

Summer LIFESTYLES 2009

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enrolment information

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

Please 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 08/07/2009

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.

1 - Performing arts

Public Speaking

Standing up and speaking to groups is an experience that many of us avoid, if possible. However, it is a skill that can be learnt, and the stress can be managed. This two-day course will take you out of your 'comfort zone' in easy stages, building your confidence and giving you practical help. Subjects covered: non-verbal communication; voice production; rehearsal techniques; anxiety-management; dealing with unexpected situations. See <http://www.randomacts.co.uk> for more information.

Course Code: 93PSPE

Tutor: Janet Marks

Fee (m): £54

Fee (n-m): £81

Place: STU1

Course Time: 10:00

TO: 16:00

Course Dates: 18/07/2009

TO: 19/07/2009

Sessions: 2

Start Singing!

A beginners pop and rock singing course for those with little or no experience. Find your voice, develop confidence, and have fun! Learn the basics of breathing, relaxation, posture, and try the effective vocal training exercises used by the stars. Work on your own chosen song, and develop your self-esteem by performing it for the class (not compulsory!). For budding pop stars and people who sing for fun!

Course Code: 93SING

Tutor: Bentley Browning

Fee (m): £24

Fee (n-m): £36

Place: STU2

Course Time: 18:00

TO: 19:00

Course Dates: 15/07/2009

TO: 19/08/2009

Sessions: 6

Tap Dancing Beginners

Great fun and good exercise! You need to wear either hard soled shoes or tap shoes - no trainers please.

Course Code: 93TAPD1

Tutor: Nicki McNamee

Fee (m): £42

Fee (n-m): £63

Place: KCTS

Course Time: 19:00

TO: 20:30

Course Dates: 17/07/2009

TO: 21/08/2009

Sessions: 6

Tap Dancing Improvers

Great fun and good exercise! You need to wear either hard soled shoes or tap shoes - no trainers please. You should have attended a beginners' course.

Course Code: 93TAPD2

Tutor: Nicki McNamee

Fee (m): £42

Fee (n-m): £63

Place: LCL

Course Time: 19:00

TO: 20:30

Course Dates: 16/07/2009

TO: 20/08/2009

Sessions: 6

2 - Creative arts

Casting Workshop

This course will give you an opportunity to find out how to make small items in cast metal or other material (e.g. plaster, concrete). This will include the basic lost-wax process as used from Ancient Egyptian times to the present, together with alginate and silicone rubber. By the end of the course, you should have made at least one item to take away with you - the record for a single student so far is 6 finger rings, 3 pendants, a snake and a frog (all in silver, except for the frog which was pewter with bronze eyes!). More details and pictures at <http://jelf0-students.blogspot.com>

Course Code: 93CAST

Tutor: Paul Jelley
Fee (m): £66
Fee (n-m): £99
Place: ART
Course Time: 14:00
TO: 16:30
Course Dates: 18/07/2009
TO: 22/08/2009
Sessions: 6

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 pictures at <http://jelf0-students.blogspot.com>

Course Code: 93CERA

Tutor: Paul Jelley
Fee (m): £66
Fee (n-m): £99
Place: ART
Course Time: 18:30
TO: 21:00
Course Dates: 14/07/2009
TO: 18/08/2009
Sessions: 6

Drawing from Life

In this intensive course we will draw the human figure, exploring the many aspects of drawing and its uses. It is aimed at beginners or those who feel that they would like a refresher course to get them going. Students will learn observational skills, a good sense of proportion and perspective and by the end of the course should be able to use line and tone with confidence. Please bring paper/sketch book (large), charcoal and a 'putty' rubber.

Course Code: 93DRAW

Tutor: Eithne Healy
Fee (m): £76
Fee (n-m): £114
Place: ART
Course Time: 18:00
TO: 20:30
Course Dates: 17/07/2009
TO: 21/08/2009
Sessions: 6

Ikebana

Japanese traditional flower arrangement, Ikebana has a long history dating back to the 6th century. Its styles range from the highly classical to modern compositions offering limitless possibilities for self expression. Learn the skills, techniques & principles of Ikebana, but rules are always flexible so enjoy the beauty of flowers and be creative!

Course Code: 93IKE

Tutor: Aki Kamiya
Fee (m): £88
Fee (n-m): £132
Place: STU2
Course Time: 18:30
TO: 20:30
Course Dates: 14/07/2009
TO: 18/08/2009
Sessions: 6

2 - Creative arts

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. There is usually time to cover some fabrication using the jewellery saw and soldering. More details and pictures at <http://jelf0-students.blogspot.com>

Course Code: 93JEW1

Tutor: Paul Jelley

Fee (m): £66

Fee (n-m): £99

Place: ART

Course Time: 18:30

TO: 21:00

Course Dates: 13/07/2009

TO: 17/08/2009

Sessions: 6

Jewellery Workshop 2

Students will be able to do lost-wax casting as well as have access to more advanced techniques such as etching, enamelling in glass, use of polyester resin inlay, and stone setting. It would help if you have done elementary soldering and sawing. More details and pictures at <http://jelf0-students.blogspot.com>

Course Code: 93JEW2

Tutor: Paul Jelley

Fee (m): £66

Fee (n-m): £99

Place: ART

Course Time: 18:30

TO: 21:00

Course Dates: 15/07/2009

TO: 19/08/2009

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: 93SCUL

Tutor: Eithne Healy

Fee (m): £76

Fee (n-m): £114

Place: ART

Course Time: 18:30

TO: 21:00

Course Dates: 16/07/2009

TO: 20/08/2009

Sessions: 6

3 - Languages

French level 1

A course for people who are absolute beginners (if you have done any French at school, you should be assessed for level 2 or 3). The course will cover basic French to enable you to get by in day-to-day situations. For example, asking and giving personal information, ordering a drink or a meal, booking a room, buying a ticket - and getting your price right!

Course Code: 93FREN1

Tutor: Michel Joussaud
Fee (m): £60
Fee (n-m): £90
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 17/07/2009
TO: 21/08/2009
Sessions: 6

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: 93ITAL1

Tutor: Carlo Pennarola
Fee (m): £60
Fee (n-m): £90
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 14/07/2009
TO: 18/08/2009
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: 93ITAL2

Tutor: Laura Troisi
Fee (m): £60
Fee (n-m): £90
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 15/07/2009
TO: 19/08/2009
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: 93JAPA1

Tutor: Aki Kamiya
Fee (m): £60
Fee (n-m): £90
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 13/07/2009
TO: 17/08/2009
Sessions: 6

3 - Languages

Spanish level 1

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

Course Code: 93SPAN1

Tutor: Maria Laleva
Fee (m): £60
Fee (n-m): £90
Place: STU1
Course Time: 18:30
TO: 21:00
Course Dates: 16/07/2009
TO: 20/08/2009
Sessions: 6

Spanish level 2

This is a logical progression for anyone who has completed a beginner's course at the Club, or for those with a basic knowledge of Spanish already. No textbook is needed as course material is provided.

Course Code: 93SPAN2

Tutor: Maria Laleva
Fee (m): £60
Fee (n-m): £90
Place: STU2
Course Time: 18:30
TO: 21:00
Course Dates: 17/07/2009
TO: 21/08/2009
Sessions: 6

4 - Leisure

5 - Mind & 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: 93HYPN

Tutor: Adeline Kam
Fee (m): £56
Fee (n-m): £84
Place: BR
Course Time: 18:30
TO: 20:30
Course Dates: 16/07/2009
TO: 20/08/2009
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: 93IHMA

Tutor: Amarjeet Bhamra
Fee (m): £48
Fee (n-m): £72
Place: BR
Course Time: 19:00
TO: 21:00
Course Dates: 14/07/2009
TO: 25/08/2009
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 prior to the course. Full details of the accredited course can be obtained from the tutor.

Course Code: 93IHMC

Tutor: Amarjeet Bhamra
Fee (m): £136
Fee (n-m): £204
Place: BR
Course Time: 10:00
TO: 17:00
Course Dates: 12/09/2009
TO: 13/09/2009
Sessions: 2

Reflexology

Reflexology states specific points on the feet and hands mirror various organs of the body, which may be stimulated by foot/hand massage. This non-invasive and clothed treatment may help to relieve stress and tension, improve the blood supply to all areas of the body and promote the correct functioning of nerve impulses. Reflexology is a unique method of using the thumb and fingers on these reflex areas in order to support nature in maintaining homeostasis.

Course Code: 93REFL

Tutor: Amarjeet Bhamra
Fee (m): £52
Fee (n-m): £78
Place: BR
Course Time: 14:00
TO: 16:00
Course Dates: 18/07/2009
TO: 22/08/2009
Sessions: 6

5 - Mind & Body

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, notebook, and pen; and wear loose, comfortable old clothes. Please note - this course is not suitable for pregnant women.

Course Code: 93SWED

Tutor: Caron Ladkin
Fee (m): £78
Fee (n-m): £117
Place: BR
Course Time: 18:00
TO: 21:00
Course Dates: 15/07/2009
TO: 19/08/2009
Sessions: 6

Tai Chi

Tai Chi is a moving meditation, which helps to produce a healthy mind and body. Practitioners talk in terms of producing a more equable, tranquil state. We practice the Yang Style Short Form. The course leads members to the timetabled Friday classes, which are free to members.

Course Code: 93TAIC

Tutor: Uta Saatz
Fee (m): £34
Fee (n-m): £51
Place: ES3
Course Time: 18:30
TO: 19:30
Course Dates: 17/07/2009
TO: 04/09/2009
Sessions: 8

Thai Massage

This is your chance for an introduction to this amazing therapy! The course gives a real flavour of Traditional Thai Yoga Massage - combining acupuncture massage with the beautiful stretches of yoga. Learn techniques that can be easily used on friends and family, and enjoy this relaxing, fun and energising massage (comfortable clothing needs to be worn, e.g. sweatpants and t-shirt)

Course Code: 93THAI

Tutor: Doreen Uzice
Fee (m): £60
Fee (n-m): £90
Place: BR
Course Time: 18:00
TO: 20:00
Course Dates: 13/07/2009
TO: 24/08/2009
Sessions: 7

6 - 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: 93GYMN

Tutor: Peter Pearson

Fee (m): £48

Fee (n-m): £72

Place: MSH

Course Time: 19:30

TO: 21:00

Course Dates: 16/07/2009

TO: 20/08/2009

Sessions: 6

Kayak rolling & rescues

A chance for kayakers to learn and improve their rolling techniques in the comfort of the YMCA pool. Paddlers will receive close guidance to develop their roll from the Canoe Club's coaches and members. The emphasis will be on "wet work" - rolling and rescues; participants are expected to have BCU 1-2 star kayaking skills. Please note this is NOT a beginners' course. For information about the Canoe Club, visit www.ypaddle.org.uk or contact the Secretary, Roger Wisdom, at roger@presight.co.uk.

Course Code: 93KAYA

Tutor: Jonathan Woods

Fee (m): £46

Fee (n-m): £69

Place: POOL

Course Time: 20:30

TO: 22:00

Course Dates: 13/07/2009

TO: 10/08/2009

Sessions: 5

Swimming stroke 1

This course is aimed at beginner swimmers who have limited swimming ability but want to increase the distance that they swim. The course will enable swimmers to learn new swimming strokes, gain greater water confidence and ultimately provide foundations for them to progress further with swimming. The tutor 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: 93SWIM1

Tutor: Nicola Hurley

Fee (m): £32

Fee (n-m): £48

Place: POOL

Course Time: 14:15

TO: 15:00

Course Dates: 19/07/2009

TO: 23/08/2009

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. Ideally you should be able to do length swimming in the pool and have a basic understanding of front crawl, breast stroke and back stroke.

Course Code: 93SWIM2

Tutor: Nicola Hurley

Fee (m): £32

Fee (n-m): £48

Place: POOL

Course Time: 15:00

TO: 15:45

Course Dates: 19/07/2009

TO: 23/08/2009

Sessions: 6

6 - Sport & Recreation

Swimming stroke 3

The advanced course is aimed at swimmers who can swim three of the four strokes. The course aims to improve technique and fitness levels of swimmers. The tutor will also cover Butterfly and tumble turns.

Course Code: 93SWIM3

Tutor: Nicola Hurley

Fee (m): £32

Fee (n-m): £48

Place: POOL

Course Time: 15:45

TO: 16:30

Course Dates: 19/07/2009

TO: 23/08/2009

Sessions: 6

7 - 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

A Reiki guru, Amarjeet 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.

7 - Tutors' Profiles

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!

Danny Potts

Danny has been a gymnastics instructor since 1994, and BGA-qualified Club coach. His gymnastics ability was spotted early when he was used as a stunt-double for Tom Cruise in the film 'Legend'. He was also in the British Diving squad at the age of 15 and competed in many international competitions. He has been YActive manager at Central YMCA since 2004. He currently also teaches gymnastics to adults at Hendon Sports Centre.

7 - Tutors' Profiles

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.

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 ONE STAGE Adult, an acting class leading to performance. See www.randomacts.co.uk for more detailed c.v.

Jonathan Woods

Jonathan has over twenty years experience of kayaking and canoeing, and has participated in many styles of competitive and recreational paddlesport. He is qualified as a BCU/UKCC level 2 coach, and is the training officer for Y-Paddle Canoe Club.

7 - Tutors' Profiles

Joseph Alberti

No bio yet

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.

Maria Laleva

Spanish tutor

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.

7 - Tutors' Profiles

Nicki McNamee

Nicki has a Tap Associate teaching certificate, together with an HND in Musical Theatre and a degree in Theatre Dance. Her career has involved exposure to dance, singing and acting and has included promotional, cabaret and fashion show work.

Nicola Hurley

Nicola is an ASA and STA swimming teacher and RLSS Beach and Pool Lifeguard Trainer Assessor. She has taught at a number of swimming facilities in London over the years and has a lot of teaching experience both with adults and younger students. Nicola has a Masters degree in Sport and the Law.

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.

Peter Pearson

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7 - Tutors' Profiles

Roger Wisdom

Roger 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. He also 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.

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.

Uta Saatz

Uta has been a Tai Chi practitioner since 1991. She has been teaching the Tai Chi course at Central YMCA since July 2003, when she took over from her previous Master, Graham Duncan. Uta practises and teaches the Yang Style Short and Long Form according to the principles and in the spirit of Cheng Man-ch'ing (1901-1975). Uta is a practising arts psychotherapist and photographer.