

LANGUAGE GYM



A LANGUAGE IS A LIVING THING!

IF YOU DON'T USE YOUR ENGLISH IT COULD GET RUSTY OR START TO DISAPPEAR!

We have developed a programme that allows you to tailor your very own course! Mix and match from a range of exciting options – create a programme that is the right fit for you!

This is not a typical English programme... it's holding your own in a foreign language for thirty minutes, often not knowing where the conversation will go, or how it will end....because, that's exactly what happens in REAL LIFE.

People often say that learning a language should be easy and fun, but anyone who has ever been abroad knows that using a foreign language is NOT about feeling comfortable and relaxed. It can be stressful and confusing and hard! Our classes are designed to help you get over the tricky bits!

Together we help you to test yourself, stretch yourself and build yourself into a confident speaker of English!

Outline:

We have a team of excellent, experienced teachers ready to work with you to get your English where it needs to be. Think of them as linguistic personal trainers! You can choose to talk about topics that interest you. You can practise presenting, you can role play specific work or study scenarios, and most importantly, you can shape the course to suit you.

Surprise phone calls

Why surprise phone calls? In real life, people often call you when you least expect it and learning to shoot the breeze is an important skill. Don't worry though, we'll only call at a convenient time so it won't interrupt your work or your dinner!

After each session you will receive feedback with pointers and tips for improving your English.

This course is tough and your linguistic brain will 'sweat'! But, you'll come out the other side fitter and stronger.

Themes:

You set the agenda. Use the time to talk about: medicine, law, teaching, engineering, negotiations, sales, football, science, fashion, Justice League director's cut....and just about any other topic you can think of.

Results:

The Atlantic Language Gym programme will help you take your English to the next level. Our expert teachers will push you to improve at times that fit in with your existing schedule

Class Times

Group Classes: 7:30am–8:00am, 12:00 – 12:30pm

Individual Classes: 6:30am – 5:30pm

All sessions are 30 minutes

All times are IST (Irish Standard Time)

Bundle Prices:

3 sessions of 30 minutes €50

6 sessions of 30 minutes €90

12 sessions of 30 minutes €170

24 sessions of 30 minutes €330

Each bundle is valid for 3 months from purchase date

What's included:

A selection of group sessions

Individual sessions

Tailored Feedback

Surprise phone calls

Contact: **John Daly**

Email: john.daly@atlantic.ac

Fairgreen House, Fairgreen Road
Galway | H91 AXK8 | Ireland



Erasmus+



LANGUAGE GYM

SAMPLE SCHEDULE



How does it work?

- Step 1:** Decide how often you would like to attend
Step 2: Mix and match group classes and individual classes
Step 3: Book your classes at times that suit you

AVAILABLE TIMES

GROUP CLASSES 07:30 - 8:00AM
 12:00 - 12:30PM
INDIVIDUAL CLASSES 6:30AM - 5:30PM

JUNE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 GROUP CLASS 7:30-8:00AM	2	3 INDIVIDUAL CLASS 8:00-8:30AM	4
7	8 GROUP CLASS 7:30-8:00AM	9	10	11 INDIVIDUAL CLASS 1:00-1:30PM
14	15 GROUP CLASS 7:30-8:00AM	16	17 INDIVIDUAL CLASS 8:00-8:30AM	18
21	22 GROUP CLASS 7:30-8:00AM	23	24	25 INDIVIDUAL CLASS 1:00-1:30PM
28	29 GROUP CLASS 7:30-8:00AM	30	1 JULY INDIVIDUAL CLASS 8:00-8:30AM	2 JULY

ALL TIMES IST (IRISH STANDARD TIME)



Erasmus+

