

New Year New You Offer

List of Eligible Courses

Programme Area	Course Code	Course Name	Start
Dance	DAF003B	African Caribbean Dance Improvers	13-Jan-18
Dance	DAF005B	Dances of Guinea, West Africa	13-Jan-18
Dance	DAF006C	African Caribbean Dance Workshop 2A	10-Jan-18
Dance	DAF006D	African Caribbean Dance Workshop 2B	21-Feb-18
Dance	DBA004B	Ballet Intermediate	10-Jan-18
Dance	DBA028A	Ballet Beginners 1	08-Jan-18
Dance	DBA030A	Ballet Beginners	09-Jan-18
Dance	DBA031B	Ballet Introduction	08-Jan-18
Dance	DBA032B	Ballet Beginners 2 & Improvers	12-Jan-18
Dance	DBA060B	Ballet Intermediate to Advanced	12-Jan-18
Dance	DBA113B	Ballet Regenerate 1	09-Jan-18
Dance	DBA116B	Ballet Regenerate 2	11-Jan-18
Dance	DBA121B	Ballet Advanced with Pointe	10-Jan-18
Dance	DBA124B	Ballet Advanced	10-Jan-18
Dance	DBA126B	Ballet Tone	10-Jan-18
Dance	DBA130B	Ballet Partnering	08-Jan-18
Dance	DBA131B	Ballet Workshop	12-Jan-18
Dance	DBR002B	Ballroom and Latin American Dance Beginners	13-Jan-18
Dance	DBR021B	Ballroom and Latin American Dance Beginners	10-Jan-18
Dance	DBR025B	Ballroom and Latin American Improvers Level 2	09-Jan-18
Dance	DBR034B	Ballroom and Latin American Improvers Level 1	09-Jan-18
Dance	DBR035B	Ballroom and Latin American Improvers Level 1	08-Jan-18
Dance	DBR036A	Ballroom and Latin American Dance Intermediate Intensive Part D	28-Jan-18
Dance	DBR036B	Ballroom and Latin American Dance Intermediate Intensive Part E	04-Feb-18
Dance	DBR036C	Ballroom and Latin American Dance Intermediate Intensive Part F	11-Mar-18
Dance	DCN003B	English Country Dancing Intermediate and Advanced	11-Jan-18
Dance	DCN006B	Scottish Country General	11-Jan-18
Dance	DCN009B	English Country Dancing General	11-Jan-18
Dance	DCO007B	Contemporary Dance General	08-Jan-18
Dance	DCO014C	Contact Improvisation 2A	08-Jan-18
Dance	DCO014D	Contact Improvisation 2B	19-Feb-18
Dance	DCO015B	Dance & Performance for People over Fifty	11-Jan-18
Dance	DCO016B	German Tanztheater	09-Jan-18
Dance	DCO017B	German Tanztheater	12-Jan-18
Dance	DCO020C	Contact Improvisation 2A	11-Jan-18
Dance	DCO020D	Contact Improvisation 2B	22-Feb-18
Dance	DCO021B	Contemporary Release Technique	12-Jan-18
Dance	DCO022C	Dance Improvisation Workshop 2A	08-Jan-18
Dance	DCO022D	Dance Improvisation Workshop 2B	19-Feb-18
Dance	DEG004A	Belly Dance Improvers	11-Jan-18
Dance	DEG013B	Belly Dance Intermediate	11-Jan-18
Dance	DEX026B	Pilates Mat Work to Music Introduction	08-Jan-18
Dance	DEX029B	Zumba© Fitness	09-Jan-18
Dance	DEX032B	Pilates Mat Work to Music General	11-Jan-18
Dance	DEX038B	Dance Stretch	09-Jan-18
Dance	DEX045B	Zumba© Fitness	11-Jan-18
Dance	DEX058B	Zumba© Fitness	13-Jan-18
Dance	DEX060B	Dance Workout General	12-Jan-18
Dance	DEX062B	Power and Poise through Dance	08-Jan-18
Dance	DEX064C	Bespoke Pilates	11-Jan-18
Dance	DEX064D	Bespoke Pilates	22-Feb-18
Dance	DFL001B	Flamenco Beginners and Improvers 1	08-Jan-18
Dance	DFL003B	Flamenco Improvers 2 and Intermediate	08-Jan-18
Dance	DFL009B	Flamenco Beginners and Improvers 1	13-Jan-18
Dance	DFL014B	Flamenco Advanced and Repertoire	12-Jan-18
Dance	DFL015B	Castanets and Classical Spanish Dance	04-Feb-18
Dance	DFL016B	Flamenco Bata de Cola	11-Mar-18
Dance	DFL020B	Castanets and Classical Spanish Dance	08-Mar-18
Dance	DFL021B	Castanets and Classical Spanish Dance	28-Jan-18
Dance	DFL022B	Flamenco Bata de Cola	28-Jan-18
Dance	DFL023B	Flamenco Bata de Cola	22-Feb-18
Dance	DFL024B	Flamenco Co-ordination and Technique Workshops	08-Feb-18
Dance	DJA017B	Jazz Dance: Advanced	09-Jan-18
Dance	DJA031B	Jazz Dance Intermediate	09-Jan-18
Dance	DJA034B	Jazz Dance General	09-Jan-18
Dance	DJA039A	West End Workshop	12-Jan-18
Dance	DJR001B	Jive Rock & Roll Beginners Plus	09-Jan-18
Dance	DJR012B	Swing Dance	13-Jan-18
Dance	DSA003B	Kathak Intermediate	13-Jan-18
Dance	DSA005B	Flamenco Improvers 2 and Intermediate	13-Jan-18
Dance	DSA008B	Kathak Introduction	13-Jan-18
Dance	DSL005A	Salsa Beginners & Improvers	13-Jan-18
Dance	DSL008A	Salsa Beginners	09-Jan-18
Dance	DSL017B	Cuban Rhythms and Dance 1	12-Jan-18
Dance	DSL023B	Cuban Rhythms and Dance 2	12-Jan-18
Dance	DSL025B	Afro-Cuban Experience	13-Jan-18
Dance	DSL026B	Rueda Casino Salsa	13-Jan-18
Dance	DST001B	Street Dance Beginners & General	13-Jan-18
Dance	DTA001B	Tap Beginners and Improvers	08-Jan-18
Dance	DTA002B	Rhythm Tap 1	10-Jan-18
Dance	DTA002C	Rhythm Tap 2	10-Jan-18
Dance	DTA003B	Rhythm Tap 1	21-Feb-18
Dance	DTA003C	Rhythm Tap 2	21-Feb-18
Dance	DTA006C	Rhythm Tap 3	10-Jan-18
Dance	DTA006D	Rhythm Tap 3	21-Feb-18
Dance	DTA007B	Tap Improvers and Intermediate	08-Jan-18
Dance	DTA008D	Rhythm Tap 1	21-Feb-18
Dance	DTA010B	Tap Advanced	08-Jan-18
Dance	DTA015C	Rhythm Tap 1	11-Jan-18
Dance	DTA015D	Rhythm Tap 1	22-Feb-18
Dance	DTA016D	Rhythm Tap 2	22-Feb-18
Dance	DTA018C	Rhythm Tap 1	10-Jan-18
Dance	DTA019C	Rhythm Tap 2	11-Jan-18
Health	HFI007B	Getting Fitter 40+	09-Jan-18
Health	HFI022B	Fitness for Over 50's	11-Jan-18
Health	HFI034B	Fitness in Retirement	08-Jan-18
Health	HFI037B	Fitness in retirement	10-Jan-18
Health	HFI061B	Pilates: Body Maintenance Work	08-Jan-18
Health	HFI064B	Pilates: Therapeutic Approach	10-Jan-18
Health	HFI067B	Pilates: Mat-work	11-Jan-18
Health	HFI070B	Pilates: Body Maintenance Work	11-Jan-18
Health	HPS001B	Postural Dynamics	08-Jan-18
Health	HPS004B	Postural Dynamics	10-Jan-18
Health	HQG001B	Qigong	10-Jan-18
Health	HQG004B	Qigong fitness class	11-Jan-18
Health	HTC002A	Tai Chi for balance, wellbeing and fitness	12-Jan-18
Health	HTC004B	Taijiquan and Qigong foundation plus	11-Jan-18
Health	HTC007B	Taijiquan Chen style: All Comers	10-Jan-18
Health	HYG001B	Hatha Yoga: Beginners	10-Jan-18
Health	HYG007B	Hatha Yoga: All Comers	12-Jan-18
Health	HYG011B	Therapeutic Yoga: Beginners	08-Jan-18
Health	HYG017B	Therapeutic Yoga: All Levels	10-Jan-18
Health	HYG026B	Therapeutic Yoga: Beginners	11-Jan-18
Health	HYG029B	Therapeutic Yoga: Intermediate	11-Jan-18
Health	HYG045B	Iyengar Yoga	13-Jan-18
Health	HYG046B	Hatha Yoga: All Comers	09-Jan-18