

REPORT OF ASSISTANT DIRECTOR (LEISURE)
TO THE EXECUTIVE
2 SEPTEMBER 2005

Tilsley Park – Health and Fitness Phase 2

1.0 Introduction and Report Summary

- 1.1 This report provides information on the design of the proposed development of Tilsley Park. The report seeks agreement to the design and the progression of the project. A glossary is provided in Appendix 1.
- 1.2 The Contact Officer for this report is Nick Garnett, Assistant Director (Leisure), 01235 540337.

2.0 Recommendations

The Executive are asked to agree:

- 2.1 *The design of the proposed health and fitness development at Tilsley Park.*
- 2.2 *That Officers finalise the project details with SOLL and implement the development scheme with a view to opening the facility in the summer of 2006.*

3.0 Relationship with the Council's Vision, Strategies and Policies

- (a) This report supports vision strands A, F & G.
- (b) This report relates to the Vale's cultural strategy and the Recreation, Culture and Leisure Theme of the Vale's Community Strategy.
- (c) This report does not contradict any existing policy.

4.0 Background and Supporting Information

- 4.1 At its March 2005 meeting the Executive considered a report concerning the development of a health and fitness facility at Tilsley Park. The Executive resolved:
- a) That the Director of Social and Cultural Services be authorised to proceed with the development of a health and fitness facility at Tilsley Park;
 - b) That the Assistant Director (Finance) be authorised to determine which basis of capital funding should be used to maximise the return to the Council; and
 - c) That if planning consent is not required, the Executive's approval be sought to the design of the health and fitness development prior to any works taking place on site.
- 4.2 Following this meeting of the Executive Roger Lyons, the architect used to design the original facility, has been engaged to design this extension in keeping with the original planning permission and design criteria. Discussions have taken place with SOLL with respect to the internal layout of the health and fitness facility.
- 4.3 Attached are two plans of the proposed extension. The first three are external layouts of the extension from three sides. The fourth plan is an internal layout. Alterations to the original proposal, given planning permission, are required due to the need for an external

wall at the back of the extension (East elevation). This is due to this originally being an internal wall dividing this area from a bowls hall.

- 4.4 A meeting to discuss these proposals has been held with Development Control and the Chair of the Development Control Committee. The alterations required have been identified as those that can be dealt with as minor amendments to the original planning permission.
- 4.5 The internal layout, plan 4, depicts six main areas with the proposed facility. These being:
- i. A Kinesis Studio;
 - ii. A Dance Studio;
 - iii. A Spinning Studio (labelled 'Spin');
 - iv. A Cardiovascular Studio (the area with rows of equipment identified);
 - v. A Weights area (between the Kinesis Studio and the area marked 'Reception'); and
 - vi. A Reception and consultation room at the left of the drawing and the entrance to this extension from the existing facility.
- 4.6 Others elements of the proposed scheme include a health spa based facility located in the buffer changing accommodation in the main building and a sunbed. The exact health spa product to be used is yet to be determined although it is likely to be either sauna or steam or some combination of these services.
- 4.7 The Kinesis Studio will have as its core function the Technogym Kinesis concept and equipment. The Kinesis concept is one of mind and body movement in a context that helps achieve inner balance and harmony of the body in space, its objective is to recapture movement at its most natural form. The equipment consists of four stations: Alpha; Beta; Gamma; Delta; which use wires which offer a resistance as the basis for exercise. More details and visuals will be provided. This substantially differentiates this facility from others in the Abingdon area and will be one of only 6 or so in the country to have the product.
- 4.8 Other health and fitness based activities that will be provided for in the new facility include: Pilates; Yoga; Tai Chi; Personal Training and a range of other exercise and relaxation based classes.
- 4.9 A marketing plan is in the process of being drafted that identifies the overall proposition to be provided by this facility.
- 4.10 The capital funding of the scheme has been considered by the Executive and approved by Council. The Council agreed to add a capital scheme to the capital programme for 2005/06- 2006/07 at an estimated cost of £800,000. In this arrangement the Council will receive a higher rate of return on the capital invested than would otherwise have been achieved, and a reduction in SOLL's annual management fee. The return on the capital invested would be guaranteed from the point of handover to the end of the contract. Over the longer term the investment would result in enhanced facilities and increased asset value with greater income-generation capability, which should result in reduced management fees.
- 4.11 Should the Executive give approval for the project then a project manager will be appointed, tendering for the works will follow with a view to have the new facility open in the summer of 2006.

5.0 **Options**

- 5.1 The options are to either agree the design as presented; or
- 5.2 Seek amendments to the scheme.

6.0 **Conclusions**

- 6.1 This health and fitness project can bring service improvement and financial returns in the form of a grant reduction and a rate of return on the use of the Council's capital.
- 6.2 The scheme meets the requirements of the original planning permission with minor amendments and can therefore be agreed subject to the formal resolution of the minor amendments.

NICK GARNETT
ASSISTANT DIRECTOR (LEISURE)

TIM SADLER
STRATEGIC DIRECTOR

Background Papers: None

Appendix 1

Glossary:

Personal Training: one to one guidance offered by an instructor for a specific, normally time based, exercise session.

Pilates: Pilates represents a unique approach to exercise that develops body awareness, improving and changing the body's postural and alignment habits and increasing flexibility and ease of movement.

Spinning: Spinning is a fun and exciting bike based aerobic workout ideal for all fitness levels.

Tai Chi: Tai Chi is a Chinese mind/body discipline. A martial art it has been adapted and modified as a vehicle for health promotion, focusing on exercise, meditation and relaxation, incorporated into a healthy lifestyle. Tai Chi promotes postural awareness, deeper breathing and physical relaxation.

Yoga: Yoga is a mediation based activity used to free the body of tension and stress.