

LED Training & Education

Interested in any of the following courses?

Level 1 Circuit Training
Exercise to Music
Resistance Training
Award in Lifestyle Management

Level 2 Gym Instructor
Exercise to Music
Water Based Exercise
Studio Resistance Training
Circuit Training
Step Exercise to Music
Certificate in Nutrition for a Healthy Lifestyle
Group Indoor Cycling

Level 3 Advanced Gym Instructor
Advanced Exercise to Music
Personal Training
Exercise Referral
Teaching Mat Pilates
Teaching Yoga

To register your interest and for further information:
Visit our website: www.ledleisure.co.uk
Email: CYQ@ledleisure.co.uk
Tel: 01297 35235

LED Training & Education

Instructor Training Courses



Courses to begin or progress your
career as a fitness professional

Why LED Training & Education?

Course Staff

We believe that to be an excellent instructor you need to have the right qualifications and first-hand experience of working in the fitness industry.

LED Tutors and Assessors each have a wealth of technical and vocational competence and are all still actively teaching in the industry. Taking a course with us gives you the theoretical knowledge and practical skills to work with confidence and achieve success in your career.

Venues

LED courses are held at our Leisure Centres offering you the very best opportunities to train as an instructor.

Courses are held at Colyton, Exmouth and Honiton Leisure Centres, offering contemporary fitness and resistance training studios.

Opportunities

As a CYQ approved centre, all of the LED courses lead to certified Central YMCA Qualifications.

REP's points are also accredited to the courses and these can be used towards your on-going professional development. LED operates from 13 different leisure venues. With your new skills there may well be opportunity for employment with us!

Progressions

Each course has suggested progression routes. Please see individual courses for specific details. LED is able to deliver level 3 courses offering you the chance to develop your career.

Please see our course programme for further details, or visit our website at www.ledleisure.co.uk

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2010 Course Programme

Level	Award	Dates
2	Exercise to Music	February 6-7, 15-19, 27-28, March 27-28
3	Advanced Gym Instructor	March 1-5, 20-21, April 17-18, May 8-9, 22-23
2	Step	May 15-16, June 26-27
2	Circuits	June 12-13, July 17-18
2	Nutrition	August 2-4, 6
2	Gym Instructor	September 6-10, 18-19, October 9-10, 30-31

LED aims to provide you with a high quality course. If your organisation has a number of employees with an interest in one of our courses and would benefit from a course tailored to your needs, please contact us to discuss your requirements.

You can contact us on email: cyq@ledleisure.co.uk or by phone: 01297 35235

Our staff are here to help and we look forward to hearing from you.