

# YoreSport



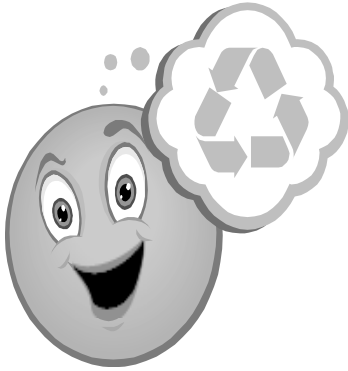
Issue 9, March 2010

E.&O.E

Produced by Yorebridge Sports Development Association Ltd

## In this issue...

- Easter Holiday Activities
- New Gym Opening Hours
- Gym Membership Changes
- Spring Schedule 2010
- Fund-raising Update



## We still collect...

Used ink cartridges and old mobile phones to help support good causes and raise money for our equipment fund. Every little helps so please donate your items. Collection point near the refreshment area.

Thanks.



To find out how you can help please contact Kieran Fahy by leaving a message with the main Office. 01969 650060.

# Easter Fayre



At the  
Wensleydale  
Centre, Askrigg.

Saturday 3<sup>rd</sup> April 2010  
10.00am till 2.00pm

All Welcome

Soft play & Lucky Dip for the under 5's,  
Nintendo Wii, Dance Mat,  
Gift & Craft Stalls, Tombola,  
Tea Coffee and refreshments.

Chance to win free Gym membership  
Meet our fitness advisors and find out  
about our new flexible membership



See you there!



## YSF Supporters Club - Diary Dates 2010

Easter Fayre - Saturday 3<sup>rd</sup> April, 10am-2pm

Family BBQ - Saturday 12<sup>th</sup> June, 5am-9pm

Junior POP - Friday 23<sup>rd</sup> July, 7am-9pm

Party On The Pitch - Saturday 24<sup>th</sup> July, 8pm

Family Fun Day - Monday 25<sup>th</sup> July, 10am-4pm

Summer Activities - 1<sup>st</sup> week of school holidays.

# Gym and Fitness Club

*During the last year we have listened and given careful thought to all your comments and suggestions about the services and types of membership we provide. We would like to thank everyone who has given their time to comment, especially our supporters, volunteers and gym members past, present and future. We hope you will agree our new range of flexible membership options will suit most circumstances. Our dedicated and professional team look forward to helping you choose the package that is right for you and supporting you on your journey to a healthier lifestyle. To your fitness success.*

*Yvonne Peacock, YSDA Chair.*

<b>Package</b> (Terms and conditions apply to all our packages. We reserve the right to alter offers without prior notice. Please read all paperwork provided carefully)		<b>Benefits</b>	<b>Joining Fee</b>	<b>Monthly Cost</b>
<b>Premier Membership</b>	Our best value package offering great savings and membership benefits. Minimum 6 month contract applies.	<ul style="list-style-type: none"> <li>• 50% Discount on selected activities</li> <li>• Free MUGA/ Court Hire</li> <li>• Fitness plans</li> <li>• 6 monthly review</li> <li>• Discounted access to Richmond Leisure Trust (Pool etc.)</li> <li>• Discounted access to Colburn Sports Centre (Hall etc.)</li> </ul>	£20.00	£22.00
<b>Pay Monthly Membership</b>	For those who live in a world of change and need a package that is flexible and not tied to a minimum contract.	<ul style="list-style-type: none"> <li>• Free MUGA/ Court Hire</li> <li>• Fitness plans</li> <li>• 6 monthly review</li> </ul>	£20.00	£28.00
<b>Junior Membership</b>	For our younger members, aged 11 to 13yrs, we require an adult supervisor to accompany at all times. For those aged 14-18yrs unaccompanied access is granted but groups of more than 3 at any one time are discouraged.	<ul style="list-style-type: none"> <li>• Free MUGA/ Court Hire</li> <li>• Fitness plans</li> <li>• 6 monthly review</li> <li>• Discount Scheme - ask for latest offers.</li> </ul>	£FREE	£15.00
<b>Pre-Pay Vouchers</b>	Our pre-paid voucher scheme makes this an ideal option for visitors to the area or for gifts for family and friends. Sold in booklets of eight vouchers, (£5.00 per session).	<ul style="list-style-type: none"> <li>• Induction to equipment.</li> <li>• Advice and support</li> <li>• Voucher may be used as part payment for Gym and/or Court usage.</li> </ul>	£FREE	£40.00
<b>Corporate Membership</b>	Designed for businesses. Great savings on Premier Membership. Minimum 8 places on 12 month contract, additional places on 6 month contract. Fully transferrable mid contract between employees. Organisation invoiced monthly.	<ul style="list-style-type: none"> <li>• Premier Membership Benefits apply.</li> </ul>	£160 (£20pp)	£120 (£15pp)

***We're open 7.00am till 10.00pm everyday, (except Bank Holidays)***

# Gym and Fitness Club

At The Wensleydale Centre, Askrigg

To book your induction or a place on one of our activity sessions call  
T.01969 650060 or M.07968 606571 admin@yorebridge-sport.co.uk

*More reasons to join and support your community facility*

## New Opening Hours

**7am till 10pm**

**Everyday**

(except Bank Holidays)

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## Flexible Membership Packages Now Available

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## Corporate Membership

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## Junior Membership

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Discounts for  
Contracts inc.  
Swimming,  
Court & Classes

## Spring Schedule 2010

Prices based on £4.00 per hour. Some sessions may vary.

Sessions purchased in blocks, payable in advance.

Mon:	10.00-11.00	Gentle Exercise for Over 50s
	5.15-5.45	Bums and Tums
	6.30-7.30	Pilates
	6.30-8.00	Tennis Club (MUGA)
Tue:	6.30-7.30	Aerobics / Dancercise
	7.00-8.30	Fit4Life (Currently FREE)
	7.45-9.15	Belly Dancing
Wed:	6.30-7.30	Ladies Circuit Training
	7.45-8.45	Men's Circuit Training
Thu:	10.00-11.00	Tennis Club (MUGA)
	12.30-1.00	Bums and Tums
	6.30-7.30	Ladies Circuit Training
	7.30-8.30	Pilates
Fri:	6.00-7.00	Askrigg Junior FC Training (6-16 yrs) (MUGA)
	7.00-8.00	Over 40s Drop-in Football (MUGA)

**Soft Play**  
Families welcome  
1<sup>st</sup> & 3<sup>rd</sup> Fridays of  
the month;  
1pm till 2.30pm.  
Refreshments  
included

**Great Value**  
Gym Members  
Eligible for 50%  
off Activity  
Sessions\*

## Don't delay, join today!

**Junior  
Membership**  
Only **£15** per month

**11-13yrs**  
Supervised by an Adult

**14-18yrs**  
Un-supervised



# Easter Holiday Activities

Based on £3.00 per hour, see booking form for details.



Wed 7<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs  
(An all time favourite with all ages, join our professionally trained coaches as they teach essentials skills and tricks of the game. Please bring trainers (not boots) and refreshments; mix and match is possible - just ask at the time of booking)

Thu 8<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs



Fri 9<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs

Sat 10<sup>th</sup> Apr 10.00 - 11.00 Funky Cheerleaders 4 to 12yrs  
(A dance based session that teaches you some of the essentials of team cheerleading skills)

Mon 12<sup>th</sup> Apr 10.30 - 11.30 Shokk Kombat age 7 to 13yrs  
(A fun new non contact fitness activity which uses martial arts based games, pads and gloves)

Wed 14<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs

Thur 15<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs



Fri 16<sup>th</sup> Apr 10.00 - 11.30 Football Academy (1) 4 to 8yrs  
11.45 - 1.15 Football Academy (2) 9 to 14yrs  
1.00 - 2.30 Soft Play age up to 5yrs

Sat 17<sup>th</sup> Apr 10.00 - 11.00 Super Cheerleaders 4 to 12yrs

For more information or to book your places please phone  
**01969 650060 or 07968 606571 or**  
**email [admin@yorebridge-sport.co.uk](mailto:admin@yorebridge-sport.co.uk).**  
Don't forget you can relax in our café area during the activities.

**SureStart Children's Centre, Askrigg has a range of activities for 0-5yrs and their families running throughout the year.**  
**For more details call 01609 535899**