

Central YMCA Education Prospectus

Courses

for 16-18 year-olds

*Transforming
passions
into future
careers*

ymca.co.uk/apply



YMCA

Own your future with our career-focused courses

At Central YMCA, 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 and passionate about their work”

Department for Education

Why choose Central 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 weeks

Our Traineeship courses are a great way for 16-18 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

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 months

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



	BUSINESS ADMIN AND MANAGEMENT	CUSTOMER SERVICE	EARLY YEARS AND CHILDCARE	FITNESS AND LEISURE	SPORT AND COACHING	HEALTH AND SOCIAL CARE	HORTICULTURE AND GARDENING	WAREHOUSING AND STORAGE	EMPLOYABILITY
LEVEL 1			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 Setting	L1 Award/Certificate/ Diploma in Practical Horticulture Skills	L1 Certificate in Warehousing and Storage	L1 Award/Certificate in Employability Skills
LEVEL 2		L2 Customer Service Practitioner	L2 Certificate in Introducing Caring for Children and Young People	L2 in Gym instructing	L2 Certificate in Sport	L2 Certificate in Preparing to Work in Adult Social Care	L2 Award/Certificate in Practical Horticulture Skills	L2 Supply Chain Warehouse Operative	L2 Award/Certificate in Employability Skills
			L2 Early Years Practitioner	L2 Diploma in Exercise and Fitness Instructing	BTEC L2 Certificate in Sport	L2 Adult Care Worker	L2 Horticulture or Landscape Operative		
				L2 Leisure Team Member					
LEVEL 3	L3 Team Leader or Supervisor	Level 3 Customer Services Specialist	L3 Early Years Educator	L3 Diploma in Personal Training, outdoor Exercise and Sports Conditioning	L3 Certificate/Diploma in Sport and Physical Activity	L3 Lead Adult Care Worker			
	L3 Business Administrator		L3 Teaching Assistant	L3 Personal Trainer	L3 Extended Diploma in Sport and Physical Activity				
				L3 Leisure Duty Manager	BTEC L3 Nat. Extended Certificate/Diploma in Sport				
					BTEC L3 Foundation Diploma in Sports Coaching and Development				
					BTEC L3 Extended Diploma in Sports Coaching and Development				
					BTEC L3 Nat. Diplomain Sport				
LEVEL 4						L4 Lead Practitioner in Adult Care			
LEVEL 5			L5 Early Years Lead Practitioner			L5 Leader in Adult Care			

Our Study Programmes

A course that's designed around you

We will work with you to identify a clear aims 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

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 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.



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

Qualifications

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

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Locations:

- Salford
- Doncaster
- Leeds
- Ipswich
- 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

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, inspiring practical workshops and hands-on work placements 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
- Accredited one-day modules

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
- We are the UK's most experienced fitness training provider and understand the industry like no one else

Locations:

- London
- Bury
- 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://www.ymca.co.uk/fta)

Two-year course

Football Academy

Combine your passion for football with a first-class education

We have partnered with Football Clubs across the UK to offer players an outstanding fully-funded education programme to go alongside high performing professional football training.

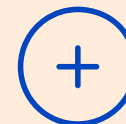
This is the chance for you to train and play like a pro with expert coaches whilst studying towards a substantial qualification. Learners are expected to put in as much work academically as they do on the pitch, ensuring they are on the right path to establishing themselves in the industry.

What the programme covers:

- Football training
- Study towards a Level 2 or Level 3 diploma
- Personal and professional development activities and tutorials
- Maths and English for those who have not yet achieved a grade 4-9 (formerly A+ - C) in GCSE Maths and/or English.

Locations:

- Bedford
- Dulwich
- Leeds
- Stockport
- Wimborne



Where next?

Our Football academies offer clear routes to semi-professional and professional football, as well as University. We will work closely with you to identify areas of interest including coaching, scouting, physiotherapy, personal training.

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.

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

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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 a responsibilities of a social care worker



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

City & Guilds



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.

Sharks Advantage



POWERED BY
YMCA

Build your skills, get work ready and take your next step.

At the Sharks Advantage Programme - Powered by Central YMCA, we will work with you to find out what you're interested in and where you want to get to. Then we'll help you get there, supporting you every step of the way.

We know that employers look for more than just a qualification on a piece of paper. They want skilled, work-ready and motivated individuals and that's exactly what you'll become if you come on the Advantage Programme.

Empowering young people to gain the advantage



Your Study programme will be made up of five parts:

1. Employability Qualification
2. Work experience and employability skills
3. Personal and professional development
4. Maths and English functional skills or GCSE
5. Support to find your next step into training or employment

Locations:

- Little Hulton
- Benchill
- Wirral
- Moss Side

Qualification

Level 1 or Level 2 in Skills for Further Learning and Employment

Traineeships

for 16 - 18 year-olds

Transforming passions into future careers. A traineeship is the perfect way for you to **gain skills and work experience for your career.**

What you'll get out of it:

- High quality work experience in a sector you're interested in
- Essential work preparation training and employability skills
- Personal development support to help you take the next step
- Improve your work and skills prospects
- Prepare you for work or an apprenticeship
- Improve your English and Maths
- Build your confidence
- Learn about the industry you are interested in
- Improve your job search and interview skills



Make your **CV shine** with up to **6 months of work experience**



Some of the areas we deliver in are:

- Fitness and Leisure
- Warehousing and Storage
- Health and Social care
- Early Years and Childcare
- Horticulture and Gardening
- Business Administration
- Your area of interest

Locations:

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

Contact us and apply today:
[ymca.co.uk/traineeships](https://www.ymca.co.uk/traineeships)

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

Norwich
01603 851 891

London
FTA
01473 855 704

YMCA

Registered Charity no. 213121

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