

Instructability

FITNESS INDUSTRY TRAINING FOR DISABLED PEOPLE

Are you disabled?
Ever thought
about being a gym
instructor?



FREE Level 2 Gym Instructor and Level 3 Exercise & Disability Course with Industry Placement

Eligibility:

- ✓ Disabled & Unemployed
- ✓ 16yrs + (no maximum age) with gym user experience
- ✓ Able to commit to all training and 12 week voluntary placement

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 exercise.

Venue

Kingsnorth Recreation Centre - Field View, Kingsnorth, Ashford, Kent TN23 3NZ

Course Dates

2014 May: 13, 26, 27, 30 June: 2, 3, 6, 9, 10, 13, 16, 17, 20, 23, 24, 27
July: 7, 8, 29 August: 5 Sept: 2 (Selection day 6th May)

Times 10am-4pm

See website for course details: www.aspire.org.uk/11instructability.aspx

Enquiries contact Hilary Familoe

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Apply
online