

NEWSLETTER**OCTOBER 2011****IN THIS
ISSUE:****WELCOME 1****CLASS PASS 1****GYM
CHALLENGE 1****RACQUETS 2****SAVE PAPER! 2****WATT BIKE
CHALLENGE 2****YOUR
COLUMN 2****WELCOME**

Welcome to this, the October edition of our quarterly newsletter. Everyone here at the club hopes you all had a great summer break and you are now ready for a little hard work in the pool and gym to get you shipshape for Christmas (especially all those skiers out there) and beyond!

Later in the newsletter you will be able to read about Phil's Christmas challenges, the Aqua Aerobics in the pool is still going strong and it's blast off on the courts as the mini leagues are about to start. You really have no excuse not to get yourself down here to mix in, have a little fun along the way and get fit!

THE CHALLENGE IS ON!

This year's challenge is full of festive fun for those who wish to participate. The target is for each person to burn the equivalent of 10 Christmas puddings between the 2nd week in November and the end of December. The average Xmas pudding has a nutritional value of 672 calories. Each participating member will be allocated 10 puddings. The first one to burn all 10 will win a well earned meal for two.

QUICK FIX

- Class Pass. Get 2 Classes for free!
- Xmas Night Out
- The Xmas Pudding Challenge is on!
- Pool Party!

NEW PILATES CLASS

As some of you will be aware we have started a new Pilates exercise class on Tuesday evening. This will replace the existing Bums & Tums class.

Pilates is a body conditioning routine that helps to not only build flexibility but also strength, endurance, and coordination in the legs, abdominals, arms and back.

Nadine is our instructor so if you want to have a go then please sign up in reception. The class starts at 6.30pm until 7.30pm.

CLASS PASS!

In our continuing effort to give you excellent value for money, we have introduced a class pass. This enables each member to buy a class pass for £20. This will allow you to participate in 12 exercise classes for the price of 10. You can use them for any of our classes from Aqua Aerobics to Zumba! A great Christmas present for a friend or family member! Please ask for a pass at reception.

NIGHT OUT!

We will hire the Malt House for a members Christmas night out. This will include food and a DJ. Please see Phil if you would like to attend and sign the poster displayed in the Gym and Club Reception to confirm attendance. Money will need to be paid in advance of the suggested date.

Phil is planning to arrange a night out on October 28th at 8pm. Everyone will meet at the Firehouse in Sowerby Bridge. Then 1 or 2 other pubs in and around Sowerby Bridge and maybe Ripponden Village! Again sign up on the posters to confirm!

We are on the Web!

rishworthsportsclub.co.uk

RISHWORTH SPORT'S CLUB

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POOL PARTY!

From November we will be able to host children's parties between 2pm and 5pm each Sunday. The party would start in the Badminton Hall and move to the pool once members leave at 4pm. Please see Tony or Ian for details.

MINI LEAGUES

It's the start of the Squash season so I am looking to re-start the Squash and Badminton Mini Leagues. They are a great way to compete against different players and standards. If you want or know of anybody who wants to join then please speak with me or write your name on the sign-up sheets in reception.

HELP US SAVE PAPER RACQUETS & COMMUNICATE WITH YOU!

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 Lisa 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.

EXERCISE CLASSES

Our exercise classes continue to run each week. Zumba on Monday, Pilates on Tuesday and Aqua Aerobics on Thursday evenings. If you know of anyone who maybe interested as the classes are open to non-members then please ask them to contact the club. Your sustained support is needed for each class to continue.

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.

I managed to complete the Great North Run in a reasonable time of 1h 45mins. It was a great day and I'm already looking forward to completing it again next year. I managed to raise just over £350 for the British Red Cross. Thank you again to all those kind and generous people who sponsored me.

Until next time...

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

