

YoreSport

**Issue 4,
January 2007**

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Produced by Yorebridge Sports Development Association Ltd.

Company No. 5493687 England Registered Office

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Yorebridge Sport & Fitness (YSF) is the corporate brand owned and managed by Yorebridge Sports Development Association Ltd.

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Welcome to the fourth edition of *YoreSport*, the community sports newsletter from Yorebridge Sport and Fitness (YSF), designed to keep you informed of Sport and Fitness related opportunities available in the Upper Dales.

The support of the local community has been essential to the success of the organisation during 2006, whether supporting our fundraising events, volunteering, accessing our facilities or taking part in sport and fitness activities your involvement has made a huge difference. Your continued support will be key to our development and growth during 2007 as we progress plans to make further improvements to our changing facilities and increase the range of available activities for all ages.

I am delighted to welcome Lesley Williams as a member of the administration team who will be helping to oversee the running of our new Gym and Fitness Club. Please read on and see how you can become involved. Never has it been so important to think about our own health and fitness (if only to keep the spur of the moment New Years Resolution). This year let us help you keep healthy.

Finally on behalf of all our dedicated team of staff and volunteers can I take this opportunity to wish you a happy and prosperous New Year.

Yvonne Peacock, Chair YSDA.

Are you a Qualified Dance or Exercise Teacher?

If so, there may be an opening for you. With a database of qualified tutors and coaches already established we are looking to build on this, particularly Pilates and Salsa Tutors. If your skills lie elsewhere there may be other opportunities. Please call for an informal chat to find out more or visit the Recruitment and Volunteering pages on our website.

Recycling in aid of
Yorebridge Sports
Development Association Ltd -
Old computer cartridges and mobile phones are currently being collected around the Upper Dales in order to raise money for the YSDA Ltd. This is an initiative being co-ordinated by Kate Empsall to raise money for a host of good causes. Kate has kindly decided to keep the money local this year and is donating funds to the YSDA, to support our continuing plans to improve the Community Gym and Fitness Club and Multi Use Games Area. There are collection points in several local Post Offices and Shops and also at the Wensleydale Centre, Yorebridge, Askrigg. For more information please contact Kate on 01969 650565.



Website updated....

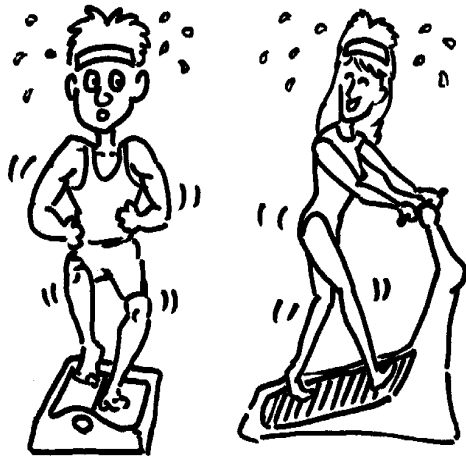
Since our website went live in September 2006 it has already undergone developments and is now much more comprehensive. Information can be easily found about the Multi Use Games Area and the Gym and Fitness Club. The website is updated regularly so you will always know what Sport and Fitness opportunities are on offer in the area. If you haven't already done so please visit www.yorebridge-sport.co.uk where you can also sign up to receive our 'Stop Press' information bulletins.

2007 Dates for your Diary - Events

See Website and Community Notice Boards for more details.

- Saturday 5th May, Annual BBQ 5-9pm
- Friday 20th July, Junior Party On The Pitch
- Saturday 21st July, Party On The Pitch
- Saturday 6th October, 4pm Junior Schools Five-a-side Tournament

If you would like to help with our fund-raising activities we would like to hear from you.



Gym and Fitness Club

Now Open

Yorebridge Sport and Fitness are delighted to announce that on November 20th 2006 the eagerly anticipated Gym and Fitness Club (based at the Wensleydale Centre, Askrigg) opened its doors to the local community. Since it opened 50 members have joined and this is expected to rise considerably by the end of February 2007.

Yvonne Peacock, YSDA Chair, said: "Having access to facilities placed at the heart of the community brings greater benefit to all and improves opportunities because of the reduced journey time required to use them. Our opening times allow as many people as possible the chance to fit exercise into their busy lives."

The new facilities were made possible with support from Yorebridge Educational Foundation, Craven College, North Yorkshire County Council, Rural Target Fund, Sport England, and Yorkshire Forward who have shared our vision to bring much needed facilities to those living in remote rural areas.

The Gym Suite hosts a range of specialist equipment, designed to give a full body work out, specifically aiming at increasing fitness levels and toning the body. There is a range of Cardio-Vascular equipment including treadmills, cycling machines, rowing machines and cross trainers. Resistance equipment includes a selection of weight stations, free weights, gym balls, steps, boxing bags, resistance tubes, skipping, trampolines and an ever increasing choice of items to keep your workouts varied.

The Fitness Studio comes complete with sprung floor, full length mirrors and dance bars. A programme of Fitness and Dance Classes, such as gentle exercise, aerobics and circuit training are available through out the year and cater for all ages. A full list of classes can be found on page 3 or on our website. Additional courses are being developed and details will be announced over the coming months.

Places must be booked prior to the classes commencing. To reserve your place, express your interest or ask our advice on suitability please contact Richard or Lesley at the YSF office: 01969 650060.

Opening Hours

Mondays, Wednesdays and Thursdays
8.00am-9.00pm

How much does it cost?

There is a Joining Fee of £20.00 and a Monthly Membership Fee of £18.00. (Payments can be by Cash, Cheque, Credit/Debit card (online), PayPal or Standing Order).

How do I join?

All members are required to attend an induction before using the gym facilities. The session lasts approximately one hour (depending on experience) and guides you through the safe use of equipment with plenty of opportunities to answer any queries and discuss your fitness programme requirements.

Can I use the Gym if I am not a member?

Yes, if you are visiting the area or are not sure if it is for you we offer a Guest Pass which is £6.00 per session.



Supported by



Yorkshire *Alive with Opportunity!*



Volunteers

The work and support of all volunteers is key to the successes of the organisation. We hope that this trend continues in 2007 and are on the look out for more volunteers to join our team. At present our aim is to build up a support team who can work in and around the gym. Anyone who can commit to a regular time, each week, may be eligible for free gym membership*. We also need a pool of individuals who can be called upon to provide relief cover. If you feel that you have something to offer please give us a call as we would be delighted to hear from you. Not only will you be giving something back to the local community but you will have an opportunity to get fit at the same time (although not compulsory). Currently involved on a weekly basis are Cathy Bradley, Carol Pratt, Rosie Dinsdale and Mark Teasdale; their help is greatly appreciated. (*commitment conditions apply)

ORGANISED ACTIVITIES FOR ALL AGES.

(ADULT SESSIONS ARE FOR 16+)

(CHILDRENS SESSIONS ARE FOR 5-16 YEARS)

Day	Time	Activity	Comments	Adult or Junior Session.	MUGA/ Fitness Suite
Mondays	10.00-11.00am	Gentle Exercise*	Exercise for the Over 50s	ADULT	Fitness Suite
	4.30-6.00pm	Yoga***	Fun, Flexibility & Relaxation	ADULT	Fitness Suite
	7.00-9.00pm	Line Dancing*	For all levels of experience	ADULT	Fitness Suite
Tuesdays	3.55-4.55pm	Football Academy* (Age 5-11)	Led by F.A Qualified Coaches	JUNIOR	MUGA
	5.00-6.00pm	Football Academy* (Age 11-16)	Led by F.A Qualified Coaches	JUNIOR	MUGA
	6.30-7.30pm	Aerobics*	Improve general fitness & toning	ADULT	Fitness Suite
Wednesdays	4.50-5.50pm	Junior Circuit Training*	Supervised - Speed, strength & stamina training	JUNIOR	Fitness Suite
	6.00-7.00pm	Circuit Training* (Women Only)	Speed, strength & stamina	ADULT	Fitness Suite
	6.30-8.00pm	Football Training**	Football Training & Fitness work with Hawes F.C - inclusive for all	ADULT	MUGA
Thursdays	6.30-8.00pm	Wensleydale 5-A-Side Football League**	Organised Football League, affiliated with the F.A	ADULT	MUGA
	6.30-7.30pm	Step Aerobics***	An alternative to Aerobics	ADULT	Fitness Suite
	7.45-8.45pm	Healthy Lifestyles Club***	Advice on Nutrition and all aspects of food and lifestyle.	ADULT	Fitness Suite
Fridays	6.00-7.00pm	Askrigg Junior Football Training***	Junior Football Training for 5-16 years.	JUNIOR	MUGA
	7.30-8.30pm	Over 40s Football Training***	Football session for adults	ADULT	MUGA
Saturdays	10.00-10.45am	Modern Dance***	Freestyle Modern Dance (age 6+)	JUNIOR	Fitness Suite
	11.00-11.45am	R.A.D Ballet***	Ballet for young beginners	JUNIOR	Fitness Suite
* Starting January 2007		** Ongoing		*** Starting Mid-February 2007	
JUNIORS: Future sessions will include Circus Skills, Cricket, Hockey, Basketball, Netball, Hockey, FUNdamentals, Multi-Sports and much more.					
ADULTS: The following classes are potentials to start throughout the New Year: Salsa Dancing, Tap Dancing, Pilates, Ti Chi and Self Defence.					
PLEASE CONTACT THE 'YSF' TO REGISTER YOUR INTEREST AND BOOK FOR ANY OF THE ABOVE					
PLEASE NOTE: IF THE WEATHER IS BAD TO CALL BEFORE MAKING YOUR JOURNEY.					

Wensleydale 5-A-Side Football League....

The League is now in operation, with 6 teams entered and over 45 participants taking part every Thursday night. Teams include Crown Inn, George & Dragon, Middleham Town F.C, Redmire 'A' & 'B' and We Hoss For Fun Utd. So far there has been a competitive yet friendly atmosphere, with a high standard of play.

The League is scheduled to restart in early March and any new teams are encouraged and welcomed. Any individuals without a team can contact the 'YSF' who can put you in touch with a team!



CONTACT THE 'YSF'

A member of staff will be happy to help:

Tel: 01969 650060

Mob: 07968 606571

E: info@yorebridge-sport.co.uk

www.yorebridge-sport.co.uk



BAINSIDE ARTS 2007

Great new courses and exciting plans for activities for children and adults

Bainside Arts is a creative activity workspace in the barn next to the Quaker Meeting House in Bainbridge. The building belongs to the Quakers of Wensleydale and Swaledale who support its development as an arts centre for use by the whole community. The aim is to give an opportunity for creative development and growth, through the pursuit of arts and crafts by providing simple facilities in the Barn. We are a registered charity and are grateful for grants and donations we have received. The courses are supported by fees and a bursary fund.

2007 should be an exciting year for Bainside Arts with some excellent courses on offer as well as many children's activities planned. The new brochure will be out in January, contact us on 01969 650070 or visit our website. This will be updated in time for the new brochure going to press.

Some courses for next year are: Hedgerow Baskets, Drumsagogo, Silk Paper Making, Textile Wrapping, Watercolour Painting, Drawing, Patchwork, Acrylics, Creative Writing, Wood Engraving and Hookey and Proddy Rugs. Our professional tutors are highly experienced in providing top quality courses to give you the opportunity to develop your skills or to try something new.

We are also going to develop creative experiences and opportunities for children. Keep an eye out for an After School Art Club and a Drama Club. A date for the diary already though is the Mosaic 'making' Project on 8th/9th March 2007 for year 5/6 children from local Primary Schools.

There is also a monthly Book Group which will meet on the third Wednesday of every month at 2:00pm. Join us for a cup of coffee and a discussion about some good 'reads'.

If you would like to hire the Barn for meetings or clubs etc. then please contact Jenny or Nigel on:
Tel: 01969 650070/ 0845 3305105 Email: administrator@bainside-arts.org.uk Web: www.bainside-arts.org.uk



Richmondshire
Leisure Trust

For information on Sport and Fitness Activities across the whole of Richmondshire contact Ben Snook at Richmondshire Leisure Trust on:
Tel: 01748 836062 Email: rltsportsdevelopment@yahoo.co.uk

MOSAICS MUSIC

Chamber Music workshop for adults
Group Music making for fun
Professional Coaching, music supplied
All instruments, all standards
Open to 'pre-formed' groups or individuals
Saturday 24th February 2007
9.30am - 7.30pm

At the Wensleydale Centre, Yorebridge, Askrigg
Cost: £25.00

For more information please contact Joan Foster:
Cecilia House, Carperby, Leyburn, North
Yorkshire, DL8 4DA
Tel: 01969 663368



COURSES ON OFFER AT THE WENSLEYDALE CENTRE 2007

- Computer Workshop, from Thursday 11th Jan, 6-9pm
- Computer Workshop, Tues 16th Jan, 4-6.30pm (10 wks)
- First Aid, Saturday 27th Jan, 9am-5pm (1day)
- Spanish, Wed 21st Feb, Time TBC (10 wks)
- Italian, Fri 23rd Feb, Time TBC (10 wks)
- Advanced Food Safety, 7th March, 9-5pm

FOR MORE INFORMATION PLEASE CONTACT:

Colin BAILEY Tel: 01969 650060
Mob: 07711 211169 Email: colinbailey@craven-college.ac.uk