

FOREVER Active

Affordable exercise classes and sport sessions for the over 50s and those returning to a more active lifestyle in Cambridgeshire

Are you an exercise instructor or sports coach interested in developing your skills?

We support courses to enable you to become a specialist in older adult exercise & sports delivery in Cambridgeshire!

We provide older adult activity classes and sport sessions across the county

We need passionate instructors and coaches looking to deliver older adult sessions

- 50% funding may be available to complete a **L2 Strength & Balance course (5 day course)** .
- Work for Forever Active as a self-employed instructor/coach once qualified
- Competitive rates of pay
- Cover work also available
- Opportunities available throughout Cambridgeshire
- Courses are YMCA Awards endorsed and have REPS points
- Regular update workshops and ongoing support

For further information contact Jane Jones - jane.jones@forever-active.org.uk

The next course running in the County is:

Chair Based Exercise - 18th 19th 25th June 16th July assessment day - £150

Strength and Balance - 23rd 24th July - £50

Littleport Leisure, Camel Road, Littleport, Ely, Cambridgeshire CB6 1EW

All dates need to be attended to deliver classes endorsed by the NHS (Falls Prevention Service)



CPFT *

Cambridgeshire and Peterborough
NHS Foundation Trust

www.forever-active.org.uk

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