



Prince's Trust  
Scotland

# Get Started with Health & Fitness

## Get Started with Health & Fitness - Fife

**Deadline for applications: Tuesday 8<sup>th</sup> November 2016**

**Information sessions: Thursday 10<sup>th</sup> November 2016**

**Course Starts: Monday 14<sup>th</sup> November 2016**

The Princes Trust are working in partnership with Game-On (part of Edinburgh Rugby's community programme) to deliver a five day taster course in health and fitness, with a focus on touch rugby. The programme will be delivered in the Fife region and is for 16-25 year olds who are not currently in education or employment.

This five day course includes:

- Improve your fitness and have fun!
- Training delivered by professional players and coaches
- Introduction to sports coaching
- Improve your teamwork and communication skills
- Build confidence
- The principles of fitness and how to train them

### Who is it for?

This course is for young people:

- Aged 16 to 25 years old
- Looking to improve fitness
- Interested in coaching industry
- Not currently in education, training or employment

**Interested?**

Call, text or email Andy on 07407733415

[andrew.smith@princes-trust.org.uk](mailto:andrew.smith@princes-trust.org.uk)

0800 842 842

Or apply online by visiting our [website: www.princes-trust.org.uk/help-for-young-people/referring-young-people/refer-now](http://www.princes-trust.org.uk/help-for-young-people/referring-young-people/refer-now)