

All prices are correct at time of going to print and are inclusive of all tuition fees, registration fees and assessment fees.

Individual Courses	Full Fee	Concessionary Fee
CYQ Certificate in Fitness Instructing Gym*	£550.00	£370.00
CYQ Certificate in Fitness Instructing Exercise to Music*	£550.00	£370.00
CYQ Certificate in Personal Training	£1400.00	£1200.00
CYQ Circuit Training*	£250.00	£150.00
CYQ Certificate in Fitness Instructing (Exercise to Music) (5 day practical module, for people who are already L2 qualified)	£390.00	£270.00
CYQ Sports Conditioning	£350.00	£250.00
CYQ Instructing Outdoor Fitness	£220.00	£150.00
CYO Group Indoor Cycling Award*	£140.00	£110.00
CYQ Water Based Exercise	£225	£190
CYQ Children's Health Related Fitness	£300.00	£225.00

**Individual courses can only be upgraded before the first day of the course*

Course Bundles	Bundle Fee	Saving!!!!
Basic Package Instructor 1 Gym or Exercise to Music Group Indoor Cycling	£650	£40
Basic Package Instructor 2 Gym or Exercise to Music Circuit Training	£700	£100
Group Exercise Instructor Exercise to Music Group Indoor Cycling Circuit Training	£800	£140
Gym Specific Package Gym Instructor Personal Training	£1650	£300
Personal Training Package 1 Gym Instructor Personal Training Outdoor Fitness Indoor Cycling Circuit Training	£2000	£560
Personal Training Package 2 Gym Instructor Exercise to Music Personal Training Plus one from: Circuit Training, Indoor Cycle, Outdoor Fitness	£2000	Up to £590

Who is entitled to the concessionary cost?

If you intend paying your own fees and can claim a category of entitlement from the list below, it is likely that you qualify for the concessionary cost. Those who are receipt of benefits at the time of application but not at the commencement of the course will not be entitled to the concessionary cost.

Unemployed Benefits/Income Support
Job Seekers Allowance

Course Dates	Course Title	Venue	Assessment
13,14,15 Feb	CYQ Certificate in Fitness Instructing <i>Exercise & Physical Activity for Children</i>	Plymouth YMCA	On Course
30 March-5 April & 10-15 April	CYQ Certificate in Fitness Instructing <i>Exercise to Music</i>	Morgans Health Club	12,13 May
16-20 April & 23-27 April*	CYQ Certificate in Personal Training	St Mellion	5,6 May
8,9,10 June*	Award in Instructing Outdoor Fitness	TBC	On Course
7-11 May & 14-18 May	CYQ Certificate in Fitness Instructing <i>Gym Based Exercise</i>	St Mellion	26,27 May
18,19,20 May	 CYQ Certificate in Fitness Instructing <i>Water Based Exercise</i>	St Mellion	27 May
23-27 July & 30-3 Aug	CYQ Certificate in Fitness Instructing <i>Gym Based Exercise</i>	St Mellion	11,12 Aug
10-14 Sept & 17-21 Sept	CYQ Certificate in Personal Training	St Mellion	29,30 Aug
1-5 Oct & 8-12 Oct	CYQ Certificate in Fitness Instructing <i>Gym Based Exercise</i>	St Mellion	20,21 Oct

* dates changed from previously advertised

- Please Note: **Dates and Venues are subject to occasional change**
- All dates can be discussed and confirmed at the point of booking.
- Many of our courses require a minimum number of students in order for them to run. **Final confirmation as to whether a course is running will be given one month prior to the start date.** If any courses are cancelled at this point, a full refund of any monies paid will be given.

Plymouth YMCA Fitness Course Application Form

Please return to: Plymouth YMCA, Honicknowle Lane, PLYMOUTH PL5 3NG
For further information please call us on 01752 761013

Section A: Information about you

First Name: _____

Surname: _____

Title: Ms Miss Mrs Mr

DOB: _____

Address: _____

Home telephone: _____

Work telephone: _____

Mobile Phone: _____

_____ Postcode _____

Email address: _____

Section B: Course bundles (please tick if appropriate)

Basic Package 1

Gym Specific Package

Basic Package 2

Personal Trainer Package

Group Exercise Instructor

Inclusive Instructor Package

Section C: Course dates

COURSE	START DATE	VENUE
Course fee total		or Bundle Cost

Section D: Fee concessions

If you are in any of the following categories it is possible that you may qualify for fee concessions. Please tick the relevant box.

Income Support Job Seekers Allowance

(Proof of benefit must be provided, no fee concession can be offered until this has been received)

Section E: Individual needs and medical history

In order that we can cater for your individual needs it is important that you let us know. Please tick if you have any of the following:

Visual or hearing impairment Learning difficulties Wheelchair user Dyslexia

English as second language Any other needs

Please give details _____

Do you have any medical history (eg heart condition, chest pain, dizziness, bone or joint problem, diabetes, epilepsy, blood pressure, or any other condition that may be affected by exercise?)

Yes please give details _____

No

Section F: payment

Please read and confirm the following

- I have read, understood and agreed to the Terms and Conditions laid out below,
- I confirm that the information I have given is, to the best of my knowledge correct,

Signed: _____

Date: _____

Are you paying for the course yourself: yes no

If someone else is paying for the course, please give us their details:

Contact Name: _____ Organisation name (if any): _____

Address: _____

Contact No: _____ Email: _____

Payment method:

- Cheque (payable to "Plymouth YMCA")
- Credit/debit card (payable in person or tick the box and we will call you for your details)
- Cash (in person only)
- Purchase order (the purchase order should include the full name, address, and telephone number of the authorising signatory)

I enclose/wish to pay the sum of £_____. (Deposits should be 20% of the final course cost)

Terms and Conditions

Cancellation and transfer policy

Payment of a deposit will secure a place if available. Should you wish to cancel your place from one month prior to the course start date, then you are liable to lose the deposit. Should you fail to make full payment of course fees 14 days prior to the course then you are also liable to lose your place on the course along with the deposit. A deposit can be transferred to a later course, providing the cancellation is more than one month prior to the start of the course.

Re-sits/individual assessments

Following a referral a re-sit will be charged at £25 for a theory test and £75 for a practical assessment. Any cancellation of assessments within four weeks of the assessment date may incur the same fees.

Data protection

Plymouth YMCA will comply with the Data Protection Act in respect of any information supplied by you to us and ensure that your data is fairly and lawfully processed and only used for the purpose for which it was given

Additional support for students with individual needs

Plymouth YMCA will offer support to students with individual learning needs. It is the student's responsibility to inform us of any individual needs on the application form so that the appropriate support can be given.

Changes to personal details

It is the students responsibility to ensure that Plymouth YMCA hold the correct personal details. Please notify us of any changes.

Student responsibilities

All students should be regularly attending exercise classes for the discipline that they have chosen and understand that many of the courses include homework in the form of planning and practising the content of the course throughout its duration. In order to assess the competence of students most courses require participants to bring along volunteers to their assessments.