

READY TO MAKE A POSITIVE CHANGE?

FREE 9 WEEK COURSE THAT AIMS TO IMPROVE YOUR LIFESTYLE OPPORTUNITIES

ARE YOU?

- Over 19
- A resident based in Suffolk who has lived in the UK for 3 years

AREAS INCLUDE:

- Gaining in Health and Fitness Confidence
- Setting & Achieving Goals
- Importance of Exercise and Diet
- Planning and Participating in Gym Based Exercise
- Sports Development

You must fall into one or more of the following categories:

- Unemployed and actively seeking employment.
- On JSA or ESA
- From a rural area or area of deprivation
- Learning disability or physical/ sensory impairment
- Experiencing/ recovering from mental ill health
- Below Level 2 or less than 5 GCSE
- Older adults

FREE DAY PASSES
during attendance on the course

STARTING:
Various start dates for 9 week course

LOCATION :
Waterlane Leisure Centre

FREE FULL MEMBERSHIP  **thecompletegym**

Full all inclusive fitness package across Sentinel Leisure Trust on completion of the course

CONTACT

Dale Webster Sentinel Leisure Trust, Waterlane Leisure Centre,
Water Lane, Lowestoft, Suffolk, NR32 2NH // Dale.webster@sentinellt.co.uk

SENTINEL  LEISURE TRUST

EDUCATION PROGRAMME

Fitness
for all

APPLICATION FORM

Fill out the form below & send back to the address below.

Full Name

Date of Birth

Address

Telephone

Email

Do you meet the required criteria?
(Please tick to confirm)

See overleaf for details

Signed by

Date

CONTACT

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