



NEWSLETTER

SPRUNG LOADED TRAMPOLINE CLUB

Classes run: Mondays, Fridays, Saturdays and Sundays and are suitable for children aged 3 years up to and including adults. This Gymnastic discipline is a great way to keep fit, whilst having fun. We are a registered B.G club offering this sport for beginners up to elite competitive training. For full details regarding times, availability and costs please contact Ally on 07745 569184.

DOUBLE MINI TRAMPOLINE CLUB

This discipline is offered for students aged 5 years and over and is a register B.G club. We have members of the GB National Team Training, and five of them are British Champions. We hold the British Squad Training sessions. For full details please contact Lorraine on 07973 671275.

MULTI-GYMNASTICS SESSIONS

This session will include: Trampoline, D.M.T, Gymnastics, suitable for children 5 -18 years. For full details please call Ally on 07745 569184 or email ally21hbs@hotmail.co.uk.

GYMNASTICS CLASSES

Suitable for children aged 3 – 5 years, these classes run on Fridays 4.15-5pm or 5-5.45pm. Please contact Ally on 07745569184 or by email ally21hbs@hotmail.co.uk.

BADMINTON COACHING

For juniors aged 6 years and over, every Thursday 6-7pm or 6.30-8pm (term time only). This is a pay and play session, cost 1 hour = £5.00 or 1.5 hours = £6.00.

TABLE TENNIS

Mondays 6-7.30pm for adults and juniors; this is a pay and play session that runs all year. Adults £3.50 and juniors £2.50.

FRI TRIATHLON GROUP

Formed in 2003, this Hitchin based Triathlon club has over 150 active members competing in the swim/bike/run multi-sport events. Club coach and Chairman Keith Perry approached H.B.S Sports Centre in 2005 and it has now become the club's home. During the summer months the club uses the school running track to provide a high energy bike/run session. For additional information please contact Keith on 07974 234958 or visit the website www.fvstri.org.uk

BADMINTON CLUBS

We have several clubs that play at the centre, using our venue for club nights and matches. All welcome new members and full details regarding days and times can be found under events on our Facebook page – Ally Hbs sports centre or email ally21hbs@hotmail.co.uk.

HITCHIN RUSSIAN BALLET SCHOOL

The Hitchin School of Russian ballet offers Classical Ballet Classes for children from 2½ years up to Advanced level, based on the Vaganova Method. We also provide classes for amateur adults, from total beginners to advanced level. Our main emphasis is on classical ballet, and our classes include character, mime, and double work. We have also added a theatre class to our timetable this year. We can provide extra training for students auditioning for professional schools, and offer specialist boys' training. For more information please contact Sally on 07855 502735 or email sithompsett@hotmail.com or you can visit our website www.hitchinrussianballet.co.uk

THEATRE TRAIN (DANCING, SINGING AND ACTING); -

Professional training for young people in local shows and in London West End Theatres. Theatre Train welcomes boys and girls aged 6 to 18 years, classes are held on Saturdays 10am – 1pm. For more information please call 01438 817800 or visit www.theatretrain.co.uk

KARATE

Classes are held every Saturday 9.30-11.30am, for adults and juniors, contact John Froy on 01582 451396 for more details.

QI KWAN DO

Classes are held every Tuesday and Thursday 6.30-8pm in Room Two. For full details call Master Parisi on 07713 785806.

KICK BOXING

Classes held every Wednesday 7.30-8.30pm, for full details call Ian on 07825 224847.

ROOMS AND GYM FOR HIRE

The centre has two rooms and a gym available for hire. These can be used for various sport related groups like yoga or martial arts, and the rooms are also available for meetings, lectures, A.G.Ms and parties and are equipped with overhead projectors. We have several users running classes from these areas:

Choi: Mondays 7-8pm in the Old Gym

Weight Watchers: Tuesdays 10-11am and Thursdays 6-7pm.

Slimming World: Tuesdays 6.30-9.30pm.

Yoga for children, Martial Arts groups.

Cheerleading: Sundays 4-7pm – contact Tina on 07852 242653 for details

ROCK CHOIR

Tuesday evenings at 6:15pm and 8pm, Dining Hall. Love to sing? Nationwide phenomenon Rock Choir is now rehearsing at Hitchin Boys' School on Tuesday evenings and welcomes singers of all ages and abilities. No audition and no requirement to read music - a love of singing is all you need! FREE Taster Session - for more information and to book your taster session visit www.rockchoir.com

THINK PHYSIO

This service is offered from our Physio room in our Tennis centre, entrance off Fishponds Road. Appointments available weekday, evening and weekends, by a chartered and state registered Physiotherapist with over 13 years of experience. All ages and conditions assessed and treated. Treatments may include advice, exercises, manual therapy, acupuncture or electrotherapy. For further information call 01462 488388 or visit www.thinkphysio.co.uk.

HBS TENNIS CLUB

This facility is open to all Adults and Juniors. We run a membership club offering a full coaching programme, men's, ladies, junior and family club nights, holiday courses and camps and events. For full details and up to date programme please visit www.hbslhc.co.uk or call Paul Bishop on 07527 640599.

Please contact Ally on 07745 569184 for further details regarding H.B.S Sports Facilities or add us to Facebook Ally Hbs sports centre where you will find details on all classes, clubs, holiday courses and our user group's details.