

CYQ Level 3 Training in Different Environments

Fitness Instructor courses

at Collyer's



All of our fitness courses are accredited by Central YMCA Qualifications which is the industry leader in vocational education.



How to book:

Obtain a booking form from the Adult Education pages of

www.collyers.ac.uk

or contact

Julie Beesley at

apprenticeships@collyers.ac.uk

Tel: 01403 216566



COURSE DETAILS

In this course you will explore a range of portable equipment that can be used away from the standard gym equipment. You will learn how to include the sedentary, those who have no previous gym experience and those who may be intimidated by the standard gym equipment or environment. Understanding training in different environments gives you greater choices in terms of working locations, such as the outdoors or in the home/office. It provides skills to programme in those environments most suited and accessible to the client allowing them to feel more comfortable and psychologically committed to exercise.

COURSE FORMAT

Dates: Saturday & Sunday 25th, 26th June 2011, 2nd, 3rd July
Time: 9.30 am—4.30 pm

Assessment: Times available on Thursday 7th July
9.30 am onwards

Cost: £220 (£80 under 19s)

APPRENTICES FREE!! See apprenticeships@collyers.ac.uk

Booking forms to be returned to Julie Beesley,
Collyer's Fitness Instructor Course & Apprenticeships Office, Hurst Road, Horsham, West Sussex, RH12 2EJ