

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 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 September 2010 (4 weekends) – Western Leisure Centre, Cardiff

Dates 18/19 Sept, 1/2/3, 16/17, 29/30/31 Oct 2010
 Times 9.00 - 17.00 except 1 Oct 18.00-21.00 & 29 Oct 18.00 -21.00
 Assessment Practical 27/28 Nov 2010, Theory 12 Nov 2010 5-6pm

Course commencing January 2011 details to be confirmed

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.

N Wales	Days dependent on modules required (plus assessment)
L3 Theory	17/18/24 July '10
Pilates practical	7/8 & 21 August '10*
Gym practical	18/19/25 September '10*
ETM practical	dates tbc*
*Assessment	Additional day

Level 3 CYQ Certificate in Teaching Yoga Cost £1,250

Cardiff	10 days (plus assessment)
Dates	17/18/19 Sept, 1/2/3, 16/17 Oct, 20/21 Nov
Times	9.00 –17.30
Assessment	to be confirmed

EXERCISE REFERRAL LEVEL 3 CYQ AWARD Cost £595

This course is registered for ILA Funding.

Cardiff 10/11/12, 24/25 September, times 9 - 18.00, Viva & theory 12/13 November 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

Cardiff	5 days (plus assessment)
Dates	6/7, 13, 27/28 Sept
Times	9.00 -17.00
Assessment	tbc

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
 REPs for £15**

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	READ ME FOR REPs CPD - Contact the office for an information pack	£10	Distance Learning
Various	KETTLEBELL BASICS WORKSHOP –Martin Haley email info@celtickettlebells.co.uk		
3 July	BODY CONDITIONING - Extend your knowledge of conditioning classes	£40	Cardiff
4 July	CHAIR AEROBICS – practical ideas for chair based sessions	£45	S Wales
18 July	CHAIR AEROBICS – practical ideas for chair based sessions	£45	Swansea
14 Nov	RELAXATION FOR MANAGING STRESS– One day plus manual	£50	S Wales

DATES	COURSES & ADD ON MODULES	ILA	FROM	LOCATION
e-learning	BUSINESS SKILLS CYQ AWARD, Part of Personal Trainer Award	Y	£135	Online Learning
12 & 19 June	CARDIO KICKBOX		£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	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		£595	Cardiff
17/18 & 24 July	ADVANCED CYQ L3 THEORY Gym, Pilates & ETM	Y	£350**	Bangor
July 2010	CHAIR AEROBICS – 5 day course	+	£450	Swansea
7, 8 & 21 August*	PILATES Level 3 practical upgrade for Pilates Instructors Must have passed the Advanced CYQ L3 theory	Y	£325**	Colwyn Bay
Sept 2010	Level 3 CYQ Certificate in Teaching Yoga– 10 day course	+	£1,250	Cardiff
4 & 11 Sept	NUTRITION & WEIGHT MANAGEMENT CYQ AWARD Part of Personal Trainer Award	Y	£205	Cardiff
18/19 & 25 Sept	ADVANCED INSTRUCTOR GYM PRACTICAL Must also pass Advanced CYQ L3 theory. Part of Personal Trainer Award	Y	£375**	Bangor
Sept - Oct '10	STUDIO INSTRUCTOR, Exercise to music & conditioning	Y	£650	Cardiff
Sept –Oct '10	GYM INSTRUCTOR, Cardiovascular, resistance & free weights	Y	£599	Cardiff
10/11/12, 24/25 Sept	EXERCISE REFERRAL 5 days aligned to NVQ Level 3	Y	£595	Cardiff
Sept 2010*	BACK CARE – NEW Level 4 Module		£595	S Wales
1 & 3 Oct 2010	GROUP CYCLE TRAINING		£85	Cardiff
7, 8, 9 Oct	CLIENT LIFESTYLE & FITNESS TESTING CYQ AWARD Part of Personal Trainer Award	Y	£285	Cardiff
Nov 2010	AQUA INSTRUCTOR 3 day course	Y	£235	Newport
1/2/3 Nov	ADVANCED CYQ L3 THEORY Gym, Pilates & ETM	Y	£350**	Cardiff
4/5/6 Nov	ADVANCED INSTRUCTOR GYM PRACTICAL Must also pass Advanced CYQ L3 theory. Part of Personal Trainer Award	Y	£375**	Cardiff
6/7 & 20 Nov 2010	KIDS FIT cost includes CYQ Certificate	Y	£325	Newport
8/9 Nov	TRAINING IN DIFFERENT ENVIRONMENTS CYQ AWARD, Part of Personal Trainer Award	Y	£205	Cardiff
4 & 11 Dec 2010	STABILITY BALL 2 DAY COURSE		£135	Cardiff
tbc*	ASSESSORS AWARD CYQ Level 3	Y	£395	tbc
tbc	PILATES Stage 1 Level 3 Module		£285	Cardiff
tbc*	CERTIFICATE IN ADVANCED FITNESS INSTRUCTING ETM Must also pass Advanced CYQ L3 theory	Y	£395**	S Wales
Coming Soon	Neuro-linguistic programming (NLP) - communication and linguistic model with Dr Paul Bedford			

The Personal Training Award - Please contact the office for details of modules to achieve this Award
Fitness Wales also offer specialist modules in Pole Fitness, Step, 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.

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