

ENRICHMENT UPDATE – JANUARY 2010

What's happening this term.....?

DUKE OF EDINBURGH

Finally, the Duke of Edinburgh will commence on Tuesday 12th Jan at 4 o'clock. Dave Andrews in Public Services will run the scheme here at Brooklands so if you are interested in working towards your Bronze, Silver or Gold Duke of Edinburgh go along to see Dave next Tuesday, 12th Jan at 4.00pm in the Public Service building.

CAR MAINTENANCE

If you are interested in learning the basics of car maintenance we can run a course on a Tuesday from 4.00 – 5.00 pm. There are spaces for up to eight students so please register your interest with Jo Lane in the Enrichment office (L022). Once we have a minimum of six students signed up a start date will be set.

GET FIT – BURN OFF THAT CHRISTMAS BOOZE....

Dance those calories off at one our classes...

Street Dance – Tuesday 12.15 – 1.00 in the Dance Studio

Belly Dancing – Wednesday 12.15 – 1.15 in the Dance Studio

Sweat it out in the Gym – sessions run:

Monday 12.15 – 1.45

Tuesday 9.00 – 10.00

Wednesday 12.15 – 1.00

Tone that tummy and work those thighs in our popular Fab Abs & Thighs class

Wednesday – 12.15 – 1.15 in the Dance Hut

Self Defence, a really popular class, continues to run every Thursday in the Sports Hall 12.15 – 1.15 and new students are welcome to join in.

TEAM SPORTS

Basketball practice every Monday night in the sports hall 5.00 – 6.00 with a fantastic basketball coach supplied by Elmbridge.

College fixtures for **Football, Rugby, Basketball, Netball** and **Girls 5 a side football** will continue throughout this term. Please contact Jo Lane or Faye Turner in the Enrichment office for fixture details.

HIGH ROPES

We have this fantastic facility at the college – get a bunch of your mates/tutor group together and organise a session on the High Ropes. Contact Dave Andrews in Public Services or Jo Lane in Enrichment for availability and times.