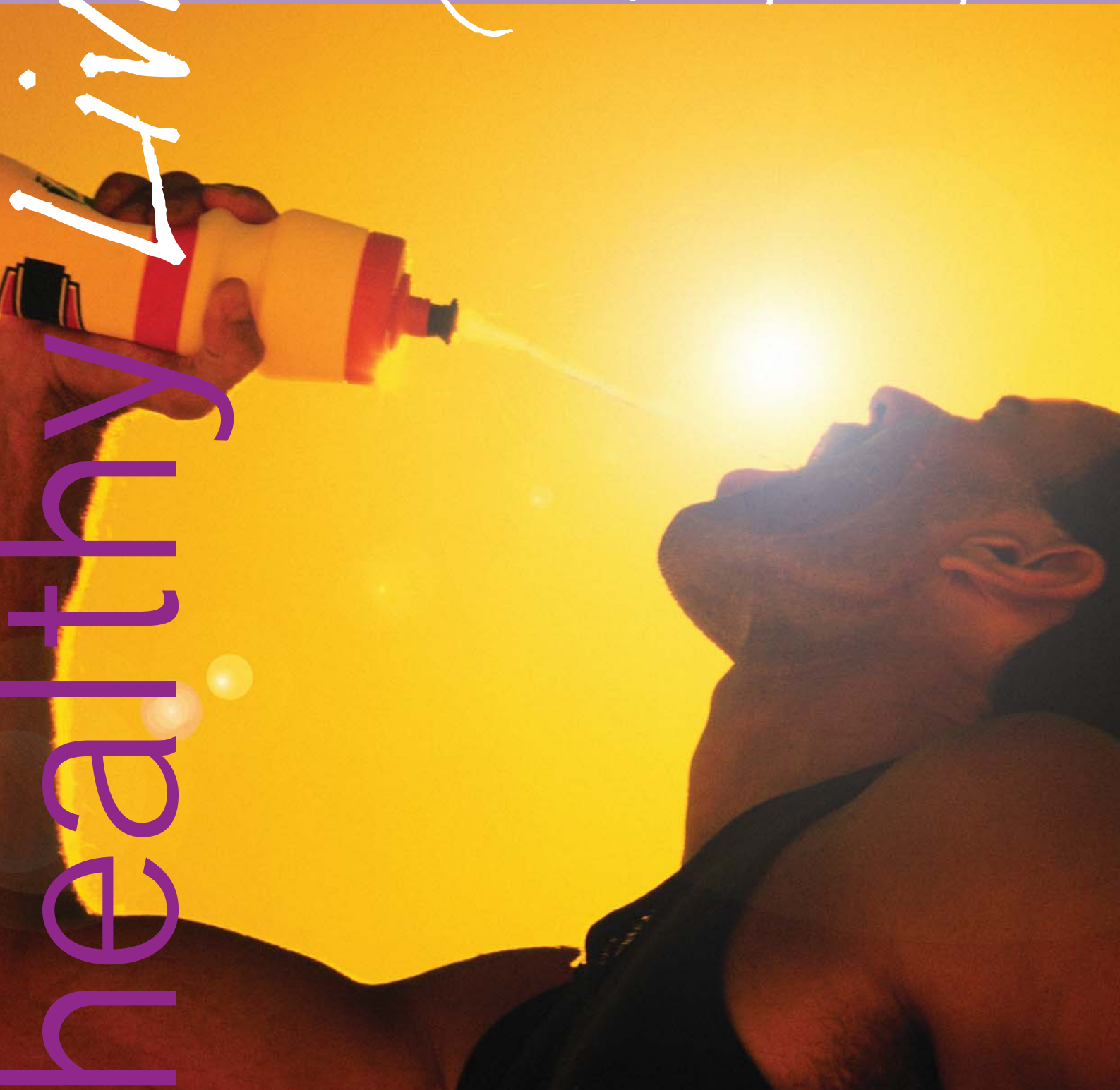


Healthy Living

The King's School
Recreation Centre



the recreation
centre staff
**sophie
garton**



star
member
**squash
open**

passport of
privileges
**wine &
wisdom**

Welcome to Your Members' Newsletter

I hope you find this edition of Healthy Living Newsletter an interesting read. May I take this opportunity to thank all Members for their patience whilst the Sports Hall floor was being refurbished; I hope you agree that it was worth the wait.

Please can I remind all Members to log on to our website at www.kingsrecreation.co.uk, where you will find many interesting items from job vacancies to holiday activities; you can also download the latest opening and closing times, plus much more. We also hope in the very near future to be able to e-mail members with offers and promotions and keep you up to date with important news. Please contact Reception with your email address if you wish to receive e-mails from us.

We send our deepest sympathies to Olive Castle on the sad loss of her husband Frank Castle. Frank was a much loved Member of the Centre and the 50+ exercise group for many years and will be greatly missed.

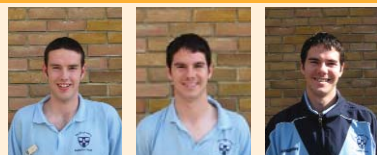
A BIG welcome back to Kate Farnham who rejoins the Fitness Suite Team and Natasha Clark to the Swimming Instructor Team. On Reception Heidi Moeller has returned from Maternity Leave, whilst Assistant Manager Natalie Collins is currently on Maternity Leave through until early December, and we are already looking forward to her return.

Hope you enjoy a healthy, happy and warm summer.

Best Wishes

Clare Reed
Centre Manager

A Family affair



Alex Good Brad Good Matt Good

Brothers



Clare Reed Craig Izzard

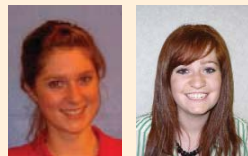
Cousins



Amy Clark Natasha Clark

Sisters

(Alex, Brad, Matt, Clare and Craig are also Cousins)



Becky Robins Katie Robins

Sisters



Rob Fruin Ben Fruin

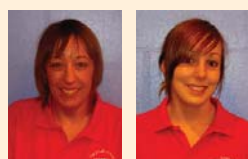
Brothers



Chris Heinsen Marie Heinsen Karen Heinsen

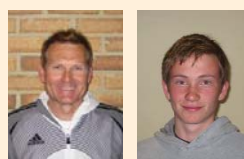
Father and Daughters

(Ben is Son-in-law to Chris, and Brother-in-law to Marie and Karen)



Sharon Ruck Cheryl Ruck

Mother and Daughter



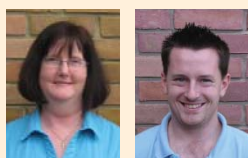
Danny Wynne Wesley Luton

Father and Step-Son



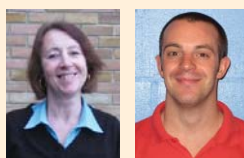
Denise Farnham Katherine Farnham

Mother and Daughter



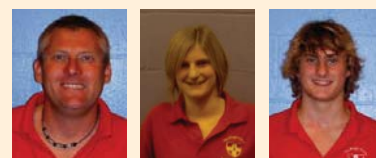
Kim Holden Nick Holden

Mother and Son



Chris Cooke Tom May

Mother and Son



Steve Chaplin Stephanie Chapman Mark Chaplin

Father, Daughter and Son

For those of you who don't know, we have many members of the same family who are all employees of the Recreation Centre. I am sure that many people are aware of some family links (some are a dead give away; the identical Good twins Brad and Matt for example), but possibly not all are quite so obvious.

Above, you will find all the relations currently employed by the Centre, and what their relationship is with the other member of their family; some interesting connections I am sure you will agree.....

Sophie Garton

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

I started working for King's at the beginning of September 2006, so about 18 months now.

What did you do before you became an employee of the King's School Recreation Centre?

I worked as a waitress in the Frog and Orange Public House for two years; I have also studied Art & Design at K.I.A.D, completing a foundation year after I finished my A-Levels which I studied at the Sandwich Technology School.

What is your job at the Recreation Centre?

Meet a Member of Staff

I am primarily employed as a Receptionist; however I am trained as a lifeguard and to work in the Restaurant and Bar which I do in order to help out when necessary.

What do you enjoy least/most about your job?

I really enjoy meeting new people/members. I enjoy the fact that no 2 days are the same, and that I work with a lot of nice people that have become very good friends.

The evening and weekend work on occasions can become tiring and sometimes get in the way of a good night out! Lrate members can also be an "interesting" part of the job.



What do you enjoy doing in your leisure time?

I enjoy shopping, shopping and more shopping! I also enjoy socialising with my friends especially down the pub. I try and fit in the occasional swim when I manage to find the time.

Star Member

Every month the Centre rewards an individual, couple or family member that has shown a Star quality in their exercise and commitment to working out. The Star member or members are rewarded with 2 month's extra membership to the Centre as a reward for all their hard work and dedication.

This month we are pleased to reward the Fordyce family with the accolade of Star Members. Keith, Claire and Aliyah Fordyce have been taking advantage of a variety of the Centre's facilities, including the Fitness Suite, Swimming Pool, Fitness Studios, and in their commitment to attending our Fitness Classes which has been outstanding. Congratulations to them, and remember it could be you who receive this award one month, so keep up the hard work and don't forget to ask any of our fitness suite team for help in achieving your own personal goals.

As part of their Star Member prize, Keith Fordyce has kindly written the following article explaining what their family goals are, and what facilities they enjoy using most in the Centre. (Thank you Keith for this).

Claire and I have been members here for over ten years. In that time, our goals haven't really changed that much. Claire wants to lose weight and generally get fitter, and has achieved this attending Jo's spin, Sharon's aero tone and spin, Rob's spin and Gary's boxercise classes on Saturday mornings. Recently, she has been spending more time in the gym with some help and inspiration from Joanna, and is running further and further on the running machine. I would gladly give some weight loss figures but Claire will never set foot on a pair of scales!

My goal is to get bigger and my inspiration is much simpler: VANITY! Rob has helped me a lot over the years with his knowledge, inspiration and general banter. I would say that I'm in the best shape I have ever been. I train 3 times a week, and recently started playing squash with Rob, but I just seem to get better at losing!

Keith, Aliyah & Claire Fordyce



Aliyah has been coming to the Centre since she was a few months old, Swimming with Claire and her Gran a few times a week. She has been a full member now for around 2 years and is enjoying Tennis club with Danny and James on Saturdays, with a pre tennis warm up from Gary chasing her around the sports hall. She also swims whenever possible in the week and attends lessons with Chris on Sunday's. She is currently at level 8 (not bad for 7 years old).

We would like to thank all the staff for their help and advice over the years, and for the friendly atmosphere they create when we're in and around the Centre. Special thanks to Sharon, Rob, Jo, Gary and Joanna. Thanks also to the reception staff when advance booking Claire's classes!

Squash Open

Report for the Canterbury Squash Open
10th – 13th April 2008
Held at The King's School Recreation
Centre, Canterbury

Sponsored by Brett

This year's event attracted 42 players from all over the country and from as far as Croatia, Luxembourg and Gibraltar.

The draw included international players down to club players.

The early rounds took place on Thursday and Friday evening and all day Saturday. The semi finals took place on the Sunday morning. In the first semi Ben Ford (Limpsfield) beat Rory Pennell (Biggin Hill) 3-0. In the second semi Phil Nightingale (Biggin Hill) beat Steve London (Parklangley) 3-0.

In the final on Sunday evening Ben and Phil (World Ranked 93 and 151 respectively) produced some awesome squash for the thirty or so spectators. After two hard fought games the score was 2-0 to Ben, when it perhaps should

have been 1-1, with Phil 10-8 up in the 2nd. Sadly Phil couldn't keep the pressure on and Ben pulled away in the 3rd for a 3-0 (11-7 12-10 11-3) win.

1st prize was £350, 2nd £200, 3rd and 4th £100. The winner of the Plate received £40 and the runner-up £20.

The Plate final (for those who were knocked out in the first round) was contested by Dean Newberry (Coythorne) and Andy Long (British Airways). Dean had had five setters the previous two rounds, so he may have been tired, but Andy played some solid squash and came away with a 3-1 (11-7 6-11 11-9 12-10) win.

Such was the quality of the entrants this year, King's very own Mark Jeffery, Matt Feeney and Byrom Boutorabi could not progress beyond the early rounds of the Plate.

Thanks must go to our sponsor, Brett, who have very kindly been sponsoring the event since 2003. With the sponsorship



left to right: Andy Long (Plate Winner), Ben Ford (Winner), Charles Clark (Brett Representative), Phil Nightingale (Runner Up), Tom May (Event Organiser) and Dean Newberry (Plate Runner Up).

provided we can provide prizes that attract a very high standard of squash player. It's fantastic for all the local players to get a chance to see these players in action and close up if they're lucky/unlucky enough, to be drawn against them!

As ever, I hope to encourage even more players to come and play in the tournament next year!

Tom May
(Squash Coach and tournament organiser)

Junior Badminton



Joe Cooke, Eleanor Riccini & Ben Riccini

This season has seen a growth in junior badminton at Kings. The splitting of the Sunday morning session into two has allowed less experienced players to gain basic skills and the experienced players develop improved technique and tactical awareness.

This is the first season that the juniors have taken part in competitive competition against other teams and we are on course for a mid table finish in the league and have achieved a semi-final place in the cup competition, an outstanding accomplishment! In particular I would like to mention Joe Cooke and Ben Riccini, who in the cup matches, have had to compete against players much older and stronger than themselves and have fought all the way.

I cannot compliment or thank enough all those who have attended the junior sessions this season and made it so much

fun; it has been a privilege to see all the junior players improve their playing ability.

I would also like to extend heartfelt thanks to all those juniors who have participated in the league and cup matches this season; your commitment and conduct on and off the court has been a great example. I would also like to thank the parents of all the juniors who have participated; without your support none of this would have been possible and you are an essential part of any success the team experiences.

I would also like to compliment all the juniors who have taken it upon themselves to enter local badminton



Tom Higham & Andreas Tatt

Junior Squash 2007-2008

King's Junior Squash has grown and grown since being re-established in September 2006. Only one year on, September 2007, saw King's enter a junior team in the Kent Junior League Division 2.

The team finished a respectable third. This achievement is fantastic for the first season and is even more outstanding due to the core of the team being made up of juniors who are a lot younger than many of their opponents. The league is an U.19 league and the King's team was mainly made up of; Dave Cox (17), Arnie Dunning (15), Harry Dunning (12), Dan Jafree (13) and Tom Farrer-Newey (13). Luckily for the King's team there is a pool of King's pupils that can be called upon if ever needed. A total of ten different King's pupils played for the team over the course of the season and their contribution is appreciated.

There are four players in a team, ranked in order, and each player has to play twice at each match. They each play their corresponding number and then switch, so the 1's play the 2's and the 2's play the 1's etc.

The team played Biddenden 1, Maidstone 2 & 3, Canterbury 2 and Rodmersham 2, home and away.

Thanks must go to all the parents who helped with transport, as without their help the team could not run.

Hopefully, with a season's experience under their belt, next season will be even more successful for the team, and with more juniors on board there might even be a second team competing too.

left to right they are, Dan Jafree, Harry Dunning and Arnie Dunning. 3 of the core of the junior team.



competitions. In doing so, you have supported all junior badminton and contributed to a stronger junior set-up in the county.

A special well done goes to those players (Chris Jenner, Hannah Robinson, Sophie Newman, Mike Karran, Matt Solly, Hugh Aldis, Tom Higham, Andreas Tatt & anyone whose names I have not mentioned) who have achieved success in getting to the latter stages of these competitions.

A massive well done to all!

James Livingstone
King's School Junior Badminton

Tennis..

This Summer we have entered Junior and Adult teams into the Kent Tennis leagues. For this we have a range of home and away fixtures to play all over the county. For updates on how the teams are doing in their league games, please check the Tennis notice board in reception. I would like to take this opportunity to congratulate the following players for being nominated as team captains for this summer's fixtures.

U12 boys: Toby Wood

Under 16 boys: Alex Flood

Under 18 boys: Wesley Luton

Under 18 girls: Samantha Wynne/
Alicia Hager

Ladies: Gillian Broughton

Mens: Danny Wynne

If you are interested in playing for any of our teams during the summer 2008/09 league, please speak to our resident coach Danny Wynne or alternatively email n.holden@kingsrecreation.co.uk for further details.

During the summer we will be running week-day tennis courses. Please contact reception on 01227-595602 or look at the website www.kingsrecreation.co.uk for more details.



Alex Coulter & Toby Wood

Restaurant & Bar

Welcome....

Welcome to the Restaurant and Bar section of the news letter. The Restaurant and Bar is a relaxed environment enjoyed by all, from people wanting a quick snack to those sitting down to eat with their families. We have an extensive menu offering a range of cold foods including paninis, wraps, baguettes and sandwiches, and a hot menu consisting of pasta dishes, pizza and many other options.

A new taste.....

The Restaurant and Bar is currently going through a slight change in the products we are serving to you. Firstly, we are now receiving higher quality sandwiches, paninis, wraps and baguettes from our local provider, Kentish Man. We are always open to trying out new fillings so if you have an idea of something new we could use, please let us know! We also now have a new coffee machine installed by Cafe Bar. This will provide us with a higher quality coffee which should match the likes of local coffee shops like Costa Coffee and Starbucks. Finally we have introduced a new breakfast box to the menu. This will include a box of cereal, a piece of fruit, a yoghurt, and a carton of

fruit juice at a price of £2.60. As you can see, we are looking into all areas of our productivity, and please do let us know your ideas!

What else do we offer....

The Restaurant and Bar has so much to offer all of our members. We have a fantastic menu to cater for all ages, we have the children's play corner to help entertain the children whilst waiting for your meal, and a new addition is our balcony area. This is a great place to sit and enjoy your food in the warm summer months; it's also a great way to view any matches taking place on the astro pitch. The Restaurant and Bar area is available for functions through out the year and is an ideal setting for your special occasion. For more details contact n.collins@kingsrecreation.co.uk

Our staff.....

We have a fabulous hard working team in the Restaurant, all with many different skills. They are always happy to cater for your every need, so please come up and let them serve you. We look forward to seeing you.



L to R: Harriett Chapman, Cheryl Ruck, Jack McCulloch, Kerry Morgan, Louise Hardy, Clare Dunsby

Opening hours of R+B.....

The Restaurant and Bar is open 7 days a week at various times as displayed below.

	Restaurant	Bar
Monday	09.00 - 18.30	11.00 - 22.30
Tuesday	10.00 - 14.30 16.00 - 21.00	11.00 - 14.30 16.00 - 22.30
Wednesday	09.30 - 14.30	11.00 - 14.30 18.00 - 22.30
Thursday	09.30 - 14.30 16.00 - 21.00	11.00 - 14.30 18.30 - 22.30
Friday	10.00 - 14.30 16.00 - 19.00	11.00 - 14.30
Saturday	08.00 - 14.00	11.00 - 14.00
Sunday	09.00 - 14.30	11.00 - 14.30

Thank you for your patience while the sports hall was closed over the Easter Holidays. This was necessary in order for us to have the floor refurbished using a state of the art Pulastic Floor System. This new flooring system, I hope you will agree, has made a huge difference to the Sports Hall and hopefully helped to improve your games, whatever they may be.

We are also having the whole sports hall re-painted very shortly. This will be done with as little inconvenience to you the members as possible, and I am sure you will agree will make a huge difference and help to make the sports hall look brand new again.

If you have not used the new sports hall floor yet why not book a badminton court and sample it for yourself, simply call reception on 01227-595602, and we will happily book you a court. Courts can be booked up to 7 days in advance...

**Buy one Hot Drink
from the
Restaurant & Bar,
and get another
one FREE**

Use by Date: 31st August 2008

**Buy one Breakfast
Box from the
Restaurant & Bar,
and get another
one FREE**

Use by Date: 31st August 2008



Members

News

Lady Mayoress' Sponsored Swim

On 29th March, staff and members of the Recreation Centre together with students from Barton Court School took part in a sponsored swim for the Lady Mayoress' Charities – The Save Canterbury Cathedral Fund and the Paula Carr Diabetes Trust. Lucy Shilling, who is one of our members and a pupil at Barton Court took on the task of recruiting swimmers from her school and The Canterbury Swimming Club and organising the swim rotas. As usual there was a great response from our members with both swimmers and sponsorship.

Three of our duty managers Chris Smith, Nick Holden and Leo Jones along with Craig Izzard (Training and Operations Manager) joined together and swam 226 lengths in 30 minutes, 26 lengths more than their target!

The Lady Mayoress, Mrs. Leslie Windsor, came along to the centre on May 9th where she was presented with £573.28 for her charities by Lucy, Joy Nock who co-ordinated the event and Clare (Centre Manager).



L to R
Leo Jones, Criag Izzard,
Nick Holden & Chris Smith

Passport of Privileges

*Have you heard about the Passport of Privileges scheme?
On production of your membership card the following companies will
give you a discount from a range of products:-*

10% Off

3core electrical & security
Castle Street Florist
Downland Cycles
The King's School Shop
Supreme Cuisine Ltd
Black Catt Disco
D & J Tyres
Richard Walder Carpenter
Carr's Driving School
Jan James – Aromatherapy & Holistic
Body Massage for Women
RCL Supplies
Conditioned Air Limited

5% Off

Harriet House
Thomas Cook
The Chair
F.A.B CAB

(Conditions may apply to the discounts)

Ask at reception for details.
If you would like to add your company to
this scheme please contact Jeremy
Hadlow via reception or e-mail
j.hadlow@kingsrecreation.co.uk

ADDITIONAL COMPANIES

Paul Purkess
The Mortgage and Finance Centre Limited
(NO BROKERAGE OR ADVICE FEE
to all King's School Recreation Centre Members).

Pourquoi Pas, Beauty Salon
Book three full body Hot Stone Therapy Session
and receive a fourth free

The Abode Hotel – High Street
Canterbury (Free Glass of house wine or soft drink
with every main course ordered in the Michael Caines Fine
Dining Restaurant or Old Brewery Tavern at lunch or dinner
& Complimentary Bottle of House Champagne in your room
on arrival with every accommodation booking)

DATE FOR THE DIARY

Saturday 9th August 2008,
members' Family Day at the
Recreation Centre. More
details to follow soon.

The King's School Recreation Centre,
1 St Stephen's Road, Canterbury,
Kent, CT2 7HU
Tel: 01227 595602 / 595618
www.kingsrecreation.co.uk
E-mail: j.hadlow@kingsrecreation.co.uk
Registered Educational Charity No. 307942

Members' Wine & Wisdom

Our latest Members' Wine and Wisdom took place on Saturday the 26th March. As always the event was very well supported, with all eight tables being snapped up nice and early by regular participants and some new faces as well. The night proved to be a very tight contest throughout, with the reigning champions the B.O.F's finally being

beaten into second place by our new champions the Shuffle Off's. A big thank you to everyone who supported the evening, and we look forward to seeing you all again at the next one!

Picture to the right of the winning team, the Shuffle Off's.....

