



**Bringing Athletics To The People**

## **Leaders Course**

A course to prepare you to lead AthleFIT sessions.

Leaders must have at least a Level 1 NGB qualification or Fitness Industry equivalent (this workshop is worth 3 REPS points).

**3<sup>rd</sup> May 2014 – 10-1pm**

**Hadleigh Pool & Leisure**

Stonehouse Road, Hadleigh, Ipswich, Suffolk, IP7 5BH

**Fee: FREE (normally £20)**

There is a theory and practical element to the workshop so please wear appropriate clothing.

AthleFIT is the new exciting way to experience athletics in a fun and no pressure environment.

**Help everyone to get fit and have fun with AthleFit!**

Breaking down the barriers and perceptions that athletics is only for the elite, AthleFIT changes everything – there are no rules and no competition. All the exercises are based upon basic athletics principles and are generally in groups to keep it fun and friendly. The target market is as wide as you want to make it – it is fun and inclusive of anyone and everyone – regardless of their fitness levels or abilities.

**Watch the AthleFit video at: [www.englandathletics.org/athlefit](http://www.englandathletics.org/athlefit)**

Book your place by contacting:

Tania Spurling: [tspurling@englandathletics.org](mailto:tspurling@englandathletics.org)

