

Are you fit for a career in local leisure?

As an industry, fitness is worth an estimated £3.6 billion to the UK economy, almost 12 per cent of us belong to a leisure centre or health club and 90 per cent of the population lives within two miles of their nearest facility.

It's a vibrant, ever-evolving sector and, as such, is one always on the look-out for people with a burning passion for health and fitness as Tim Page, manager of Edenbridge Leisure Centre, explains:

"Leisure and Fitness is a great industry for people of all ages to think about, either as a full-time career or as a part-time role they can fit around family and other commitments. Across Sencio

Community Leisure (of which Edenbridge Leisure Centre is a part) we employ a number of young people and have, over the years, actively promoted through the organisation where we identify those with the right aptitude, skills and commitment. One of our centre managers started as a swimming instructor," says Tim.

Leisure centres also rely on an army of freelance instructors to cover weekly classes, everything in fact from Yoga and Pilates to Circuit Training, Body Pump, Body Attack and Boxercise.

"For those with a Level II gym instructor or other qualification it is always worth talking to us," says Tim. "Especially if you are experienced in teaching one of the classes featured on our weekly timetable as we are often on the look-out for people to cover a regular slot or who might want to be on

the books for casual cover."

Entry into the fitness industry is usually via the aforementioned Level II gym instructor qualification. It is available through a number of accredited providers such as the YMCA (www.ymcafit.org.uk) and Premier International (www.premierglobal.co.uk) who offer the flexibility to either study intensively or through "blended learning" (usually a combination of online study and attendance at three or four weekends).

"What we look for are people who can demonstrate their knowledge of health and fitness and how it can be applied to different customers. For example, a new mum wanting to get back in shape will have different goals and demands from a young guy wanting to build muscle and bulk-up," says Tim.

"Time and time again, however, it is those with personality, a real passion for exercise and, crucially, the skills to truly motivate people who make the best instructors. It is these individuals who deliver the most and who, in turn, get the most out of their role."

For further information on possible career opportunities at Edenbridge Leisure Centre, contact the site direct on 01732 865 665.

