

### UPCOMING DIARY DATES

**11th December 2021**

Squash & Racketball Club  
Championships

&

Social Evening

**January 2022**

Squash & Racketball Club  
Closed Doubles Competition

(Details to follow)

### CHAIRMAN'S INTRODUCTION

David Goodridge – Club Chairman

As things continue to return to some sort of normality we continue to look forward to the future of the club by attracting families and new members whilst listening to the feedback from our loyal supporters and users of our facilities. This includes the learnings from the recent survey conducted resulting in one example of investment in an up to date music feed throughout the club, including the gym, which should be in place in the New Year.

With the continued use of targeted social media campaigns and our much improved website, we hope to attract new members that will enable us to implement planned improvements to the club and also engage and develop the younger generations and juniors contributing to the long term future of the club.

### PRESIDENT'S DINNER

Peter Sears – Club President

On the 13th November the Club hosted the first President's Dinner in its 61 year history, which was effectively a reunion for retired as well as current Club members. Approximately 60 attended and a 3 course meal was provided by the Royal Horse Shoes from Waltham on the Wolds which was excellent.

The feedback I have had from many people suggest a thoroughly enjoyable evening and our intention is to make this an annual event, perhaps tied in with some presentations. Many thanks to those who supported the evening and let us hope that many more would like to do so next year.



### SQUASH & RACKETBALL CLUB CHAMPIONSHIPS

On **Saturday December 11th** we will be holding a Squash and Racketball event for members with Squash events including Men's, Women's and Masters Categories: Over 35, 40, 45, 50, 55, 60, 65, Juniors and in addition a Racketball event (to be split pending on entries). Entry fee is £7.50 which will include T-Shirt and entry ticket to the evening entertainment all entries to be in by **December 1st**. If anyone is wanting to enter more than one category the cost will be an extra £5 per event. Payment can be either behind the bar or via the bookings page. Evening entertainment includes Dave Locking and his group – Railway Rockers followed by Ray Measures' Perfect Sounds Disco. (All of this info is on the posters around the club and with this newsletter).

### Classes

#### Spinning, HIIT, Boxercise

Pacie: 07900 365371

#### Cycle To Music

Alison: 07944 733951

#### Spinning

Hari: 07454 994821

#### Zumba

Jas: 07739 962274

### Coaching

Nigel Truman: 07715 331440

Rae Truman: 07975 906855

Martin Gibson: 07771 908209

Colin Gibson: 07884 210461

Del House: 07941 996076

### CLASSES

We offer a wide variety of classes which are included and free to members – Circuit training, High Intensity Training (HIT), Mixed Martial Arts (MMA), Boot camps & Spinning classes.

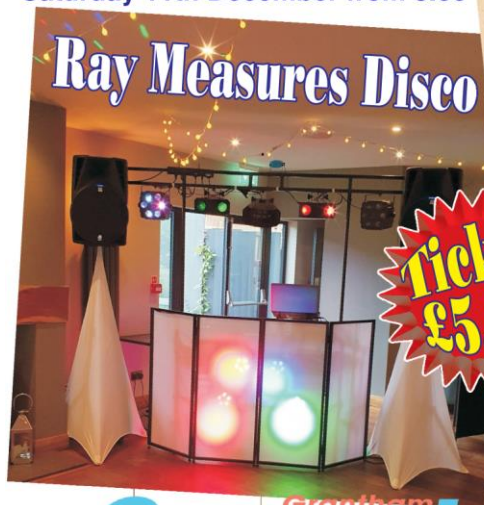
We also offer, Zumba and Movement to music. These classes are run by independent instructors and carry a modest charge to members but are available for non-members to join in. Due to their popularity, booking for these classes is necessary to limit numbers and avoid disappointment. If we find a class is extremely popular then rather than disappoint anyone we will lay on extra classes to meet demand. Some of the contact numbers are detailed and exact class timings can be gained direct or from the club.

### THANKS

We would like to make a special thanks to Jane Loveridge who after over 30 years of loyal service to the club has decided to retire from her duties. Thank you for all your time, effort and dedication to the club.

## Squash & Racketball Club Championships

Saturday 11th December from 8.00



Ray Measures Disco

Ticket  
£5.00

**Squash & Fitness**



★ RAILWAY ★  
ROCKERS ★★  
Dave Locking and his Group

Harlaxton Road, Grantham, Lincs. NG31 7JX  
Telephone: 01476 561449

**Social Evening**