Swimming

For the confident swimmer who will swim lengths and work in the deep end. Dives, turns and all 4 stroke techniques developed.

TENNIS

£21.25 to £25.50 for 4 to 5 sessions - Student

£26.25 to £30.50 for 4 to 5 sessions - Staff

We have a great programme of tennis activities for all abilities in our top class facility. All courses are hosted on our indoor courts.

**BOOK
YOUR
COURSE
ONLINE**

WEIGHT LOSS

£33 8 sessions

Did you eat one too many mince pies this Christmas? If you are looking to shed those post-Christmas pounds and need extra motivation then sign up for our Weight Loss course.

Let our Level 4 qualified personal trainer help you on your weight loss journey from start to finish by regularly monitoring your progress and getting active in a fun and supportive environment.

Each session will contain a workshop covering nutrition and weight loss tips followed by a calorie-blasting, fun exercise class.

Come along and make new friends who can support you in and outside the classes with our 'buddy scheme'. Everyone is welcome, so come and give this sociable, potentially life changing course a go!

WATT BIKE

£25 - 5 sessions

The closest indoor cycle to a road bike is a Watt Bike. Designed using various resistance systems and a set up comparable to a road bike the Watt Bike will ensure your workout is the very best and will help improve your fitness levels. This is also a great workout for those recovering from injuries and with joint problems.

Weight Loss

A 5 week course designed to deliver a series of sessions to support a sustainable weight loss plan. Your instructor will carry out a 1:1 assessment to set your own workout plan, then helping you to achieve your own personal goals. This is a great programme for those of you wanting some personal support in reaching your target weight.

General Fitness

This programme will deliver a series of sessions designed

to develop aerobic fitness, muscle strength and endurance. This is a great programme for those of you wanting to get fit or improve upon your general fitness. All programmes delivered will be individual to you with your own personal plan and milestones for achievement.

All shapes, sizes, ages and levels of fitness catered for.

BOOK NOW

Booking Information

Enrolment for all courses (excluding Climbing and Tennis Lessons) can be completed online.

Please note that you will need to sign up for **Warwick Sport Membership** before booking on a course. Membership costs £55 for the year and can be paid either by an annual payment or through pay as you play at £3.50, paid in advance for the duration of the course. This can be done online at <http://warwick sport.warwick.ac.uk/warwickactive/sportscoursesprogramme/> or by visiting the Sports Centre Reception.

For booking Tennis courses please contact: tennis@warwick.ac.uk

For booking Climbing courses please contact: c.w.little@warwick.ac.uk



Frequently Asked Questions

Please go to the Warwick Active Courses page on warwick sport.com for more info and to see our responses. These include everything from what clothing to wear, equipment supplied and what to expect from the courses.

Staff

Staff members are able to use their Warwick Learning Account vouchers towards payment for courses. To book please visit the Sports Centre Reception with your voucher. For more details please email j.emeny-green@warwick.ac.uk or call **024 76 550 518**



External

External members wishing to take part in these courses will be able to check on availability by visiting the Warwick Sport Office or calling 024 76 523 011 during office hours of 9am to 5pm. Please note that refunds will not be given once the course of lessons has started. If insufficient numbers enrol, courses may be cancelled and the fee will be reimbursed in full.

The timetable printed on the reverse of this page is correct at the time of going to print. Please check notice boards and <http://warwick sport.warwick.ac.uk/warwickactive/sportscoursesprogramme/> for details of any amendments.



ACTIVE COURSES 2013/14 - TERM 2 TIMETABLE



TIME	CLASS	VENUE	Mon	Tues	Weds	Thurs	Fri	Sat	Start Week	CODE
07:30-08:15	Boot Camp 1	Main Hall		•		•			2	BC1
07:30-08:15	Boot Camp 2	Main Hall		•		•			6	BC2
17:00-17:45	Medics Bootcamp	Medical School - Maths House	•						2	MBC1
12:45-1:30	Medics Bootcamp	Medical School - Maths House				•			2	MBC2
15:00-16:00	Weight Loss Course	Activity Room	•			•			2	WLC1
15:00-16:00	Weight Loss Course	Activity Room	•			•			6	WLC2
17:30 - 18:30	WattBike- Pedal those pounds	Gym					•		2	WATT1
17:30 - 18:30	WattBike- Fitness	Gym		•					2	WATT2
11:00-12:00	Squash & Racketball - Imp/Adv	Squash Courts 3-6		•					2	SqI1
12:00-13:00	Squash & Racketball - Beg/Imp	Squash Courts 3-6		•					2	SqB1
12:30-13:30	Swim - Beginner	Swimming Pool		•					2	SwB1
9:30-10:30	Swim - Beginner	Swimming Pool			•				2	SwB2
10:30-11:30	Swim - Beginner	Swimming Pool				•			2	SwB3
13:30-14:30	Swim - Improver	Swimming Pool		•					2	SwIm1
9:30-10:30	Swim - Improver	Swimming Pool				•			2	SwIm2
10:30-11:30	Swim - Advanced	Swimming Pool			•				2	SwIn1
18:00-19:00	Badminton - Beg/Int	Main Hall				•			2	Bad1
19:00-20:00	Badminton - Int/Adv	Main Hall				•			2	Bad2
11:00-12:00	Golf - Beginner	Transport from SC			•				3	GB1
12:00-13:00	Golf - Beginner	Transport from SC			•				3	GB2
18:00-19:00	Golf - Beginner	Warwickshire Golf & Country Club			•				3	GB3
13:00-14:00	Golf- Improver	Transport from SC			•				3	GIm1
19:00-20:00	Golf - Imp/Adv	Warwickshire Golf & Country Club			•				3	GIm2