

NEWSLETTER**APRIL 2011****OUR NEWLY MODERNISED GYM WILL OPEN 16TH APRIL****IN THIS ISSUE:****GYM UPDATE 1****CLOTHING 1****SWIM LESSONS 2****OPENING TIMES 2****COURT USAGE 2****CHANGING ROOMS 2****RACQUETS 2****QUICK FIX**

We are open every evening from 2011!

Club clothing—Now you can look like us!

Gym goers look out for Aerobic classes coming soon!

Court usage—Tell us if you can't make it, or else!!

Here at RSC we have a great facility with great equipment with great members. That's got to be a recipe for success. Our aim as with any sports club is to help the local community acquire fitness for life through using the facility along with excellent personal support from all the staff.

The devastating flood over Christmas has given us the chance to re-evaluate and start a fresh. With that in mind we are going to have an Open Weekend on 21st & 22nd May where anyone can call in and use the facility and see for themselves just what wonderful club we have. Please check the notice boards and web site for updates and tell all your friends!!!

CLUB CLOTHING

Over the summer Tony, Phil and I bought some smart new technical club clothing. We thought it would be a great idea to make our Polo shirts and Fleece tops available for members to purchase. They are great to train in and keep you warm too. We have a few left so if you want to buy one

GYM UPDATE

As you probably know by now the newly modernised Gym will open on 16th April. All the staff here have gone to great lengths to select the finest pieces of equipment we could to ensure each and every member benefits from the updated equipment.

Summer is approaching—you may be carrying a few extra pounds but... fear not! Here at Rishworth Sports Club we have the perfect remedy to give you the flying start you need for that much deserved holiday in the sun. This April we are introducing The Worldwide Gym Challenge! This will test all levels of fitness from beginner to intermediates and even the most advanced of gym users. So come and challenge yourself!

for yourself or partner then check out the posters in reception and come and speak with myself or Tony, no doubt we will be expertly showing them off and will be able to sort you out!

NEW FITNESS CLASSES

We are also introducing Zumba, Aqua Aerobics and Bums & Tums classes to members and non-members of the Sport's Club starting on Monday 9th May. We would very much appreciate your feedback over the next few months on its viability so please look out and show your interest by signing the posters displayed on notice boards around the Club.

WATT BIKES

You may have noticed the new Watt Bikes in the CV area. I'm sure every keen cyclist will be dying to give them a try. They are a hi-tech piece of kit, so if you want to have a go then ask Phil to point you in the right direction.

Last but not least we would like to take this opportunity to welcome Phil back to the club after his recent illness. We would like to thank members for their concern, support and understanding over the last 6 months. We would also like to thank you for your ongoing commitment to the Club.

We are on the Web!

rishworthsportsclub.co.uk

RISHWORTH SPORT'S CLUB

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Rishworth School

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Phone: 01422 820987

Email: info@rishworthsportsclub.co.uk

Web: www.rishworthsportsclub.co.uk

LADIES' CHANGING ROOM

The ladies' changing room will be closed from Monday 11th April until Friday 15th April to complete the necessary refurbishment work as a result of the flood. At the same time we will install the additional heating requested by some female members earlier this year. During the week, female members will change in the men's changing room and the men will have access to the female changing room toilets and the squash court corridor. We apologise in advance for the disruption. The completion of the work will coincide with the opening of the new Gym on the 16th.

HELP US SAVE PAPER & COMMUNICATE WITH YOU! RACQUETS

Please can we have your email address! We will be placing a form on the notice board in reception. If you want to be kept up to date with the goings on including each quarterly newsletter at RSC then please enter your details.

NEW OPENING TIMES

As most of you will know and after lots of requests, the Club is now open 7 days a week so you can tailor your gym/swim routine to perfection!

SWIM LESSONS

The children's group swimming lessons continue to run each Thursday evening over the school term. Judy and Gemma are now our permanent swim teachers. Nearly every one of the eleven groups are now full with only a few places left on the more advanced classes. As the children progress more spaces will become available so speak with me and I will add you to the waiting list.

SWIM OFFER

When the gym has re-opened we are going to offer existing swimming members a 2 week free gym trial, this will enable you to have a go in our fully modernised gym free of charge. Please check the web site and notice boards for more information.

I am looking to start the first of the squash mini leagues this year. We currently have around 20 members taking part. If you want to join in then add your name to the sign up sheet in reception, then you will be added to the next run. That includes ladies as well! Come on down...!

Will members please try to give the club 24 hours' notice if you have booked a court and subsequently can't make it, as this will free up the court and save you paying for it whether you turn up or not!

QUITE SIMPLY— YOUR COLUMN!

From now on this column is your column! If any member has any news they want to be included in the newsletter then please speak with me in reception, I will do my best to include your content in the next newsletter.

So, let me start you off. As a keen runner, along with quite a few 10k's, I am running the Great North Run Half Marathon in September for the British Red Cross. If anyone would like to sponsor me then see me in reception or check out my web site www.justgiving.com/ianmyles. Thank you - Until next time...

ian



CLUB OPENING TIMES 2011

Monday:-	7.00am—8.15am (Lane Swimming)	Friday:-	7.00am-8.15am (Lane Swimming)
	6.00pm-9.00pm (8-9pm Lane swimming)		6.00pm-9.00pm (8-9pm Lane Swimming)
Tuesday:-	7.00am-8.15am (Lane Swimming)	Saturday:-	8.00am-4.00pm (8-9.30am Lane Swimming)
	6.00pm-9.00pm (8-9pm Lane Swimming)	Sunday:-	8.00am-4.00pm (8-9.30am Lane Swimming)
Wednesday:-	7.00am-8.15am (Lane Swimming)		
	6.00pm-9.00pm (8-9pm Lane Swimming)		
Thursday:-	7.00am-8.15am (Lane Swimming)		
	6.00pm-9.00pm (Racquet & Gym Only)		

Please note:- For everyone's safety, please follow the pool rules

NO DIVING OR JUMPING.

DON'T! DIVE

