

## U3a Beginners Bridge Programme Online

“As a participant in the u3a Bridge initiative I only have praise and gratitude for the organisation and content of the course and the professional delivery of the course. I came to bridge to avoid cognitive decline that certainly has been achieved and at the same time have found a life time hobby and a new friendship group.”

Bridge is one of the most popular u3a activities because it is fun, it keeps you mentally active, it is sociable and great way to make friends. It is a trick-taking card game which developed from whist but it requires considerable effort and dedication to learn the basics of the game. A Beginner's course gets you off the to a great start, but you will continue learning, improving and developing your Bridge for the rest of your life – it's a never-ending and rewarding journey.

The u3a Bridge Group offers you the opportunity to take a course online with the support of enthusiastic mentors from the u3a Bridge playing community. It is a well structured programme which has been enjoyed by many members over the last two years. Much of the weekly study can be done in your own time and at your own pace, but there are weekly scheduled meetings and play sessions to support your learning.

If you are interested in learning to play Bridge and are comfortable using your computer for learning materials and for practice sessions, you may like to consider this opportunity.

### The Programme

The programme is made up of:-

1. **Class materials**, provided by our partner No Fear Bridge, comprises handouts on each topic, videos, quizzes and exercises that you study at home (about 2 hours per week).
2. **A weekly meeting** online where key points are highlighted and discussed and questions are answered. (1 Hour per week)
3. **Supervised practice sessions** online using the Real Bridge platform, when you play hands with other class members, under the guidance of experienced mentors (3 hours per week) .

It will run for around 7 months, with two starting dates each year. By the end of that time, you will be able to enjoy social Bridge games with friends and play competitions in a novices Bridge Club. The good news is that there is no tuition fee for the programme because it is a u3a activity, run by volunteers). Participation is limited to u3a members. There is a small annual fee for the use of online websites and Bridge platforms.

**You can test the waters!** If you want to consider how this mode of learning Bridge might suit you, the programme begins with a 3-5 week free, self-study, online opportunity to learn “**Mini Bridge**” which shows you the basics of Bridge and familiarises you with the computer skills you need for the programme. You can study MiniBridge **at any time**, so that you are ready to join the next group starting the programme. When you complete the MiniBridge lessons, you will qualify for two Certificates: then you may apply to join the u3a Beginner's Bridge programme.

The MiniBridge gives you a great foundation and also enables you to decide whether you will enjoy the game and if this mode of learning suits you. All this before you have invested a year of your time and brainpower in Bridge!

### Frequently Asked Questions

There is a lot more detail about the programme in the FAQ section of our website. We recommend reading these carefully if you are thinking of joining us.

[https://www.bridgewebs.com/cgi-bin/bwor/bw.cgi?club=u3abridgegroup&pid=display\\_page143](https://www.bridgewebs.com/cgi-bin/bwor/bw.cgi?club=u3abridgegroup&pid=display_page143)

### More Information and Application

The first step is to complete an Expression of Interest Form so that details can be sent to you. This will advise you about both the MiniBridge preparatory course and the main programme. You will find the link to the form here:-

<https://www.bridgewebs.com/u3abridgegroup/page115.html>

When we receive this, you will be invited to a group briefing meeting online before the next intake for the programme (probably September or January).

*“If you don't intend to go 'Gentle into that good night' then take up the challenge of learning bridge. It will be a rollercoaster ride, but if you are lucky, you will make lifelong friends and with u3a support you will have excellent tuition and have great fun along the way!”* Feedback from a past participant.