

# WHAT'S ON AT THE KING'S CLUB

THE KING'S CLUB, WOODHAYES ROAD, WIMBLEDON COMMON, SW19 4TT

GENERAL ENQUIRIES: 020 8255 5401

COURT BOOKINGS: 020 8255 5404

www.sportkings.org

Issue No. 7  
January 2010

Diary Dates

Forthcoming closures

Good Friday 2/4/10

Easter Monday 5/4/10

Happy New Year to everyone and welcome to the first 2010 edition of What's On At The King's Club, your guide to events at the Club over the forthcoming months.

There's loads of different activities taking place this winter which I hope will be of interest to you. Remember, you don't have to be a member to enjoy the majority of our facilities so come along and try something new this year.

From all of us at the King's Club, we wish you the very best for 2010 and hope you enjoy it with us.

Ben Lamb  
Club Manager

Don't forget to visit [www.sportkings.org](http://www.sportkings.org) to stay up to date with the latest activities at the Club.

## Ante & Post Natal Pilates

Sunday mornings  
from 10am

Meet other mums  
and mums to be.

Visit our website for  
further details



## Group Exercise Timetable

Exercise Type Key: ● Cardiovascular ● Conditioning ● Re-energise & relax

	18.10-19.25	18.30-19.30	18.45-19.45	19.00-20.00	19.00-20.15	19.30-20.30	19.30-21.00	20.00-21.00	20.20-21.35
Monday	Tai Chi ●			Tone & Tighten ●			Yoga* ● ●		
Tuesday		Pilates* ● ●		Zumba ●		Pilates* ● ●			
Wednesday			Pilates* ● ●					Ski Circuits ● ●	
Thursday				Fighting Fit ● ●	Yoga* ● ●				Tai Chi ●

*Personal Training*  
Don't forget to book your free personal training consultation. Contact us for details

	10.00-11.00	10.00-11.00	10.15-11.15	10.30-11.30	11.00-12.00	11.00-12.00
Saturday			Pilates* ● ●	Total Body Workout ● ●		
Sunday	Zumba ●	Ante Natal Pilates* ● ●			Post Natal Pilates* ● ●	Strength, Core Balance ● ●

\*Advanced booking required

Classes are free to Sports Hall & Fitness Members and £5 to others (With the exception of those marked \* where additional charges apply)

## Group Exercise Descriptions

**Tone & Tighten** - An all over conditioning workout to tone and strengthen your body using weights and bands. **Gemma**

**Zumba** - Zumba is a fun and exciting calorie burning workout combining Latin American and International dance moves. Come and join in the fun! **Dani**

**Ski Circuits** - A high intensity cross training circuit to help you get fit for the slopes. **Sam**

**Fighting Fit** - Choreographed to upbeat music, fighting fit provides a good balance of cardiovascular and toning exercise. Punch, kick and fight your way through calories with this fun and energetic class. **Carly**

New to 2010

**Total Body Workout** - A high energy aerobics class followed by full body conditioning. A fun energetic workout that will achieve results and kick start your weekend. **Carly**



**Strength, Core & Balance** - Combining Yoga, Pilates & Tai Chi inspired moves this workout will strengthen, stretch and re-balance your body. **Dani**

**Tai Chi** - A slow meditative physical exercise designed for relaxation, balance and health. **Michael**

**Ante & Post Natal Pilates** - Both classes offer sound advice on achieving good posture and a balanced body. Emphasis is on strengthening deep abdominal muscles. **Steph**

**Yoga** - Our classes combine strength & flexibility through a series of movements linked with a focus on breathing. Individual classes vary.

**Pilates** - Focus on core stability! Our Pilates classes are designed to strengthen and tone internal muscles, improve flexibility, balance and posture. Individual classes vary.

**Yoga & Pilates classes are run as a course and need to be booked in advance. Please contact us for further details.**

# Squash

## Team Squash

The Club has 2 teams that compete in the Surrey Leagues. All home matches start at 7.40pm and all supporters are more than welcome to come along for a drink and watch the squash.

Please visit our website for a list of the remaining home fixtures.

## Club Night

Monday 8.00-10.00pm

Enjoy social games against a variety of players.

Free to Squash Members & £5 to others

## Internal Leagues

The Club runs internal leagues exclusively for members.

For more information see Ben or email [kingsclub@kcs.org.uk](mailto:kingsclub@kcs.org.uk)

## Squash Coaching

Former World No.39  
& Surrey No. 1  
All ages & abilities

Call Stacey Ross  
07811 465073



## HELP US KEEP OUR COURTS CLEAN

*SQUASH SHOES ONLY ARE ALLOWED ON OUR COURTS. DARK COLOURED SOLES ARE STRICTLY FORBIDDEN!*

# Tennis

**Coaching** Mohammed Zine (Zin)  
07912 024210  
Tony Marshall  
07773 290916  
Frances Allberry  
07931 703134

## Internal Leagues

The Club runs internal leagues exclusively for members.  
[kingsclub@kcs.org.uk](mailto:kingsclub@kcs.org.uk) for info.

## Ladies Mornings

Wednesdays 9.30 - 11am  
Starting 13th January - 10 sessions  
Members £72 (or £8 per session) Non members £90 (or £10 per session)  
Contact Frances on 07931 703134

## Social Tennis Clinics

Wednesday 7-9pm & Sunday 2-4pm  
Turn up and play sessions for all standards. Run by Club coach Zin  
£2 Members £5 Others

Mini Tennis	6yrs +	Sat 3.30pm
Boys Group	11yrs +	Sat 2.00pm
Girls Group	11yrs +	Sun 12.30pm

Contact Zin on 07912 024210

# CHILDREN

## CHILDREN'S SPORTS PARTIES (Age 7+)

2- hour multi-sports parties are available on Saturday & Sunday.

- \*5-A-Side Soccer
- \*Penalty Shoot-Outs
- \*Non-Stop Cricket
- \*10 Second Shoot Out
- \*Team Games
- \*Indoor Baseball
- \*Basketball

Hall Hire Charge For Two Hours:  
Members £120.00 (inc VAT)  
Non-Members £130.00 (inc VAT)

Please contact the Club to book your party



## Children's Football

Thursday 6-7pm  
Under 10s (8 and 9 year olds)

Friday 6-7pm  
Under 8s (6 and 7 year olds)

No need to book.

Free to Hall Members  
£2 others

## Holiday Sports Camps

Multi-sports camp for 7-12 year olds

February Half Term & Easter Holidays

10.00am-12.30pm & 1.00 - 3.30pm  
No need to book!

# OSTEOPATHIC CLINIC

Linsey Howard  
Registered Osteopath  
B.Ost.Med DO DN



For details please check out our website or contact Linsey directly

07843 420285

[lhoward@lhosteopathy.co.uk](mailto:lhoward@lhosteopathy.co.uk)



*New Year Offer  
25% off when you book, pay for and take 2 treatments before Sunday 28th Feb 2010*

## Sports Massage, Holistic Massage, Lymphatic Drainage, Hot Stone Therapy.

Ease aching muscles, sort out problem points or just treat yourself to a relaxing massage.

Daire Brehan 07808 726877  
or [daire@brehan-therapies.co.uk](mailto:daire@brehan-therapies.co.uk)



## CHILDREN'S LESSONS

Saturday	11.00am - 1.00pm	Teresa
Sunday	10.30am - 1.00pm	Linda
Tuesday	5.30 - 7.30pm	Teresa
Thursday	5.30 - 7.30pm	Jane

Beginners to advanced. 4 x 30 minute lessons  
All £9 per class but payable termly in advance

## ADULT ONLY SWIMMING TIMES

Monday, Tuesday & Friday  
8.00-8.45pm.

## ADULT LESSONS

Individual 30-minute lessons

Teresa Pell 07504 942313  
Linda Sadler 07954 293434

# Badminton

## Club Night

Monday 8.00-10.00pm

Enjoy social games against a variety of players.

Free to Squash Members & £5 to others

*Work smarter not harder this year with a personal trainer at The King's Club*

Contact Bianca on 07879 656790 or visit [www.sportkings.org/fitness](http://www.sportkings.org/fitness) for more details.

## Personal Training

## Holiday Sports Camps

Multi-sports camp for 7-12 year olds

February Half Term & Easter Holidays

10.00am-12.30pm & 1.00 - 3.30pm  
No need to book!



## DIARY DATES

KCS Holidays: Pool Open 2.15pm  
Half Term: 15th - 19th February  
Easter: 29th March - 16th April