

Every Body Active 2020

The Summer of 2019 was again an action packed few months for the Every Body Active 2020 team.

This included a Multi Sports Summer Camp, Inclusive Cycling Camp, Ladies Fitness Week, Dodgeball Camp, Ladies GAA Camp and Insight Outdoor Bowls. Activities took place all across the Council area in places such as Mid Ulster Sports Arena, Fairhill Bowling Green, Moneymore Recreation Centre and Backrow Recreation Centre, Draperstown.

The aim of the camps was to introduce children and adults of all abilities to an activity programme and to improve their general fitness levels as well as introducing them to new sports and activities.

The Summer programme included a great variety of different sports and activities such as dodgeball, cycling, bowls, gaelic, soccer, basketball, hockey, multi skills, fitness etc.. The Summer Programme was a great success and the participants really embraced it and enjoyed themselves at each Camp and activity. Below are photos of some of the participants in action throughout the various activities:

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Summer Get Active 2019

Our summer programme ran during July and August. Participants registered across the range of camps and schemes.

Which created nearly 14000 active participatory sessions.

Sessions took place right across the District

Activity / Camps	Summer Schemes, Canoeing, Tennis, Bowling, Gymnastics, Football, Disability, Gaelic, Hockey, Multisport, Dance, Athletics and Golf
Locations	Ballyronan, Fairhill, Cookstown LC, Mid Ulster Sports Arena, Cookstown HS, Dungannon Park, Royal School Dungannon, Greenvale LC, Maghera LC, Moneymore RC, Meadowbank Sports Arena, Tobermore Golf Centre

MUDC Disability Hub

The Disability Hub recommenced activities in August with a Junior Paralympic Club, it is hoped to introduce an inclusive cycling club later this year.

School Cross Country

Primary School heats are planned to take place across the District at Mid Ulster Sports Arena, Dungannon Park and Tobermore Golf Centre with the Finals event including post primary schools taking place at M.U.S.A. in October.

Coach Education Programme

Planning has begun for the 2019 /20 Coach Development Program.

Coach education will be available from November 2019 – March 2020. A variety of safeguarding, first aid and sports science course will be hosted across the District ideal for volunteer and coach development.

Macmillan Move More

The Macmillan Move More Co-ordinator for Mid Ulster District Council has been appointed. Their role will be to get people living with cancer back into physical activity and improve the health and wellbeing of people living with cancer.

The service is for all people who have had a cancer diagnosis at any stage of their cancer journey, from diagnosis, in treatment, palliative, end of life or now cancer free.

Individuals can self-refer on to the scheme or be referred from Health Care Professional.

Cookstown Leisure Centre

Cookstown Leisure Centre Drop-In Classes are offered to the general public and also as part of the total "Evolve Membership". We have seen an increase in the number of these classes to now total 23 classes as part of our membership packages being offered, In addition to these we run two "Mums-Tums and Tots" classes weekly which have replaced the Buggy Fit classes and our popular 60+ Zumba class has returned on Monday mornings in line with the 60+ club recommencing after the summer break which are not part of the membership packages.

We have enjoyed a successful launch of our revamped Spinning Studio, the feedback from customers and staff alike has been very positive, the combination of the new bikes, audio system, lighting and the additional bonus of have air conditioning fitted has made the room much more exciting and comfortable to use.

This was a “Movie music icon fancy dress” theme and will raise funds for “Breast Cancer” and “Mental Health Awareness”; both these charities have been selected by the instructors, as there are regular members who are currently receiving treatment due to the illnesses. The event saw over 40 people attend the two hours charity spin raising £1000.00, between both charities. The Studio also facilitates a virtual experience called “Wexer” offering exercise and spinning class and a programme is currently being developed to offer these at times were the pre-programmed exercise classes are not active. This will be advertised as part of centre full membership.





Cookstown Leisure Centre Mid Ulster Academy completed its Summer Enrolment on the 12th July, offering 1046 places to the public with 77% uptake. Youth swimming lessons took place for 12 weeks, commencing on Monday 15th July.

Cookstown Leisure Centre received a funded "Poolpod" which has been launched to the public domain to assist with access to Cookstown Leisure Centre minor pool. All staff are trained in its functionality, and Marketing are going to assist in the promotion over the coming months. The unit was funded by "DFI" and Disability NI. Unit cost £30k.



MUSA

Facilities at MUSA were busy with bookings from soccer and GAA clubs. We had to accommodate teams with 2 grass pitches closed for maintenance from the beginning of July to the middle of August. The facility was kept very busy during this time period with summer camps, one off events and summer schemes. There also remains a high demand for soccer matches and training facilities with most if not all pitches booked each Saturday and the majority of pitches being used for training each evening.

The new block bookings for this period showed that there was a high demand to use the outdoor and indoor facilities at the Mid Ulster Sports Arena. Bookings had to be closely monitored as two pitches were closed for 6 weeks due to maintenance. All bookings were accommodated, with the exception of a few clubs having to use a facility that may not have been their first choice.

Tesco's Cookstown held a charity fun day here on the grounds of MUSA on Saturday 27th July. This fun day had a host of different activities for children and adults to enjoy. The event was very popular with the local community and over 500 people attended the event.



The Mid Ulster Sports Arena hosted 2 Nutty Krust Soccer Camps this summer ran by the IFA. With very high numbers for both camps it was two of the best supported camps ever hosted here at MUSA.



IFA ran a very successful coaching award to get local people qualified to coach grassroots football here at the Mid Ulster Sports Arena for local clubs in September 2019.



Mid Ulster Sports Arena hosted the annual Street League competition. There was good interest across both sections of the competition with a total of 9 entries into the competition. With some great football on show, matches attracted a good crowd of spectators. The winners of the two cups were Caledon Rovers who won the Super Cup and Millwheel Bar who won the MUDC Recreational Cup. Next year the Street Committee hope to revamp the competition to attract more interest from bigger clubs and also run a junior Street League at the end of May 2020.



Jump NI returned to the Mid Ulster Sports Arena in August after running a very successful course in June. This activity teaches kids the ability of moving rapidly through an area negotiating obstacles by running, jumping, and climbing. It was a very popular and well supported course once again with children from the local area.

Mid Ulster Sports Arena played host to the ladies Mid Ulster Cup Final on Friday 13th September. Lurgan Town v Mid Ulster Ladies were the two teams involved. This show piece event attracted a very large support for both teams. Mid Ulster Ladies triumphed over Lurgan Town after extra time.



Greenvale Leisure Centre

WETSIDe ACTIVITIES JULY, AUGUST & SEPTEMBER

Pool Summer Timetable

The summer pool timetable commenced on the 1st July to the 31st August. This provided the public with 1 extra day of the 50m pool and showcased what great facilities we have to offer.

The Family fun sessions on a Friday, Saturday and Sunday, slide and floats were very popular with the children.

September Timetable

The autumn 19 new pool timetable commenced on Monday 2nd September. The centre has reverted back to running 3 days @ 25m pool (Thursday, Friday, Saturday) and 50m on a Sunday, Monday, Tuesday and Wednesday

Mid Ulster Swim Academy

The Mid Ulster Swim Academy continued its third block 15th July with a total of 1181 swimmers registered on the scheme. With the scheme running for 12 weeks we hope to see all participants' progress and pass the level they are currently at and transitioning into the next level.

The parents received feedback on week 6 of the programme as well as week 12. The kids all received their certificates and enjoyed a fun week on week 13 just to show that the scheme is not all about swimming but fun as well.

DRYSIDE ACTIVITIES

Improve performance by Training at Greenvale Leisure Centre.

Tri Limits held a fantastic training day at GLC 03rd July 2019 incorporating a pool session, a dry training including a sprint session on the turbo trainer in the main hall complimented with a nutritional advice session from specialised staff in the conference room.

The Triathlon Club are based in Mid Ulster with members from Cookstown, Dungannon and Magherafelt areas.



Schools Education at Greenvale Leisure Centre

Recently Lisa Richardson (Fitness Supervisor) nurtured Students from the local schools with GCSE work by taking them through theory and practical sessions in order for them to achieve the level required for their examination.

Ross Steele (Fitness Instructor) delivered sessions to Magherafelt High School in the education of safe use of fitness equipment.



Greenvale Aqua Aerobics

During the months of June, July and August our Active Aqua swells in numbers to become one of the busiest classes in the hot weather. The customers maintain it is refreshing to do a water based class in the hot climate and they are really well energised afterwards.

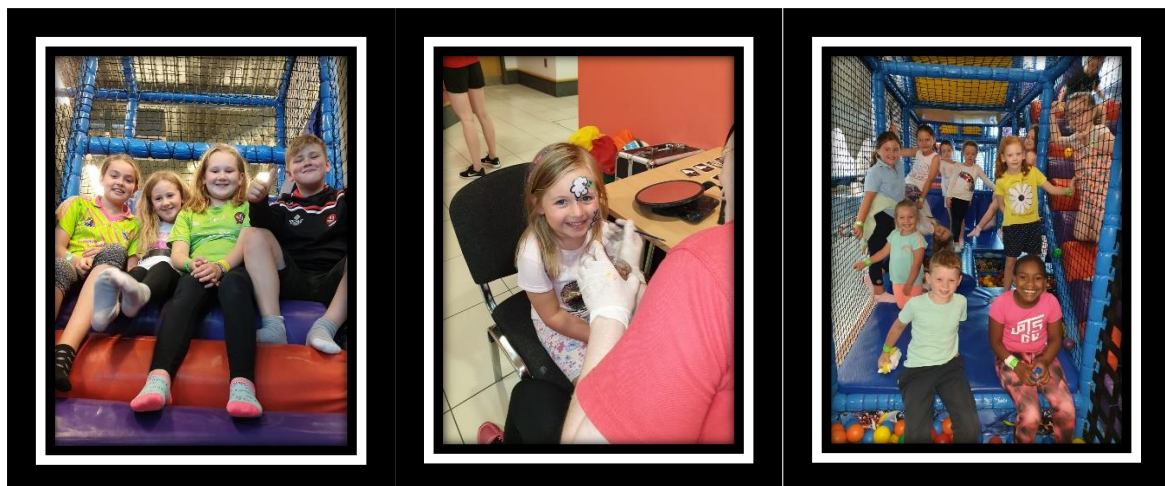


Summer at Greenvale Leisure Centre

Summer scheme.

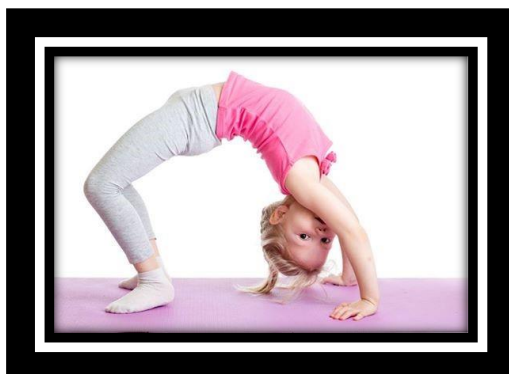
The summer scheme delivered at Greenvale had a daily attendance of almost 100 kids per day, over a 4 week period, 22nd July – 16th Aug. offering a variety of activities including swimming/ water polo, sports, play kingdom, bouncy castle, party games and face painting. External activities to include although not exhaustive tennis, hockey, athletics, basketball and football skills are delivered at Magherafelt High School. The scheme was a resounding success with positive feedback from the parents.

“My boys had a fantastic time, thanks to all involved. Highly recommend”.



Kids Summer Gymnastics Camp

The 5 day summer camp aimed at ages 5years to 10+ delivered by Coach Jenifer Jordan had 23 gymnasts involved.



Greenvale New Studio Timetable

The autumn 19 studio programme is back with all the old favourites and some new classes including, Olympic Warrior @ 7pm on Monday and Friday @ 10am. Kids Functional Dance on Friday from 3.30 - 4.15 pm
Step Classes, Aqua, Pilates and Body Sculpt make up some of 41 classes on throughout the week

Virtual Spin Studio

The new and exciting virtual class system went live to the public on the 2nd September with virtual classes for all abilities and levels of fitness introduced. The new studio is state of the art with in-studio graphics and design schemes, enhanced lighting and improved sound systems. across both sites as well as the introduction of virtual spinning!

Offering 45 sessions for customers who want to do a live class followed by a virtual session or the busy parent who drops the kids off at school and fancies a morning session @ 9.15am.

Also on the Taster Programme was Teen Spin, Family spin and Over 50s.

After the second week we had a total of 200 customers who had already attended the session with excellent feedback coming from them.

HAVE YOUR SAY IN GREENVALE LEISURE CENTRE!

Public consultation & satisfaction

Prior to the release of the September Studio Fitness Class Programme Ricky Denison – Duty manager held a public consultation/ feedback this proves invaluable not only in the design of the programme but also increase customer satisfaction as it is important to ensure the value of the customers.

The consultation period was from Monday 26th August to 02nd September 2019 feedback was requested face to face, social media and email. Inviting the customer to make recommendations, improvements and proposals in the following areas leading to a more tailored customer focused programme.

1. Studio class programming (what's working and what's not).
2. If you have any new initiatives (courses, shred programmes, kids activities etc) you wish to be delivered at Greenvale from September 2019.
3. Industry trends and what Fitness classes you would like to see more off at Greenvale.

Pilates at Greenvale

Just over 6 months ago Greenvale launched the Pilates programme with our very own instructor Steven Kennedy who kindly offered Pilates performance T Shirts for customers that completed the First 7 Pilates movements correctly.....a big congratulations to our first 4 winners who excelled in all 7 movements, well done everyone!

The Pilates classes are offered every Tuesday 17.30 (beginners) 18.30 (intermediate).



Maghera Leisure Centre

New Spin Bikes

With the introduction of our new Spin Bikes and new class programmes July/August & September we have seen an increase in numbers with some spin classes being full to capacity. Feedback from our users has been very positive indeed.



Maghera Shredding Programs

Following our successful June/July Shred programme, we also added another Shred program in August/September.

Comprising of 3 x weekly small- group fitness classes (Mon, Wed & Fri 6.30am), together with regular weigh-ins and nutritional advice, the Shredding programme is perfect for anyone who wants to boost their training programme!

The programme cost just £120 per user and was booked up quickly.

New Activity Program Released for August/September

Maghera Leisure Centre released the biggest activity program so far with over 30 Classes (not including gymnastics). After purchasing new class equipment such as slides, barbells & steps customers are now enjoying new class variations. We also provide more opportunities the less active customers by continuing to push people to attend our over 50s club and Pilates classes.

Summer Scheme

As with the seasonal nature of Maghera Leisure Centre there has been the usual change in usage of the facility – It has seen a lot more throughput during the day than at night. The Summer Scheme and various Summer Camps have increased the daily usage over the summer months.

Outdoor Pitches

Our Gaelic pitch at Cahore Road was extremely busy over July, August and September Maintenance to our 11 a side Soccer pitches is now completed and are in super condition heading into the new season.



Meadowbank Sports Arena

During the summer months of June and July Meadowbank again, due to the seasonal trends, got busier during the day and quieter in the evenings. The summer scheme and various camps ensured plenty of daytime activity. There were a number of events which took place over the summer months as well, the main one being the Solow Automotive Car Show. This was a first for Meadowbank and is likely to return again next year. Coming into September the evenings are getting busier again with the usual demand from local clubs and groups to get a slot.

