

Abbey Sports & Leisure Club

April 2010 News

Spring is in the air and I'd like to take a minute to let you know what's happening around the club here at Abbey.

The Easter holidays have seen plenty of families using the club as a way for children to let off steam. As well as the 'kids swim' times, we've also run drama classes which have been very successful. We'll now be giving thought to what activities we'll be putting on during the summer holidays. More information will follow on this nearer the time.

In the gym we've recently added a Power Plate, feel free to ask for assistance if you're unsure on what to do!! We also have some new bikes on order which will arrive later this month.

I'll take this opportunity to remind all members that gym programs, advice and fitness tests are all completely free here at Abbey, unlike at most clubs. Please book an appointment either in the gym with an instructor, or at reception. It may be that you aren't getting the most out of your training and a simple tweak may be all that's required!

The ladies changing rooms and showers have recently had quite a bit of work done on them as our female members will have noticed. It'll soon be the turn of the men. The shower area is due for a refurbishment over the summer, exact details of timings will be released very soon and we'll try to give ample notice to minimise any inconvenience.

We've also recently had a lot of work done behind the scenes in the pool area to help us maintain a steady temperature and reliability of all the facilities down there.

Socially the next occasion will be the Summer Ball, which is currently pencilled in for Saturday August 21st. As soon as this is confirmed we'll let you know. If you're looking for somewhere to hold a party, we still have a few Friday nights available over the coming months. Ask for either Alan or me at reception for more details.

The football World Cup kicks off in June, and as you'd expect we'll be showing all the key matches on the big screen in the lounge on a new upgraded projector! We'll also be holding special promotions for the England games, with food always available. The notice board by reception will provide full details of drinks / food promotions.

Speaking of food, Neil is currently working on the new summer menu which will be coming up some time in May, so look out for that!

Finally I'll leave you with the happy news that as of Monday April 12th we have full use of the bowling club car park for the summer.

As ever if you have any questions or comments relating to the club please use the suggestion box at reception, call me at the club or email me direct at andy@abbeysports.co.uk.

Very best wishes,

Andy Tee

Club Manager