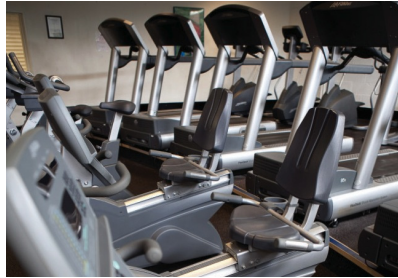


Newsletter – New Year 2014



Dear Members,

A Happy New Year to all Sports Club members from all staff at the club!

The new **Course Directory** and **Exercise Class & Activity Programme** are enclosed so please check carefully for course dates and new activities.

The new course this term is **Self Defence for Ladies (16+)** with Jason which starts on 1 March. The course is designed to help ladies feel less vulnerable by teaching a range of skills and improving awareness. Book your place as soon as possible.

On the activity programme, you can now try out the next big thing called **Piloxing** – a blend of the power, speed and agility of **Boxing** with the sculpting and flexibility work of **Pilates**. Footballers should note the new time of the Wednesday's **Freedom Football** session, now 6-7pm on the main Astro. Members, guests and non-members welcome.

Zumba Toning is Imelda's new class involving all the fun music and dance moves you usually get with Zumba but using official Zumba toning sticks. The toning sticks (which will be provided) are specially designed to work the core whilst working up a sweat! Repetition means that anyone can do this class so if you want to add an extra dimension to your usual Zumba workout give this a try on Mondays at 10:15am (TBSG Hall).

Thank you for your patience during the recent improvement works at **Trevor Bailey Sports Ground**. Apologies for the time taken to rectify shower and fire alarm problems which should now be fully operational.

Thank you to all those who supported Jon and Ceri's 5v5 football event "**A Kick up the Astro**" in aid of **Prostate Cancer UK**, which raised over £450 for the charity. Our next charity event is the **Swimathon** in aid of **Marie Curie Cancer Care** on 21 and 22 March, 2014. Register now at www.swimathon.org using the club postcode of SE21 7LD.

Thank you again to swimmers for your understanding as we accommodate two swimming clubs who normally use the Alwyn's school pool which is being rebuilt. I am very happy to inform you that the additional income received has, as promised, gone back into improving the facilities of the club. A set of **lockers** are on order which will enable pool users to **secure their valuables** while swimming. Please note that due to space restrictions the lockers will not be large enough to accommodate clothes and bags.

Finally, please find enclosed leaflets from Carla our **Reflexologist** and Susan our **Registered Dietician** with special **festive season offers**. Apologies that these were not with you before Christmas due to printing delays, but both therapists are happy to honour the advertised offers throughout January.

Gary & the Sports Club Team

New Reiki Practitioner at DCSC

Seena Patel has trained in the Usui Shiki Ryoho method of Reiki healing and will be offering treatments at DCSC to all Members at a special introductory rate of £35 for an hour.

Offer available until 31 January 2014 (weekday evenings and Saturday).

Reiki is open to all regardless of age, gender and background and can help to improve your sense of wellbeing, restore a sense of balance in one's life and above all, is incredibly relaxing.

For further information and bookings, please contact Seena at seenavpatel@yahoo.co.uk or on 07930 439 913. Full details on the Sports Club website .

**Fun, flowing yoga classes for all levels
with Fenella Lindsell.**

If you're new to yoga, you will notice progress quickly and if you've been practising for sometime you'll enjoy the variety of posture work, the challenges and adjustments.

Run as a course or drop-in on Friday mornings in the exercise studio from 9:30-10:45 during term time.

Nell also runs yoga holidays to Europe and Sri Lanka.

nelllindsell@gmail.com

07956 551 003

www.yoga-forever.com

**Treat a Friend (or Family Member)
in January!**

If you would like to get a friend's new year off to a flying start we have a few gift vouchers available .

**For just £15 (reduced from £25)
the package includes:**

- A 30-minute Personal Training session with Tony, Dan or Andrea
 - A complimentary swim
 - A complimentary exercise class
- Plus**

- A Speedo Sports PVA Towel worth £9
- For more details contact reception.**



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