

## Wellbeing:Post Natal Pilates Progression

This post-natal Pilates course offers a gentle, non-competitive exercise experience aimed at enhancing postural awareness, core stability, and balance for parents or carers with their babies, who are welcome but not active participants. Designed for those with infants aged 6 weeks to crawling, the course encourages individuals to progress at their own pace while focusing on breath and core activation to develop stability and body control. Each adult is accompanied by one baby (or can attend without baby), providing a supportive environment for new parents.

Start Date: 07 November 2025  
Start Time: 13:15  
Lessons: 6  
Weeks: 6  
Hours: 6.00

### **Venue**

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

### **What Will I Learn On This Course?**

1. Be able to demonstrate balancing safely with at least 2 Pilates exercises.
2. Participate in at least 1 technique that develops postural awareness and control.
3. Use at least 2 breathing techniques to maximise recruitment of core and pelvic floor muscles through exercises.

Whether you would like to learn new creative skills or to investigate the possibility of a new wellbeing -based career, MAE Community Learning courses can provide you with a stepping stone to progress

### **Is This Course Suitable For Me?**

Suitable for parents and their babies aged 6 weeks to crawling. One parent to one baby, no parent attending without baby.

### **Is There Anything Else I Need To Know About This Course?**

Please be aware that whilst this course is practical in nature some sessions will include paperwork and form filling such as H&S , risk assessments, public liability etc

If you have health concerns, then please see your GP before enrolling.  
You will need to wear loose comfortable clothing. It is better to practice in bare feet.

If you are pregnant, have heart problems or any serious medical condition or concerns, please check with your GP/nurse and discuss with your tutor, as classes are physically active.

### **Will There Be Additional Costs?**

Learners should bring their own yoga mats (mats can be provided where this isn't possible).  
Please bring a bottle of water.

### **What Could I Go On To Do After This Course?**

Your tutor can talk to you about other subject related course available.

Medway Adult Education works with many partners locally such as MidKent College, Medway School of Arts and the University of Kent; information about their courses can be found in our studios, café and on Moodle. Medway has an exciting and wide-range of events, exhibitions and activities to inspire and help you make further progress - please see the community noticeboards in the Rochester Centre and again on Moodle. Your tutor will be able to talk through your individual progression options.

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice please telephone 01634 338400.

### **What Is The Attendance Policy?**

To get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time, please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **Health & Safety**

By participating in the live class you accept that you understand that post -natal Pilates involves movement and that such activity carries the risk of injury. You understand that it is your responsibility to judge your motor skills and physical ability.

It is your responsibility to ensure that by participating in classes and activities from Medway Adult Education, you will not exceed your limits while performing such activity, and you will select the appropriate level of task for your skills and abilities.

You understand that this is a wellbeing activity, and you will need to be suitably dressed, you will need protect your work surface and be mindful of the correct Health & Safety processes when working with post -natal Pilates. MAE is not responsible for damage to items in your house / home or person.

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