

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), approx. times 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: Kingsnorth Recreation Centre,
 Field View, Kingsnorth, Ashford, Kent TN23 3NZ

Selection Day: Tuesday 6th May 2014
 (by appointment following online application)

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

Session	Day	Date	Month	Times
Selection Day	Tues	6	May	By Invitation
One to one appointment with Project Co-ordinator	Tues	13	May	By Appointment
YMCAfit Level 2 Gym Instructor Course & Assessment	Mon	26	May	10.30am – 4.30pm
	Tues	27	May	10am - 4pm
	Fri	30	May	10am - 4pm
	Mon	2	June	10.30am – 4.30pm
	Tues	3	June	10am - 4pm
	Fri	6	June	10am - 4pm
	Mon	9	June	10.30am – 4.30pm
	Tues	10	June	10am - 4pm
	Fri	13	June	10am - 4pm
	Mon	16	June	10.30am – 4.30pm
	Tues	17	June	10am - 4pm
	Fri	20	June	10am - 4pm
	Mon	23	June	10.30am – 4.30pm
	Tues	24	June	10am - 4pm
Fri	27	June	10am - 4pm	
Exam Resit	Mon	7	July	10.30am – 4.30pm
Aspire Outreach Training	Tues	8	July	10am - 5pm
YMCAfit Level 3 Exercise & Disability Course	Tues	29	July	9pm - 5pm
	Tues	5	August	9pm - 5pm
Level 3 Assessment	Tues	2	September	9pm - 5pm

To apply online go to www.aspire.org.uk/11instructability.aspx

Enquiries contact Hilary Farmiloe on 07917 822977 or email instructability@aspire.org.uk

www.aspire.org.uk