

NEWSLETTER

MAY 2008

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QUICK FIX

- Nearly 2 years already?
- The Gym challenge is on!
- Mini Tennis comes to RSC!
- Mini Squash comes to RSC!

THE STORY SO FAR...

The newly renovated Rishworth Sports Club has been open nearly 2 years, along with the Gym which allowed people through its doors almost a year ago. We have a fantastic 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 Gala's with St John's and Ripponden J&I still using the pool during school term for their own lessons. During the last 12

months we have also taken over the Tuesday night children's swimming lessons which run from 5.30–8pm and cover lessons from 5 year old Ducklings to the ASA Bronze, Silver and Gold Awards.

The Gym is proving to be very popular with our members as we still having a waiting list for potential members to join. Each gym member now has their own personalised program. Anyone who needs their program updated can just see Richard at no extra cost. He has also started some gym challenges to keep people motivated and have some fun at the same time. A little bird tells me there may even be some prizes on offer for the winners!

The Racquets membership has also grown with the Mini Leagues for both squash and badminton still running. I have also introduced individual squash coaching for members run by a Level 3 Advanced Squash coach as well as mini squash coaching and mini tennis coaching.

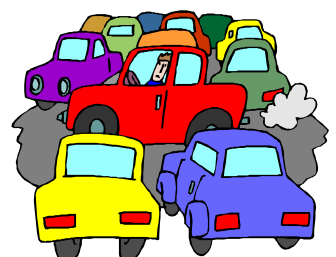


PARKING

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

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

Rishworth Sports Club

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GOODBYE

After 12 months at the club Richard has reluctantly decided to leave us, as he has now a full time role at school. So there will be a new face in the gym sometime soon. Saying that I'm sure he will be calling from time to time to use these great facilities and to say hi!

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!

It's getting close to the time of year when our current crop of Lifeguards take their school exams and leave for college and university. So you may notice a few changing faces around the poolside. All the staff here at the club wants to say thank you and good luck to those who are leaving us and a big welcome to the new troop of lifeguards.

Ian

MINI RACQUETS COMES TO RISHWORTH SPORTS CLUB

12 months ago I started to organize and gather interest for some Mini Tennis group sessions to be held here at the club. The interest I received was very encouraging so 8 months ago the first mini tennis session went ahead with great success. It's a fantastic way for young children to gain confidence, improve balance and co-ordination and learn the FUNdamentals of tennis. If you think your child will be interested then please see me in reception about booking them on the course. The mini tennis sessions run

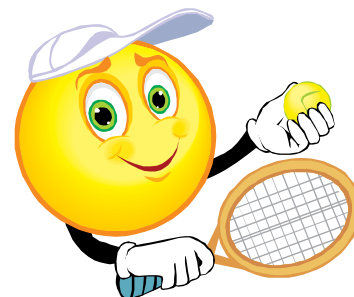


Saturday afternoons around 1.20pm onwards.

With the ongoing success of mini tennis, a few months ago I started gaining interest for a relatively new idea called Mini Squash. As you can guess it works in a similar way to mini tennis. Like mini tennis it's for children

aged from 5 to 9 and offers an ideal introduction to the sport, using specialised 'mini' equipment designed to help children achieve maximum success. The mini squash sessions will be run on a Saturday afternoons from 1pm so, if you think your child will be interested, then please call in at reception. Obviously places are limited so don't hang around!

One last thing regarding court usage, will members please try to give the club 24 hour's notice if you have booked a court and subse-



quently can't make it, as this will free up the court and save you paying for it whether you turn up or not!

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)

6.00pm-9.00pm (Racquet Only)

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

6.00pm-9.00pm (8-9pm Lane Swimming)

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

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.

