

NEWSLETTER

JULY 2011

IN THIS ISSUE:

FREE GYM TRIAL 1

OPEN WEEK-END 1

EXERCISE CLASSES 1

RACQUETS 2

SAVE PAPER! 2

WATT BIKE CHALLENGE 2

YOUR COLUMN 2

QUICK FIX

Free Gym Trial!!

Open Weekend—Went really well.

New Exercise Classes—Zumba! Aqua Aerobics and B&T's

Watt Bike Challenge

FREE GYM TRIAL!

We are offering a free Gym Trial to all Swim and Racquet Members. Over the next 12 months please feel free to have a go in our modernised Gym free of charge. Just have a word with Phil our Gym Manager to book your induction, he will guide you round our newly installed equipment, ensuring you know how to use each piece correctly and to maximise your development. Then for the next 14 days you can trial our fantastic new facility. Come on you know you want to! What have you got to lose.

OPEN WEEKEND THE RESULTS!

As most of you will know, we had an open weekend on the 21st and 22nd May. Tony, Phil and I were here to show just how good a facility we have here at Rishworth Sport's Club. From Saturday lunch-time we had a constant flow of people interested in the facility. Member feedback showed that they were impressed by the quality of the equipment, access to the pool, the service provided and, especially the friendly and welcoming atmosphere. The credit goes to our existing members here. Overall we have signed up just short of 70 new members to date and that is likely to increase further in the near future. If you know of anyone who would be interested in becoming a member of the club, then please ask them to call in during our opening hours to have a look around. We are sure they will be impressed.

EXERCISE CLASSES

During May we started our exercise classes. This consists of Zumba, Bums and Tums, and Aqua Aerobics. Danielle O' Connor will be taking the Zumba class on a Monday evening at 7.30pm. Meet Danielle



I have been dancing all my life or at least as long as I can remember. I began my professional training with a scholarship to Laine Theatre Arts, London, from there I worked in Theatre, TV, Videos for many years before having a family and opening my own dance school in Greetland (Shine Theatre Arts) which I have to say has been the best decision I have ever made. Zumba is exhilarating, easy to follow and anyone can enjoy it. On top of that it promises to be the workout you'll love doing! So please come along and try a class to see for yourselves, there is nothing like Zumba!!!

Our resident swim teacher Gemma is taking the Bums and Tums class each Tuesday evening at 7pm. She is also taking the Aqua Aerobics class on a Thursday evening at 8pm. There has been a lot of interest in the class with members from 20 to nearly 80 (I guess!) years of age attending on a regular basis. So there really is no excuse to sign up and have a go! Meet Gemma.



I have been an exercise to music instructor for 4 years, aqua-aerobics instructor and swimming teacher for 3 years. I am also a qualified F.A. Coach. I work as a Day job administration team manager for Co-op bank.

I decided to become involved in teaching after tearing my A.C.L playing football. I love travelling and visiting new places and to top it off I'm expecting my first baby 26th December this year!

We are on the Web!

rishworthsportsclub.co.uk

RISHWORTH SPORT'S CLUB

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Rishworth School

Oldham Road

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Phone: 01422 820987

Email: info@rishworthsportsclub.co.uk

Web:www.rishworthsportsclub.co.uk

Continued...

Our members can sign up to each class 2 weeks in advance and pay £2. Whilst non-members can sign up 2 days in advance of each class and the cost for them is £4.50.

So far the classes which have been very popular are Zumba and Aqua Aerobics. We are still in the trial period at the moment but we hope to introduce more varied classes in the near future. We are looking into Pilates and Yoga and Phil is looking to start a fitness/circuit class for the brave!

Please let us know your interests and suggestions.

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.

WATT BIKE CHALLENGE

As our Gym and Club members will know, we have recently purchased 2 Watt Bikes. They really are a fantastic bit of kit for everyone to use. Phil has put up a sheet in front of the bikes with a timed distance challenge taken from the Manchester United training ground. So if you fancy trying to beat the best Utd has to offer then jump on and have a go! I've done it and believe me it's a tough one to beat...

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.



One of our keen swimmers Rachel Crawshaw completed her 200 lengths last month raising a fantastic £370 for the Marie Curie Cancer Service. What a great achievement!



If anyone would like to sponsor me, I'm doing the GNR half Marathon in aid of the British Red Cross. See me in Reception or check out my web page at www.justgiving.com/ianmyles

ian



CLUB OPENING TIMES 2011

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

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)

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

NO DIVING OR JUMPING.

DON'T! DIVE

