

Workington

Leisure Centre & Pool

Poolside Refurbishment

Work has just completed on a fantastic poolside refurbishment, which has dramatically raised the standard of the facility. The changing areas and toilets have been completely redesigned with the addition of male and female group changing areas. The colour schemes used throughout the refurbishment reflect the Allerdale Leisure corporate colours and have had a real brightening effect on the areas.

The old reception area has been taken out completely, with a new easily accessible desk placed in the middle of the foyer area. The area which housed the reception desk is now a larger vending and seating area, again providing more comfort for our users.



Workington's new free weights area

Customer feedback since the refurbishment has been extremely favourable. Scores and comments returned from our users via the customer feedback cards has dramatically improved in the weeks since the refurbishment work has finished. The new area also provides a more comfortable environment for our pool side staff to work in.

Gym Refurbishment

The refurbishment of the gym in the main leisure centre building was complete in early summer 2005. The gym is now arguably one of the best facilities in the local area and customer feedback has been extremely favourable.

One of the main improvements to the gym has been the installation of air conditioning. The vast majority of previous customer comments relating to the gym had been that it

Staff Training

- 2 members of staff have completed the Level 1 FA training course
- 1 member of staff has completed the Level 2 FA training course
- 1 member of staff has completed the Level 1 Basketball course
- 6 members of staff have trained for and completed their National Pool Lifeguard Qualification
- 2 members of staff have completed their ASA teachers course
- 1 member of staff is now a NPLQ Trainer and Assessor
- 2 members of staff have completed a Body Combat course
- 2 members of staff have completed a Pool Plant Operators course

was far too hot and that the conditions spoiled their workout. Several pieces of new equipment have also been installed into the gym enhancing the range that was already there and providing more choice for our users.



A wide range of Cardio Vascular equipment

Another improvement to the gym is that the whole area is now self contained with key pad access allowing added security for ourselves and our users. To complement the refurbishment work in the gym area the upstairs toilets and foyer have also been refurbished

Keswick

Leisure Pool & Fitness Centre

There has been significant investment in improvements at Keswick Leisure Pool, all of which have enhanced the experience for our users.

Gym Refurbishment

The gym has taken on a new look, with the introduction of 20 stations of brand new fitness equipment. The new equipment includes a variety of strength training and cardiovascular equipment including treadmills, steppers, cycles, shoulder presses and leg extensions machines. To enhance the workout experience a new cardio theatre has also been installed which enables gym users to benefit from an upbeat tempo as they go through their paces.



Keswick's newly refurbished gym

Reception and Foyer Refurbishment

A refurbishment of the reception and foyer area was completed in August with a number of key improvements made. The reception desk has been relocated to the opposite end of the foyer which has made it feel much more welcoming and it has also improved access for disabled users and parents with prams. In the area vacated by the reception desk is a vastly improved seating and vending area for relaxation after using the facilities. A new automatic door has also been installed again improving access for our disabled users and parents with prams.



Light, open and accessible - Keswick's new reception area

Residents Leisure Access Card

After listening to the views of our users the Residents Leisure Access Card was introduced in April 2005. The aim of the card is to allow residents within Allerdale Borough to benefit from the off peak price for swimming at Keswick all year round. Previously local residents were subject to the seasonal price increase during the summer months and our user research highlighted that this made our local communities feel as though they were being unfairly penalised for living in an area popular with tourists. The scheme was launched by the then Mayor of Allerdale, Cllr Sam Standage.

New Manager

Following the departure of Helen Davison. Steve Hamer was appointed as the new Centre Manager in April 2005.

Cockermouth

Leisure Centre & Pool

Gym Refurbishment

The first stage in a programme of refurbishment works at Cockermouth Leisure Centre has just been completed with a series of improvements to the gym. The main part of this refurbishment has seen all the equipment brought down to ground floor level, with an extension to the ground floor area to accommodate this. The new gym is carpeted and has been redecorated with new lighting also installed to give the area a fresh bright feel.



The newly refurbished Cockermouth gym

The gym is now fully air conditioned which from previous customer comments received will be a huge welcome to our regular users.

Training

Two members of staff have completed their Level 2 Fitness Instructors course and now there

are 3 members of staff on the Register of Exercise Professionals. We also now have a member of staff who has been on a GP Referral Course which enables users to come along and exercise appropriately given any condition or injury that they may have.

Cockermouth Triathlon

Once again the Cockermouth Triathlon appears to be growing from strength to strength with the number of entries for the September event the most recorded. 120 competitors entered the gruelling event.

The Triathlons are held twice a year in June and September and due to the success of the events the centre will be looking at programming a training course specifically aimed at people who would like to have a go.

The success of the Triathlon is largely due to the vast amount of staff time spent on organising the event as well as the officials who give their time voluntarily.

Pool Changing Room Upgrade

Phase Two of the project is a pool changing room upgrade. This would create village style changing

facilities with provision also for group changing and accessible changing. The current pool viewing area would also be enlarged.

Foyer Extension and Studio

Phase Three of the project involves a foyer extension, which would include the redesign of the current reception area and also create a new multi purpose activity room that would complement the existing facilities and provide alternative accommodation for activities requiring smaller areas than the main sports hall. The new foyer design would create

a new point of entry to the pool and leisure centre, enabling independent access to the pool, gym and sports hall from one main reception foyer.

Plans for phase two and three have been on display in the reception area at Cockermouth Leisure Centre for our users to look at and comment upon.

The feedback received to date has been very positive.

