

# WHAT'S ON AT THE KING'S CLUB

THE KING'S CLUB, WOODHAVES ROAD, WIMBLEDON COMMON, SW19 4TT  
GENERAL ENQUIRIES: 020 8255 5401  
COURT BOOKINGS: 020 8255 5404  
www.sportkings.org

Issue No. 4  
April 2009

Diary Dates  
Forthcoming closures  
May 4th & 25th  
August 31st

Welcome to the summer edition of What's On At The King's Club, your guide to what's happening at the Club over the forthcoming months.

Soon we will be introducing new equipment into the fitness suite. We are replacing the old resistance equipment with some brand new machines. The new machines will complement those brought in last year and complete our resistance equipment upgrade.

If you have any queries regarding the new machines or any aspect of the fitness suite please do not hesitate to contact me.

Ben Lamb  
King's Club Manager

## MEMBERSHIP PRICE FREEZE!!

As a way to thank and reward our members for their continued and exceptional loyalty to the Club and in light of the current economic climate we will not be increasing our annual membership subscription prices this year.



**SHAPE UP FOR THE SUMMER**  
Whatever your age or level of fitness we are here to help!  
10% OFF personal training session for ALL Club members  
www.sportkings.org/fitness

## GROUP EXERCISE TIMETABLE

Our classes are a fun and challenging alternative to gym based exercise. Add a dose of high energy and motivation to your workouts.

**Sweat & Stretch (Hannah) Monday 7-8pm**  
A class to make you burn calories, tone up and improve flexibility. Finishing off with complete relaxation, this is everything you want in a workout.

**Body Works (Dannie) Tuesday 7-8pm**  
An all over body workout for those hard to reach areas. Combining high and low impact moves.

**Circuits Blast (Sam) Wednesday 8-9pm**  
A high intensity cross training circuit suitable for all levels.

**Tone & Tighten (Gemma) Thursday 7-8pm**  
An all over strengthening workout using various equipment to increase muscle tone and burn stubborn fat. Little or no co-ordination required.

**Swiss Ball Stability (Gemma) Thursday 8.00-8.45pm**  
A fantastic class using the swiss ball to strengthen your core muscles. This class promotes excellent posture. Suitable for all ages and abilities. Places limited to the first 10 people who arrive.

**Cardio Craze (Dannie) Sunday 11am-12pm**  
High intensity cardio workout choreographed with the latest aerobic moves.

Classes are suitable at all ages and abilities.  
There is no need to book.

FREE TO SPORTS HALL AND FITNESS MEMBERS  
£5 TO OTHERS



## INVITE A FRIEND

Bring a friend along to one of the above classes and they can exercise for free\*

## 5-A-SIDE ADULT FOOTBALL LEAGUE

Sundays 12.00-2.30pm  
June - August  
\*Matches last 35 mins  
\*8 teams in the league  
ENTRIES CLOSE 25th MAY

For details please contact Ben  
020 8255 5401 kingsclub@kcs.org.uk

# Pilates Yoga Tai Chi

**PILATES COURSE SCHEDULE**  
Saturday 10.15 - 11.15am (Lesley)  
18th April - 11th July  
(12 weeks)

Members £108  
Non-Members £132

Tuesday 6.30-7.30pm (Vivien)  
28th April - 7th July  
(10 weeks)

Tuesday 7.30-8.30pm (Vivien)  
28th April - 7th July  
(10 weeks)

Wednesday 6.45-7.45pm (Vivien)  
29th April - 8th July  
(10 weeks)

MEMBERS: £99  
NON-MEMBERS: £110



**YOGA COURSE SCHEDULE**  
Monday 7.30-9.00pm (Jamie)  
11th May - 13th July  
(9 weeks)

We are delighted to introduce Jamie as our new instructor for Monday night.

MEMBERS: £78  
NON-MEMBERS: £96

Thursday 7.00- 8.15pm (Bel)  
30th April - 2nd July  
(9 weeks)

MEMBERS: £58.50  
NON-MEMBERS: £72

For further information on the instructors and the style of yoga they teach please see our website [www.sportkings.org](http://www.sportkings.org)

**COURSE SCHEDULE**  
Monday 6.10-7.25pm  
20th April - 18th May  
(4 weeks)

Thursday 8.20-9.35pm  
23rd April - 14th May  
(4 weeks)

Both Tai Chi courses are broken down into 4 week blocks.

MEMBERS: £32  
NON-MEMBERS: £40



## King's Cormorants Swimming Club

Kings Cormorant's Masters Swimming Club is for adult swimmers. Training sessions take place on Mondays, Wednesdays & Sundays.

ALL NEWCOMERS WELCOME

Visit our website for more details  
[www.sportkings.org/swimming](http://www.sportkings.org/swimming)

## Massage & Beauty Treatments

Exclusive to King's

MASSAGES:  
SPORTS\*SWEDISH\*DEEP TISSUE\*  
HOLISTIC\*LYMPHATIC DRAINAGE\*  
HOT STONES\*  
& a selection of BEAUTY TREATMENTS

Daire Brehan 07808 726877  
[www.sportkings.org/treatments](http://www.sportkings.org/treatments)

# SQUASH

## NEW ONLINE INTERNAL LEAGUES

The Club squash leagues are now available to view online. This allows all league participants to enter results and view up-to-date league tables and player statistics online.

To view the current Club leagues simply go to [www.sportkings.org/squash](http://www.sportkings.org/squash)  
If you would like to enter the leagues please see Ben or email [kingsclub@kcs.org.uk](mailto:kingsclub@kcs.org.uk)

## TEAM SQUASH

The 2008/9 winter Surrey Cup competition has come to a close after a hard fought season. The King's Club team finished a respectable 7th in the league and won 5 of their matches.

Congratulations should go to all the players in the squad, however I would like to thank Jol Kingham, the team captain, for all his efforts in organising the team.

The Club has entered 2 teams into the summer competition and I hope they can continue the good work of those who took part in the winter.

To see fixtures and updated results throughout the summer please visit our website. Supporters are always welcome so come along and support your Club.

## CLUB NIGHT

Every Monday 8.00-10.00pm  
Enjoy social games against a variety of players.  
Free to Squash Members £5 to others

## CLUB LADDER

The Club squash ranking ladder is now available online. To challenge others on the ladder just go to [www.sportkings.org/squash](http://www.sportkings.org/squash) and enter the internal league page.

For those of you not already on the ladder just email [kingsclub@kcs.org.uk](mailto:kingsclub@kcs.org.uk) and we'll set you up as a user so you can start challenging other players.



## 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@hsteopathy.co.uk](mailto:lhoward@hsteopathy.co.uk)

## CAMP BEAUMONT

A reminder that Camp Beaumont will be on site from **20st July to the 21st August 2009**. As usual they will have use of 3 TENNIS COURTS from 9.00am to 6.00pm every Monday to Friday during this period.

If any children are interested in attending the Camp please contact them directly via their website [www.campbeaumont.co.uk](http://www.campbeaumont.co.uk)

## CLUB NIGHT

Every Monday 8.00-10.00pm  
Session taken by Club Coach Chris

All levels welcome

Pick up coaching tips, improve your game

£2 to Sports Hall Members £5 others



# BADMINTON

## CHILDREN'S LESSONS

Beginners to advanced. 30 minute lessons. All £8.50 per class but payable termly in advance

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

For vacancies contact 020 8255 5401

## ADULT LESSONS

Individual 30 minute lessons.

\*Beginners  
\*Stroke Improvement  
\*Coaching

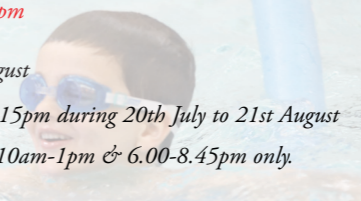
For details please contact:  
Teresa Pell 07504 942313  
Linda Sadler 07954 293434

# SWIMMING

## DIARY DATES

KCS Holidays: Pool Open 2.15pm  
Half Term: 25th - 29th May  
Summer: 2nd July - 26th August

Camp Beaumont: Pool Open 3.15pm during 20th July to 21st August  
Saturday 20th June: Pool open 10am-1pm & 6.00-8.45pm only.



## CHILDREN'S FOOTBALL SESSIONS

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

All abilities welcome.  
No need to book.  
Free to Sports Hall  
Members £2 others.

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

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

A wide range of activities are available including:  
\*5-A-Side Soccer League \*Team Games  
\*Penalty Shoot-Outs \*Indoor Baseball  
\*Non-Stop Cricket \*Basketball  
\*10 Second Shoot Out

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

To book your sports party telephone The Enterprises Office on 020 8255 5401

# CHILDREN

## 2009 TENNIS CHAMPIONSHIPS

Following the success of last year's club championships the event will be taking place again this June when the Internal Leagues come to a close. The championship will run from early June to July.

Entry forms will be sent to all tennis members in the next few weeks.

## SOCIAL TENNIS CLINICS

(Wednesday 7-9pm Sunday 2-4pm)  
Session taken by Club coach Zin.

£2 Members £5 Others

## LADIES MORNINGS

Wednesdays 9.30 - 11.00am

Drills, skills & doubles play.

29th April - 24th June

£56 Members £72 Non-Members

Contact ZIN on 07912 024210

## NEW ONLINE INTERNAL LEAGUES

The Club squash leagues are now available to view online. This allows all league participants to enter results and view up-to-date league tables and player statistics online.

To view the current Club leagues simply go to [www.sportkings.org/tennis](http://www.sportkings.org/tennis)

If you would like to enter the leagues please see Ben or email [kingsclub@kcs.org.uk](mailto:kingsclub@kcs.org.uk)



Monday 7-8pm  
Get fit, have fun!  
Take your game to a new fitness level!

\*Hit over 150 tennis balls  
\*Burn over 400 calories  
\*Play games  
\*Have fun

No need to book just turn up at 7pm.  
Please see [www.sportkings.org/tennis](http://www.sportkings.org/tennis) for further details.

## SUMMER CALENDAR

DATE	EVENT	ADULT/JUNIOR
Sunday 24th May	Social tennis tournament. Singles & doubles	Adult
Sunday 28th June	Mix & match doubles tournament	Adult
Sunday 19th July	Junior tournament followed by Club champs finals	Junior then Adult
Sunday 30th August	Mixed singles tournament	Adult

## SUMMER TOP SHOTS

Holiday Tennis Camp

Monday 6th to Friday 10th July

Monday 13th to Friday 17th July

10.00am - 3.00pm

Members £80 Non-Members £100

Improve & have fun!

Please contact Frances on

07931 703134

## COACHING TEAM

Mohammed Zine (Zin)  
07912 024210

Tony Marshall  
07773 290916  
020 8543 7747

Frances Allberry  
07931 703134

Please visit [www.sportkings.org/tennis](http://www.sportkings.org/tennis) for further details

## 2009 TENNIS HOLIDAY

Coaching days, fun nights out & some of the best beaches in Europe.

Contact Zin  
07912 024210  
[modzine@googlemail.com](mailto:modzine@googlemail.com)