

Instructability

FITNESS INDUSTRY TRAINING FOR DISABLED PEOPLE

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



Apply online at www.instructability.org.uk

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

Manchester Aquatics Centre – 2 Booth Street East, Manchester M13 9SS

Course Dates

Selection Day – April 23rd 2015 (Attendance required for all dates below)

2015 April: 23, 28, 29 **May:** 3, 5, 6, 8, 12, 13, 15, 19, 20, 22

Approx 10am – 4pm

June: 2, 3, 5, 10, 11, 23, 25 **July:** 22

See website for course details: www.instructability.org.uk

Apply
online

Enquiries contact Hilary Farniloe
Email: instructability@aspire.org.uk Tel: 07917 822977

