

PACIFIC NETFIT COMMUNITY COACH COURSE

Would you like to teach group exercise classes in your community?

Join us for a free physical activity course that will train you to lead fun and safe classes. This NZQA accredited course is for community-based people wanting to lead exercise programmes within their community for Pacific people. No prior experience or training is necessary.

What will you learn?

We want to help you become a great coach and leader of exercise in your community.

You will learn both exercise theory and practical skills preparing you to teach classes.

You will be learning and practicing as you go. A course manual is provided with some starter music and a DVD.

Don't worry if you haven't studied before, this is a user friendly course with lots of assistance.

Attendance at all sessions and successful completion of a basic assessment is a prerequisite to receiving the Community Coach Certificate.

Participants need a current first aid certificate or be committed to getting one before their final assessment.

How much does it cost?

It's free!

Where and when?

Tuesday evenings, 6pm – 9pm

29 September – 24 November

Brian Perry Sports House – Wintec, Avalon Drive

Sign up today

Fill in the registration form over page.

Questions

Contact Titahi Tarawa

Email: tarawat@waikatodhb.govt.nz

Phone: 07 834 3635 ext 7579



Healthy Eating Healthy Action
Oranga Kai – Oranga Pumau

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Registration form

To register, please complete this form and send to:

Titahi Tarawa
Development and Support Unit
Waikato District Health Board
PO Box 934
Hamilton 3240

Name: _____

Organisation: _____

Job title: _____

Daytime phone number: _____

Address: _____

Do you have a current first aid certificate? Yes No



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