

YMCA Awards Instructing Kettlebells sessions

Tutors: Les Antoine and Jeff Martin

Venue: Park Centre, Dance Studio 1

Course content

History of Kettlebells - theory

Planning Kettlebells sessions and worksheet - theory

Demo Kettlebells session - practical

Kettlebells exercises - practical

Lunch

Planning a Kettlebells session - theory

Planning your Kettlebells session planning - practical

Practical Assessments and Evaluations - practical