

LEARN TO PLAY BRIDGE – **FAST**

NEW FAST TRACK LESSONS AVAILABLE FROM JANUARY EXCLUSIVELY AT EASTBOURNE BRIDGE CLUB

With 2019 on the horizon, New Year resolutions start to form - I'll eat or drink less, exercise more etc., but how about a fitness work out for your brain? Computer games, Sudoku, crosswords are everyday activities for many of us, but have you considered learning the most stimulating and challenging of card games – Bridge?

Bridge is played by millions of all ages across the world, is known to promote an active mind improving both logical thinking and memory, while being accessible to all - a fun and inexpensive pastime, all you need is a packet of cards.

Eastbourne Bridge Club runs courses to meet all needs, and starting from January, for the first time, a new learning opportunity will be available in the evenings to meet the needs of working people and students.

This course, offered exclusively in Sussex by Eastbourne Bridge Club, aims to take you to a basic standard of Bridge in just 10 sessions. Short self-study exercises will be provided to use at home to aid your learning in between the weekly lessons. The teaching is mainly practical with card-based exercises, interspersed with short expositions.



A lesson in progress at Eastbourne Bridge Club's town centre clubroom.

The cost of the 10 lesson course and study materials is £120, with a reduced rate of £75 for full time students. Should you find after the first lesson the course is not for you the cost of the remaining lessons would be refunded. This exciting new course will be hosted by Stuart Barker who as well as being an experienced Bridge tutor and player is a qualified teacher.

The first Fast Track Course will commence on Thursday 10th January at the club in Wish Road for 10 consecutive weeks from 7.30 – 10.00 pm, with coffee or tea included. Places will be strictly limited to give the best possible learning experience, and are available to book now on a first come first served basis. To enrol, or for further information please contact Stuart on 01323-733928, stuart.barker@hotmail.co.uk or visit www.bridgewebs.com/eastbourne