

Course Information Sheet



Course Code and Name: GL0058118 Number Tackle

Venue: The Heritage
1 Kingsholm Road
Gloucester
GL1 3AX

Start Date: 11 April 2024
End Date: 23 May 2024
Day: Thursday
Time: 10:00 to 12:00
Weeks: 7

Tutor: Darshan Kaur

Course Provider: Adult Education in Gloucestershire

Course Summary	A seven-week course supporting you to gain new number confidence and to tackle your fitness developments.
Eligibility	Are you aged 19 or over? Have you lived in the UK for 3 years or longer? Have you no maths GCSE Grade C / Grade 4 or equivalent?
How will the course be taught?	Learning will take place in small friendly classes in the Heritage Club. There will be a mixture of individual and group work, with demonstrations, discussion and gym activities.
How will I know how well I am doing?	You will follow your own individual learning plan with progress recorded by tutors and yourself.
Do I need any prior knowledge or qualifications?	No prior knowledge required.
What do I need to bring?	Please wear suitable footwear and clothing for the activities. We will provide you with a free water bottle
How do I join the course, or find out more?	Contact : Multiply@gloucestershire.gov.uk
Cost	Free
What course can I do next?	Wealth 4 Health
Information and Advice for Progression	Advice will be given on an individual basis throughout the course. Please contact your tutor for information about suitable progression routes
Health and safety	All of our venues undergo a health and safety audit on a regular basis. The tutor will advise on health and safety guidelines at the beginning of the course, these guidelines will be followed throughout the course.
Further information	No information provided