

1.0 INTRODUCTION

One of the Centre's Leisure Assistants has expressed an interest in being enrolled on a Level 2 Gym Instructor Course. This is the first stage to becoming a gym instructor and once completed, will allow the employee to carry out gym inductions, write personal programs, and run fitness classes.

2.0 BENEFITS

Having employees with this qualification provides greater resilience to the Council's fitness activities. Our current instructors are also facing a very high demand from our new GP Referral Scheme which is going extremely well, having additional staff that can carry out inductions and personal programs will help ease this demand as well as allow us to offer gym appointments on more days/times when our other instructors are not working.

3.0 COST

The cost for the course is £356.00 inc. VAT and takes approximately 4-6 weeks to complete. Cover for fitness activities will be on a casual basis

3.0 RECOMMENDATIONS

That the Council enrol the Leisure Assistant onto a Level 2 Gym Instructor Qualification with the cost to be met from budget 4035/10 Training Admin.

For more information contact:

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