

Central YMCA Education Prospectus

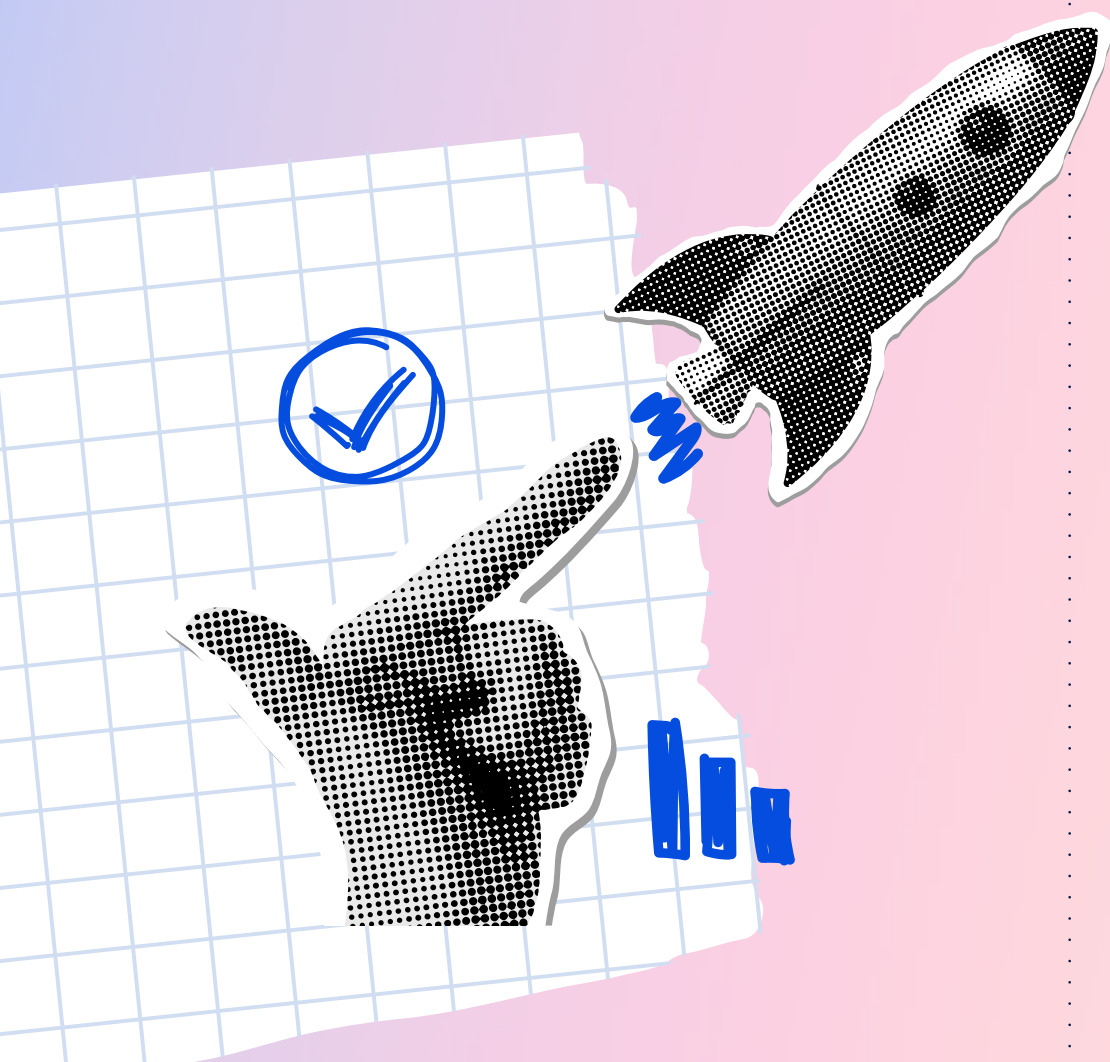
# Courses

For 16-18 Year-olds

Transforming passions  
into future careers

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

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# Own Your Future

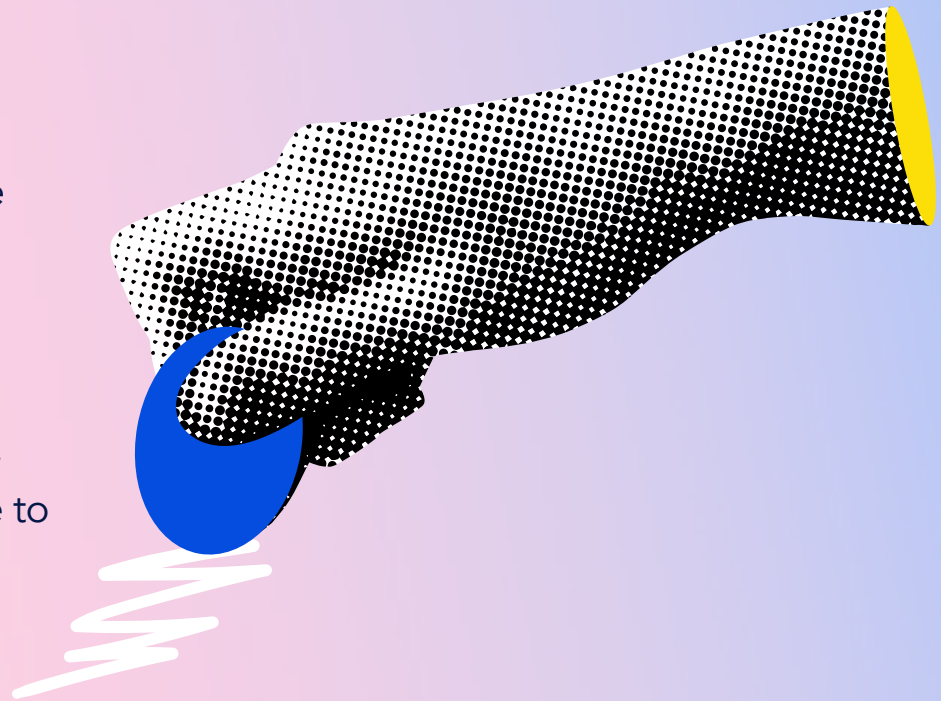
## **with our career-focused courses**

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.**

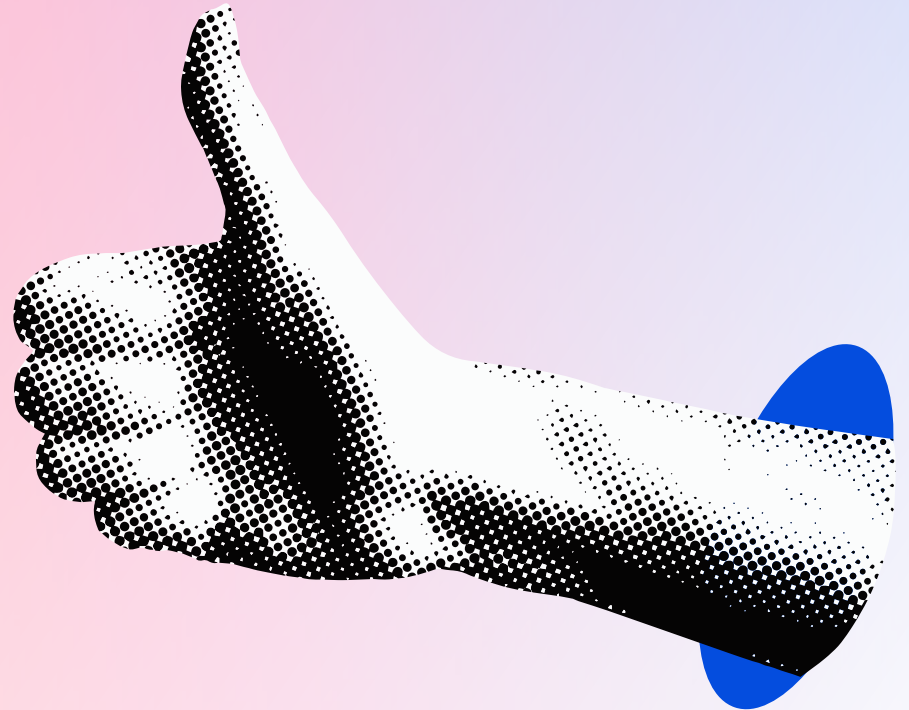
You can begin your journey through one of our **Study Programmes** or gain hands-on experience in a **Pre-apprenticeship** where you'll build the skills needed for your area of choice. From there, you may choose to further your qualifications by stepping into an **Apprenticeship** with one of our leading employer partners in a wide range of sectors. Or, if you're eager to jump right into your career, you'll have the knowledge and confidence to enter directly into employment.





# Why Choose Central YMCA?

Central YMCA is a national charity with 180 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.***



*Tutors are motivating,  
committed and passionate  
about their work*

Department for Education

# Progression Pathways



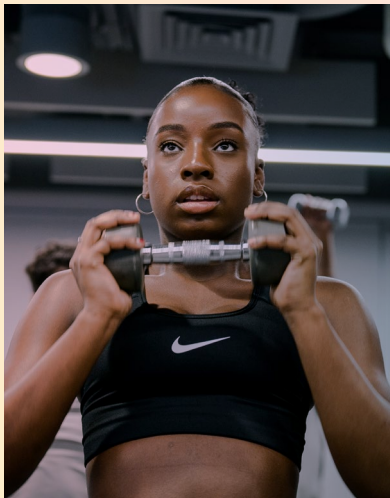
## **Study Programmes** **36-40 week course**

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.



## **Pre-apprenticeships** **16-24 weeks**

Our 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 combine real work with training and study. Unlike college or university, you'll apply what you learn directly on the job, gaining hands-on experience and skills.

### **As an apprentice, you will:**

Gain hands-on experience and skills working on real tasks and projects. Earn a salary and entitlement to employment rights such as sick leave and holiday pay. Spend at least 20% of your working hours training or studying. Evaluate your progress with regular assessments. An apprenticeship is open to anyone aged 16-65.



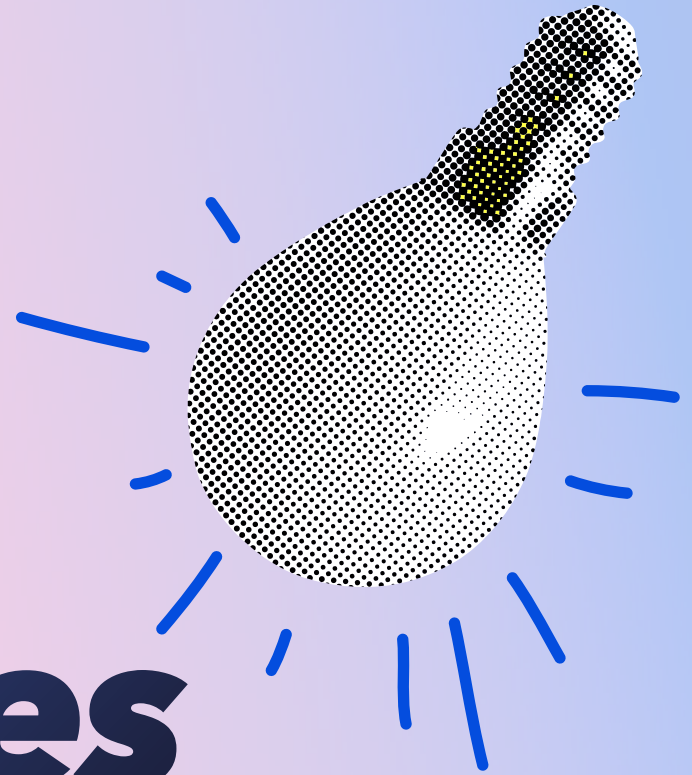
Central YMCA Education and Training Overview										
	Governance & Business Services	Early Years & Childcare	Fitness & Leisure	Sport & Coaching	Health & Social Care	Horticulture & Green Space Management	Warehousing & Storage	Employability & Occupational Studies	Hair & Beauty	English & Maths
Level 1		L1 Awa./Cert./Dip.in Introduction to Health, Social Care and Children & Young People's Settings			L1 Awa./Cert./Dip.in Introduction to Health, Social Care and Children & Young People's Settings	L1 Awa./Cert./Dip. in Practical Horticulture Skills		L1 Awa./Cert. in Employability Skills		L1 FS English L1 FS Maths
								L1 Occupational Studies		
Level 2	L2 Customer Service Practitioner	L2 Cert. in Introducing Caring for Children Young People	L2 In Gym Instructing	L2 Cert. in Sport NCFE L2 in Sports Coaching	L2 Cert. in Preparing to Work in Adult Social Care	L2 Awa./Cert. in Practical Horticulture Skills	L2 Supply Chain Warehouse Operative	L2 Occupational Studies	L2 Hairdressing & Barbering	L2 FS English L2 FS Maths
	L2 Dip. in Customer Services Skills		L2 Dip. in Exercise & Fitness Instructing		L2 Adult Care Worker	L2 Horticulture or Landscape Construction Operative	L2 Cert. for Supply Chain Warehouse Operative	L2 Awa./Cert. in Employability Skills	L2 Beauty / Makeup / Nails	
		L2 Early Years Practitioner			L2 Dip. in Care					
						L2 Arborist				
						L2 Golf Green Keeper				
Level 3						L2 Awa./Cert./Dip. in Practical Horticulture Skills				
	L3 Team Leader or Supervisor	L3 Early Years Educator	L3 Dip. in Personal Training, Outdoor Exercise & Sports Conditioning	L3 Cert./Dip. in Sport & Physical Activity	L3 Lead Adult Care Worker	L3 Horticulture or Landscaping Supervisor			L3 Beauty / Makeup	Entry L3 FS English Entry L3 FS Maths
	L3 Business Administrator	L3 Early Years Teaching Assistant			L3 Dip. in Care					
	L3 Dip. in Customer Services Skills	L3 Dip. for Early Years Practitioner	L3 Personal Trainer	L3 Extended Dip. in Sport & Physical Activity						
	L3 Dip. for Managers		L3 Dip. Personal Training							
	L3 Dip. Business Administrator			BTEC L3 Nat. Extended Cert./Dip. in Sport						
	L3 Dip. in Team Leading			BTEC L3 Foundational Dip. in Sports Coaching & Development						
	L3 Cert. in Assessing Vocational Achievement			BTEC L3 Extended Dip. in Sports Coaching & Development						
				BTEC L3 Nat. Dip. in Sport						
				NCFE L3 Diploma in Sport and Physical Education NCFE L3 extended dip in Sport and Physical Education						
Level 4	L4 Governance Officer				L4 Dip. Lead Practitioner in Adult Care					
	L4 Awa. In the Internal Quality Assurance of Assessment Processes & Practice									
Level 5	L5 Early Years Lead Practitioner	L5 Early Years Lead Practitioner			L5 Dip. Leader in Adult Care					
	L5 Dip. in Operational Departmental Manager	L5 Dip. in Leadership for the Childrean and Young People's Workforce - Early Years								

 Apprenticeships
  Study Programmes



# ***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.

## This 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 financing
- 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 don't have 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 Qualifications

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 complete Functional Skills Maths and/or English which focus on teaching you practical skills in these areas.



# ***Employability /Occupational Skills***

Our **Employability/  
Occupational Skills Study  
Programme** can help you get  
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 supply you with 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.

### Where next?

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

### Locations

- Blackburn
- Blackpool
- Bristol
- Doncaster
- Kirkby
- Leeds
- Northampton
- Oldham
- Pontefract
- Sale
- Slough
- Walkden



### Your potential salary (per year)

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

### Qualifications (may vary by location)

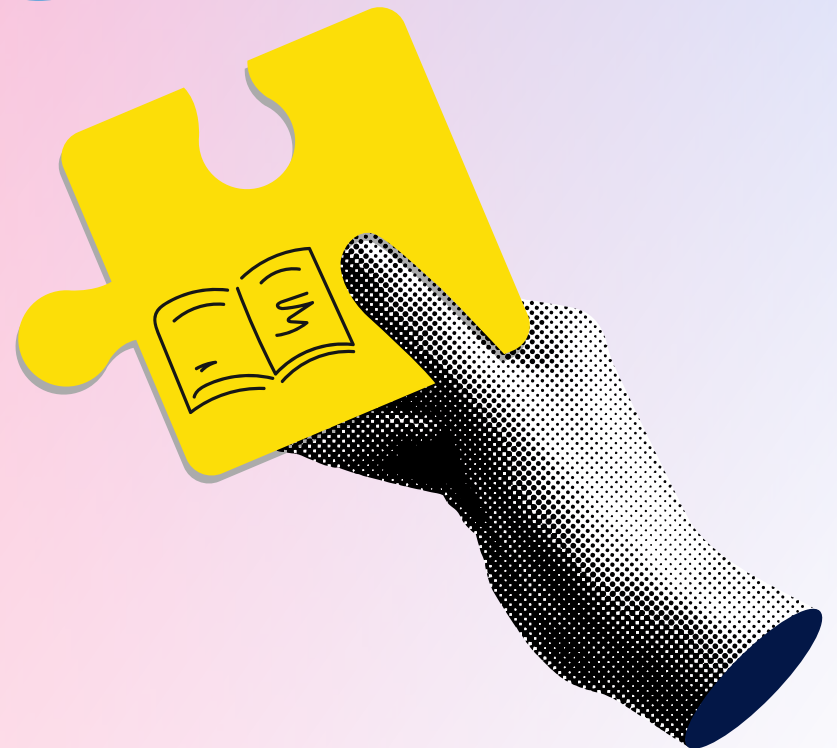
- ➔ Level 1 Certificate in Employability Skills
- ➔ Level 2 Certificate in Employability Skills
- ➔ Level 1 Certificate in Occupational Studies for the Workplace
- ➔ Pre-apprenticeship in Employability Studies

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# ***Early Years & 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 **Early Years & 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.

### **Where next?**

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

#### **Locations**

- Doncaster
- Leeds



### **Your potential salary (per year)**

Teaching Assitants	£12 - 23,000
Nursery Workers	£14 - 24,000
Early Years Teachers	£18 - 30,000
Nursery Managers	£23 - 45,000

### **Qualifications (may vary by location)**

➔ Level 1 Certificate in Introduction to Health, Social Care and Children's and Young People's Settings

➔ Level 2 Certificate in Introducing Caring for Children and Young People

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# ***Fitness Training Academy***

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

**FITNESS  
TRAINING  
ACADEMY**



**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.**

### Why choose this course?

- Highly experienced fitness tutors 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.

**Where next?**

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

**Locations**

- Leeds
- Manchester



**Your potential salary (per year)**

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

**Qualifications (may vary by location)**

- ➔ GCSE Maths and English or Functional Skills Level 2 Maths and English

➔ Leisure Accredited one-day modules
- ➔ Level 2 Diploma in Exercise and Fitness Instruction

➔ Level 3 Diploma in Personal training, Outdoor exercise, and Sports conditioning

**YMCA awards**

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



# ***Sports Education Programmes***

Combine your passion for sport with a **first-class education**.

We have partnered with football and rugby clubs across the UK to offer young athletes outstanding **fully funded education** programmes to go alongside high performing **professional athletic 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:

- Professional football or rugby training, dependant on location.
- Study towards a Level 2 or Level 3 diploma.
- Personal and professional development activities and tutorials.
- GCSE or Functional Skills Maths and/or English for those who have not yet achieved a grade 4-9 (formerly A\* - C) in GCSE Maths and/or English.

### Where next?

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

### Locations

- Ashton-under-Lyne
- Cheadle
- Derby
- Nottingham
- Oldham
- Stockport
- West Yorkshire
- Whitefield
- Wimborne



### Qualifications (may vary by location)

- |  |  |
|--|--|
| ➔ NCFE Level 2 Diploma in Sports Coaching                            | ➔ BTEC Level 3 National Extended Certificate in Sports Coaching    |
| ➔ NCFE Level 3 Diploma in Sport and Physical Activity                | ➔ BTEC Level 3 National Diploma in Sports Coaching and Development |
| ➔ NCFE Level 3 Extended Diploma in Sport and Physical Activity       | ➔ Level 1 Certificate in Practical Horticulture Skills             |
| ➔ BTEC Level 3 Foundation Diploma in Sports Coaching and Development | ➔ Level 2 Certificate in Practical Horticulture Skills             |
| ➔ BTEC Level 3 Extended Diploma in Sports Coaching and Development   |  |



# ***Health & 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 a responsibilities of a social care worker.



### **Your potential salary (per year)**

Care Workers	£12 - 25,000
Nurse	£14 - 37,000
Health Visitors	£18 - 43,000
Midwife	£24 - 43,000

### **Qualifications (may vary by location)**

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

### **Where next?**

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

### **Locations**

- Leeds

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# ***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

### **Where next?**

After completing this Study Programme you could move onto a horticulture Pre-apprenticeship 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.

### **Locations**

- Cheadle
- Stockport
- Walkden



### **Your potential salary (per year)**

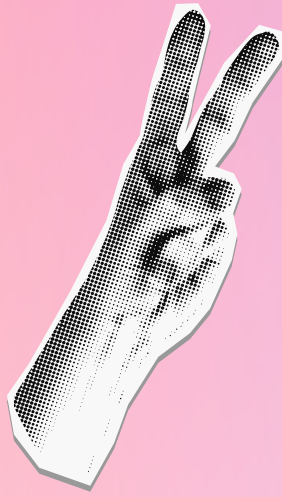
Worker	£13 - 19,000
Landscapers	£16 - 30,000
Horticultural Managers	£18 - 40,000
Groundskeepers	£17 - 48,000

### **Qualifications (may vary by location)**

- ➔ Level 1 Certificate in Practical Horticulture Skills      ➔ Level 2 Certificate in Practical Horticulture Skills

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# ***Beauty*** ***and Nails***



Do you love self-care and getting glammed up, and do you love the idea of helping others feel their best? As a Beauty Therapist, you'll be able to do all this and more! **Our study programmes include paths into Beauty Therapy and Nails.**





**Our Beauty and Nails Study Programme courses will provide you with the skills and confidence needed to enter a career as a Beauty Therapist or Nail Technician. You can go on to work in a salon or spa, offer freelance services, or even launch your own beauty business.**

### What the programme covers:

- Manicure and Pedicure
- Facials, makeup application and waxing
- Massage techniques
- Lash and brow tinting, brow shaping, lash lifting and threading
- Nail art, acrylics and gel
- Client care, health and safety

### Where next?

After completing this Study Programme, you could step into a Pre-apprenticeship in Beauty and/or Nails to gain further work experience or progress onto an Apprenticeship to gain further experience in the Beauty sector.

### Locations

- AAXA, Feltham
- Beauty School Manchester
- YCA, Pontefract



### Your potential salary (per year)

Makeup Artist	£13 - 19,000
Massage Therapist	£16 - 30,000
Aesthetician	£18 - 40,000
Salon or Spa Manager	£17 - 48,000
Nail Technician	£26 - 30,000+

### Qualifications (may vary by location)

- ➔ Level 2 Diploma in Beauty Therapy Treatments
- ➔ Level 2 Certificate in Nail Technology
- ➔ Level 3 Diploma in Beauty Specialist Techniques

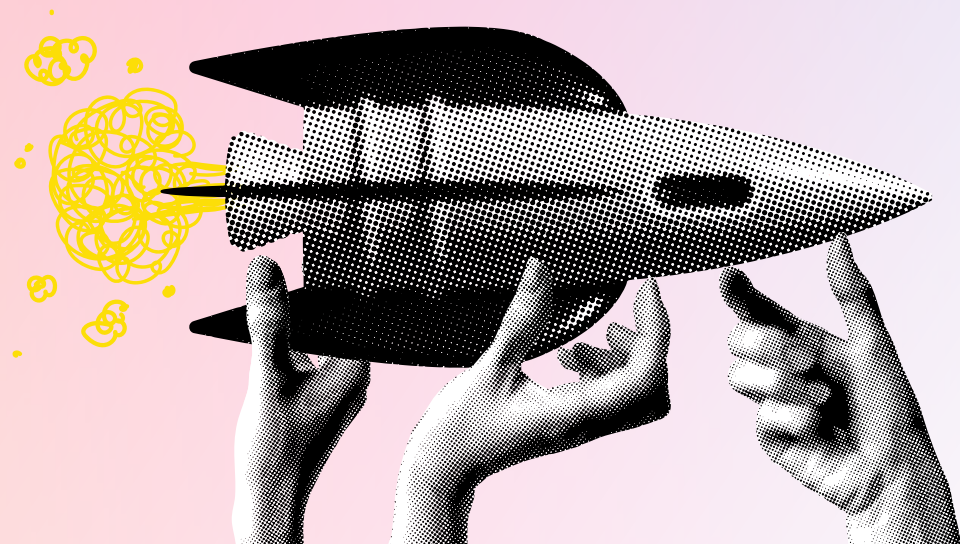




for 16 -18 year-olds

# ***Pre-apprentiships***

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



**Transforming passions into future careers. A Pre-apprenticeship 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 for an apprenticeship or to enter the workforce.
- Improve your English and Maths.
- Build your confidence.
- Learn about the industry you are interested in.
- Improve your job search and interview skills.

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



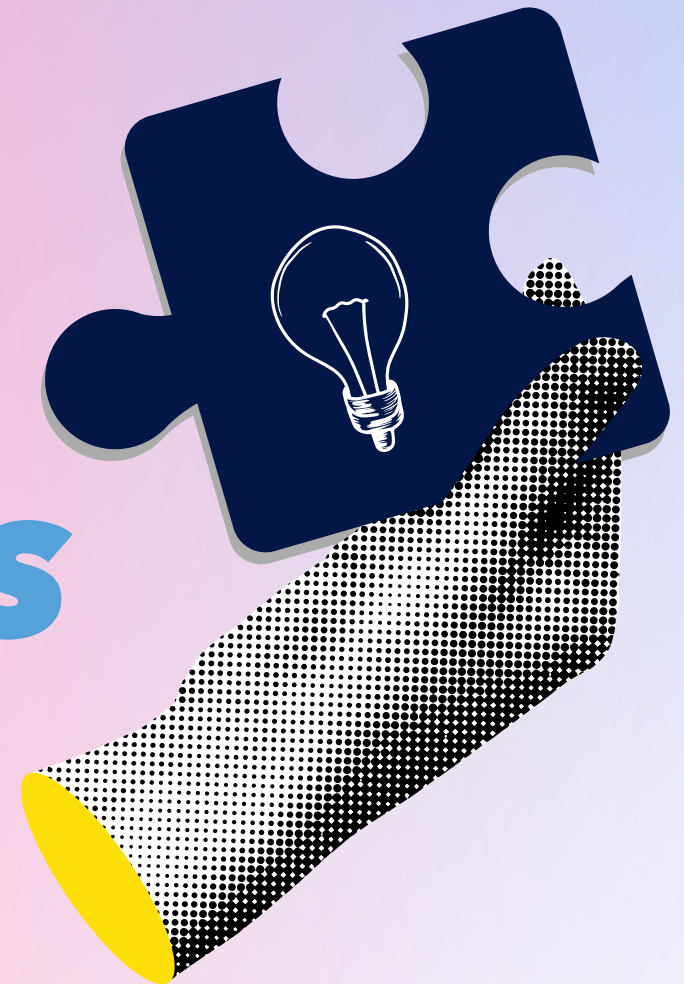
### **Locations**

- Manchester
- Blackburn
- Oldham
- Slough
- Feltham
- Blackpool
- Pontefract

### **Some of the areas we deliver in:**

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

# ***Testimonials***





# Learner Progression of the Year 2024

“

*My progress being at YMCA has helped me overcome my anxiety... The relationship with my friends and family has gotten better... Ever since I was little, I've wanted to work for the NHS and be a midwife, and I'm joining a programme called NHS Cadets to help me gain more knowledge and skills. Finally I got where I wanted to be!”*

Ava Walker, Pre-16 Programme. L2 Certificate in Introducing Caring for Children and Young People. YMCA helped her get to Doncaster College and into a L3 Apprenticeship in Health and Social Care. Her goal is to go to university and become a midwife.





# Inspirational Learner of the Year 2024



“

*I'm much calmer than I was. I would express my feelings through anger by not talking to anyone about it. But now I've got people that I can talk to here and people that I understand and that understand me... My pathway has been a bit wobbly, but now it's become straighter than ever.*

Lucas George, BTEC L3 Foundation Diploma

in Sports Coaching and Development. Sports Education Programme. After YMCA, enrolled on Rugby Football Union L2 Coaching qualification.

# Apprentice of the Year 2024

“

*I've changed massively from when I started working with YMCA for my course. This course has really helped me to develop my confidence. I feel like the course has really helped me to believe in myself within my role as a practitioner as well.*

Ellise Norkett, Completed L2 Early Years Practitioner and L3 Early Years Educator apprenticeships with YMCA. Now works at a preschool.



# Apprentice Progression of the Year 2024



“

*Through school I was always the quiet one, I struggled, I'm dyslexic, my confidence was zero. Now I've got the courage to say what I need to do to get to where I want to in life. Persevering and doing what I did with this diploma and the work I've done is proving to me that I can do it and I can achieve these things... I got a tutor who was amazing and helped find my way of learning... I've already achieved things that I never thought I could achieve.*

Paige Kinder, Completed several YMCA programmes, starting with L1 Study Programme up to L3 Lead Adult Care Worker apprenticeship. While working with YMCA, moved up ranks in the care home to become Deputy Manager.



# FTA Powered by Nike learner

“

*I feel more confident stepping into the fitness industry and I have the knowledge needed to guide people on their fitness journey. I hope to inspire others to believe in their potential and that anything is possible. I believe in making fitness a lifestyle for everyone.*

Kari, Leeds. Learner is the Fitness Training Academy – Powered by Nike (FTA), a 2-year Personal training course for 16-18 year olds.



# Early Years Educator Learner



“

*Since starting the course I have developed my confidence and skills within the childcare sector. I enjoy the course because developing children is my passion. I am one of the eldest in my family and have always been surrounded by children.*

Aimee Welsh, Early Years Educator learner, 20 years old, Brighton.

# Study Programme learner

“

*I've always had a bad experience with education and never really enjoyed learning. Whether that was because of my anxiety or simply not getting along with the teacher. Joining YMCA has changed that, I love my tutor and I look forward to every session with her. I had a lot of support and reassurance throughout.”*

Caitlin, Health and Social Care learner, 18 years old, Scunthorpe.





# How to Apply

## Ready to take the next step in your education?

*We're here to help you reach your full potential! If you'd like to learn more about one of our programmes, please reach out to us through our website or send an email to **[ymca.education@ymca.co.uk](mailto:ymca.education@ymca.co.uk)** One of our team members will be in touch to help you get on the right path based on your career aspirations.*

## Support and Guidance on your course

To ensure all our learners can reach their full potential, we offer outstanding support throughout each of our programmes.

When you enroll in a course, please let us know if you have any additional learning needs, **such as dyslexia, autism, ADHD, mental health conditions, chronic illnesses, physical disabilities, or anything else that may impact your learning experience.** Our support team will work with you to develop a personalised learning plan to help you do your best. This may include, but is not limited to:

- Added time on exams
- A reader for theory exams
- Additional one-to-one time with your tutor

## While getting you enrolled, we'll look at:

- Which programme is the best fit based on your previous education and future goals – Study Programme, Sports Education Programme, Pre-apprenticeship, or Apprenticeship
- Which training centre is best based on where you live
- The study topic that best matches the career you'd like to go into
- Whether you'll need to complete GCSE or Functional Skills Maths and/or English

If you are still unsure about which programme is the right fit, you can also send us an email on **[ymca.education@ymca.co.uk](mailto:ymca.education@ymca.co.uk)** to get the ball rolling!

YMCA

# Contact Us

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

