



Are you 16-25? Want to learn new skills?

Monday 1st – Friday 5th October 2018, Stratford Park, Stroud

Meet new people and improve your skills by working on a group challenge like learning how to coach and perform basic gym exercises and deliver coaching sessions.

Not only will it help you discover new talents, but you could also secure a qualification and benefit from support from our staff or one of our mentors to help you uncover your next steps.

- Coach and perform basic gym exercises
- Gain skills and qualifications to work in the sport and leisure sector
- Participate in activities e.g. climbing, bubble football, squash and many more
- Introduction to progression opportunities with local leisure centres
- Doesn't affect your benefits
- Travel expenses paid on programme

To join the course or find out more:

Search 'Prince's Trust'

Text 'Call me' to 07484 532224

Call for free on 0800 842 842



Prince's Trust

Inspiring young lives