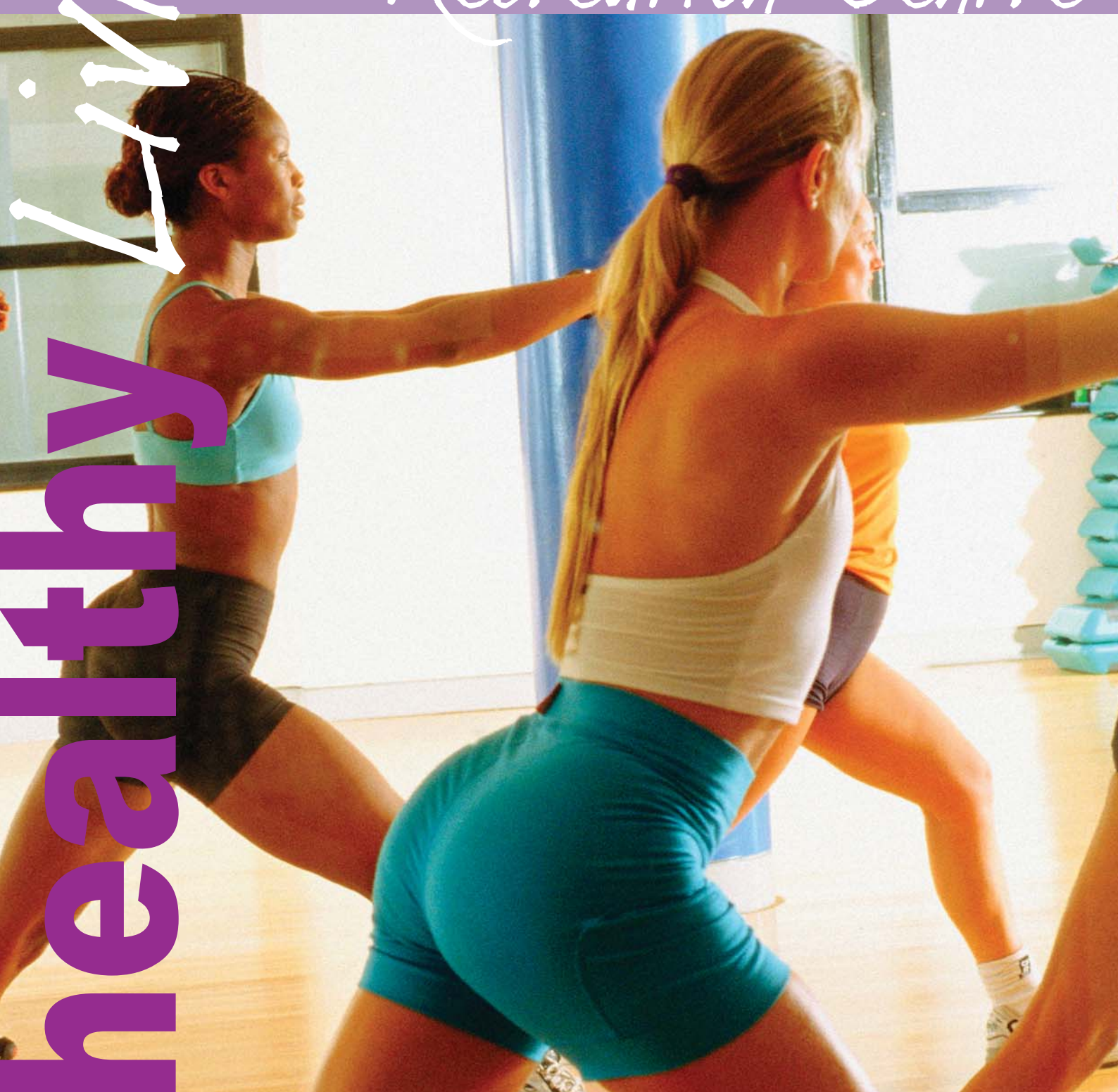


Living  
healthy

The King's School  
*Recreation Centre*



denise farnham

jamie  
bentley



the new  
changing  
rooms

new classes  
canterbury  
squash open

## Welcome to Your Members' Newsletter

Welcome to the latest edition of Healthy Living. I hope everyone is enjoying the brighter mornings and warmer weather; it's great to see so many early morning risers enjoying the facilities to give them a great start to the day! Although we officially open at 6.30am on weekdays, we do our best to open at 6.15am wherever possible.

We have a very exciting development happening this Summer, which includes new wet changing rooms and, we hope, a steam room and sauna; all details are included in this Newsletter with a copy of the development plan. I would like to take this opportunity to thank you in advance for your patience whilst these works are carried out, but I hope you'll agree it will be well worth the wait.

Best wishes to all Members, and I hope you all have a wonderful healthy Summer. Don't forget our Fitness Team are always happy to help or advise you with your training goals, just book a free review session at Reception.

Best Wishes

Clare Reed  
Centre Manager

## Jamie Bentley

**How long have you been working at The King's School Recreation Centre?**

I have been working at the Centre for just over 2 years now. I have loved every minute of working at the Centre, everyone was so welcoming at the start and I have made loads of friends, and am pleased to be part of such a good team of people.

**What is your job at the Recreation Centre?**

My job predominantly is a Recreation Assistant, this involves lifeguarding the Swimming Pool and many other additional jobs that are important to help maintain the high standards of the facilities we offer. I am also trained to work in the Restaurant & Bar and do so occasionally.

## Denise Farnham

Marathon Runner number 41855



A year ago I decided to enter the Virgin London Marathon (held on Saturday 25th April) to run in aid of Macmillan Cancer Support, a charity that is very important to me.

Once my entry was confirmed I chose a 26 week training programme to help get me ready. I started the programme on the 1st November 2009, running between 3-6 times a week.

A typical day's training for me following the programme would be...

- 3.30-4.00am - Light breakfast, followed by a run
- 5.30am - Gym or swim
- 7.30am - Shower, second breakfast
- 8.00am - Start work
- 12 noon - Lunch
- 3pm - Finish work
- 5pm - Dinner
- 7.30pm-8.00pm - Bed - sleep very important!!!!

Following this training regime I managed to complete the Marathon in a time of 4 hours 1 minute 36 seconds, which I was incredibly pleased with (129th in my age group which I am not going to let you know!!). It was a tough 26 weeks, but I have to say it was well worth it as I had such a fantastic day that was made all the better knowing that I had managed to raise £5,116.25 for Macmillan Cancer Support. This total would not have been possible without all the generous support given to me by the members and staff at King's. I can't say a big enough thank you to all those who have sponsored me; so many people have been so generous and my thanks go out to every single person who have helped me raise such a fantastic total.

## Meet a Member of Staff

**What was the attraction for you to work at King's?**

I started coming to the Centre when I was 12 years old as I attended the Rookie Lifeguard course. When I turned 16 and was looking for a part time job King's seemed an obvious place to work as it was very familiar to me and I liked the idea of working in a leisure based environment.

**What do you enjoy doing in your leisure time?**

Sport is pretty much my life; I love being active and am interested in all forms of sport. I regularly participate in Football (for my school), Cricket (for Harbledown Cricket Club), Badminton (For The King's Team), Running (I used to run for Canterbury Harriers) and Tennis. I hope to have a full time career in sport one day so I feel it is important to maintain a high level of interest in all sports.

**What are your future goals and ambitions?**

I am currently studying for my A-Level's in Geography and ICT and I have just started a two year B-Tec in Sport. I love working



at King's so I am hoping to increase my hours at the Centre after I have finished my exams, gaining experience in more areas including reception. I am very busy outside of King's as I have been selected as a Gold Young Ambassador for the Olympic Games, which means I will be going into primary schools promoting Olympic Sports throughout the summer. With all this going on I don't have much time to plan further ahead. I know whatever my career is in the future, sport will have to play a big role.

# Times are "Changing" at the Recreation Centre

I am sure many of you have noticed that the upstairs toilets have had a recent face lift. The refurbishment took place in February and I am sure you will agree they now look fantastic and are well worth a visit!

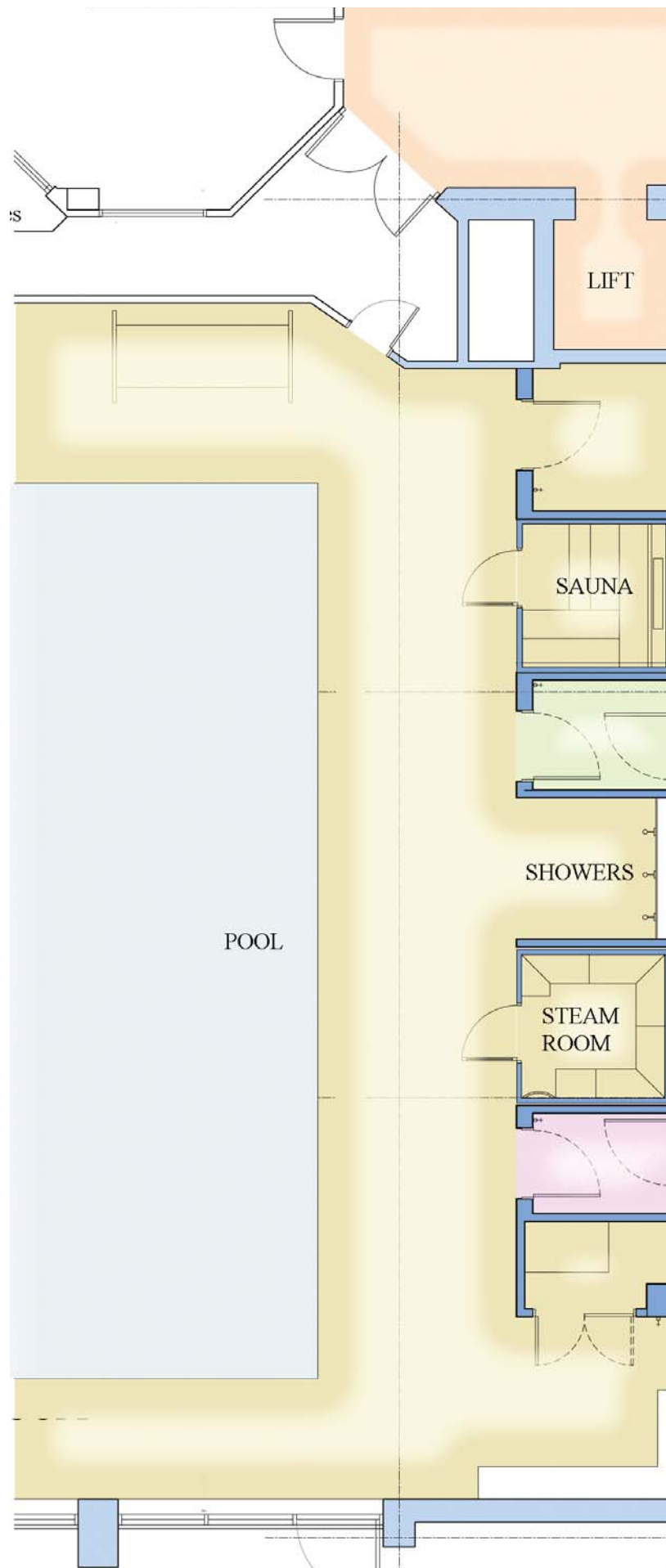


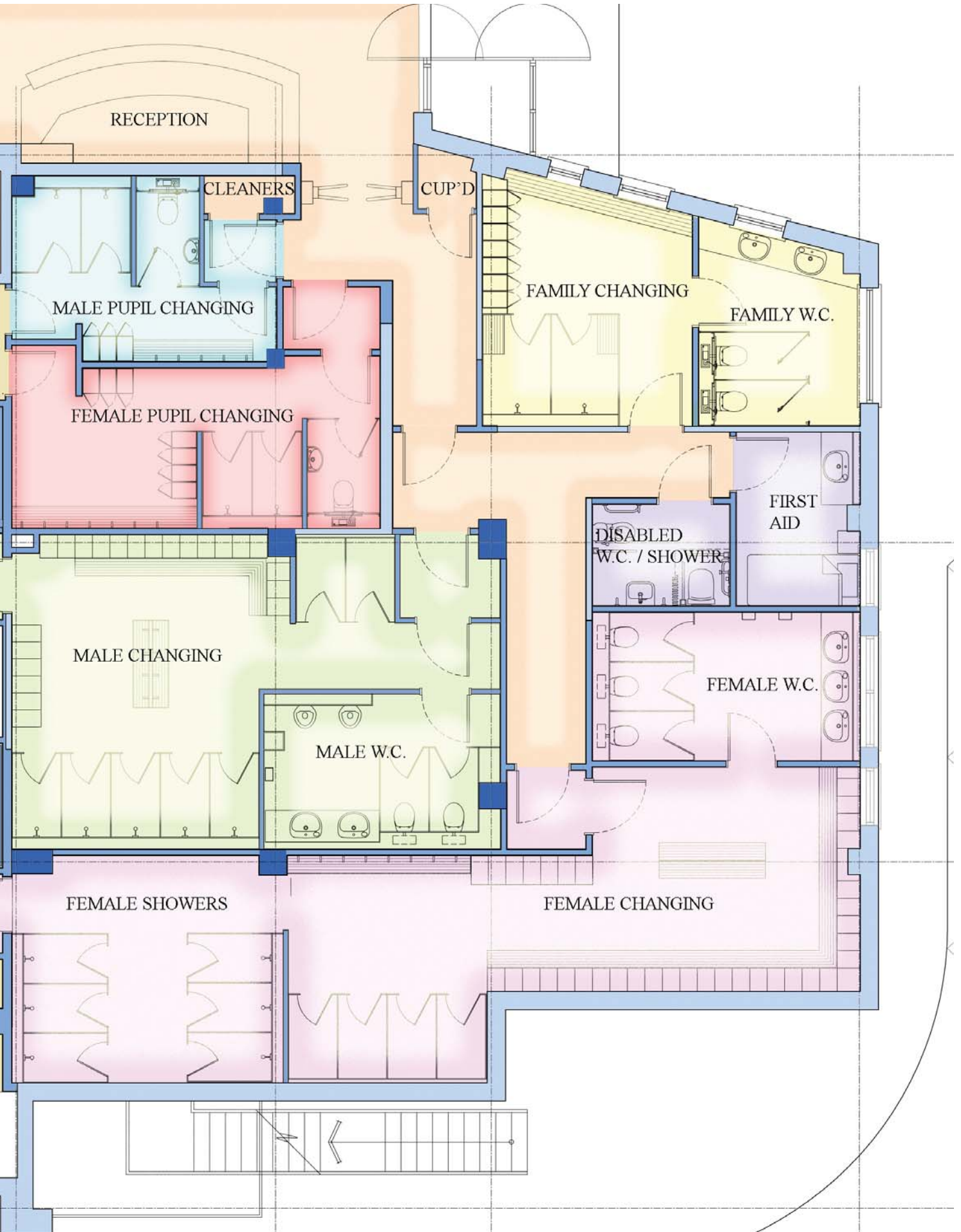
The upstairs toilets were just the start of the "changing" facilities at the Recreation Centre this year. To the right is a detailed drawing of the changing room development that will be taking place in July and August this year.

The plans look excellent and as you can see we hope to include a sauna & steam room as well as a new Family Change area. The development will take 2 months to complete and will leave us with brand new state-of-the-art changing facilities for you to enjoy.

There may be some disruption while the work is carried out, so please bear with us through this time. This will be necessary to make sure the major renovation work is completed on time, as I know the end product will be well worth the wait!

Please be aware, that for the duration of the building work, swimmers will have to use the dry changing rooms. Due to the distance between the dry changing rooms and poolside, you may like to consider bringing extra towels/robes for your comfort. We apologise in advance for any inconvenience that this may cause.





## Listening to our members - Courses & Classes

At King's we are always trying to offer you the Members a better choice of courses & classes. Making sure that we listen to what you want is hugely important to us. Therefore, starting from the end of April, we now offer the following additional classes to our already dynamic and varied fitness class timetable, so why not come and give them a go!

**Monday** – Tone Zone - 19.00-20.00

with Tom Harris



**Tuesday** – A&E – 06.30-07.30

with Denise Farnham



**Wednesday** – Studio Cycling – 20.15-21.15

with Matt Glazebrook

**Thursday** – Five-O Active – 10.30-11.30

with Kate Anderson



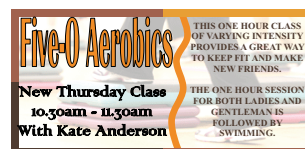
**Thursday** – Deep Aqua – 20.00-20.45

with Gemella Evans



**Sunday** – Studio Cycling – 09.30-10.30

with Tom Harris



For more information, or to book your space on any of the above classes, please contact reception on 01227 595602.

### Craig's Courses.....

The following courses are available at the Recreation Centre over the forthcoming months. Please contact reception for more information or to book your space!



## The Canterbury Squash Open Graded Tournament

Sponsored by Affinitext, Autoworld, Brett, DIVA Metalworks, Prince and PeterNicolSquash.com

This is the 7th year the tournament has run and it was the most successful one yet! 60 players signed up to play in grades A, B and C. It was first year the tournament has been run as a graded event and it proved very popular. This way more people got to taste glory! Players came from all over the country, including Ben Ford (World No.97), Phil Nightingale (World No.193) and numerous county players.

### A Grade Final

Ben Ford won the title for the third year in a row and took the £350 first prize, while Phil Nightingale had to settle with the runners up cheque of £225. Well played both!

Ben Ford (1) v Phil Nightingale (2)  
3-0 (11-8 11-5 11-8)

### A Grade Plate Final

Andy won the title for the third year in a row!

Andy Long v Mark Steeden  
3-0 (12-10 12-10 11-9)

### B Grade Final

Dan Carpenter (2) v Will Montgomery (5/8)  
3-0 (15-13 15-2 15-4)

### B Grade Plate Final

Nick Williams v Nick Healy  
3-1 (9-15 15-10 15-14 15-14)

### C Grade Final

Aakash Dega (5/8) v Joe Faulkner (5/8)  
3-2 (13-15 15-8 15-13 7-15 17-16)

### C Grade Plate Final

Tim Morris v Gill Brundle  
3-2 (10-15 12-15 15-10 15-4 15-6)

Special thanks must go to Affinitext, Autoworld, DIVA Metalworks, Brett, Prince and PeterNicolSquash.com for sponsoring the event.

Special mention must go to King's very own Aakash Dega for winning the C Grade Final and to Gill Brundle for reaching the C Grade Plate Final. Other King's players who competed were Ali Coleman, Matt Feeny, Matt Burton and Jon Forster.

It was a fantastic weekend of squash that was well supported. Hopefully next year will be even more successful!

Report by Tom May



Ben Ford & Phil Nightingale

# Members' News

## Young Members on the road to success.

Charlotte and Lucy have been Platinum Members at King's since June 2009. They have both had outstanding success in the National Modern Triathlon Championships. (The Modern Triathlon consists of the following three disciplines – Swimming, Horse Riding & Running)

Charlotte (12) came 8th in the under 13's group: there were very few points separating 2nd from 8th place so this was a fantastic achievement in a national competition.

Lucy (10) had an outstanding competition, winning her respective age group and becoming the under 11's 2009 National Modern Triathlon Champion.

The girls would like to thank Pam Murray and Sandra Smith for taking a great deal of interest in their training for the pentathlon and triathlon events. Pam has especially helped the girls improve their technique and reduce their swimming times for both events.



Lucy & Charlotte

## Free Fitness Class Ticket

Produce this ticket with your valid membership card at reception to claim your free Fitness Class. One class only per member is permitted.

(Conditions may apply)

Use by 30th September 2010.



The King's School Recreation Centre,  
1 St Stephen's Road, Canterbury, Kent, CT2 7HU  
Tel: 01227 595602 / 595618  
[www.kingsrecreation.co.uk](http://www.kingsrecreation.co.uk)  
E-mail: [c.smith@kingsrecreation.co.uk](mailto:c.smith@kingsrecreation.co.uk)  
Registered Educational Charity No. 307942

## Members' Wine & Wisdom

Our latest Wine & Wisdom took place in November 2009. It was a close fought contest, with no-one emerging victorious until the very last round.

The eventual winners, however, were the Vigilant Invigilators pictured right, so congratulations to them.

Keep an eye out for our next Wine & Wisdom likely to take place in the Autumn.

