



Are you 16-25? Want to learn new skills?

Taster day on Tuesday 9th July 2019

Course Dates 15th July – 19th July 2019

At **Halifax Fire Station** you will meet new people and improve your skills by working on a group challenges as well as learning how to deliver a training session.

Not only will it help you discover new talents, but you could also secure a qualification and benefit from support from our staff or one of our mentors to help you uncover your next steps.

The course is free and all boxing is **non-contact**. On the course you will:

- ➔ Gain an introduction into coaching, pad work and nutrition
- ➔ Improve confidence and communication
- ➔ Workout with local professional boxers and sports coaches
- ➔ Spend the week in a fire station with fire fighters and get to use some of the equipment
- ➔ Travel expenses paid on programme
- ➔ Free T-Shirt
- ➔ Doesn't affect your benefits
- ➔ Up to three months support from the Prince's Trust

In partnership with:



West Yorkshire
Fire & Rescue Service

To join the course or find out more:

Search '**Prince's Trust**'

Text 'Call me' to 07983 385 418

Call for free on 0800 842 842