

# SPORTING TIMES

MONTHLY NEWSLETTER - July 2010

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## Editors note

Welcome to July's edition of our newsletter. I hope everyone is enjoying this wonderful weather. I am sure you all have noticed how much the outdoor pool is used lately.

On the 1<sup>st</sup> July Ardencote Leisure Club will be 29 years old! It was 1981 when we officially opened. I can promise you next year we will be celebrating the big 30 and we are planning to do this in a true sporting style.

Back to this issue. Please read our Latest News section, we indeed have few things to share with you. On page 2 you can read about the latest exercising craze - Beach Cardio Workout, which we are introducing to our personal training program. On the following pages you will find wealth of information about tennis, golf and racketball. Enjoy!

## LATEST NEWS

### LEISURE CLUB SECRETARY

It gives me great pleasure in introducing our new Leisure Club Secretary, Caisha Sheikh-Caisha brings with her a wealth of experience in Leisure Club Administration from David Lloyd and I am sure that you will join me in welcoming her to the Ardencote where she is already proving to be a great asset. Please contact Caisha with any matters concerning your Leisure Club Membership.



### CAPS & SHIRTS

Ardencote caps and shirts are available for purchase from the beginning of July. The shirts cost £17.50 each and caps £9.99 each. If you would like to purchase any of the items please enquire at the Leisure Club reception where colours and styles are displayed.

### GOLF

We are delighted that the Planning for the 9 Hole Golf Course has been granted. The consent comes, however, with several conditions which will take some time to resolve.

Please remember that it is imperative that all Members sign in before teeing off and that all Guests are also signed in and PAID FOR. This obviously helps keep the cost of the Membership down and will help accelerate the course development. Just to give you an indication of cost involved, the Great Crested Newt survey alone cost in the region of 10 Full Time Annual Memberships.

In the meantime the new Tee and Fairway for the 3<sup>rd</sup> Tee will be used for Competitions ONLY. This will create a truly challenging hole.

## IN THIS ISSUE

LATEST NEWS

BEACH CARDIO  
WORKOUT

GOLF  
UPDATE

RACKETBALL  
MINI  
TOURNAMENT  
& SUMMER BBQ

PLEASE  
NOTE

DATES FOR  
YOUR DIARY

PICK'N'MIX  
SPA OFFER

OFFER OF THE  
MONTH

July 2010

# BEACH CARDIO WORKOUT



An early morning or sunset workout on the beach can be one of the most rewarding and refreshing ways to get in your daily training. Many exercises can be done on the beach to form a well rounded Beach Cardio Circuit. Circuits are compact, efficient both for time and effectiveness plus are wonderful to help out those who are looking to lean down and show some tone. There are only a few items you need to bring but do not need a gym for this workout. Being in a different atmosphere and being outdoors will give your motivation a boost making it exciting to train and giving you a break from the gym.

Make sure you have water and a towel with some type of mat. This can be especially fun done with friends and a radio so that you can play some motivating music, which you know will make you want to move about. Circuit training is even more fun when you use dance moves in between the weight training. Normally stepping, spot jogging, skip rope and jumps are used for this type of heart rate increase but to make things interesting you can use the resources by exchanging some of these normal circuit cardio spots with water

jog on spot in the water, and a little bit of spot dancing. Using water as resistance even if only to your calves, will really intensify your fat burning and if you can get in up to your middle then you can really work it out! Going in to your chest and using arms would be super advanced! The water plunges will also be nice as your body temperature heats up! Your joints will love the water training since it is no impact but dually you will be working injury prevention by conditioning these joints.

Keep your Cardio intervals 1-2 min and your weight exercises 1 min or 30 reps. Keep your movements full range and not too fast nor too slow. Make sure to breath during exertion and through exercises since some of us can tend to hold our breaths!

Here are the ideas and order of the suggested Beach Cardio Circuit:

- water jog
- lunges
- push-ups
- water stepping
- leg flutter
- front shoulder raises
- dance
- water jog
- lying back presses
- crunches
- oblique crunches
- water stepping
- glute kicks backs

Now stretch, drink some water and rest for a total of 5 min then repeat 1-2 more times. Stretching during your rest is crucial as it brings oxygen to the muscle and helps with recovery and injury prevention. Water will help fight against heat but you may want to wear head protection if it is very sunny, as well as some sun block.

What better way to spend the rest of your day after your workout than by the water at the beach. A nice summer salad with greens, nuts, fruits and a light vinaigrette dressing should hit the spot nicely with your ice cold water, now that's a great post workout meal!

**Daniel Hodgkins**, our Personal Trainer will be able to show you the above exercises in the gym so you can transfer them to your holiday workout routine. On your return, you will feel fitter, healthier and ready for the challenges ahead!



## GOLF UPDATE

Results of the Stableford Pairs Tournament played on 13<sup>th</sup> June 2010.

### Winners

1<sup>st</sup> Place – Heath Lowe & Andy Waterworth = 50 points  
2<sup>nd</sup> Place – Mike Wakefield & Graham Cogbill = 49 points  
3<sup>rd</sup> Place – Pam Nurse & Jean Barraclough = 45 points

Neil Muller & Nick Dargan = 44 points  
Charlie Waterworth & Scott Whale = 43 points  
Maggie Motherwell & Janice Holmes = 42 points  
Roger Farmer & Gordon Skinner = 39 points  
Alan McDermott & Steve Dallow = 37 points

Longest Drive – Ladies – Pam Nurse  
Men – Roger Farmer

Nearest To Pin - Ladies – Maggie Motherwell  
Men – Charlie Waterworth

### Golf Eclectic Winners

Congratulations to Janice Holmes and Robert Browett who won the May Eclectic.

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## RACKETBALL MINI TOURNAMENT & SUMMER BBQ - 16th July



We need 3 teams of 5 players. Teams will be structured so that players are matched against two others of similar standards. Points gained by each team player will count towards their team total.

First matches to start between **5.30 pm** to 6.15 pm and food follows at approx 8.45 pm

Price is **£7.50** including **lovely summer BBQ** and guests are welcome.  
Places will be allocated on a 'first come first served' basis so enter now.  
Hurry only 15 places available!

Any queries or to book please contact **Daniel Hodgkins** in the **Leisure Club** or Roger on **rogermore@talktalk.net** or **07850 999007**

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## PLEASE NOTE

### SQUASH

When booking squash courts, please come to the Leisure Club Reception, prior to playing, to confirm your time and court number. After you finished your game on the court, please switch off the lights .

### TENNIS

When booking a Tennis Court, please come to the Leisure Club Reception, prior to plying, to confirm your time and court number. If you have never played Tennis before, we can hire out rackets, balls or organize a coaching session for you.

### GOLF

Please book all your golf with the Leisure Reception. Alternatively, during peak times, our Club Shop is open for you to book your Tee-Off times. Please ensure that you are correctly attired, you have your own set of clubs, your guests are signed in and paid for with the appropriate Green Fee.

### SWIMMING

No children are allowed in the Outside Pool, however children can swim between the hours of 3.00 pm-6.00 pm Monday – Friday (term time) and 1.00 pm-6.00 pm during the holidays. At the weekends, children can swim between the hours of 9.00 pm-5.00 pm. Mothers, please don't forget, every Wednesday between 11.30 am-12.30 pm you can swim with your child FREE of CHARGE in the indoor pool .

### GYMNASIA

We offer FREE Inductions to our two superbly equipped gyms. If you require further training, our fully qualified staff can offer programs or Personal Training to suit. Why not take advantage of our Voucher Offer on the last page of this newsletter.

### SAUNA

We have de-commissioned the Sauna's in the changing rooms during the summer months, to keep cooler temperatures within the changing facilities. The mixed Sauna will be open as usual.

# DATES FOR YOUR DIARY



## LEISURE BAR

### Saturday 3<sup>rd</sup> July

*Cricket - England v Australia Fifth ODI*

### Thursday 8<sup>th</sup> July

*Cricket - England v Bangladesh First ODI*

### Saturday 10<sup>th</sup> July

*Cricket - England v Bangladesh Second ODI*

*Rugby- New Zealand v South Africa Tri-Nations*

### Sunday 11<sup>th</sup> July

*Formula 1 - British Grand Prix Silverstone*

### Monday 12<sup>th</sup> July

*Cricket - England v Bangladesh Third ODI*

### Saturday 17<sup>th</sup> July

*Rugby- New Zealand v South Africa Tri-Nations*

### Saturday 24<sup>th</sup> July

*Rugby- Australia v South Africa Tri-Nations*

### Sunday 25<sup>th</sup> July

*Formula 1 - German Grand Prix*

### Saturday 31<sup>st</sup> July

*Rugby- Australia v South Africa Tri-Nations*

*Football - Celtic v Lyon Emirates*

*Football - Arsenal v Celtic Emirates*

## THIS MONTH'S MEMBERS OFFER

**30 min of FREE Personal Training  
with Daniel Hodgkins**

**upgrade to 1 hours for £10.00**

## ANNOUNCEMENT

Please be advised that on the 27th July between hours of 2.00 pm and 4.00 pm Ardencote Outdoor Pool will be closed for a private party. The pool will re-open shortly after 4.00 pm the same day.

## PICK'N'MIX TREATMENT OFFER

**£38.00 PER PERSON\***

Prepare your body in time for your holiday with our fabulous Pick'n'Mix Summer Promotion!

**Choose 3 summertime  
treatments from  
the lists below**

**Pick 2 of our essentials:**

Bikini Wax  
Underarm Wax  
Eyebrow Wax  
Half Leg Wax  
Eyebrow & Eyelash Tint

**and 'Mix' with 1 of our finishing  
touches:**

File & Paint to the Hands  
File & Paint to the Feet  
'Minx' Nail Art  
Temporary Lash Extensions

**To book this offer please call  
01926 842000  
or speak to the Spa Reception**

\*Promotion valid for June, July and August 2010.  
Treatments cannot be booked in conjunction  
with a Spa Day/Break package.  
All offers are subject to availability.

