

NEWSLETTER

ISSUE 4

FEBRUARY 2012

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WELCOME

Welcome to the February edition of our newsletter, and a belated Happy New Year to all our members! Everyone at the club hopes you all had a well earned rest over the Christmas period and are now focusing on getting fit after overindulging on all those chocolates & Christmas pudding!

FREE TRIAL

We are currently offering all our swim and racquet members the opportunity to try out the gym for 2 weeks. The gym is a great place to focus on your training whatever your goal and the atmosphere is fantastic, making your whole training experience a pleasure. If you are interested, please speak with Phil our Gym Manager, and he will be happy to sign you up for your induction session. Phil will be there to offer advice on all aspects of your training requirements. We also held another open weekend on the 4th & 5th February to attract new members to the club and to show them what our club has to offer.

NEW TEAM MEMBER

As some of you may already know, we have a new team member on board here at the sports club. Ady Rhodes joined us at the start of January as Club and Membership Secretary and is looking forward to getting to know all our members. Ady is a keen runner, participating in several running events throughout the year including the Great Ireland Run, The Great North Run, & The Jane Tomlinson Race for Life. He also works at Rishworth School as an Assistant Boarding Housemaster. In his spare time, Ady enjoys running with his 2 German Shepherd dogs, playing squash & working out in the gym. Ian Myles left the club in December and we wish him well in the future.

Rishworth Sports Club

NEW OPENING TIMES

We are pleased to announce that from Monday 5th March we will be opening the Sport's Club at 5.15pm Monday to Friday. The club will close at 8pm on Friday's and we hope that our members will take full advantage of these new opening times.

MEMBERS' FEEDBACK

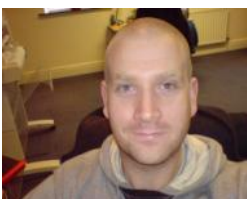
Here at Rishworth Sport's Club we value your opinions and feedback and will soon be sending out a questionnaire to all our members to ascertain your thoughts and feelings on the Sport's Club. We want to provide all our members with the best possible experience and, of course, value for money. We are aiming to have the questionnaires to you within the next few weeks. It would be of great benefit if you could take the time to answer the questions as honestly and openly as you can, so that we can assess the results and ensure that we do everything possible to keep our members happy and build on the community feeling down at the club. We will feed back the results once we have analysed the responses. We look forward to hearing back from you!!

SWIMMING LESSONS - UPDATE

Judy, our swimming coach, is recuperating well following an operation on her arm. We are hopeful that Judy will be re-commencing the lessons on Thursday 23rd February, after the half term break. Apologies to those members who have been inconvenienced.

MEMBERS' NIGHT OUT

We will be arranging a members' night out on Saturday 3rd March at the Frog and Bucket comedy club in Manchester. The cost will be £16 per person which will pay for your entry into the comedy club and also allow access to the nightclub when the comedy acts finish at 12am (for those of you who want to party the night away!) Information will be put up on both notice boards, so sign up as early as possible to avoid disappointment!



MEMBERS' COMMITTEE

We feel that the most important people (our members) should have a mechanism to give formal feedback to the management team, regardless of whether the information is positive or negative. With this in mind, we would like to set up a members' committee, comprising 2 male & 2 female members elected by you, as your representatives, at quarterly meetings. We hope that this will give our members a platform to voice their opinions. We will send out a form for you to fill in with your suggested nominee and announce the results once a decision has been reached. Please keep an eye on the notice boards for further information. This is an excellent opportunity for you to choose the right person to speak out for you, so please take time to put your suggestion forward so that you can be represented by the best people possible. Please contact the Reception desk if you would like to nominate yourself or another member. We will then publish the list of nominees and conduct an election. We also have a comments & suggestion book on the desk at Reception. Please feel free to approach Tony, Ady & Phil at any time.



TV'S IN THE GYM

The TV's upstairs in the gym have been fixed and are now back up and running. There was a technical problem with both the aerial and the digi-box both of which have now been sorted, allowing our members to watch several channels including Sky News etc. If you want the channel changing over, please don't hesitate to speak with Phil, and he will happily do this for you.

FACEBOOK & TWITTER

We will set up both a Facebook and Twitter page in the very near future, allowing us to communicate with our members much more openly. This will also allow us to publish class times & social events etc. Once this has been done we will put our link on the notice boards so that you can add us to your accounts and be kept up to date with the latest club information.



EXERCISE CLASSES

Our exercise classes continue to run on a weekly basis, although times for Zumba and Pilates will soon be changing. Zumba will be run on a Tuesday at 6.00pm & 7.00pm from the 7th February & at 9.00am & 10.00am on a Saturday. Pilates will be run on a Monday at 6.30pm from 13th February. We have a new Zumba teacher, called Sharon, who we feel will really get you working!! Aqua aerobics will move to a Monday evening at 7.30pm as of Monday 27th February. Thank you.

HEATING IN THE CHANGING ROOMS

At the request of some of our members, we will be installing additional heating in the women's changing rooms. The work will take place over February half term.

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 to either Tony or Ady on Reception. We will endeavour to publish your material in the next newsletter to advertise events you are organising, or to report back on challenges completed etc. Also, if there is anything you would like adding to the newsletters then please feel free to let Ady know, and we will certainly be happy to look into this for you.

If we can be of any further assistance, we are more than happy to help!!

Thank you!!



CLUB OPENING TIMES 2012 (FROM 5TH MARCH)

Monday:- 7.00am—8.15am (Lane Swimming)
5.15pm-9.00pm (8-9pm Lane swimming)

Tuesday:- 7.00am-8.15am (Lane Swimming)
5.15pm-9.00pm (8-9pm Lane Swimming)

Wednesday:- 7.00am-8.15am (Lane Swimming)
5.15pm-9.00pm (8-9pm Lane Swimming)

Thursday:- 7.00am-8.15am (Lane Swimming)
5.15pm-9.00pm (*Racquet & Gym Only*)

Friday:- 7.00am-8.15am (Lane Swimming)

5.15pm-8.00pm (7-8pm Lane Swimming)

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

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

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