

Couch to 5K Introductory Information Workshop for Leaders



This workshop is targeted at club/community coaches, fitness professionals or leaders who are interested in leading a Couch to 5K programme in a club or community setting. Those who attend the workshop will get an insight into how the programme is facilitated and delivered and the workshop will incorporate both a theory and practical element.

Venue:	Sligo Regional Sports Centre, Cleveragh
Date:	Wednesday 6th December 2017
Time:	7.00pm to 9.00pm
Cost:	Free of charge

Places are limited so please book your place early by contacting Shane Hayes in Sligo Sport and Recreation Partnership on 071 9161511 or shane@sligosportandrecreation.ie

