



Course details

Course title

Fitness and Exercise: Getting Fitter in the Outdoors

Course code

Q00017061

Course date

Start: 19/09/24

End: 24/10/24

Number of classes

6 sessions

Timetable

Thu 19th Sep, 13:15 to 15:30

Thu 26th Sep, 13:15 to 15:30

Thu 3rd Oct, 13:15 to 15:30

Thu 10th Oct, 13:15 to 15:30

Thu 17th Oct, 13:15 to 15:30

Thu 24th Oct, 13:15 to 15:30

Tutor

Matt Doolan

Fee range

Free to £56.70

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

Rector's Way Allotments (Weston-super-Ma
Rectors Way
Weston-super-Mare
BS23 3NP

Level of study

Beginners

Course overview

This creative outdoor course is designed for people of any ability and will help you whatever your fitness level. You only do as much or as little as you want. In the fresh air, through activities such as walking, stretching, yoga, cycling or even boxercise, you will have the chance to gain some confidence and enjoy the world around you. It is a great opportunity to regain and/or increase your confidence, and perfect for meeting others with the same interests. Each session will introduce a different activity and each of them will be outside in the fresh air.

Course description

This creative and friendly outdoor course aims to help you to build confidence in a fun and informative manner. Each session will introduce a different activity and each of them will be outside in the fresh air. Emphasis will be on enjoying the session at a pace that suits the whole group, and we will seek to find activities that suit you as an individual. On this course, you will have the opportunity to meet others and work as part of a team to achieve the challenge of the day.

There will be the option each session for easier and more challenging tasks that each person can choose to do. This way we can share the experience with others. We are never in a rush, and the focus is on enjoying the day as a group.

We will be doing activities like basic stretching, walks in the local area, a cycle ride, possibly even some yoga or boxercise, depending on the wishes of the group. You do not need to be an expert; we will help you whether you are a beginner or more experienced.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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