

# Prospectus **Courses**

**For 16-18 year olds**



***Transforming  
passions into  
future careers***

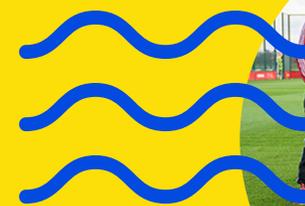
[ymca.co.uk/apply](https://ymca.co.uk/apply)

**YMCA**

# Own your future with our career-focused courses

At YMCA Training we know that employers look for more than just a qualification on a piece of paper. They want experienced, skilled and driven individuals and that's exactly what you'll become with one of our courses.

Train with us and we promise to help you go above and beyond to reach your full potential and leave you ready for further studies or employment.



You can start on a **Study Programme** or **Traineeship** to build the skills needed in the workplace and then step into an **Apprenticeship**. Or, if you have the experience and feel ready, you can go straight into an Apprenticeship with leading employers in a wide range of sectors.





***“Tutors are motivating, committed, passionate about their work”***

**Department for Education**

# **Why choose YMCA?**

Central YMCA is a national charity with 175 years' experience in training and apprenticeships. Our high-quality teaching, gold standard guidance and support, fantastic pass rates and clear progression routes will enable you to develop your skills and create a brighter future.



**We can help you get into the career you want**

- Looking for an alternative to 6th form or college?
- Want to improve your CV with work experience?
- Ready to take on an apprenticeship?
- Want to become more confident?
- More employable?
- More prepared for your future?

***If yes, we can help you - it's all about finding the right choice for you.***

# Progression pathways

## Study Programmes

### 36-40 week course

This is the first step for school leavers, aged 16-19. You'll study for a vocational (practical) qualification and gain work experience. You'll also build on your employability skills, get personal and professional development and achieve the level of maths and English that employers look for.



## Traineeships

### 16-20 week course

Our Traineeship courses are a great way for 16-24 year olds to develop first-hand experience of the workplace. You'll also get essential work preparation training and work on your Maths and English if required.



## Fitness Training Academy – Powered by Nike

### A fantastic 2 year course

This course is an alternative to college and A-levels, designed to give you the best possible start in the fitness industry. In this two-year hands-on course, you'll gain the internationally recognised 'Level 2 Gym Instructor' and 'Level 3 Personal Trainer' qualifications.



## Apprenticeships

### 12-18 month course

Apprenticeships are simply jobs with training. You typically receive training to support your career 1 day a week. You get paid, gain a qualification as well as valuable skills and experience. Anyone between the ages of 16-65 can apply to become an apprentice.



|         | EMPLOYABILITY SKILLS                   | CHILDCARE AND EDUCATION   | FITNESS AND LEISURE  | HEALTH AND SOCIAL CARE   | HORTICULTURE AND GARDENING          | WAREHOUSING & STORAGE                     |
|---------|--|---|--|--|-------------------------------------|---|
| Level 1 | L1 Certificate in Employability Skills | L1 Award/Certificate/Diploma in Caring for Children             |  | L1 Award/Certificate/Diploma in Introduction to Health, Social Care and Children's and Young People's Settings | L1 in Practical Horticulture Skills | L1 Certificate in Warehousing and Storage |
| Level 2 | L2 Certificate in Employability Skills | L2 Certificate Introducing Caring for Children and Young People | L2 Diploma in Exercise and Fitness Instruction                             | L2 Certificate in Preparing to Work in Adult Social Care   | L2 Sports Turf Operative            | L2 Supply Chain Warehouse Operative       |
|         | L2 Customer Service Practitioner       | L2 Certificate for the Children and Young People's Workforce    | L2 Fitness Instructor  | L2 Adult Care Worker   | L2 Golf Greenkeeping                |   |
|         |  | L2 Certificate in Supporting and Teaching Learning in Schools   | L2 Leisure Operations  | L2 Healthcare Support Worker   | L2 Horticulture                     |   |
| Level 3 | L3 Team Leader Supervisor              | L3 Diploma for the Early Years Practitioner                     | L3 Diploma in Personal training, Outdoor exercise, and Sports conditioning | L3 Adult Care Worker   |                                     |   |
|         | L3 Business Administrator              | L3 Teaching Assistant   | L3 Personal Training   |  |                                     |   |
|         | L3 Customer Service Specialist         |   | L3 Leisure Duty Manager  |  |                                     |   |
|         |  |   | BTEC Level 3 Extended Diploma in Sports Coaching and Development           |  |                                     |   |
|         |  |   | BTEC Level 3 Foundation Diploma in Sports Coaching and Development         |  |                                     |   |
| Level 4 |  | L4 Children's, Young People & Families Practitioner             |  |  |                                     |   |
| Level 5 | L5 Operational Departmental Manager    | L5 Children's Young People & Families Manager                   |  | L5 Care Leadership and Management  |                                     |   |
|         |  |   |  | L5 Healthcare Assistant Practitioner   |                                     |   |

# Our Study Programmes

## A course that's designed around you

We will work with you to identify a clear aim for your time with us.

These might include:

- Finding a career path suited to you
- Aiming for an apprenticeship
- Studying at university
- Setting up a business

### Our staff will support you with:

- Personal issues
- Problems relating to finance
- Accommodation
- Time management
- Study support to help you keep up with your work
- Childcare

### It's different for everyone

We take into account what you've already studied and your career aspirations. For example, if you haven't got the GCSE English or Maths or Functional Skills that you need for your chosen career path, we'll build this in. We know that the school approach doesn't suit everyone, so we'll bring the learning to life by making it relevant to your chosen career path.

### Assessment

You will be assessed by your tutor throughout the course using a range of methods which, could include coursework, tests, oral questioning and practical demonstrations of the skills that you learned.

# Made up of four parts

1

### Qualification

You will study towards a main qualification in your area of interest.



2

### Work experience

For 1 day a week you will have the opportunity to undertake meaningful work experience and skills development.



3

### Personal development

Includes activities and tutorials to boost your life skills, ranging from day trips to nutrition advice and planning how to rent your first flat.



4

### Maths and English

If you have not yet achieved a grade 9-4 (formerly A\*- C) in GCSE Maths and/or English, you will either repeat these GCSEs (with our support) or study a Functional Skills qualification instead.



# Employability Skills

Our Employability Skills Study Programme can help get you started in a successful career in a range of industries from fashion to technology and is the perfect foundation to help you get on the career ladder.

This Study Programme will equip you with the necessary skills, experience, knowledge, confidence and motivation required to enter and succeed in the world of work.

## What the programme covers:

- Business and customer awareness
- Setting targets and managing your time
- Understanding work principles
- Understanding innovation, problem solving and creative thinking
- Managing a project and understanding risk
- Job search, application and interview skills



## Qualification

→ Level 1 and 2 Certificate in Employability Skills

**ncfe.**



## Locations:

- Manchester
- Bury
- Doncaster
- Lincoln
- Scunthorpe
- Ipswich
- Norwich

## Your potential salary (per year)

|                 |             |
|-----------------|-------------|
| Receptionists   | £12-£24,000 |
| Hairdresser     | £15-£30,000 |
| Office Managers | £18-£35,000 |
| Electrician     | £18-42,000  |

## Where next?

After completing this Study Programme you could move onto a Traineeship to gain further work experience, then progress into an Apprenticeship to advance onto a Level 2 or 3 qualification.

# Childcare

If you dream of a career working with children and contributing to their early development, you can get off to the best possible start with our Childcare Study Programme.

In this course you'll gain a good understanding of childcare and education, parenting and babysitting. You will gain the basic knowledge and the skills needed to care for young children and will learn about their growth, learning and development.



## Qualifications

- Level 1 Award/Certificate/ Diploma in Caring for Children.
- Level 2 Certificate in Introducing Caring for Children and Young People

## What the programme covers:

- Accident prevention and caring for children
- Parenting responsibilities and healthy lifestyles
- Learning, development and play
- Safeguarding, respecting and valuing children
- Craft activities with young children
- Food and nutrition for a healthy diet

**ncfe.**



## Locations:

- Salford
- Doncaster
- Leeds
- Ipswich
- Lowestoft
- Norwich

## Your potential salary (per year)

|                      |             |
|----------------------|-------------|
| Teaching Assistants  | £11-£23,000 |
| Nursery Workers      | £14-£24,000 |
| Early Years Teachers | £18-£30,000 |
| Nursery Managers     | £23-£45,000 |

## Where next?

After completing this Study Programme you could move onto a Childcare Traineeship to gain further work experience, then progress into an Apprenticeship at a nursery or pre-school to advance onto a Level 3 qualification.

Two-year course

# FITNESS TRAINING ACADEMY

POWERED BY 

Become an Advanced Personal Trainer with this incredible fully-funded two-year course for 16-18 year olds.

FTA is a direct route to a successful Personal Training career. Combine cutting-edge content, hands-on work placements and exclusive Nike products and opportunities to unlock your potential and transform your career.



## Qualifications

- Level 2 Diploma in Exercise and Fitness Instruction
- Level 3 Diploma in Personal training, Outdoor exercise, and Sports conditioning
- Certificate in Leadership, Management and Customer Service in Sport and Active Leisure.
- 7 accredited one-day modules developed by industry leading Nike Trainers including Sports Specific Training and Boxing Padwork.

  
YMCA  
awards



## Why choose this course?

- You'll be taught by world-class industry experts who will provide guidance and support throughout the course whilst giving you the latest techniques and fitness knowledge.
- Boost your knowledge with real-world experience through weekly work placements in exciting clubs and gyms.
- Receive the best Nike products and gain access to Nike services and experiences.
- We are the UK's most experienced fitness training provider and understand the industry like no one else.

## Locations:

- London,
- Bury,
- Bury St Edmunds,
- Ipswich,
- Leeds,
- Manchester,
- Norwich,
- Scunthorpe.

## Your potential salary (per year)

|                     |             |
|---------------------|-------------|
| Personal Trainers   | £14-£22,000 |
| Fitness Instructors | £14-£30,000 |
| Sports Coaches      | £14-£35,000 |
| Gym Manager         | £18-£35,000 |

## Where next?

Many students go straight into jobs in gyms or leisure centres as Personal Trainers.

[ymca.co.uk/fta](https://ymca.co.uk/fta)

# Health and Social Care

If you are passionate about caring for people with kindness, consideration and respect, then our Health and Social Care Study Programme could be the perfect fit for you. This Study Programme will provide you with an introduction into the social care sector and can get you started in a fulfilling career in adult social care or in children and young people's settings.



## What the programme covers:

- Understanding communication and personal development
- Equality, diversity and inclusion
- Health and safety
- Safeguarding, protection and duty of care
- Understand person-centred approaches in adult social care settings
- The role, duties and responsibilities of the social care worker

## Qualifications

- Level 1 Award/Certificate/ Diploma in Introduction to Health, Social Care and Children and Young People Settings
- Level 2 Certificate in Preparing to Work in Health and Social Care

**ncfe.**



## Locations:

- Bury
- Doncaster
- Leeds
- Lincoln

## Your potential salary (per year)

|                 |             |
|-----------------|-------------|
| Care Workers    | £12-£25,000 |
| Nurse           | £24-£37,000 |
| Health Visitors | £30-£43,000 |
| Midwife         | £24-£43,000 |

## Where next?

After completing this Study Programme you could move onto a Traineeship to gain further work experience, then progress into an Apprenticeship to advance onto a Level 3 qualification.

# Horticulture

Do you like being outdoors, working with your hands and creating things that people can enjoy? If so, then a career in horticulture could be the right path for you.

This Study Programme will provide you with a good basic understanding of the horticulture industry while giving you practical gardening skills in a realistic setting. You could go into a fulfilling career working in a wide-range of places from sports grounds to garden centres.

## What the programme covers:

- Turf and lawn care and identifying weeds
- Plant production
- Landscaping and care for planted areas
- Applying fertilisers
- Preparing soil and applying an organic mulch
- Preparing and planting hanging baskets



## Qualification

→ Level 1 Award/Certificate/Diploma in Practical Horticulture Skills

## Location:

- Salford

## Careers include:

- Garden Centre Worker
- Landscaper
- Horticultural Manager
- Groundskeeper
- Gardener

## Your potential salary (per year)

|                        |             |
|------------------------|-------------|
| Worker                 | £13-£19,000 |
| Landscapers            | £16-£30,000 |
| Horticultural Managers | £18-£40,000 |
| Groundskeepers         | £17-£48,000 |

## Where next?

After completing this Study Programme you could move onto a horticulture Traineeship to gain further work experience, then progress onto a Level 2 or 3 qualification with an Apprenticeship. Our apprentices have worked in landscaping firms, zoos, garden centres, golf courses and even helping to take care of the pitch at Manchester United.



# Warehousing & Storage

If you would like to start a career in the warehousing and storage industry, this Study Programme can give you the best possible start.

In this Study Programme you'll learn how to undertake preparations for receiving goods, use different stock control methods and the best way to report and record any variations. You will also learn the best health and safety practices to help minimise potential risk.

## What the programme covers:

- Health and safety
- Keeping stock at required levels
- Receiving, moving and handling goods
- Assembling orders for dispatch
- Using equipment to move goods
- Customer service in logistics operations

## Qualification

→ Level 1 Certificate in Warehousing and Storage

## Locations:

- Manchester
- Salford



## Your potential salary (per year)

|                         |            |
|-------------------------|------------|
| Order picker            | £14-23,000 |
| Warehouse worker        | £16-24,000 |
| Stock control assistant | £14-30,000 |
| Warehouse manager       | £23-34,000 |

## Where next?

Many students go straight into jobs in warehouses and distribution centres, others continue their studies to gain further qualifications.

# Our Centres

Contact your local centre to find out more and to apply

## North East:

Doncaster  
01302 636 597

Lincoln  
01302 636 597

Leeds  
0113 350 1694

Scunthorpe  
01302 636 597

## North West

Bury  
0161 737 6699

Manchester  
0161 820 3699

Salford  
0161 660 8705

## South

Ipswich  
01473 855 704

Lowestoft  
01502 558 085

Norwich  
01603 851 891

London  
FTA  
01473 855 704

[ymca.co.uk/apply](https://ymca.co.uk/apply)

YMCA