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13 - 26 November 2018 Issue 749

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'Preventative vision' revealed for NHS

Health secretary Matt Hancock has revealed a new preventative vision for the NHS, which includes a call for people to "take more responsibility for their own health".

Announcing a new strategic tagline – "Prevention is better than cure" – Hancock said the approach will transform the government's approach to healthcare, resulting in a green paper being published in 2019.

Speaking at the Annual Meeting of the International Association of National Public Health Institutes today (5 November 2018) Hancock released a document outlining the new vision, which looks to shift the focus to primary and community care services – and the "value they can bring in offering early support".

The plan will utilise new approaches – such as "predictive prevention", which will explore how digital technology can be used to offer individuals precise and targeted health advice.

"Prevention is crucial to improving the health of the whole population,



■ Hancock said prevention is crucial to improving the health of the whole population



and helping secure the health and social care services we all value and rely on," Hancock said. "It will also boost the health of our economy."

"This Mission is to ensure that people can enjoy at least five extra healthy, independent years of life by 2035, while narrowing the gap between the experience of the richest and poorest."



Prevention will help secure the health care services we all value

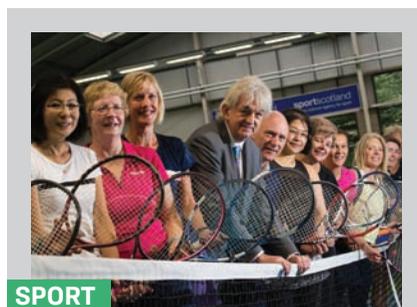
Matt Hancock



FITNESS

Escape and Myzone to gamify HIIT classes

Rachel Young: partnership provides competitive advantage [p10](#)



SPORT

Funding to get more Scottish women into sport

Sportscotland to tackle barriers for female participation [p14](#)



ATTRACTIONS

Merlin reveals Australian expansion plans

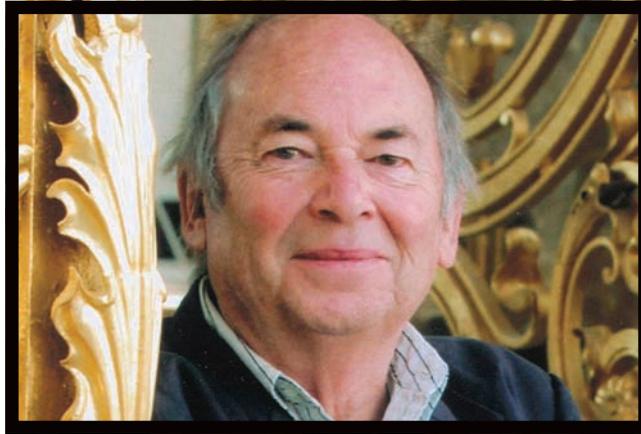
New Lego and Dungeons attractions to be launched [p24](#)

London's Science Museum unveils exhibition of illustrator **Quentin Blake's** science paintings

The Science Museum in London has opened a new exhibition of paintings by British illustrator Sir Quentin Blake that depict famous scientists and engineers and their inventions.

Blake, best known for his illustrations that brought Roald Dahl's children's stories to life, has painted objects and scientists represented in the museum's mammoth collection.

Included in the collection, which is hung outside Wonderlab: The Equinox Gallery, are paintings of mathematician Ada Lovelace, environmental scientist James Lovelock and DNA pioneers Francis Crick and James Watson.



■ Blake is best known for his illustrations for Roald Dahl's books

"Making drawings of real people from reference is rather different from depicting the characters in a story"

"Making drawings of real people from reference is rather different from depicting the characters

in a story," Blake told BBC News. "You are given visual information where you would normally expect to

be interpreting someone's words. I think the advantage of these drawings is that they do in some sense make the scientists more informal and accessible to the newcomer."

His Lovelace depiction shows the mathematician and daughter of poet Lord Byron with Charles Babbage's Analytical Engine. She published the first algorithm for the mechanical computer and is widely recognised as the world's first computer programmer.

Meanwhile, the Lovelock portrayal shows the scientist beside foliage and his Electron Capture Detector, which demonstrated the environmental danger of CFCs to the Earth.

Emlyn Brown appointed vice president of wellbeing at hospitality giant AccorHotels



■ Emlyn Brown is the new VP of well-being for AccorHotels. He will be based in Paris

Emlyn Brown has joined AccorHotels as VP of well-being for its luxury brands and will work on spa and wellness for properties such as Sofitel, Pullman, Swissôtel and Grand Mercure, among others. He will be based in Paris.

His role will cover everything from design and concepts to facilities and programming.

He joins the team at Accor in place of industry veteran Andrew Gibson, who was VP of spa and wellness from

"My goal is to surpass the expectations of our guests and to infuse their entire experience with wellness"

2014 to May this year, when he left to join the team at Larry Ellison's Sensei.

Brown previously spent three years at Resense Spas, where he was MD of Asia, based in Beijing and then global design director, based in Switzerland.

He also did a five-year stint with GOCO Hospitality as director of spa operations, based in Bangkok.

Brown said: "AccorHotels' discerning clientele are well-travelled and motivated by the opportunity to maintain and even improve their approach to health and wellbeing during their journeys. My goal is to surpass the expectations of our guests and to infuse their entire experience with opportunities for transformative moments of wellbeing."



■ Wilson is the first chair to be recruited from outside of the sport

"I'm a passionate advocate of 'sport for all' and I look forward to driving forward the NGB's strategic direction"

Philip Wilson named chair of Wheelchair Basketball

National governing body British Wheelchair Basketball (BWB) has named Professor Philip Wilson its new chair.

The appointment will take effect immediately and, according to a statement, "underpins the NGBs transformation of its leadership model" and follows the May 2018 appointment of CEO Lisa Pearce.

Wilson is the first BWB chair to have been recruited from outside of the sports membership and brings significant boardroom experience to the organisation.

He has held trustee positions for both sporting and academic organisations, as well as the role of CEO of Conde Nast College – part of

Conde Nast International, the multinational publishing group. He has also been a trustee at Burnley FC in the Community and Liverpool Amateur Football League. At Burnley, he was instrumental in the setting up of The University and College of Football Business – a partnership between Burnley FC and Buckinghamshire New University.

Working together with CEO Lisa Pearce, Wilson will be tasked with "driving forward the momentum of change".

Commenting on his appointment, Wilson said: "At my core I am a passionate advocate of 'sport for all' and look forward to driving forward the NGB's ambitious strategic direction into Tokyo 2020 and beyond."

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Contents issue 749

NEWS

People 06 ➤

Fitness 08 ➤

Sports 13 ➤

CIMSPA 17 ➤

Spa & wellness 18 ➤

Hotel 20 ➤

Tourism 21 ➤

Attractions 23 ➤

Insight 26 ➤

CLASSIFIED & JOBS

Tenders 32 ➤

Job opportunities 33 ➤

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■ Bell says that there are five key factors to consider when designing the 'perfect spa'

Raison d'Etire's **Ian Bell** reveals the formula for 'perfect spas'

Ian Bell, senior project manager at global spa consultancy and wellness think tank Raison d'Etire, has revealed the formula the company uses in order to create the "perfect spa design".

When designing a spa, Bell says there are five key factors to consider: industry KPIs, space requirements, creative use of the edge, balance of guest needs and operational needs, and timelines. By taking into account these factors designers can infer

"Designers should consider the crossing points where a guest comes from one world into another"

the feasibility and size of the spa, as well as the overall space needed for both the front of house and back of house facilities.

Meanwhile, by considering the 'edges' of the spa, or as Bell puts it: "The crossing points where a guest comes from one world into the other", designers can ensure that the spa is seamlessly integrated into

its surrounding environment. In addition, designers should bear in mind two objectives: flow of energy and "from pattern to detail".

From pattern to detail encourages designers to recognise the overall concept which informs the smaller details, such as music used, while flow of energy ensures a guests journey throughout the spa 'flows'.

Meghan and Harry's wedding outfits to go on public display as part of exhibition at Windsor Castle

The outfits which Meghan Markle and Prince Harry wore on their wedding day earlier this year have gone on display at Windsor Castle.

Visitors to the castle can now see Markle's gown – designed by Clare Waight Keller – and the military uniform the English prince wore for their wedding ceremony on 19 May 2018, an event watched by millions worldwide.

On the day, Markle wore a five-meter (16 ft) veil, decorated with hand-embroidered flowers that paid homage to the 53 Commonwealth countries alongside diamond tiara borrowed from Queen



■ Visitors to the castle can now see the attire worn by the couple

This is a unique opportunity to see these outfits, worn on such a special day"
Caroline de Guitaut

Elizabeth. Prince Harry, meanwhile, wore a frockcoat uniform of the Household Cavalry, the British Army

regiment in which he served as a lieutenant.

The two full outfits, shoes included, are on display in

a glass box inside Windsor Castle's Grand Reception Room, which was one of the rooms used for the wedding celebrations.

"This is a unique opportunity to see these outfits, worn on such a special day, actually in the surroundings where they were worn here at Windsor Castle," said Caroline de Guitaut, senior curator of decorative arts at the Royal Collection Trust.

"Their Royal Highnesses have been very involved in the preparation for this exhibition."

The bridesmaid and pageboy attire that Harry's niece and nephew, Princess Charlotte and Prince George, wore on the day are also on show at the exhibition.



■ Worthy is set to run FitnessCo, when the spin-off takes place in 2019

Brunswick names **Jason Worthy** as president of fitness division ahead of spin-off

US-based manufacturing conglomerate Brunswick has named Jason Worthy, vice president of Life Fitness, as president of its fitness division – just months before the brand’s planned spin-off.

Worthy replaces Jaime Irick – who had held the role since January 2017 – and will report to Brunswick directors David Everitt and David Singer.

Earlier this year, Brunswick announced plans to spin off its fitness business and to run its five wellness brands – Life Fitness, Hammer Strength, Cybex, Indoor Cycling Group and

SCIFIT – under an independent, standalone, publicly traded company called FitnessCo.

The company said the move would allow the new company to better focus on “driving product leadership, operational excellence and technology development to address evolving commercial fitness marketplace trends”.

Worthy is now set to run FitnessCo, when the expected spin-off takes place in early 2019.

Before joining Life Fitness in 2012, Worthy led global procurement for Fitness First, where he also co-led the launch of its budget club chain Klick Fitness.

“Brunswick announced plans to spin off its fitness business and to run its five wellness brands under an independent, standalone, publicly traded company called FitnessCo”

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HIIT

Escape and Myzone to 'gamify' HIIT classes

Fitness equipment specialist Escape Fitness has teamed up with Myzone to add a tracking element to its Move It classes.

Move It is a functional HIIT programme for groups and has six specific zones – lift, move, function, core, run, and recovery – offering users a full-body workout.

Introducing Myzone's heart rate tracker to the mix means members will get instant feedback on their performances via their phone or a screen in the gym – and will add an element of gamification to Move It.

According to Rachel Young, Escape Fitness' head of training and programming, the partnership means that

clubs can schedule Move It for their unique needs.

"Operators will have the ability to design performance specific workouts focusing on upper body, lower body or full body workouts, according to trends or seasonality.

"The level of creative customisation this partnership provides is a competitive advantage as today's tech-savvy exercisers expect novelty, community and challenge – and plus real-time feedback."

Both the 30-minute and 45-minute version of Move It/Myzone will work with or without an instructor as it can be streamed on-demand – ideal for unmanned facilities.

More: <http://lei.sr?a=T3S5W>



■ Move It offers HIIT across six specific zones



“
The customisation this partnership offers is a competitive advantage

Rachel Young

PUBLIC LEISURE

Approval for Winchester's £38m Olympic pool project

“
The design brief for the centre includes making it as sustainable as possible and the council is aiming for an excellent BREEAM rating

Plans to build a £38m leisure centre and 50m swimming pool in Winchester have been given the go-ahead.

Winchester City Council's (WCC) planning committee recommended approval for the scheme at a meeting on 30 October and the committee will formally issue approval over the coming weeks.

Designed by LA Architects, the Winchester Sport & Leisure Centre will house a 50m swimming pool, teaching pool and splash area, a health club with a 200-station gym floor, two large studios and an indoor cycling studio.



■ Winchester Sport & Leisure Centre will house a 50m swimming pool, teaching pool and splash area

Sports facilities include a multi-use sports hall, squash courts and climbing wall.

There will also be a day spa with a hydrotherapy suite and eight treatment rooms.

More: <http://lei.sr?a=U3u4h>

BOUTIQUE FITNESS

Xponential Fitness adds Pure Barre to growing portfolio



Pure Barre sets the standard for barre workouts globally

Anthony Geisler

Xponential Fitness has acquired Pure Barre, one of the largest barre franchises in the US – making it the seventh business in Xponential’s rapidly growing portfolio of fitness brands.

Founded in 2001 by dancer and choreographer Carrie Rezabek Dorr, Pure Barre has more than 517 studios throughout the US and Canada. The chain has expanded rapidly since launching its franchised operations in 2009.

“Pure Barre sets the standard for barre workouts globally,” said Anthony Geisler, CEO of Xponential Fitness.



■ Xponential, which landed in the UK earlier this year, has acquired Pure Barre’s 517 studios

“The addition of Pure Barre to our already robust portfolio of brands enhances our company and establishes Xponential as the number one curator of the best brands in the boutique fitness industry.”

Earlier this year, the company announced it would kick off its global expansion in the UK.

[More: http://lei.sr?a=X6B2C](http://lei.sr?a=X6B2C)

PARTNERSHIP

The Training Room signs deal with Indian giant Tata

The Training Room has signed a partnership deal with Tata Consultancy Services (TCS) which will result in the duo launching an international fitness training platform.

As part of the deal, The Training Room will leverage TCS’s iON Digital Learning Hub to provide a platform for students seeking skills and technical courses.

TCS iON will provide the backbone for delivering skills in a ‘Phygital model’, where trainers and physical classrooms are combined with digital technology to give students access to educational content everywhere.



■ TCS iON will provide skills in a ‘Phygital model’



Our mission is to help the young and unemployed develop skills

Andrew Powell

The Training Room’s courses will be rolled out on the platform, starting with fitness and PT courses, followed by IT courses. The platform will also host content from other educational institutions.

“Our mission is to help young and unemployed people develop skills, connect with employers and grow their careers,” said Andrew Powell, CEO of The Training Room, said.

[More: http://lei.sr?a=w1h0Q](http://lei.sr?a=w1h0Q)

Booking management platform launched for PTs

Former golf pro Anthony Franklin has launched a new booking management platform for personal trainers.

Offering real-time bookings, secure payments, personalised web pages and associated marketing channels, the platform, called Fibodo (Find it. Book it. Do it) is designed to take away the everyday hassles of running a business.

The venture is backed by former JJB Sports CEO, Tom Knight and has recently partnered with FitPro.

[More: http://lei.sr?a=g9T1A](http://lei.sr?a=g9T1A)

SWIMMING TEACHING

STA and Leisure Media sign partnership

The Swimming Teachers' Association (STA) and Leisure Media have signed a strategic partnership designed to bridge the skills gaps faced by employers in the swimming teaching sector. Together, the two organisations will promote the opportunities available in teaching swimming, particularly among people who might not have previously considered becoming a swimming teacher.

STA is an independent swimming teaching organisation with more than 11,500 active members.

Leisure Media – publisher of *Leisure Opportunities* magazine – will become an STA strategic media partner and will work to raise its

profile across the wider leisure sector. *Leisure Opportunities* will also showcase career opportunities in swimming teaching and highlight STA's work and campaigns, as part of a drive to tackle the well-documented shortage of teachers across the UK.

Zoe Cooper, sales and marketing director at STA and Safety Training Awards (STA's awarding organisation) said: "Swim teacher recruitment continues to be a widespread issue for the leisure industry, with our latest research showing that 78 per cent of UK swim schools cannot find appropriately qualified swimming teaching staff to meet lesson demands.

More: <http://lei.sr?a=W3Y7H>



■ The two organisations will focus on promoting the opportunities available in teaching swimming in the UK



“
Swim teacher recruitment continues to be a widespread issue
Zoe Cooper

TRAINING

Frame launches 'training course for boutiques'



“
The course will highlight the impact a group instructor has
Joan Murphy

Fitness studio operator Frame has launched a training course designed to meet the demands of instructors working at boutique studios.

The Studio Fitness Instructing course has been endorsed by YMCA Awards and will lead to a full "group exerciser" qualification.

Delivered by Frame Academy – the operator's teacher training arm – the course will focus on assisting exercisers, communication skills and developing the emotional intelligence of instructors.

According to Frame founder Joan Murphy, many of the training courses



■ The course is designed to highlight the impact a group instructor can have on the lives of their clients

currently available "do not reflect the needs of the boutique industry".

"The course is designed to highlight the impact a group instructor can have on the lives of their participants," Murphy said.

More: <http://lei.sr?a=f6x2T>

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READ MORE ABOUT BERNIE
KEMBLE'S STORY AT
[RLSS.ORG.UK/BEALIFESAVER](http://rlss.org.uk/bealifesaver)

I have been a relief lifeguard at the Wales National Pool, Swansea for just over three years.

At the ripe old age of 62, lifeguarding keeps me fit and engaged with people. Monthly training sessions are both informative and fun, they ensure that team and individual competency and fitness levels are maintained to a high standard.

The pool attracts customers from all age groups and backgrounds. I have found that my life experience has helped me build up a rapport with customers which projects a friendly and professional image for the pool. It is rewarding when younger team members seek career or life advice from me and it's really good to see them achieve their goals.

I have worked with or on the water since leaving school. In 1972 I joined the Royal Navy, leaving in 1996 for a second career in the Maritime & Coastguard Agency. My roles as Coastguard Officer have included Search Planner, Search & Rescue Mission Co-ordinator and Small Fishing Vessel Inspector. As a Pool Lifeguard, thankfully I no longer need to consider the wind and the tide when on shift!

I enjoy keeping fit by swimming after most shifts and by cycling my twelve-mile round commute. I would highly recommend doing the NPLQ course to anyone who enjoys swimming and is reasonably fit. The flexibility of the role is a big plus point and knowing that I can make a difference to someone's life is very rewarding.

Read more about Bernie Kemble's story at rlss.org.uk/bealifesaver



AGE 62, QUALIFIED AS AN
NPLQ LIFEGUARD IN JUNE 2015

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Sports news

MAJOR EVENTS

Birmingham completes venue plan for 2022 Games



The Games will be a showcase of the city

John Crabtree

Nearly every event at the Birmingham 2022 Commonwealth Games will take place in a facility which is already open.

The official *Sport and Venue Programme* – released by Birmingham 2022 officials – shows that the only venue to be built for the Games is the Aquatics Centre in Sandwell, which will host all the swimming and diving events.

The athletics and para-athletics will take place at an upgraded Alexander Stadium, while Arena Birmingham will host the gymnastics. The NEC campus will host six sports – badminton, boxing, judo, table tennis, weightlifting and



■ Team England gymnast Hannah Martin will compete for gymnastics gold at Arena Birmingham

wrestling. The University of Birmingham will be home to hockey and squash and Aston Villa's football ground Villa Park will be the stadium for the Rugby Sevens action. A city-centre location for basketball events is still being finalised.

John Crabtree, chair of the organising committee, said: "Our collaborative efforts are focused on ensuring the Games will be a showcase of the city and region."

[More: http://lei.sr?a=P9v5n](http://lei.sr?a=P9v5n)

TRAINING

Scheme to produce 140 'board ready' candidates for sport

Up to £400,000 worth of National Lottery has been made available for a career initiative which will aim to provide English sport with 140 'board ready' candidates by 2021.

Designed to increase diversity in leadership roles within sport, the scheme will see training, networking, mentoring, deployment support and online activities being provided to potential candidates.

Sport England – which will be responsible for distributing the grants – said the money will provide those who are least likely to fulfil board



■ The initiative aims to increase diversity in sport leadership



Funded by Sport England, the programme is designed to increase diversity in leadership roles within sport

leadership roles (due to their ethnicity, faith, gender or cultural and socio-economic background) with specific support so that they feel able to apply for these positions in the future.

Annual audits on the diversity profile of the boards of national governing bodies (NGBs) of sport and senior management teams illustrate that there is a significant lack of diversity.

[More: http://lei.sr?a=X6z4X](http://lei.sr?a=X6z4X)

Leicester City, WCCC and Leeds among IOG winners

Groundscore teams at Leicester City Football Club, Warwickshire County Cricket Club and Leeds Rhinos rugby club are among the winners of the 2018 Institute of Groundsmanship's (IOG) awards for groundskeeping.

Celebrating its 10th anniversary, the awards celebrate the achievements by volunteer and professional teams, as well as individuals at facilities ranging from grassroots to professional stadia level.

[More: http://lei.sr?a=S6s6q](http://lei.sr?a=S6s6q)

WOMEN AND SPORT

Funding to get Scottish women into sport

The Scottish government and sportscotland have made £300,000 worth of extra funding available for projects that encourage more women and girls to participate in sport and physical activity.

The two organisations are calling for applications led by governing bodies of sport or local authorities for the funding, which will build on the success of the Sporting Equality Fund (SEF) launched in 2017. Each grant handed from the new funding pot will range between £10,000 and £30,000.

“The numbers of women and girls in Scotland participating in sports and physical activity has increased significantly in recent years,”

said Scottish Sports Minister Joe FitzPatrick. “Numbers are up in a range of sports, from netball, hockey and shinty to activities such as recreational walking and biking adventures.

“But we want to do more to address the barriers that stop women and girls taking part, and this fund helps support that aim.”

The latest funding is one of a number of new grants made available by Sportscotland, as part of a strategy to get the nation more active.

These include the Changing Lives Through Sport and Physical Activity grant, which looks to empower community-based sport and physical activity projects.

More: <http://lei.sr?a=Q3J7C>



■ The scheme was launched by Sportscotland chair Mel Young and sports minister Joe FitzPatrick (both at the centre of the picture)



We want to do more to address the barriers that prevent women playing sports

John FitzPatrick

CYCLING

£15m cycling investment to provide 'lasting legacy'



The investment will provide more facilities for cycling

Charles Johnston

The government has pledged to invest £15m in improving community cycling facilities across the UK, as part of plans to provide a “lasting legacy” from next year’s UCI Road World Championships.

Working with British Cycling, the funding will be delivered by Sport England with a focus on building multi-use facilities around the country.

The programme aims to engage a broad spectrum of cyclists – with an emphasis on helping young people learn to ride.

A small grants fund will be part of the investment, which will be open for applications from late November (2018).



■ The programme will focus on cyclists of all ages

“The investment will provide more facilities such as tracks and bike centres, where people can ride confidently and safely as well as access to the essential equipment they need to have a go,” said Charles Johnston, Sport England’s director of property.

More: <http://lei.sr?a=y4b6q>



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SWIMMING

Campaign to ensure all children learn how to swim



We want every child to be a confident swimmer

Nadhim Zahawi

The government has pledged extra support and improved guidance for primary schools in England as part of a drive to make sure all children are able to swim confidently.

The Department for Education – working together with DCMS and Swim England – has announced extra help for schools to make sure every child knows how to swim by the end of primary school. The initiative will receive funding from the £320m PE and Sport Premium.

“We want every child to be a confident swimmer by the time they leave primary school,” said children



■ The scheme will receive funding from the government’s £320m PE and Sport Premium

and families minister Nadhim Zahawi. “By funding extra lessons for the pupils that need it most, providing extra training for our teachers and working with our independent schools to offer access to their pools and expertise, we can help children stay safe and learn to love swimming.”

[More: ttp://lei.sr?a=g9R7R](http://lei.sr?a=g9R7R)

PUBLIC LEISURE

Work begins on £33m Braywick Leisure Centre

Construction has begun on a £33m leisure centre and swimming pool at Braywick Park in Maidenhead, Berkshire.

Designed by architects Burke Rickhards, Braywick Leisure Centre will replace the ageing Magnet Leisure Centre with a modern facility, which will combine a number of leisure services under one roof.

Leisure facilities will include a 10-lane, 25m swimming pool, a training pool and large splash area for children.

The centre’s health club will house a 200-station gym floor, a separate health suite, two dance studios and an indoor cycling studio.



■ Facilities at the centre will include a 25m pool



The futuristic design will see an indoor street and winter garden running through the spine of the building

There will also be four squash courts – which can be reconfigured into a flexible studio space – six outdoor netball/tennis courts, a soft play area and an 80-cover café with views of the pool.

Scheduled to open in late 2019, the centre will be owned by Royal Borough of Windsor and Maidenhead, which has appointed Wates as the construction partner to undertake the building work.

[More: http://lei.sr?a=Z7j9q](http://lei.sr?a=Z7j9q)

SwipeStation launched to give insight into fan buying patterns

UK start-up SwipeStation has developed an innovative app-based solution that claims to shorten queue times for F&B offerings at sports grounds and stadia to just 15 seconds.

The system, also called SwipeStation, allows fans to order and pay for food via the app.

Once their order has been placed users are given a QR code, which they scan at designated stations before collecting their orders from the counter via a dedicated fast lane.

[More: http://lei.sr?a=f3E8Y](http://lei.sr?a=f3E8Y)

Investing in the young

CIMSPA has experienced a dramatic increase in membership over the last few years. We now represent the interests of thousands of sports and physical activity professionals hailing from a broad range of backgrounds from fitness and operations to coaching and performance sport.

To further build on this diversity and ensure we stand for the whole of the sport and physical activity sector, I'm delighted to say that we have now also established the CIMSPA Youth Panel to represent the voices of young people involved and interested in sport and physical activity.

The power of youth

The 14 members of this new panel range from HE and FE students and apprentices to volunteers and sector employees. Aged 16 to 25 and passionate about the power of sport and physical activity to encourage an active nation and support great careers in the sector, the panel will provide strategic guidance to our board of trustees.

As an advisory body, the panel will act as a sounding board and constructively

challenge stakeholders to influence the policy and direction of the sector's chartered professional body.

Getting started

The CIMSPA Youth Panel convenes for the first time this month where members will be introduced to one another and will get an overview of CIMSPA's recent work and initiatives before sharing their thoughts and opinions. CIMSPA trustee and CEO of Life Leisure, Malcolm McPhail, will chair the meeting and act as a conduit to the CIMSPA board.

Young people are the future workforce of the sport and physical activity sector and it is essential that we engage with them to get a better understanding of their views and experiences so that we can adapt and innovate to meet their needs. The new CIMSPA Youth Panel will ensure that the voices of young people and our future employees and leaders are heard, and we will all reap the benefits as a result. ●



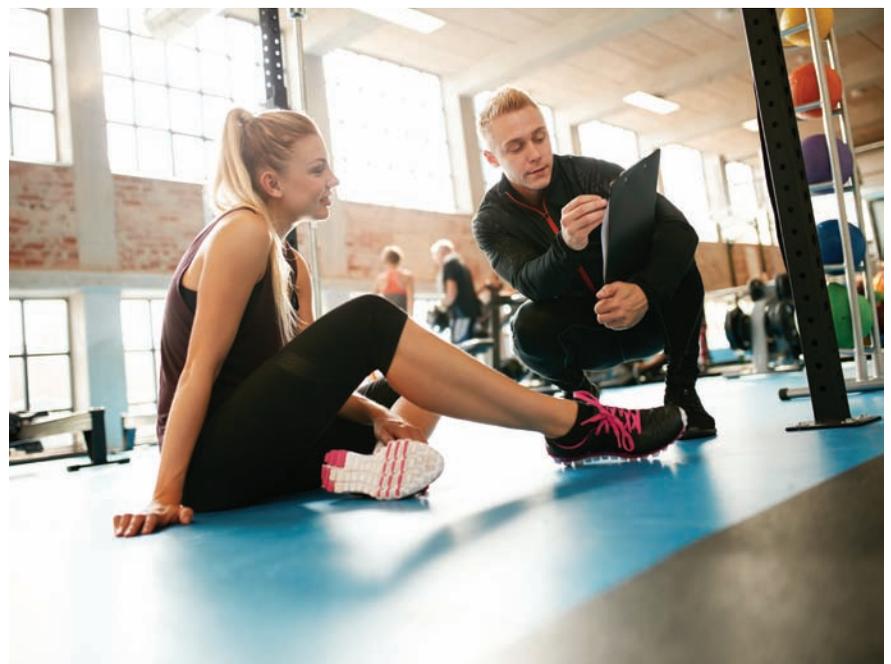
■ Tara Dillon, chief executive of CIMSPA



Young people are the future workforce of the sport and physical activity sector and it is essential that we engage with them



■ The CIMSPA youth panel will convene for the first time in November



Spa & wellness news

NEW OPENING

Neuroscientist opens meditation studio

A new drop-in meditation studio has opened in London, offering private guided meditation classes and workshops, as well as custom-designed meditation pods.

Inhere has been founded by Adiba Osmani and Ghazal Abrishamchi, who are devoted to the scientific research behind the practice of meditation and mindfulness. Abrishamchi is a neuroscientist from Kings College London and a certified breathwork teacher who is currently researching links between mindfulness and nutrition. Amd Osmani has a successful business career and has been practising meditation for 12 years.

The duo will also launch a new studio in central London later this year.

Inhere – meaning “to exist within” – provides the space and tools for “always on” urbanites to incorporate meditation practices into their daily lives.

The meditation pod launched this month at co-working space Uncommon, and offers guided meditations from 10-30 minutes.

Created in collaboration with design studio Design & That, the pods are manufactured in the UK and allow for natural light to flow in to create a breezy, light space.

More: <http://lei.sr?a=u3E9j>



■ Inhere founders Adiba Osmani and Ghazal Abrishamchi focus on the scientific research behind the practice of meditation



Inhere provides the space for “always on” urbanites to incorporate meditation into their daily lives

PARTNERSHIPS

LivNordic and Sauna From Finland team up



A lack of understanding about sauna practice means that spa-goers outside of Finland are rarely receiving an authentic experience

Spa consultancy Raison d’Etre’s spa brand LivNordic is collaborating with Sauna From Finland to help spas and consumers discover the importance of authentic sauna practice.

The company says a lack of understanding about sauna practice means that spa-goers outside of Finland are rarely receiving the experience that the sauna was designed for.

Together, Sauna from Finland and LivNordic will share their knowledge about the benefits of the Finnish sauna and offer spa customers all over the world an authentic Finnish sauna experience.



■ Sauna from Finland is a network of 200 companies

Sauna from Finland is a network of nearly 200 companies within the sauna field, and assists hotels and spas implementing authentic experiences.

The collaboration aims to encourage a higher standard of sauna in the global wellness industry.

More: <http://lei.sr?a=N8Z9z>

REDEVELOPMENT

Champneys set for £10m revamp of Mottram Hall



Mottram Hall gives our brand a broader geographical spread

Stephen Purdew

Spa operator Champneys has appointed Darling Associates to provide the designs for a £10m redevelopment of the historic Mottram Hall, which it acquired in September (2018).

The Grade II-listed, 18th century building currently comprises a hotel, spa and golf course in addition to conference and events facilities.

Built in 1721 by Nathaniel Booth, Mottram Hall was first converted into a hotel in 1940 and features formal gardens which are surrounded by 270 acres of parkland. Champneys intends to turn the property into a luxury spa



■ Champneys intends to turn the property into a luxury spa resort with 18 new treatment rooms

resort, with plans including a 20m swimming pool, 18 new treatment rooms and wet and thermal experiences.

Construction on site is expected to commence in 2019.

"Mottram Hall gives our brand a broader geographical spread with a presence in the North-West," said Champney's owner Stephen Purdew.

[More: http://lei.sr?a=w5K7s](http://lei.sr?a=w5K7s)

NEW OPENING

A Place to Heal by Arrigo launches in London

Psychologist Fiona Arrigo's award-winning retreat, A Place to Heal by Arrigo, has launched in London.

Billed as a hub of learning, healing, inspiration and community, the retreat is intended to provide guests with an inner-city sanctum, by offering Arrigo's blend of psychotherapy, "ancient wisdom", healing and compassionate support.

The clinic, based in London's Holland Park, will also play host to a series of events, lectures and workshops, as well as 'life-shifting' one-to-one consultations with a range of specialists



■ The hub is designed to provide an inner-city sanctum



We provide an intimate space that invites honest self-exploration

Fiona Arrigo

– including biodynamic medicine expert Mary Molloy.

The full programme includes evening lectures covering a diverse variety of topics, including neural diversity, overwhelm, addiction, sexuality and emotional resilience.

"A Place to Heal by Arrigo is an intimate, soulful space that invites honest self-exploration, healing and a deep sense of connection," said Fiona Arrigo.

[More: http://lei.sr?a=z4Q6C](http://lei.sr?a=z4Q6C)

Neom opens flagship store with wellness services

Neom Organics is sent to open its new flagship store in Guildford, Surrey.

Billed as the 'ultimate Neom Wellbeing Experience' the new store is expected to open in early November and will play host to 'Scent Discovery Bar', where shoppers can choose scents to address a specific wellbeing need from four ranges: Sleep, De-stress, Energy and Mood Boosting. In addition, the store will put on complimentary consultations with trained 'Neomologists', offering all-encompassing wellbeing advice.

[More: http://lei.sr?a=Y1F3C](http://lei.sr?a=Y1F3C)

NEW OPENING

IHG opens the UK's first Kimpton hotel

InterContinental Hotels Group (IHG) has introduced its boutique brand Kimpton to the UK market with the opening of The Kimpton Fitzroy in Russell Square in London.

Formerly the Hotel Russell, the 334-guestroom landmark – a fixture of London's Bloomsbury neighbourhood since the 1900s – has undergone a six-month redevelopment and now features an expanded Renaissance-revival terracotta exterior and mosaic floor tiling.

Other amenities in the Edwardian-era building include a ballroom, interior courtyard, multiple restaurants and bars – including the Jazz Age-reminiscent speakeasy Fitz's – meeting rooms, and

a 24-hour fitness centre.

Commenting on the opening, Paul Walters, general manager of Kimpton Fitzroy London said: "A defining trait for the Kimpton brand is the focus on heartfelt human connections.

"We want guests to enjoy the glamour of a historic iconic building but still feel free to be themselves. It's an approach we're excited to bring to London, as we know it's what guests in this city are craving."

Kimpton, which first launched in Europe in 2017 with the opening of Kimpton De Witt in Amsterdam is set to roll out additional venues in Edinburgh, Manchester, and Glasgow in 2019.

More: <http://lei.sr?a=q8U8V>



■ Tara Bernerd & Partners designed the Kimpton Fitzroy's interiors.



“
We want guests to enjoy the glamour of a historic iconic building

Paul Walters

MARKETING

Apex focuses on sleep with 'Do Not Disturb' project



“
The day gives an extra hour in bed without any guilt

Lisa Artis

Apex Waterloo Place Hotel in Edinburgh created a Do Not Disturb package to celebrate National Sleep-in Day on 28 October – the day the clocks went back to mark the beginning of winter in the UK.

Designed to help guests make the most of their lie-in, the 'Do Not Disturb' package saw guests undergoing a voluntary digital detox, by swapping their tech for books or magazines at reception.

On arrival guests were greeted with a hot drink, while a bath was drawn for them and their luggage was



■ The Do Not Disturb package was designed to help guests 'completely switch off'

taken to their room, where a package of luxury treats were delivered.

Sleep advisor and expert Lisa Artis of the Sleep Council, said: "National Sleep-In Day is the only time when we can indulge in an extra hour in bed without any of the guilt."

More: <http://lei.sr?a=M5z9X>

TOURIST ATTRACTIONS

China exhibition brings £78m for Liverpool

The famed Terracotta Warriors, which were on show at the World Museum Liverpool, generated £78m (US\$99.9m, €87.8m) towards the local economy during their eight-month stay in the city, according to operator National Museums Liverpool.

More than 600,000 people have seen the China's First Emperor and the Terracotta Warriors exhibition since it opened on 9 February 2018 – attracting more visitors than any other ticketed UK show during all of 2017.

The exhibition, which finished last weekend (28 October 2018) spans almost 1,000 years of Chinese history and tells the story of how an underground army of

life-sized terracotta warrior sculptures secretly guarded the tomb of China's First Emperor, Qin Shi Huang.

A chance archaeological discovery in 1974 led local farmers in Lintong District, Shaanxi Province to find the sculptures and the Liverpool exhibition showcases a number of objects that have never been on show in the UK before, including material from museums and institutes from across Shaanxi Province.

"More than three-quarters of visitors told us that our Terracotta Warriors exhibition was the main reason for their visit to Liverpool," said Sir David Henshaw, chairman, National Museums Liverpool.

More: <http://lei.sr?a=N6f8X>



■ More than 600,000 people have seen the exhibition in Liverpool since it opened on 9 February 2018



For many, the terracotta exhibition was the main reason to visit Liverpool

Sir David Henshaw

TRAINING

Coastal Tourism Academy launches online course



Visitor-facing staff can polish up their knowledge of their region

Samantha Richardson

UK training provider the National Coastal Tourism Academy (NCTA) has launched a new online course and information portal to help customer-facing staff working on England's coasts to better understand the areas they work in.

Called England's Coast Ambassador, the learning centre provides facts about local tourist attractions, events and activities for each area. There are 10 courses in total, including ones on Northumberland, Yorkshire, the East Coast, the South-East and Jurassic Coast and the South-West. Users can choose one, a number of or all of the courses.



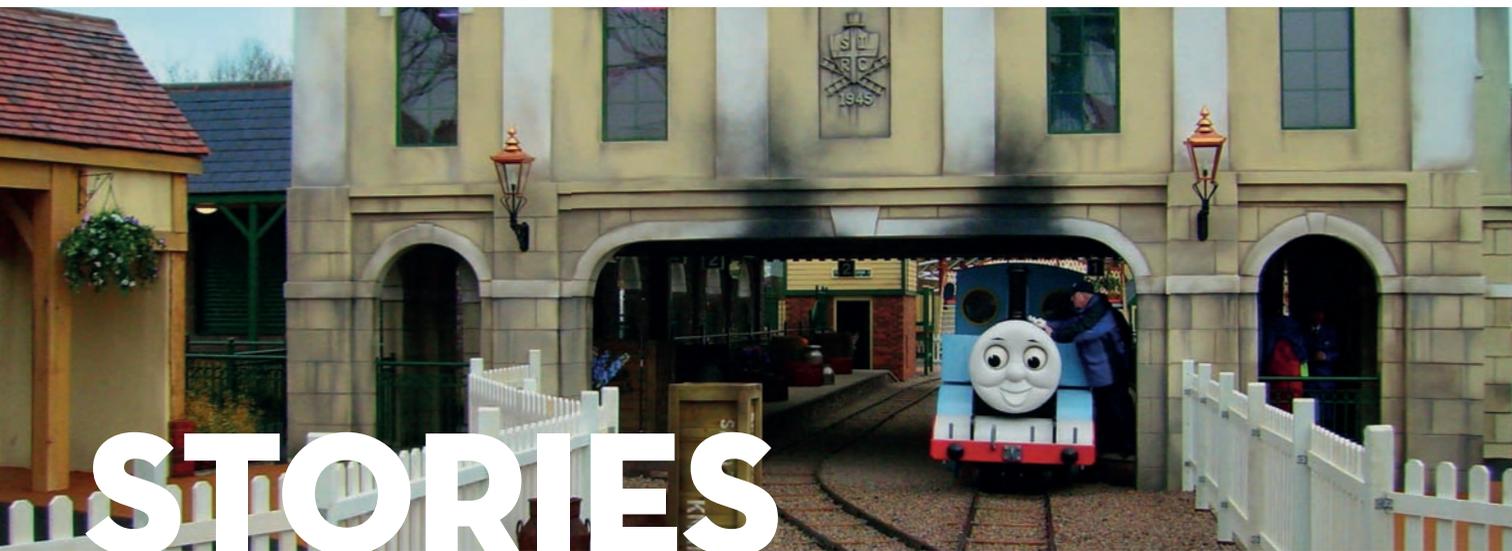
■ The 10 online courses cover the entire English shoreline, offering students info on tourist attractions

"England's Coast Ambassador offers visitor-facing staff the opportunity to polish up their knowledge of their region and pick up useful tips on how to look after international visitors," said Samantha Richardson, NCTA director.

More: <http://lei.sr?a=s6A9x>



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THEME PARKS

Alton Towers Dungeon to open in 2019

UK theme park Alton Towers is set to open a Dungeon-branded attraction next year, and has released a teaser logo for it on its website.

There are currently Dungeon attractions worldwide, based on the gruesome elements of history in the places they are located. The Alton Towers version will be the UK's sixth alone, with others based in London, Blackpool, Edinburgh, Warwick and York.

Speaking to *Leisure Opportunities* a spokesperson for Alton Towers said: "We can confirm that a new attraction, the Alton Towers Dungeon, will be coming to

the resort for 2019. More details will follow soon."

The first UK Dungeon was opened on Tooley Street in London, underneath the London Bridge railway arches in 1975.

The York Dungeon followed in 1986 after UK entrepreneur Fred Pontin bought the London attraction and its rights.

Then Vardon Attractions, now Merlin Entertainments, bought both in 1992 and Merlin has expanded the brand since, adding the UK sites and versions in Hamburg, Germany; Amsterdam, San Francisco and Shanghai to the portfolio.

[More: http://lei.sr?a=D5P9y](http://lei.sr?a=D5P9y)



■ The Alton Towers Dungeon will be the UK's sixth



We can confirm that a Dungeon will be coming to Alton Towers next year

Alton Towers spokesperson

MUSEUMS

Scottish Motorsport museum a step closer



The location of the museum is the ideal place to celebrate Scotland's impressive motorsport heritage

Douglas Anderson

A project to establish a museum dedicated to the history of Scottish motorsport has received charitable status from the Office of the Scottish Charity Regulator.

To be located at the famous Rest and Be Thankful road – a dedicated hill climb course since 1949 – the Scottish Motorsport Heritage Centre will, if built, sit near the top of the climb at the hairpin of the road, an area famous for being tricky to navigate among motorsport enthusiasts.

"There's great significance to the Rest and Be Thankful," said Douglas Anderson,



■ The museum will be situated at the top of the famous Rest and Be Thankful road

the entrepreneur leading the project. "It was seen as the ultimate test for many drivers because of its steepness.

"Many of the greats like Jim Clark and Jackie Stewart raced there, so it's the ideal place to celebrate Scotland's impressive motorsport heritage."

[More: http://lei.sr?a=T5s3n](http://lei.sr?a=T5s3n)

Attractions news

ENVIRONMENT

EC looking to partner with aquariums to fight plastic



Aquariums are a window to our ocean

Karmenu Vella

The European Commission (EC) is calling for aquariums around the world to sign up to a global coalition to fight plastic pollution.

Joining forces with the United Nations Environment Programme, the EC is aiming to get aquariums to change their procurement policies, particularly in canteens and shops, to eliminate all single-use plastic items.

It is looking to get at least 200 aquariums on-board with the programme by 2019. Currently, it has 106 aquariums from 33 countries, including 67 based in the European Union, signed up.



■ The EC is looking to get at least 200 aquariums on-board with the programme by 2019

The drive has support from the Oceanographic Museum of Monaco, the European Union of Aquarium Curators, the World Association of Zoos & Aquariums, the U.S. Aquarium Conservation Partnership and the Intergovernmental Oceanographic Commission of UNESCO.

[More: http://lei.sr?a=k4g3F](http://lei.sr?a=k4g3F)

EXPANSION

Merlin reveals plans to grow Australian portfolio

A new Legoland Discovery Centre and Dungeon attractions are being planned for Australia and New Zealand by operator Merlin Entertainments, according to divisional director Rob Smith.

Smith said that the expansion follows increased visitor numbers at Merlin's existing Aussie attractions during 2018. The operator expects the number of visitors to be up by "between 3 and 4 per cent" for the year.

Smith credited Merlin's growth in the region – where it is currently the largest visitor attraction operator – to a rapidly-growing



■ New Legoland Discovery Centres are among the plans for Merlin's growing attractions portfolio



In some markets, Australia is becoming a short-break destination

Rob Smith

Asian outbound tourism market, with visitors from India and China "particularly adding value".

"You could almost say that Australia is becoming a short-break destination for certain international markets – the average length of time spent in-destination is definitely shrinking," Smith said.

Merlin is currently the world's second largest family entertainment company.

[More: http://lei.sr?a=H6k2s](http://lei.sr?a=H6k2s)

IAAPA: 35,000 gather for record-breaking attractions expo

More than 35,000 buyers, suppliers and representatives of the attractions sector from more than 100 countries are heading to Orlando, Florida, ahead of this year's IAAPA Attractions Expo, which is set to break records once again as the organisation celebrates its centenary year.

Hosted inside the Orange County Convention Centre, the Expo gets into full swing on 13 November, with the event's opening ceremony.

[More: http://lei.sr?a=7u2c2](http://lei.sr?a=7u2c2)



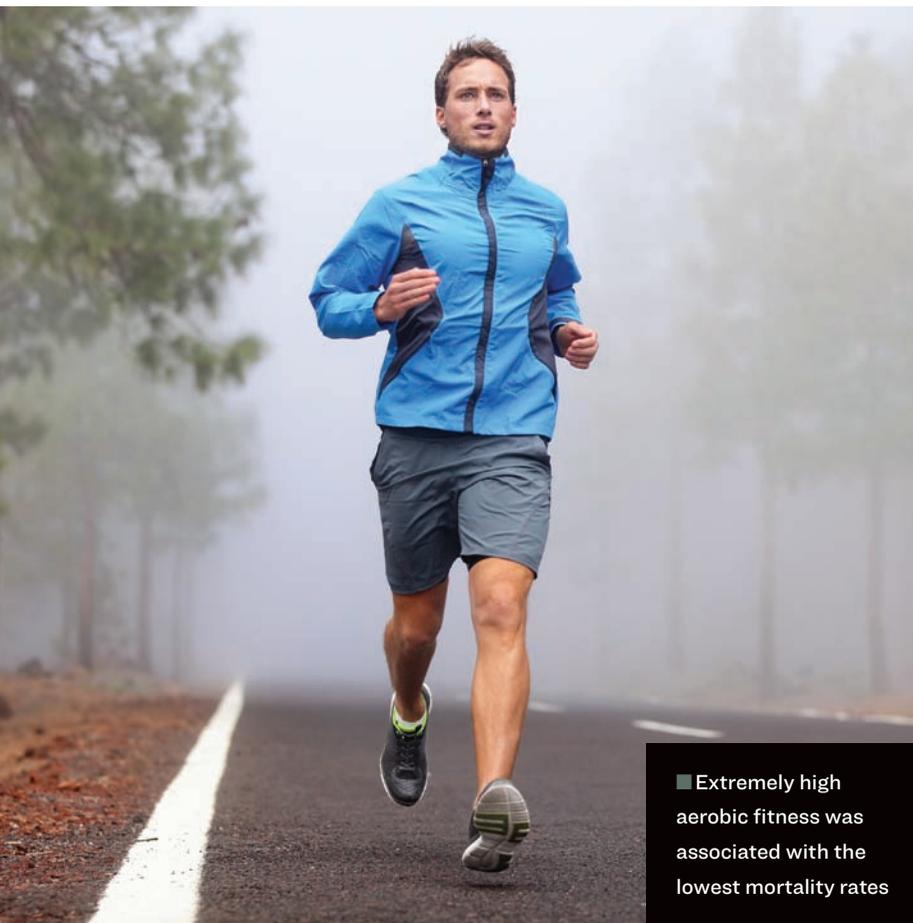
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Is not exercising 'worse than smoking'?

Could a sedentary lifestyle really be as harmful to a person's health as smoking or high blood pressure? A new study claims so...



A hard-hitting new study claims that living a sedentary lifestyle is more detrimental to health than smoking, diabetes and heart disease.

The findings are based on a retrospective study of 122,007 patients over the course of 23 years, (between 1991 and 2014), which looked at the association between cardiorespiratory fitness and long-term mortality. During the period, the patients taking part in the research had undergone testing at Ohio's Cleveland Clinic – including exercise treadmill testing (ETT) – giving an overall picture of their cardiovascular fitness.

"Exercise treadmill testing (ETT) is the most widely used method to measure cardiorespiratory fitness and serves as an objective measure of aerobic fitness and moderate-vigorous physical activity, without reliance on self-reported data," the report reads.

Establishing a link

Of those taking part during the 23-year period, a total of 13,637 died.

The study found that there was an increase in all-cause mortality associated with reduced cardiorespiratory fitness comparable to – or greater than – traditional clinical risk factors such as smoking, heart disease and diabetes.

The study found that cardiorespiratory fitness is inversely associated with mortality with no observed upper limit of benefit



■ High fitness levels were associated with lower mortality rates

“ We’ve never seen something as pronounced as these results – and as objective as this ”

In subgroup analysis, extreme cardiorespiratory fitness – often seen in elite athletes and fitness professionals – was associated with the lowest risk-adjusted all-cause mortality compared with all other performance groups.

Importance of fitness

In its conclusion, the study found that cardiorespiratory fitness is inversely associated with long-term mortality with “no observed upper limit of benefit”. Meaning that the fitter you are, the longer you will live. Extremely high aerobic fitness was associated with the greatest survival and was associated with benefit in older patients – as well as those with a history of hypertension.

“Cardiorespiratory fitness is a modifiable indicator of long-term

mortality, the study reads. “Therefore, health care professionals should encourage patients to achieve and maintain high levels of fitness.”

Surprising results

Dr. Wael Jaber, a cardiologist and a senior author of the study, added that the results were “extremely surprising.”

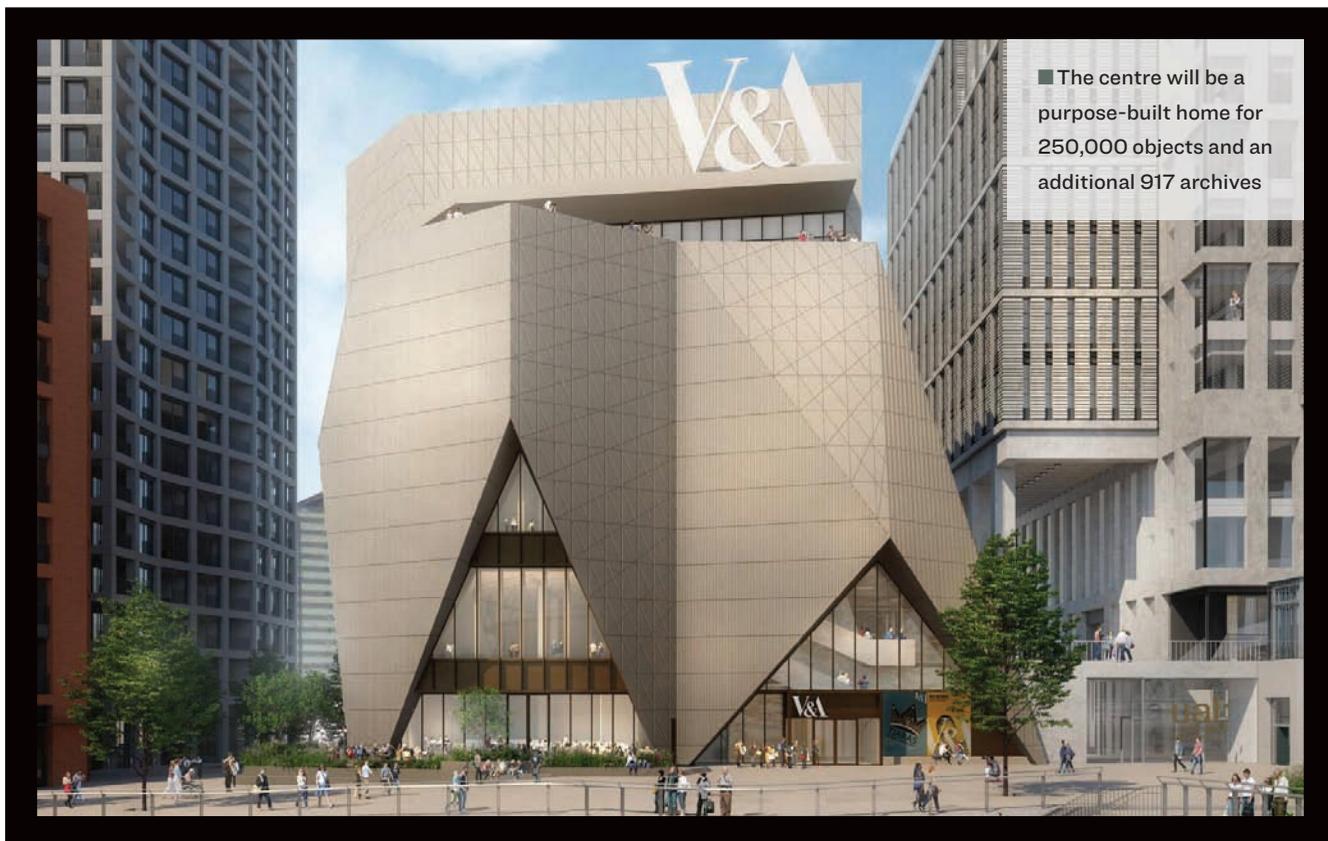
“Being unfit on a treadmill or in an exercise stress test has a worse prognosis, as far as death, than being hypertensive, being diabetic or being a current smoker,” Jaber said.

“We’ve never seen something as pronounced as these results – and as objective as this.”

The results of the study – by Cleveland Clinic Foundation – were published on 19 October in the journal *JAMA Network Open*. ●



■ The study found mortality associated with low fitness was comparable to – or greater than – risk factors such as smoking



Grand plans for V&A Museum

The Victoria and Albert Museum (V&A) has revealed plans to open two satellite sites at London's Queen Elizabeth Olympic Park



■ Tristram Hunt, director of V&A

The Victoria and Albert Museum (V&A) has unveiled plans to create two interconnected sites at the Queen Elizabeth Olympic Park – a brand-new museum at Stratford Waterfront, and a new collection and research centre at Here East. Describing the move as “revolutionising how its collection of art is accessed and explored”, the project has been named V&A East. The V&A's main site is located in Kensington, London and is the world's largest

museum of decorative arts and design – housing a permanent collection of over 2.27 million objects.

The two sites are scheduled to open in 2023 and will form a part of East Bank, a £1.1bn mixed-use development which will include cultural and educational projects as part of London 2012's Olympic legacy.

“V&A East will provide a 360-degree view of the V&A, and illuminate the breadth of its work in ways that have not been realised before”, said Tristram Hunt, V&A director. “Situated within the



■ The two sites are scheduled to open in 2023 as part of East Bank, a £1.1bn mixed-use development



vibrant creative hub of east London and surrounded by four of the city's fastest-growing and most diverse boroughs, V&A East will be firmly rooted in its local neighbourhood and global in outlook."

V&A East will also host a unique and unprecedented partnership between the V&A and the Smithsonian Institution – the largest museum complex in the world.

The Here East building will house a new collection and research centre designed to "reinvent the idea of a museum store". Visitors will be invited on



V&A East will provide a 360-degree view of the V&A, and illuminate the breadth of its work

behind-the-scenes journeys that uncover and demonstrate how and why objects are collected, how they are cared for, conserved, researched and displayed, and how they help make sense of our past, present and future.

The centre will be a purpose-built home for 250,000 objects and an additional 917 archives spanning the breadth of the V&A's collection from fashion, textiles, furniture, theatre and performance, to painting, sculpture, ceramics, glass, design, architecture, and digital. ●



We are freezing beer and cider duty for the next year... keeping the cost of beer down for patrons of the Great British pub

Chancellor Philip Hammond, Budget Speech 2018



Budget 2018: Slim pickings

The government's autumn budget – the last fiscal event before Brexit in March – has largely ignored the leisure industry



■ The Budget outlined improvements to the transport infrastructure, which could give regional tourism a boost

There wasn't much in chancellor Philip Hammond's Budget on 29 October that got the pulses racing of those working in the leisure industry. None of the major announcements directly affected the industry's major sectors. While some of the new policies and initiatives will have a knock-on effect – such as improvements to transport infrastructure helping regional tourism businesses – there was a distinct lack of directives mentioning physical activity, sport, wellbeing, tourism or hospitality.

Physical activity and sport

ukactive called the budget a "missed opportunity for preventative health solutions".

Responding to the budget announcement, ukactive public affairs and research director Huw Edwards said:



■ Measures to aid physical activity were missing from the chancellor's budget

Austerity has decimated public health services, leading to facility disrepair and programme closures

“While we welcome the chancellors’ confirmation of £20.5bn in further funding for NHS front line services, the budget again failed to provide any solutions to the substantial health inequalities that exist in our society.

“The World Health Organization recently revealed that the UK is ranked 123rd out of 168 nations for inactivity. And there is a reason. Austerity has decimated public health services, leading to facility disrepair and programme closures.

“If the Prime Minister and Chancellor are both sincere in their belief that we’re at the ‘end of austerity’ then the forthcoming spending review has to place the nation’s health at its heart.

Tourism and travel

Trade body UKinbound said it “cautiously welcomes some of the new policies”, but again urged the

government to reconsider its decision not to change VAT or APD regimes.

“While there are some positives, it is disappointing that there will be no change to APD and VAT regimes at this point – even though there is strong evidence that cutting these taxes will, in fact, generate more revenue for the Government in the long term,” said Ukinbound chair Mark McVay.

Hospitality and pubs

The chancellor’s measures to breathe new life into the UK’s high streets were branded “insufficient” by many observers.

These included John Webber, head of business rates at property specialists Colliers International.

“Most of the High Street remains at the mercy of escalating business rates - the failure to address this issue will just mean the carnage on the high street will continue,” Webber said. ●



■ While pubs welcomed the beer tax freeze, many branded efforts to breathe new life into high streets “insufficient”



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Closing date for Expressions of Interest is 17:00 on Friday 23rd November 2018

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The main responsibilities are:

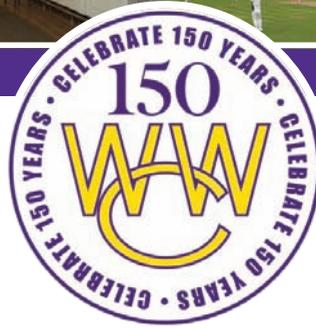
To provide a high-quality level of lifeguarding/pool supervision to all pool users. To supervise public participation of activities at the centre, ensuring safety and enjoyment and undertake cleaning duties as directed. Erect, dismantle and transport equipment as required. Assist in the provision of a cost-effective, high-quality, customer-orientated service.

Must be available to work to meet the needs of BH Live's venues in relation to unsociable hour working, including working during evenings, weekends and bank holidays 40 hours per week – Permanent Contract.

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For more information and to apply: <http://lei.sr?a=S4f50>



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Location: Woodford Green

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Closing date for applications is Friday 23rd November

For more information and to apply:

<http://lei.sr?a=P2a0p>

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UP TO £21,690 PA, POSITIONS AVAILABLE NATIONALLY

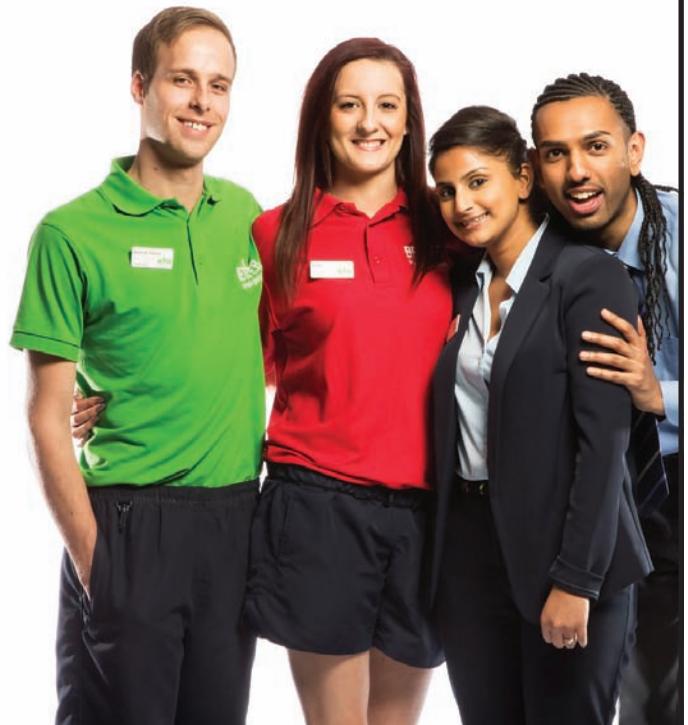
If you have a real passion for leisure, sport and fitness and are interested in leisure management, the award-winning GLL Graduate Trainee Manager Scheme could be for you. The scheme starts in summer 2019 and is available across GLL's locations in London and the South East, Manchester, Belfast, Newcastle, York, Cumbria, Swindon, nr Lincoln, Cornwall, Cardiff and Bath. Salary package is subject to location offered.

Our challenging two-year training scheme for graduates includes practical work experience in all aspects of leisure provision. You'll complete customer-facing placements such as Fitness Instructor, Lifeguard and Customer Service Advisor within a structured programme in year one and supervisory placements in year two. In addition, you will complete statutory, management and modular training throughout the two years. You will also experience working within a central support team and gain experience in project management and human resources.

Benefits:

- Salary increase in year 2 of the scheme and up to Assistant Manager salary in year 3
- Assistance with relocation if needed
- Pension scheme
- Uniform
- Ride to work scheme
- Travel allowance
- Discounted staff fitness membership
- Discounts on days out and other social activities
- Continuous training and career development (qualifications and professional studies)
- Mentoring throughout the duration of the scheme
- The opportunity to join the GLL Society and have a say in how we're run plus associated social events

If you have what it takes to be part of our summer 2019 intake, then find out more and apply: visit glljobs.org and search for 'Graduate Trainee Manager Scheme'.



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GLL
better for everyone

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no. XR43398



LIFETIME TRAINING

Apprenticeship Assessor

North London and Lancashire
Competitive Salary + LW plus bonus and benefits

We have an exciting, life-changing opportunity for a passionate person to join our pioneering business as a Fitness Assessor and deliver innovative teaching and learning to help our learners achieve their apprenticeships.

Whether you are already a qualified Apprenticeship Assessor with experience of delivering inspirational coaching within the fitness sector OR you are a Personal Trainer with Management experience such as a General Manager or Fitness Manager with aspirations to grow your career and share your professional skills, this is where you can have a life-changing impact.

You will be:

- Visiting individuals in the work place using your experience and training to deliver assessment, teaching and learning and guidance to help learners achieve their apprenticeship
- Managing your own diary to ensure you are delivering against your KPIs, arranging and attending scheduled visits and completing both company and personal administration
- Collaborating with colleagues and stakeholders to deliver an exceptional service to learners and clients whilst maintaining standards and regulatory requirements

This role offers:

- An award-winning on-boarding programme where we provide bespoke training to become an apprenticeship assessor for both those coming from sector and those already qualified.
- The chance to work flexibly, from home, remotely and out in the field ensuring you deliver in line with the learners needs and maintain your own work-life balance.

We are looking for:

- Level 2 Certificate in Gym Instruction (any awarding organisation registered in the UK)
- Level 3 Certificate or Diploma in Personal Training (any awarding organisation registered in the UK)
- Level 3 Nutrition (any awarding organisation registered in the UK or could be part of the Level 3 Diploma in Personal Training)
- Recent professional experience working as a General/Fitness Manager within the Health & Fitness sector
- Experience of working in high demand environments, to targets and tight deadlines GCSEs English and Maths (C or above or key skills equivalent)



If you think this describes you and you want to put your skills and experience to work in a new way, this could be your life-changing opportunity. So, click apply and we can start this journey together

We offer a great benefits, reward and recognition and wellbeing package.

For more information and to apply now: <http://lei.sr?a=A5U6z>

Recreation Assistant (Lifeguard)

Wandsworth, London, UK
Full time, Part time, Casual
Competitive Salary plus benefits and training

Places Leisure is a leading leisure and wellness partner delivering fitness, sport, health and wellbeing. We primarily work with Local Authorities to deliver the right kinds of health and physical activity outcomes that make a difference to the lives of people and their communities; it's about more than operating facilities.

Lifeguards are our everyday champions - providing supervision to our swimming pools and creating a safe and fun environment to the local communities we serve!

We offer a variety of flexible Lifeguard opportunities – these can fit in with your College/University studies, can be a step into your career in the Leisure industry or can provide you with the opportunity to give back to your community.

In return, we offer our employees outstanding training opportunities and amazing benefits from free gym membership to incredible discounts at your favourite stores!

Ideally, you will have achieved your National Pool Lifeguard Qualification (NPLQ), but this is not an essential requirement as training can be provided.

***If you think you have what it takes to be an
#everydaychampion – then apply today!***

More information and to apply: <http://lei.sr?a=c1P1b>



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Join
the team
today!



Apprentice Recreation Assistant

Position	Apprentice Recreation Assistant
Location	West Wickham Leisure Centre
Salary	£11,648
Job type	One year fixed term contract
Posted	07/11/2018
Closes	30/11/2018

hattie.salih@mytimeactive.co.uk

mytimeactive
www.mytimeactive.co.uk



RECRUITMENT OPPORTUNITY

SPORTS LEADER

at Everyone Active Leisure Centres

Everyone Active require experienced and highly motivated sports leaders to drive customer services, participation, and operational standards to new heights at our leisure centres.

To apply for this job you must:

- Hold a relevant Level 1 or Level 2 Sports Leadership, Activity Leadership or equivalent qualification
- Be able to engage and interact with children, young people, and adults
- Have a level of experience of working with children & adults and leading activity
- Be able to deal with child behavioural strategies
- Be able to plan, deliver activity and evaluate performance
- Have good interpersonal skills and response nature
- Be able to work as part of a team

Specific roles of the job:

- Plan and set up activities
- Delivering a range of physical activity to children, young people, and adults
- Manage health and safety requirements
- Support the learning ability needs of individuals
- Deliver and lead the EA holiday activity camps, parties, assist in sports sessions, after school clubs, school PE sessions, administrative tasks, and support with events
- Attend meetings and training
- Follow operational standards of delivery and demonstrate good practice

The nature of this role may require that you to work term time during the day, weekends and school holidays.

TO APPLY CLICK HERE - <http://lei.sr?a=X6T0E>

Closing date: Friday 30th November 2018

www.everyoneactive.com

everyone
ACTIVE

Everyone Active is an equal opportunities employer and an Investors in People organisation, who are committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All applicants will be required to undertake checks and references prior to appointment.

Voted No 1

Accreditations & Partners





Personal Trainer

Nationwide

UNLIMITED
EARNING
OPPORTUNITIES

- Become fully qualified in as little as 5 weeks
- UNLIMITED earning opportunities and keep every penny you earn
- Guaranteed interviews
- Build your career with a leader in UK fitness

If you've always dreamed of a career in fitness and are passionate about healthy living, then PureGym have an opportunity for you.

They have teamed up with their corporate partner, The Training Room who are inviting applications from individuals in the early stages of building their fitness career and matching them to available opportunities within PureGym upon successful completion of their course.

As the UK's biggest gym chain PureGym boasts more than 200 state-of-the-art sites across the country each equipped with leading-edge facilities designed to encourage positive results across their member base.



No Experience? No problem! Full training is available and all successful graduates are guaranteed interviews and 3 years career support to help become a PT at the top of your game.

The benefits of a career with PureGym!

- PureGym personal trainers keep 100% of their earnings
- Free PureGym Personal Training Business Setup course
- Business Enhancement course
- A-Z manual
- Access to a business coach for 12 weeks
- Group Exercise training
- Access to the social media group for PureGym personal trainers
- Discounted CPD courses with industry experts



This is a fantastic opportunity to have the career you have always wanted.



Apply now: <http://lei.sr?a=S7Z9R>

Orangetheory Fitness (OTF) is a technology-tracked, science-backed workout that's revolutionising the health & wellbeing of over 1m people in over 20 countries – and it's only just getting started!

We are rolling out this amazing concept in the Midlands & Northern England. It's going to be an exciting journey for those with the commitment and capabilities to join our team.



FITNESS COACH

Altrincham United Kingdom
Competitive Salary and Benefits

We are currently seeking a Fitness Coach who loves their clients and are passionate about helping a wide range of people become healthier and happier.

As a Fitness Coach, you will build lasting relationships with our members while delivering our core vision and values. This will involve:

- Dedicating yourself to the specific health & fitness aspirations of our members
- Commitment to the highest standards of client service
- An energetic attitude toward member recruitment and retention

Apply now - <http://lei.sr?a=k4r8S>



SALES ASSOCIATE

Altrincham, United Kingdom
Competitive Salary and Benefits

Are you passionate about client service and wellness? Do you have an ability to engage with people, listen to their needs and share with them the benefits of our product? And are you looking for a rewarding, yet challenging career within a growing company; within a growing industry?

As a Sales Associate, you will be responsible for talking to prospective members about our product, signing them up for a membership and ensuring they are happy and enjoying their Orangetheory experience.

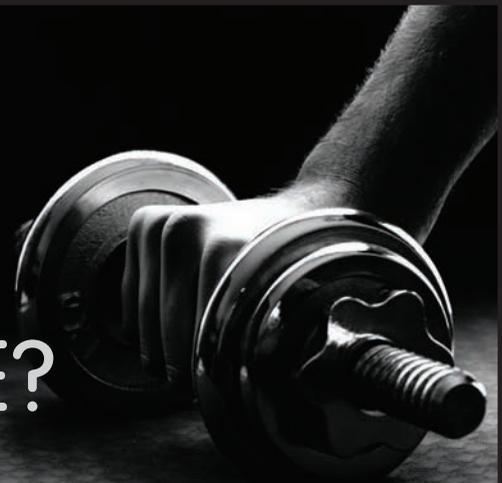
All OTF employees should exhibit exceptional care towards their members, colleagues and studio facilities. In return, they can expect challenging, growing and fun career opportunities with a healthy lifestyle and a high degree of empowerment.

Apply now - <http://lei.sr?a=Z0D2Z>



CLOSING DATE
30 NOVEMBER
2018

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

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.

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.





Namco UK Ltd. is part of the Bandai Namco group of companies a listed company that operates across the globe. The main business units of the worldwide group are toy and hobby products, game software and amusement facilities however in the UK Namco UK Ltd operates leased large scale multi leisure facilities and significant revenue share contracts.



We're currently recruiting for the following roles, based at The Trafford Centre, Manchester;

Food & Beverage Manager

An experienced F&B Manager is sought to work within a diverse leisure business working at the busy Flag Ship site Namco Funscape The Trafford Centre

Within the role your responsibilities will include:

- Increasing current F&B sales on site and pushing the business forward
- Training and Development of onsite staff
- Improving the delivery and standards of the F&B operation
- Full P&L accountability of F&B sales
- Managing Costs of Sales to ensure profitability remains in line with company targets
- Weekly stocktakes & line cleaning
- Health and Safety compliance

To find out more and apply;
<http://lei.sr?a=R6x1P>

Bowling Technician

An experienced Bowling Technician is sought to work within a diverse leisure business working at the busy Flag Ship site Namco Funscape The Trafford Centre

Within the role your responsibilities will include:

- Daily routine maintenance of the GS98 pinsetters
- Instil and maintain high standards of pinsetter maintenance
- Ensure the pinsetters remain operationally sound especially during peak periods
- Ensuring Health & Safety procedures are adhered to at all times

To find out more and apply;
<http://lei.sr?a=f7t7E>

Sales & Events Manager

An experienced Sales and Events Manager is sought to work within a diverse leisure business working at the busy Flag Ship site Namco Funscape The Trafford Centre

Within the role your responsibilities will include:

- Proactively drive and increasing corporate events and party sales
- Achieving set sales targets and goals for the site
- Striving to increase and develop customer numbers/sales opportunities through a variety of route's
- To event manage parties/corporate functions, with a strong focus on upselling products/offers
- Attend off-site exhibitions, marketing and networking events
- Telesales, cold calling and client visits is a key part of the role
- To deliver, manage and measure promotional activities including staff incentives.
- Ensure you have a current knowledge of competitor activity
- Working closely with the location management team to ensure all sales opportunities are ceased and driven.

To find out more and apply;
<http://lei.sr?a=j2B4z>

Operating in the leisure environment the business opens and operates daily 364 days a year with key trading times being evenings, weekends and school holidays. As a result, the roles demand flexibility.



AREA SALES MANAGER

LONDON, UK

COMPETITIVE SALARY

We are looking for an Area Sales Manager (m/f) to support our team in the UK. You want to contribute to our mission “We want the gym work for everyone!” and help us to establish eGym as number one fitness solution in the UK? Then join our team and help us to push the eGym success story to the next level!

Your daily workout:

- You are spearheading the sales of our innovative technological solutions in your area in the UK
- You act as a business and tech consultant to analyze and understand your client's business challenges in detail
- You promote and give demos of eGym's solutions in the assigned sales territory and generate new business opportunities through, e.g. cold calling and visits, and convert them into sales in a highly professional manner
- You create and present business cases, offer and concepts for a wide range of clients
- You organize and execute regional sales events with the support of our marketing team
- You are responsible for a regular sales reporting (using Salesforce) directly to our National Sales Director

Your fitness level:

- You are a highly motivated and result driven person looking to shape the future of the fitness and health industry - you are a self-starter with the ability to create and grow your customer network
- You have at least 3 years of experience in solution selling (B2B) and consultancy preferably with a technological background, including a successful track record in selling solutions & consultant services
- You were working in a commercial or financial role or as a manager of sport, fitness or health centre before and have a deep understanding of economics and business model design
- You are highly structured in your daily work and bring first experience in Salesforce or other CRM tools
- You are passionate about digitalization and bring very good communication skills

Your training equipment:

- Join our successful team of the innovation leader in the fitness and health industry and be part of a fast-growing, and solid-financed German technology company aiming to lead the digital transformation within its industry
- Develop your skills with varied, challenging tasks and regular feedback to benefit from a steep learning curve
- Be part of a modern company culture where talent and passion is welcome, heard and part of the decision-making process
- Enjoy an attractive company package including home office, company car, laptop and mobile phone

Your Personal Trainer:

eGym is a highly successful and progressive company in the European fitness and health markets. eGym sells one of the most advanced connected training solutions of the industry, offering a complete technological infrastructure to customers in order to face successfully the digital transformation. Our aim is to make the gym work for everyone! Therefore, we believe in high-tech, digitalization, cloud solutions with our own smart fitness equipment for gyms, physios and health centres. That's how we contribute to our B2B client's success by supporting their customers to be healthy, happy and reach their training goals. What we are working on together is extremely important, because we are preparing for a society with an ageing population and increased health-costs, by helping to improve the quality of life for everyone!

Apply now: <http://lei.sr?a=X9I4p>



THE LANESBOROUGH
LONDON



Spa Receptionist

Competitive Salary & Benefits Package

We are looking for a talented and passionate Receptionist to join a fantastic team at London's finest Luxury Health Club.

The Lanesborough Club & Spa is an extension of the hotel's graceful splendour. Designed by London-based interior practice, 1508, it unfolds in a luxurious palette of glossy wood, scintillating marble and sumptuous silk wallpaper, flourished with gleaming gold fixtures and baroque touches. Sleek interiors reflect the hotel's resplendent décor, while seamlessly incorporating state-of-the-art facilities. The generous 18,000 sq ft space is home to an expansive gym, hydrotherapy pool, sauna and suite of thermal treatment rooms, exclusively available to members and hotel guests only. The Lanesborough Club & Spa has collaborated with London's resident experts on a comprehensive menu of fitness and wellbeing treatments including revered facialist Anastasia Achilleos, beauty brands ila and La Prairie and fitness experts Bodyism.

The role of the Receptionist is to assist the Head Receptionist with the operation of The Lanesborough Club & Spa facilities and in particular oversee the reception duties whilst maintaining maximum sales and excellence in service standards. The Receptionist shall show a thorough understanding of the product, including knowledge of Membership, while providing support to the Spa Manager.

The ideal candidate would be able to demonstrate the following attributes:

- Experience in a similar role within a Luxury Club & Spa
- Excellent command of the English language and a second language would be preferred
- Experience in supervising a team
- Show drive for Excellent Customer Service leading by example
- Passionate about fitness and wellbeing
- Please note this role requires an element of manual handling

In return we offer fantastic industry leading rewards and benefits (Conditions apply):

- Dental and Optical Benefits
- Season Ticket Loan
- Private Medical Insurance
- Meals on Duty
- Enhanced Pension Scheme
- Tailored Uniforms
- Cycle Scheme (Loan to Purchase)
- Dry Cleaning (Non Uniformed Ambassadors)
- Childcare Vouchers
- Training & Development Plans
- Social Committee Activities
- Training Fund Assistance
- Awards & Recognition Programs

Apply now: <http://lei.sr?a=T8z2B>

★★★★★

"THE TRIP™ WAS THE MOST POPULAR FITNESS CLASS BY A LONG WAY WITH A TOTAL OF 3,598 VISITS IN A 2 MONTH PERIOD - ALMOST 1,400 MORE VISITS THAN THE SECOND MOST POPULAR PROGRAMME."

Salt Ayre Leisure Centre
ukactive Impact Research

LES MILLS
PRESENTS

THE TRIP

LEADING THE FUTURE OF FITNESS

Created by Les Mills, inventors of BODYPUMP™ and other world-leading programmes, this is our ultimate workout. Burn up to 800 calories per class and you'll be so immersed in the experience that you won't notice how hard you're working. Always innovating, always crazy fun, THE TRIP™ will keep you wanting more.

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THE WORLD'S MOST CUTTING-EDGE WORKOUT



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