



## Sport Courses

Free training and apprenticeships in fitness and sports coaching

Want to get training and work experience as a sports coach or fitness instructor? Interested in earning while you're learning?

# CITY GATEWAY

Connect

Engage

Train

Work

# Sports Courses

Sport focussed training and apprenticeships aimed at giving you the qualifications and experience you need to get into work – accredited qualifications in sports fitness & coaching alongside sessions on job skills, first aid and personal development.

City Gateway has links with a range of local businesses and runs a community gym, giving you the opportunity to get involved in a range of work places, meet professionals and get real work experience.

## Export: Sports Pre Apprenticeship Courses

- Employability & personal development
- Accredited Level 2 qualifications
- Information, advice & guidance
- Short 10 week, part-time courses
- £30 per week training allowance



## Fitness and Coaching Apprenticeships:

Earn, learn, gain qualifications. A direct progression from our Export courses, continue training in fitness or coaching whilst getting experience by undertaking paid work placements.

- NVQ Level 2 Qualifications
- Additional first aid training
- Mentoring & progression support
- At least 16 hours a week
- £20 per day placement expenses

To sign up or ask questions contact Nigel Dean: [nigel@citygateway.org.uk](mailto:nigel@citygateway.org.uk), 020 7247 2202. Find out more at [www.citygateway.org.uk/youth](http://www.citygateway.org.uk/youth)

The courses take place at the Limehouse Youth Centre, Limehouse Causeway (E14 8BN) - 50m from Westferry DLR.