



**GLL in 2025**  
Annual Report



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## Introduction

GLL is a charitable social enterprise operating under the Better brand. We work to provide the best leisure services available. Our mission is to get more people, more active, more often, in our 17 leisure centres and gyms across Belfast.

GLL is proud to continue its work with Belfast City Council, helping transform leisure facilities across the city. To ensure our growth, we deliver a successful social business focusing on our customer's needs. As a Not-for-Profit organisation, we reinvest all our surplus back into the community by developing staff, investing in our centres, supporting young athletes and increasing junior and senior participation.

GLL manage 17 leisure facilities across Belfast.

*Figure 1: Overview of Leisure Facilities in Belfast*



This document highlights our key successes and challenges in 2025 focusing on the six guiding values that sit at the heart of our business.

- Partner of Choice
- Respecting the Planet
- A Better way of doing Business
- More than a Job
- Customers and Communities at our Heart
- Tackling Health Inequalities

The document will then outline the wide range of programmes and initiatives that have helped increase physical activity across Belfast while also supporting people in improving their social and mental wellbeing.

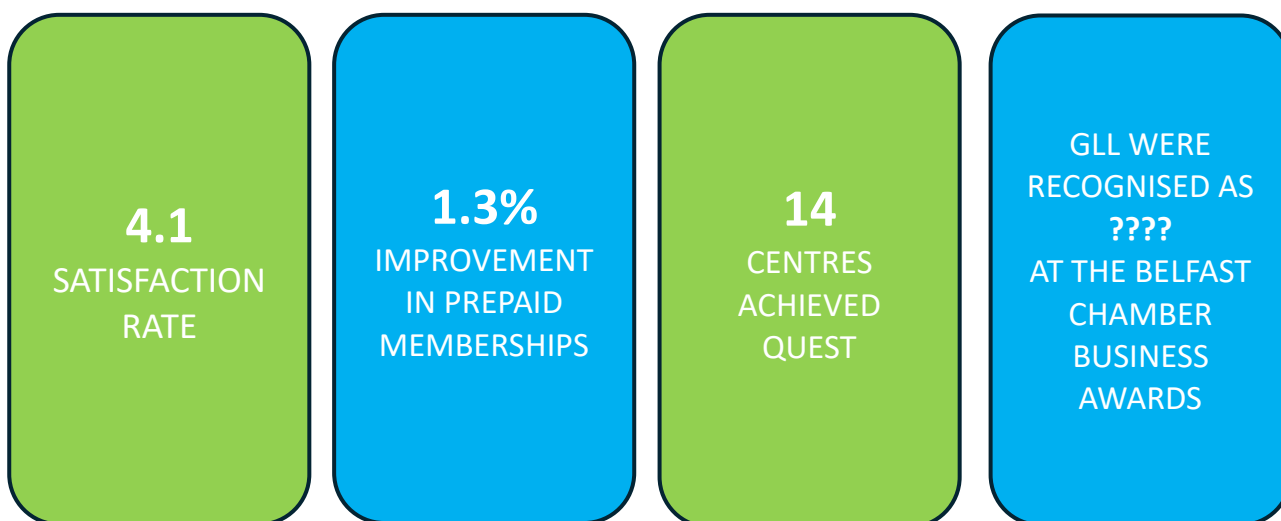
## Do You Know We Have

Figure 2: Overview of Facility Offerings in Belfast



## Partner of Choice

- GLL has completed 10 years in Belfast and continues to deliver an extensive leisure programme on behalf of Belfast City Council. In 2025 the £800K was spent on projects across the city such as gym refurbishments and the creation of party spaces which is another strong example of the strength of this partnership.
- Prepaid membership increased by 684 in 2025 which represents a 2.9% improvement as prepaid membership broke beyond 24,300 for the first time in Belfast.
- Over 3,053 customers participated in our annual user survey which was up by 2.3% from the previous year. Belfast recorded 4.2 satisfaction rate out of 5, which we will continue to work to increase. Net Promoter Score was 43% in 2025 compared to 34% in 2024.
- 14 centres achieved Quest – The UK Quality Accreditation for Sport and Leisure and is a tool to help us offer 5-star service every time.
- Increased professional profile through memberships and award applications of business networks including Social Enterprise NI, Women in Business, NI Chamber of Commerce and Belfast Chamber of Commerce.
- GLL support the Belfast Giants in providing training spaces for their athletes. In return we can reward our staff with tickets for matches as well as have the opportunity to raise the profile of our centre and activate memberships via Giants fans on match nights.
- Templemore Baths hosted a range of conference and launch events. It now competes with established and versatile venues across the region.
- Top Team Lifeguard competition was hosted at Andersonstown Leisure Centre.



## Respecting the Planet

- The Partnership reduced energy consumption by a further 10% in 2025 compared to 2024. This was achieved through focused energy management plans and investment in energy efficient technology.
- The partnership reduced gas consumption by 10% consumption by 9%.
- Efficiencies with electricity usage across all 16 sites led to a reduction of 582 tons of CO2 in 2025 compared to 2024.
- Efficiencies with gas consumption across all 16 sites led to a reduction of 408 tons of CO2 in 2025 compared to 2024.
- Energy audits completed in Andersonstown, Brook, Lisnasharragh and Templemore to assist with creating a renewable investment strategy and building optimisation – actions expected on these projects in 2026.
- EV car charging points have been installed across numerous leisure sites within the city.
- GLL have gained Ambassador status to Belfast Business Promise. GLL are committed to deliver on pledge 3 of the promise; Protect our environment by working together to tackle the global challenge of climate change and protect our environment for future generations. GLL have signed up to the climate essentials platform to assist with lowering carbon emissions and develop a roadmap to net zero.
- The Belfast Partnership will continue to sit on the Belfast City Councils Climate projects team in 2026 along with other key stake holder, identifying co-operative projects for reducing carbon emissions and creating a greener Belfast.

## Better Way of Doing Business

- Our continued social impact is only possible through sound business practice. We grew our memberships and usage while continuing to offer a variety of concessionary options for everyone.
- GLL became one of only ten organisations to achieve Ambassador Status in the Belfast Business Promise. A scheme for employers committed to responsible, inclusive and sustainable business practices.
- GLL sponsor a number of Belfast based events, awards and organisations to further promote our brand values. These include, the Eastside Awards, Belfast Marathon, Belfast Giants, Aisling Educational Bursaries, Social Enterprise NI Awards, Belfast City Council Sports Awards and Spirit of NI Awards.
- £2.8M of internal reinvestment projects have been delivered to date across the partnership since 2019. In 2025 GLL completed the following projects:
  - £38K Party Room development at Lisnasharragh
  - £20K Gym and Functional Area refurbishment at Olympia
  - £11.5K Strength Area refurbishment at Andersonstown
  - £23K Functional Area and Studio refurbishment at Belvoir
  - £24K Party Room development at Brook
  - £130K Reception Area and Full Gym refurbishment at Ballysillan
  - £88K Gym refurbishment at Whiterock
  - £8K Group Cycle Bike upgrade at Falls
  - £495K Female Changing Room upgrade and Full Gym and Studio refurbishment at Better Gym Connswater
  - £5.5K Functional Floor refit at Grove
- Digital innovation helped attract new customers and compete with other operators in leisure with over 95% of bookings being made online and the same joining online.
- Over 67K people engaged with the Better brand across social media sites such as X, Facebook and Instagram. Average daily reach exceeded 12K and in total over 7.32M impressions were achieved on Facebook.
- We established collaborations with Active Youth NI to deliver holiday camps for children with physical and learning disabilities and with Liverpool Football Club Foundation to deliver a Player Development Programme at Avoniel.

## **More Than a Job**

- We employ over 900 staff with over 85% living in the Belfast area. We have worked to create an environment where our staff understand the important of our social enterprise message.
- GLL is an accredited Investors in People Gold organisation and one of only 212 companies in Northern Ireland to implement the Real Living Wage.
- We continue to invest in our staff with a comprehensive internal and external training and development programme delivering various courses from National Pool Lifeguarding, Pool Plant Operator and Swimming Teaching Qualifications and an array of online training courses.
- A coaching and mentoring programme was created to support teamwork and motivation among staff across the city.
- We recruited 96 Children’s Activity staff to deliver Holiday Schemes at 12 centres.
- Our 2-year Trainee Manager Development Programme is in its 31st year, with 4 new recruits joining us each year to gain experience across all areas of the business.
- We recruited 3 student coach placements from Ulster University to work within our Community Sport team, delivering a variety of young and senior sport and physical activity programmes.
- Absentee rates remained a focal point in 2025. At start of the year this was 5.2% with highest percentage was in May (7.6%) and reduced to 4.6% in December. GLL we are actively working with management teams to reduce high sickness levels.
- We have been shortlisted in various awards in 2025. GLL were successful in winning Excellence in Contribution to the Community at the Belfast Business Awards. GLL were also high commended in the Social Value category.
- The importance of providing fully qualified staff was again championed at the Top Team Lifeguard event with participation from 40 staff from Belfast centres and observers from other Northern Ireland Local Authorities.
- We recognised the contribution of our teams at the GLL Communications Day with over 200 nominations for local staff awards. Held in the Europa Hotel this year we had a record 480 in attendance.

## Customers and Communities at our Heart

- We continued to offer our services to all user groups and actively promoted people getting involved in physical activity.
- Putting the customer at the heart of our business helped us increase our memberships to 40,879.
- Our GLL Sports Foundation supported 158 local athletes with over £115,000 bursaries, injury rehabilitation, education assistance and free memberships to all 17 centres.
- Over 6,500 children take part in swimming lessons every week learning a key life skill. This represents an 8% increase from the previous year.
- 3,502 children from across the city enjoyed our Holiday Schemes, taking part in activities such as football, swimming, dodge ball, tennis, basketball, pickleball and arts and crafts.
- The Club Games saw over 50 participants from 6 teams of over 60s competing in a range of sports and activities including pickleball, table tennis, darts, bowls and boccia.
- ukactive visited Belfast in November as Templemore Baths hosted their National Conference with GLL joining six other organisations and local authorities. GLL were provided with the opportunity to outline the community impact of leisure across the city since 2015.
- Over 15,000 people participated in Pickleball activities throughout the year. Over 80% of these participants were ages 50 and over.

**OVER 6.5K**  
LEARN TO  
SWIM EACH  
WEEK

**158**  
LOCAL  
ATHLETES  
SUPPORTED

**OVER 3.5K**  
CHILDREN  
ATTENDED  
HOLIDAY  
SCHEMES

OVERALL  
MEMBERSHIP  
INCREASED TO  
**40,879**  
IN 2025

## Tackling Health Inequalities

- Our 12-week Healthwise exercise referral programme helped 1,460 people referred through their GP or other NHS services to increase physical activity and rehabilitate from cardiac, cancer, obesity and other health related issues.
- 1,017 came through the Physical Activity Referral Scheme and 443 through the Chronic Conditions pathways.
- We deliver several active aging mornings across the city which include activities such as danderball, pickleball, table tennis, boccia and water polo.
- Concessionary membership options across all centres offered more affordable access to leisure for all sectors of the community.
- Belvoir Activity Centre serves as a disability sports hub in partnership with Belfast City Council and Disability Sports NI.
- We partner with Autism Swimming organisation Swimming Buddies to deliver autism specific swimming lessons at Brook Leisure Centre and Templemore Baths.
- We established SEND Swimming lessons across the city and will expand the programme to circa 100 participants in 2026.
- We offer an inclusive UK wide membership for people with a disability. This offers access to gyms, swimming pools and fitness classes at a discounted rate. Currently over 335 people in Belfast access this membership option.
- We operate a JAM card scheme which allows people with a hidden disability or communication barrier to tell others that they need extra time and understanding in a private and easy way.
- All new LTP leisure facilities are equipped with Changing Places facilities. These accessible toilet and showering facilities were created to meet the needs of disabled children and adults with complex care needs who require appropriate equipment and more space.
- Currently 8 pools across the city provide Pool pods. These pool platform lifts are transforming pool access and are used by wheelchair users and other customers with mobility issues to access the water.
- In partnership with Belfast City Council, we offer a digital sign language service 'Sign Video' via our concierge teams that assists customers who are deaf to communication effectively with staff members.

## Health and Fitness

### Gym Activity

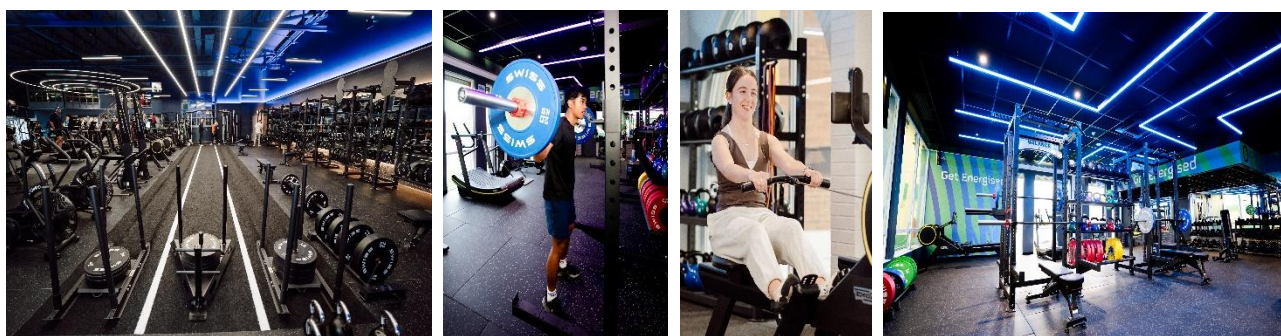
Fifteen of Belfast’s sixteen operational leisure centres now offer best-in-class gym spaces, equipped to a standard that rivals many private facilities and ensures members of every age can train with confidence. That investment continues to assist in greater utilisation, in 2025 alone, the city recorded an impressive 900,000 gym visits, reflecting a diverse community of users from post-primary school pupils discovering fitness for the first time to seniors staying active and connected.

GLL’s commitment to accessibility is also evident in its popular Pay and Play card for over-60s, which provides free access to the gym, group exercise classes and swimming before 11:00am Monday to Friday. It is a model that not only supports healthier ageing but strengthens the role of leisure centres as inclusive, community-focused spaces where everyone can pursue their wellbeing goals.

### Gym Improvements

GLL is continuing to push forward with significant investment in health and fitness across the city, reinforcing its commitment to modern, high quality leisure experiences for everyone. In 2025, a large percentage of GLL’s £850K project spend was provided to Andersonstown, Belvoir, Olympia, Grove, Ballysillan, Whiterock and Better Gym Connswater, transforming these centres with refreshed, purpose built spaces designed to meet the evolving needs of local communities.

These developments are not just about new equipment or upgraded facilities. They are about creating environments that inspire people to join, stay active and feel proud of where they train. By offering improved studios, enhanced gym floors and more welcoming social areas, GLL is supporting membership growth while giving loyal members the upgraded spaces they deserve to continue their health and fitness journey with confidence and motivation.



*Images 1 to 4: Gym Transformation Projects in 2025*

### Junior Gym

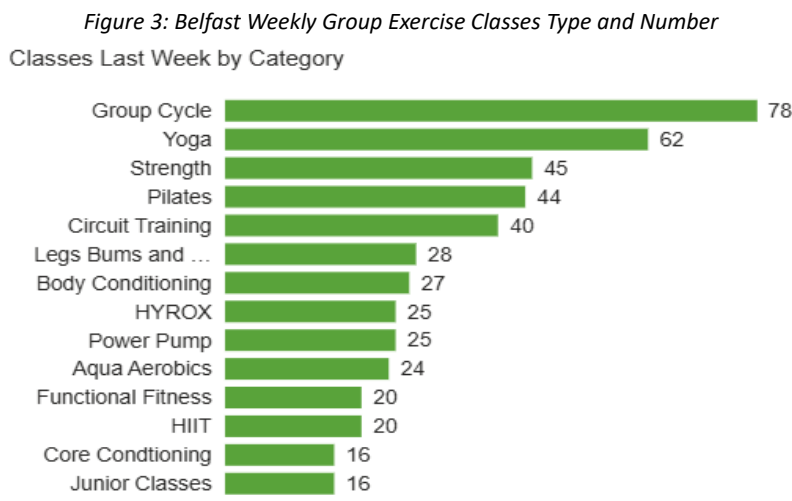
GLL’s Junior Gym programme runs across all Belfast leisure centres, giving young people a safe, structured, and energising space to get active. Sessions operate Monday to Friday after school and throughout the day at weekends, making it easy for families to fit fitness into busy schedules. Throughout 2025, 207 hours of junior gym spaces were offered each week and in total over 48,000 junior attendances were recorded.

Junior Gym is designed specifically for young people, typically aged 11 to 16. It provides supervised gym sessions led by trained fitness staff, age-appropriate equipment and guidance on safe technique and a friendly inclusive environment for young people to build confidence.

Group Exercise

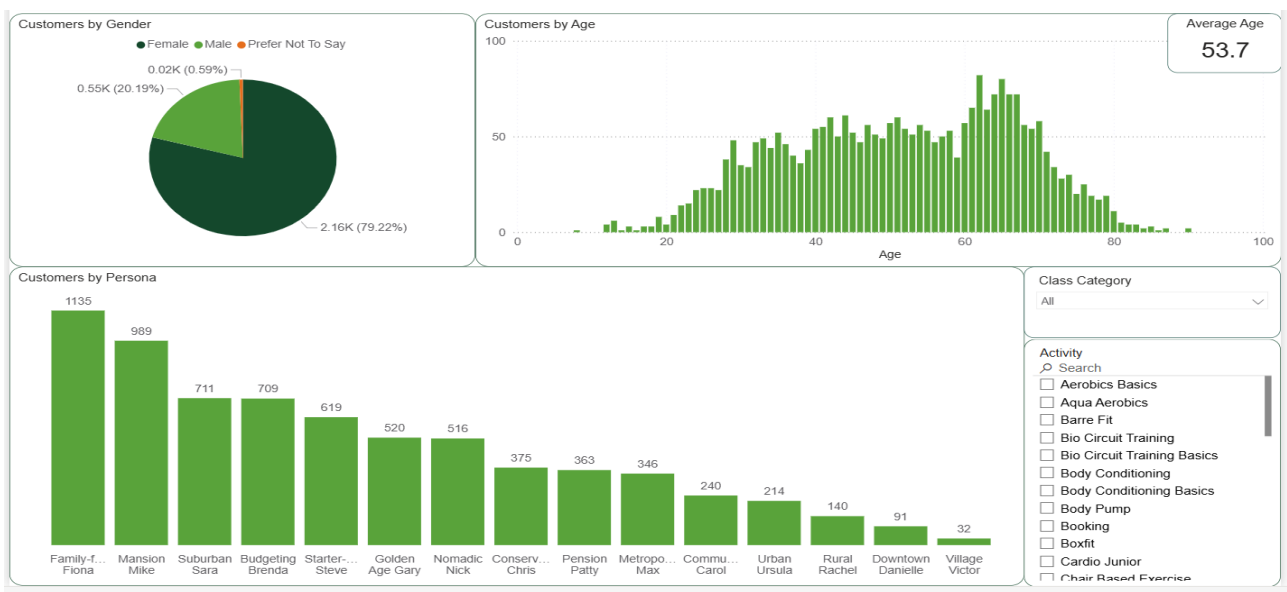
Belfast Group Exercise performs consistently at over 75% utilisation with over 480 classes provided each week in 2025. On average over 5,000 people take part in group exercise across the city each week. In 2025, 23,885 classes were delivered to 269,322 participants.

The weekly number and type of classes is outlined in figure 3 below.



79.2% of group exercise participants are female with 20.2% male. The average age of users is 53.7 years. Older demographics highlight the variety of activities available across the city with older participants participating in activities such as aqua aerobics, yoga, Pilates and basic classes. Figure 4 which follows provides greater insight into customer demographics.

*Figure 4: Belfast Group Exercise Demographics*



Swimming Pool Usage

GLL’s pool programme spans ten leisure centres across the city, delivering one of Belfast’s most comprehensive and inclusive aquatic offerings. Public swimmers can choose from Swim for Fitness lane sessions, Swim for All sessions designed for every age and ability, and a wide range of leisure water activities including inflatables, floats, family swims and waterslide sessions. Alongside this, the programme integrates swimming lessons, school swimming, club training, water polo including competitions and events and a growing timetable of water-based exercise classes and health initiatives.

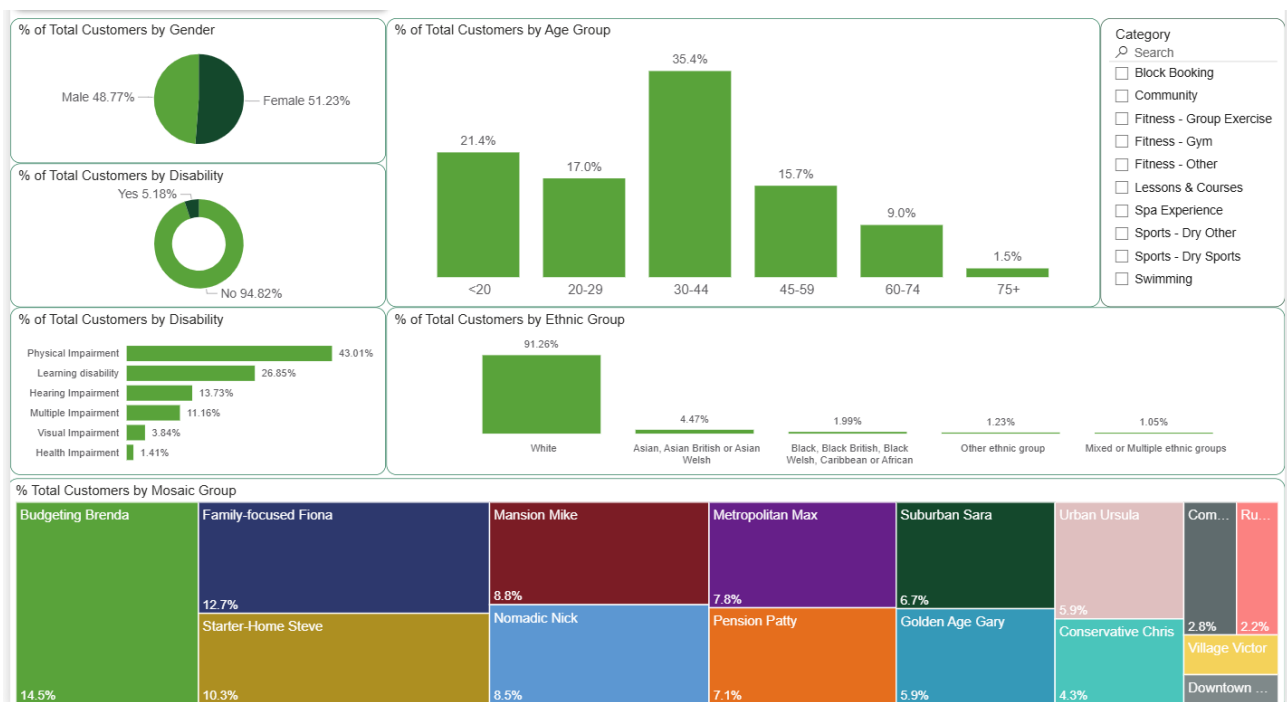
This balanced approach ensures that community access and aquatic development go hand in hand, fully aligning with the Belfast Aquatics Strategy, which guarantees public swimming opportunities throughout all opening hours each week. The scale of engagement speaks for itself with more than 483,903 people taking part in swimming activity in 2025, highlighting the vital role these pools play in supporting health, confidence and water safety across the city. The greatest usage is achieved in July, August, September and October with almost 200,000 visits taking place during this time. On average 15,000 Swim for All sessions are delivered each month in Belfast.

Further explanation of specific swimming programmes will be outlined within this annual report.

Total Usage

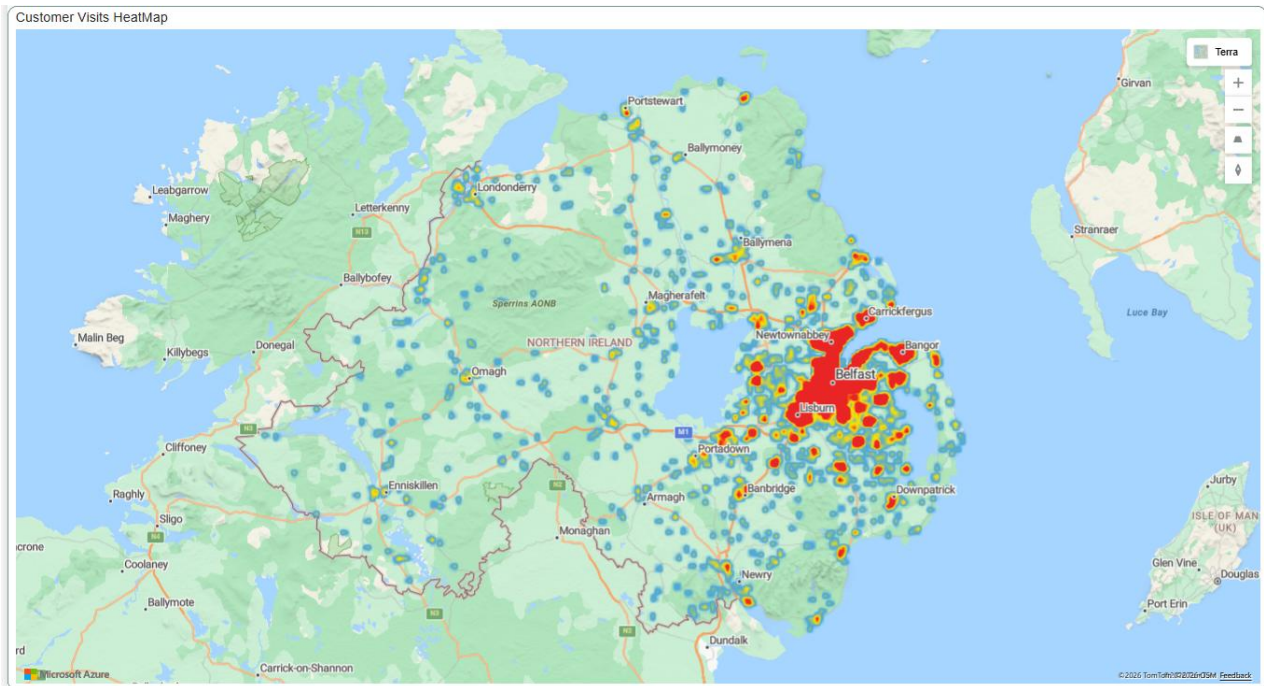
In 2025, GLL recorded a total usage of 3,352,747 across the 16 centres in Belfast. This usage is made up from 48.8% male and 51.2% female. The largest usage group is 30-44 with 35.4% followed by 21.4% for under 20 year olds. The over 60s age group made up 10.5% of all usage. 5.2% of users declared a disability. Further explanation of user demographics can be found in Figure 5 which follows.

Figure 5: Belfast Leisure Usage Customer Demographics 2025



The figure below represents locations of all users of Belfast leisure facilities in 2025. This map demonstrates that Belfast’s leisure offer extends far beyond the city’s boundaries, attracting users from right across Northern Ireland. The significant upgrades delivered through GLL’s ongoing investment, combined with Belfast City Council’s Leisure Transformation Programme, have elevated the facilities to a standard that positions them as true destination venues.

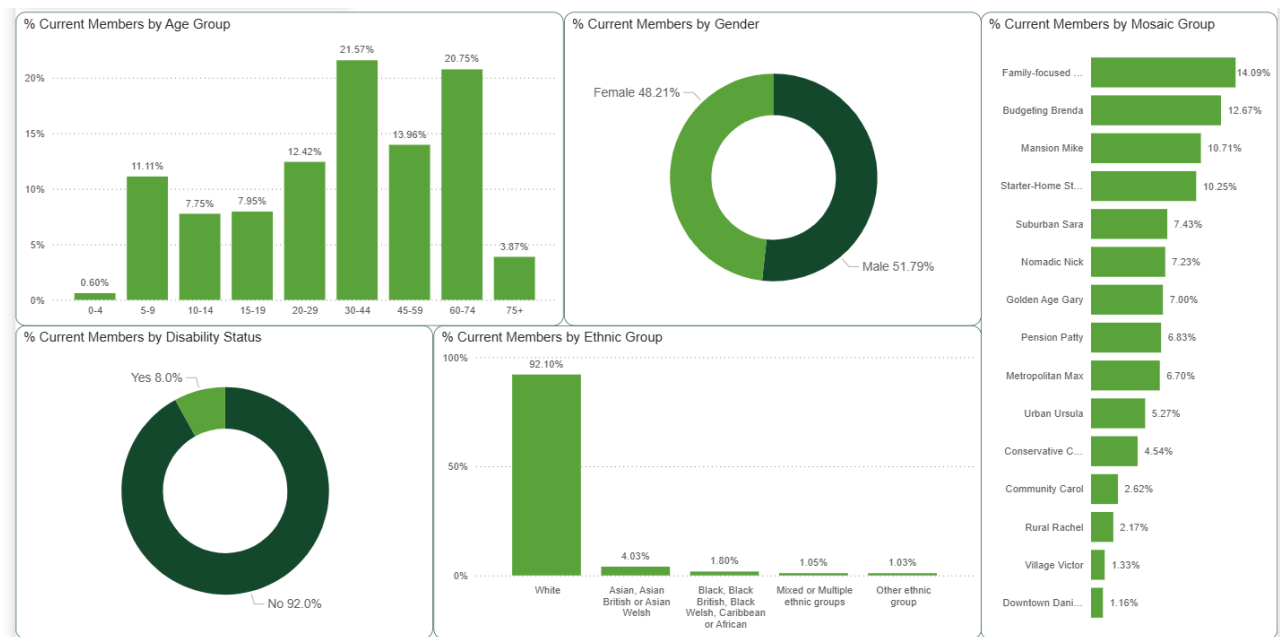
*Figure 6: Belfast Leisure Usage Customer Heat Map 2025*



## Health and Fitness Memberships

Total memberships reflects 48.2% female and 51.8% male. The largest membership age group is the 30-44 year olds (21.6%) followed closely by 60-74 year olds (20.8%). 5-9 year olds represents are large proportion of the membership base at 11.1% and this will be made up of children involved in lesson and courses programmes. 8% of the Belfast total membership has a disability and ethnicity follows a similar representation of the Belfast population with 92.1% white. Further details of the membership demographics can be found in figure 7 below.

Figure 7: Belfast Membership Demographics



In January 2025 total memberships sat at 39,152 and at the end of the year this figure was 38,850. With a reduction of 1,320 memberships from November to December. Total memberships (includes prepaid, pay as you go and lessons and courses memberships) reached a peak of 40,879 in September.

In January 2025 prepaid memberships sat at 23,578 and at the end of the year this figure was 22,605 with a reduction of 1,101 memberships from November to December which has been witnessed in previous years. Prepaid memberships reached a peak of 24,336 in September.

## Marketing and Communications

GLL currently operates 23 social media channels with a total of 67.8K followers. Facebook continued to be the largest supported channel with 16 centres using the platform and servicing 52.9K followers. Throughout the course of the year there have been 7.32 million impressions on Facebook and a daily reach of 12K. Instagram is utilised by 6 centres with 11.5K followers and X is used by 1 centre with 3.4K followers. GLL have decided to move away from X going forward.

Social media plays a vital role in how GLL connects with communities, promotes its services and celebrates the impact of its leisure centres across the city. Together, these channels form a powerful communication network that helps drive participation, build community trust and keep members informed, inspired and connected to their local leisure services. Figure 8 below is the top reaching post on Instagram in 2025 with 9.7K engagements.

Figure 8: Top Performing Instagram Post



GLL amplifies its customer message in integrated advertising campaigns using paid social advertising, outdoor, radio and local press titles. Campaigns such as 'More Ways to Move' (adult health and fitness), 'More Ways to Play' (children and family activities) and products specific campaigns (such as holiday schemes and lessons and courses) are designed to encourage engagement with the Better brand and promote the benefits of health and wellbeing for all communities in Belfast. Some examples of these campaigns can be found below.



Images 5 to 7: GLL Customer Messaging

## Annual User Survey

The online survey is delivered by the in house GLL Customer Relationship Management Team and was sent to all contactable active members via both email and push notifications. In addition, a QR code was promoted in the centres for members to access the survey via their mobile devices. The online survey was conducted between 2nd June and 14<sup>th</sup> July 2025 (43 days). Across all GLL managed UK sites, Lisnasharragh Leisure Centre received the highest number of responses (730). Total number of responses for Belfast was 3,053 which was up by 2.3% compared to 2024.

The comprehensive survey questionnaire provided data on respondent demographics and their level of satisfaction with a wide range of facility and service measures. The questionnaire comprised a total of 39 questions in three sections. Section 1, questions about the customer’s local centre. Section 2, questions about supporting health and wellbeing of the customer’s community. Section 3, questions relating to respondent demographics.

Net Promoter Scores (NPS) is a measure of how likely a customer is to recommend the service to others. All centres received registered feedback with scores 0-30 rated as good, 30-70 rated as great and 70-100 rated as excellent. Results can be viewed in table 1 below. 7 centres returned a good rating and 9 returned a great rating.

To continue to improve on this excellent performance there will be an ongoing focus throughout 2026 on staff training, service improvement, enhancing the range of activities and equipment upgrades.

The annual user survey is designed to be an integral part of the centre continuous improvement plans. In pursuit of the key contract objective of a ‘5 star service at 3 star prices’ it is important that the data collected through the AUS is both robust and relevant. The results should be accepted as providing evidence of opportunities for improvement in service and customer communications.

Figure 9: AUS 2025 Results



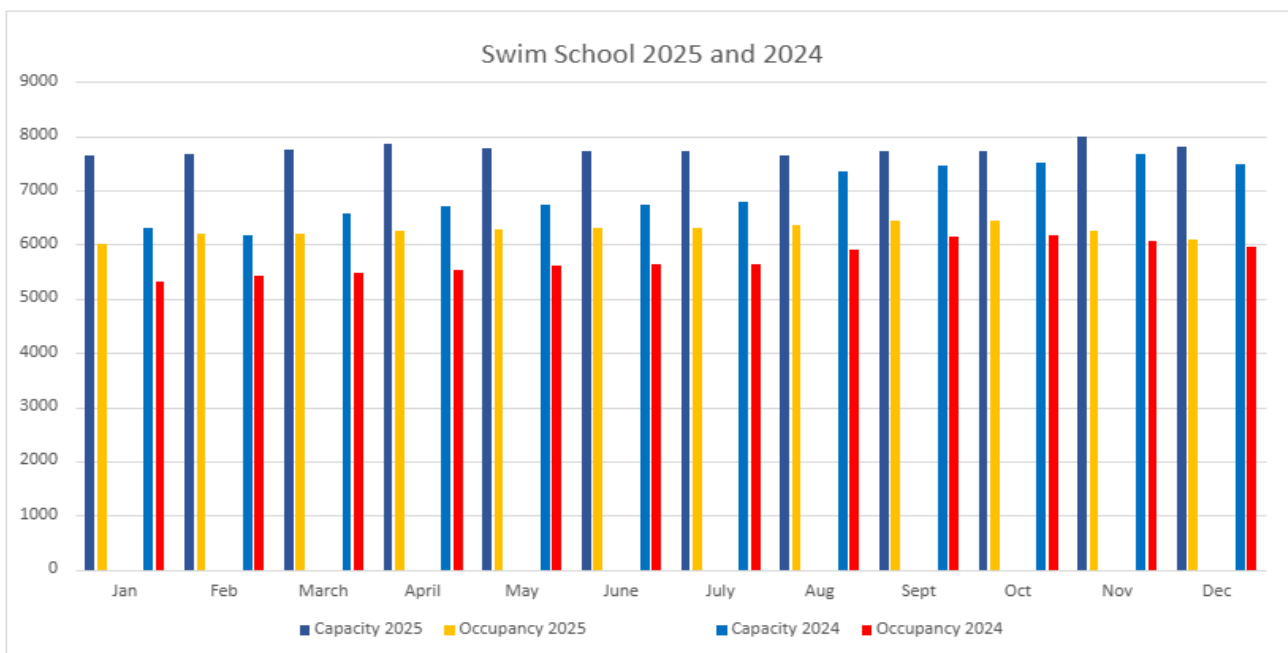
## Better Swim School (including Swimbies)

From January to December 2025, 10 centres delivered Swim School lessons for participants aged 6 months to adulthood. Our qualified teachers delivered the following number and type of classes throughout 2025:

- Swimbies (33 weekly classes)
- Foundation (223 weekly classes)
- Development (127 weekly classes)
- Academy (22 weekly classes)
- Adults (17 weekly classes)

At the beginning of 2025 there were 6,000 pupils enrolled in Belfast Better Swim School. The year concluded with 6,090 which equates to a growth of 90 participants. The graph below highlights the progress made throughout the year.

Figure 10: Swim School monthly comparison of capacity and occupancy from 2024 to 2025



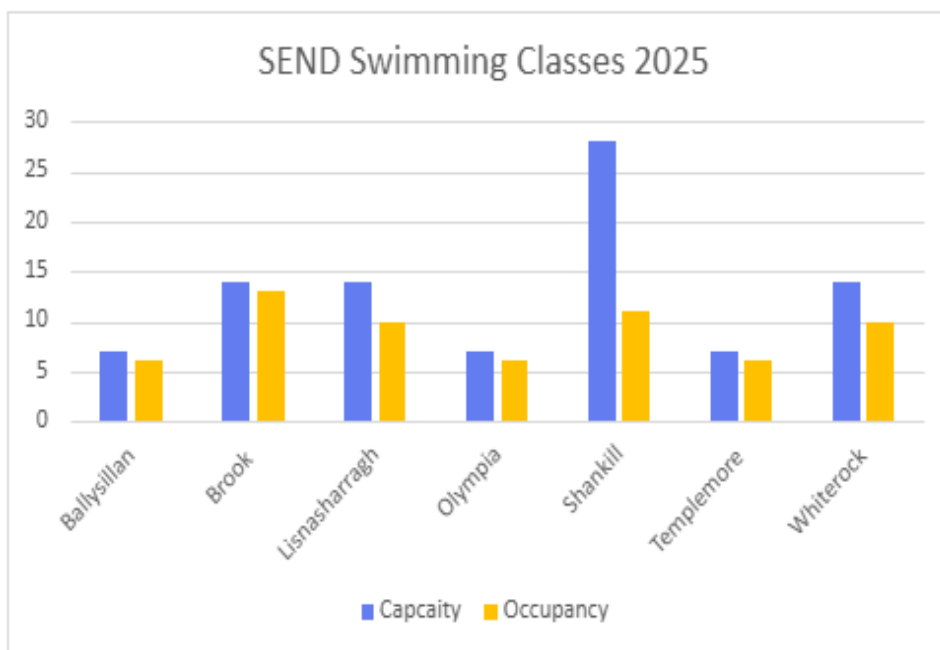
The highest capacity in 2025 was 8,005 which occurred in the month of November, this was an increase of 332 compared to 2024’s highest capacity (7,673). There was also notable difference in the occupancy between 2025 (6,436) and 2024 (6,180) with 2025 having a greater amount by 256.

Plans for growth during 2026 will focus on retention of swimmers attending lessons and the recruitment of swim teachers to grow to 6,500 pupils enrolled.

## SEND Swimming Lessons

2025 saw the launch of GLL’s SEND swimming lessons. These lessons were made available across 7 of the centres in Belfast. (Ballysillan, Brook, Lisnasharragh, Olympia, Shankill, Templemore and Whiterock). In total 62 participants were enrolled in the programme and it is envisaged this will further increase in 2026.

Figure 11: SEND Swimming Lesson capacity and occupancy for 2025



SEND lessons cover pupils who have learning difficulties, disabilities, and conditions (e.g. ADHD, dyslexia, or autism) that make it harder to learn than peers of the same age in a small group environment so the teacher can focus on each pupils needs.

While we promote our swimming lessons as all-inclusive GLL believe in delivering this product allows the pupil to learn in a smaller class size with the aim of integrating them into our main lessons plus GLL to the lead in Belfast to promote and deliver SEND swimming from Disability Sport Northern Ireland’s All Equal, Active Campaign in delivering this type activity.

Growth plans for 2026 are Andersonstown, Grove and Falls will be added to deliver SEND swimming lessons plus have additional classes added to the 7 centres who are currently delivering lessons when more swimming teachers gain the qualification. Target for 2026 will be 96 participants included in the programme.

## **Tom Daley Diving Academy**

The Tom Daley Diving Academy programme has remained stable throughout 2025 with more participants moving from the through the Foundation, Beginner and Improver levels. In total 55 participants participated in the programme throughout 2025. The coaching team were also joined by a new Level 1 coach Jess, who has jumped into her role coaching the Foundation/Beginner classes each week.

On 18<sup>th</sup> December 2025 we hosted our first Improver level interclass competition in Lisnasharragh Leisure Centre. All 17 divers that attend weekly diving lessons at the Improver level were invited and 14 took part. With seating arranged on poolside for parents to spectate it provided a great positive atmosphere for the 90 minutes.

Each diver performed five dives which were scored by two judges giving a total score out of 10. This encouraged divers to look at their ability and select dives that they were confident in while also pushing themselves to include a hurdle step or arm swing were possible. The results were then separated into three separate age groups for medal presentation as would be in a standard novice competition. This allowed for three divers to receive a gold, three to receive a silver and everyone else received a bronze for participation.

Plans for 2026 are to expand the programme by including an additional day and creating opportunities for 75 participants.



*Images 8 & 9: Judges scoring at Interclass Competition and the Belfast Diving team with Damian Ball (Swim Ireland Discipline Development Manager)*

## Better Swim School Gala

The 2025 Better Annual Swim School Gala took place at Lisnasharragh Leisure Centre on Saturday 11<sup>th</sup> October. All 10 centres from across the city attended and the event was supported and delivered by Lead Swim teachers, Swim teachers and Community Sport staff.

A packed gallery watched and cheered on all the swimmers participating. In total 117 children participated in the event from 10 centres.

The Gala featured 2 races, 25m Frontcrawl and 25m Backcrawl individual for boys and girls aged 7-16 years old who attend our Development Gold and Academy classes. We also added Mixed Frontcrawl relay races over 50m which brought the event to a close.

This year saw the inclusion of two swimmers with disabilities competing. One with cerebral palsy and one amputee below the knee. As part of Belfast's support of the All Equal, All Active campaign this attendance plus the work on delivering SEND Swimming Lessons across the city is having a positive impact against this important agenda.

All participants who participated received a medal and certificate plus points were up for grabs to win the Belfast Better Swim Cup. Lisnasharragh Swim School completed the hattrick in winning the cup for 2025 completing three years in a row.



*Images 10 to 13: Images from the Better Swim School Gala at Lisnasharragh Leisure Centre*

## Swim Teacher Development

*Table 1: STA Swim Teacher Courses at Lisnasharragh in 2025*

<b>STA Swim Teacher Courses at Lisnasharragh</b>	
Level 2 Award Course	22 <sup>nd</sup> Jan - 1 <sup>st</sup> Feb 2025. 12 enrolled. 6 internal and 6 external
Level 2 Certificate Course	24 <sup>th</sup> Mar - 2 <sup>nd</sup> Apr 2025. 12 enrolled. 5 internal and 7 external
Level 2 Award Course	25 <sup>th</sup> Jun - 4 <sup>th</sup> Jul 2025. 12 enrolled. 6 internal and 6 external
Level 2 Award Course	10 <sup>th</sup> - 18 <sup>th</sup> Sept 2025 12 enrolled. 4 internal and 8 external
Level 2 Disability Swim Teachers Course	3 <sup>rd</sup> – 21 <sup>st</sup> Nov 2025 4 internal enrolled

The above courses are delivered by highly skilled tutors in conjunction with GLL Learning and Development in providing us with new skilled swim teachers in upskilling internal staff so there is sufficient cover in not cancelling lessons and to expand Swim School across our 10 centres.

In addition, GLL is active in recruiting external learners who enrol on swim teacher courses to work for us.

During 2025 the Community Sports Manager Patrick Webb delivered quarter Lead and Swim teacher training covering the 4 main strokes Frontcrawl, Backcrawl, Breaststroke and Butterfly ensuring they are trained in delivering pupils the correct strokes when swimming.

In 2026, GLL will deliver the new Swim Teacher Qualification working with our partner The Swim Teachers Association as the Level 2 Award and Level 2 Certificate have been merged into one qualification.

GLL will continue to recruit Swim teachers so to expand Swim School to provide more spaces in our lessons across the city.

## **Belfast Swimming Club, Triathlon Club, Water Polo Club and Schools Programmes**

### Belfast Swimming & Triathlon Clubs

As part of the Belfast City Council Aquatics Strategy, GLL support the following Swimming clubs and Triathlon Clubs with pool provision across the city to train and host Ulster PTL and Aqua Sprint Galas.

- Alliance Swimming Club
- Leander Swimming Club
- Olympia Swimming and Lifesaving club
- Swim Belfast
- Templemore Triathlon Club
- Olympian Triathlon Club
- Invictus Triathlon Club

### Belfast Water Polo Clubs

In addition, the following Water Polo clubs are supported with pool provision to train from Mini Polo (aged 5-11 years old) up to senior level for male & female members within the clubs.

- Cathal Brugha Water Polo Club
- Clonard Water Polo Club
- Donegal Diamonds Water Polo Club
- Cu Chulainn Water Polo Club

### National Competitions

In addition to the above clubs using pools to train and compete, Lisnasharragh Leisure Centre has hosted the following National Competitions during 2025.

- Swim Ulster Short Course (25m)
- Swim Ireland National Under 17 Cup for Boys and Girls
- Swim Ireland National Under 13 Cup for Boys and Girls
- Swim Ireland National Water polo League for male and female.

### Schools Swimming

Throughout 2025, 10 of our centres delivered lessons to over to over 6,000 pupils each month from January to December (excluding July and August summer holidays) across Key Stage 2 (Primary 4-7), and Key Stage 3 (Years 8-10). Belfast has 116 Primary Schools, 34 Post Primary Schools and 13 Special Schools.

Over the past twelve months GLL has delivered school swimming lessons to a total of 96 schools which is made up of 84 Primary, 7 Post Primary and 5 Special Schools.

## Top Team NI Lifeguarding Competition

On Tuesday 24<sup>th</sup> June 2025 the Belfast Partnership hosted our 9th annual Northern Ireland Lifeguard Championship (Top Team) competition at Andersonstown Leisure Centre.

Observed by Quest Assessor David Constantine, the team at Andersonstown ensured a highly presented centre which welcomed competitors.

- The event was scheduled to compliment Drowning Prevention Week.
- The revised format involved an online team quiz based upon the NPLQ Gen 10 with an expanded wet side scenario and speed swim.
- 10 teams competed in the competition - a total of 40 competitors.
- 8 internal teams represented GLL alongside 2 external teams from Antrim and Newtownabbey Borough Council.
- 50 teenage and primary school casualties were provided from All Saints Secondary School and Bunscoil Phobal Feirste.
- Our thanks to the event organising group of Peter McMonagle, Pat Webb, Roma Doherty, Hugh Boyle and the management team at Andersonstown Leisure Centre.

Overall Results - with prizes awarded by the Lord Mayor of Belfast, Tracy Kelly:

1<sup>st</sup> - Lisnasharragh Leisure Centre

2<sup>nd</sup> - Falls Leisure Centre

3<sup>rd</sup> – Templemore Baths

Most valuable Person (new award for best performing competitor) - Darryl Mills, Shankill Leisure Centre.



Images 14 to 17: Images from Northern Ireland Lifeguard Championship at Andersonstown Leisure Centre

## NPLQ Gen 10 Renewals

The National Pool Lifeguard Qualification (NPLQ) stands as the benchmark for excellence in aquatic safety, equipping candidates with the essential skills and confidence needed to protect swimmers and respond effectively in emergencies. Across the city, GLL takes pride in upholding these high standards, ensuring every leisure centre operates with a strong culture of safety, professionalism, and community trust. By offering accessible training pathways and creating new employment opportunities, GLL not only strengthens its lifeguard teams but also empowers people from all backgrounds to build rewarding careers in the leisure industry. In total, 183 GLL lifeguard staff renewed during 2025.

Table 2: NPLQ Gen 10 Recruitment Courses

<b>NPLQ Gen 10 Recruitment Courses</b>	
Templemore Baths	6 <sup>th</sup> - 15 <sup>th</sup> Jan 2025. 10 enrolled. 4 Internal and 6 External.
Lisnasharragh Leisure Centre	10 <sup>th</sup> - 17 <sup>th</sup> Feb 2025. 10 enrolled. 3 Internal and 7 External.
Shankill Leisure Centre	23 <sup>rd</sup> - 30 <sup>th</sup> Apr 2025. 9 enrolled. 3 Internal and 6 External.
Templemore Baths	25 <sup>th</sup> Jun - 3 <sup>rd</sup> Jul 2025. 10 enrolled. 5 Internal and 5 External.
Templemore Baths	16 <sup>th</sup> - 26 <sup>th</sup> Aug 2025. 12 enrolled. 2 Internal and 10 External.
Falls Leisure Centre	26 <sup>th</sup> Aug - 4 <sup>th</sup> Sept 2025. 11 enrolled. 5 Internal and 6 External.
Lisnasharragh Leisure Centre	24 <sup>th</sup> – 31 <sup>st</sup> Oct 2025. 11 enrolled. 4 Internal and 7 External.
Brook Leisure Centre	15 <sup>th</sup> Nov 2025 - 3 <sup>rd</sup> Jan 2026. 9 enrolled. 3 Internal and 6 External.

All learners passed with centres being sent external candidate contact details to interview and start the onboarding process to become Recreation Attendants across 10 pools.

The above courses are delivered by highly skilled Trainers in conjunction with Royal Lifesaving Society and Learning and Development. This provides GLL with new lifeguards to ensure that there is sufficient staff for our centres to operate in a safe environment across Belfast.

In addition to the courses, all wet centres deliver Lifeguard Monthly and Quarter training to test a lifeguard's skills and speed if they have to deal with a situation within their centre and to build up training hours to renew their qualification every two years.

## RISE Gymnastics Programmes

In 2025 Falls Leisure Centre started their RISE Gymnastics programme offering two classes (Explore and Explore Plus) on Friday afternoons. Two weeks of taster sessions were delivered by the centres during the February Half Term, costing £1 per session and this led into the weekly classes starting on 21<sup>st</sup> February. There were 20 children booked to experience gymnastics across the 4 taster sessions and 20% of these started a monthly direct debit for the weekly classes. Adding these classes in Falls Leisure Centre brought the total number of centres delivering the RISE gymnastics programme in Belfast up to five.

This year GLL further expanded our delivery of the RISE Gymnastics programme by adding two Excel classes to the weekly delivery in Belvoir Activity Centre which started in September. These classes are currently being kept as invite only due to the demand and have been split into Junior and Senior for those under or over 8 years old respectively. In total 263 participants enrolled on the programme across the five sites.

Figure 12 & 13: Belvoir Activity Centre & Brook Leisure Centre capacity and occupancy results for 2025

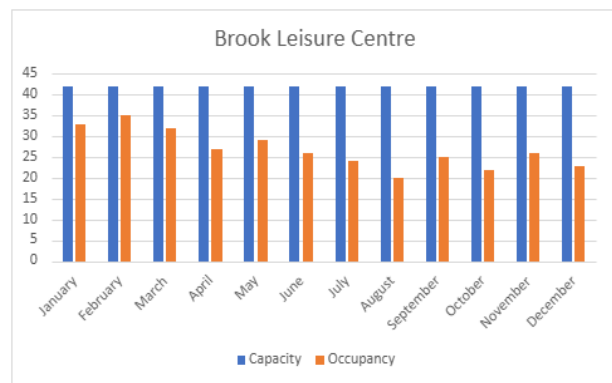
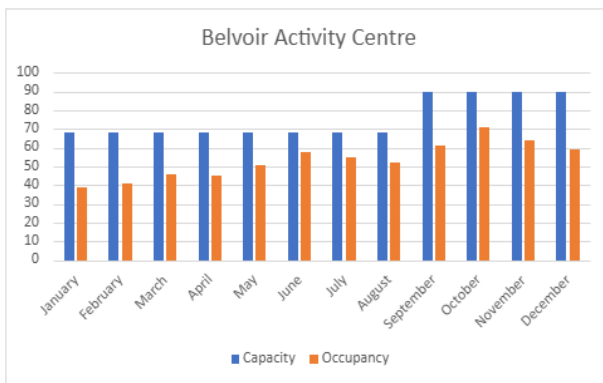


Figure 14 & 15: Falls Leisure Centre & Lisnasharragh Leisure Centre capacity and occupancy results for 2025

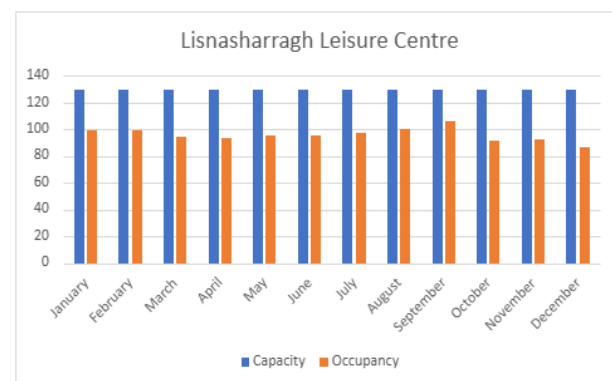
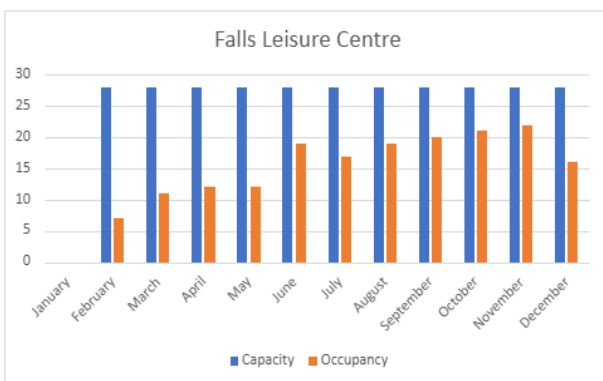
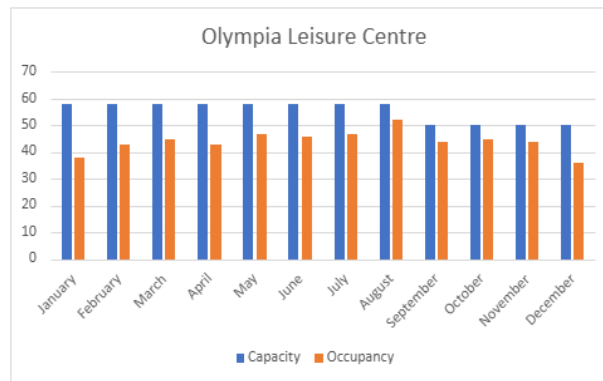


Figure 16: Olympia Leisure Centre capacity and occupancy results for 2025



On Saturday 29<sup>th</sup> March, GLL held our second RISE Gymnastics Competition in Belfast, hosted by Olympia Leisure Centre. One hundred gymnasts signed up to take part from our weekly classes in Belvoir Activity Centre, Brook Leisure Centre, Falls Leisure Centre, Lisnasharragh Leisure Centre, and Olympia Leisure Centre. On the day we had 88 compete which is 50% more than the competition held in 2024.

Competitors had a choice to compete in three different strands: Core Skills (Level 1, 2, or 3) this was a floor routine which they were given depending on their ability and learnt in their class, Small Apparatus (Ribbon, Hoop, or Ball), and Large Apparatus (Bench or Vault). Every child left the competition with a certificate and a medal, those who scored a gold overall also received a British Gymnastics RISE leotard. This was a great event, and all the gymnasts enjoyed it giving them a goal to work towards during the weekly classes and served as a positive retention tool.



Images 18 to 22: Images from the RISE Gymnastics Competition at Olympia Leisure Centre

GLL rounded off the year by inviting parents into our last weekly lessons before the Christmas break. The classes either showcased a routine that they had been working on for the weeks leading up to this or a range of skills they had been practicing on the different pieces of apparatus.

Looking ahead to 2026, there are plans to further grow the RISE Gymnastics programme across Belfast to cater for 300 participants. This includes the introduction of Saturday lessons at Lisnasharragh Leisure Centre, aimed at increasing accessibility for families who are unable to attend weekday sessions. In addition, we plan to expand the current equipment offering within existing classes, allowing for greater variety in session delivery and the capacity to accommodate more participants. These developments will support continued growth, enhance participant experience, and help attract and retain new gymnasts across the programme.

## Climbing Programmes (including Adapted Climbing)

This year GLL streamlined our booking process for climbing from September to reflect the blocks that it was being delivered in. This meant that all participants started on week 1 together and the instructor was able to plan the 6-week block to suit the group, as there would not be any participants joining or leaving mid-block. 2025 saw 225 juniors and 139 adults taking part across the 6 blocks of weekly lessons gaining more knowledge and skills in the sport.

Over the summer months we delivered a 6-week Adult Beginner Introduction to climbing which had 100% occupancy and has proved to be a success with plans to deliver more of these courses in the summer of 2026. In September 2025, The Indoor Tennis Centre and Ozone Complex held four sessions over two days of grassroots climbing open days with Mountaineering Ireland. These days were open to all youth climbers in Northern Ireland that are part of a club, academy, squad or team. There was also a further two open days with climbing taster sessions open to the public to increase participation and awareness of the sport.



Image 23: Adult Climber & GSF Athlete  
Lucy Mitchell



Images 24 to 29: Adaptive Climbing  
Programme in Ozone

As part of our response to the All Equal, All Active campaign, and to increase inclusive participation opportunities, three-week adapted climbing courses were delivered throughout October and November for people with disabilities. These courses were delivered at The Indoor Tennis Centre and Ozone Complex in partnership with Mountaineering Ireland. After running taster sessions in the summer of 2024, it became apparent that people were more interested in taking part in a course that provided progressive learning opportunities and a chance to get to know others taking part, including the coaches. This feedback led to the delivery of two short courses, and they were a success with 11 spaces booked across the blocks, and 2 of the participants returning as repeat bookers for the second course.

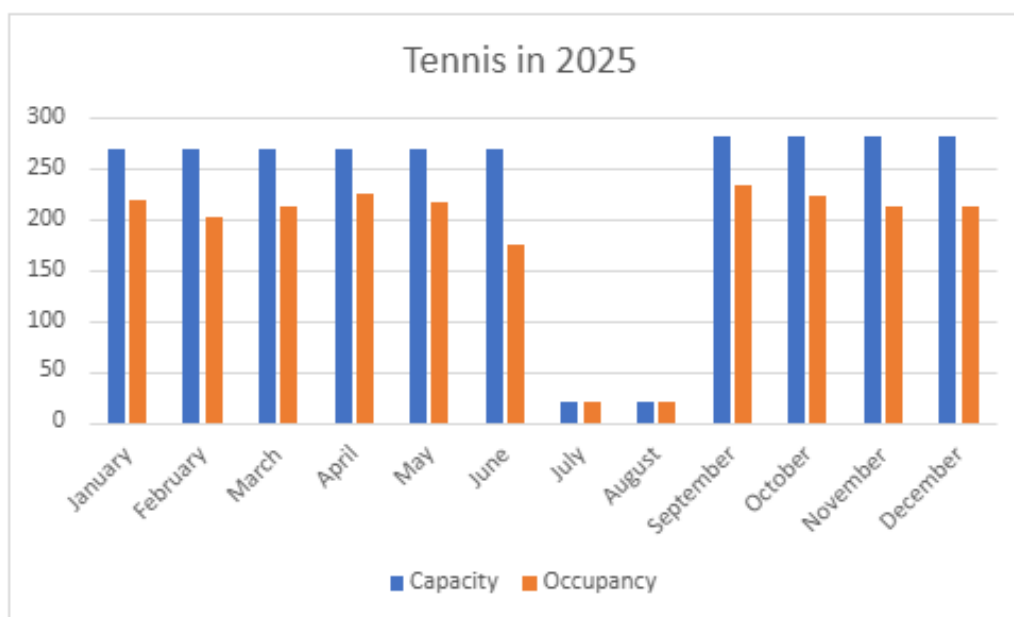
In 2026, we will continue to drive inclusive participation across our programmes by building on the success of adapted and beginner pathways. Plans include the further delivery of adapted climbing courses, expanded inclusive taster opportunities, and continued partnership working to reduce barriers to participation. These actions will ensure a welcoming, supportive environment for people of all abilities and backgrounds, while creating clear progression routes into regular participation.

## Tennis Programmes

The tennis programme delivered at The Indoor Tennis Centre and Ozone Complex provides weekly coaching opportunities for both junior and adult participants. Each week, 24 junior lessons are delivered for children and young people aged 3–16, alongside 17 adult lessons structured by ability level (beginner, improver, and advanced). In 2025, over 230 participants engaged in these weekly lessons, developing their skills, confidence, and understanding of the game. In March 2025, the centres hosted Ulster Tennis U14 and U16 closed match play events, while Ozone also delivered its Annual Charity Tennis Tournament in December.

During the summer period, four adult beginner short courses were added to the programme and delivered around centre opening hours. Fourteen participants attended the seven-week courses, with a further six participants attending a five-week course. These courses were designed as entry-level opportunities and provided clear progression routes, with participants signposted into the regular weekly tennis lesson programme in September. In October, Ozone also introduced a monthly social tennis session, offering participants the opportunity to play in a relaxed and inclusive environment. Attendance at these sessions has grown steadily, and further development is planned into 2026.

Figure 17: Tennis Programme capacity and occupancy in 2025



As part of our All Equal, All Active campaign, inclusive tennis provision continues to be a key focus. Weekly wheelchair tennis sessions are delivered in partnership with Spokes in Motion, alongside weekly visually impaired tennis sessions delivered in partnership with Windsor Tennis Club. In 2025, the programme also supported the delivery of Tennis Ireland’s Wheelchair Tennis Tournament in September and the Visually Impaired Tennis Tournament in April, helping to increase visibility, access, and competitive opportunities for inclusive tennis across Belfast.

In addition, four quarterly tennis product forums were held online throughout 2025, bringing together representatives from GLL, tennis centres, and the LTA. Belfast was represented at these forums by the Community Sports Officer and management from The Indoor Tennis Centre and Ozone Complex. This collaborative approach will continue into 2026, with a continued focus on sharing best practice and raising the standard of tennis delivery across the city.



*Images 30 to 32: Junior Tennis participants at Ozone*

Looking ahead to 2026, the tennis programme will continue to develop opportunities that support inclusive and community-led participation. Plans include increasing the availability of social tennis sessions for both juniors and adults, providing more informal, welcoming opportunities for players of all ages and abilities to take part. We will also continue to grow inclusive tennis provision through expanded partnerships, targeted taster sessions, and clear progression routes into regular activity. These developments will help remove barriers to participation, strengthen community connections, and support sustained engagement in tennis across Belfast.

## Social Sport Programme

Throughout the year, the Belfast Pickleball programme continued to grow, delivering five sessions per week with a total weekly capacity of 120 participants. In total, Belfast centres engaged over 3,500 participants in coached Pickleball sessions, with utilisation of available capacity consistently exceeding 70%.

As part of the wider Belfast Racquets programme, Pickleball has driven a notable increase in sports hall bookings, surpassing participation levels in traditional racquet sports such as badminton and table tennis. In response to sustained demand, all Belfast centres capable of accommodating Pickleball now offer it as a standard booking option and have invested in the necessary equipment. Over the year, just under 3,000 courts were utilised for Pickleball activity.

GLL Belfast Community Sport also delivered two Pickleball tournaments during the February Half Term and Easter periods, each attracting more than 40 participants. Building on strong participation and growing demand, the Belfast team plans to further expand the Pickleball programme in 2026.



*Image 33: Pickleball Tournament winners with Community Sport Student Coaches*

## Coach Education

### Gymnastics

Throughout 2025, five coaches gained their Gymnastics Activity Instructor (GAI) qualification. This course was delivered over four days in September, at Belvoir Activity Centre in partnership with British Gymnastics. Looking ahead to 2026, British Gymnastics will be introducing a new coach education pathway, which we aim to deliver in September to support new coaches in becoming qualified and contributing to the continued growth of our programme across the city.

In addition, two of our current Gymnastics Activity Instructor coaches began their General Gymnastics Level 2 qualification through funding provided to GLL by British Gymnastics. The course commenced in August at Salto, Lisburn, with both coaches due to complete their final assessments in April 2026.

In November, British Gymnastics also delivered a neurodiversity webinar, which two of our coaches attended. They subsequently shared their learning with the wider coaching team, helping to strengthen our understanding of inclusive practice and ensuring our programme provides a welcoming and supportive environment for every child.

### Fencing

In partnership with Northern Ireland Fencing, we delivered a Level 1 Coaching Course in Plastic Foil Fencing at Girdwood Community Hub. As a result, four coaches became qualified and are now able to deliver this sport to schools, community groups, and as part of our holiday schemes. In 2026, we aim to explore the introduction of a weekly plastic fencing lesson and course, further expanding access and participation in the sport.



*Image 34: Participants on Fencing Level 1 Coaching Course with Fencing NI's Johnny Davis*

### Diving

This year, one of our Gymnastics coaches upskilled by gaining her Level 1 Diving qualification, delivered by Swim England at the Manchester Aquatics Centre in March. In addition, a current

Level 2 Diving coach further enhanced their expertise in 2025 by completing the Sport Ireland Coach Developer Course in Diving with Swim Ireland. This development will support the growth of the diving workforce, with plans in 2026 to deliver coach education courses across GLL sites with diving facilities.

#### Physical Literacy

Following on from three members of staff gaining their Physical Literacy qualification in 2024, we delivered our first Physical Literacy course to a range of sport coaches across the partnership in March. A second course was then delivered to our Easter Holiday Scheme staff as part of their induction day in April. In total, 23 staff were trained in Physical Literacy. In 2026, we aim to continue delivering this course, offering it to both staff and affiliated clubs and National Governing Bodies (NGBs) to further embed physical literacy principles across our programmes.

#### LTA Youth GO!

In 2025, three additional coaches became qualified Activators through the LTA Youth Go! Tennis programme. This qualification enables them to introduce tennis to young children through fun, game-based activities, supporting early engagement and positive first experiences in the sport.

## **GLL Sport Foundation**

In 2025, over £115,000 was invested in Belfast’s 158 athletes through the GLL Sport Foundation, the UK's largest independent athlete support programme. Since its launch in the city in 2015, the Foundation has supported over 1,200 Belfast-based athletes, amounting to more than £700,000 in total funding. Among this year's recipients, 57% are under the age of 21 and 23% are under 16, highlighting the Foundation's strong commitment to youth sport development. Support spans across 38 different sports from Olympic and Paralympic disciplines to Commonwealth Games events.

On Tuesday 20<sup>th</sup> May 2025, Belfast City Hall played host to a landmark celebration as the GLL Sport Foundation Awards Night honoured the local athletes and marked 10 years of GLL's presence in the city. The evening not only reflected on a decade of transformation in Belfast's leisure sector but also celebrated the city's largest ever intake of supported athletes - the biggest of any of the 78 regions supported across the UK.

The awards night featured an impressive line-up of speakers including Lord Mayor of Belfast, Cllr Micky Murray, Belfast City Council Chief Executive John Walsh, David Tumilty of the Public Health Agency, and GLL representatives Gareth Kirk, Jacqui Pope, and Tony Wallace. In a special moment, Lady Mary Peters was honoured for her continued partnership with GLL and the GLL Sport Foundation through the Mary Peters Trust, a relationship that has played a vital role in the development of local sporting talent.



*Images 35 to 38: GLL Sport Foundation Awards celebrating 10 years of support in Belfast*

This year GLL hosted our first workshop for our GSF athletes focusing on Sport and Exercise Nutrition. Dr Andrea McNeilly, Senior Lecturer at Ulster University delivered this session in Girdwood Community Hub on the evening of 25<sup>th</sup> June. This workshop was designed for both athletes and parents, addressing common nutrition myths and offering practical, evidence-based tips. It also provided an opportunity for participants to ask questions and for us to gather feedback on what future workshop topics would be most beneficial.

## Holiday Scheme Programme

The GLL Holiday Scheme programme in Belfast plays a vital role in providing safe, engaging, and inclusive recreational opportunities for children and young people across the city. Operating during the Easter, Summer and Halloween holiday periods, the programme is designed to support families by offering structured activities that promote physical activity, mental wellbeing and social development, while also ensuring accessibility for children of all abilities.

Over the years, the Holiday Scheme programme has become a key part of GLL’s community engagement in Belfast, offering a diverse range of activities that cater to varied interests and needs of the communities GLL serve. The programme gives children a fun, engaging place to learn new skills, boost their confidence, and make positive social connections—all within a safe and supportive setting.

A central priority of the programme this year was to ensure the highest standards of quality and safety. To achieve this, GLL invested in comprehensive staff training covering essential areas such as child safeguarding, disability inclusion, first aid and multi-sports coaching. Regular compliance checks and quality monitoring throughout the year ensured that these high standards were consistently met across all delivery locations.



*Image 39 & 40: Participants of Ballysillan and Avoniel Holiday Schemes*

The Holiday Scheme programme was delivered across 13 centres citywide, offering a mix of Traditional Holiday Schemes, Disability Camps and Sport-Specific Camps. Activities ranged from arts and crafts, football, dodgeball, table tennis, fencing, basketball and board games, to swimming and bouncy castles where facilities were available. In addition, specialist programmes such as football at Avoniel, gymnastics at Belvoir Activity Centre, and the new Active and Able Camps provided targeted opportunities for children to engage in structured sports and develop specific skills.

This background provides the context for this report, demonstrating the scale, scope, and community impact of the Holiday Scheme programme. The following sections detail the delivery, participation and outcomes of the programme over the past year, highlighting the continued success and value of this initiative for children, families, and the wider Belfast community.

Statistics

In total, the GLL Traditional Holiday Scheme Programme catered for 3,111 children, representing 96.1% occupancy of the available spaces. This reflects an increase of 302 participants compared to 2024 and 836 compared to 2023.

The Sport Specific Schemes welcomed 391 participants across various sports and centres, an increase of 260 from 2024. Across all schemes, 3,501 children participated throughout the year.

Participation by gender remained balanced, with 51% male and 49% female, continuing the near 50/50 split witnessed in previous years (the remaining number did not declare a gender). Lisnasharragh Leisure Centre recorded the highest attendance with 816 participants (99.8% occupancy), followed by Olympia Leisure Centre with 347 (92.3%), and Andersonstown Leisure Centre with 264 (100%). Further detail is provided in table 3 below.

*Table3: GLL Traditional Holiday Scheme Statistics – Age and Gender Breakdown*

Traditional Holiday Scheme - Genders and Age Ranges					
Centre	Male	Female	5-7 Years	8-10 Years	11-14 Years
Andersonstown	118	128	100	161	23
Ballysillan	39	65	43	47	24
Brook	117	121	118	104	31
Falls	100	72	100	92	14
Grove	89	84	54	97	57
Lisnasharragh	330	415	175	426	205
Olympia	156	129	124	130	61
Ozone	101	100	33	112	109
Shankill	110	67	52	84	45
Templemore	112	87	61	109	46
Whiterock	141	89	137	93	24
<b>Totals</b>	<b>1,413</b>	<b>1,357</b>	<b>997</b>	<b>1,455</b>	<b>639</b>

On Thursday 31<sup>st</sup> July, the Indoor Tennis Centre and Ozone Complex held a Summer Scheme Celebration Day to recognise the achievements of this year’s programme. The event brought together more than 430 children from 11 centres, making it the largest gathering the event has delivered. Each centre organised groups by age and provided children with colour specific Better t-shirts to help them identify their teams throughout the day.

Activities began with every group being allocated to a sports station located in the indoor tennis courts, on the 3G Multi Sports Pitch, or on the grass pitch. GLL invited a range of National Governing Bodies and local sports clubs to deliver coaching sessions, ensuring a strong mix of

expertise. Children moved between stations in 20-minute intervals, giving them the opportunity to take part in a wide range of sports across the venue.

In total, the event featured 22 stations showcasing 15 sports. Support came from organisations including Belfast Bulls Basketball Club, Athletics NI, NI Fencing, Ulster Rugby and the Northern Cricket Union. Many children were able to try new sports that they had not experienced before, adding to the sense of excitement and discovery throughout the day.

Two GLL Sports Foundation athletes attended to encourage and motivate participants: Aidan Walsh, Olympic bronze medallist in boxing, and climber Lucy Mitchell. The Deputy Lord Mayor of Belfast, Councillor Paul Doherty, also visited the event and spoke about the positive role that sport plays in bringing communities together across the city.

This celebration marked a strong conclusion to the summer schedule and highlighted the range of high-quality activities delivered throughout July and August. It also demonstrated the ongoing commitment of GLL and partners who continue to make the Summer Scheme a valuable experience for young people across Belfast.



*Image 41 to 43: Community Sports Officer, Dempsey Rainey with GSF Athletes Aidan Walsh and Lucy Mitchell. Regional Director, Gareth Kirk and Deputy Lord Mayor, Councillor Paul Doherty with two participants. A participant taking part in the Athletics NI session.*

## Wider Community Sport Initiatives

All our schemes are designed to be inclusive for everyone, including children with physical and learning disabilities. Historically, our ability to support individuals requiring one-to-one assistance has been limited due to constraints in staff resources, experience, and qualifications. This year, GLL established a partnership with Active Youth NI, a local Community Interest Company specialising in programmes for children and young people with physical and/or learning disabilities.

Through this partnership, GLL delivered our first Active and Able Camps, specifically aimed at children and young people who would typically require one-to-one support. A total of 56 participants attended five camps throughout the year at Avoniel, Belvoir Activity Centre, and Brook Leisure Centre. Feedback from parents and guardians was overwhelmingly positive, praising the attentiveness of the coaches and highlighting the important role these camps play in providing families with respite from their caring responsibilities. Active Youth NI provided the staff and specialist equipment, while our role focused on facilities, logistics, booking, customer enquiries, and production of marketing materials. Building on this success, GLL plan to expand in 2026 to deliver eight camps and support over 100 participants.

In addition to the dedicated camps, our traditional summer schemes welcomed over 200 children with additional needs, including learning and physical disabilities such as ADHD, autism, and wheelchair users. Recognising that staff have previously faced challenges in meeting all needs, GLL delivered Disability Inclusion Training to all holiday scheme staff during our induction day in June. Active Youth NI conducted the training, covering theoretical aspects of disability awareness and terminology, followed by practical demonstrations of sports and activities adapted for children with physical and learning disabilities. This training equipped staff with the knowledge and skills necessary to create a fully inclusive environment across all schemes.



*Images 44 & 45: Participants enjoying the Active and Able Camps at Brook Leisure Centre and Avoniel*

## Liverpool Football Club Foundation Player Development Programme

In 2025, GLL launched a new collaboration with the Liverpool Football Club Foundation to deliver a Player Development Programme (PDP) in Belfast. As part of this partnership, GLL runs the PDP from September to June and delivers holiday camps during the Easter, Summer, and Halloween school breaks.

To launch the programme, GLL hosted an open day on 18th August at Avoniel for potential players. Four one-hour sessions were held for the following age groups: 7–9 years, Under 9s, Under 11s, and Under 13s. The open day achieved a near 50/50 split between Catholic and Protestant participants in a traditionally Protestant area of East Belfast, demonstrating the programme’s ability to unite young people across community divides. All sessions were fully booked within five hours, reflecting strong demand.

Upon the full launch of the PDP, 116 children signed up, supported by five UEFA-qualified coaches. At the end of the second block, 106 participants remained enrolled, with a focus on maintaining the quality and standard of the programme.

Following this, GLL delivered the first LFC Foundation Holiday Camp over Halloween, from 29th–31st October, with 21 children participating. The camp acted as a pilot to test delivery methods and identify potential PDP players. Building on this success, GLL plans to deliver at least six holiday camps next year, reaching over 300 children.



*Images 46 & 47: Player Development Programme in action at Avoniel in 2025*

## Active Aging Programmes

GLL Belfast continues to deliver Active Ageing programmes, with three Active Morning sessions held weekly at Brook Leisure Centre, Belvoir Activity Centre and Girdwood Community Hub. These sessions aim to combat social isolation among older adults while promoting an active and healthy lifestyle, attracting approximately 50 participants per week.

Throughout the year, GLL Belfast has been actively represented on Senior Voice Forums and at Active Ageing partnerships, contributing to strategies that support older adults in remaining active.

Belfast's flagship Active Ageing event, the Better Belfast Club Games, took place on Monday 20th October 2025 at Girdwood Community Hub. The event welcomed over 50 participants aged 60 and above from various centres across the city, who took part in a range of sports activities. Team Falls triumphed for the third consecutive year, reclaiming the trophy. The event was widely enjoyed, with overwhelmingly positive feedback, highlighting its success as a celebration of sport, community, and wellbeing for older adults.



*Images 48 to 56: Images of 2025 Better Club Games*

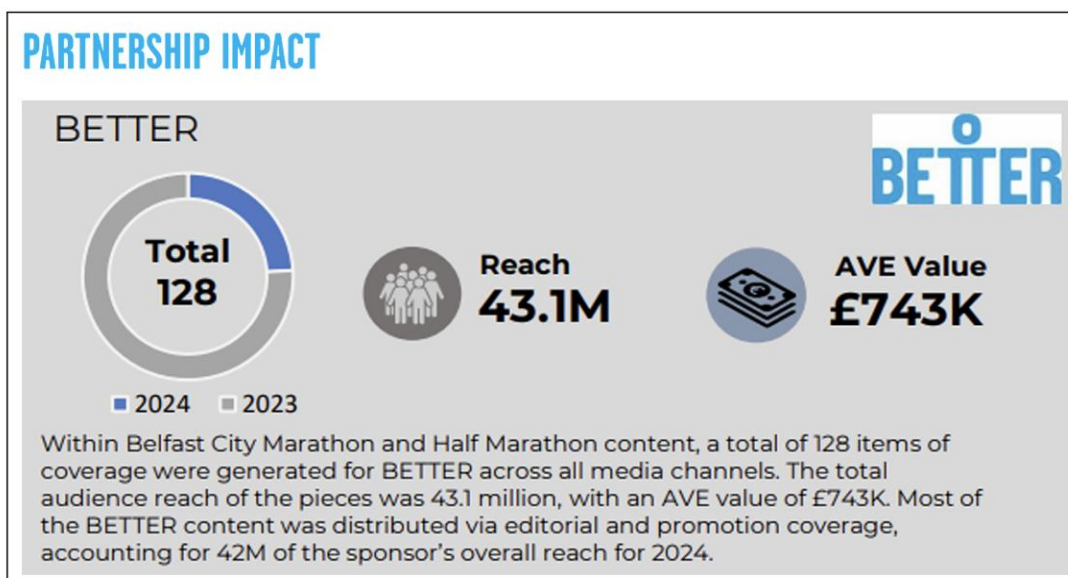
## Belfast Marathon and Half Marathon Programme

As part of our ongoing commitment to improving physical, social, and mental wellbeing, GLL Belfast continues to partner with the Belfast City Marathon, a collaboration that began in 2018. This partnership aligns closely with our mission to promote participation, inclusivity, and healthy lifestyles. Through this collaboration, we provide support across multiple areas, including volunteer training, the ambassador programme, and community outreach activities at the City Marathon, Half Marathon, and Women’s 10k. This engagement enables us to connect with communities across Belfast, encourage participation in mass events, foster volunteering, and make sport and physical activity accessible and enjoyable for all.

In 2025, GLL played a pivotal role in the 26.2 Crew initiative, supporting 12 first-time marathon runners in preparing for the Moy Park Belfast City Marathon. We provided strength and conditioning support, access to citywide gym facilities, and expert guidance on fitness, nutrition, and recovery. The programme proved highly successful, with all 12 participants completing the marathon on 4th May 2025. Their achievements were celebrated at a Prize Giving Ceremony on 23rd May, where each received a commemorative plaque. The initiative demonstrated both the dedication of the participants and GLL’s commitment to supporting individuals in achieving their fitness goals.

Throughout marathon weekend, GLL engaged the public through interactive and fun activities designed to promote health, fitness, and wellbeing. On Saturday 3rd May, a pop-up gym at the International Conference Centre hosted three fitness challenges—the Slam Ball Challenge, Step-Up Challenge, and Squat Hold Challenge—with top male and female participants receiving prizes, including family passes to Andersonstown Aqua Play Park or Templemore Baths. Fitness instructor Jessica Hanna also led two popular 15-minute classes on the Cool FM stage. On race day, Sunday 4th May, blender bikes offered fruit smoothies to runners and spectators, providing a healthy energy boost and encouraging community participation. These activities allowed GLL to connect with the public, showcase our facilities and programmes, and promote the importance of physical activity in an engaging and interactive way.

Figure 18: Better Sponsorship Contract Value with Belfast City Marathon



## Belfast Health Programmes

The Belfast Health Team has delivered targeted physical activity interventions throughout 2025, supporting individuals with a variety of health conditions including chronic conditions via referral pathways and promoting active lifestyles. This report summarises performance, strategic developments, and community impact throughout the year 2025.

### Programme Overview

GLLs Belfast Health Team delivers a range of health referral pathways tailored to specific conditions. The Physical Activity Referral Scheme (PARS) offers a 12-week programme of supervised exercise for individuals referred by healthcare professionals. Cardiac Rehabilitation supports recovery after cardiac events through safe, structured activity. Cancer Prehabilitation and Rehabilitation help patients prepare for and recover from treatment with personalized exercise and support. The Musculoskeletal (MSK) pathway targets joint and mobility issues through land and water-based classes. Pulmonary Rehabilitation assists those with respiratory conditions like COPD or Long Covid. The Neurological Pathway (pilot) provides adapted physical activity for individuals with neurological conditions such as Parkinson’s or stroke.

### Pathways Delivered:

- Physical Activity Referral Scheme (PARS)
- Cardiac Rehabilitation
- Cancer Prehabilitation/Rehabilitation
- Musculoskeletal (MSK) Support
- Pulmonary Rehabilitation
- Neurological Pathway (pilot)

### Monthly Performance Breakdown

*Table 4: Monthly Completers Activity Summary (Jan-Dec 2025)*

Month	PARS	Cardiac	Cancer	MSK
January	102	4	16	6
February	106	4	12	0
March	41	2	8	0
April	70	2	11	2
May	81	6	10	6
June	71	6	12	0
July	58	4	7	1
August	94	2	26	3
September	63	12	18	7
October	86	10	23	9
November	63	5	12	4
December	54	6	15	3

2025 Totals: PARS: 889 completions, Chronic Conditions: 331 completions

## **Physical Activity Referral Scheme**

### Overview

This section summarises the performance of the Belfast Health PARS programme for, Q4 of the 2024-2025 contractual year (January 2025-March 2025) as well as Q1, Q2 and Q3 of the 2025–2026 contract year all falling in the year of 2025, this summary is based on the submitted Progress Monitoring Reports (PMRs) to commissioners.

### Q4 Overview (Contractual year April 2024- March 2025)

The PARS Level III programme delivered by GLL under Belfast City Council commissioned by the Belfast Health Development Unit (BH DU) continued to exceed expectations in Q4 of the 2024–2025 contract year. The Annual KPI Target is 677 completions. The total completions by Q4 were 1,017.

The contract KPI was fully achieved by Q3, with Q4 completions counted toward overperformance. GLL continued service delivery at risk pending enhancement funding, which was secured. The service enhancement for the Physical Activity Referral Scheme (PARS) addressed 340 additional completers beyond the original contract KPI of 677.

The enhancement funding was secured to cover overperformance, allowing GLL to continue service delivery without disruption. 75% of Q4 completers transitioned to GLL memberships, indicating strong retention and lifestyle change.

### Q1 Overview (Contractual year April 2025-March 2026)

In the first quarter of the 2025–2026 contract year, a total of 241 clients completed the 12-week programme, surpassing the quarterly KPI target of 169 by 72 completions. This strong performance will most likely lead to a request for a service enhancement contract if the trend continues throughout the year.

### Q2 Overview (Contractual year April 2025-March 2026)

A total of 242 clients completed the 12-week programme in Q2. Cumulative completions for Q1 and Q2 were 483. At this stage the programme was progressing well, with completions significantly advancing to surpass annual targets. PARS continues to demonstrate strong performance and will see GLL making a request for overperformance funding yet again.

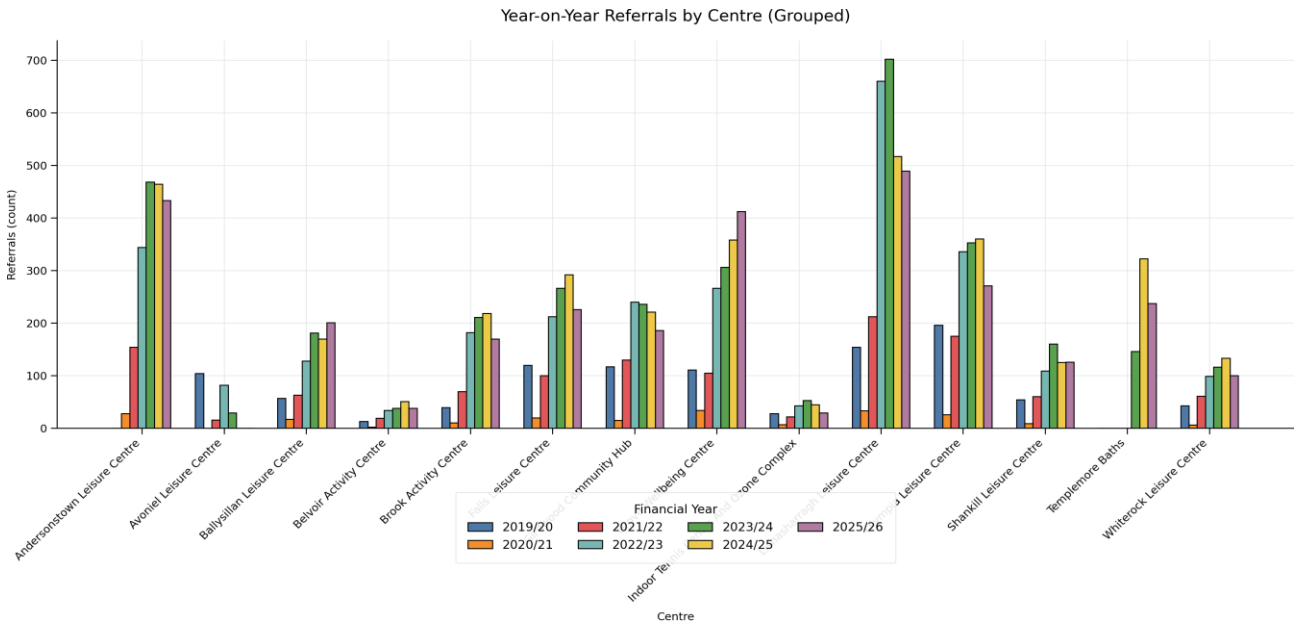
### Q3 Overview (Contractual year April 2025-March 2026)

A total of 220 clients completed the 12-week programme in Q3. Cumulative completions for Q1, Q2 and Q3 totaled 703. At this stage GLL were above the yearly KPI of 677 completions with a quarter of the year left. At this stage GLL had reached the contract limit and were only able to claim 194 of the 220 completers recorded. Any additional completers would be claimed for against the over performance contract. PARS continues to demonstrate strong performance and has seen GLL secure overperformance funding yet again for an additional 330 completers.

The PARS programme continues to grow, both in referrals being received and completers.

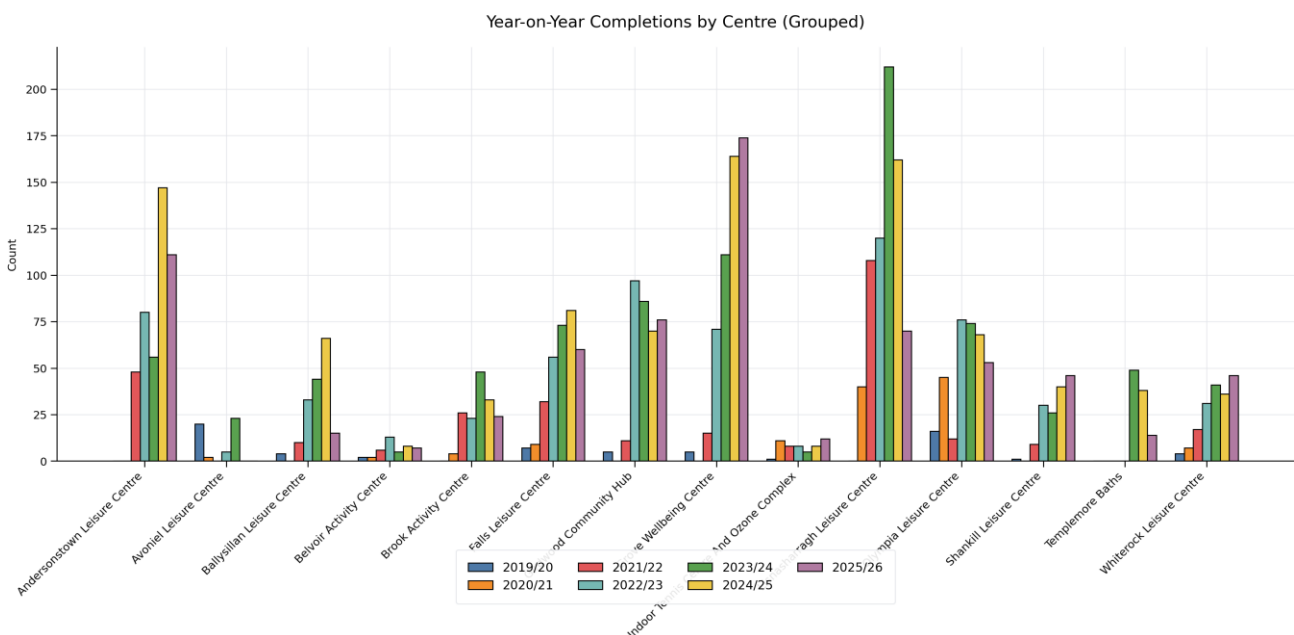
The chart shows year on year referrals received for each centre across the city. It shows strong growth in after COVID-19, rising from 207 in 2020/21 to a peak of 3,776 in 2023/24. There’s a slight drop in 2024/25. Different centers contribute varying amounts each year.

Figure 19: PARS Year on Year Referrals by Centre



The grouped bar chart compares each centre’s completion and no-finish counts across all years, placing the years side-by-side for easy comparison. It highlights how activity has changed year-on-year at each location—showing clearly which centres have grown (like Lisnasharragh, Grove, and Olympia) and which have smaller or more stable numbers.

Figure 20: PARS Year on Year Completions by Centre



## Chronic Conditions

### Overview

This section summarises the financial performance of the Belfast Health Chronic Conditions Programmes for, Q4 of the 2024-2025 contractual year (January 2025-March 2025) as well as Q1, Q2 and Q3 of the 2025–2026 contract year all falling in the year of 2025, this summary is based on the submitted Progress Monitoring Reports (PMRs) to commissioners.

### Q4 Overview (Contractual year April 2024- March 2025)

The Chronic Conditions programmes delivered by GLL under Belfast City Council commissioned by the Belfast Health Development Unit (BH DU) continued with a steady in Q4 of the 2024–2025 contract year. The annual KPI completions target was as follows. Cardiac- 116, MSK –140, Cancer prehab 25, Cancer rehab-170. GLL achieved the following. Cardiac- 107, MSK –136, Cancer prehab 35, Cancer rehab-155

Overall, Q4 completions show strong performance across most pathways, however, there was a small underperformance. To address this, GLL are working closely with BH DU and rebranding the cancer pathway, supported by new advertising campaigns aimed at boosting cancer referrals. Additionally, GLL are actively participating in the cardiac rehab steering group to strengthen clinical-to-community referral transitions and increase uptake. While MSK completions are near target, GLL are disappointed by the referral-to-completion ratio and will conduct strategic research to identify barriers and improve conversion rates for this pathway.



*Images 57 & 58: Coach Carlos with programme participant and participant being active in Grove Wellbeing Centre*

### Q1 Overview (Contractual year April 2025-March 2026)

In the first quarter of the 2025–2026 contract year, a total of 97 clients completed the chronic conditions 12-week programmes, this WAS a strong start to the contract year. The Annual KPI Completions Target for the following programmes: Cardiac- 116, MSK –140, Cancer prehab-35, Cancer rehab-160. Completions in Q1 were as follows. Cardiac- 39, MSK –20, Cancer prehab 6, Cancer rehab-38.

Q1 performance highlighted strong progress in Cardiac and Cancer with both pathway completions at 39. This was an overperformance on the quarterly targets of 29 and 35. MSK and Cancer prehab were behind target. At this stage overall, delivery was on track for Cardiac and Cancer rehab but required focused improvement in MSK and Cancer prehab to meet annual KPIs.

**Q2 Overview (Contractual year April 2025-March 2026)**

A total of 99 clients completed the 12-week programme in Q2. Completions in Q2 were as follows. Cardiac- 39, MSK –17, Cancer prehab 4, Cancer rehab-39. In Q2, the programme performance reflected strong engagement across multiple pathways. However, the underperformance highlighted a continued need to review engagement strategies and referral pathways to ensure budget alignment and improved uptake in future quarters.

**Q3 Overview (Contractual year April 2025-March 2026)**

A total of 93 clients completed the 12-week programme in Q2. Completions in Q2 were as follows. Cardiac- 24, MSK –16, Cancer prehab 10, Cancer rehab-43. Cumulative completions for Q1, Q2 and Q3 totaled 289. GLL therefore required 162 further completers in Q4 to achieve target but are on course for this to be achieved.

*Table 5: Chronic Conditions Referral and Completers (April 2021 to December 2025)*

	<b>Apr 21 - Mar 22 Referrals</b>	<b>Apr 21 - Mar 22 Completers</b>	<b>Apr 22 - Mar 23 Referrals</b>	<b>Apr 22 - Mar 23 Completers</b>	<b>Apr 23 - Mar 24 Referrals</b>	<b>Apr 23 - Mar 24 Completers</b>	<b>Apr 24 - Mar 25 Referrals</b>	<b>Apr 24 - Mar 25 Completers</b>	<b>Apr 25 - Dec 25 Referrals</b>	<b>Apr 25 - Dec 25 Completers</b>
<b>Cancer Rehab</b>	152	101	176	102	178	167	160	156	137	106
<b>Cancer Prehab</b>	0	0	0	0	0	0	35	35	20	26
<b>Cardiac Rehab</b>	148	54	120	55	171	76	189	107	97	94
<b>Pulmonary Long Covid</b>	21	12	60	33	103	49	71	34	0	0
<b>MSK</b>	0	0	20	14	117	39	452	136	158	83
<b>Neuro</b>	0	0	0	0	0	0	0	0	12	2
<b>Total</b>	<b>321</b>	<b>167</b>	<b>376</b>	<b>204</b>	<b>569</b>	<b>331</b>	<b>907</b>	<b>458</b>	<b>424</b>	<b>311</b>

## **Strategic Partnerships**

The GLL Belfast Health team has developed a robust network of strategic partnerships to enhance the delivery and reach of its health programs. Collaborations with the Belfast Health and Social Care Trust (BHSCT) support specialized pathways including Cardiac, Cancer, Pulmonary, and Musculoskeletal rehabilitation. The Mae Murray Foundation has been supportive in piloting the Neurological pathway, while Diabetes UK has reached out to establish a relationship with them and their clients through chair-based exercise demonstrations delivered by the Belfast Health team quarterly.

Active Belfast and the Active Ageing Partnership provide valuable support for older adult engagement. Arthritis UK (previously Versus Arthritis) has partnered on the delivery of OAK Knee and Spine programs as a social prescriber, and the Belfast Health Development Unit (BH DU) as the main commissioner for the programs continues to assist with nutrition training, Section 75 data collection, and equipment provision.

- BHSCT (Cardiac, Cancer, Pulmonary, MSK Physio)
- OAK Project
- Mae Murray Foundation (Neurological pilot)
- Diabetes UK (Chair-based demos)
- Active Belfast
- Active Ageing Partnership (over 60s only mainstream sessions)
- Arthritis UK (OAK Knee/Spine)
- BH DU (Nutrition, S75 data, equipment)

## **Other Achievements and Learnings**

### Workforce Development

- Level 3 Exercise for Disabilities: 4 coaches enrolled, 2 completed
- Level 4 Cancer Rehabilitation completed by 1 health coach and Health referral manager
- Level 4 Neurological: Completed by Health Referral Manager, 1 coach to complete December 2025
- Pulmonary Rehab: 1 coach nearing completion
- Nutrition Training: Delivered to 7 coaches
- First Aid & Tiara System Training: Ongoing
- Team Building & Restructure Discussions: In progress

### Tackling Health Inequalities

- Digital S75 data collection via QR codes
- Localized Belfast Health webpage launched
- Community engagement events (Falls Prevention, Club Games)
- Expansion of OAK events city-wide
- Pilot programme neurological rehab

### Key Achievements

- Overperformance in PARS and Cancer pathways
- Neurological Pathway launched
- OAK Spine planning underway
- Chair-based exercise integrated with Diabetes UK
- Participation in Healthier Systems for Healthier Weight

### Challenges & Recommendations

#### Challenges:

- MSK pathway review – delivery model adaptations to enhance participant engagement and reduce dropout
- Data integration delays
- Reducing waiting list timeframes
- Seeking further funding opportunities to grow the health products

#### Recommendations:

- Increase MSK outreach and partnership with Ulster University to research dropout reasons
- Continue digital transformation
- Review and potential restructure of current health team in Belfast
- Increased network opportunities and exploration of potential funding sources

The programme faced several operational challenges during the reporting period. Engagement with the Musculoskeletal (MSK) pathway remained lower than expected, prompting a need for targeted outreach. Additionally, while coach training was ongoing, completion rates varied, highlighting the need for structured support.

To address these issues, it is recommended that GLL increase outreach efforts for the MSK pathway, we aim to do this with the official relationship with Queens University Belfast who will provide opportunities for research projects to investigate these difficulties further. We also need to consider investing further in digital transformation to streamline data processes and enhance coach development through mentoring and structured CPD support.

Looking Ahead to 2026

In 2026, GLL will continue to strengthen and expand its health initiatives as a core part of its commitment to reducing health inequalities. This will include the ongoing rollout of OAK Knee and Spine events, the growth of Pulmonary pathways, deeper integration with BHDU and BHSCT, and the development of new community-based health programmes.



*Images 59 & 60: Oak Event held in Andersonstown and wider Health Programme outreach in Brook Leisure Centre*

## **Client Testimonials**

### **Cardiac**

#### **Clare Cassidy - 17/11/2025**

Did the programme meet your expectations? - Yes

Any other comments - The programme is very enjoyable and brings a sense of belonging to everyone in the group.

How has this programme affected your day-to-day life? - Increase self-confidence/esteem, look better, feel healthier, higher motivation levels, more energy, daily tasks feel easier.

Any other comments - I always feel better and more energized after the session and more motivated to exercise between sessions.

Is there anything we can add to the programme to improve? – No, it's excellent as it is.

Have you any other feedback regarding the programme, your coach(es), the centers? - Carlos expresses care and concern for all participants. He is always fully prepared and always seeks to vary the activities and to make them balanced and interesting. He is very encouraging to us all.

### **Cancer**

#### **William Stevenson - 15/01/2025**

Did the programme meet your expectations? - Yes

Any other comments - I was delighted with the welcome and orientation from Marty and that all abilities were catered for. I felt challenged but not pushed beyond my limits.

How has this programme affected your day-to-day life? - Increase in self-confidence/esteem, higher motivation levels, feel healthier.

Any other comments - Got me back into regular exercise which is great.

Would you recommend this scheme to anyone in a similar situation to yourself? - Yes

Why? - There are no downsides to it. Good people and good healthy exercise.

Is there anything we can add to the programme to improve? - I am very content with the programme as it is.

Have you any other feedback regarding the program, your coach(es),the centres? - Olympia is a good venue in terms of facilities and equipment. Marty has been so encouraging to everyone. I have ticked that I was referred by a social prescriber. Not sure if that is right. I was referred by the Ulster hospital nursing team following surgery there.

**PARS**

**Neelima Drawid - 24/07/2025**

The Healthwise programme, especially having Sean for guidance really gave me the confidence and opened the door to make me more aware of my health and everything involved. I would have been lost without that support – so that reliance and support was fantastic.

**Participant feedback from the Active Belfast Pledge 4 form in relation to PARS L3 and CC L4 delivery at GLL.**

I really believe it has helped with clients who have had life changing experiences or injuries, especially if they are attempting to get back into work.

Excellent coach Carlos motivated everyone in the group regardless of abilities, very positive atmosphere.

Marty- coach has been amazing in facilitating all the group member’s needs.

Nice to be in a class with other people who have experienced similar health issues.

Had some setbacks during my treatment but Marty was very aware and patient with me.

Finished Healthwise with Paul today, just a quick thank you for all his help. I would recommend the programme to anyone struggling with mental health, he helped me through so much, top man 5 star.

My name is Tina I've just finished 12 weeks with Paul at Whiterock LC, just want to thank him for all his help and encouragement. I've lost 18lbs so I can now have my surgery, also left a letter to Dr McKenna telling him all that you have done for me, thank you.

Great for physical, social & emotional health, these classes have played a vital role in my ongoing recovery post treatment.



Images 57 & 58: Health Programme promoted at OAK Event in Andersonstown Leisure Centre and programme participants with coach Paul.

## 2025 Target Achievements

Lessons and Courses		
Area	Target	Progress
Better Swim School	6,000 members	6,174 members
Swimbies	200 members	262 members
Disability Inclusion Swimming	4 centres, 64 participants	7 centres & 62 participants
School Swimming	6,000 pupils from 80 schools	96 Schools – over 6,000 pupils
Tom Daley Diving Academy	50 members	55 members
RISE Gymnastics	250 members from 5 centres	263 from 5 centres
Tennis Programme	150 Junior members / 150 on outreach	154 members / Outreach moved to 2026
Climbing Programme	150 Juniors / 100 Adults (annual target)	154 Juniors / 139 Adults
Football Programme	50 members	116 members
Fencing Programme	20 members / 150 on outreach	Programme launch 2026 / 1,900 on outreach

Outreach Programmes		
Area	Target	Progress
Traditional Holiday Scheme	3,000 participants from Easter, Summer & Halloween	3,111
Sports Specific Holiday Scheme	500 participants from Easter, Summer & Halloween	391
Celebration of Sport Events	4 events with 1 centre hosting each	Open weekends across the City
Drop-in Sport Sessions	6 sessions across the city each week	7 sessions a week
Active Aging Programme	4 sessions across the city each week (4 centres)	3 sessions – Belvoir, Girdwood and Grove
Inclusive Sport & Physical Activity	2 new initiatives delivered with supporting partner	Active & Able – Active Youth NI Adaptive Climbing – Mountaineering Ireland
Inclusive Programming	4 community focus groups and 8 initiatives	<u>Initiatives</u> SEND Swimming Lessons, Swimming Buddies, Active & Able Camps, Adaptive Climbing, SignVideo Tech, JAM Card Programme, Quiet Gym Programme, VI Tennis & Wheelchair Tennis

Grassroots Sport Support		
Area	Target	Progress
Club & Triathlon Swimming	7 clubs, 172 lane hours and 900 participants	Achieved
Water Polo Club Activity	4 clubs, 168 lanes hours and 500 participants	Achieved
Wider Sport	200 clubs and organisations using GLL facilities	Achieved

Performance Programmes		
Area	Target	Progress
GLL Sports Foundation	145 supported athletes	158 athletes
Athlete Support Programme	2 workshops delivered throughout the year	Nutrition workshop with Andrea McNeilly
Athlete Programme Promotion	1 athlete to support Holiday Scheme and 1 L&Cs	Completed
Athlete Community Engagement	4 attendances at Holiday Schemes organised	2 athletes attended Summer Celebration of Sport. 2 Athletes supported Easter and Halloween

Facility Provision	8 Domestic (competition) & 3 International (training)	Northern Ireland Futsal Federation @ Shankill All Ireland Waterpolo @ Lisnasharragh Swim Ulster @ Lisnasharragh NI Fencing @ Shankill SBYL @ Various Pitch Sites Mountaineering Ireland @ Ozone Ulster Badminton @ Lisnasharragh Ulster Tennis @ Ozone  NI Male Futsal @ Shankill NI Female Futsal @ Shankill NI Fencing @ Shankill NI Women Football Training @ Avoniel
Sporting Events	Host a minimum of 10 events	Swim Ulster Events All Ireland Waterpolo NI Futsal League NI Fencing NI Netball Masters Ulster Tennis Wheelchair Tennis VI Tennis Pickleball Competitions Dance Competitions Boxing Competitions MMA Events

Health Programmes		
Area	Target	Progress
Physical Activity Referral Scheme	750 completers (contract Apr to Mar)	1,017
Cancer Pre/Rehab Programme	150 completers (contract Apr to Mar)	190
Cardiac Rehab Programme	116 completers (contract Apr to Mar)	117
Pulmonary / Covid Programme	50 completers	N/A – Change in Programme
MSK Programme	100 completers (contract Apr to Mar)	136
Diabetes Programme	50 completes	N/A – Change in Programme
Strength & Balance Programme	2 classes across the city	Achieved in Girdwood and Andersonstown – further development 2026
Falls Prevention Programme	4 classes across the city	6 classes delivered – Andersonstown, Grove, Avoniel, Girdwood, Olympia and Whiterock
Junior Weight Management	Launch programme with 30 participants	Moved to 2026
Community Physio Programme	2 physios working in a minimum of 1 centre	3 Physios engaged but not secured

Training & Development		
Area	Target	Progress
Swim Teacher Development	6 x Lead Teacher, 20 x Certificate and 30 x Award (FTE)	Staffing Structure Achieved and in addition 16 Award Teachers qualified and 5 Certificate Teacher qualified
Diving Coach Development	2 x Level 1 and 1 x Level 2 (FTE)	1 Level 1 and 1 Level 2
Gymnastics Coach Development	8 x GAI	5 on GAI & 2 on level 2
Other Coach Development	Fencing x 6	5 Coaches
Physical Literacy Training	3 workshops to Holiday Scheme & Sports staff (50)	2 Courses (L&C Staff and Holiday Scheme Staff) – 23
	2 workshops for local club coaches (30)	Moved to 2026
Club and Volunteer Development	Work in partnership with BCC Sports Dev (6 courses)	First Aid in Sport / Safeguarding / Sport Medicine and Nutrition for Female Athletes / Intro to Cycle Coaching / Autism in Sport / Ending Violence against Women and Girls
	Deliver 1 club and volunteer conference	Moved to 2026 FOR City of Sport

Fitness Lead Training	Minimum of 4 workshops throughout the year	Mandatory FLEX CPD training completed and new workshops designed for 2026
Sport Coach Network Database	Minimum of 100 contacts on database	Achieved and expanding in 2026
JAM Card Training	All centres to complete refresher course	Completed
Sign Video Training	All centres to complete refresher course	Completed

<b>Health &amp; Fitness Programmes</b>		
<b>Area</b>	<b>Target</b>	<b>Progress</b>
Gym Provision	1.1M annual attendance	814,883
Pool Provision	375K annual attendance in SFF and SFA	483,903
Group Exercise	420 classes a week – 260K annual attendance	480 classes achieved in July 2025
Basic Classes	40 classes per week across the city	Maximum achieved was 33 per week
Junior Gym	200 weekly sessions across the city	207 Hours per week
Junior Classes	20 weekly classes across the city	Maximum achieved was 14 per week

<b>Business Development</b>		
<b>Area</b>	<b>Target</b>	<b>Progress</b>
Membership Pre-Paid	25,000 members	24,336
Membership Pay and Play	8,500 members (1,000 Juniors)	10,077 members (715 Junior)
Asylum Seeker Membership	1,000 of total figure	677
Improved Facilities & Programmes	£1.1M investment in small projects and R&M	Michael to provide
Inclusive centres	All centres to have AccessAble and Sign Video access	AccessAble – 7 centres, rest in 2026 Sign Video -Completed

## Looking Forward to 2026

Belfast's next stage of leisure development builds on the strong foundation created through earlier investment, using the proven strengths of previous phases. Highlights include the creation of modern facilities, inclusive programmes and deep community partnerships which have supported the delivery of an even more ambitious, accessible and high-impact leisure offer. The upcoming phase offers the chance to deepen community impact, broaden participation, and enhance specialist provision by building on what has worked through accessible design, strong partnerships, and a commitment to improving health and wellbeing across the city.

**Partner of Choice** – What truly distinguishes us is the strength of our partnerships. We bring both the expertise and the dedication needed to support the broader ambitions of those we work alongside. As we move forward, our focus remains firmly on advancing the Belfast Agenda and contributing to the wider health and wellbeing priorities across the city and Northern Ireland. Looking ahead to 2026, we are excited to embrace new opportunities that will deepen and enrich these relationships even further.

A more coordinated approach to marketing and communications would significantly increase the visibility and impact of Belfast's leisure offer. There is clear potential to amplify GLL current work in this area by working more closely with Belfast City Council's communications team. Aligning campaigns, sharing insights and coordinating activity across multiple channels would create a more consistent voice, extend reach and ensure that major programmes and new products are promoted with greater clarity and momentum.

**Respecting the Planet** – We are committed to reducing our environmental footprint through practical, meaningful steps. From cutting waste and lowering consumption to working with partners on more efficient heating solutions for our facilities. In close collaboration with Belfast City Council, we will continue to pursue joint initiatives that support our shared sustainability ambitions.

Belfast's leisure estate can only progress if investment in energy-saving infrastructure keeps pace with the wider transformation of the sector. Many centres already benefit from modern, efficient systems, but further gains depend on Belfast City Council and GLL jointly prioritising upgrades that cut consumption, reduce carbon output and lower long-term operating costs. This means funding new energy-saving technologies while also ensuring that existing systems are repaired and maintained quickly when faults occur, as delays lead to unnecessary energy loss and higher running costs. A more coordinated approach to investment planning and responsive maintenance would protect the city's sustainability ambitions and strengthen the resilience of the entire leisure portfolio.

**A Better way of doing Business** – We are committed to delivering high-quality facilities that embrace modern technology and evolve alongside the needs of our customers. Our investment does not stop with the Leisure Transformation Programme. We will continue enhancing our centres so they remain valuable, vibrant spaces for local communities. We are also expanding our membership choices and programme offerings, ensuring that everyone has accessible opportunities to stay active and engaged.

GLL's ability to bring new products into Belfast's leisure offer relies on agile, data-driven decision making that responds quickly to emerging trends and community demand. By analysing participation patterns, tracking market shifts and engaging directly with local users, GLL can move at pace to pilot, refine and scale activities that enhance and diversify existing provision. Maintaining this rapid, informed decision-making model will keep Belfast ahead of evolving leisure trends and broaden its appeal across all age groups.

**More than a Job** – We see our work as more than just employment — it is a commitment to developing people. Our team is supported with strong training, a customer-first mindset, and opportunities to continually advance in their careers. As we grow, we're creating new pathways for professional development, helping our staff build meaningful and fulfilling futures within the company. With our services expanding in 2026, we are excited to strengthen our workforce and deepen our expertise to better serve the evolving needs of our community.

**Customers and Communities at our Heart** – We remain committed to offering clean, welcoming, and modern facilities that make smart use of technology and innovation to enhance the customer experience. Our group exercise programme will continue to expand, providing an even broader mix of activities for all ages — from juniors to older adults. Inclusivity will stay at the heart of our approach, with increased opportunities for people with disabilities to access and benefit from our leisure services.

With Belfast recognised as a European City of Sport, GLL will work in partnership with Belfast City Council to champion the work of our leisure centres, showcase the wide range of sports available across the city, celebrate the achievements of local sports clubs and athletes, and highlight the many ways people of all ages and abilities can get involved in sport.

Challenges remain in ensuring that everyone can easily access Belfast's leisure facilities, and removing those barriers is a key priority for GLL. Transport costs continue to be a significant obstacle, particularly for schools trying to deliver swimming lessons, and this is restricting growth in an essential area of provision. GLL will keep working closely with Sport NI, the NI Sports Forum, Swim Ulster and Translink to identify practical, sustainable solutions that make school swimming more accessible and support wider community participation.

**Tackling Health Inequalities** – We remain committed to encouraging less active members of our community to engage in physical activity, with a focus on juniors, over-55s, women, and people with disabilities. As our health programmes grow, we will explore new opportunities and referral pathways while working closely with Belfast City Council's Disability Advisory Panel to improve the accessibility of our facilities and programmes. To support this, we will invest in comprehensive staff training on disability inclusion, ensuring our team is equipped to deliver a truly inclusive experience for everyone.