Where can I get further information or advice?
If you need help in deciding the next step in your learning or career, please visit the National Careers Service website or call 01629 532430.

How can I join?
Most courses are available to book through the Derbyshire County Council website below or you can visit or telephone your local Adult Community Education centre.

What will this course cost?
We use three different bands for our course fees. The full fee for a course will be advertised as Band A. If you are a Derbyshire Goldcard holder, you will pay the Band B price for Community Learning. In most cases, we offer reduced fees for those on certain benefits at Band C.

How can I pay?
Payments can be made online through the web, or in person at your local centre. For some courses, you may be able to pay in instalments. Please check at the time of booking.

What additional help for my learning is available?
Some people may need extra support with their learning. We recognise this and offer a range of support, such as: towards the cost of learning and travel, childcare, special equipment, note-takers and signers. We also have a number of volunteers who provide valuable help to many learners. Further information on what is available is on our website or ask at your local ACE centre.

How to let us know what you think about your learning and what you want to do next
To continue to provide a high quality experience for our learners, once in a while we may ask for your feedback through surveys and focus groups. It will also help us to know what you have done with what you have learned and what you plan to do next. We hope you will be able to help us. All information is treated in strictest confidence.

Key Course Information

For detailed information about help with course costs and other support for learners, see The Guide available at www.derbyshire.gov.uk/theguide or enquire at your local Centre.

To find out where this course is offered, visit www.derbyshire.gov.uk/coursesearch or contact your local centre.
How will this course help me?
The course aims to promote physical fitness and a positive attitude to health through a balanced programme of movement training for older learners.

Who is the course for?
Anyone interested in a healthy lifestyle. If you have been referred by a health professional you are encouraged to explore the full range of options and opportunities open to you.

How will I know how well I'm doing?
The tutor will help you to recognise how well you are doing and what you need to do to improve. This may include developing your own learning plan.

How will I learn?
There may be demonstrations, a chance to ask questions and to practice at your own pace. There are no exams or formal assessments. If you think you may need extra help with your learning, please ask your tutor or the Centre staff. We will try to help you.

What can I expect to learn?
By the end of the course you will experience improvement of suppleness, muscle tone and cardiovascular fitness.

Will I have to do any work outside the sessions?
You may be given tasks or activities to complete to practice in between and prepare for the next and future sessions. Your tutor will give guidance at the first session.

What will I need to provide?
You will need to complete a confidential Initial Health Assessment questionnaire. You should wear loose clothing and soft soled footwear or trainers. Learners are discouraged from eating a large meal before the class begins.

Will there be any other costs?
(e.g. materials, books, registration with a professional body, etc.) You may be provided with a reading list to support your learning. All of the costs of this course are covered in the advertised course fee.

What can I do next?
Your tutor may be able to give you advice on other activities and pursuits which may be beneficial to your general wellbeing and lifestyle. Other Get active and healthy courses which may complement this include Yoga, Pilates and Tai Chi.

To find out where and when this course is taking place, please visit www.derbyshire.gov.uk/coursesearch.