

Newsletter – Christmas 2014



Dear Members,

Exciting news! The last 3 months we have been busy working with local web designers “Pad Creative” to develop an exciting **new website**. The site is very colourful and full of images, much more interactive, and “responsive” (meaning the screen adapts to all devices including mobile phones). The online booking system will work on mobiles. There will be a new, shorter URL address, to be announced shortly.

After 7 years with the club our **Wednesday Pilates instructor, Kirsty** is moving on to pastures new. We thank Kirsty for her loyal and professional service. One drop-in Pilates class will continue with a new instructor and a time change to 6:20-7:20pm. See the enclosed **Exercise Class leaflet** for details of this and other activities for the New Year.

You will also notice in the new programme that **Amanda Botterill** is launching three new **morning classes** in the Sports Centre Exercise Studio. Access will be via the entrance on Astro 1.

The team bid farewell to Emma and Becca and thanks them for their service. The club now has vacancies for a Sunday afternoon **Receptionist** and a qualified **Lifeguard (Sports Assistant)**. Details will be posted on the College website and all applications should go via the HR Dept. (We also need to add to our Sunday **Party Supervisor** team; apply directly to Debbie Wheeler for this post, wheelerda@dulwich.org.uk).

The club will once again run the charity **Swimathon** event, which this year will take place on 17 and 18 April, 2015. Please put the date in your diary and more details will follow in due course.

Have you booked the kids in for the HDO Kid's Christmas Camp?? www.holidaydropoff.com

If you have any friends who are thinking of joining the club, please mention to them that we will be running a **January membership promotion** – the month of January will be free of charge to new members, who will pay no subscriptions until 1 February.

Wishing you a wonderful festive season and a happy & prosperous New Year!

Gary & the Sports Club Team

NEW YEAR HEALTH TIP: If after the Christmas festivities you make a few New Year's resolutions, try and make them specific. Instead of saying "I want to eat better", try "I am going to eat 5 portions of fruit and vegetables per day". Or "I will go to the Sports Club three days per week". If you do overindulge, get rid of the guilt, go for a walk/gym the next morning followed by a smoothie with fresh fruit, small amount of honey, greek yogurt and ground nuts/seeds.

If you need someone to help you get motivated in the New Year, Susan can help you.

She is the Registered Dietician at the Sports Club and can be reached at susan@nutritionu.co.uk or 07528 510 932

New Therapy Services

Available now - Medical Pedicure with Tatiyana

07810 351 149 graham@nm.ru

Coming in January – Aromatherapy with Famela

0775 338 0054 www.famela-medina.co.uk/

NEW YEAR TASTER VOUCHER

**USE THIS VOUCHER TO ATTEND ANY SPORTS CLUB ACTIVITY SESSION
OR EXERCISE CLASS FREE OF CHARGE DURING JANUARY 2015**

NAME: _____ Member/Non-Member: _____

TELEPHONE: _____ Email: _____

Please note, this voucher is not valid for external hirer sessions denoted in green shading on the Exercise Class & Activity Programme.



DULWICH COLLEGE SPORTS CLUB

London, SE21 7LD

Telephone: 020 8299 9292

Email: sportsclub@dulwich.org.uk

Web: www.dulwich.org.uk/sportsclub



Want to give your loved ones a kick start to a healthier and fitter 2015?

Give the gift of Fitness this Christmas.

With our fantastic Christmas packages you can buy your family and friends the perfect start to 2015!

Basic Package £49

- 1 x Health Analysis and Goal Setting Session
- 1 x Personalised 6 Week Training Plan
- 1 x Personal Training Session

Intermediate Package £75

- 1 x Health Analysis and Goal Setting Session
- 1 x Personalised 6 Week Training Plan
- 2 x Personal Training Session

Advanced Package £99

- 1 x Health Analysis and Goal Setting Session
- 1 x Personalised 6 Week Training Plan
- 3 x Personal Training Session

Ultimate Package £300

- 1 x Health Analysis and Goal Setting Session
- 1 x Personalised 12 Week Training Plan
- 10 x Personal Training Session
- 1 x 6 Week Health Analysis and Goal Review Session

Please Contact Dan on 07989 661301 or dan@truewellness.co.uk to book or for more information.

All packages must be completed before 31/3/15, are non-transferable and for new clients only



Christmas Holiday Opening Times

Holiday membership for your relatives just £20 - ask at reception!

Day	Date	Fitness & Tennis	Swimming Pool			
			Early Adult Lanes	Family	General	Adult Lanes
Wednesday	17th	12:00-22:00	Swimming Pool Closed for essential maintenance. Members may swim at JAGS Sports Club on production of their DC Sports Club membership card. Please see the JAGS website for opening times: www.jagssportsclub.co.uk			
Thursday	18th	06:15-22:00				
Friday	19th	06:15-22:00				
Saturday	20th	09:00-18:00				
Sunday	21st	09:00-21:00				
Monday	22nd	06:45-22:00				
Tuesday	23rd	06:15-22:00				
Wednesday	24th	Closed - Christmas Eve				
Thursday	25th	Closed - Merry Christmas!!				
Friday	26th	Closed - Boxing Day				
Saturday	27th	09:00-18:00	9:00-10:30		14:30-17:00	17:00-18:00
Sunday	28th	09:00-18:00		15:00-17:00	10:30-15:00	17:00-18:00
Monday	29th	15:00-22:00		15:00-18:30 (1)	18:30-20:30	20:30-22:00
Tuesday	30th	15:00-22:00		15:00-17:00	17:00-20:30	20:30-22:00
Wednesday	31st	Closed - New Year's Eve				
Thursday	1st	Closed - Happy New Year!!				
Friday	2nd	06:15-22:00	06:15-08:00	15:00-17:00	17:00-20:00	20:00-20:30
Saturday	3rd	09:00-18:00	10:00-11:00	11:00-12:00	14:30-17:00	17:00-18:00
Sunday	4th	09:00-21:00		15:00-17:00	10:30-15:00	17:00-18:00
Monday	5th	06:45-22:00	06:45-08:00	15:00-18:30 (1)	18:30-20:30	20:30-22:00
Tuesday	6th	06:15-22:00	06:15-08:00	15:00-16:30 (2)	18:00-20:00	20:00-22:00
Wednesday	7th	Return to normal opening hours				

Exercise Classes break from Sat 20 Dec to Sun 4 Jan inclusive, restarting Mon 5 Jan

The club will close earlier than normal at 6pm on Sunday 28 December, and open from 3-10pm on 29 and 30 December

(1) Shared with swimming club from 5:30-6:30pm

(2) Tuesday 6 January: Swimming lessons only from 16:30-18:00

Squash court booking times are as normal except when the club is closed.