



Introduction

Hello,

Welcome back to HSL's second newsletter. The centre has progressed in such a short amount of time since I have been away and I am delighted to be back working here after 6 months traveling the globe.

I was thrilled to learn that not only have HSL donated all profits from last year to the Academy (£88K) but have donated £1,500 to Tour aid a charity project being run by Mr Burnell in the PE department where they are planning an exchange trip with a nominated primary school in Africa to play rugby.

We are delighted to have held some local community bookings here at Highdown. NCT Reading Branch ran a nearly new sale doubling their money raised which is used to help support Reading Parents. They have now become a regular booking and planning to hold their sales twice a year. And more recently Caversham Primary hosted a fun run on our sports fields which was very successful and we hear that the children were talking about it for the next week in their playground.

If you have an event you wish to consider holding here then please do not hesitate to contact us.

Make sure you keep up to date with all the latest news and events on our website which can be accessed either via schools website

www.highdown.reading.sch.uk or directly by Google searching Highdown Sport and Leisure. You can also follow us on Twitter at @HighdownSports

HSL are running classes available to anyone to turn up meaning you don't have to be a member to enjoy the benefits of taking part in a class. So spread the word and bring along a friend or two. The class timetable will be in the Newsletter.

New clubs to HSL this year: Martial Arts, Capoeira as well as kick boxing to name a few. Classes are for adults as well as children, so for full details please call us.

In this newsletter we have details of:

- ◇ Memberships
- ◇ Opening times for over half term,
- ◇ Activities for children that take place over the holidays and tips on how to stay fit and healthy from the team.

We look forward to seeing you at Highdown Sport and Leisure

Cameron Hyde
Duty Manager

Public Swim

The pool is now to the general public to enjoy a swim on a pay as you go basis. We have two sessions available for public swim on a Saturday 15:00-15:45 and 16:00-16:45. Members will be able to use the pool during this time with their own 2 lanes sectioned off.

Adult-	£4.50
Child-	£3.00
Family of four-	£12.00

Fully refurbished
swimming pool



Memberships

The refurbishment of the gym and the swimming pool are the first steps in our journey to make HSL a small, friendly and high quality venue for our members.

Just £17.50 per month

Only £5 Joining Fee

Brand New Gym

1 to 1 consultation
(Assessment)

Classes Timetable

Classes will be starting week commencing the 11th April and will be charged at £5 per class. They are open to members as well as non-members.

Monday	Circuits/ Boot camp	7:00- 7:30	HSL Staff	Sports Hall
Tuesday	Circuits/ Boot camp	7:00- 7:30	HSL Staff	Sports Hall
	Legs Bums and Tums	19:00 - 20:00	HSL Staff	Sports Hall
	Clubber- cise	20:00 - 21:00	Wahida	Main Hall
Wednesday (Start 9th June)	Circuits	18:30 - 19:30	Ben	Barn
Thursday	ABS	19:00 - 20:00	HSL Staff	Barn/ Drama Studio

Other Classes

Amanda Stevens– Mondays
circuit training 7.15-8.15PM

Paul Chapman– Jade dragon
School Kung Fu, Fridays 7.00-
8.00PM.

Robby Elson– Kickboxing,
Thursdays 8.00-9.00PM.

New Class

Starting on the 9th of June between 18:30-19:30 we will have a Circuits class running in the Barn. This class will be a full body workout taking place every Wednesday with Benedict. The class will include pad work, battle ropes, full body movements, core work and cardio.
Contact Ben
Phone-07504312481
Email-benkofi69@hotmail.com

Half Term - Opening Hours

30/05/16 CLOSED
31/05/16 6.15am-10.00pm
01/06/16 8.00am-10.00pm
02/06/16 8:00am-9:00pm
03/06/16 8:00am-8:00pm
04/06/16 8.00am-6.00pm
05/06/16 8.00am-6.00pm

Member Only Swimming
During the holidays members will be able to swim as follows:
Mon, Tues and Wed closed for repairs
Thursday 3pm to 8pm
Friday 3pm to 7pm
Saturday - all day swim

Public Swimming

Saturday – 3pm – 3:45pm
4pm – 4:45 pm

Prices:

Adult- £4.50
Child- £3.00
Family of four- £12.00

Clubbercise with Instructor Wahida Finlay

Clubbercise Zumba Fitness is currently one of the World's fastest growing fitness programmes. If you like the idea of a fitness class that feels more like a night out than a workout you'll LOVE Clubbercise.

So...

what are you waiting for?



Starting 5th July

Tuesdays 8-9pm & Thursdays 7.30-8.30pm



AI Soccer & Sports

**Highdown School & Sixth Form Centre
Emmer Green, Reading, RG4 8LR**

**May Half Term Soccer School
Tuesday 31st - Friday 3rd June**

£55 for a Week Course/£15 per Day

**9AM – 3PM (Please Arrive Just Before)
Primary School Children Aged 5-11**

Email a1soccersports@outlook.com To Register or Attend on the Day!

Other Clubs

ISwim with Jill
Reading Swim School
Babysplash
Puddleducks
SwimKidz
Caversham AFC
Caversham Trents
North Reading Badminton Club
Tang Sou Dao
Capoeira
Stagecoach

Summer Offer

Refer a friend...

Bank Holiday

Monday the 30th of May the club will be closed due to it being a bank holiday Monday. This included bookings, gym, swim membership and classes. Normal opening times will resume on Tuesday.

ONE-2-ONE GYM SESSIONS

Have the option of **1 personal training** session with a member of HSL staff each session lasting 1 hour.

- Lose Weight
- Gain fitness
- Build muscle
- Improve Technique
- Improve core stability

CLASSES

Have the option of **3 classes** with the HSL staff over summer including:

- Circuits Abs Legs, bums and tums

ONE-2-ONE SWIM SESSIONS

Have the option of a **30 minute** One-2-One swim sessions with a member of HSL staff.

- Learn how to swim Improve technique
- Triathlon training Gain Fitness



Health Tips

1. Include more fibre in your diet keeps you fuller for longer.
2. Performing cardio three times a week for 20 minutes will increase your metabolism and improve hormone profile which both help aid in fat loss.
3. Include more fruit and Veg in your diet, Almonds are a great source of healthy fat and provide energy. Apples help slow down digestion thus decreasing calorie intake and contain vitamin C and fibre.

Exercise Tips

Weight training:

1. Improves bone density and helps with lean muscle.
2. Weight training helps to burn more calories during a state of rest.
3. Helps to prevent chronic diseases such as diabetes, heart diseases and arthritis.

Recovery Tips

1. Your muscles need average of 72 hours for full recovery .
2. Overtraining Syndrome can develop if fatigue is not addressed, which can lead to a host of physiological and chemical changes.
3. Muscles are in anabolic state (growth) only when they are at rest.
4. Make sure that you target different muscle groups everyday.