

**Course Content:** Level 2 Gym Instructor (YMCAfit)  
Level 3 Exercise and Disability (YMCAfit)  
Community Outreach (Aspire)

**Cost:** Free for eligible candidates

**Who can attend?**

- ✓ **Disabled & Unemployed**
- ✓ **16yrs + (no maximum age) with gym user experience**
- ✓ **Able to commit to all training and 12 week voluntary placement**
- ✓ **Able to use experience to engage other disabled people in fitness**

We are looking for people who can use their own experience of overcoming barriers to exercise and improving physical function and/or mental health, to inspire and support other disabled people to participate in fitness activity.

**Course Format:** (3 days per week), 10.00 - 16.00

**Voluntary work placement format:** 12 weeks. Days and times flexible, average 3 days per week including community outreach activities

**Training Venue:** Vivacity Regional Fitness and Swimming Centre  
Bishops Road, Peterborough, PE1 5BW

**Selection Day:** **Tuesday 13<sup>th</sup> May 2014**  
(by appointment following online application)

**Course Dates** – Please note some dates may be subject to change.

Session	Day	Date	Month	Times
<b>Selection Day</b>	Tue	13	May	<b>By appointment</b>
<b>One to one appointment with Project Co-ordinator</b>	Wed	21	May	<b>By Invitation</b>
<b>YMCAfit Level 2 Gym Instructor Course &amp; Assessment</b>	Mon	2	June	10am - 4pm
	Wed	4	June	10am - 4pm
	Fri	6	June	10am - 4pm
	Mon	9	June	10am - 4pm
	Wed	11	June	10am - 4pm
	Fri	13	June	10am - 4pm
	Mon	16	June	10am - 4pm
	Wed	18	June	10am - 4pm
	Fri	20	June	10am - 4pm
	Mon	23	June	10am - 4pm
	Tue	24	June	10am - 4pm
	Wed	25	June	10am - 4pm
	Mon	30	June	10am - 4pm
	Wed	2	July	10am - 4pm
	Thur	3	July	10am - 4pm
<b>Exam Resit</b>	Fri	11	July	10am - 4pm
<b>Aspire Outreach Training</b>	Wed	17	July	10am - 5pm
<b>YMCAfit Level 3 Exercise &amp; Disability Course</b>	Mon	4	Aug	9pm - 5pm
	Wed	6	Aug	9pm - 5pm
<b>Level 3 Assessment</b>	Tue	3	Sept	9pm - 5pm

To apply online go to [www.aspire.org.uk/11instructability.aspx](http://www.aspire.org.uk/11instructability.aspx) Tel:07917 822977 Email:instructability@aspire.org.uk