

Adult Learning - Course Information Sheet



AUNM11 - Beginners Pilates

Weston Favell Academy

Booth Lane S
Weston Favell
Northampton

NN3 3EZ

Room Weston Favell Academy

Start Date: 08 September 2026
End Date: 17 November 2026
Start Time: 6:30PM
End Time: 7:30PM
Day: Tuesday
Sessions: 10
Tutor: Ms Elizabeth Willis

What will I learn?

The aim of this 10-week introduction to Pilates is to understand the fundamentals and principles of Pilates and apply them to Pilates exercises. By the end of the course, you should be able to demonstrate lateral breathing, show a Pilates principle in your practise and choose an exercise that works the abdominal muscles.

What will I need to take part?

Please return your completed medical questionnaire via email to adultlearning@northnorthants.gov.uk at least 2 days before the course starts

You will need the following:

A good quality non-slip Pilates or yoga mat

A folded blanket or towel Optional is a kneeling pad or Pilates/yoga strap block and small Pilates ball, but only if you have them already

Wear layers of comfortable clothing

Drink water in a non-breakable container

What to expect?

The course will be a live interactive class. The pilates exercises will be demonstrated and supported with verbal instructions, explanation, and feedback. The group will have no more than 14 learners.

Adult Learning Tutors use Google Classroom to help make course resources available both during and between sessions. Please take advantage of joining your Classroom when invited to do so. For IT help please visit <https://learners.northantsadultlearning.ac.uk/it-tips>

What can it lead to?

After Pilates Introduction course you could join a regular class to keep improving. Look for opportunities in local community centres and gyms. We hope you will also want to continue practising at home perhaps with the help of online videos. Ask your tutor what they recommend!

Course eligibility and fees

This adult learning course is available to residents of Northamptonshire who are:

- aged 19 or over on 31st August in the funding year
- living in England, outside a devolved adult skills funding area.
- ordinarily resident in England on the first day of learning.
- Resident in England for the duration of your learning.

If you don't meet the above requirements, including some international students or people not ordinarily resident in the UK, you will not be able attend this course.

Asylum seekers may be eligible to attend in some circumstances, including where they have lived in the UK for 6 months or longer while their claim is being considered, or where they receive certain types of local authority support.

Fees are payable on enrolment as published on the booking page.

If you are in receipt of certain benefits or in employment and earning below £25,750 a year, you may be eligible for reduced fees.

Under certain circumstances you may be asked to provide evidence of your identity, residency, prior qualifications and where relevant, benefits or income.

If you are not sure what support, you are eligible for please phone our office between 10 -4 on weekdays 0300 303 1058 or email adultlearning@northnorthants.gov.uk.

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Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

Adult Learning Service
Support Service Team
Email - AdultLearning@northnorthants.gov.uk



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