

NEWSLETTER - SUMMER 2015



Dear Members,

Welcome to the summer newsletter edition. You will find 5 complimentary guest vouchers enclosed, together with lots of important information about the new season starting in September: new opening times for the Swimming Pool, the new Exercise Class Timetable, and the Sports Course & Swimming Lesson Directory.

Swimmers will be pleased to learn that we have gained an extra hour of pool time from September. On Fridays the pool will open from 4pm instead of 5:45pm with a Family Swim (no lanes) from 4-5pm, Adult Lanes from 5-6pm (half pool) and General Swim from 6-8:30pm. Special access to the pool only for members will be via the rear doors to the pool until 5:45pm. If the uptake between 4-5:30pm is low then Swimming Lessons may be introduced on Fridays from 2016. Due to regular College match fixtures on Wednesdays, the pool will now open to members for General Swim from 6:30-8pm. Please always check the website for daily Opening Times.

The exciting **extension of the Free Weights Room** is now confirmed to take place 16 August to 11 September. For the majority of this time there will be a temporary weight training facility in the Ergo Room. Unfortunately, the planned new **Sports Hall Store** has been delayed by planning permission, so we will be storing gymnastics kit in the Sports Hall for a few weeks and we apologise for any inconvenience this will cause.

Marleen's popular **Indoor Rowing** courses are starting again in September. Details are in the enclosed course directory, or contact Marleen for more info on marleen@bis-training.co.uk or 07703 664 933.

Have you booked the kids in for the FFS Summer Camp? Last camp day Friday 21 August www.fitforsport.co.uk

Our resident Fitness Instructor, Stephen Hill is offering **Personal Training sessions** to staff and members for just £30 an hour! As well as being a fully qualified Personal Trainer, Stephen has qualifications and experience in strength and conditioning, Olympic weightlifting, power lifting, nutrition, TRX and kettle bells! Personal training unique to you, take the first step today! For further information please contact Stephen at power_pt@ymail.com.


Finally, the **annual membership price review** takes effect on 1 September, and details of the new monthly Direct Debit prices are enclosed. Please take advantage of our new Refer a Friend promotion on the website which would give you and your friend a free month's membership of The Sports Club.

Wishing you a healthy Summer and an active Autumn!

Gary & the Sports Club Team



DIARY DATES	
Free Weights Project 16 August to 11 September	Freddie Flintoff Cricket Academy 10-14 August
Sports Club Open Weekend 26 & 27 September	Freedom Academy Drama Workshop 17-21 August



HOT YOGA DULWICH
Every Tuesday 7-8pm
(returns in September)

ABOUT THE CLASS

HOT YOGA is a style of power yoga that flows from one posture to the next in rhythm with breath. Studio heated to 28°C - it's a full body workout so be prepared to sweat! Each class is modified to meet the needs of everybody, bringing variations so that everyone's experience is different. HOT YOGA is suitable for all levels, from beginners to super-fans!

For more information and to book a class, please visit
www.thedesirepath.co.uk/book-now

Kick ZORB.com

Let's get KickZorbing

KickZorb.com is now offering party packages for children. Bump, smash, shoot your way to victory. If you can stay on your feet long enough! There is no better way to celebrate than sharing an energetic KickZorb party with a group of friends.

www.kickzorb.com | info@kickzorb.com

07944 485 552



Holiday Drop Off

The very popular HDO camp will be returning for the October and Xmas break. A sporty, friendly camp with a massive range of sporting activities for children between the ages of 5-11. HDO offer both normal day (9am-4pm) and extended day options (8am-5pm).

www.holidaydropoff.com | 07944 485 552



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