

You may be eligible for **financial help** towards your training in the form of an **Individual Learning Account (ILA)**.

Ring Learn Direct free on: 0800 100 900

Courses are also franchised to North & West Wales see FRANCHISED COURSES below

EXERCISE TO MUSIC LEVEL 2 CYQ AWARD Course Cost £650

Courses are generally run twice a year in South Wales. This course is registered for ILA Funding.

Course commencing February 2010 (5 weekends) - Welsh Institute of Sport, Cardiff

Dates 6/7, 20/21 Feb, 6/7, 20/21 March, 10/11 April
Times 9.00 – 17.00
Assessment Practical 15/16 May, Theory – Fri 23 April 17.00 – 18.00

Course commencing September 2010 (3 weekends & 1 intensive week) – Welsh Institute of Sport, Cardiff

Dates: 18/19, 27/28/29/30 Sept, 1, 16/17, 29/30/31 Oct
Times: 9.00 – 17.00 except 29th October 17.00 - 20.00
Assessment: Practical 4/5 Dec. Theory – Fri 12 Nov 17.00 – 18.00

Course commencing February 2011 (5 weekends)- Dates and venue to be confirmed

GYM INSTRUCTOR LEVEL 2 CYQ AWARD Course Cost £599

Courses are generally run 3 times a year in South Wales. This course is registered for ILA Funding.

Course commencing January 2010 (4 weekends) – Cardiff International Sports Stadium

Dates 16/17, 29/30/31 Jan, 13/14, 26/27/28 Feb 2010
Times 9.15 - 17.15 except 29 Jan & 26 Feb 18.00 - 21.00
Assessment Practical 27/28 March 2010, Theory 12th March 2010

Course commencing March 2010 (3 long weekends) – Western Leisure Centre

Dates 27/28/29 March, 10/11/12 & 25/26/27 April 2010
Times 9.00 - 17.30
Assessment Practical 15/16 May 2010, Theory 14th May 2010

Course commencing May 2010 (4 weekends) – Western Leisure Centre, Cardiff

Dates 8/9, 21/22/23 May, 5/6, 18/19/20 June 2010
Times 9.15 - 17.15 except 21 May & 18 June 18.00 - 21.00
Assessment Practical 17/18 July 2010, Theory 2nd July 2010

ADVANCED INSTRUCTOR LEVEL 3 CYQ AWARD Course Cost from £650

New Level 3 Module. Fast track to get recognised as full level 3 by REPs. This course is registered for ILA Funding.

Cardiff Days dependent on modules required (plus assessment)

L3 Theory 10/11/12 May '10
Pilates practical 25/26 June & 11 July '10*
Gym practical 13/14/15 May '10*
ETM practical dates tbc*

EXERCISE REFERRAL LEVEL 3 CYQ AWARD Cost £595

This course is registered for ILA Funding.

Cardiff 5 days (plus assessment)

Dates 29/30 Apr 20/21/22 May
Times 9.00 -18.00
Viva & theory 15/16 July 2010

BACK CARE LEVEL 4 AWARD Cost £595

Cardiff 5 days (plus assessment)

Dates 12/13 19/20 July & 2 Aug
Times 9.00 -17.00
Assessment 16/17 October

FRANCHISED COURSES

Coleg Menai Bangor - Contact Paul Williams Tel: - 01248 383335

Llandrillo College – Contact Paul Murray Tel:- 01492 546666 or email p.murray@llandrillo.ac.uk

Membership & Insurance package still only £64.50 for £5 million cover
Fitness Wales, 1b Clarke Street, Ely Bridge, Cardiff. CF5 5AL
Tel: 029 2057 5155 Fax: 029 2056 8886 email: enquiries@fitnesswales.co.uk

DATES	WORKSHOPS & CONVENTIONS	FROM	LOCATION
Various	KETTLEBELL BASICS WORKSHOP –Martin Haley email info@celtickettlebells.co.uk		
24 April	SPRING SPECTACULAR – Denise Page, Troy Dureh, Darin Dietrich etc	£40	S Wales
9 May	NORTH WALES SPECTACULAR – for Instructors who want to specialise	£40	Colwyn Bay
3 July	BODY CONDITIONING - Extend your knowledge of conditioning classes	£40	Cardiff
TBC	RELAXATION FOR MANAGING STRESS– please contact us for details	£50	S Wales
Summer	CHAIR AEROBICS – practical ideas for chair based sessions	£35	S Wales

DATES	COURSES & ADD ON MODULES	ILA	FROM	LOCATION
e-learning	BUSINESS SKILLS CYQ AWARD, See below Personal Trainer Award	Y	£135	Online Learning
28 Feb & 7 March*	NUTRITION & WEIGHT MANAGEMENT CYQ AWARD See below Personal Trainer Award	Y	£205	Carmarthenshire
March– May '10	GYM INSTRUCTOR, Cardiovascular, resistance & free weights	Y	£599	Cardiff
3/4 March	TRAINING IN DIFFERENT ENVIRONMENTS CYQ AWARD, See below Personal Trainer Award	Y	£205	Cardiff
5/6/7 March	CLIENT LIFESTYLE & FITNESS TESTING CYQ AWARD See below Personal Trainer Award	Y	£285	Cardiff
13/14/15 March	KIDS FIT cost includes CYQ Certificate	Y	£325	Newport
21/28 March	AQUA cost includes Assessment	Y	£235	South Wales
24 & 31 March	STABILITY BALL 2 DAY COURSE		£135	Cardiff
27/28 Mar 10/11/17 Apr	BACK CARE – NEW Level 4 Module - FULL		£595	Porthmadoc
16/25 April	GROUP CYCLE TRAINING		£85	Cardiff
24/25 April	AQUA cost includes Assessment	Y	-	North Wales
29/30 Apr 20/21/22 May	EXERCISE REFERRAL 5 days aligned to NVQ Level 3	Y	£595	Cardiff
May—July '10	GYM INSTRUCTOR, Cardiovascular, resistance & free weights	Y	£599	Cardiff
10/11/12 May 2010	ADVANCED CYQ L3 THEORY Gym, Pilates & ETM	Y	£350**	Cardiff
13/14/15 May 2010	ADVANCED INSTRUCTOR GYM PRACTICAL Must also pass Advanced CYQ L3 theory see below Personal Trainer	Y	£375**	Cardiff
22/23 May & 5 June*	PILATES Stage 1 Level 3 Module		£285	Cardiff
12 & 19 June	CARDIO KICKBOX 2 day course		£130	S Wales
25/26 June & 11 July	PILATES Level 3 practical upgrade for Pilates Instructors Must have passed the Advanced CYQ L3 theory	Y	£325**	Cardiff
26, 27 June & 4 July*	CIRCUIT INSTRUCTOR Module for Instructors with Level 2 in ETM or Gym	Y	£295	Cardiff
10/11, 24/25, 31 July	BACK CARE – NEW Level 4 Module - FULL		£595	Cardiff
12/13, 19/20, Jul & 2 Aug	BACK CARE – NEW Level 4 Module - FULL		£595	Cardiff
Sept – Oct '10	STUDIO INSTRUCTOR, Exercise to music & conditioning	Y	£650	Cardiff
tbc	ASSESSORS AWARD CYQ Level 3	Y	£395	tbc
tbc	CERTIFICATE IN ADVANCED FITNESS INSTRUCTING ETM Must also pass Advanced CYQ L3 theory see below Personal Trainer	Y	£395**	S Wales

Fitness Wales also offer specialist modules in Pole Fitness, Muscle Max and Stress Management

* Assessment is on an additional day ** Prices are discounted when booking theory and practical at same time

ILA Funding – If you do not have qualifications higher than GCSE, NVQ2 or BTEC first certificate, you may be eligible for up to £100 towards the cost of Courses indicated (+ under review). If you or your partner are claiming any INCOME RELATED BENEFITS you could be eligible for up to £200 each year. Ring Learn Direct on free phone 0800100900.

The Personal Training Award - Instructors who have achieved a Level II Instructor Award and have attended and passed Fitness Testing, Business Skills, Training in Different Environments, Nutrition and the Advanced Instructor Award will be awarded a Fitness Wales and CYQ REPs recognised Personal Training Certificate.

Further info on REPS CPD points/application forms ring Fitness Wales or download from www.fitnesswales.co.uk