



I FITNESS

www.FitnessMotivationalQuotes.com

***“VERY WELCOMING PEOPLE AND YOU WILL LEARN A LOT OF THINGS THAT YOU DIDN'T KNOW BEFORE YOU STARTED.THE GANG ARE VERY MOTIVATIONAL”
Paul Guiney***

***“ I HAD A GREAT TIME DOING THE COURSE AND MET INTERESTING PEOPLE. THE THINGS I'VE LEARNED WILL DEFINATLY HELP ME TO GET A JOB IN THE FUTURE”
James Fogarty***

**TO APPLY FOR THIS COURSE OR
TO FIND OUT MORE INFORMATION**

CONTACT GARRY ON 086-4693360

OR

basemallow@gmail.com

**OR CALL IN TO US AT THE BIG
BLUE CUBE**

FOLLOW OUR FACEBOOK PAGE:

**Blackwater Active
Sports Education**

Blackwater Active Sports Education

**Sports and Recreation
QQI Level 4**



**COURSE COMMENCING
THIS SEPTEMBER
BIG BLUE CUBE
GOULDSHILL COMMUNITY
CENTRE MALLOW .CO.CORK**





hit the gym

**QQI LEVEL 4 MAJOR AWARD
IN SPORTS AND RECREATION**



ABOUT THE COURSE

- **THIS IS A FULL TIME COURSE**
- **THE DURATION OF THE COURSE IS 10 MONTHS**
- **THIS IS A FULLY FUNDED (FREE) COURSE**
- **SOCIAL WELFARE PAYMENTS ARE NOT AFFECTED WHILE ON THIS COURSE I.E YOU KEEP YOUR SOCIAL WELFARE PAYMENT**
- **PARTICIPANTS 18-26 YEARS OF AGE QUALIFY FOR THE FURTHER EDUCATION TRAINING ALLOWANCE**
- **THIS COURSE IS COMPLETELY FREE OF CHARGE**

MODULES INCLUDE

- **Communications**
- **Health Related Fitness**
- **Work Experience**
- **Customer Service**
- **IT Skills**
- **Biology**
- **FAI Soccer Coaching**
- **Food and Nutrition**
- **Gym based work**
- **Digital Media Technology**

- **Access to modern gym facilities**
- **Meal and Diet plans**
- **One to One training with qualified gym instructors**
- **Training With FAI registered coach**

