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enrolment information

You can enrol by phone on 020 7343 1700, or in person at Club Reception.

It would help if you quote the **course code** when making a booking.

Payment can be made by cash, cheque or credit / debit card.

Reception is open for bookings 07:00-20:30 Monday to Friday, 10:00-19:00 Saturday and 10:00-17:30 Sunday.

Please note that:

You may be required to complete a health questionnaire before enrolling on courses involving physical activity.

Language courses:

Students should attend the Language Assessment evening (free - no booking required), or in some cases be assessed over the phone by the tutor, to ascertain the level of course they require. During the course, a request to transfer the student to a different level will be accepted if circumstances allow.

Language Assessments:

Date 16/07/2008

Time 18:30-20:00

Refunds

Central YMCA reserves the right to limit enrolments and to cancel any classes. In case of cancellation, students will receive a full refund. Requests for refunds will not otherwise be considered.

Classes will not be held on Bank Holidays.

For more information on any of the courses contained within this publication please contact Club Reception or Programme staff.

performing arts...

Public Speaking

Communicate with confidence when speaking to groups! Does standing up in front of an audience fill you with terror? Will you have to make presentations in your job to get ahead? Do you want to improve the power of your communication when speaking out in group situations? Although this can be a stressful situation, it is the kind of skill that can be learnt and practiced, and the sessions are a lot of fun. We will cover: Planning and writing a speech or presentation; Non-verbal communication / body language; The 'craft' of public speaking; Improvisation and dealing with unexpected situations/question; rehearsal techniques; Building confidence

Course Code: 83PSPE1

Tutor: Janet Marks
Fee (m): £18
Fee (n-m): £27
Place: EXT
Course Time: 18:00
TO: 20:00
Course Dates: 21/07/2008
TO: 22/07/2008
Sessions: 2

Public Speaking

Communicate with confidence when speaking to groups! Does standing up in front of an audience fill you with terror? Will you have to make presentations in your job to get ahead? Do you want to improve the power of your communication when speaking out in group situations? Although this can be a stressful situation, it is the kind of skill that can be learnt and practiced, and the sessions are a lot of fun. We will cover: Planning and writing a speech or presentation; Non-verbal communication / body language; The 'craft' of public speaking; Improvisation and dealing with unexpected situations/question; rehearsal techniques; Building confidence

Course Code: 83PSPE2

Tutor: Janet Marks
Fee (m): £18
Fee (n-m): £27
Place: EXT
Course Time: 18:00
TO: 20:00
Course Dates: 28/07/2008
TO: 29/07/2008
Sessions: 2

creative arts...

Ceramics

This course aims to give both beginners and those with more experience the opportunity to cover a wide range of making techniques, including throwing and hand building. It also offers the chance to explore a variety of decorating methods with an emphasis on developing individual style. More details and JPG pictures from p.jelley@centralymca.org.uk; or see my blog at <http://jelf0.blogspot.com>

Course Code: 83CERA

Tutor: Paul Jelley
Fee (m): £60
Fee (n-m): £90
Place: ART
Course Time: 18:30
TO: 21:00
Course Dates: 22/07/2008
TO: 26/08/2008
Sessions: 6

Jewellery Workshop 1

Students will be introduced to elementary design and making of simple jewellery items such as rings, pendants, bangles etc. using modelling in soft wax, carving in hard wax, or other techniques. There will be an opportunity to cast one or more of any designs in silver or other metal. Also covered is fabrication using the jewellery saw and soldering. More details and JPG pictures from p.jelley@centralymca.org.uk; or see my blog at <http://jelf0.blogspot.com>

Course Code: 83JEW1

Tutor: Paul Jelley
Fee (m): £60
Fee (n-m): £90
Place: ART
Course Time: 18:30
TO: 21:00
Course Dates: 21/07/2008
TO: 25/08/2008
Sessions: 6

Jewellery Workshop 2

Students will be introduced to more advanced techniques such as etching, enamelling in glass, use of polyester resin inlay, and stone setting. You should be familiar with elementary soldering and sawing. More details and JPG pictures from p.jelley@centralymca.org.uk; or see my blog at <http://jelf0.blogspot.com>

Course Code: 83JEW2

Tutor: Paul Jelley
Fee (m): £60
Fee (n-m): £90
Place: ART
Course Time: 18:30
TO: 21:00
Course Dates: 23/07/2008
TO: 27/08/2008
Sessions: 6

Sculpture from life

This course is suitable for both beginners and advanced students. The aim of the course is to allow you greater understanding of proportion and perspective while working directly from a life model. We will look at sculpture in the context of art history and how artists approached working from the human form. The approach will be structural but with a lot of experimentation. Techniques and methods will be discussed. Clay is provided which can be fired and patinated.

Course Code: 83SCUL

Tutor: Paul Jelley
Fee (m): £76
Fee (n-m): £114
Place: ART
Course Time: 18:30
TO: 21:00
Course Dates: 24/07/2008
TO: 28/08/2008
Sessions: 6

languages...

Italian level 1

A course for complete beginners, which aims to impart basic conversational skills useful for visitors to Italy. It also develops reading ability and provides some elementary and relevant grammar. Additional material is supplied.

Course Code: 83ITAL1

Tutor: Carlo Pennarola
Fee (m): £46
Fee (n-m): £69
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 22/07/2008
TO: 26/08/2008
Sessions: 6

Italian level 2

Ideally suited as a follow-on to the Club's Beginners Italian course, or for those who already have a basic knowledge of the language. We aim to increase fluency and extend vocabulary. You should consult the Tutor for a pre-assessment before enrolling.

Course Code: 83ITAL2

Tutor: Laura Troisi
Fee (m): £46
Fee (n-m): £69
Place: ?
Course Time: 18:30
TO: 21:00
Course Dates: 24/07/2008
TO: 28/08/2008
Sessions: 6

Japanese level 1

This is a course for people who are absolute beginners. It will cover basic Japanese to enable you to get by. For example, asking and giving personal information, ordering a drink or a meal, doing shopping, buying a ticket, together with a little cultural insight! During class, the tutor speaks Japanese as much as possible, and a clear English grammar explanation is also given.

Course Code: 83JAPA1

Tutor: Aki Kamiya
Fee (m): £46
Fee (n-m): £69
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 24/07/2008
TO: 28/08/2008
Sessions: 6

Spanish level 1

Ideal for absolute beginners - we teach you how to get by in Spanish for everyday situations.

Course Code: 83SPAN1

Tutor: Francisco Gonzalez
Fee (m): £46
Fee (n-m): £69
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 23/07/2008
TO: 27/08/2008
Sessions: 6

mind and body...

Hypnosis for change

In this course, we will look at different topics, including: bringing about a better understanding of hypnosis; using hypnosis to tap into the power of your own mind for relaxation; increasing confidence and self esteem; gaining a better understanding and acceptance of self; being a happier and more fulfilled person

Course Code: 83HYPN

Tutor: Adeline Kam
Fee (m): £56
Fee (n-m): £84
Place: BR
Course Time: 18:30
TO: 20:30
Course Dates: 24/07/2008
TO: 28/08/2008
Sessions: 6

Indian Head Massage

In India, head massage is an integral part of family life. It is a branch of the ancient Ayurvedic healing system and is still used to maintain health of the scalp, neck, face and hair. Indian Head Massage de-stresses the body, relaxes muscles and eases tension. It removes mental tiredness and promotes clear thinking and concentration. It also works on the subtle levels. Stagnant energy is released and the chakras are balanced. The whole system begins to work in a more peaceful, harmonious way. This is a practical based course where students learn the theories behind Indian Head Massage and also practise on each other.

Course Code: 83IHMA

Tutor: Amarjeet Bhamra
Fee (m): £44
Fee (n-m): £66
Place: BR
Course Time: 19:00
TO: 21:00
Course Dates: 22/07/2008
TO: 26/08/2008
Sessions: 6

Indian Head Massage Certificate

This course can lead to a Diploma in Indian Head Massage accredited by the Institute of Indian Head Massage. You need either to have completed the 6-week Tuesday evening course above, or a 1-day Friday primer on the 2nd November. Full details of the accredited course can be obtained from the tutor.

Course Code: 83IHMC

Tutor: Amarjeet Bhamra
Fee (m): £154
Fee (n-m): £231
Place: BR
Course Time: 10:00
TO: 18:00
Course Dates: 30/08/2008
TO: 31/08/2008
Sessions: 2

Nia

The Nia Technique is a ground-breaking approach to fitness that is holistic, creative and empowering. Blending aspects of dance, yoga, bodywork and martial arts with fantastic music, Nia delivers a high-energy workout that cross-trains and tones the body superbly, while also centering the mind and releasing stress. Because Nia teaches students to discover and move their body's way it can be enjoyably practiced regardless of age or ability. Every body is welcome!

Course Code: 83NIA1

Tutor: Beverley Drumm
Fee (m): £22
Fee (n-m): £33
Place: MBS
Course Time: 17:15
TO: 18:15
Course Dates: 23/07/2008
TO: 27/08/2008
Sessions: 6

Swedish massage

Relax on this course where you will learn the basic techniques of Swedish massage, using oils, to give massage to friends and family. You will learn to massage the back, legs, feet, arms, neck and face. Students practice on each other. You will learn why we think massage is 'essential for health' and when massage may be 'contra-indicated'. You are welcome to enrol on your own or with a friend. Please bring a large towel, carrier oil & wet wipes, notebook, and pen; and wear loose, comfortable old clothes. Please note - this course is not suitable for pregnant women.

Course Code: 83SWED

Tutor: Caron Ladkin
Fee (m): £44
Fee (n-m): £66
Place: BR
Course Time: 18:00
TO: 21:00
Course Dates: 30/07/2008
TO: 20/08/2008
Sessions: 4

Tai Chi

Recharge Your Batteries - Chi-Kung & Tai Chi Energy and Meditation Workshop

This workshop introduces the ancient arts of Chi-Kung and Tai Chi. Chi is the body's vital energy. Chi-Kung exercises build this energy, naturally strengthening psychological and physiological harmony. Tai Chi is a moving meditative form practiced for relaxation & health. Its slow, graceful movements make it an activity uniquely suitable for people of all ages. Uta Saatz and Steve Newton will be teaching the Tai Chi, and Master Yang the Chi-Kung.

Course Code: 83TAIC

Tutor: Uta Saatz
Fee (m): £34
Fee (n-m): £51
Place: LCL
Course Time: 18:30
TO: 20:30
Course Dates: 06/08/2008
TO: 27/08/2008
Sessions: 4

sport & recreation...

Gymnastics for adults

Gymnastics is a great and fun way to improve your fitness levels and to improve your skills. The course is suitable for adults of all ages and fitness levels. It is designed to teach and improve basic moves using various pieces of gymnastic equipment, including trampette, vault and floor. The class will involve CV and strength work, and will teach basic moves and flexibility.

Course Code: 83GYMN

Tutor: Danny Potts
Fee (m): £48
Fee (n-m): £72
Place: MSH
Course Time: 19:30
TO: 21:00
Course Dates: 24/07/2008
TO: 28/08/2008
Sessions: 6

Swimming stroke 1

This course will analyse your stroke, to include body position, arm action, leg action, breathing and co-ordination. The instructor will then focus on each participant's individual training needs.

Course Code: 83SWIM1

Tutor: Shermineh Shahsavari
Fee (m): £32
Fee (n-m): £48
Place: POOL
Course Time: 14:00
TO: 14:45
Course Dates: 27/07/2008
TO: 31/08/2008
Sessions: 6

Swimming stroke 2

The Improvers course is aimed at swimmers who have basic swimming skills but would like advice on making improvements in their technique.

Course Code: 83SWIM2

Tutor: Shermineh Shahsavari
Fee (m): £32
Fee (n-m): £48
Place: POOL
Course Time: 14:45
TO: 15:30
Course Dates: 27/07/2008
TO: 31/08/2008
Sessions: 6

Swimming stroke 3

The advanced course is aimed at swimmers who can swim three of the four strokes and seeks to improve technique and fitness levels.

Course Code: 83SWIM3

Tutor: Shermineh Shahsavari
Fee (m): £32
Fee (n-m): £48
Place: POOL
Course Time: 15:30
TO: 16:15
Course Dates: 27/07/2008
TO: 31/08/2008
Sessions: 6

tutors' profiles...

Adeline Kam

Adeline is a tutor with the Psychotherapy and Hypnosis Training Academy in Regents College. Her background is in education and educational radio production. She has been in private practice for 13 years as a psycho-hypnotherapist and hypno-analyst successfully treating emotional problems like anxiety and panic attacks, phobias, low self esteem and other personal issues. Website www.adelinekam.com

Aki Kamiya

Aki has been teaching Japanese at the Institute Hampstead Garden Suburb since 2001. She is a qualified English teacher and Ikebana -Japanese flower arrangement teacher in Japan and has done teacher training courses in England.

Amarjeet Bhamra

Amarjeet is a leading exponent and master of different branches of complementary medicine. A Reiki guru, he practices Atmatherapy™, Ayurvedic Bodywork including Indian Head Massage, Hopi Ear Candles and AB Pelvic Correction System. Amarjeet believes in a holistic approach that enshrines the body, mind and spirit. This method aims to treat the cause not just the symptom of the disease, thus helping the body release its healing potential. The current president at the Institute of Indian Head Massage, he has been responsible for the rapid growth of Indian Head Massage, a modality of Ayurvedic Bodywork, in the West. Amarjeet has a unique and entertaining style and his professional workshops are always packed with practical and spiritual knowledge.

Andy Klyen

Andy is a keen and experienced climber, having climbed since 1980 in England, Wales and Australia. He is qualified to teach on the YMCA wall, and is happy for anyone, regardless of experience or ability, to give climbing a try.

...tutors' profiles

Anna Maximova

Anna has been playing badminton professionally since 1992 and achieved Candidate Master of Sports in it. She is constantly participating in different kinds of competitions.

Bentley Browning

Bentley is an experienced professional singing teacher and performer who has worked in the music industry for 15 years composing, recording and producing records. Currently fronting pop / rock band Zerostar he is also a professional actor with theatre, film and American television credits.

Carlo Pennarola

Carlo has been involved in the studying and teaching of languages for many years. He has worked as a teacher in both his native Italy and here in England where he came to further his studies. His approach combines linguistics with the more traditional language teaching methods in his aim to transmit a deeper, more articulate and personal view and understanding of Italian.

Caron Ladkin

Caron is from South Africa, and is a Swedish Massage Therapist and Aromatherapist who is passionate about Bodywork. She loves teaching Swedish massage; so do come along to join her on the Massage Magic Course!

...tutors' profiles

Danny Potts

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Doreen Uzice

Having always had a keen interest in complementary therapies, Doreen qualified in 1993 as a massage therapist. She went on to study Aromatherapy, Traditional Thai Massage, Indian Head Massage, Acupressure and Reiki. As a registered teacher with the IFA (International Federation of Aromatherapists) and with ITEC (International Therapy Examinations Council) Doreen teaches introductory and diploma courses.

Eithne Healy

Eithne is a practising figurative artist who graduated from Wimbledon School of Art in 1991. Her subjects are the human figure, landscape and animals. She exhibits her work regularly at London Galleries: this includes sculpture, drawing, painting and printmaking. She teaches adult education classes in London and Foundation Students at Berkshire College of Art.

Janchivdorj Sainbayar

Janchivdorj had been teaching gymnastics and Circus Skills in Mongolia for some years before moving to London where he now teaches at various places.

...tutors' profiles

Janet Marks

Janet has many years' experience of preparing people for performance. She is a theatre director and voice coach as well as a group facilitator. She is currently working at Central YMCA's new Health and Fitness centre in Kings Cross running 'The Imagination Workshop'. See www.randomacts.co.uk for more detailed c.v.

Laura Troisi

Laura took a University degree in English and French at the Università Orientale Naples, Italia in 1989, and a CLTA at Goldsmith University in London in 2005. From 1996 she has been teaching Italian in both group and individual settings, most recently to diplomats at the Foreign Office.

Luis Dos Santos

Luis was born in Tramagal, Portugal and brought up in Pont de Sor, where he had early experience of wine making on his aunt's vineyard and winery. He later spent 2 years full time and 3 years part-time working in the wine industry. During this time he achieved basic and advanced certificates in wine and spirits as well as gaining the 1st level Master of Wine.

Marilyn Edwards

(No bio yet)

...tutors' profiles

Marlon Hoating

Marlon is a Sensei (instructor) for CLSA and Central YMCA Aikido Club, has a 3rd degree Black Belt for the Japanese Aikido Association, is an Aikido Coach for the British Aikido Board. He has a level 3 Advanced Fitness Instructor (UK Register of Exercise Professionals), is a Personal Trainer for YMCA Fitness Industry Training, and has a City & Guilds Level 4 Certificate in FE Teaching.

Michel Joussaud

Michel has been living in London since 1985 and has been teaching and translating French for 10 years. He comes from Grenoble, graduated in history and enjoys sports and hiking.

Paul Jelley

Paul was a university lecturer for many years in mathematics and computer science. During much of this time he had a second career as a sculptor and artist, with many works in private collections both here and around the world. Trained at St. Martins, he has his own bronze and silver casting facility, and offers courses in metal fabrication / casting for jewellery and sculpture, enamelling, gold leafing and sculpture from life. To further his own education and keep up to date, Paul attends around two courses each year as a student. His blog at <http://jelf0.blogspot.com/> has a link to student work.

Roger Wisdom

Roger, who is also secretary of the Y Paddle Canoe Club, began canoeing as an adult in 1991 - his first experience of sitting in a canoe being in the Y pool. He enjoyed it so much that he went on to become a keen regular kayaker. In due course he qualified as a canoeing coach and has been teaching canoeing at the Y for several years. As well as teaching kayaking, he regularly takes part in canoeing competitions: slalom is his main competitive discipline (he's currently in Division 2 of the national ranking) - he also occasionally competes in river races, both wild water and marathon.

...tutors' profiles

Sean Gandini

Sean Gandini is widely considered one of the world's most adventurous jugglers. He has spent the last 20 years researching and contributing to all aspects of juggling. A prolific creator of juggling material, his work ranges from the virtuoso group juggling choreography to films and articles covering the nuances of this often-neglected art form.

Shermineh Shahsavari

Shermineh has a level 2 teaching certificate for swimming, and has worked at Central YMCA as a Life Guard.

Uta Saatz

(No bio yet)