

Would you like to train to become a

Walk Leader

in your local community?



We have a range of FREE walk leader training on offer this Spring - places are limited.

Walk Leader Training

Tuesday 16 March 2021

1.00pm - 4.30pm

or

Saturday 20 March 2021

9.30am - 1.00pm

A half day course to enable volunteers to lead safe and effective Health Walks in a community setting as part of a Health Walk Project.



Pole Walking Training

Saturday 24 April 2021

10am - 2.30pm

Volunteer WALX Pole Walking training focuses on the use of strapless fitness walking poles. Training will include 'walking for stability' and 'walking for fitness' themes.

Participants must have experience of being a walk leader or have undertaken walk leader training.

Participants have the opportunity to purchase poles for WALX training at the reduced price of £20.00

Strength and Balance Training

Saturday 17 April 2021

10am - 1.30pm

Strength and Balance training combines simple exercises with advice on walking to help adults stay active and independent.

These exercise can be used on health walks or at home.



All courses are FREE and will be delivered online

To book a place on any of the courses please contact

Active.Communities@dumgal.gov.uk or Tel 07921 038 688

Name, address and email address are required as part of registration

Registration deadline is 6 March 2021