

Jaguar Cars Sports and Social Club Newsletter

ISSUE 6

MAY 2016

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Challenge Month



Proud to be British Gym Challenges

Fastest time wins a prize

Climb big Ben (315ft or 96m)

Walk, jog or run 6km to get that summer 6 pack (6km)

Row your part of the boat race (1 mile)



Everyone's a Winner!

Every person that completes this gets a sports bottle while stocks last.

WINNER: A FREE £25 MONTH PASS!!!

Open Bank Holidays

This is a reminder that the leisure centre and social club are open as normal over the bank holiday



'We're open as normal this over the bank holidays!'



Upcoming events...

Baby and Pre-School lessons

Next Term: Monday 16th May 2016

Time: 9am-9.30am (Under 12 months)

9.30am-10am (1-2 years old)

Lessons available in 6 weeks blocks for just £30

Teacher: Laura Smith

For more details or to book on to the next term of lessons call the Leisure Centre on 02476405267.

NEW Zumba Class

All levels are welcome to come and party yourself in to shape for summer!

Day: Monday

Time: 10am-11am

Price: Only £4 a class

Instructor: Vikki Miles
07919273067



May Swimming Crash Course

Monday 30th May - Friday 3rd June

Time:

Improvers 9.30 - 10.00am

Beginners 9.00 - 9.30am (Except just Monday is 10.00 - 11.00am)

Teacher: Hayley

To book on this crash course or any future crash courses call the leisure centre on 02465405267.

Swim Scheme

We would like to take the time to thank Hayley for all her hard work over the years on swim scheme but we are happy to have you on board the daytime shifts and future crash courses.

Sophie has took over teaching Hayley's lessons and we would like to thank the parents and children for making this transition of teachers run smoothly!



What you missed in April...

Sportsman's Evening

Sportsman's evening was a massive success and a really enjoyable evening for all involved. The next one is in August where Paul Merson is the guest speaker.



Easter Swimming Crash Courses

Another very successful crash course took by our 2 newest swimming teachers. Our next crash course will run during the may half term for both beginners and improvers classes taking place, to book on call 02476405267.



Inspirational Quote:
“Don't wish for it, Work for it!”

Early opening times

The leisure centre is now open from 7am till 9pm Monday to Friday. Check out our website and facebook page for more information or you can call us for any information on 02476405267.

NEW EARLY OPENING TIMES

From 1st October 2015
(3 month trial period)

<p>Gym and Health suite</p> <p>Monday - Friday 7am till 9pm Saturday - 8.30am till 4pm Sunday - 8.30am till 4.30pm</p>	<p style="text-align: center;">Pool</p> <p>Monday - Friday 7am till 9am (EARLY BIRD SWIM) and 3pm till 9pm Saturday - 8.30am till 4pm Sunday - 8.30am till 4.30pm</p>
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Ask at Leisure Centre Reception for more details.

Baby and Toddler Swimming Lessons

The first term of our baby and toddler lessons has nearly finished already! The first term has gone amazingly with the babies and toddlers learning important water skills and improving their confidence in the water.



If you are interested in joining our baby and toddler lessons or have any questions please call us on 02476405267.