

Jaguar Cars Sports and Social Club Newsletter

ISSUE 2

JANUARY 2016

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NEW YEAR... NEW YOU

Feeling like you've eaten too much over Christmas? Clothes a little bit tighter than they were last month? Why not start a fresh this January and use our facilities.



Never used a gym before? Our staff can talk you through each equipment and explain how to get started. If you are looking for a more detailed fitness plan then talk to our personal trainer Jack down the leisure centre.



If you're looking to lose weight or just to gain muscle we have all the equipment here to help you do so. With cardiovascular machines to help improve fitness and weight/resistance machines to improve strength.

If you are not interested in the gym then another great way to get fit is by using our swimming pool.



Do not wait around or tell yourself you will join tomorrow or next week. Be positive and join today, for a healthier you in both body and mind.

Do something today that your future self will thank you for.

Remember you're only one workout away from a good mood.

So why not come down and become a member of the facilities TODAY! We look forward to seeing you soon.



February Half Term Crash Courses

Our crash courses are designed for children over the age of 3 years with different abilities.

Even if your child has never swam before this is a great 5 day course to help improve your child's confidence in the water. It is also a good way to improve individual strokes. With fully qualified teachers to teach the 5 day course and also getting in the water with the beginners class.



Even if your not already on our swim scheme or current waiting list, the crash course is open for anyone.

They run Monday to Friday:

Beginners 9am-9:30am

Improvers 9:30am-10am

Please call the Leisure Centre on 02476 405 267 to book your place to avoid any disappointments!

*Swimming crash
courses are great
for water
confidence and
stroke work!*



Membership Renewal

All memberships were due for renewal on the 1st of October 2015 and will expire at the end of September 2016.

Forms are available behind the bar in the social club or at reception in the leisure centre.



A reminder that if you pay for your membership by card then there is a 40p card surge charge.

You do not have to work for Jaguar to use either facility!

All memberships need to be renewed from the 1st October 2015.

Membership Prices

Social Club Only

Associate - £16.00

Pensioner (Over 65) - £8.00

Associate Leisure Centre and Social Club

Adult Single - £28.00

Member & Partner - £40.00

Family - £54.00

Pensioner Single - £14.00

Pensioner & Partner - £20.00

Jaguar Cars LTD Employee Leisure Centre and Social Club

Adult Single - £12.00

Member & Partner - £24.00

Family - £38.00

Pensioner Single - £6.00

Pensioner & Partner - £12.00

Sports on the TV



Channels

Sky Sports

Eurosport

ITV and BBC



Sports and main events this January:

Football

Premier League

Championship

League One

La Liga

Scottish Premier

Rugby Union

The Championship

Guinness PRO12

Darts

World Darts

Championship

Cricket

South Africa vs England

Golf

SA Open

Hyundai Tournament of Champions

Joburg Open

Netball

England vs Australia

Swimming lessons

Learn to Swim



Whether you or your child needs lessons we have classes for all abilities and ages. Our junior lessons start from ages 3 upwards and we also offer adult lessons.

We offer 45 minute lessons for adults on a Monday evening between 7:30pm and 9.00pm. £21.00 for a 6 week block or £5.25 per individual lesson.

Junior lessons are 30 minutes and run Monday, Thursday, Friday 4.00pm till 6.00pm and Saturday 8:30pm till 3.30pm.

To book onto our lessons ring the leisure centre on 02476405267.

**Childrens lessons
from £3.20**

*'Fun lessons,
by qualified
and
experienced
teachers for
extremely
low prices.'*

Meet the teachers



Jamie Harrison



Sophie Rigley



Hayley Griffiths



Roger Garner



Ellen Ronan



Aaron Nicholson



Laura Smith

Timetable and Opening times

Leisure Centre Timetables

NEW Pool Timetable

Monday	Early Bird Swim 7am-9am	Family Swim 3pm-4pm	Junior lessons 4pm-6pm	Family Swim 6pm-7:30pm	Adult lessons 7:30pm-9pm	
Tuesday	Early Bird Swim 7am-9am	Family Swim 3pm-4pm	Dinky Divers 4pm-6.30pm	Family Swim 6:30pm-8pm	Adults only 8pm-9pm	
Wednesday	Early Bird Swim 7am-9am	Family Swim 3pm-4pm	Dinky Divers 4pm-6.00pm	Family Swim 6:00pm-8pm	Adults only 8pm-9pm	
Thursday	Early Bird Swim 7am-9am	Family Swim 3pm-4pm	Junior lessons 4pm-6pm	Adults only 6pm-7pm	Family Swim 7pm-9pm	
Friday	Early Bird Swim 7am-9am	Family Swim 3pm-4pm	Junior lessons 4pm-6pm	Family Swim 6pm-7pm	Wet 'n' Wild 7pm-8pm	Adults only 8pm-9pm
Saturday	Junior Lessons 8:30am-3:30pm	Pool Party 3:30pm-4:15pm				
Sunday	Adults Only 8:30am-9:30am	Family Swim 9:30am-1pm	Adults Only 1pm-2pm	Family Swim 2pm-3:30pm	Pool Party 3:30pm-4:15pm	Turtle Tots 4:15pm-4.45pm

Classes Available

Class	Day	Time
Contemporary Dance	Monday	6-7pm
Zumba	Monday	7.30-8.30pm
	Wednesday	7-8pm
Tae Kwon-Do	Tuesday	6.30-7.30pm
Tai Chi	Thursday	8-9pm
Yoga	Thursday	7-8pm
	Friday	10-11am
Circuit	Friday	6-7pm

Gym and Health suite Timetable

Day	Time
Monday	7am – 9 pm
Tuesday	7am – 9 pm
Wednesday	7am – 9 pm
Thursday	7am – 9 pm
Friday	7am – 9 pm
Saturday	8.30am – 4pm
Sunday	8.30am – 4.30pm

Social Club Opening Times

Bar Opening Times

Monday: 4.00pm to 11.00pm
 Tuesday: 4.00pm to 11.00pm
 Wednesday: 4.00pm to 11.00pm
 Thursday: 4.00pm to 11.00pm
 Friday: noon to 11.30pm
 Saturday: noon to 11.30pm
 Sunday: noon to 10.30pm

Hole in the Wall Opening Times

Monday	4.00pm – 9.00pm
Tuesday	4.00pm – 9.00pm
Wednesday	4.00pm – 9.30pm
Thursday	4.00pm – 9.00pm
Friday	4.00pm – 9.30pm
Saturday	8.45am – 6.00pm
Sunday	12.00pm – 5.30pm

Hole in the Wall



NEW Menu

Saturday morning breakfast

Served 8.45am till 12.30pm

Choose from:

Baguettes, traditional breakfast, large breakfast, children's breakfast, scrambled egg or beans on toast, tea and coffee.

Great food at affordable prices!



Sunday roast dinner

Served 1.00pm till 4.00pm

Choice of 3 meats—Vegetables, potatoes, Yorkshire puddings and gravy.

£6.95 adult

£3.50 children

£1.95 puddings



Caters for all types of events such as:

- Weddings
- Birthdays
- Funerals
- Christenings
- Parties
- ETC.



Contact Details

Jaguar Sports and Social Club, Fenton Lane, Allesley, Coventry, CV5 9PS

Phone: 02476 405734 or 07534957132

Email: info@theholeinthewallcov.co.uk or steve@jaguarclub.co.uk

Leisure Centre Courses and Classes

Aquatic Teaching Baby and Pre-school Course

STA Level 2 Award in Aquatic Teaching Baby & Pre-School

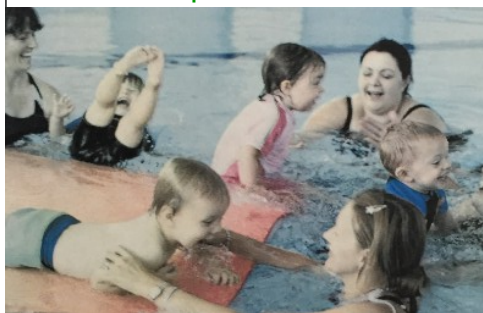
Venue: Jaguar Cars Sports and Social Club

Dates: Sunday 31st January 2016

Saturday 6th February 2016

Sunday 7th February 2016

Course Times: Approximately
9.30am - 5.00pm



Thought of a new career as a baby and pre-school swimming teacher then this is the course for you!

No previous experience necessary.

Fully instructed by a qualified trainer, with time to practice in the water as well!

For further information or to book onto the course contact Cheryl:

Cheryl_bavington@hotmail.com

NEW Yoga Class - Naturally Yoga

Starting on the 7th and 8th of January

Thursdays 7 - 8pm

Vinyasa (Beginners and Improvers)

Fridays 10 - 11am

Hatha (Beginners)

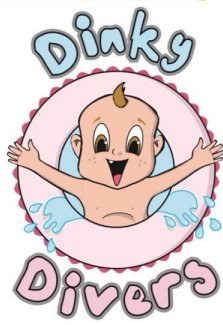
Free trial class

£6 per class including guest fee for leisure centre



If you have any questions please contact Natalie on 07966440306 or naturallyyoga@yahoo.com

www.facebook.com/Naturallyyoga



*“Encouraging
a life saving
skill for
everyone.”*



*“Come out of
your shell and
learn to swim
the Turtle Tots
way!”*



Teaching all ages!!

Dinky Divers Baby, toddler & pre-school, (competitively priced), after school & adult lessons available.

Laura's swim academy has been running since 2004! Offering a variety of tailored classes catered for each individuals needs. Group classes and one to one lessons available.

Offering Underwater baby shoots upon request.



Highly experienced & advanced qualified instructors, making sure our lessons are not only fun & motivating but highly rewarding.

Come & trial a lesson with no commitments!

For more information contact Laura Kent on:

Web: www.laurasswimacademy.co.uk

Email: laura971985@aol.com

Tel: 07813465805

Facebook: dinkydivers



Turtle tots classes are fun and sociable for everyone, teaching babies and young children to swim and also promotes pre-natal and post-natal fitness.

Taught in our warm water pool, your child will learn essential life saving skills and develop their social and emotional skills.

A percentage of each class cost goes to Zoe's Place Baby Hospital Coventry.

Pregnancy to playground swimming classes:

Baby classes

Toddler classes

Turtle Tums aqua yoga classes

For further details contact Holly:

Email: Holly.wyer@turtletots.com

Tel: 07473160765

Web: www.turtletots.com



Social Media

Facebook

Jaguar Cars Sports
and Social Club



To keep up to date and find out all you need to know by liking our Facebook page. It will tell you all about upcoming events, new deals and any changes going on at the leisure centre or social club. When here why not check in and tag us into your status! Also any questions feel free to send us a private message on our Facebook page.

Twitter

@Jag_Sports_Club



To keep up to date and find out all you need to know please follow us on Twitter. Here you can keep up to date with all our tweets of recent news and all the upcoming events. Why not tag us in any of your own tweets about the jaguar leisure centre! If you have any questions do not hesitate to send us a private message on twitter and we will reply as soon as possible.

Website

www.jaguarclub.co.uk

Our website is currently being altered with all new design and up to date information of both the leisure centre and social club. This is due to be completed in the next few weeks but we will keep you up to date of when it has been completed. If you have any questions regarding the website or anything about the leisure centre and social club then email us on:

enquiries@jaguarclub.co.uk



What you missed in December

Christmas Family Night

Family night again was a great success with the kids all loving the chance to meet Santa and win prizes. There was lots of fancy dress and Christmas jumpers which added to the festive atmosphere. I hope everyone enjoyed themselves.



New years eve party

The new years eve party was amazing with lots of people in both rooms. Everyone loved the music and it was a great way to see the new year in with a bang. Hope everyone has a good year and keep a look out for posters or on Facebook/twitter/website for more upcoming events and parties for all our members.



NEWLY refurbished social club

Our newly refurbished social club is complete! The new bar area and function room really do add to the great and sociable atmosphere great for families. With all new flooring, bar, furniture and so much more. Please come down and visit us to see the amazing transformation! For more information on the function ring the bar on 02476 405 734.



*Inspirational
Quote: "Wake
up with
determination,
go to bed with
satisfaction"*

NEW menu with hole in the wall

The hole in the wall has increased their menu. They now offer a breakfast on a Saturday morning and a roast dinner on a Sunday. Its becoming more and more popular so make sure you come down and try it. Great food and low prices with drinks available through the bar as well.



Christmas day opening in the social club

Another great successful Christmas day opening in the social club. Celebrating Christmas having a drink and a nice relaxed environment with family and friends!



NEW Tuesday swimming class with Laura's swim academy/ dinky divers

Dinky divers has new classes now running on a Tuesday during the day. It has been a great success and shows the growth of Laura's swim academy/ dinky divers.

If you are interested in learning to swim or know someone that is then call Laura on 07813465805.

