



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).

Wednesday 21st May – 10.30am-1.30pm

Marina Leisure & Fitness Centre

Marine Parade, Gt. Yarmouth, NR30 2ER

Fee: FREE*(normally £20 per leader)

*You must commit to setting up AthleFIT sessions in return for this free workshop.

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

Book your place by 12th May 2014 by contacting:

Tania Spurling: tspurling@englandathletics.org

