

InstructAbility

Fitness Industry Training for Disabled People



**A FREE
Level 2
Gym Instructor
training course
designed specifically
for disabled people.**
(Including Level 3 Disability &
Exercise Module)

Eligibility:

- ✓ Disabled
- ✓ Unemployed
- ✓ 16yrs + (no maximum age)
- ✓ Gym user experience
- ✓ Able to attend selection day and all course dates
- ✓ Able to commit to minimum 12 weeks instructor volunteering

Venue: Romford YMCA, Rush Green Road, Romford, Essex RM7 0PH

Selection Day: 26th June 2013

Training: July 1st, 3rd, 5th, 8th, 10th, 12th, 15th, 17th, 19th, 22nd, 24th, 26th, 29th, 31st
(10am – 4pm) August 2nd, 6th tbc, 19th, 21st, 23rd September 20th

Voluntary Placement: August - October

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

Enquiries contact Hilary Farmiloe

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