

Every child to have 'right to be active'

The Sport and Recreation Alliance (SRA) has launched a nationwide campaign to make physical activity a "fundamental right" for all children.

The #RightToBeActive campaign asks those across society, including parents, to join the call for government to embed the fundamental right of all children to be active in policy, regulations and legislation.

"Government must consider expenditure on children and young people a vital long-term investment for the development of this country's future infrastructure and economy," said SRA CEO Emma Boggis.

"If change is to be created, there must be a commitment to a long-term strategy to make sure no child is left behind. Everyone can play their part and show support for getting our children active by signing the #RightToBeActive petition."

The campaign has been launched on the back of a new study by SRA, which showed that 60 per cent of UK adults think that society "doesn't do enough" to get children active.



■ 86 per cent of adults think parents should take more responsibility to get their child active

More than 2,000 adults were surveyed for the study, with 78 per cent believing that parents are 'most responsible' for childhood obesity. 86 per cent of respondents agreed that parents should take more responsibility to get children active, while 62 per cent said government will not solve the childhood obesity crisis.

[More: http://lei.sr?a=2d4F6](http://lei.sr?a=2d4F6)



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There must be a commitment to a long-term strategy

Emma Boggis



SPORT

England plans to host 2030 FIFA World Cup

Labour's Tom Watson says party would support bid

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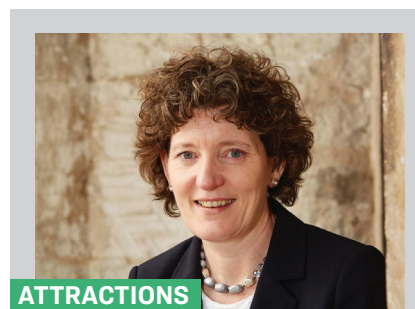


SPA

The Massage Company to open second UK location

Founder Charlie Thompson says more sites will follow

p 16



ATTRACTIONS

English Heritage launches 'castle campaign' for families

CEO Kate Mavor wants kids to visit "the real thing"

p 23

Jeremy Wright named new culture secretary as part of "Brexit chaos" reshuffle

Jeremy Wright, the MP for Kenilworth and Southam, has been named Britain's new culture secretary following a tumultuous 24 hours for the Conservative government, which saw the resignations of both Boris Johnson and David Davis.

Prime Minister Theresa May was forced to reshuffle her cabinet following the resignations.

Matt Hancock, who has been culture secretary for just six months, is now the new health secretary, replacing Jeremy Hunt – who in turn has been appointed Johnson's successor at the Foreign Office.

Wright was first elected MP in 2005 at the age of 33



■ Wright is a surprise appointment to the role of culture secretary

"The DCMS's work has a huge impact on our heritage, the things we enjoy now and on our national future"

and is a surprise choice for the culture secretary role.

A trained lawyer specialising in criminal law,

he has spent the past four years as attorney general for England and Wales and advocate general for

Northern Ireland. This will be Wright's first role within the Department for Digital, Culture, Media and Sport (DCMS). Political commentators have pointed out his lack of experience on the "digital" and "media" aspects of the role, with the minister only using the word "digital" twice while speaking in Parliament during his 13-year tenure. He will also oversee arts, sports, and tourism.

"Very excited with new job as Secretary of State at the Department for DCMS," said Wright. "It is a department whose work has a huge impact on our heritage, the things we enjoy now and on our national future."

David Beckham reveals progress and new details of Miami's MLS stadium project



■ Beckham exercised an option to buy an expansion MLS franchise in 2014

David Beckham and his development group – who are hoping to establish a Major League Soccer (MLS) franchise in Miami, Florida – have released the first image of the proposed stadium complex.

Beckham said the project will combine a 25,000-seat stadium with a park and commercial projects on land currently occupied by a city-owned golf course near Miami International Airport. As well as the home of the Miami MLS team, the plans include

"Bringing an MLS club to Miami has been a hell of a journey, but it is the only city for me."

750 hotel rooms, restaurants, retail and entertainment, along with a new 58-acre park and 23 acres of football fields for the public.

Beckham officially launched his MLS venture in Miami on 29 January, following nearly five years of negotiations.

"Bringing an MLS club to Miami has been a hell of a journey," Beckham said at the official launch

event earlier this year. "I promise you the team that we bring into this league will be one of the best teams...the best team.

"When I was awarded the team there was only one city for me and it was here. I was drawn to this city for the same reason that millions of people are – the diversity, the culture, the weather, the beaches, the people."



■ Noella Gabriel is one of three Elemis co-founders

"I'm committing to tripling the Elemis business over the next three years"

Noella Gabriel named president of Elemis

Noella Gabriel, co-founder of Elemis, has been named president of the UK-based skincare company.

The move was announced by Elemis CEO Séan Harrington, who said Gabriel had helped the company achieve "unprecedented growth and success in the UK and EU markets".

"To have Noella by my side as we continue to grow the company and lead the future of the brand is a privilege and an honour," Harrington said.

"She has incredible magic and ingenuity as a leader – this next step for her is only natural, and so well-deserved.

"We share a common vision: to build a skincare brand that went beyond just cream in a jar.

"We knew from the start we were on to something special, and that it would take the sum of us all to bring to life.

In her new role, Gabriel – who until recently held the role of managing director – will continue to oversee and manage the UK business, while supporting and driving the US business as Elemis looks to expand into specialty retail.

Harrington will concentrate on expanding business worldwide.

Gabriel said: "My dedication to developing, mentoring and boosting leadership is unwavering. With the team, I'm committing to tripling the business in next three years."

leisure opps

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■ Aileen Campbell hopes the programme will attract both sporting and non-sporting organisations to take part

Scottish sports minister **Aileen Campbell** launches inclusive community fund

Community-based sport and physical activity projects in Scotland are in line for a cash investment thanks to a new programme aimed at changing lives and creating a more inclusive and healthier nation.

Sports projects and programmes can now apply for grants from The Changing Lives Through Sport and Physical Activity (CLTSPA) grant, which will look to deliver positive change in communities across the country.

"The barriers to taking part in sport and physical activity are complex and varied"

The programme was launched earlier this month by Scottish sports minister Aileen Campbell.

"This programme will provide vital support and funding and is a great example of organisations working in partnership," she said.

"The barriers to taking part in sport and physical

activity are complex and varied, and through programmes like this we can help people overcome these issues and enjoy the clear benefits that sport and physical activity bring.

"I am keen, through this programme, to see both sporting and non-sporting organisations use sport and physical activity to get more people taking part."

Brazilian football legend **Ronaldinho** launches cryptocurrency and digital stadia venture

Former Barcelona and Brazil midfielder Ronaldo de Assis Moreira – better known as Ronaldinho – has launched a new digital venture which looks to combine an entirely new cryptocurrency with a range of football services "in the real world".

The project – in partnership with Malta-based World Soccer Coin – is aiming to launch a digital currency called the Ronaldinho Soccer Coin (RSC) and use it to deliver both "digital and real services".

The partnership looks to establish a football academy, host amateur



■ Ronaldinho is considered one of the best players of his generation

"The stadiums will be created using cutting-edge digital technologies, such as block-chains, artificial intelligence and VR"

matches around the world, develop and operate a betting platform and marketplace, and

develop digital, virtual reality (VR) stadiums.

The idea behind the VR stadiums is for them

to be based on physical locations to which players can travel to in order to have their individual skills analysed. The venues will also be used as locations for esports tournaments.

"Ronaldinho Digital Stadiums will be developed in 300 locations including Asia, the Middle East, Africa and others within three years," Ronaldinho said.

"The stadiums will be created using cutting-edge digital technologies such as block-chain, AI and VR."

According to Ronaldinho, "construction plans" have already been confirmed in more than 10 locations around the world.



■ Rimmer has worked in rugby league administration since the 1990s

Ralph Rimmer confirmed as Rugby League CEO

The Rugby Football League (RFL) has appointed Ralph Rimmer as its new CEO.

Rimmer, who has been interim CEO of the national governing body since January, will take over the new role with immediate effect.

A former amateur player and coach, Rimmer has worked at all levels of rugby league – in development, performance, club and stadium management – and is an experienced administrator.

He was CEO of Sheffield Eagles during the early days of Super League and helped take the club to the Challenge Cup Final

in 1998. He then held the post of CEO of Huddersfield Giants and later managing director of the Galpharm Stadium.

Rimmer first joined RFL in 2010, when he was named chief operating officer.

Commenting on his appointment, Rimmer said: "I take up this role with a 100 per cent commitment to driving Rugby League forward. I intend to work collaboratively with all to achieve its future growth and success.

"I believe that I understand its changing landscape, and am hugely ambitious as to what we can achieve together."

"I believe that I understand Rugby League's changing landscape, and am hugely ambitious as to what we can achieve together"

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RETENTION

'Right PTs and trainers' key to retention

Fitness operators looking to improve their member retention should focus on recruiting "knowledgeable, friendly instructors", according to a new report.

One in five people who exercise regularly see having the "right instructor" as the most important factor in sticking to a new fitness regime – but just 4 per cent of people claim to have found their "dream instructor".

The findings come from a study undertaken by management software provider Mindbody, which researched data obtained from gyms and studios which use its platform.

The skills that gym members most value in their

trainers differs depending on the member's preferred method of primary exercise.

34 per cent of those who mainly attend gyms for weight training value the trainer's fitness knowledge the most, while the most important quality for those who do HIIT is an instructor's ability to push them hard.

"We see in our data that a growing number of people are turning to pay-as-you-go classes and PT sessions as opposed to fixed gym memberships, which presents both a challenge and an opportunity for studios and gyms," said Charlotte Newton, Mindbody's senior marketing manager for EMEA.

[More: http://lei.sr?a=J8E2D](http://lei.sr?a=J8E2D)



■ 34 per cent of those who mainly attend gyms for weight training value the trainer's fitness knowledge the most



A growing number of people are turning to pay-as-you-go exercise

Charlotte Newton

RESEARCH

Most popular group exercises revealed in new report



Group workouts are far more popular with women than men – only 14 per cent of men attend classes

Indoor cycling has been identified as the most popular group workout in the UK – beating pilates and yoga – by a new industry report from ukactive and the DataHub.

The Moving Communities: Active Leisure Trends 2018 report indicates that group cycling currently makes up 13 per cent of all exercise classes.

Other findings from the report – which was based on data from more than three million customers and 150 million individual visits across 396 leisure centres over the past three years – include that group workouts



■ Women make up 74 per cent of all group classes

are far more popular with women than men. While 38 per cent of women visits are for group exercise, the percentage of men visiting leisure centres for group classes is only 14 per cent.

Women also make up 74 per cent of group exercise participants.

[More: http://lei.sr?a=b2R5u](http://lei.sr?a=b2R5u)

BUDGET CLUBS

Buzz Gym partners with Life Fitness for expansion push



We chose Life Fitness because it understood our business model

Adam Stowell

Budget club operator Buzz Gym has signed a deal with equipment supplier Life Fitness, which will see the company introduce a "transformed business model" as it sets out on a UK-wide expansion.

The chain will invest and install Life Fitness' premium kit at its sites, as part of plans to combine affordable, no-contract gym memberships with a premium fitness equipment offer.

The soon-to-open Buzz Gym Oxford will be the first facility to launch with Life Fitness kit, followed by another new site in Plymouth. The duo of openings will take the number of clubs in its portfolio to five.



■ The soon-to-open Buzz Gym Oxford will be the first facility to launch with Life Fitness kit

Family-owned Buzz Gym launched its first club in Reading in 2013 and focuses on atmospheric designs – including live DJs and nightclub-feel lighting, where "fashion meets fitness".

"We chose Life Fitness because it clearly understood our business model," said Adam Stowell, CEO of Buzz Gym.

[More: http://lei.sr?a=g3f5y](http://lei.sr?a=g3f5y)

PARTNERSHIP

PayAsUGym signs partnership with data firm InfoSum

Online fitness marketplace PayAsUGym has signed a partnership deal with customer data expert InfoSum.

According to PayAsUGym, the move will enable clubs listed within its service to gain greater insight into the incrementality of customers generated through the platform, assess conversion to membership directly and understand attrition.

The insight offered by InfoSum – a data collaboration technology provider founded in 2016 – will also enable gym operators to work



■ The partnership will offer PayAsUGym members greater insight into customer behaviours



This partnership will give our gym partners valuable insight

Neil Harmsworth

closely on price and yield optimisation on a venue-by-venue basis, ensuring "net positive revenue and member movement".

"Our partnership with InfoSum will give our gym partners valuable insight into their customers that can be interrogated through behavioural and demographic segmentation," said Neil Harmsworth, COO and co-founder of PayAsUGym.

[More: http://lei.sr?a=U6T8C](http://lei.sr?a=U6T8C)

Gym membership with mental health support

Health and wellbeing providers Westfield Health and SIV have revealed a collaborative membership scheme offering mental health support to their clients.

The non-profit organisations have created an "access all areas" gym and mental health support membership available at seven of SIV's venues.

Enlistment offers free telephone counselling, 24/7 access to a GP and the opportunity to use the Big White Wall – a leading online mental health and wellbeing service.

[More: http://lei.sr?a=8c7a7](http://lei.sr?a=8c7a7)

CHILDREN'S FITNESS

Les Mills launches 'Netflix-style' service

Les Mills has teamed up with awards and qualifications body Sports Leaders UK to launch a new partnership, which will support schools, children, parents and carers to be physically active through a "Netflix-style" platform.

Born to Move, which is a virtual, screen-based asset offering classes incorporating a range of exercises – including strength, martial arts and yoga – is designed to "support physical literacy, confidence and self-esteem", according to a press statement.

The classes are marketed as "for kids by kids", with trained pupils leading

their peers through the exercises. They are aimed at age groups ranging from four- to 16-years-old and the sessions feature music hand-picked by their peers.

The programme will also promote physical activity outside school with free taster classes for families to engage with in the home via Les Mills On Demand.

"Every child in the UK deserves a healthy start to life and Born to Move has been created to provide children with the physical literacy skills and confidence they need to enjoy an active lifestyle," said Born to Move project lead Justine Williams.

[More: http://lei.sr?a=M5M9](http://lei.sr?a=M5M9)



■ Born to Move is designed to support physical literacy



“Every child deserves a healthy start to life and Born to Move will help

Justine Williams

MENTAL HEALTH

Leisure trust invests in 'mental health first aid'



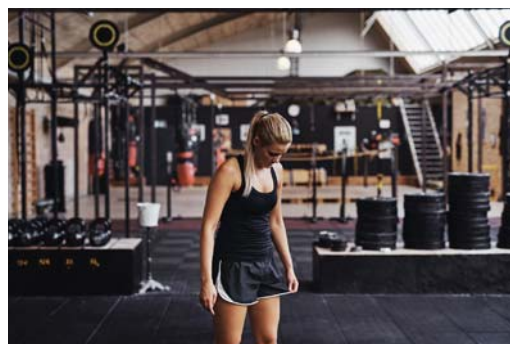
“Mental health awareness is important for employers

Mark Wildman

A leisure trust has ensured that all its senior managers are qualified "mental health first aiders", as part of a proactive approach to supporting staff and members who may need help.

Twenty managers at Sandwell Leisure Trust (SLT) attended a bespoke training course to acquire the skills to identify, understand and help someone who may be experiencing a mental health issue.

Delivered by specialist provider Inter Wellbeing, the course also helps employees develop the skills and confidence to approach and support someone and guide a person towards



■ The course develops managers' skills to approach and support those with mental health issues

the right support for recovery or successful management of symptoms.

"Mental health awareness and training is an increasingly important area for employers, so we think a proactive approach is vital," said SLT business and commercial manager, Mark Wildman.

[More: http://lei.sr?a=t5C2V](http://lei.sr?a=t5C2V)



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EVENT BIDDING

England plans bid for 2030 World Cup

There is growing evidence that The Football Association (FA) is planning to launch a bid to host the FIFA World Cup in 2030.

The FA is understood to have been satisfied with the "increased transparency" of the new voting system, which was used last month to decide the host of the 2026 World Cup.

A joint bid by the US, Canada and Mexico was declared winner against a rival bid from Morocco at a FIFA meeting on 13 June. Following the vote, a large screen in the room showed clearly how every member federation had voted.

It was in stark contrast to the secret ballot held in

2010, which saw Russia pull off a surprise win against England's bid for the 2018 World Cup.

The bid for the 2030 World Cup has already secured one significant backer – the Labour Party.

The party's deputy leader Tom Watson revealed Labour would throw its support behind a campaign which would see the tournament played at the "home of football" in the centenary year of the competition.

"It's the national game, it can bring the country together, it can give us hope," Watson said. "We should be bidding for the World Cup 2030."

[More: http://lei.sr?a=v9V8W](http://lei.sr?a=v9V8W)



■ England's performances at this year's World Cup could help garner support for the FA's bid to host the 2030 tournament



**“
Football is our national
game, we should be
bidding for 2030**

Tom Watson

ELITE SPORT

Swim England launches performance centres



**“
We're proud to work
with partners to
develop these centres**

George Wood

Swim England, the national governing body for swimming in England, has announced plans to open five performance centres nationwide to nurture young talent.

The body is working in partnership with swimming clubs and universities to "give swimmers the opportunity to stay in the sport, achieve academic excellence and perform to the highest standards", according to a release.

Located at High Wycombe, Leeds, Guildford, Manchester and Nottingham, the centres were chosen following an application process and have been



■ The partnership began before the 2012 Games

developed using a "partnership model" to "ensure long-term sustainability".

"We are incredibly proud to be working with local partners to develop these Swim England Performance Centres," said George Wood, Swim England sport development director.

[More: http://lei.sr?a=t7U6S](http://lei.sr?a=t7U6S)

MENTAL WELLBEING

Physical activity "key to student mental health"



For many students the benefits of being active are multiplied

Sir Ian Diamond

Getting university students physically active and playing sport can have a dramatic effect on improving their mental wellbeing, social inclusion, and perceived academic attainment and employability.

According to the *British Active Students Survey: 2017/2018 Report*, students who are classified as "active" scored better than those classified as fairly active or inactive across four aspects of personal wellbeing: life satisfaction, feelings of worthwhile, happiness and anxiety.

The survey – published at the British Universities and Colleges Sport (BUCS)



■ Half of students meet recommended exercise levels

Conference – also showed that students who participate in both sport and gym activities reap the greatest benefits.

"For many students the benefits of being active are multiplied as activity to manage the stress of coursework deadlines and regular examination diets," said Sir Ian Diamond, chair of BUCS.

[More: http://lei.sr?a=E5C5U](http://lei.sr?a=E5C5U)

UNIVERSITY SPORT

Portsmouth's inclusive sport complex approved

Portsmouth City Council has approved plans for an inclusive and sustainable sports facility at University of Portsmouth.

Designed by FaulknerBrowns Architects, the complex will include a 25m, eight-lane swimming pool, an eight-court sports hall, a health club with a 175-station gym and multifunctional studios, climbing and bouldering facilities, two flexible squash courts and a ski simulator.

The building will also set new standards for sustainability for a sports building and is on target to be the first of this type



■ The building has been designed to be sustainable



This will set a significant benchmark for future buildings

Michael Hall

in the UK to be BREEAM rated 'Outstanding'.

"Having worked closely with the university and planners, this will set a significant benchmark for future buildings in the university masterplan and generally across the city," said Michael Hall, partner at FaulknerBrowns Architects.

The complex is part of the university's £400m estate masterplan.

[More: http://lei.sr?a=r5b5D](http://lei.sr?a=r5b5D)

PfP uses NBS to boost participation in deprived areas

Places for People Leisure (PfP) is utilising Sport England's National Benchmarking Service (NBS) to increase participation in deprived areas across its Rotherham contract.

PfP is using the NBS on a local scale to gain an understanding of current levels of participation, and use the data to devise a plan to enable hard to reach target groups.

The NBS has been designed to identify exact participation in the community surrounding each leisure centre.

[More: http://lei.sr?a=l9C8m](http://lei.sr?a=l9C8m)

PUBLIC LEISURE

£20m leisure centre planned for Bingham

Rushcliffe Borough Council (RBC) has revealed it is exploring plans to build a new leisure centre in Bingham, Nottinghamshire.

In a cabinet meeting earlier this month, the council gave the go-ahead for "detailed investigations" into constructing a centre on land owned by the authority in the town to start as part of a possible wider commercial development of the site.

The study will look into the feasibility of building a centre housing a swimming pool, large health club with gym floor and exercise studios, changing rooms and community spaces.

The council said it is "keen to align the leisure centre with the wider ongoing Bingham

master-planning process and future housing development".

"We want a high-quality leisure centre and community facility for residents in Bingham that will support healthy lifestyles and complement the growth of the town in the years to come," said Debbie Mason, RBC's deputy leader.

"The cost of building a new leisure centre is significant, so we are undertaking a further study to give careful consideration not only to ensure the location of the site is correct in the wider plans for the town, but also in the long term so the site can give us the sufficient financial return to make it viable."

More: <http://lei.sr?a=06u5q>



■ There has been no decision on the fate of Bingham's existing leisure centre, which houses a 25m competition pool



“We want a high-quality leisure centre that will support healthy lifestyles

Debbie Mason

PUBLIC LEISURE

£28m Moberly Sports Centre opens in North London



Moberly will serve the whole community

David Harvey

The Moberly Sports Centre in London – which houses the first newly-built public swimming pool in Westminster in almost 40 years – has opened its doors.

Built by Willmott Dixon and managed by Everyone Active, the centre includes a six-lane 25m swimming pool, a 13m teaching pool with movable floor and an eight-court sports hall with retractable spectator seating for up to 500 people.

There is also a health club with a 100-station gym floor and exercise and dance studios, a dedicated gymnastics hall and a multi-use room suitable for sports such as boxing.



■ The centre was opened by sports stars, including double Olympic champion Max Whitlock (far right)

Owned by Westminster City Council (WCC), the centre has been designed to meet the highest levels of accessibility for disabled users.

"Moberly will serve the whole community, and the facilities will enable it to do that," said WCC councillor David Harvey.

More: <http://lei.sr?a=h7v9N>

Guaranteeing quality

Having worked with the sector to set new professional standards, CIMSPA has now endorsed hundreds of training providers, qualifications and pieces of CPD.

It's a great achievement, but in reality it means very little unless we can validate the value of these endorsements through a robust quality assurance process..

Embracing progress

I'm delighted to say that this final piece in the jigsaw is now in place and CIMSPA's new team of quality assurance associates have been conducting external visits to our educational partners to verify that the delivery and assessment of their training meets the agreed employer-led professional standards.

The experience to date has been hugely positive. Eager to showcase their best practice and to distance themselves from substandard providers, our education partners have wholeheartedly embraced these quality assurance visits.

They welcome the immediate verbal feedback they receive from the associates as well as the detailed written report, which identifies both good practice and areas for improvement.

We've been immensely impressed by the quality of the training that has so far been assessed – we really do have some great training providers delivering high calibre training that meets the needs of employers.

Wheat from the chaff

But we're not so naive as to believe that all external quality assurance visits to education partners will be

so successful. And that's the point of the system. Yes, we want to recognise great training, but it's also imperative that we identify inferior education which fails employers, employees and ultimately the entire sector.

Employers currently invest around £500,000 a year in retraining people who have received poor education and training. The past lack of regulation has allowed some providers to peddle inadequate training products, but the launch of CIMSPA's new quality assurance function allows us to eradicate bad practice.

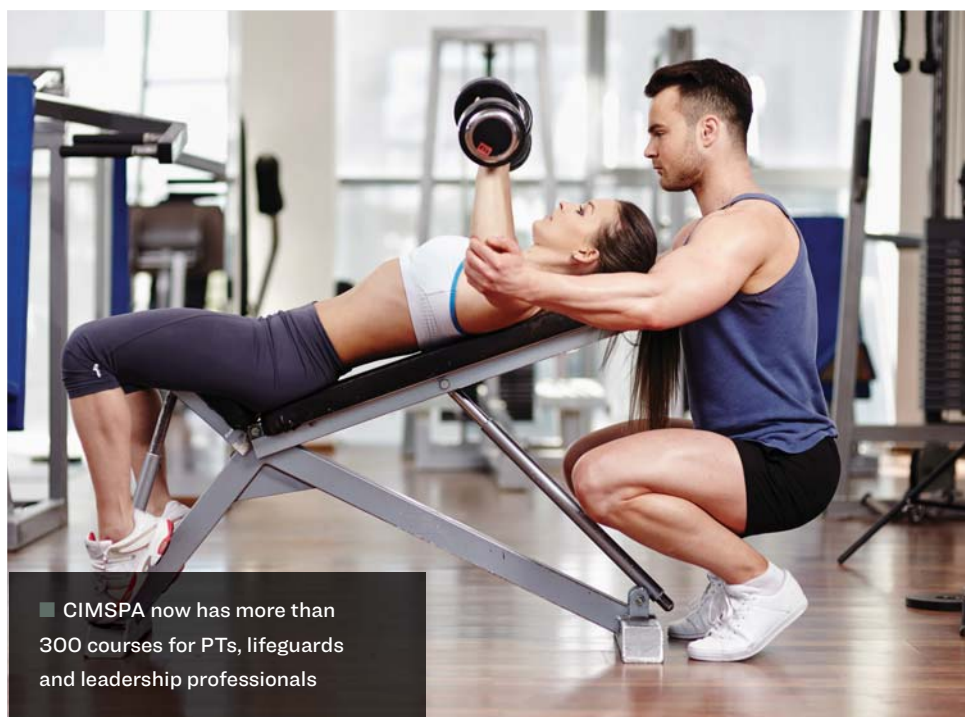
We now have a system in place that will ensure that education partners don't fall below the standards that we have worked so hard with the industry to raise. Our goal is to always find organisations delivering excellence – nothing less. This is precisely what the sector has asked of CIMSPA. ●



■ Tara Dillon, chief executive of CIMSPA



Our goal is to always find organisations delivering excellence. This is precisely what the sector has asked of CIMSPA



■ CIMSPA now has more than 300 courses for PTs, lifeguards and leadership professionals



Make

Every

Interaction

Count



- Online booking for all amenities
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- Modern tablet apps for Room/Spa Check-In & POS
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DEVELOPMENTS

Carden Park plans £10m 'world class' spa

Carden Park Hotel in Cheshire, UK has broken ground on a new £10m luxury spa.

Expected to open next summer, the spa will be a stand-alone facility located in the estate grounds, and will play host to 14 treatment rooms, relaxation areas, as well as a restaurant and lounge area, offering far reaching views of the surrounding countryside. A beauty lounge will offer a range of beauty treatments including manicures, pedicures and lash and brow services.

A number of different thermal experiences, including a vitality pool, ice fountain, snow shower,

experience showers, foot baths and heated loungers will be on offer, as well as an outdoor-spa garden with hydrotherapy pool, outdoor sauna, hot tubs, private 'secret garden' relaxation spaces, fire pits and a champagne bar.

"This is a momentous leap forward for the business as we invest in what will be one of the most luxurious spa developments in the UK," said Carden Park general manager Hamish Ferguson.

HB Architects, Pave Always Ltd Building Contractors, Barr & Wray Interior Design and spa consultant Nicki Kurran have been appointed to create the spa.

[More: http://lei.sr?a=d3H2S](http://lei.sr?a=d3H2S)



■ The spa will be a standalone facility within the estate grounds



This is a momentous leap forward for the business

Hamish Ferguson

NEW OPENING

Luxury Lodges adds new treetop accommodation



This will add to our collection of unique self-catering options

Ross Grieve

Luxury Lodges, an operator of luxury self-catering holiday resorts, has expanded its accommodation portfolio with the launch of The Treehouse, an experiential offering designed to make guests feel at one with nature.

Situated in the heart of the Clowance resort in St Ives, Cornwall, the Treehouses form part of the company's collaboration with entrepreneur David Lloyd, and offer panoramic views of the surrounding parkland and lake.

Each 20sq m (65sq ft) treehouse can sleep up to four people, and offers two spacious bedrooms, expansive open-plan



■ Guests staying in the lodges will have access to onsite facilities, including the Clowance Spa

living spaces and a 360-degree terrace, as well as a private, open-air roll top bath.

"We are thrilled to introduce the Treehouse to our growing collection of unique self-catering properties throughout the UK," said Luxury Lodges MD Ross Grieve.

[More: http://lei.sr?a=b9C9e](http://lei.sr?a=b9C9e)

Spa & wellness news

EXPANSION

Formby Hall announces wellness expansion plans



The new spa will have its own building and will feature a variety of thermal experiences

Formby Hall Golf Resort & Spa in Liverpool has unveiled multi-million-pound plans to transform the four-star resort into a luxury leisure destination.

Planning applications submitted to Sefton Council by resort operator CS Hotel Solutions outline an £18m revamp project including a new spa building and hotel expansion, as well as 20 lakeside 'eco lodges' for overnight stays.

The resort will undergo a significant redevelopment that will include the creation of a new two-storey wing for the hotel. The new wing will play host to 63 bedrooms, while the existing spa



■ CS Hotel Solutions will invest £18m in transforming the site into a luxury leisure destination

and health club will be converted to make space for a further 20 rooms.

The new spa will have its own building, described as "a high-end space". It will feature treatment rooms, relaxation areas and a thermal suite offering a variety of thermal experiences, saunas, hot tubs and outdoor vitality pools.

[More: http://lei.sr?a=C2t3N](http://lei.sr?a=C2t3N)

NEW OPENING

The Massage Company to open Kent site

On-demand massage service The Massage Company (TMC) is set to expand its UK footprint with the opening of its second massage centre in Tunbridge Wells, Kent.

Expected to open in September this year, the £500,000 centre will be located inside a 200-year-old brewery on Monson Street and will house 14 treatment rooms, including a duo treatment room for couples, and a large reception area.

It will be the first of three locations operated by Taran Bassi, TMC's first franchisee. The centre will employ up to 30 members



■ The centre will be located at a 200-year-old brewery



Our aim is to educate the UK public about massages

Charlie Thompson

of staff and will offer a range of massage treatments.

Earlier this year, Massage Company founder Charlie Thompson said the business is in the middle of a recruitment drive and is actively looking to expand.

"Our aim is to educate the UK public and to establish massages as part of people's approach to a better and more balanced lifestyle," Thompson told *Leisure Opportunities*.

[More: http://lei.sr?a=b4T4x](http://lei.sr?a=b4T4x)

Bonnie Baker named board president of GSN

The nonprofit trade association Green Spa Network has named new leadership positions to its board of directors.

Bonnie Baker, cofounder of Sattvea Spa & Wellness Concepts, has been appointed board president after her tenure as vice president. Thor Holmes, general manager for Osmosis Day Spa Sanctuary, will replace Baker as vice president and will also serve as board finance chair. Molly Allene, partner at Alpine Glow Skincare, will serve as board secretary.

[More: http://lei.sr?a=u3v7c](http://lei.sr?a=u3v7c)

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REFURBISHMENT

Young designers to rework Cadogan

Luxury travel brand Belmond has chosen two young designers to bring on board for its Belmond Hotel Cadogan in Chelsea, supplying design products for the London hotel's scheduled reopening later this year.

Product and furniture designer Mac Collins and sustainable design advocate Antonia (Toni) Packham were named by Belmond as their choices from a pool of 3,000 young hopeful designers who displayed their work at the New Designers exhibition in Islington, London.

Collins, who is just about to graduate from the University of Northumbria, exhibited his chair design 'Ikwa' - an ultramarine

throne, inspired by the aesthetic of 20th Century funk and rap movement of Afrofuturism. It was praised by judges as "a thought-provoking, culturally enriched and beautiful piece of craftsmanship that demonstrates, in its exciting use of colour and considered appreciation of shape, an understanding of the power of design to evoke emotion, capture the imagination and pay homage to heritage".

"We were blown away by Mac and Toni's raw talent and fresh-thinking approach to design," said Belmond senior vice president of brand and marketing, Arnaud Champenois.

[More: http://lei.sr?a=s3s4Q](http://lei.sr?a=s3s4Q)



■ Hotel Cadogan is scheduled to reopen this year



We were blown away by Mac and Toni's raw talent

Arnaud Champenois

STATISTICS

Northern Irish hotels report 2017 boom in uptake



Perhaps the biggest challenge is the availability of staff

Michael Williamson

An "outstanding" 2017 has been reported by the Northern Irish hotels industry, with record numbers of rooms being sold, according to a leading chartered accountancy firm.

ASM Chartered Accountants, which analyses the sector annually, reported that 2.3 million rooms were sold in 2017, while occupancy reached 77 per cent and the average room rate saw an uplift of 10 per cent to £90.48 a night. Total revenue per room climbed to £66,206 - a 43 per cent rise in two years.

ASM called Derry "the star of the show" in Northern Ireland's hotel



■ Occupancy reached 77 per cent in 2017

boom, with improved profitability particularly highlighted.

"Perhaps the bigger challenge facing the industry is not the arrival of new supply, but the availability of well-trained staff," said ASM's director of consulting Michael Williamson.

[More: http://lei.sr?a=S9R7v](http://lei.sr?a=S9R7v)

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RESEARCH

Weather leads to tourism industry sizzle

The current heatwave in Britain has resulted in an economic upturn for the country's tourism sector.

The Belfast Telegraph recently reported that hoteliers in Northern Ireland are experiencing a "bumper summer", with 'staycations' growing due to "temperatures which have rivalled the Mediterranean".

According to the latest available figures from Visit Britain, the first nine months of 2017 saw 30.1m tourists flock to the UK, an uplift of 7 per cent on the same period in 2016. Analysts have predicted another rise in 2018, in part owing to a weakened pound. Visit Britain has also

predicted that the recent royal wedding will cause a 15 per cent rise in visitors from the US, while the *Independent* has reported that the number of visitors from China increased by 33 per cent to 268,000.

Speaking to the BBC, Patricia Yates, director of Visit Britain, said the hot weather is serving as a "timely reminder" for the rising numbers of people who are "making a late call on where to go on holiday".

Yates noted that late bookings on the rise, with nearly 80 per cent of all holidays booked occurring within three months of the date of travel.

[More: http://lei.sr?a=e5E9u](http://lei.sr?a=e5E9u)



■ The weather has given the tourism industry a lift this summer



A rising number of people make a late call on where to holiday

Patricia Yates

BREXIT

Tourism bodies welcome Brexit paper with caution



Frictionless arrangements are vital to the tourism industry

Mark McVay

The UK travel industry has offered a "cautious welcome" to the government's Brexit white paper, after the document acknowledged some of the sector's key concerns – such as worries over barriers being created for people visiting the UK from EU.

Following the publishing of the Brexit plans, UKinbound's chair Mark McVay said that the tourism body welcomed the government's proposals for the new relationship with the EU, which "recognises and supports the significant contribution that tourism makes to the UK economy".



■ The white paper addressed EU border controls

"We have consistently argued that frictionless arrangements before, during and at arrival at the UK's borders are vital to an industry which in 2017 brought in an estimated £25bn to the UK economy and £10bn from EU tourism alone," said McVay.

[More: http://lei.sr?a=R8J8A](http://lei.sr?a=R8J8A)



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CAMPAIGNS

English Heritage launches castle campaign

English Heritage has launched a new campaign for families to visit its castles, after a survey by the organisation revealed that children's memories of castles are more than twice as likely to have come from film and fiction instead of a real-life visit.

A 2,000-person survey of both children and adults showed that while most adults' first castle sightings are likely to have been in real life, almost two thirds of children remember their first memories from fictitious castles featured in the likes of Harry Potter, Cinderella and Frozen.

Of the children surveyed, more than two thirds said that they enjoyed visiting

castles, however less than 40 per cent had visited one in the last year, and 12 per cent had never been to one.

English Heritage manages 66 castles – more than any other organisation in Britain. In an effort to boost attendance through the summer months, the body has launched #LoveCastles – a campaign aiming to bring more families to these historic sites.

"While most of us can remember our first trip to a castle, today's children are increasingly likely to catch their first glimpse of a castle on a screen," said Kate Mavor, CEO of English Heritage.

[More: http://lei.sr?a=w2r2p](http://lei.sr?a=w2r2p)



■ English Heritage is encouraging visitors across its castles



Today's children are likely to see their first castle on a screen

Kate Mavor

MUSEUMS

Science Museum urged to end fossil fuel partnerships



Climate change is real and urgent

Naomi Oreskes

A collection of 50 scientists has urged the London Science Museum to end three oil company partnerships, with the collective arguing the sponsorships are "undermining" the museum as a scientific institution.

Called Culture Unstained, the activist collective are urging the Science Museum to drop deals with fossil fuel companies BP, Shell and Equinor.

The group says that the museum approved sponsorship deals with these companies despite being aware they are involved in alleged "corruption, pollution and links to human rights violations".



■ The group wants the museum to end deals with BP

"To accept sponsorship from an industry that has worked to cast doubt on climate science undermines the scientific community's clear message that climate change is real and urgent," said professor Naomi Oreskes, one of the signatories.

[More: http://lei.sr?a=e4Y3k](http://lei.sr?a=e4Y3k)

Attractions news

NATURE ATTRACTIONS

Denizen envisions vertical gallery for Inverewe Garden



Our response to this open brief saw us take inspiration from the natural world

Denizen Works Architects

Plans have been lodged by the National Trust for Scotland (NTS) to build a vertical gallery and bird hide in a 19th-century botanical garden in the country's Highlands.

London-based architects Denizen Works are behind the proposal for Inverewe Garden, which was first opened in 1862 and features more than 2,500 exotic plants and flowers.

The 20m-tall (65.6ft) tower is designed as a "landmark to encourage more people to visit the garden".

"Our response to this open brief from the National Trust for Scotland saw



■ The structure features a bird hide at its peak

us explore the history of Inverewe and take inspiration from the natural world," said a statement from the architects.

Planning has been submitted to Highland Council, with work to start in Q3. The project is expected to be complete by the second quarter of 2019.

[More: http://lei.sr?a=n7Z5F](http://lei.sr?a=n7Z5F)

AWARDS

Tate St Ives wins Art Fund's Museum of the Year prize

Tate St Ives has been named the winner of this year's Art Fund Museum of the Year.

The awards ceremony took place at the Victoria and Albert Museum in London, where Anne Barlow, the director of Tate St Ives, was presented the prize – worth £100,000 – by artist Isaac Julien and the recently crowned 'world's best teacher', Andria Zafirakou.

The Gallery underwent an extensive expansion project which was only unveiled in 2017. The development doubles the space for showing art, adding almost 600sq m (6,500sq ft)



■ Tate St Ives first opened to the public in 1993



The gallery underwent an extensive expansion project which was unveiled in 2017

of galleries, and creates spectacular new studios for learning activities. It gives the gallery enough space to accommodate the 250,000 visitors it welcomes each year.

Other finalists shortlisted for the award included Weybridge's Brooklands Museum, Ferens Art Gallery in Hull, Glasgow Women's Library and The Postal Museum in London.

[More: http://lei.sr?a=4v7a5](http://lei.sr?a=4v7a5)

Azerbaijan to host 2019 World Heritage Committee

The 43rd session of Unesco's World Heritage Committee will take place in Baku, Azerbaijan, it has been revealed.

Taking place between 30 June and 10 July next year, the annual meeting aims to regularly examine the state of conservation of properties inscribed on the World Heritage List, adding or removing properties from the prestigious list as appropriate.

There are currently 31 UNESCO World Heritage Sites in the United Kingdom and the British Overseas Territories.

[More: http://lei.sr?a=z6k2P](http://lei.sr?a=z6k2P)



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Could indoor cycling be harmful?

Research in the US has suggested that indoor cycling classes could cause kidney damage "comparable to car crashes"



High-intensity indoor cycling classes carry a "significant risk of kidney damage" – especially for first-time participants – according to a report in the *American Journal of Medicine*.

The study claims that indoor cycling classes – particularly those which simulate climbing hills and cycling on flat roads and include sprint cycles – may result in a rhabdomyolysis.

Rhabdomyolysis is a condition where severe muscle trauma – due to a lack of oxygen – causes muscles to break down and release their contents into the bloodstream. The syndrome, typically found in victims of a crush injury – such as a result of a car crash – can lead to serious complications, including kidney failure hours after the muscle damage.

"Risk factors for the development of rhabdomyolysis are related to the intensity of the exercise, the conditioning of the participant, hydration, and body temperature, in addition to other potential contributing factors," the report says.

"Physiology studies have demonstrated that significant numbers of calories are burned, fluid losses are significant and body temperatures increase during indoor cycling classes."

The study presented details of three "unusual cases of exertional

Beginners need to know how to gradually increase the time and cadence on the indoor cycle



■ The authors of the study recommend a set of guidelines be set up for indoor cycling

Participants need to be informed of the risks of rhabdomyolysis and its symptoms

rhabdomyolysis", each occurring in a patient who had taken part in their first indoor cycling class.

In the first case, rhabdomyolysis developed in a 33-year-old woman following 15 minutes of a class. In the second case, it occurred in a 20-year-old male who exercises regularly.

In the third, most serious case, a 33-year-old female developed "biopsy-proved acute kidney injury" secondary to exertional rhabdomyolysis and required hemodialysis.

"Due to the severity of her renal failure and history of anti-inflammatory drug use, a kidney biopsy was performed, which confirmed rhabdomyolysis," the report described the third case.

IN NEED OF GUIDANCE

As a result of the study, the authors – a team from the Westchester Medical Center in New York, US

– recommended a set of guidelines for indoor cycling be set up.

"The only way to prevent rhabdomyolysis resulting from indoor cycling is to have safety guidelines set up," the authors write in the report.

"Beginners need to know how to gradually increase the time and cadence on the indoor cycle.

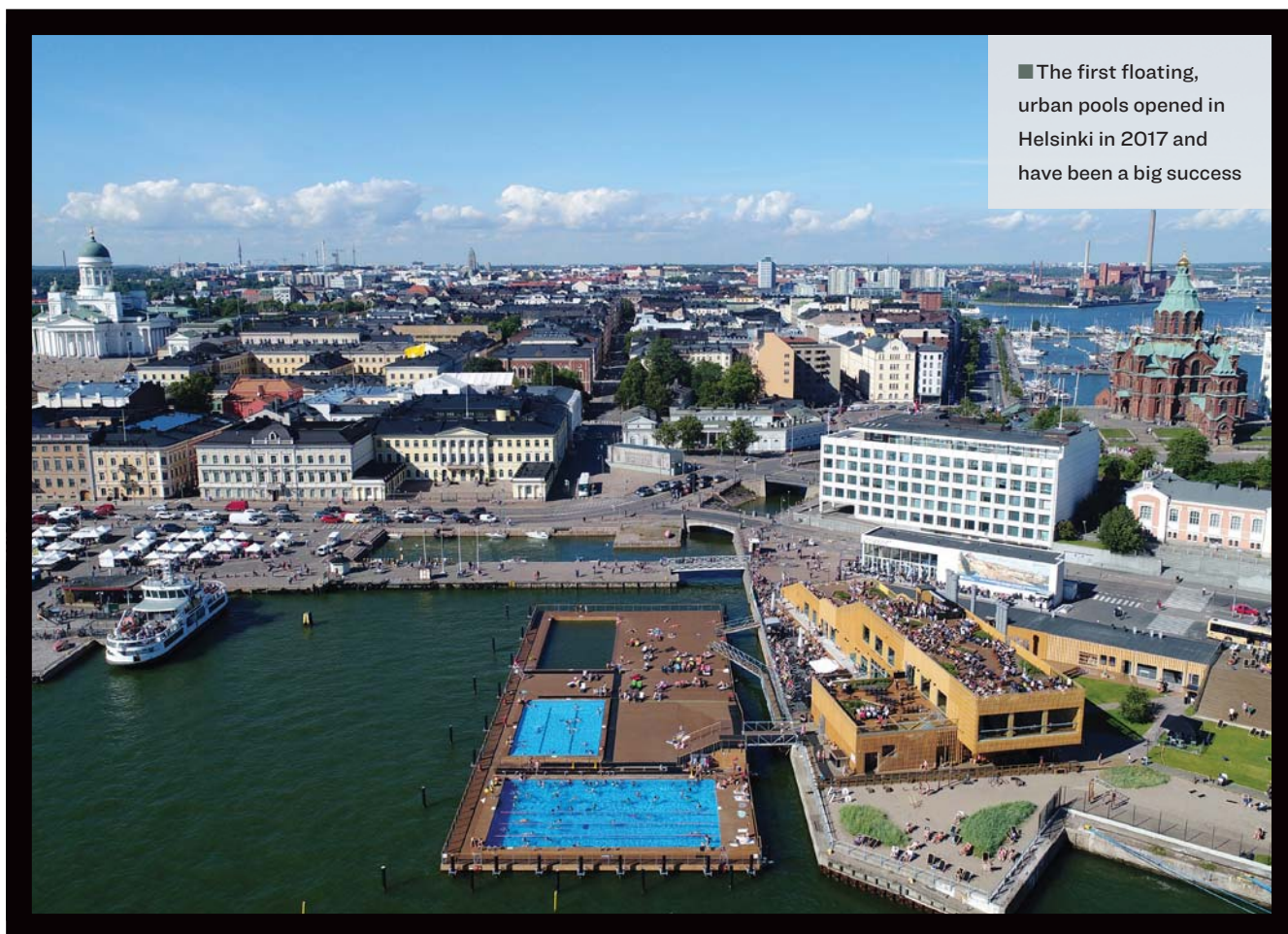
"They need to be made aware of the importance of staying hydrated and the need to avoid nonsteroidal anti-inflammatory drugs.

"Participants need to be informed of the risks of rhabdomyolysis. Guidelines should include information about the signs and symptoms of rhabdomyolysis and the urgency of seeking hospital treatment when such manifestations occur."

To read the study in full, visit the *American Journal of Medicine* website (www.amjmed.com) or follow this link: <http://lei.sr?a=EOV8S>. ●



■ Maureen Brogan, MD, a nephrologist at Westchester Medical Center, co-authored the study



Floating pools

New floating, urban sea pools are heading to coastal cities and towns around the world, with the first ones to be rolled out in Finland



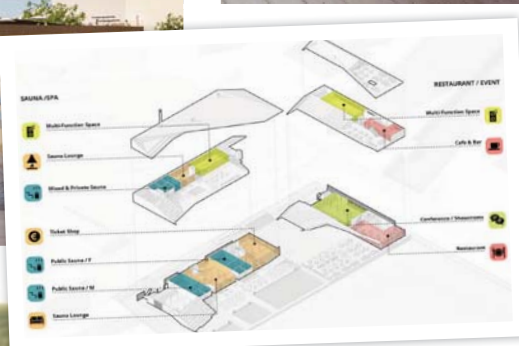
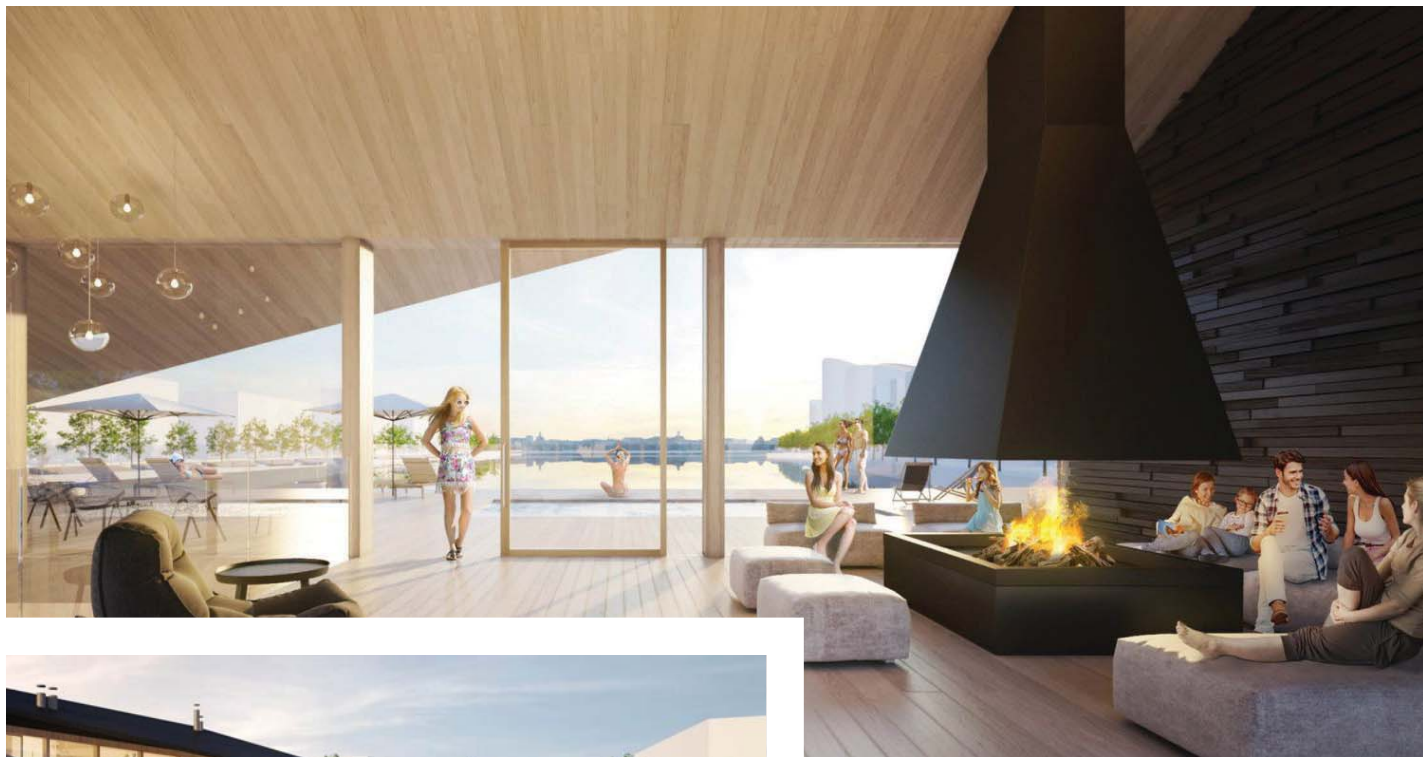
■ Raoul Grünstein, MD of Töölö Urban

Finnish architects OOPEAA have won a competition to design and create floating sea pools for public use in coastal cities and towns around the world, with the first to be rolled out in Oulu in the north of Finland.

Following a pilot project in Helsinki in 2016, city development and investment group Töölö Urban ran the competition in April 2018 to commission a firm to design the Allas Sea Pools. OOPEAA's entry was

selected as the winner, in part due to its flexible building system.

The future sea pools will be built on floating platforms on coastal sites in places where it is not possible to build on land. Two structures either side will contain spa, sauna and wellness facilities and a restaurant and cafe, respectively, along with informal gathering areas and other public spaces. The concept is 'scalable and applicable to any site in the world' according to OOPEAA, with the floating platforms varying in size from



■ The modular design means the pools can be set up in any coastal city and in locations which don't allow building on land



2,000sq m to 10,000sq m (21,500sq ft to 107,600sq ft).

Designed to "activate people's relationship to the waterfront by providing a comfortable and inviting atmosphere," the concept includes a 'custom toolbox' allowing for variables such as 'customer needs, seasonal changes and local requirements'.

This has been introduced to ensure that each build is adaptable, while still keeping some construction uniformity. The timber structure is partly

“

Our aim is to roll the concept out first in Finland and then all across Europe

constructed out of cross-laminated timber (CLT) elements, which Helsinki-based OOEPA said is an "ecological choice that allows for flexibility in application as well as for sustainability in the life cycle of the building".

Raoul Grünstein, MD of Töölö Urban, said: "Our aim is to roll the concept out across Europe. Our target for the Oulu site is 70,000 bathers a year.

"In Helsinki, we have had more than 100,000 visits during the first five months of its opening."



■ Most fitness operators contacted by Allegra for the survey think future prospects for trading are "excellent"

Growth spurts

An industry report by Allegra Strategies has deemed fitness the "fastest growing business sector" in the UK



■ The number of private sector clubs increased from 3,269 to 4,400 between 2013 and 2018

The latest in-depth survey of the UK fitness club market, Project Fitness UK 2018, published by Allegra Strategies, estimates the value of the total UK fitness

club market at £5.1bn and projects a compound annual growth of 8.5 per cent in value and circa 5 per cent in the number of gyms and health clubs over the next five years.

Given the fitness club market should now be in a mature state of development, and taking into account economic forecasts for the UK generally, these are impressive growth estimates.

GROWTH TRENDS TO DATE

Allegra's estimates are based on significant growth to date – 7.1 per cent in value terms over the last five years. Having increased its retail footprint



■ Allegra found 81 per cent of consumers think it's important to be fit, but only 17 per cent belong to a gym

“ The growth has been fuelled by increasing awareness –and actual experience – of the benefits of exercise on health ”

by 15.1 per cent since 2012, the health and leisure centre sector is deemed to have been the fastest growing business sector in the UK over the last five years.

Between 2013 and 2018, private sector clubs increased from 3,269 to 4,400 facilities, although the public sector contracted from 2,750 to 2,680. During the same period, memberships of private health and fitness clubs increased from 4.7m to 6.9m and of public sector clubs from 3.2m to 3.3m. Together, there are now 10.2m health and fitness club members in the private and public sectors in the UK. However, these active membership numbers only represent 17 per cent of the active UK population.

The growth has been fuelled by increasing awareness – and actual experience – of the benefits of exercise on both physical and mental health. The rise in obesity, heart disease and

diabetes has further highlighted the need to alter sedentary lifestyles, and government initiatives and sporting events have given the industry a further boost, as have technological developments. Importantly, 93 per cent of respondents to Allegra's survey think it's fashionable to be fit.

All these macro trends will continue to provide a positive boost to the industry in the next five years. Most operators contacted by Allegra researchers think future prospects for trading are excellent.

The market has experienced bifurcation between the low-cost and premium operators, resulting in an increasingly squeezed middle market. Researchers forecast that the low-cost segment will continue to drive growth, as UK consumers are increasingly motivated by value and convenience. ●



■ The number of public sector facilities fell slightly between 2013 and 2018



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Quest has fundamentally changed over the last seven years and continues to evolve; do you want to be part of the decision-making team that makes this happen? The Head of Quest will play the lead role in the operational management of both the Active Communities and Facility Management schemes and work with Sport England and our other partners, which include Swim England, IQL, STA, Active Alliance, CSPN, ukactive and CIMSPA.

As well as significant sports development experience, you will have a proven track record in people management and working with external, strategic partners. You will also ideally have a working knowledge of Quest, either as an assessor or having achieved Quest accreditation. You will have a great eye for detail, with organisational, mentoring and leadership skills.

Do you have great ideas, together with the drive and dynamism to see the ideas through to the end? If so, this is an exciting opportunity to make a difference in the leisure industry, as part of the leading leisure quality award.

Right Directions is a small, family-oriented business, with a big vision. While you will be based in Hertfordshire, you will work across the UK. The role is initially for two years, with potential to continue.

The salary ranges from £45,000 to £50,000, depending on experience. Please send us your CV, along with details of relevant experience and why you are ideal for this role and our team, by Friday 3 August 2018.

Interviews will take place on 17 September 2018 at Sport England's Head Office in London.

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For more information or an informal discussion please contact Sian Wheeler, Team Support Manager, on 01582 840098 or email sian@rightrightdirections.co.uk with your CV and covering letter. Look us up on www.questnbs.org

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Sales & Retention Manager

Salary: Grade H £29,055 - £31,401 a year

Location: Cross-site working

Derby continues to transform its sport and leisure facilities with the second phase of the Leisure Facility Strategy being progressed. This is the delivery of the exciting new swimming pool complex at Moorways which is being designed and is scheduled to open in 2020.

This is a new position within the Leisure & Business Development service which will drive performance to achieve our sales and revenue targets. It is a role that requires a highly motivated person possessing excellent interpersonal and organisational skills.

You will take responsibility for developing the sales strategies and campaigns to improve health and fitness memberships and net gain. Developing the sales journey and retention strategy are other key areas of responsibility.

The Sales and Retention Manager will require excellent communication skills, be able to work collaboratively with facility management and the marketing team whilst interacting at all levels of the organisation.

We're looking for a dynamic individual who is passionate about sales and retention with previous experience of managing within a sales environment.

We need someone who's self-motivated, enthusiastic, proactive and flexible with an interest and experience in the leisure sector.

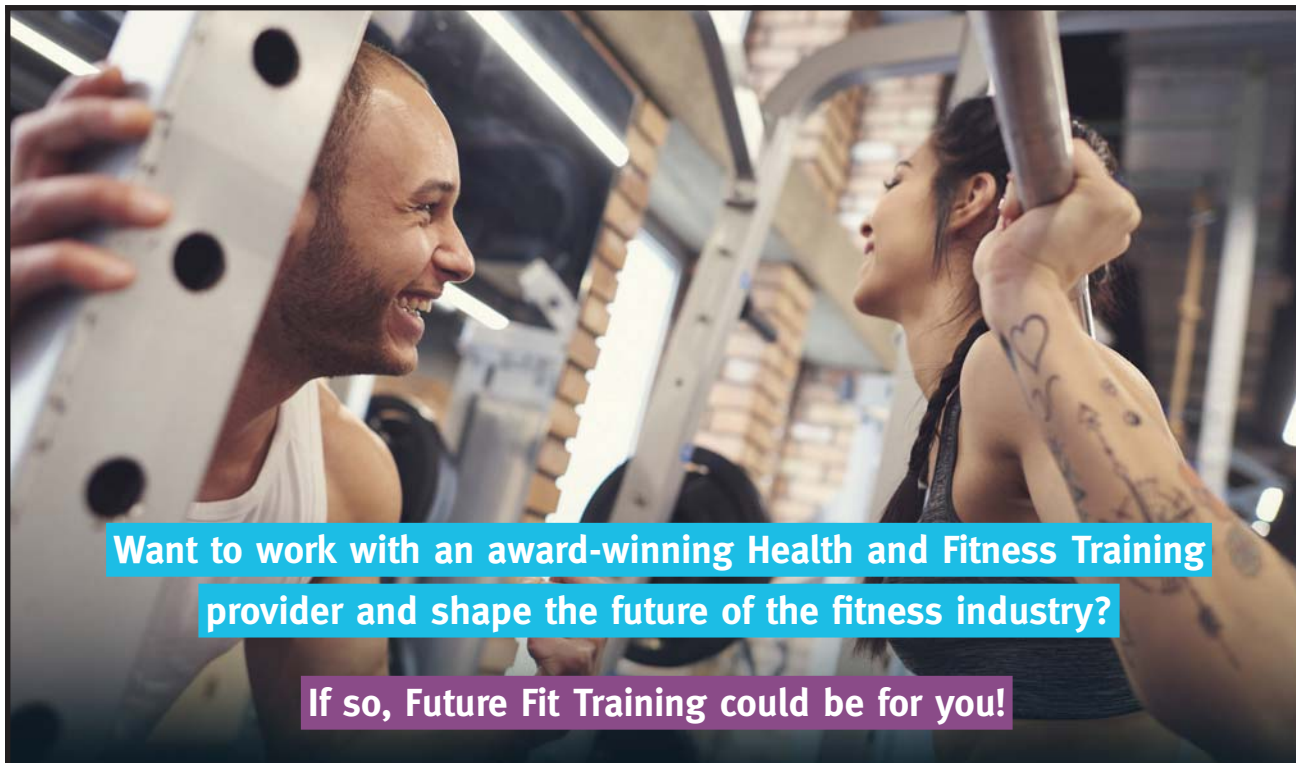
Closing date: 12 August 2018.

**APPLY
NOW:**

<http://lei.sr?a=m2U9Y>



Derby City Council



Want to work with an award-winning Health and Fitness Training provider and shape the future of the fitness industry?

If so, Future Fit Training could be for you!

We've experienced rapid growth over the past year and as such we have exciting opportunities for inspirational and passionate individuals to join our dedicated and experienced team.



Training Manager

Location: Primarily home-based with some travel to Head Office in Fareham

Competitive Salary & Benefits Package

Closing date: 14th August 2018

Reporting to the Learning and People Development Manager, you will take responsibility for ensuring the delivery of innovative, commercial thinking and market leading products in addition to providing our tutor, assessor and quality assurance team with an experienced and knowledgeable manager equipped to train, develop and inspire but above all, provide strong leadership to the team as we enter the next stage of our growth.

A thorough knowledge of exercise and fitness qualifications in addition to a proven track record in people management is essential. You will also possess training and assessment qualifications and experience. A good understanding of quality assurance and compliance is also required, although a qualification in quality assurance is not necessarily essential. You will also have experience of working in the fitness industry and have a grasp of current trends and developments within the sector.

For more information and to apply for this role: <http://lei.sr?a=c9E2M>

Regional Course Tutors and Assessors

Location: Nationwide, United Kingdom

Competitive Salary & Benefits Package

Closing date: 13th August 2018

We are looking for individuals who have a true passion for teaching and assessing the next generation of fitness professionals. Successful candidates will be able to demonstrate a strong history of working in the fitness industry in roles such as Personal Trainer, Pilates Instructor and Exercise Referral Instructor with experience of teaching and/or assessing.

Qualified tutors (minimum Award in Education and Training or equivalent) and qualified assessors (Award in Assessing or equivalent) across a number of disciplines and locations are required. We may also consider applicants who do not yet hold training and assessment qualifications, depending on skills and experience. It's important to note that these roles are weekend focused and can fit around existing work commitments.

For more information and to apply for this role: <http://lei.sr?a=2b9G9>



PERSONAL TRAINERS

Help our members **find their fit!**

- *Do you want to be part of a successful gym?*
- *Do you want to keep 100% of the earnings from your PT work?*
- *Would you prefer not to pay any "rent" or for a "licence fee"?*
- *Do you want to work in a state-of-the-art gym that'll have over 5000 members and more giving you a huge potential client base?*

If your answer to all these questions is yes, then we'd like to hear from you. In return, you'll need to give an agreed number of hours a week of your time to contribute to the success of the gym.

The Gym Group is the UK's fastest-growing low-cost gym operator. Open 24 hours a day, with no minimum contract, no punishing tie-ins or lengthy membership process.

Our state-of-the-art facility can be accessed from just £10.99 per month. We're looking to recruit Level 3 certified Personal Trainers to join our exceptional teams across the UK.

We're looking for driven, business minded team players who want to operate as a freelance Personal Trainer, who believe in offering a high level of customer service to members and who want the opportunity to develop their own business and the business of the gym in which they work.

If you are an experienced Personal Trainer looking to build a successful client base, in a superb location, with fantastic career development opportunities, then please apply in confidence by clicking 'apply now' to submit your CV.

To find out more about these exciting opportunities visit our recruitment website:
www.leisureopportunities.co.uk/GymGroup



Nationwide
Opportunities

Apply now: <http://lei.sr?a=c3P0I>

CAN XERCISE4LESS OFFER YOU MORE?



With an excellent starting salary, industry leading bonus and commission, management training programs and ongoing development, we definitely can!

We're also one of the fastest growing companies in the UK so why not join us and see your career grow too.

Due to our rapid growth, we are on then look out for leaders across the UK in the following roles:

GENERAL MANAGERS

SALES MANAGERS

MEMBERSHIP

CONSULTANTS

RECEPTIONISTS

PERSONAL TRAINERS

You will be:

- Competitive by nature and be motivated by money.
- Motivated and driven to succeed.
- Able to work in a fast paced and ever changing environment.
- A real people person and able to communicate and empathise with people.
- Passionate about fitness, sport and all things healthy!

Other Awesome Benefits:

- Opportunity to progress within a growing company.
- Contributory pension scheme.
- Access to excellent training programs – management, e-learning and onboarding.
- Free gym membership.
- Access to discounts at hundreds of global brands through Perkbox including free Tastecard.
- Free mobile phone insurance and breakdown cover.

If you would like to apply, please head to our website via xercise4less.co.uk and go to the careers section.

To make a speculative application, please send your CV along with a cover letter to recruitment@xercise4less.co.uk.





Spa Therapist

S O F I T E L
LUXURY HOTELS

LONDON HEATHROW

Location: Heathrow Airport, London, United Kingdom
Competitive Salary & Benefits

Award-winning luxury hotel directly connected to Heathrow Airport's Terminal Five with 605 bedrooms & suites, 45 meeting rooms, five restaurants and bars and a luxury spa with a thermal suite.

The spa is responsible for the delivery of a wide array of luxurious spa treatments to both our hotel guests and day guests & visitors ensuring an exceptional experience every time. We have five treatment rooms including, one couples suite a full hydro suite, relaxation room & gym facilities.

Spa Therapist is responsible for the delivery of a wide array of luxurious spa treatments to both our hotel guests and visitors. They also look after our Hydro Suite facilities ensuring the wellbeing of clients at all times.

Duties and Responsibilities

- Performing all spa treatments as per product and spa guidelines to include, head and body massages, facials, manicure, pedicure, hot stone treatments etc.
- Full and proper use of all Spa equipment as per treatment guidelines and training.
- Delivery of exceptional client care at all times.
- Outstanding cleanliness and hygiene across all areas of the spa.
- Up-selling spa products where possible and carry out Spa reception duties if required.
- Assist with demonstrations as and when required.
- Maintaining all equipment and work areas, including key security and comply with Health and Safety guidelines.

Skills & Experience

- Recognized Beauty Therapy Level 3 qualification (e.g. NVQ3 BTEC/CIDESCO/CIBTAC/BABTAC or similar) is preferred
- Previous experience in 5* spa environment would be an advantage
- Capable and dedicated to delivering high levels of guest care
- A smart, polished and professional appearance
- A positive attitude and excellent communication skills
- Willingness to drive treatment & products sales
- Previous knowledge of ESPA products and treatments would be an advantage

What we offer:

- Staff uniform provided
- Meals provided on duty
- 28 days annual leave (pro rata for part-time)
- A friendly working team environment
- Working with a luxury treatment brand with full training provided
- Continuous training on new products and spa treatments
- Reduced parking rate for members of staff
- Staff incentive programme
- Discounted/preferential rates at hotels within Accor and Arora hotels
- Discount of 30% off food and beverage in Hotel dining outlets

APPLY NOW: <http://lei.sr?a=n7J0I>



Spa Therapist

Location: Gloucester, UK
Competitive Salary & Benefits

Hatherley Manor Hotel and Spa is a new luxury Spa. The Spa opened in early June 2018 and is looking for full and part-time spa therapists to join our team.

The new £3m spa will include six luxury treatment rooms, a swimming pool with garden views, vitality pool, thermal suite, sensory showers, sauna, steam room, heated loungers, relaxation room and a gym.

The spa will also boast its own private relaxation lounge, a rooftop terrace, an exclusive champagne bar and five luxury spa bedrooms with private balconies.

Brief Job Description

The Spa Therapist is responsible for delivering the ultimate customer experience to The Spa at Hatherley Manor. To deliver an exceptionally high standard of treatments and customer care including prescriptive and rebooking advice on services, packages and product recommendations. To drive treatment and retail sales, achieving sales targets set by the Spa Manager.

Qualifications:

- Beauty Therapy qualification at least to NVQ Level 3 or equivalent

Previous Experience and Knowledge:

- At least one-year practical experience
- Proven record of retail selling skills
- Previous experience working within a professional Spa environment highly desirable

Apply now: <http://lei.sr?a=M8z1H>



(Full-Time / 12 Months Maternity Cover Contract)
Salary: £31,464 per annum
Location: ZSL London Zoo or ZSL Whipsnade Zoo



Overnight Accommodation Manager

ZSL
LET'S WORK
FOR WILDLIFE

The Zoological Society of London (ZSL), a charity founded in 1826, is a world-renowned centre of excellence for conservation science and applied conservation. ZSL's purpose is to inspire, inform and empower people to stop wild animals from going extinct. With a new strategy about to launch in June 2018, ZSL is just about to embark on a transformational change programme which will see strategic objectives being set for our 200 year anniversary in 2026.

The post holder is responsible for managing ZSL's Overnight Experiences at both ZSL London Zoo and ZSL Whipsnade Zoo. This currently includes Gir Lion Lodges, Lookout Lodges, BedBUGS sleepovers and Nature Nights camping. This role is responsible for all operational delivery, concept development and content design of our accommodation packages.

The Overnight Experiences Manager will also be supporting ZSL's Animal Experiences Manager to ensure effective management of the entire ZSL Experiences Portfolio.

Please note: This position can be primarily based at either ZSL London Zoo or ZSL Whipsnade Zoo but will require travel to the other site (minimum one day per week).

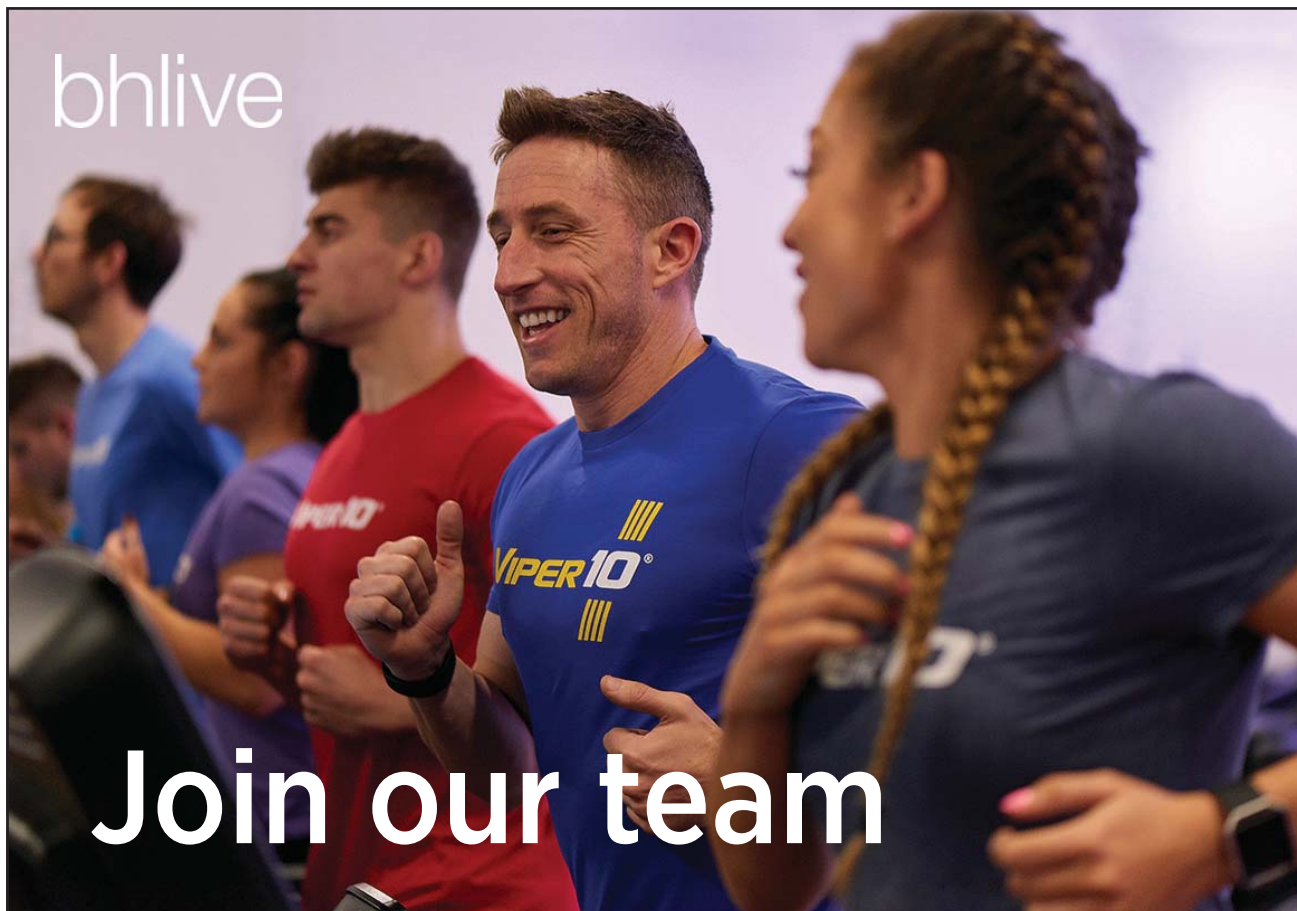
Benefit Package:

This role offers a competitive salary plus a comprehensive benefits package including 25 days holiday, stakeholder pension where the employer minimum contribution is 7%, complimentary zoo tickets and more.

Closing date for applications is: Midday (12:00pm) Sunday 5th August 2018

The Zoological Society of London is a charity registered in England and Wales: no. 208728.

Apply now - <http://lei.sr?a=x3l7o>



Join our team

We are the south coast's leading operator of leisure and event venues – a social enterprise that designs and builds engaging experiences to inspire people and enrich lives.

We are currently recruiting for:

Operations Manager – Full time – Mountbatten Leisure Centre – Portsmouth

Lifeguards – Full time/fixed term/casual – multiple sites – Portsmouth & Bournemouth

Duty Managers & Trainee Duty Managers – Full time – multiple sites – Portsmouth

Membership Sales Advisor – Full time – Mountbatten Leisure Centre – Portsmouth

Housekeeper – Full time/fixed term/casual – multiple sites – Portsmouth & Bournemouth

Our vision of Creating Opportunities, Inspiring People and Enriching Lives represents the ambition of:

- Encouraging more people to take part in physical activity
- Attracting higher audiences through a diverse range of cultural arts and community events
- Delivering economic benefit to the locations in which we operate by hosting major conferences, exhibitions and events

For more information and to apply: www.bhlive.org.uk/careers



Centre Manager

Location: Huddersfield, UK

Salary: £33,136 - £35,229

An exciting and rewarding opportunity has arisen as the Centre Manager of Cliffe House with arm's length responsibility for the Dram Centre.

Cliffe House is a grade 2 listed building once owned by the infamous Senior family. The Venue boasts 11 acres of land, and offers a variety of opportunities designed to support the national curriculum delivered in a high-quality learning environment. School residential programmes are led by qualified and experienced staff.

Within Commercial Regulatory and Operational Services we aim to be innovative and creative in the way we work to deliver our services to our communities. We know we have challenging times ahead, therefore, strive to find better and smarter ways to work.

The Dram centre is a sports club which is home to Moldgreen rugby club along with a senior football team. The centre hosts a multi-use games area, studio, conferencing facilities and bar. The Dram centre is a vibrant hub to many local community groups delivering excellent outcomes within the locality.

You will be responsible for all day to day operations, maximising uptake, income and financial contribution from the bars catering and venues within your area whilst anticipating and meeting the changing needs of your customer base. You will also be responsible for service development along with maintaining standards, systems & procedures, recruitment, staff performance, sales, refurbishments, and problem-solving.

You will be driven, motivated, sales, service, and standards focused with strong leadership skills and an inspirational approach that enables you to motivate people.

The successful candidate will work Monday – Friday with occasional weekend working to support business need.

Closing Date: 12th August 2018

Interviews commencing week 13th August 2018.

For more information and to apply: <http://lei.sr?a=j2Z2U>

GYMNASTICS COACHES FOR THE NEW MAX WHITLOCK GYMNASTICS PROGRAMME

Locations: Ealing, Spelthorne, Sutton, Fareham, Chichester, St Albans, Watford, Hart (fleet), East Hampshire, Plymouth, Stratford, Warwick, Stroud, Poole, Sunderland, Middlesbrough, Redcar & Cleveland, Sutton-in-Ashfield, West Lindsey, Lincolnshire, Nuneaton & Bedworth

Salary subject to qualifications and experience

Everyone Active is currently seeking high calibre, positive, supportive, inclusive and progressive gymnastics coaches to lead our Max Whitlock Gymnastics Programme. The ideal candidate will be Gymnastics Level 1 qualified or above, and able to coach our courses during the week, weekends and holiday periods.

The successful candidate will be:

- Able to lead a group of children and teach a variety of gymnastics skills and techniques
- Able to adapt gymnastics teaching skills to deliver the Max Whitlock Mastery Awards Framework
- Hold a Level 1 qualification in gymnastics and/or above
- Able to adopt a positive approach and engage with parents to provide feedback
- Be punctual and able to cover holiday and sickness
- Embrace our brand mission of 30 minutes of activity 5 times a week.

Application Deadline: **Friday 27th July 2018**



**MAX
WHITLOCK**
Gymnastics

POWERED BY everyone
ACTIVE

WE PLEDGE TO GET ONE MILLION KIDS ENGAGED WITH GYMNASTICS BY 2022



FOR MORE INFORMATION AND TO APPLY: <http://lei.sr?a=N2M7j>



Activity Engagement Activator

Salary: £16,000

Location: Seaford, UK

Delivery within the Community based out of Downs Leisure Centre, Seaford

Wave is a dynamic charitable trust and social enterprise looking for an energetic, enthusiastic and caring new Activity Activator to join the team. Candidates must have experience working with children, and young people and sports, be brimming with new ideas and have endless energy and enthusiasm for improving their local community. A can do, pro active attitude is essential.

The Community and Health Improvement Team at Wave helps people all over the community to participate in activities and make positive health and wellbeing decisions. Working with schools, families, partners and community organisations, the team work to make activities accessible to all with a range of innovative initiatives.

Responsibilities

As Activity Engagement Activator, you will engage with children, young people and families, providing opportunities improve health and wellbeing, physical an exciting and varied range of activities, sport and exercise, ensure positive community engagement and improve accessibility and greater opportunities to participate.

You will work across the community, including with those with Special Educational Needs and Disabilities and primary, secondary and tertiary schools and colleges both in Wave Leisure Trust facilities and out and about across East Sussex.

CLOSING DATE: 30 JULY 2018

For more information and to apply: <http://lei.sr?a=J2k8Z>

LAUNCH YOUR CAREER IN LEISURE

**Are you about to leave school?
Why not pursue a career in leisure?
Apply to our apprenticeships programme today!**

If you are

- Over 16
- Not in full time education

You can

- Earn while you learn
- Start on a career pathway that will lead you to your goals
- Gain qualifications and the prospect of excellent progression opportunities
- Gain the skills, knowledge and behaviour that will be the foundation of your career
- Gain hands on training, giving you confidence in your working environment

Our apprenticeship programmes include:

- Coaching Learn to Swim
- Activity Leadership
- Exercise and Fitness
- Customer Services
- Team Leader / Supervisor
- Leisure Duty Manager



Interested?

contact the HR team via email
recruitment
@parkwood-holdings.co.uk

Or apply online at
leisurecentre.com





South Suffolk Leisure is a charitable Trust formed in 2006 managing leisure facilities across Suffolk. As a charity, our trading surplus will be re-invested back into developing and improving the facilities and services for our customers. With a mix of leisure centres with wet and dry facilities as well as a dual-use sports centre, we offer the community a variety of activity options.

Our gyms offer state of the art gym equipment as well as a variety of fun, motivational and challenging classes for all ages and abilities. As well as health and fitness we offer the Swim England accredited swimming lessons at both our swimming pools. Sports and junior clubs are run at our four sports centres and soft play is located at our Little Kingfisher play centre.

We are leading the way to active living.

We recognise our workforce is key to our service delivery

Our Vision is To improve the Health and Wellbeing of our Community

Our Mission is To provide quality facilities and services for our community that promote a healthy lifestyle.

Currently recruiting for:

- **Manger On Duty**
- **Lifeguards**

OUR FOUR PRIORITIES ARE:

OUR WORKFORCE

To be recognised as an excellent employer

- We will invest in training
- We will offer clear development pathways for our staff
- We will encourage a healthy lifestyle

OUR BRAND AND PRODUCTS

To provide accessible facilities and deliver excellent service

- We will support communities to improve their health and wellbeing
- We will develop innovative and engaging programmes
- We will ensure diversity, equality and inclusion.

OUR COMMUNITY

To work with our partners to encourage healthy living

- We will build strong and innovative partnerships
- We will bring together partners to drive shared goals
- We will inspire and encourage volunteering

OUR FUTURE

To be financially sustainable in order to achieve our vision

- We will ensure that we operate in a cost-effective manner
- We will invest to ensure efficiency and growth
- We will create stronger more resilient communities

See our current vacancies here: <http://lei.sr?a=k5m6g>



GUARANTEED JOB INTERVIEW*

STUDENT, FOOTBALLER, PIZZA LOVER 24/7 SWIMMING TEACHER 8 HOURS A WEEK

“I didn’t know what I wanted to do when I left school. I’ve always been sporty and was always down my local leisure centre and knew all the staff. One of them said to me that you could build a really good career as a swimming teacher as there were always plenty of shifts to work. I got myself qualified and now I work pretty much full time over all different shifts, so I still get time to play football and see my mates.”

Train to be a STA-qualified swimming teacher. Swimming Teachers can work flexible hours across a variety of shifts, and you could train to be one in only five days with GLL College.

*Guaranteed job interviews on qualification with the UK’s largest swim school operator.

gllcollege.co.uk

GLL
COLLEGE