

MAGIC Movement And Games In Chairs



MAGIC Training

MAGIC (Movement and Games in a Chair) is a 3 hour practical training course aimed at Volunteers/ Organisations/ Community groups to deliver low level chair-based games and activities. This inclusive training will give leaders ideas on how to deliver a fun, safe chair-based class for people who may have mobility challenges, long term health conditions or experiencing memory loss.

The training covers aspects such as health and safety, motivating individuals to become more active, structure of a physical activity class, and how we can support you to set up your own MAGIC classes in Kirklees.

Next Training dates			
John Smiths Stadium, Huddersfield, HD1 6PG	10 th May	10:00am- 1:00pm	To book: https://stadiummay23.eventbrite.co.uk
Greenwood Centre, Ravensthorpe, WF13 3JR	18 th May	9:30am- 12:30pm	To book: https://RavensthorpeMay23.eventbrite.co.uk

For more information please contact emma.schofield@kirklees.gov.uk

Please note: You must only attend the training if you intend on setting up a MAGIC class in Kirklees.