

RISHWORTH SPORTS CLUB NEWSLETTER

AUGUST 2006

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ALL NEW!

- Swimming Area
- Changing Facilities
- Squash Courts
- Reception

EVERYTHING ON TIME AND GOING TO PLAN

Welcome to the first edition of the Rishworth Sports Club Newsletter.

As you may or may not know the Sports Club is currently undergoing extensive improvement. This began in April and is due to be completed towards the end of August. So far, all the refurbishment is going to plan and is ahead of schedule. We hope you will be amazed at the transformation the club has gone through, in particular the Swimming Pool area and changing facilities. A lot of time and money has been spent on this project and so far we think it really is looking fantastic.

The swimming pool area has undergone huge renovation, the pool side has been re-laid, the walls have been sealed

and decorated to the ceiling which has also been re-painted. A heating and ventilation system has been installed, the changing rooms completely refurbished and windows into the pool reestablished, making the whole area much brighter, more attractive and a pleasant place to be. It really will look incredible.

But we are not finished there! Both squash courts are going to be completely refurbished. This means each front wall will be taken back to the brick and re-plastered, all side and back walls re-painted and each court is having the floor completely taken up and relaid with new Junkers Squash flooring system.

Did I mention the new reception area too....



Before work started



During renovation



Almost complete!

FUTURE PLANS FOR THE CLUB

We think with your help Rishworth Sports Club will be a fantastic place to be and become involved in. Therefore, we already have plans for the near and not so near future!

Our next project is to utilize the rooms above the pool area. This will be a Cardio-vascular area overlooking the

pool and the room next to this will be the weights room. When this is complete we hope to bring in a personal trainer as well, to help with the day to day running of the Gym and provide specific regimes tailored to help with your fitness and nutritional requirements.

OPEN WEEKEND

To celebrate our newly refurbished club we are holding an open weekend. Everyone is welcome to come down, have a look around and use the facilities.

While you are there you can meet the staff, myself and Tony Anderson. We will be involved in the day to day running of the club.

Refreshments will be available too.

As well as the new facilities on the ground floor, we can take you up to the 2nd floor and show you where the Cardio-Vascular and Weight rooms are going to be, which will give you some kind of impression of what it's going to be like in the near future. And like I have mentioned before there is another room behind that which we don't yet have plans for, any ideas would be appreciated.

Open Days

Friday 8th Sept
4.30–9pm

Saturday 9th Sept
10–5pm

Sunday 10th Sept
10–5pm



We are open!

STAFF INTRODUCTIONS

Tony Anderson:-



Australian born and has 25 years experience of professional sport both as a participant and a coach. He brings a wealth of knowledge of different training methods and a variety of

Fitness regimes. For the past 2 years he has been a member of the Rishworth School's Physical Education Department and becomes the School's link with the Sports Club.

Ian Myles:-



With 12 years IT background I decided to try and get back to my first love sport. I have been a successful athlete and football player at county level. Also, I am a qualified LTA tennis coach and SRA squash coach. I have spent most of the last 2-3 years, on a tennis court coaching people of all ages. I look forward to meeting you all and you never know maybe playing a game of squash or tennis!

"Ian Myles:-

Qualified LTA

Tennis and SRA

Squash Coach"

OPENING HOURS

Monday to Friday

7am - 8.15am

Monday 6pm–9pm

Wednesday 6pm- 9pm

Friday 6pm–9pm

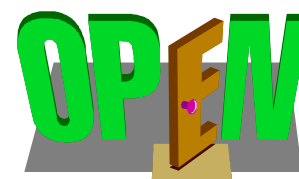
Saturday & Sunday
8am–4pm

Not only is this an increase in hours available, the club will now be open during the school holidays making an annual increase of 450%! This will allow members to build up a regular exercise routine. The significant changes in the club's opening hours are intended to just what we think are members needs, opening times will be renewed and are subject to

change once the club is up and running. We really hope you will enjoy the new facilities and find time to regularly attend to get fit and stay fit.

The squash courts are to be pre-booked in 40 minute sessions.

The badminton court is to be pre-booked in 40 minute sessions.



NEW MEMBERSHIP PROCEDURES

The Sports Club and its fantastic new facilities will now be available to everyone. Membership will run for a year from the beginning of January to the end of December. The fees either being paid in whole at the start or by Direct Debit in 10 monthly installments over the current year at a small additional costs to cover administration.

To help keep track of all our members we have bought a

new membership software program and till. All existing and new members will receive their own membership card, you **must** bring your card each time you want to use the facilities. On your first visit you will be asked to pose for the camera as your Photo ID is stored along side your member details. When this is complete you can either charge your card up, then each time you play squash or badminton the

cost of that particular session is taken off your card. (If you use this facility free court time is available.) Otherwise you can pay as you go. Please note brand new members should bring 2 forms of ID (inc utility bill.)

Existing members Will have access to the new facilities until Jan 2007 at no extra membership charge although squash and badminton will be charged separately.



Smile! You're on camera!

Although its not 100% possible, we are trying to run as close to a cashless till as we can.

SWIMMING

With the increase in hours that the club operates we can now offer a 450% increase in swimming time. All sessions are supervised by fully trained lifeguards for your safety. Whether you are a serious or a recreational swimmer we hope that we have put together a timetable to suit all member's needs. We hope in the near future the morning swim times will be extended when parking has been arranged.

Lane Swimming

Mon-Fri 7am-8.15am

Sat & Sun 8am-9.30am

The times above are lane swimming only. No recreational swimming at these times.

Mon-Wed-Fri 8pm-9pm

Please note that during the evening sessions, half of the pool will be set aside for recreational use.

Recreational use of the pool

Sat & Sun 9.30am-4pm

Mon-Wed-Fri 6pm-9pm

Please note that between 8pm-9pm only half of the pool will be available for recreational use.

These times are for a trial period and are subject to change at the managements discretion.

“Squash, Tennis and Badminton Racket stringing available”

SQUASH AND BADMINTON LEAGUES

After opening this summer I am going to start mini squash leagues. The leagues will consist of 4 people playing in a round robin event, you will have 4 weeks in which to play all of your matches. I am going to try my best and get some kind of ranking from existing male and female players, to then produce the leagues.

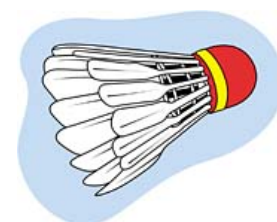
After the completion of each round robin event you move accordingly to your finishing position. Look out for more info on the Sports Club notice boards.

If the interest is there I could run similar leagues for Racketball and Badminton, and even various club championship tournaments, again let me know your thoughts.

One idea of mine is to purchase a table tennis table which could be wheeled onto the squash court for use, let me know your thoughts.

Racket Re-Stringing

I will also be able to string Tennis, Squash and Badminton rackets. See me for more info...



Anyone for Squash?

We are on the WEB!

rishworthsportsclub.co.uk

RISHWORTH SPORT CLUB

Rishworth Sports Club

Rishworth School

Rishworth

HX6 4QA

Phone/Bookings: 01422 820987

E-mail: info@rishworthsportsclub.co.uk



G E T F I T S T A Y F I T

PRICES

We offer 2 distinct membership categories - One offering all facilities (inc. squash and badminton) another offering simply the racquets.

Price List Sept 2006

Full Adult Membership £120 – Access to All facilities offered by the club.

Note:- Visit charges for Squash and Badminton.

Full Family Membership £220—Offered for 2 Adults and 2 children (under 16). Note:-Visit charges for Squash and Badminton.

Partner Membership £180—Offered for a couple cohabiting or 1 Adult and 1 Child(16+). Note:-Visit charges for Squash and Badminton.

Adult Racquet Membership £40—Access to racquet sports only. Note:- Visit charges.

Full Junior Membership £20—(Under 16) can be added to the Full Adult membership above. Note:- Visit charges.

Squash / Badminton Court Fee £3—For each 40 minute session. Booked in advance.

Guest Fees:- Swimming £5 Adult / £3 Junior

Squash / Badminton £3 per session (in addition to the court charge)

Club Members will be responsible for their guest fees and payment is required before swimming or using the courts.

Children under 16 may not use the club unless accompanied by an adult (16+)

Everyone involved with the development of Rishworth Sports Club over the last 6 months believes this is an exciting time, and we hope you can appreciate all the hard work which has gone into the club. We hope you will enjoy using the new facilities and support us in the continuing development of the club. As I have mentioned before it is your club just as much as ours and we will welcome any suggestions for enhancing the club and making it more successful in the future.

Both myself and Tony look forward to meeting you at the open weekend.

Ian Myles

Suggestions:-

If you have any suggestions about the club then please email:-

info@rishworthsportsclub.co.uk



Application forms can be obtained from the club at the address above or by visiting our web site. You may also join by visiting us at our open weekend from the 8th September.



**Rishworth
School**