

Stay Fit & Nifty over Fifty!

Do you ever wish you could get back into that active lifestyle you used to have – but feel you have lost touch with sport and find it hard to be more active?

Whether you want to get back in to a sport you used to play, or try a new sport we can provide the opportunity for you to take up sport or physical activity in a friendly, social and non-competitive environment.



Over 50's Tennis...

On Friday mornings (10am - 12noon) we run an over 50's tennis session. These sessions are suitable for players of any level so if you have only just started playing tennis or have been playing for years, everyone is welcome. It will be an excellent way to be involved in some gentle activity whilst socialising with people who enjoy the sport as much as you do.

| | |
|-----------------------|----------------|
| Senior Tennis Members | Free |
| Tennis Club Members | £1.00 per week |
| VRC members | £2.00 per week |
| Non members | £2.50 per week |

Over 50's Table Tennis...

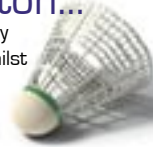
Our Wednesday morning table tennis sessions are ideal for players of all abilities. These take place in our sports hall from 9:30am – 11:30am.

If you are interested in participating, you can book your place at reception in advance or on the day.

| | |
|---------------------------|----------------|
| Table Tennis Club Members | £1.50 per week |
| VRC Members | £2.00 per week |
| Non Members | £2.50 per week |

Over 50's Badminton...

Our badminton sessions on Wednesday mornings are perfect for socialising whilst exercising at the same time. The sessions are suitable for players of all abilities whether you have played before or not. The sessions are run in our sports hall from 9:30am – 11:30am. To book your place please contact reception or call 01582 418873.



| | |
|------------------------|----------------|
| Badminton Club Members | £1.50 per week |
| VRC Members | £2.00 per week |
| Non Members | £2.50 per week |

TRY us for FREE!

Free Tennis For Over 50's
Friday 27th February 10am-12noon

Free Table Tennis For Over 50's
Wednesday 4th March 9:30-11:30am

Free Badminton For Over 50's
Wednesday 4th March 9:30-11:30am

Call **01582 418873** for more information.

Mystery Shopper

Staff at the club are constantly aware of the need to provide it's customers with high levels of service and great facilities. It was therefore extremely pleasing to see the positive results from our 2008 Mystery Shopper programme. (Illustrated below)

Whilst we are pleased with the feedback received, we also acknowledge that there are still certain areas of our operation which can be improved.

To give you a better understanding of what's involved; our mystery shoppers

evaluate three main skill categories for each department of our operation, including:

PRODUCT SKILLS:

Staff's product knowledge, promotional literature, equipment, temperature of food, appropriateness of music...

TECHNICAL SKILLS:

Staff uniforms and appearance, confirmation of bookings, condiments and cutlery laid properly, cleanliness of toilets & changing areas....

CUSTOMER SKILLS:

Friendly greeting, speed of acknowledgement, helpful and proactive, positive body language...

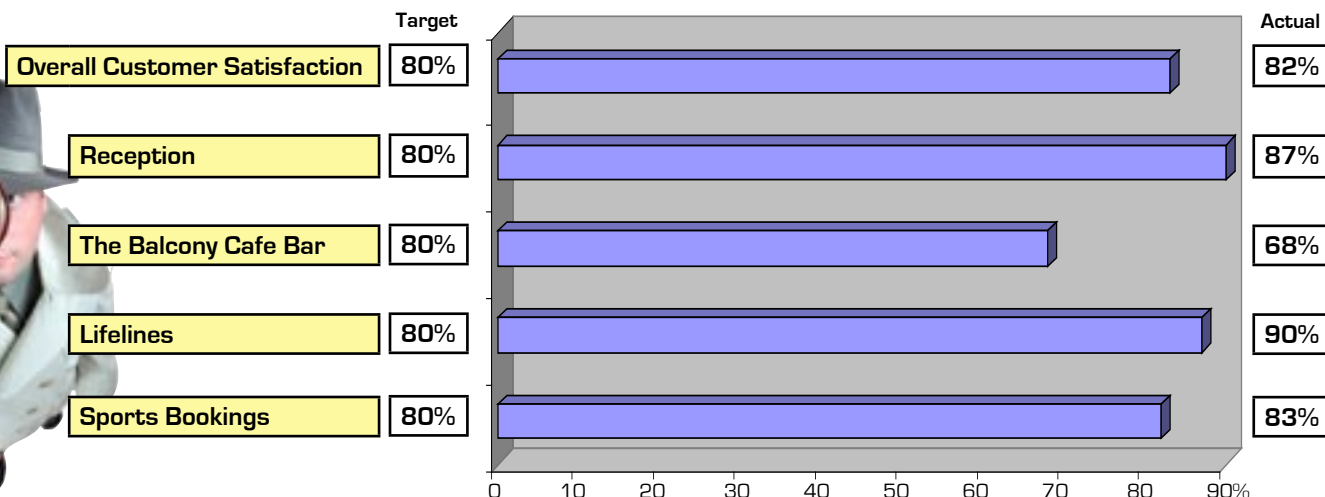
Our mystery shoppers are selected from various backgrounds and include both members and non members. Simple questionnaires are completed after each visit and the information is then confidentially passed directly to an independent company who scores their experience.

As one of our mystery shoppers not only will you be paid for completing the survey but you will also be reimbursed for the cost of a sports booking and a meal and drinks in the bar.

What could be better, getting paid for something you enjoy doing!

If you are interested in becoming one of our mystery shoppers please contact Marcel Shoemaker on 01328 830 412 or email ServiceFocus@aol.com

Results 2008



What's On

News & Activities

theBalcony

eating • drinking • relaxing cafe • bar

Around the World on Monday Nights

Our Around the World themed night on Monday evenings is still going strong and will continue through out the month of February. Every Monday we offer a dish from different countries around the world to cultivate people's minds. Chinese, Indian and Mexican are just some of the tyoes of foods we have offered over the past 2 months.

The themed cusine is £6.95 and includes either a J20 drink, glass of wine or bottle of beer and is available every Monday evening from 5.30pm. Phone ahead to check what is the day's dish is on 01582 418860.

Half Price Room Hire!

Book your party for a date in May 09 and we will give you 50% off the cost of your room hire!

The Balcony Bar is a fantastic venue for your private party or event. This popular venue is available on Saturday and Sunday evenings from 7.30pm through until mid-night and can hold up to 120 people.

Buffet prices range from £5.90 - £9.95 per head.

Offer is valid for any Saturday or Sunday in May and subject to availability. Strictly no 18th or 21st Birthday parties.

For further details contact Nora Donohoe on 01582 748225 or email: info@thebalconycafebar.co.uk



GETBACKINTO



TENNIS

Join in with these fun and sociable sessions for adults of all ages and abilities.

Vauxhall Tennis Club
Tuesdays 7-9pm Just £2.50 per session for grouped/individual coaching and match play.

Places are limited so you must book in advance.

Please call 01582 813760 or visit www.GETBACKINTO.co.uk

Appointed Person First Aid Course

We are running two, one day appointed persons first aid courses here at Vauxhall Recreation Club. The courses run on 23rd and 24th February 9:00am to 4:30pm.

The course covers CPR, recognition and treatment of medical conditions and general first aid. The course costs £35 per person and this covers the cost of your book and certificate. It is a nationally recognised qualification.

If you would like to attend this very useful course please contact Catherine Webb on 01582 748 236 or email : c.webb@vauxclub.co.uk

Live Action on the Big Screen

| Football | | | | Kick off |
|----------------|----------------------|-------------------------|--|----------|
| Tues 24 Feb | Johnstone's Trophy | Luton v Brighton | | 7.45pm |
| | Champions League | Arsenal v Roma | | 7.45pm |
| | | Inter v Man Utd | | 7.45pm |
| Weds 25 Feb | Champions League | Chelsea v Juventus | | 7.45pm |
| | | Real Madrid v Liverpool | | 7.45pm |
| Sat 21 Feb | Premiership | Man Utd v Blackburn | | 5.30pm |
| Sun 1 March | Carling Cup Final | Man Utd v Tottenham | | 3.00pm |
| Tues 10 March | Champions League | Juventus v Chelsea | | 7.45pm |
| | | Liverpool v Real Madrid | | 7.45pm |
| Weds 11 March | Champions League | Roma v Arsenal | | 7.45pm |
| | | Man Utd v Inter | | 7.45pm |
| Sat 14 March | Premiership | Man Utd v Liverpool | | |
| Rugby Union | | | | |
| Sat 14th Feb | Six Nations | France v Scotland | | 3.00pm |
| | | Wales v England | | 5.30pm |
| Sun 15th Feb | Six Nations | Italy v Ireland | | 2.30pm |
| Sun 22 Feb | Guinness Premiership | Wasps v Northampton | | 3.00pm |
| Fri 27th Feb | Six Nations | France v Wales | | 8.00pm |
| Sat 28th Feb | Six Nations | Scotland v Italy | | 3.00pm |
| | | Ireland v England | | 5.30pm |
| Sat 14th March | Six Nations | Italy v Wales | | 3.00pm |
| | | Scotland v Ireland | | 5.00pm |
| Sun 15th March | Six Nations | England v France | | 3.00pm |
| Sat 21st March | Six Nations | Italy v France | | 2.15pm |
| | | England v Scotland | | 3.30pm |
| | | Wales v Ireland | | 5.30pm |

Please note that all fixtures and times may change.

Wales will have to carry the weight of expectation when they begin the defence of their Six Nations crown. Warren Gatland's men go into the new year as the form team in the northern hemisphere having followed their Grand Slam triumph by claiming the Tri-Nations scalp of Australia in the autumn. Shanklin acknowledges it makes a very pleasant change from one year ago when Wales were still reeling from their World Cup humiliation.



Did you know?

In 1871, England and Scotland played the first rugby union international. After 12 years of occasional friendly matches between the teams, the inaugural Home International Championship, comprising England, Ireland, Scotland and Wales was played in 1883. England won the first series, along with a Triple Crown.

England hold the record for the number of Grand Slams won with 12, followed by Wales with 9, France with 8, Scotland with 3 and Ireland with 1.

England hold the record for the number of Triple Crowns won with 23, followed by Wales with 18, Scotland with 10 and Ireland with 9.

Previous 6 Nations Winners

- 2008 Wales
- 2007 France
- 2006 France
- 2005 Wales
- 2004 France
- 2003 England
- 2002 France
- 2001 England
- 2000 England



Lifelines News & Information



Going the Distance!

Lifelines February competition is called 'Going the Distance' and is comprised of 3 teams with 18 members on each team. Each team has 3 instructors leading and encouraging the members to go further than they have ever been before. The red team is lead by instructors Dave, Hayley and Michael, the Blue team is lead by Chris, Kym and Anna and finally the Yellow team is lead by Anneka, Neil and Lisa.

The idea of the challenge is for the members of each team to record the amount of kilometres they have achieved on the fitness equipment every gym visit during the month of February. The members involved will pick a lucky dip to see which team they will be entered into. Lots of encouragement will be given by their team instructors and they will record their scores on every visit they make to the gym.

The team with the overall highest number of kilometres on all of the fitness equipment in the gym at the end of the month will win the competition and each team member will receive a free drink in the Balcony Cafe Bar.

Urban Funk!

Just a reminder that our new exciting hip hop style dance class 'Urban Funk' is on every Wednesday at 6pm, call 01582 418873 for more info or to book on!



Urban funk is a hip hop style dance aerobics class that is based on street dance moves, this class will have you bopping and moving to funky music. If you have seen the movie 'Step Up' and loved it then this is the class for you.

The class is suitable for all levels as the movements are easy to follow, there are no difficult routines. It is also a great way to burn calories in a fun and effective way.

Our resident teacher Karen has her own dance school and will have you dancing as if you'd done it for years! So don't delay book today.

Lifelines Social Events

Tobogganing - Saturday 28th February at 1.30pm

Wanting more snow?! Join us at the SNO!zone, Xscape, Milton Keynes. The cost is £14.00 for 45 minutes.

Bowling - Friday 20th March at 7.30 pm

Our regular Bowling social event takes place at Dunstable 'Go -Bowling'. For the price of £11-99 per person, you receive two games of bowling with a full buffet meal.

Please see any member of the Lifelines Team to book your place on either of these events.

Open Day

Our Open Day held on 18th January was a great success. Members & Visitors were able to take advantage of free classes, gym sessions, beauty treatments, health suite, a whole host of kids' activities and indoor tennis all completely free.



Top Attenders

Well done to the members listed below who notched up the most attendances in the gym during January 09. All four win a club fiver to spend anywhere in the club (with the exception of non-VRC tennis and Renaissance bookings).

- Paul Kumar 26 attendances
- Helen Holley 15 attendances
- New Members (joined since 1/11/08)
- Kieron Colclough 18 attendances
- Claudette Heron 13 attendances

Think you can beat these scores? Then make sure you swipe in at Lifelines Reception!

Lifelines Member - Les Turton GB Olympian



So how does someone get into endurance sports? Well in my case, I had always wanted to run just one marathon and had been unsuccessful several times applying to run in London. I was working in Germany, and one of my colleagues had just run his first marathon and talked me into entering the Frankfurt Marathon. I entered, but didn't really understand how much training was required and by mile 15 my legs were screaming at me and I was having to 'walk a bit, run a bit'. I finally crossed the line in 4hours 32 minutes, and the following day I could only walk downstairs backwards. However, after this I was hooked.

Soon after that I came back to the UK, joined my local running club and with their advice and coaching soon began to make big improvements to the extent that I now regularly run sub 3hrs 15mins and so qualified for London as 'good for an old bloke'.

Like all runners though, the odd injury came along and so I did a bit of cycling to keep fit and then at the age of 40, I decided I needed to learn to swim as my daughter was at an age when she thought she could swim well and I knew if she got into trouble there was nothing I could do to save her. I had 3 lessons and then went along to the triathlon club where I knew several of the members from running. I then built up through sprints to olympic distance and then half Ironman and then to the daddy of them all a full Ironman.

A full Ironman consists of a 2.4 mile open water swim, followed by 112 miles on the bike and then a 26.2 mile marathon, or put another way, it's a very long day with the cut off being 16 hours. My best time was at Ironman Germany in 2007 which I finished in 11hours 12 minutes. Based on this time, I was selected to represent GB, in my age group, at the 2008 Long Distance World Championships which was a fantastic experience.

In terms of training I tend to concentrate on running and pool swimming and one ride per week in the winter and then major on the bike and open water swimming in the summer. A peak week will consist of around 35 miles running, 150 cycling and around 5 swimming.

The great thing about Lifelines is that it enables me to focus on core stability work, which otherwise I wouldn't do, and the spinning classes are a great work out, which, irrespective of your fitness, you can benefit from greatly.

My main aims for 2009 are to take part in the London Marathon in April and Ironman Germany in July and then next year I'd like to run the Comrades which is a double marathon in South Africa.

Les Turton is a member of Lifelines and took part in a triathlon during our Open Day on 18th Jan 09 which consisted of 22k on the bike, 10 k on the treadmill and 10k on the rower, even with a calf injury, Les completed this in 1 hour 59 minutes, we wish Les good luck for his future endeavors.

Well done to the gym members who competed against Les on our open day: See results below for Triathlon results:

| | |
|------------------------|---------------------|
| Martin Quigley -Phipps | 2hrs 12 min 10 secs |
| Zena Hymns | 2hrs 27 min 11 secs |
| Kalpesh Patel | 2hrs 29 min 20 secs |



Meet the Team



Teresa Gleeson

Teresa has been a Duty Manager here at the club for six months, and despite her tiny size, she has proven to be a larger than life character!

Teresa has kindly told us a little about herself.

"I live with my fiancé who I met at a previous gym I worked at. I was a member here for about a year until I applied for the position of fitness instructor on a part time basis. After about three months

the position for Recreation Duty Manager became available, and I was delighted when my application was successful.

I am the oldest of 4 siblings and was born and bred in Luton."

Favourite place?

I haven't been to many places but I went to Thailand last year and I loved it that so much I'm going back again in the next few weeks. You can go there and have so many different holidays in one as the place is so diverse.

Interests/Hobbies

It goes without saying but I love

keeping active; that could be in the gym or going out running. I love to watch DVD's and we have about 500 at home. Like the majority of women I love to shop!

Favourite TV programmes?

10 Years Younger, Grand Design, Dancing On Ice, Dexter, Desperate Housewives.

Good things about VRC

Never knowing what the day will bring, no two days are the same which means that I am always using my brain; I also enjoy meeting different types of people

and seeing the progress that the gym users make. It's nice to be in an environment where I can take full advantage of the facilities and I like to play squash, badminton or tennis.

How would your friends describe you?

Random at times, funny, loves food, fidgety, feisty and a good listener.

If re-incarnated, who would you be?

Ronan Keating's wife as I'm in love with him!

Kids Corner

Did you know.....

Vauxhall Recreation Club holds weekly football sessions for children aged 3-10 years old.

9:00-10:00am for 3-7 year olds and 10:00-11:00am for 7-10 year olds. The hour sessions are £2.50 for kids club members and £3.50 for non members. They take place every week come rain or shine and they are a great way to get your child into football.

Children's Parties

Looking for a venue to hold your children's party? Look no further as Vauxhall Recreation Club has an excellent package available.

We hold football or multi sports parties for up to 16 children aged 7-14 years. The parties last for an hour and 20 mins with the last 40 minutes for the children to have their hot food. The party is run by two qualified party leaders to ensure your child has a day to remember.

Please contact Reception for a leaflet or call 418873 for more details.

Half Term 09 Mon 16th - Fri 20th Feb

As usual we have some great activities for the children during the Half Term school holiday. See our timetable below for full details, to book your child onto any of these activities call 01582 418873.

| Activity | Day | Time | Ages | £ members/ non-members |
|------------------------------------|-------------------------|--------------|----------|---------------------------|
| Marvin Johnson Football Academy | Mon-Thurs | 10am-12:30pm | 4-6 yrs | £32.50 or £10 per day |
| | Mon-Thurs | 10am-3pm | 7-14 yrs | £57.50 or £18 per day |
| Tennis Fun Days | Weds-Fri | 10am-3pm | 7-14 yrs | £24/£27.60 |
| | Daily Options Available | 10am-3pm | 7-14 yrs | £8.50/£9.70 |
| Sportsmania Fundays | Tues 17th Feb | 10am-3pm | 6-14 yrs | £12.50/£14.70 |
| | Fri 20th Feb | 10am-1pm | 6-14 yrs | £7.50/£9.00 |
| Mini Movers 1 | Thurs 19th Feb | 10am-11am | 3-9 yrs | £4/£4.70 |
| Mini Movers 2 | Thurs 19th Feb | 11am-12noon | 3-9 yrs | £4/£4.70 |
| Learn to Ride (Beg) | Tues 17th Feb | 10am-12noon | 4-9 yrs | £8/£9.40 |
| Learn to Ride (Int) | Tues 17th Feb | 1-3pm | 4-9 yrs | £8/£9.40 |
| Mini Madness | Weds 18th Feb | 10am-12noon | 3-6 yrs | £4/£4.70 |

Extra Time Ideal for the working parent, we can take care of your children before and after the full day (10am-3pm) camps. £6 per day or £3 morning session (8:30-10am) and £4 evening session (3-5:30pm).

Next school holiday activity camps will take place in the Easter school holidays - Monday 6th April - Friday 17th April. Look out for more details nearer the time or check out our website www.vauxhallrecreation.co.uk

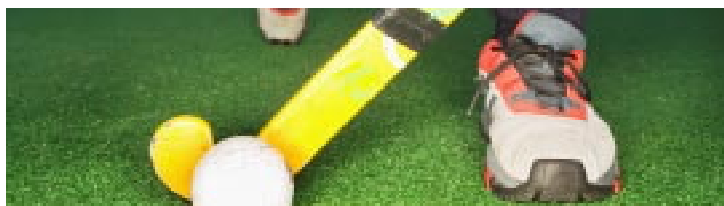
Vauxhall Chiltern Hockey Junior Section

Vauxhall Chiltern Hockey team are a well established team. They meet every Sunday morning at the Vauxhall Brache Astro between 10:30am - 12:00noon.

We welcome boys and girls from the ages of 5 - 16 years.

Whether you are looking to meet new friends or be good enough to play in the 2012 Olympics, beginner or pro player they would love you to go along and give Hockey a go with them!

Please Contact Nikki Park for further details on 07976 691225.



Mini Tennis Club Night

We now have tennis activities available for children from the age of 5 years of age. Especially for our littlest tennis players aged between 5 and 9 years of age we run a Mini Tennis Club Night. The sessions, which run on Tuesdays 4-5pm in the Sports hall, are structured sessions and fully supervised by our trained recreation staff/tennis coaches. The sessions are designed to provide a fun, social environment for the mini tennis players and will focus on activities that develop various tennis based skills with fun and relaxed games and relays.

They are a great way to encourage your child to stay fit and active while being involved in a very enjoyable sport.

Mini Tennis Members £1.50 per week
Junior Activity members £2.50 per week
Non Members £3.00 per week

For details of becoming a mini tennis member please contact our reception or call 01582 748 236

