

leisure opportunities

14 December - 10 January 2019 Issue 752

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Third of children live sedentary lives

Less than one in five (17.5 per cent) children and young people in England are meeting the Chief Medical Officer's guidelines of more than 60 minutes of activity a day.

Perhaps most worryingly, a third of children (32.9 per cent) lead inactive, sedentary lives, doing fewer than 30 minutes of physical activity a day.

The figures comes from Sport England's *Active Lives Children and Young People Survey*, published on 6 December.

The survey is the largest ever of its kind and gives a comprehensive insight into how children in England are taking part in sport and physical activity, both in and out of school.

The report is based on responses from more than 130,000 children in England, aged between five and 16, during the academic year from September 2017 to July 2018.

Other findings include that nearly a fourth of children (23 per cent) leave primary school unable to swim 25 metres unaided.



■ A third of children now do fewer than 30 minutes of physical activity a day

Responding to the figures, Sport England CEO Tim Hollingsworth said urgent action was needed to tackle childhood inactivity.

"I am calling for a national focus on the health and wellbeing of our nation's children and for the whole system to be united in delivering change," Hollingsworth said. (*For more comments, see p.4*).



Our children deserve better

Tim Hollingsworth



FITNESS

Les Mills names Clive Ormerod as new CEO

Current chief marketing officer to take over in 2019

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SPORT

UK Sport reveals £3m funding for 'smaller sports'

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SPA & WELLNESS

Results of first-ever GWI consulting survey revealed

Data offers insight into global spa projects

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David Stalker joins Myzone to drive European expansion and to build business in emerging markets

David Stalker, former CEO of ukactive, has been named CEO of Europe, Middle East and Africa (EMEA) for fitness tech company Myzone.

Stalker will lead the EMEA executive team to expand its direct operations in mainland Europe while continuing to support its existing Myzone partners.

He will be working closely with Myzone founder and group CEO Dave Wright and will also sit on the Myzone Board.

"My focus will be on helping Myzone with its European plans," Stalker said. "There's two ways for us to do business on the continent – either through distributors or



■ Stalker (right) will work closely with Myzone founder Dave Wright

"We're also looking at distribution units, because we don't know what comes out of Brexit"

going direct – and we like the idea of going direct.

"While we will have some distributors, much of my

time will be spent setting up European offices – almost certainly in Germany – and we are currently recruiting

teams in each of the countries we plan to go into and finding country managers."

While his primary focus will be on Europe, Stalker added that he will also be spending time on growing Myzone's business across developing markets.

"Myzone has had quite a bit of success in the Middle East – especially in Dubai – so we'll be looking to consolidate that," Stalker said. "And Africa is the continent that is outgrowing every other at the moment – particularly when it comes to its developing middle-class.

"Sadly, they are showing signs of suffering from all the same health issues, such as obesity, which we in 'the west' have suffered horribly with."

Physical activity sector – led by **Tim Hollingsworth** – calls for 'preventative health push' to get people more active



■ Hollingsworth used the event to give his maiden public speech as Sport England CEO

Physical activity sector leaders, parliamentarians and leading figures in health and business have called for the strengthening of preventative health measures in the UK.

During a parliamentary reception, hosted by shadow public health minister Sharon Hodgson, leaders discussed the charting of a "roadmap" to ensure physical activity will play a "major role" within the UK healthcare system. Industry leaders were given

"If we continue to stand together we can turn the tide of inactivity"
Baroness Tanni Grey-Thompson

the opportunity to engage with shadow secretary of state for DCMS Tom Watson and fellow MPs and to discuss the role physical activity can play in health policy.

Speakers included ukactive chair Baroness Tanni Grey-Thompson – who described the physical activity sector as the "backbone of an active nation" – and newly-appointed Sport England CEO Tim

Hollingsworth, who used his maiden public speech to outline Sport England's agenda for the year ahead.

Grey-Thompson said that sport and physical activity should be placed at the heart of the government's upcoming Spending Review.

"If we stand together we can turn the tide of inactivity and transform public health," Grey-Thompson said.



■ A disability champion will focus on improving disabled access to the various heritage sites around the UK

{ **"The heritage sector must ensure it engages with the purple pound"** }
Sarah Newton

UK government to appoint heritage disability champion

The British Government is recruiting a new dedicated heritage disability champion, whose role will be to focus on improving disabled access to the various heritage sites around the UK.

There are currently 14 disability champions in the UK, working in a range of sectors, including music, insurance and tourism. The countryside and heritage champion will be one of six new additions to the team alongside fashion, technology, website accessibility, food and drink and product design.

"There are nearly 14 million disabled people living in the UK," said Sarah Newton, minister for disabled people, health and work. "Our

world-leading heritage sector must ensure it's capitalising on the spending power of their households – the purple pound – which is worth £249bn every year."

The countryside and heritage champion will have plenty to learn from his or her contemporaries, with strides having already been made by the 14 existing champions.

Music champion Suzanne Bull, for instance, has launched a new industry taskforce aimed at improving the deaf and disabled customers' experiences when booking live music tickets.

Meanwhile, insurance champion Johnny Timpson has pledged to make the sector more transparent and inclusive.

leisure opps

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■ Woodward will step down from her role as CEO at the end of the year

Tracey Woodward to step down from Aromatherapy Associates

Tracey Woodward, CEO of Aromatherapy Associates and The

Refinery, has announced that she will be stepping down from her post at the end of this year.

Woodward, who will continue to offer her services as a consultant and ambassador for the brand until March 2019, will work alongside her replacement, Anna Teal, to ensure a smooth transition.

Teal brings more than 20 years experience in



"We will continue to lead the way in aromatherapy, self care and wellbeing"



the beauty industry to the role and will assume Woodward's responsibilities in the New Year.

Woodward said: "I'm delighted to hand over the brand to Anna, we have worked together for many years and I know that I leave this precious brand in capable hands."

"I truly believe that Aromatherapy Associates

will continue to lead the way in Aromatherapy, self care and wellbeing," she added.

Teal said: "I feel very privileged to take over this role from Tracey, to whom I am incredibly appreciative for the care she has taken to restore the brand and get it to the place it is in today. The brand carries a powerful heritage which is increasingly relevant in today's world."

Industry reacts to childhood inactivity survey – **Baroness Grey-Thompson** brands figures 'a national disgrace'

The figures revealed in Active Lives Children and Young People research (see cover story) have been described an "urgent wake-up call" and a "national disgrace".

Sport England's Active Lives Children and Young People Survey showed that less than one in five of children and young people (17.5 per cent) are meeting the Chief Medical Officer's guidelines of more than 60 minutes of activity a day.

Following the publication of the report, a number of industry leaders responded with shock – and called for "immediate, direct action".

"These figures are a national disgrace and show



■ (From left) Emma Boggis, Tanni Grey-Thompson and Ali Oliver



"These figures are a national disgrace and show the long-term failure of successive governments"



the long-term failure of successive governments to prioritise the health of the most vulnerable people in society – our children," said Baroness Tanni Grey-Thompson, chair, ukactive.

"We want to see government support every community to make better use of our parks, open spaces and leisure centres."

Ali Oliver, CEO, Youth Sport Trust said: "This research

should serve as an urgent wake-up call for anyone who cares about young people's wellbeing. It confirms what we have known for some time and cuts to the heart of YST's mission – too many young people are missing out on the life-changing benefits of sport and play, particularly girls and those from less affluent backgrounds."

Emma Boggis, CEO, Sports and Recreation Alliance, added: "As a nation we must declare that enough is enough. The survey confirms that our children and young people are not active enough to be happy and healthy and collectively we are in danger of breeding a generation of children that will die earlier than their parents."



■ Former world champion Mark Foster is a patron of the Regain charity

Lord Mountbatten and Mark Foster launch tetraplegia funding campaign

Lord Ivar Mountbatten and former Olympian and world champion swimmer Mark Foster have launched a fundraising drive to help people who have become tetraplegics as a result of sporting accidents.

The Transforming Lives campaign will be managed by Regain, the charity for sports tetraplegics, which is chaired by Lord Mountbatten.

"Regain is the only UK charity dedicated solely to improving the independence of those who have become tetraplegic after sporting accidents," Lord Mountbatten said.

"Over 30 years, we have helped some 3,500 sporting tetraplegics to regain their independence, and the Transforming Lives campaign will allow our support to reach even more people in need.

"We aim to raise £1m through Transforming Lives."

Tetraplegia is paralysis causing partial or total loss of use of all four limbs and torso. In the UK, between 800 and 1,200 people are paralysed each year, with around half of these becoming tetraplegics.

Many of the injuries occur through everyday pursuits such as social and leisure activities.

"We are aiming to raise one million pounds through Transforming Lives"

Lord Mountbatten

MEET THE TEAM

For email use:
fullname@leisuremedia.com



Editor
Liz Terry
+44 (0)1462 431385



Publisher
Julie Badrick
+44 (0)1462 471971



Advertising sales
Paul Thorman
+44 (0)1462 471904



Advertising sales
Sarah Gibbs
+44 (0)1462 471908



Advertising sales
Chris Barnard
+44 (0)1462 471907



Advertising sales
Gurpreet Lidder
+44 (0)1462 471914



Newsdesk
Jane Kitchen
+44 (0)1462 471929



Newsdesk
Tom Walker
+44 (0)1462 431385



Newsdesk
Tom Anstey
+44 (0)1462 471916



Circulation
Joe Neary
+44 (0)1462 471910

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BOUTIQUES

Victus Soul opens first studio in London

London's thriving boutique fitness market has a new entrant – Victus Soul, a studio offering boxing and running-inspired group exercise classes.

Located close to the Tower of London in Aldgate, Victus Soul offers two workouts – HIIT & Run and HIIT & Box.

The concept has been created by founders Paul Trendell and Chris Djuric, in collaboration with fitness presenter Dean Hodgkin and master trainers Alice Rickard and Jamal Kurdi.

The 60 and 40-minute classes combine either running or boxing with strength training and recovery. The class timetable varies each day, with either a full body

focus or a primal movement focus (Pull/Push, Squat/Lunge and Bend/Rotate).

According to Trendell and Djuric, Victus Soul will prioritise technique, form and recovery, with a focus on providing an experience "similar to personal training, but with the high-energy atmosphere of working out in a group".

The first site features two studios, housing Woodway treadmills, Aquabags and custom-made benches.

There is also a 'Soul Bar', situated in the studio gallery, serving healthy snacks and drinks and post-workout nutrition – including shakes and juices.

[More: http://lei.sr/5J3j3](http://lei.sr/5J3j3)



■ The first site in Aldgate features two studios



The concept was created by founders Paul Trendell and Chris Djuric in collaboration with trainer Dean Hodgkin

EXPANSION

MoreYoga to open 32 studios in London during 2019



We will continue to take over empty retail spaces across London

Daniel Marin

Budget yoga brand MoreYoga has revealed plans to accelerate its growth plans, targeting 50 sites by the end of 2019.

Founded by entrepreneurs Shamir Sidhu and Daniel Marin, the company currently operates 18 sites.

In a statement, the owners said they will look to focus on high-street locations for their expansion plans.

"Fast changing consumer behaviour and the attrition to online purchasing presents a significant challenge for retailers on our capital's high streets," the statement reads. We



■ The company is looking to take over empty, high street retail spaces across London

will continue to take over empty retail spaces across London."

Daniel Marin added: "The fitness market in London is showing no sign of slowing down, and we are best positioned to facilitate the takeover of struggling retail sites with a compelling yoga proposition."

[More: http://lei.sr/U9k4k](http://lei.sr/U9k4k)

Fitness news

APPOINTMENTS

Les Mills names Clive Ormerod as CEO



We have the ability to change lives across the world and to connect with different cultures.

Clive Ormerod

Les Mills International (LMI) has announced that Clive Ormerod will become its new CEO. Ormerod is currently chief marketing officer for the business.

The move is part of a planned evolution of the top team of LMI as it prepares for further global growth.

Also promoted are CFO Doug Robb, who takes up the position of COO, and US-based Jean-Michel Fournier who becomes CEO of Les Mills Media, the business driving the growth of home workouts via the Les Mills on Demand platform. Keith Burnet continues in his role as CEO of global markets.



■ Ormerod, currently chief marketing officer, will take up the role of CEO in 2019

Ormerod said: "We have the ability to change lives across the world and to connect with different cultures. This gives us the opportunity to become a truly global brand."

When he steps into the role in 2019 Ormerod will focus on growing Les Mills' global presence.

[More: http://lei.sr/B4d7B](http://lei.sr/B4d7B)

TECHNOLOGY

Youfit to begin offering genetic testing to members

US-based Youfit Health Clubs has become one of the first budget club operators in the world to begin offering its members genetic testing through its YouCoach personal training programme.

Youfit has signed a partnership with Advanced Genomic Solutions (AGS) and the test will be made available to all members across the operator's sites in Arizona and Florida.

"Partnering with AGS is our first step in helping Youfit members take control of their health," said J.J. Creegan, COO of Youfit Health Clubs.



■ The test will be made available to youfit members



We will be at the forefront of individualised health discovery

J.J. Creegan

"This partnership will allow us to be on the forefront of individualised health discovery that assesses wellness needs."

AGS specialises in genomic testing and the company will offer Youfit members its signature 'Health & Wellness DNA Test'.

The assessment will provide users with an individualised report, outlining how their genetics could affect their diet, exercise, and nutrition.

[More: http://lei.sr/G8C3P](http://lei.sr/G8C3P)

SLT secures contract for West Smethwick Park

Sandwell Leisure Trust (SLT) has secured a 10-year contract to run a community wellness hub, planned for West Smethwick Park in Tipton, West Midlands.

Due to open to the public in January 2021, the £5.2m facility will be owned by Sandwell Metropolitan Borough Council and has been funded in part by a Heritage Lottery Fund grant.

The hub will offer a large gym floor with five distinct fitness zones focusing on balance, strength, flexibility, CV and toning. It will also offer group exercise classes.

[More: http://lei.sr/A2e5Q](http://lei.sr/A2e5Q)

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As the UK's love for swimming and water-based activity is on the increase, the IQL UK National Pool Plant Operators Certificate, delivered by Institute of Swimming, covers everything you need to effectively maintain a swimming pool, spa or water feature.

Approved by the Pool Water Treatment Advisory Group (PWTAG) and meeting their industry guidelines, the course is considered to be of the highest standard, widely viewed as best practice and ratified by IQL UK as the awarding body.

To find out more about this and other Institute of Swimming courses, visit swimming.org/ios or find a course here rlssdirect.co.uk/course-finder/

RESEARCH

Exercise 'boosts metabolism for days'

The positive effects of exercise on the metabolic system could last long after the activity, according to a new study.

Research by UT Southwestern Medical Center on mice showed that neurons – the basic units of the nervous system – which influence metabolism are active for up to two days after a single workout.

The research could offer new insight into the brain's role in fitness.

"It doesn't take much exercise to alter the activity of these neurons," said Dr. Kevin Williams, a neuroscientist and one of the researchers at UT Southwestern.

"Based on our results, we would predict that getting

out and exercising even once in a semi-intense manner can reap benefits that can last for days, in particular with respect to glucose metabolism."

The research looked at the effects of short- and long-term exercise on two types of neurons found in both humans and mice.

One of the neurons – proopiomelanocortin (POMC) – has in the past been associated with reduced appetite and lower blood glucose levels, as well as higher energy burning when activated. The other, AgRP/ NPY, has been proven to increase appetite and diminish metabolism when activated.

[More: http://lei.sr/M8p4D](http://lei.sr/M8p4D)



■ The research could offer insight into the brain's role in fitness



“It doesn't take much exercise to alter the activity of these neurons

Kevin Williams

TRAINING

Serco and Life Fitness launches digital workshops



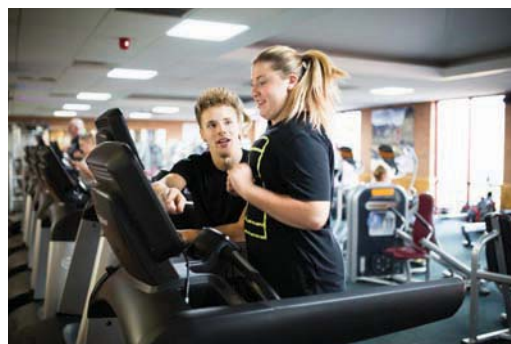
“Digital technology is now a huge part of the fitness landscape

Jon Hymus

Serco Leisure's fitness staff will be offered a new training initiative focusing on the use of digital technology.

Created in partnership with Life Fitness Academy (LFA) – the training arm of equipment provider Life Fitness – the digital workshops will explore the use of technology, apps and wearables and their roles in enhancing engagement with gym members.

Set to launch in December, the training will provide Serco's gym floor teams with the skills to encourage members to get the most out of technology as part of a health and fitness plan.



■ The training provides gym staff with the skills to better encourage members to improve their health

Instructors will learn about current and upcoming trends in digital fitness.

"Digital technology is now a huge part of the fitness landscape and we recognise for many of our members this can be overwhelming," said Jon Hymus, Serco Leisure's commercial director.

[More: http://lei.sr/2a2U7](http://lei.sr/2a2U7)



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3. It gives me the opportunity to meet up and socialise with other Industry leaders within their field.



Michelle Dand,
Group Health & Fitness Manager,
David Lloyd Leisure Ltd

For more information about
SIBEC please contact:

David Zarb Jenkins

Email: dzarbjenkins@questex.com

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HIGH PERFORMANCE FUNDING

'Smaller' sports to share Tokyo 2020 fund

Surfing, skateboarding and climbing are among the 14 sports to have received investment from UK Sport's new £3m Aspiration Fund.

The fund, launched in October, has been designed to help support smaller sports – those which do not receive full UK Sport funding – with their ambitions to qualify and prepare for Tokyo 2020.

The list includes archery, artistic swimming, badminton, beach volleyball, climbing, fencing, goalball, karate, softball, table tennis, weightlifting and wheelchair rugby.

The decision to launch the new fund is widely seen as a softening of the elite sport

body's "no compromise" approach, under which only sports with an expectation of winning a medal at Olympic or Paralympic Games receive support.

Grants from the Aspiration Fund are capped at £500,000 for team sports and £275,000 for individual sports while they will run to the end of the Tokyo 2020 cycle.

"This fund is an opportunity for these athletes and sports to get on track for the Tokyo Games," said Liz Nicholl, UK Sport CEO.

"Many of the sports have the potential to inspire through their performances and attract new audiences."

[More: http://lei.sr/E3D4w](http://lei.sr/E3D4w)



■ Surfing will receive £192,500 towards its elite programme



These sports have the potential to inspire new audiences

Liz Nicholl

SPORT AND WELLNESS

Play and fun activities should be available "for all ages"



There's more to life than being washed, dressed and fed

Janet Morrison

Experts have urged governments and industry to increase opportunities for play and fun physical activities throughout life – especially in older years – in order to improve the health and wellbeing of populations.

A panel at the ILC Future of Ageing conference has said making play possible throughout the life course could play a "vital role" in alleviating detriment to physical and mental health in the aged.

Janet Morrison, CEO of Independent Age argued that "fun activities" – such as physical activity – should not be limited by chronological age.



■ Physical activity can delay the onset of dementia

"There's more to life than being washed, dressed and fed," Morrison said.

"Somehow that gets lost in translation when we provide activities for older people. Why is that? Because we have a poverty of aspiration for what a good later life looks like."

[More: http://lei.sr/s2V8N](http://lei.sr/s2V8N)

GRASSROOTS

Parkrun secures £3m grant from Sport England



This is an endorsement of the strides we have taken

Nick Pearson

Sport England is to invest £3m in the popular Parkrun movement, with a focus on helping more women and people from lower socio-economic groups to get active.

Parkrun events are free to enter and are organised by volunteers, with hundreds of events taking place across the country every week.

The funding – secured over three years – will support the creation of 200 new events across England

“Our investment will focus on the key areas of increasing the number of women and girls who take part,



■ The funding will create 200 new events

as well as increasing participation from lower socio-economic groups – two major targets in our strategy Towards an Active Nation,” said Sport England CEO Tim Hollingsworth.

“This is an endorsement of the strides we have taken to create a model that empowers communities to implement a permanent mixed gender, multi-generational health intervention,” added Parkrun CEO Nick Pearson.

[More: http://lei.sr/Y9J6V](http://lei.sr/Y9J6V)

ELITE SPORT

UK Sport invests in mental health support

UK Sport and the English Institute of Sport (EIS) have made a number of appointments to strengthen the mental health support system within the UK's high performance system.

Dr James Bell, a performance psychologist who's worked with the England and Wales Cricket Board (ECB) and the Rugby Football Union, has been appointed head of mental health at the EIS – alongside his existing duties as head of culture at UK Sport.

His appointment is accompanied by the appointment of an Expert Mental Health panel, which will advise the high performance system over the coming years.

Believed to be unique for any world class programmes, the panel consists of four mental health professionals and is part of measures to help top British athletes deal with mental health issues.

The appointments are part of the Mental Health Strategy, developed by the Mental Health Steering Group which includes representation from UK Sport, EIS, the British Athletes Commission, World Class Programmes, industry and the mental health charity MIND.

The strategy promotes a sustainable high performance system where athletes have the best opportunity to have “positive mental health”.

[More: http://lei.sr/M9u5K](http://lei.sr/M9u5K)



■ The panel will advise the high-performance system and athletes



The appointments are part of the Mental Health Strategy, which promotes a sustainable high performance system

NEW DEVELOPMENT

Wasps finalise plans for centre of excellence

Premiership rugby club Wasps is finalising plans to build a centre of excellence on the site of the Old Leamingtonians RFC ground on the outskirts of Leamington.

The club has completed a long lease agreement for the site and is now preparing to file a planning application to Warwick District Council.

Facilities at the centre will include a rugby pitch for every age group at Old Leamingtonians RFC, a full-size synthetic pitch, a number of training pitches for the elite team and an indoor training complex.

Nick Eastwood, Wasps CEO, said: "Our ambition is to transform the site into

an elite centre of excellence for rugby, enabling wider community participation and for rugby to continue to flourish in the region.

"The plans have been well received by the parish councils that we have spoken with, and the focus now is working with Warwick District Council through the planning process."

He added that the club has agreed a new deal to remain at its existing training base at Broadstreet RFC until the Leamington site is ready.

Wasps re-located to the West Midlands from London in December 2014, following a deal to acquire the Ricoh Arena in Coventry.

[More: http://lei.sr/n5C4W](http://lei.sr/n5C4W)



■ The centre will house elite and grassroots facilities



The plans have been well received by the parish councils

Nick Eastwood

GRASSROOTS

£18m project to create three football hubs in Sunderland



The three community hubs will combine to provide the city with 10 new 3G synthetic playing pitches

Building work is set to begin in January 2019 on three community football hubs in Sunderland.

The £18.04m project is being funded by the Premier League, The FA and Sunderland City Council – with the charity, the Football Foundation, overseeing the project delivery.

The sports hubs – Community North Sports Complex in Downhill, the Northern Area Playing Fields in Washington and a centre in Ford Quarry – will combine to a total of 10 full-size, floodlit 3G synthetic turf pitches.



■ Each hub will have at least three 3G pitches

Ford Quarry and Community North Sports Complex will each have three pitches, while Northern Area will host four – one of which will be fully-compliant for contact rugby.

[More: http://lei.sr/w2H3U](http://lei.sr/w2H3U)

Community Leisure UK

The voice for community leisure trusts across the UK

The community leisure trust collective has launched a new brand that seeks to support and develop our public leisure and culture services. **Community Leisure UK** – formerly Sporta - is the association that specialises in charitable leisure trusts across the UK, enabling networking and knowledge sharing with peers and external stakeholders.

Collectively, member community leisure trusts manage a **combined budget of more than £1.6bn**, **employ over 67,000 people**, and receive **233million visits per year**.

Charitable trusts are key community anchors who **reinvest every penny** into developing services focused on their local people across the life course. Trusts are working with more and more partners to develop supported routes to **mental and physical health improvement**, while reshaping services to meet local strategic objectives.

The ultimate aim of community leisure trusts is to **engage all people across the community**, whether that is having a health check, a coffee in a safe and warm space, going for a swim, taking a walk in the park, borrowing a library book or becoming a member of a gym.

Community Leisure UK are keen to help organisations who would like to know more about the public leisure landscape and / or the charitable trust model. Please do get in touch at:

www.communityleisureuk.org

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cateatwater@communityleisureuk.org

Thank you for reading.

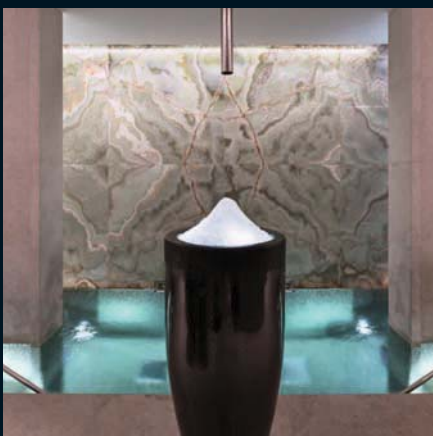




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SPA AND FITNESS

SenSpa to offer DNAFit at Carys Manor

SenSpa, a luxury Thai-style spa at the Carys Manor Hotel in Hampshire, UK, has partnered with health and fitness company DNAFit to offer a bespoke training programme in-spa.

Expected to launch next year, the programme, called DNAFit Testing, analyses user's genes to create personally tailored fitness plans based on how the body responds to different types of exercise and nutrition.

Users undergo a simple swab test; the swab is then scanned and 45 gene variants are tested to determine the body's response to food and exercise, before a detailed report is generated. Trainers then use this report to create

bespoke programming tailored completely to the individual.

Lina Lotto, spa director at SenSpa, said: "It takes all the guesswork out of creating a fitness plan for someone. Tailoring fitness programme to individuals based on DNA analysis is the way things are going. It streamlines everything to make every bit of exercise we do and every piece of food we eat count."

Avi Lasarow, CEO of DNAFit, said: "By exploring their fitness and nutrition genetics, SenSpa customers can now access the most personalised information possible about their unique requirements and make better-informed decisions about their health."

[More: http://lei.sr/9y7K9](http://lei.sr/9y7K9)



■ The spa is set to introduce DNAFit in January 2019



Customers can now access highly personalised info

Avi Lasarow

EVENTS

Glion hosts conference on technology and wellness



The conference covered the latest insights from the growing wellness industry

The Glion Institute of Higher Education in Switzerland has hosted a three-day conference on innovation and technology, and what it means for the spa and wellness industry.

Part of the face-to-face programming for the wellness to business executive education, the conference was held between 3 and 5 December, and was designed for mid- to senior-level executives in the spa, hospitality and wellness industries.

The conference covered the latest insights from the growing wellness industry and topics such as artificial



■ Faculty includes Mariana Palmeiro, head of Wellness to Business Executive Education at Glion

intelligence, wearable gadgets, biotechnology and virtual reality. There were also sessions on how technology can give businesses a competitive edge and the importance of data management for customer satisfaction.

[More: http://lei.sr/u8z4h](http://lei.sr/u8z4h)

Spa & wellness news

DESIGN

RIBA to bring out new book on 'wellbeing in interiors'



Interior spaces impact occupants in a variety of ways

Elina Grigoriou

The publishing wing of the Royal Institute of British Architects (RIBA) is gearing up to release *Wellbeing in Interiors: Philosophy, design and value in practice* – a book authored by London-based interior designer Elina Grigoriou.

Described as a practical guide on "how the design of interior spaces impacts wellbeing", the book – according to RIBA's description – will also "enable project teams to understand how specific decisions about sustainable design and materials can be implemented on a day to day basis". Grigoriou – the founding director of Grigoriou Interiors – has written



■ The book will be released in Spring 2019

extensively on wellness in architecture. In a blog post, she provided a precis of her views on the sensory nature of wellbeing.

"The physical environment of interior spaces," she wrote, "impacts occupants in a variety of ways: from general air quality through to individual elements such as a polished floor finish, a comfy lounge chair, a balanced HVAC system, to the feel of a cold door handle on our hand."

[More: http://lei.sr/u6Q5g](http://lei.sr/u6Q5g)

RESEARCH

Infographic with first-ever sector data released

The Global Wellness Institute's (GWI) Spa & Wellness Consulting Initiative – a collection of over 150 global sector consultants – has released the first-ever spa/wellness/fitness consultancy survey results data in the form of an infographic.

"While management consulting is a known commodity, the subset of consultants experienced in creating and operating successful spa, wellness and leisure venues has never been well-defined, until now," said Lisa Starr, co-chair of the initiative.



■ Lisa Starr is co-chair of the initiative



Findings suggest that the largest portion of new spa/wellness projects take between 12-18 months to be completed

More than 60 spa and wellness industry consultants were interviewed for the survey, working on behalf of real estate developers, hotel and resort owners/operators, and spa owner/operators.

The resulting data findings help to define the scope of the sector. Some key findings suggest that the largest portion of new spa/wellness projects take between 12-18 months to be completed.

[More: http://lei.sr/q7G2H](http://lei.sr/q7G2H)

Oulton Hall launches menu targeting stress in the workplace

The spa at the Oulton Hall hotel in Leeds is set to launch a new treatment menu targeting stress in the workplace after experiencing a significant increase in corporate bookings.

Expected to launch next year, the new menu is designed to accommodate businesses and offer longer treatments. It will incorporate rituals and treatments from luxury spa brand ESPA, including the ESPA inner beauty facial and muscle reviver, designed to leave guests relaxed with a positive mindset.

[More: http://lei.sr/x6a4y](http://lei.sr/x6a4y)

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REFURBISHMENT

Brutalist building to reopen as luxury hotel

The first European iteration of The Standard Hotels franchise is gearing up to debut in London inside a Brutalist structure that once housed offices for the local city council.

Formerly known as the Camden Town Hall Annex, the 1970s-era concrete complex – located opposite London's St Pancras and King Cross stations – will soon be transformed into a 266-room, 184,000 sq ft (170,940 sq m) luxury destination.

The architects responsible for said transformation include Shawn Hausman and Archer Humphreys – both of which oversaw the hotel's interior remodelling.

Construction company McClaren spearheaded the site's structural reconfiguration.

When complete in 2019, the hotel will feature a number of recreational spaces as well as two gourmet restaurants helmed by head chefs Adam Rawson and Peter Sanchez-Iglesias.

The project, which was first proposed in 2014 by André Balazs – founder of The Standard Group – has been in development since 2015, progressing under the supervision of London-based Cross Tree Real Estate Partners.

The hotel will be the sixth in the company's portfolio.

[More: http://lei.sr/x6w6k](http://lei.sr/x6w6k)



■ The property will be hotel group Standard's first in Europe



The hotel will feature a number of recreational spaces, as well as two gourmet restaurant

REDEVELOPMENT

Heckfield Place transformed into luxury country hotel



The hotel boasts 38 bedrooms, six Signature rooms and one two-bedroom cottage, each designed to provide intimate environments

The historic Heckfield Place estate, in Hampshire, has been transformed into a luxury hotel following a multi-million pound renovation designed by architecture firm Spratley & Partners.

Formerly the home to Horace Walpole, the 4th Earl of Orford in the 18th century, the Grade II-listed Georgian house has been transformed into a lavish country hotel.

It boasts 38 bedrooms, six Signature rooms and one two-bedroom cottage, each designed to provide intimate and familiar environments for guests to relax



■ Heckfield Place was previously home to Horace Walpole the 4th Earl of Orford

in. It also hosts two restaurants, a private cinema, the Little Bothy spa, a wine cellar, gardens and a farm.

Future plans for the hotel include the addition of a new spa, The Bothy, which is expected to open next year.

[More: http://lei.sr/y2e7d](http://lei.sr/y2e7d)

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WILDLIFE TOURISM

Aberdeen banks on "dolphin tourism"

A proposal has been put forward to build a £10m visitor centre – dedicated to watching wild dolphins – overlooking the Aberdeen harbour.

To be built at the harbour's entrance inside the Torry Battery – a former artillery placement used in both World Wars – the plans have been submitted by Greyhope Bay organisation.

The organisation hopes to turn the site into a dolphin observation and marine science and leisure facility, a change in its original plan, which would have seen the facility built in Greyhope Bay near the city.

The proposed location is a good fit for the centre,

with the Battery's car park already an active site for wildlife conservation charity the RSPB, which since 2013 has used it for its 'Dolphinwatch' scheme.

Greyhope Bay's "Dolphins at the Battery" plan would complement this through a phased development that would start with a viewing platform, exhibition space, café and toilets.

"Torry Battery overlooks one of the best dolphin viewing points in Europe," said Fiona McIntyre, managing director of Greyhope Bay. "We plan to create a building that will allow people to view it in comfort, for the first time."

[More: http://lei.sr/C3U4B](http://lei.sr/C3U4B)



■ The dolphin viewing facility will cost an estimated £10m



Torry Battery overlooks one of the best dolphin viewing points in Europe

Fiona McIntyre

STATISTICS

Scottish tourism employing 'more people than ever before'



These figures show positive news for the sector

Chris Greenwood

The number of people working within Scotland's tourism sector has hit a record high 206,000 – five years since the introduction of the National Tourism Strategy.

Latest figures from 2017 show an overall increase of 24,500 jobs in the tourism industry – from 181,500 – in the five years since the launch of the strategy in 2012.

Large urban areas have, predictably, the largest concentrations of the country's tourism jobs, with The City of Edinburgh having the highest rate of tourism



■ For every £60,000 spent by visitors in Scotland, a new job is created in the country

employment, followed by Glasgow City, Highland and Aberdeen City.

"These figures show positive news for the sector, with an overall rise in jobs since the National Tourism Strategy came into place," said Chris Greenwood, senior tourism insight manager at VisitScotland.

[More: http://lei.sr/W4w8d](http://lei.sr/W4w8d)

Tourism sector deal on the move

After a wait of almost nine months, the government has finally announced that it is going to take forward the tourism industry's bid under the *Industrial Strategy*. This is extremely good news and important to the future development of the UK tourism Industry post-Brexit.

To recap slightly, under the government's *Industrial Strategy*, industry sectors have been invited to submit bids to government that outline ways by which the government can support their sector and help it grow in a post-Brexit environment. So far, around 65 sectors have submitted bids but only six of these bids have been agreed by government. So, if the tourism industry bid is approved, it will be the seventh.

Action areas

The tourism bid outlines four key areas where action is deemed necessary – improving skills and the perception of the industry as a career option, improving broadband connectivity in tourism destinations, increasing productivity by using business tourism to extend the tourism season, and creating “Tourism Zones” which are areas where the industry, local authorities and LEPs come together to develop and implement an agreed tourism plan with the support of central government..

In agreeing to take forward the Tourism Bid, we have now moved on to the next stage where the details need to be negotiated on what exactly the industry commits to contribute and achieve, and what the government will contribute in the way of resources and possible changes in policy.

For example, the government has asked the industry to provide more detail what it will do to make the industry more attractive as a career option for young people, to commit improving accessibility, improve the sharing of data with VisitBritain in order to identify growth opportunities in new and emerging markets and to commit to increasing accommodation capacity.

On the industry's side, commitments will be sought from government on improving the roll-out of superfast broadband in areas dependent on tourism revenue, prioritising Tourism Zones for funding from the UK Prosperity Fund and providing support to win international conferences.

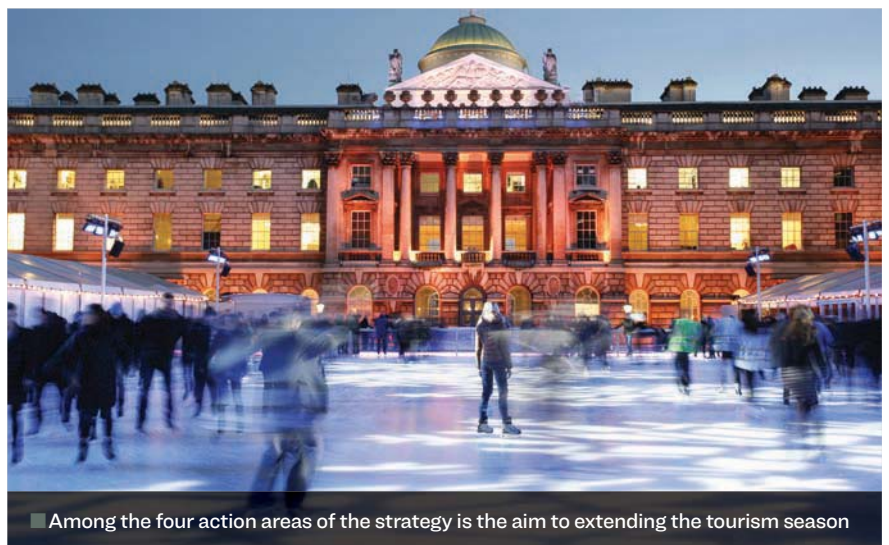
It is hoped that an agreement on these details can be negotiated by the end of March so that the final deal can be signed and the industry well-placed to continue to provide growth and employment for the UK economy when the UK leaves the EU. ●



■ Kurt Janson, director of the Tourism Alliance



The tourism bid outlines four key areas where action is deemed necessary – such as improving skills and the perception of the industry as a career option



■ Among the four action areas of the strategy is the aim to extending the tourism season

SUSTAINABILITY

Study shows green commitment of arts

Britain's cultural organisations have shown their commitment to environmental sustainability over the last five years, with a new report showing reduced carbon emissions of more than a third during that period.

Called Sustaining Great Art and Culture, the new report from Arts Council England (ACE) showed that between the periods for 2012-2013 and 2017-2018, there was a 35 per cent decrease in electricity and gas consumption – a reduction of more than 23,600 tonnes of carbon.

More than 600 National Portfolio Organisations (NPO) took part in the study,

with 136 organisations consistently reporting data through the period. Each was asked to monitor their annual carbon footprint on top of developing environmental policies and action plans related to sustainability.

Among the core group of 136, there was a 23 per cent reduction in energy use over the five-year period, which the study said resulted in combined savings of £16.5m

Of those who took part in the study, more than three quarters said that focusing on sustainability had a wider impact, with new environmental policies helping to support and secure funding applications.

[More: http://lei.sr/3R3s5](http://lei.sr/3R3s5)



■ The programme also influenced the content of NPOs



More than three quarters said that focusing on sustainability had a wider impact

MUSEUMS

New £16m arts and heritage centre planned for Oldham



Culture is something that will set Oldham apart from other towns

Sean Fielding

A new arts and heritage centre is planned for Oldham that will tell the history of the town, from its industrial past to present day.

Boasting gallery spaces, archives, public research rooms, bars and meeting spaces, the new centre will cost £16m and is part of a wider two-decade transformation plan to establish a new cultural quarter in the town.

Oldham's museum, archives, local studies and stores, which are located around the town, will be moved into one building at the



■ Oldham's museum, archives, local studies and stores will be moved into one building at the facility

facility, which will sit at the site of its former library and art gallery.

"Culture is something that will set Oldham apart from other towns and make us a place that people want to visit," said Council leader Sean Fielding.

[More: http://lei.sr/Z7w8v](http://lei.sr/Z7w8v)

HERITAGE

Historic visitor attraction planned for Belfast City



City Cemetery is a real hidden gem

Jim Rodgers

Northern Ireland's only burial ground with a Jewish section is to have a visitor centre added to it that will tell the history of the multi-faith people buried there and the cemetery itself.

Belfast City Council, (BCC) which runs Belfast City Cemetery in the west of the city, has successfully secured £1.7m worth of Heritage Lottery Fund (HLF) financing for the project and is now well on its way to its £2.3m target.

The council will use the money to create the visitor and education centre, restore historical monuments, enhance biodiversity at the site and create



■ The project secured £1.7m worth of HLF funding

outreach events. Other features are set to include a multimedia exhibition where visitors can learn more about the history and the people of the cemetery and burial records and archives for those keen to learn more about their ancestry.

"City Cemetery is a real hidden gem," said Jim Rodgers, chair of BCC's strategic policy committee.

[More: http://lei.sr/G4t9j](http://lei.sr/G4t9j)

NEW OPENING

War of the Worlds to be reimagined as London attraction

A new experience combining state-of-the-art technologies and immersive theatre is set to debut in London next year, with H. G. Wells' The War of the Worlds to be completely reimagined with the mixed reality show.

Based on composer Jeff Wayne's 1978 musical version of the science fiction novel, 'layered reality' company dotdotdot have partnered with the musician to reimagine his work, which is among the top 40 best selling albums of all time in the UK.

Using virtual reality, holograms and other new technologies, the experience



■ The experience is designed for audiences to feel as though they are living through The War of the Worlds



With VR, holograms and other new technologies, audiences will feel as though they are living through The War of the Worlds

is designed for audiences to feel as though they are living through The War of the Worlds, which was originally written in 1898 and is one of the earliest stories to detail a conflict between mankind and an extraterrestrial race.

The 22,000sq ft (2,000sq m) multi-level site at the Old London Metal Exchange, will feature VR, haptic and multisensory elements.

[More: http://lei.sr/a7n9p](http://lei.sr/a7n9p)

Lottery funded UK attractions offer free entry for Christmas

Hundreds of UK attractions that have received funding from the Heritage Lottery Fund (HLF) are offering free entry, discounts and gifts to visitors who brandish a National Lottery scratchcard upon arrival.

The move, according to HLF, is a way of saying "thank you" this Christmas to lottery players in the UK, whose money has helped the organisation to hand out £7.9bn of funding to more than 43,000 heritage projects over the past 24 years.

There will be free entry to over 100 National Trust sites.

[More: http://lei.sr/u8R7A](http://lei.sr/u8R7A)

Game changer for Blackpool

Plans have been revealed to turn Blackpool's Golden Mile into a £300m visitor attraction based on an old science-fiction classic



A “world-class”, £300m visitor attraction based on Swiss author Erich Von Däniken’s *Chariots Of The Gods* is in the plans for Blackpool, marking the biggest single investment in the town’s tourism industry for more than a century.

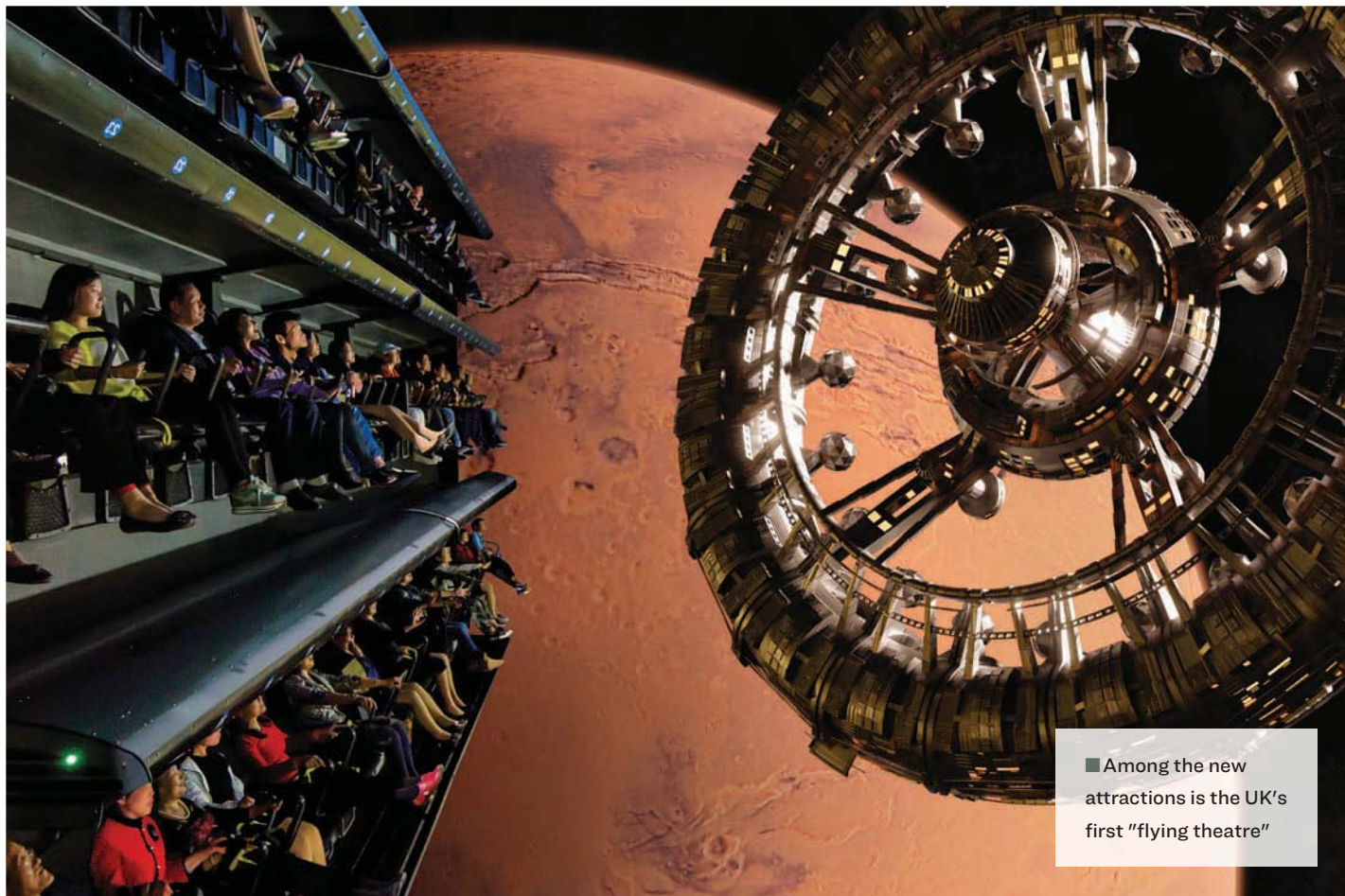
The masterplan for the redevelopment shows a number of new attractions along the coastal town’s Golden Mile promenade stretch based on the book, which explores alien encounters and unsolved mysteries of ancient civilisations.

The development, called Blackpool Central, is projected to attract 600,000 additional visitors per year into the town with a combined annual spend of £75m, while creating around 1,000 new jobs, according to Blackpool Council.

A standout feature of the project is the Flying Theatre, which will be fully immersive with onboard special effects including wind, fog, water and scents, with projections and surround sound.

Other attractions include the Virtual Reality Experience – a VR space with free-roam, multi-player capability, body tracking and motion simulators; the Greatest Mysteries, an exhibition exploring extra-terrestrial influences on the great ancient civilisations; Adventure Land, an indoor family

These new attractions will allow thrill-seekers to enjoy their visit to Blackpool even more and will attract new visitors too



■ Among the new attractions is the UK's first "flying theatre"

“ We have long stated that a key objective is to create a year-round destination that delivers year-round employment ”

entertainment centre with hang gliding, rope courses, adventure trails and interactive climbing walls; and the Thrill & Gaming Zone, a fully-themed gaming area with thrill and family rides, arcade games, a laser tag arena, a bounce park and bumper cars.

"These new attractions are of ground-breaking international quality and their cutting-edge technology will take Blackpool's tourism offer to another level," said the leader of Blackpool Council, Simon Blackburn.

"We already have, to my mind, the best amusement park in the UK, in the form of Blackpool Pleasure Beach. These new attractions will allow thrill-seekers to enjoy their visit even more and will attract new visitors to come and encourage existing visitors to stay longer.

"They will create jobs, regenerate a part of the town that is in need of love and attention and boost trade.

"This new development, alongside the other investments taking place in the town, represents a game-changer for our visitor economy.

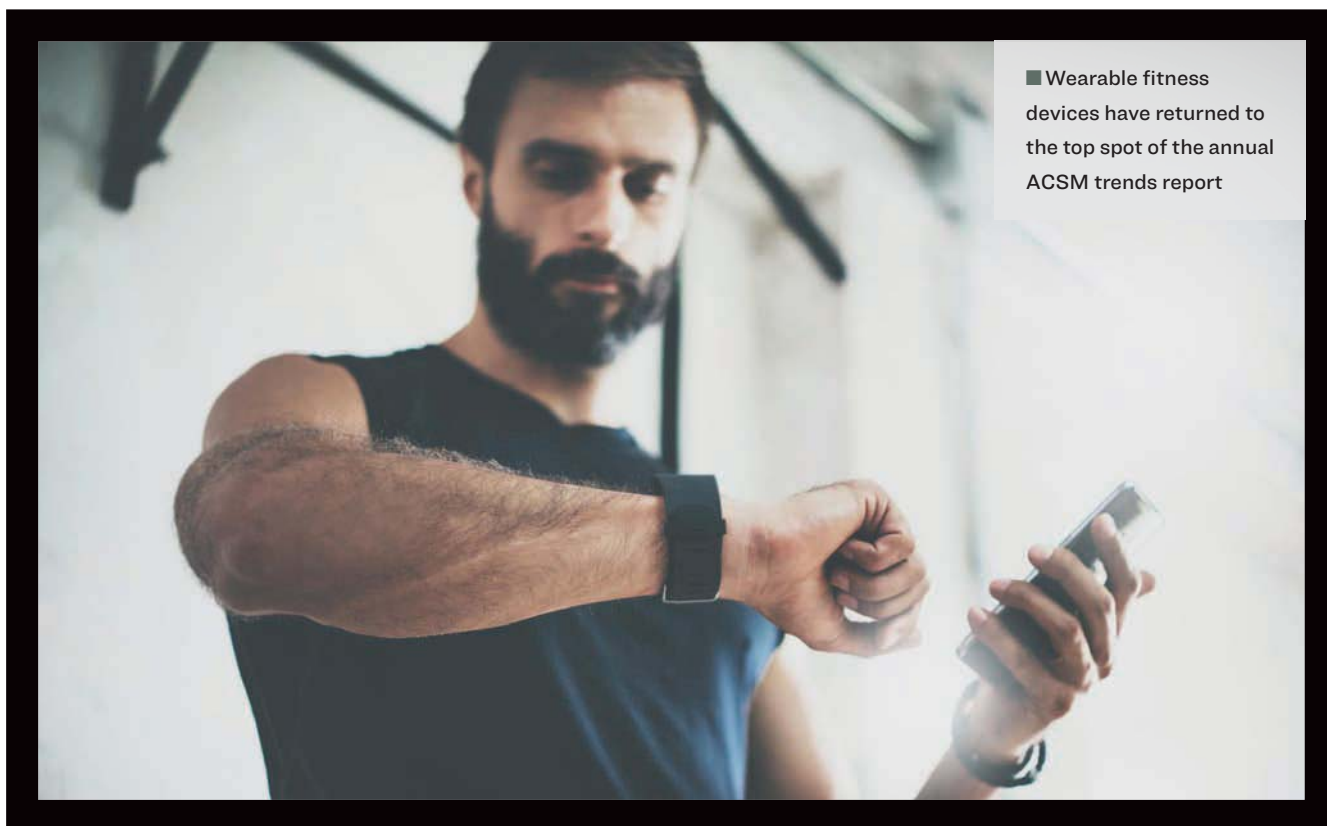
"We have long stated that a key objective is to create a year-round destination that delivers year-round employment. Blackpool Central will play a major part in that ambition."

The project is the result of a collaboration between UK-based development company, Nikal, and Media Invest Entertainment, which owns the intellectual property rights to *Chariots Of The Gods*. It is currently expected to be built in several phases over an eight- to nine-year period, with work starting in 2020.

The 17-acre development site was once earmarked as the site of a Las Vegas-style super-casino, but those plans were permanently shelved after various setbacks." ●



■ The project is being drive by development company Nikal and Media Invest Entertainment



■ Wearable fitness devices have returned to the top spot of the annual ACSM trends report

ACSM fitness trends report

Wearable tech has returned as the 'top fitness trend' in the ACSM 2019 fitness trends report – but what else is hot?



■ Programming for older adults is one of the hot trends for 2019

Wearable tech has made a comeback as the 'hottest fitness trend' for 2019 – with group training, HIIT and programming for the elderly also expected to grow in popularity over the next 12 months.

In its latest global trends report, American College of Sports Medicine (ACSM) identified 20 trends it believes will shape the global fitness industry in 2019. Now in its 13th year, the *Worldwide*

Survey of Fitness Trends surveyed more than 2,000 health and fitness professionals and ranked 39 possible trends on a scale of 1 (least likely to be a trend) to 10 (most likely to be a trend).

New to this year's survey was the inclusion of potential new trends, such as virtual reality, community interventionist, and access pass – none of which made the top 20 trends.

Wearable tech had fallen down to third place in the 2018 trends report, but has now made a comeback following the



■ Other hot trends include group training (top), HIIT (left) and personal training (above)

emergence of a new generation of fitness and activity trackers.

The top 10 trends for 2019 are:

1. Wearable technology
2. Group training
3. High-intensity interval training (HIIT)
4. Fitness programmes for older adults
5. Bodyweight training
6. Employing certified fitness staff
7. Yoga
8. Personal training
9. Functional fitness training
10. Exercise is medicine

“

Mobility and myofascial devices are also predicted to gain importance among fitness consumers in 2019

Trends to have missed out on a top 10 spot, but that are predicted to make an impact during the year, include health and wellness coaching, exercise for weight loss and mobile exercise apps.

Mobility and myofascial devices are also predicted to gain popularity among consumers, as are workplace fitness initiatives. Worksite health promotion and workplace wellbeing programmes were number 15 on the ACSM list.

The report is designed to guide health fitness programming efforts for 2019. ●



His integrity, commitment, energy and passion for football has underpinned the improvements on and off the pitch

Greg Clarke, chair, The FA



The end of a (short) era

CEO Martin Glenn has been credited with turning around The Football Association's fortunes in just three years – but now he is leaving



■ Glenn was appointed CEO in May 2015, leaving behind the role of CEO at United Biscuits

The Football Association (FA) chief executive Martin Glenn has resigned and will step down at the end of the 2018-19 season. The announcement will bring to an end a four-year tenure, during which the FA has experienced significant successes both on and off the field. In the boardroom, Glenn has been credited for a 40 per cent increase in FA revenues. The income has allowed the organisation to invest "record amounts into the game at all levels" – such as doubling the prize money for both the men's and women's FA Cup competitions. The FA also credited Glenn with "changing its entire culture", citing figures which show that 34 per cent of the organisation's staff are now female – and 12 per cent come from a BAME background.



“ I will leave feeling proud of the success of the performance of all the England teams. I hope that the FA will be able to build on this ”

The improvements during Glenn's term have been even more impressive on the field. Described as "unprecedented period of success for elite teams across all age groups in tournaments" by the FA, it was epitomised by the men's team reaching the semi-finals of the 2018 FIFA World Cup – the first time that has happened in more than a quarter of a century.

It followed a third-place finish by the women's team in 2015, while the U-17 and U-20 both became World Cup winners in 2017.

In a statement, the FA said Glenn had "chosen to leave" and had "delivered much of what he came to do".

"When I accepted the role of CEO at The FA, I was tasked with improving the effectiveness of the organisation and making it financially secure," explained Glenn. "I also joined with the strong belief that the England

team's performance in tournaments could and should improve, and that the experience of the millions of people who play football could be a better one.

"I will leave feeling proud of the success of the performance of all the England teams. I am confident that we have established in St. George's Park, a world-class centre which will ensure that the teams will continue to build on their current successes.

"I hope that The FA will be able to build on this by accelerating the breakthrough of English qualified players into the first teams."

FA chair Greg Clarke added: "Martin leaves as his legacy an organisation that is fit for purpose, more diverse, globally respected and ready to progress to the next level. I and the organisation will miss his effective, principled and compassionate leadership." ●



■ There has been an increase in the public's interest in the women's game in the past four years

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Customer Service Manager (Health & Fitness)

We have an exciting opportunity available for a Customer Service Manager at Bridgend Life Centre focussing on health and fitness. The centre is one of Halo's largest facilities and we are looking for someone who is passionate about delivering the highest standards of customer service. The ability to speak welsh is desirable for this post.

Under the direction of the General Manager, you will manage the day to day operation of the Health and Fitness Service, including the delivery of wider activities and social programmes to promote activity and well-being to disadvantaged groups and individuals. You will ensure the safe supervision of the public and staff within approved guidelines and assist in delivering a high quality, customer orientated service, profitably.

When acting as Shift Manager on duty you will organise and manage the services and facilities at the Leisure Centre to ensure that a safe operation and community and customer led, viable and performance managed service is delivered.

We offer a host of benefits including:

- Defined contribution pension scheme
- Cycle to work scheme
- Childcare vouchers
- Free Halo membership
- Family discounts
- Health and Wellness rewards

The closing date is 5pm 31st December 2018. (We reserve the right to close this advert early if sufficient applications are received).

Interviews will take place on 14th January 2019.

Apply now: <http://lei.sr/P1v8y>



WE ARE RECRUITING NATIONWIDE

EMPLOYED PERSONAL TRAINERS

Focus on PT Sessions



Excellent commission



Huge membership base



Guaranteed income



Peak timeslots

FREELANCE GROUP EXERCISE INSTRUCTORS

All disciplines



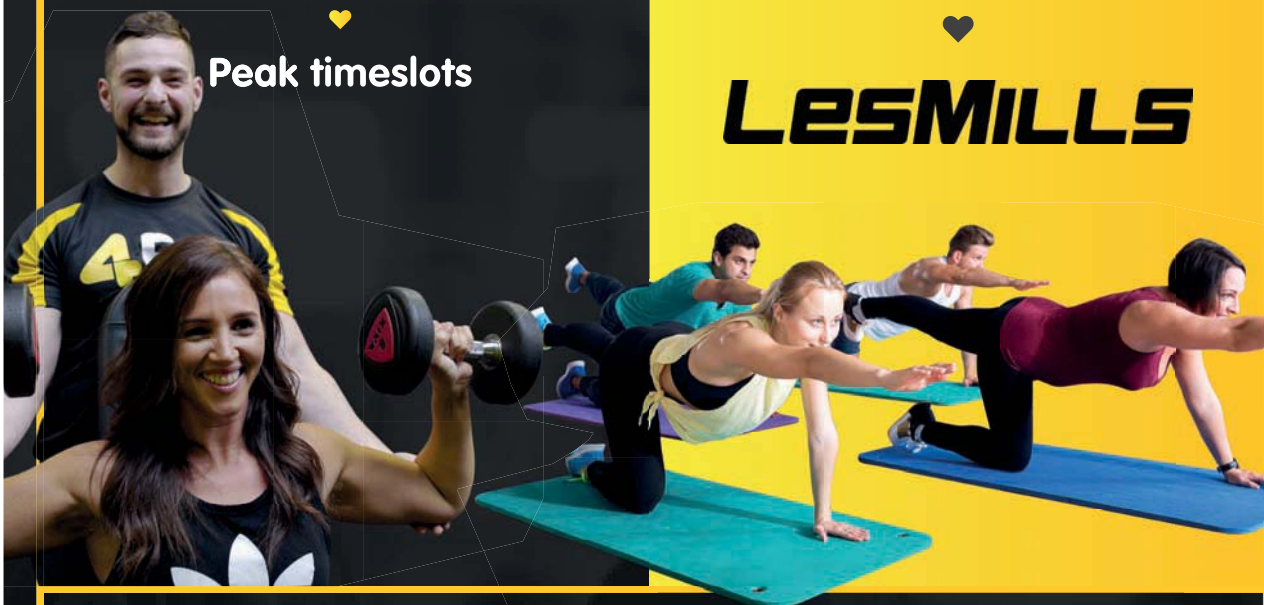
Back to back classes



£20 per hour



LES MILLS



Send your cv and cover letter to
stacey.gould@xercise4less.co.uk

the
gym.
find your fit

HAVE YOU GOT WHAT IT TAKES?

WE'D LOVE TO HEAR FROM YOU

Here at The Gym, we're always making gains. We are currently growing at a rate that would match Usain Bolt's pace - and in order for us to continue to do so, we need people like you. Whether you're a lifter, a spinner or an avid crossfitter we're always on the lookout for fantastic new staff to help us remain the crème de la crème.

We make a very simple promise to our people - Your Gym, Your Purpose, Our Promise. We believe passionately that the Gym is in the hands of the General Manager and their team. It's our role to support them, not the other way round. We aim for everyone who works for us to have a strong sense of purpose - this is our promise to every single one of our amazing people.

CAREERS
IN GYM
SUPPORT

ASSISTANT
GENERAL
MANAGERS

PERSONAL
TRAINERS/
FITNESS
TRAINERS

GENERAL
MANAGERS

If you feel like you could help make
our members even happier visit

www.thegymgroup.com/careers

HEALTH & FITNESS APPOINTMENTS

bhlive

Join our team

LIFEGUARD

Location: Portsmouth Salary: £16,332 per annum

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

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 artistic and community events
- Delivering economic benefit to the locations in which we operate by hosting major conferences, exhibitions and events

Working on the poolside of one of our pools, you are the main point of contact for swimmers and therefore, you must be vigilant and have a good customer service approach. Ensuring compliance with Health and Safety around the pool environment and taking responsibility for maintaining cleanliness standards within the pool area are essential elements of this role. BH Live can offer you the opportunity to develop your career within the leisure sector, supporting the study of vocational and industry recognised qualifications.

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.

BH Live is committed to safeguarding and promoting the welfare of children. Rigorous checks will be made of the successful applicant's background credentials, including an enhanced DBS (Police) check.

Applications can be made by submitting your CV to: recruitment@bhlive.org.uk

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



MALVERN ST JAMES
GIRLS' SCHOOL
WORCESTERSHIRE

The Independent Boarding and Day School for Girls (aged 4-18)



Malvern St James is a leading boarding and day school for girls aged 4 to 18, which achieves outstanding results within an exceptionally creative, warm and supportive community.

We offer:

- the opportunity to work with highly motivated and talented pupils and colleagues
- commitment to professional development
- a convenient location in Malvern, with excellent transport links
- a competitive salary.

We are currently recruiting for the following roles:

Fitness Instructor / Personal Trainer

£15,210, 39 hours per week + PT Income

We are seeking to appoint an inspirational Fitness Instructor/Personal Trainer to assist with the day to day running of the 'state of the art' Sports Centre. The successful candidate will be responsible for carrying out gym inductions, teaching classes and personal training for members and MSJ pupils. Applicants must have a passion for Health & Fitness and have a real desire to help others reach their goals and live rewarding healthy lives.

The successful candidate should possess excellent communication and customer service skills with previous experience of working in a fitness team. A National Certificate in Fitness Instruction & Personal Training (REPs Level 3 minimum) is essential.

Malvern St James is a leading boarding and day school for girls aged 4 to 18, which achieves outstanding results within an exceptionally creative, warm and supportive community.

In the first instance please submit a CV by clicking apply below.

Malvern St James is committed to safeguarding and promoting the welfare of children; applicants must be willing to undergo child protection screening appropriate to the post, including checks with past employers and the Disclosure Barring Service clearance at an enhanced level.



Apply now: <http://lei.sr/W4w1b>

YMCA ST PAULS GROUP

WORK
WITH US

HEALTH AND WELLBEING COORDINATOR



Location: Worcester Salary: Competitive
Part Time – 2 Year Fixed Term

We are looking for a Health and Well Being Coordinator at YMCA White House to coordinate and develop the Active, Creative and Social Activities Programme at the White House targeting people from priority groups and communities in Hampton North with the aim of delivering a broad programme that stimulates healthy lifestyle choices and contributes to improved health outcomes.

The post holder will look to promote, encourage and increase participation in physical activity classes, programmes and other social activities at the White House. Groups that will be particularly targeted are older adults, families, young adults, people with physical and mental health disabilities, ethnic minority groups and those residents living in deprived local communities in Hampton North.

YMCA St Paul's group is an equal opportunities employer. We value the importance of diversity and positively welcome applications from all members of the community, including those with disabilities. As a responsible employer, we follow safer recruitment guidelines so please send in a supporting statement to explain why you are suitable for this job. You also need to complete our application form. The selected candidate will be expected to declare all previous offences and undergo an Enhanced Disclosure via the Disclosure and Barring Service.

YMCA St Paul's Group is a Christian organisation and as an employee, you will be required to respect its ethos and uphold its values.

For a full job description and to apply: <http://lei.sr/A4B0m>



We are Eleven Arches, the producers of “Kynren – an epic tale of England”.

The show is world class and rated in the TripAdvisor Top 3 UK performances.

Kynren is the UK's biggest live production since London 2012 and is presented on a 7½ acre stage of land and water with a cast and crew of 1,000 professionally trained volunteers. Kynren was created with world renowned Puy du Fou (winner of the prestigious Applause Award and the Thea Classic Award) as our artistic partner. The next leg of our incredible journey is to follow Puy du Fou's steps with the development of a new daytime theme park.

We looking for an experienced and talented **Head of Technical Operations** and an experienced and high calibre **Technician** to strengthen the Technical team as the show moves into its fourth season and we embark on our next exciting chapter.



HEAD OF TECHNICAL OPERATIONS

The Head of Technical Operations role offers the successful candidate the opportunity to be involved in an inspiring, ambitious and unique project, working in a fast-moving, often unpredictable, high-octane environment that accompanies the production of a world-class show. Reporting to the Executive Committee, you will work at an operational level to plan and supervise the construction of new attractions as well as leading and delivering the technical operations of the show and site.

The Head of Technical Operations sets up, directs and runs Kynren with a passionate team that includes volunteers and a small team of employed Technicians. As we plan future shows, they will be run with a team of paid Technicians as part of season long operations outside of Kynren nights.

You will be called upon to deal with a wide range of technical issues and will have a strong working knowledge of techniques, methods and procedures of show production gained in a visitor attraction, theatrical or outside broadcast environment.

TECHNICIAN

As a Technician you will help us develop our ideas and realise our creative vision. You will install, operate and maintain all of our show systems alongside providing training, coaching and support for our volunteer technical teams.

Our base is in Bishop Auckland in picturesque County Durham. We're 25 minutes from both Durham and Darlington mainline stations with Newcastle, Teesdale, Weardale and the Yorkshire Dales within commuting distance. It's a great place to live and work.

For more information on these roles and to apply please click links below:

Head of Technical Operations

<http://lei.sr/0g4d4>

Technician

<http://lei.sr/x7b3U>

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>





Duty Manager

Withington, Manchester, UK

Salary : £18,400 - £19,200



Love Withington Baths (LWB) is a charitable organisation with a vision to provide accessible and affordable high quality leisure opportunities for Withington residents and businesses (www.lovewithingtonbaths.com). Withington Leisure Centre is 100 years old and contains a 60-station gym, 22 x 6m pool, sauna, two refurbished studios, physiotherapy room and a small café.

The role of Duty Manager

Reporting directly to the Facility Manager we are looking for a highly motivated and experienced Duty Manager with a minimum of 5 years' experience in the leisure industry. The role will require flexible working with a shift pattern based on 40 hours a week; including early starts, evenings and weekends. This successful candidate will be a strong leader capable of meeting this varied and challenging role. They will have a proven track record of producing a cohesive and productive team of staff to enable the smooth running of this unique historic leisure centre. We are constantly looking to improve what we do at the Baths and the Duty Manager should be able to identify opportunities based on emerging leisure trends and member needs and to implement these innovations effectively.

Applicants for this role will need:

- First Aid at Work Qualification
- Knowledge of Health and Safety Requirements

It would be a positive addition to your application if you had one or more of the following:

- NPLQ
- Pool Plant Operators qualification
- Management and/or coaching qualification
- ASA/STA Swimming Teacher qualification
- Level 2 Fitness Instructor Qualification (NVQ or similar)
- Personal training qualification

We will be operating a flexible staffing structure with all staff required to work across the facility. If you do not have the above desirable qualifications, you will be provided with this training during year 1, so that you can subsequently undertake associated tasks.

The person we are after will:

- Have excellent verbal, written and IT communication skills
- Have a good track record of managing the day to day running of a busy leisure centre
- Work with the Facility manager and staff to implement effective business development strategy to grow membership numbers and contain costs
- Ensure the building and its equipment are maintained and operated in accordance with specified procedures and that the required standards of cleanliness are maintained
- Strive to deliver high customer service standards in all aspects of the facility
- Be responsible for the motivation and development of staff so they can achieve their full potential

In line with the Immigration, Nationality and Asylum Act, all applicants will be expected to provide proof of eligibility to work in the UK if invited to interview. We welcome applications from all backgrounds and all sections of the community. This post is also subject to an enhanced DBS check.

Please apply by submitting a letter of application, addressing the above points and your suitability for this position, along with your CV by clicking on 'apply now'.

Deadline for receipt of applications is 28th December 2018 with interviews taking place on 2nd-4th January 2019.

Anticipated start date is week beginning 14th January 2019.

APPLY NOW: <http://lei.sr/I3v7T>

GLL GRADUATE TRAINEE MANAGER SCHEME 2019

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'.



BETTER
the feel good place

 **INVESTORS
IN PEOPLE** | Silver

 **disability
confident**
EMPLOYER

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



Senior Duty Officer

Scale 4 (GBP 21,693 - GBP 24,657)

Maternity Cover – up to 12 months

Full Time 37 hours per week

Blaby District Council is seeking to recruit an exceptional Senior Duty Officer to lead the day-to-day operations at The Pavilion Leisure Centre in Huncote, Leicestershire.

This is an exciting time to join The Pavilion team. Our facility has a 40+ station fitness suite and a regional BMX track on site. We also have 3G football pitches, squash courts, a sports hall, dance studio, meeting room, and a café bar with balcony.

This role requires a confident person with leisure facility experience, who has the energy and determination to provide high quality customer service. The successful candidate will be passionate about customer service and be able to ensure that all health and safety regulations are being met and that we are compliant in all areas.

You will also have a good commercial awareness and be able to generate income in all areas of the business. Ideally, you will be first aid qualified with a good knowledge of Microsoft Office. The position is subject to an enhanced DBS check.

The shift pattern will vary to suit the requirements of the service and includes working Daytime/Evenings and Weekends.

Benefits of working with us include a local government pension scheme, exciting career opportunities, childcare vouchers, staff benefits scheme and out of town offices with free car parking and cycle bays.

PLEASE APPLY BY CLICKING THE 'APPLY NOW' BUTTON BELOW

**CLOSING DATE: JANUARY 2ND 2019
INTERVIEW DATE: TO BE CONFIRMED**

APPLY NOW: <http://lei.sr/V2L2f>



Join the team today!

If you want a job that helps to change people's lives for the better, then you've come to the right place. We're up for it. Are you?

mytimeactive

To find out more and to apply, visit
Leisure Opportunities by clicking here:

<http://lei.sr?a=q9r9l>



Passionate about Aquatics and ready for a new challenge?

We're excited about these roles and hope you will be too! Our 3 new Senior Aquatic Leads will build on our past success - leading thriving services at our pool sites. You'll manage the delivery of our valued 'Everybody SWIM' products - including learn to swim pathways, school swimming and pool programming.

You'll prepare and deliver a full CPD programme - ensuring the best possible input from our superb Swim Teachers in addition to managing overall aquatic performance across 3 sites. You'll inspire our committed team to deliver excellent services.

A fast-growing, ambitious Charitable Trust - we operate 9 pool sites across Cheshire East and since 2014 our Learn to Swim programme has grown from 5,000 to 7,800 swimmers. 'Developing our people' is close to our hearts and we attract and develop the best people to drive our business forward.

A qualified ASA Level 2 Aquatics Teacher - you'll have coordinated a large and busy 'Learn to Swim Scheme'. As a great communicator and highly driven you'll build strong relationships, inspiring others to bring their best to work. Ideally, you'll have relevant trainer qualifications but it's not a deal breaker and we'll support the right person to get these.

Our 3 Leads will be based at:

- North Group (Macclesfield, Poynton & Wilmslow Leisure Centres)
- Mid Group (Congleton, Knutsford & Sandbach Leisure Centres)
- South Group (Nantwich Pool, Crewe Lifestyle & Alsager Leisure Centres)

To apply for one of these roles please click **APPLY NOW** below.

Closing date for applications:

Wednesday 2nd January 2019

Assessment centre for shortlisted applications:

Saturday 12th January 2019



APPLY NOW: <http://lei.sr/e8S1S>

SWIMMING INSTRUCTORS



**Currently recruiting
for venues in:**

- Central London
- North London
- Hammersmith
- Hampshire
- Heathrow
- Streatham
- Teddington

**Are you a passionate and skilled swimming instructor
with a talent for inspiring all ages to swim?**

Swimming Nature is the UK's largest independent provider of private and bespoke swimming tuition, from babies through to adults with nearly 30 years of experience in the sector.

Following Swimming Nature's award-winning teaching programme, you will help your students progress through each skill level, supported by our unique rewards programme, and technology that's second to none. Working hours will include afternoons Monday to Friday and Saturday and Sunday mornings, although additional hours may be required. Flexibility is advantageous.

Instructor benefits

Alongside the opportunity to work in a progressive, dynamic and rewarding environment, Swimming Nature instructors enjoy a full range of employment benefits, including:

- A secure permanent position in the company
- An ongoing bespoke training programme, continuing professional development and various career pathways leading to join our sector Quality Assurance Programme
- A robust performance-related pay scale ranging from £16 to £21 per hour
- Opportunities to contribute in the media as part of our expert panel
- 28 days annual leave (pro rata)
- Access to a workplace pension and Perk Box benefits
- Annual appraisal and pay review

The essential ingredients

We are looking for teachers who were born to swim, and who are keen to train in the ground-breaking Swimming Nature method. Applicants will need to attend an in-water interview to demonstrate they can swim to a high standard. Other requirements include:

- An ASA Level 2 or an STA Full Swimming Instructor Qualification or the equivalent international qualification
- Exceptional communication skills and experience in a customer-facing/service environment
- A current lifesaving qualification (preferred although we can provide this if necessary)
- Excellent swimming ability with up-to-date knowledge of the sport

Interested?

APPLY NOW <http://lei.sr?a=y8j2S>