

NEWSLETTER

MAY 09

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QUICK FIX

- Nearly 3 years already!?
- The Gym challenge is on!
- Parking
- Lee Barker Cancer Trust
- Court Usage - Let us know if you can't make it!

THE STORY SO FAR... GYM NEWS

Rishworth Sports Club has been open nearly 3 years now, along with the Gym which allowed people through its doors almost 2 years ago. Everyone involved with Rishworth Sports Club feel we have a great club and hope you will continue to enjoy this wonderful facility.

The Swimming pool is still busy during the week, with people often asking me when the quieter periods are. My answer is generally the same each time, late morning to early afternoon at the weekends. (And still is to this day, just don't tell anyone!) Rishworth and Heathfield schools still hold regular Swim Galas with St John's and Ripponden J&I still using the pool during school term for their own lessons.

PARKING

With the increase in club membership since the Gym was opened, parking directly outside the club was becoming a little bit tight to say the least! So for those who still don't know there is a new car park behind the swimming pool, which is basically your next right as you pass the entrance to the club. Anytime the club is

The gym is continuing to be very well used during the week which is great to see. We have had to start a new waiting list as the current gym membership is now full. There are only a few off peak gym memberships available if you are interested, so don't hang around!

We have recently had all of our cardiovascular and resistance equipment serviced in order to ensure your continued safe and effective use. We would also like to remind members that spray bottles and paper towels are available to wipe down equipment after use.

Many of you have commented on how much you have enjoyed and benefited from the current gym challenge, not only achieving your goals but at the same time feeling a sense of reward and gratitude in raising money for such a

good cause. This has encouraged a great interaction between our members. On top of that we would like to organise a celebratory drink for all participating members so your feedback would be much appreciated!

Can members also please ensure that only a maximum of 20 minutes is spent on any one piece of cardiovascular equipment during peak periods. Your co-operation



and consideration for fellow members would be greatly appreciated.

See Phil to update your gym program and answer any questions you may have. Also don't forget to look out for your next gym challenge!

open, members will be able to use this car park. If both this and the one directly outside the club are full then please use the Heathfield car park at the top of Rishworth Mill Lane. Please can all members not park on Rishworth Mill Lane outside the club blocking the path and the road at any time, and burn a few more calories

with a very short walk to the club before your exercise really starts!



We are on the Web!

rishworthsportsclub.co.uk

RISHWORTH SPORTS CLUB

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FITNESS FACTS! WHY WE SHOULD TRAIN

1) Prevent Muscle Loss – As we age we lose half a pound of muscle tissue each year. Strength training will counteract this loss, maintaining muscle mass and strength throughout mid life years.

2) Reduce body fat— A research study demonstrated that despite eating 15% more calories per day, subjects on a 3 month training programme lost on average 4 pounds of fat whilst gaining 3 pounds of muscle.

3) Increase bone strength— Strength training significantly improves bone mineral density, thereby reducing the effects of osteoporosis in later life.

4) Reduce resting blood pressure— The most effective way of reducing blood pressure (without the intervention of medication) is to combine a strength and aerobic exercise programme.

HELP US SAVE PAPER!

If we haven't got your email address then help us save paper. Email info@rishworthsportsclub.co.uk so we can store your address for future publications and correspondence!

COURT USAGE

Will members please try to give the club 24 hour's 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!

OPENING TIMES

There has been a slight change in the club opening hours. The racquets night has been transferred from Tuesday to Thursday 6pm-9pm to accommodate the children's swimming lessons.

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LEE BARKER—CANCER CARE TRUST

We would like to take this opportunity to say a special thank you to all those members who are currently raising funds for Lee Barker's "kick cancer campaign" participating in our gym London Marathon and 400 lengths in 4 weeks pool challenge. This is proving to be a great success and a fantastic motivator for our members. Lee was a former member of staff who brought his expertise and experience to the gym during 2008, but unfortunately due to being diagnosed with stomach cancer was unable to continue his service with us. Lee has proved to be a

tower of strength and an inspiration to us all during his ordeal and has set up a cancer trust raising funds and awareness of this terrible disease. Lee has just celebrated his 30th birthday and has recently married Kelly, who has proved to be his rock during this trying time. They have just had their first child, a baby girl, we all wish them the best of luck. If you want to track Lee's progress or make a donation then please visit his website: www.leebarkerkickcancertrust.co.uk

We would also like to thank local businesses and gym members for contributing prizes for our raffle.



So far we have raised just under £1000!! combining the Gym and Swim challenge. Well done to Mark Knight who raised £190! And Barbara Shaw who has decided to swim the 26.2 miles! Also look out for the prize giving night on the notice boards.

CLUB OPENING TIMES

Monday:- 7.00am–8.15am (Lane Swimming)
6.00pm-9.00pm (8-9pm Lane swimming)

Tuesday:- 7.00am-8.15am (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 Only)

Friday:- 7.00am-8.15am (Lane Swimming)
6.00pm-9.00pm (8-9pm Lane Swimming)

Saturday:- 8.00am-4.00pm (8-9.30am Lane Swimming)

Sunday:- 8.00am-4.00pm (8-9.30am Lane Swimming)

DON'T! DIVE



Please note:- For everyone's safety, please follow the pool rules of NO DIVING OR JUMPING.