

Report on	Leisure Services Q2 Update
Date of Meeting	15 th November 2018
Reporting Officer	Oliver McShane
Contact Officer	Oliver McShane

Is this report restricted for confidential business? If 'Yes', confirm below the exempt information category relied upon	Yes	
	No	x

1.0	Purpose of Report
1.1	To update Members of the progress being made regarding activities in Leisure Services and highlight events that will be occurring in the future.
2.0	Background
2.1	Mid Ulster District Council recognises the important role that leisure plays in today's society and that the equitable availability of accessible, high quality sport and leisure provision can enhance the quality of life, health and wellbeing of the local community. The facilities and programmes provided in Mid Ulster are designed to maximise participation in sport and leisure activities from all sections of the community and provide pathways that enable every resident within the Mid Ulster area to maximise their health, sporting abilities, aspirations and potential.
3.0	Main Report
3.1	Full details of key elements of Leisure Service provision in the last quarter are included in Appendix 1. A summary of key highlights or is provided below:
3.2	<p>Launch of the September to December Drop in Programme at CLC The new timetable for classes and courses running from September to December was published and made available to the public, it includes a choice of 16 Drop in exercise classes of various styles, courses for Swimming, Lifesaving, Recreational Gymnastics and Buggy Fit. This was also made available to the customers through social media and online.</p> <p>Swim Ulster having selected Cookstown Leisure Centre to be a partner in their “Swim Ulster Pathway Development Programme “ continue to utilize our facilities for their training sessions twice a week on Wednesday and Friday mornings.</p>
3.3	<p>Fitness Suite Programme at DLC</p> <p>From 5th June - 5th September a shed it challenge has been running. This challenges members to burn 5,000 calories per month on any of our C.V.</p>

	<p>machines. The challenge has been very well received as it gives members a monthly target with many reporting it pushes them and encourages them to achieve personal goals.</p>
3.4	<p>Street League 2018 at MUSA</p> <p>This year seen the continuation of the new Street League format which ran from July-September. In addition to the usual Street League fixtures open to teams of non-registered / recreational football players, the ‘Super League’ competition took place, allowing existing football players to enter in their own section. Ten teams entered the Recreational competition and ten teams entered the Super League. This format was highly successful and enjoyed by all participants and spectators, the games were spread throughout the Mid Ulster Area. This year seen Keystone win the recreational section and Killymoon Rangers were winners of the Super League.</p>
3.5	<p>Brand New Gymnastics Course running at GLC</p> <p>After the success of the summer scheme Gymnastics, the centre uploaded another new kid’s activity program with the addition of an 8 week Gymnastic course running from 10th September.</p> <ul style="list-style-type: none"> • 15.30-16.30: 5-8 year olds • 16.30-17.30 8-12 year olds <p>Availability was advertised on Facebook and had an overwhelming response with 30 spaces being filled in less than a day. The second course started on the 29th September and again booked up very quickly.</p>
3.6	<p>6-week Body Shred Programme at MLC</p> <p>Customers took part in our first 6-week Body shred with amazing results. As well as their instructor lead classes 3 morning a week they could also avail of all our other centre based classes. The results from this were so successful we are running another 6 weeks with the possibility of 2 classes taking place as the demand is increasing. The class aims towards muscle toning, weight loss and general fitness increase. Weigh ins and diet plans are also included in this service.</p>
3.7	<p>Bleep Test at MLC</p> <p>We held a Bleep test in September which was open to all our customers who wished to take part. They participated in the original test and have now been given 4 weeks to follow a programme set up to increase their cardio and running and will take part in another bleep test aimed to record their improvement and better their result over the last period.</p>
4.0	Other Considerations
4.1	Financial, Human Resources & Risk Implications
	Financial: N/A

	Human: N/A
	Risk Management: N/A
4.2	Screening & Impact Assessments
	Equality & Good Relations Implications: N/A
	Rural Needs Implications: N/A
5.0	Recommendation(s)
5.1	Members are asked to note activities being undertaken in Leisure Services in the last quarter and the events that will be occurring in the future.
6.0	Documents Attached & References
6.1	Appendix 1 - Key elements of Leisure Service provision in the last quarter.