

# Gym and Fitness Club

At The Wensleydale Centre, Askrigg

To book your induction or a place on one of our activity sessions call  
T. 01969 650060 or M. 07968 606571 [admin@yorebridge-sport.co.uk](mailto:admin@yorebridge-sport.co.uk)

*More reasons to join and support your community facility*

**Open  
8am till 8pm  
Monday to  
Saturday**

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**Membership  
Now Includes  
Individual Court  
Hire**

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**50% off  
Classes and  
Activities\***

(\*sessions included are Aerobics,  
Circuit Training, Pilates, Step,  
Salsercise and Yoga)

## September Schedule 2009

Prices based on £4.00 per hour. Some sessions may vary.  
Sessions purchased in blocks, payable in advance.

Mon: 10.00-11.00 Gentle Exercise for Over 50's

5.00-6.30 Yoga

6.30-7.30 Pilates

6.30-8.00 Tennis Club (MUGA)

Tue: 6.30-7.30 Aerobics / Dancercise

7.00-8.30 Fit4Life

7.45-9.15 Belly Dancing

Wed: 6.30-7.30 Ladies Circuit Training

7.45-8.45 Men's Circuit Training

Thu: 10.00-11.00 Tennis Club (MUGA)

12.30-1.00 Bums & Tums

6.30-7.30 Ladies Circuit Training

7.45-8.45 Salsercise

Fri: 6.00-7.00 Askrigg Junior FC Training (6-16 yrs) (MUGA)

6.30-7.30 Step Aerobics & Body Toning

7.00-8.00 Over 40's Drop-in Football (MUGA)

**Great Value  
Gym Members  
Eligible for 50%  
off Activity  
Sessions\***

**Fit 'n' Fun  
Families can now  
enjoy exercising  
together -  
Saturdays 10-11am**

**Don't delay, join today!**

**Fit4Life!**

Supported by Askrigg Parish Council

**Fit4Life** sessions are for anyone who is interested in losing weight, receiving one to one exercise training and advice, nutrition and diet guidance and re-energising their life to better cope with the stresses of everyday living!

The group meets every Tuesday from 7.00pm until 8.30pm and the session generally consists of a chosen weekly discussion topic, an exercise session and a one to one chat to decide on your fitness and diet goals and how to achieve them. The session is very informal and when the weather is kind some of the group even get on their bikes or take a walk!

Come and join us and get your life back on track - registration is currently FREE.

The Yorebridge Sports Development Association Limited. Company No. 5493687 England Registered Charity No. 1126795

Yorebridge Sport & Fitness (YSF) is the corporate brand and is managed by the YSDA Ltd

Registered Office: The Wensleydale Centre, Yorebridge, Askrigg, Leyburn, North Yorkshire, DL8 3BJ



# YoreSport

Issue 7, July 2009

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## In this issue...

Produced by Yorebridge Sports Development Association Ltd

Summer Holiday Sport, Fitness and Dance Activities

Gym and Fitness Club - new benefits

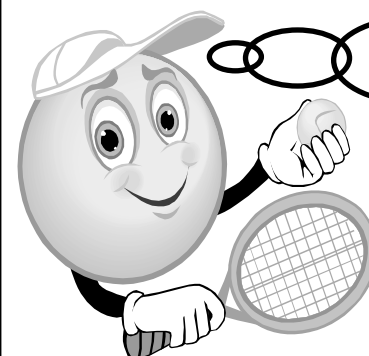
Winter Schedule 2009

Fit 'n' Fun for all the family

*I don't know how we are going to fit everything in this Summer, there's something to do for all ages at the YSF. From dancing, tennis, multi-sports, bouncy castle, soft play sessions and our brand new Fit 'n' Fun exercise classes for families.*

**Some activities are even FREE!**

*(subject to availability and weather, booking advisable)*



SureStart Children's Centre, Askrigg has a range of activities for 0-5yrs and families running throughout the summer. For more details call 01609 535899

*Welcome to the summer edition of YoreSport, the community newsletter from Yorebridge Sport and Fitness (YSF).*

*We have a bumper range of classes and activities available for all ages, not just during the summer holidays but all year long. We are delighted to be delivering some exciting activities sponsored by funding from Richmondshire District Council, North Yorkshire County Council Community Fund, Askrigg Parish Council and Bainbridge Parish Council.*

*As well as our annual fund-raiser, Party on the Pitch, we are hosting a Family Fun Day on Monday 20<sup>th</sup> July. This free event takes place in and around the Marquees on Askrigg Football Pitch, (Askrigg Primary School) between 10.30am and 4.00pm. Everyone is welcome for what promises to be an actioned packed day for all the family.*

*Fit4Life is our unique way of helping you to achieve and sustain a healthier lifestyle that fits in with your hectic schedule - what's more at the moment it's still absolutely FREE to register! All our sessions running from September are listed too so there is no excuse for the winter blues this year.*

*Don't forget our website [www.yorebridge-sport.co.uk](http://www.yorebridge-sport.co.uk) keeps you up to date and has contacts for booking our tennis courts so make the most of the fine weather - you may even want to attend one of our tennis clubs.*

*Whatever you decide to take part in we hope you have fun and enjoy life to the full.*

*Yvonne Peacock, Chair YSDA*

## "PARTY ON THE PITCH"

FEATURING LIVE MUSIC FROM  
**'RAY AND THE TEENBEATS'**  
**'SOUNDS FAMILIAR'**  
WITH SPECIAL GUESTS  
**PIERS DONNO-FULLER**  
AND **SAM SCARR**

**ASKRIGG FOOTBALL PITCH**

BAR & FOOD available  
TICKETS: £10 in advance  
£12 on the door  
8.30pm to 1.00am

**SATURDAY 18th JULY 2009**

FOR INFORMATION & TICKET SALES CONTACT:

ALLEN KIRKBRIDE 01969 650325

LESLEY WILLIAMS 01969 650060 / 07968 606571

admin@yorebridge-sport.co.uk

COLIN BAILEY 01969 663181 / 07711 211169

Buy online: [www.yorebridge-sport.co.uk](http://www.yorebridge-sport.co.uk)

Proceeds towards Yorebridge Sports Development Association Multi-Use Games Area



# Family Fun Day

## Monday 20<sup>th</sup> July 2009

Puppets • Junk Modelling • Football & Multi-Sports  
 Graffiti Art • Climbing Wall • Trampoline • Face Painting  
 Cheer Leading • Giant Games • Karaoke Disco • Soft Play  
 Bouncy Castle • Arts and Crafts • Shokk Kombat!  
 Circus Skills • Live Music • Mini Olympics • Street Dance

Marquees, Picnic Area, Parking, Indoor and Outdoor play areas - fun for all ages!

**10.30am - 4.00pm**  
**Askrigg**  
**Football Pitch**  
 (In the grounds of Askrigg Primary School, DL8 3BJ)  
**FREE EVENT**

**traveline**  
public transport info

0871 200 22 33  
[www.yorkshiretravel.net](http://www.yorkshiretravel.net)  
 Present your bus ticket for a full or partial refund.  
 Must be dated 20<sup>th</sup> July 2009.  
 Event organiser's decision is final.



### Summer Holiday Activities 2009

Activity	Venue	Date	Time	Age	Cost per child	Provider/ Bookings and Enquires
Modern Dance	Yorebridge Sport & Fitness, Askrigg	Wed 22 <sup>nd</sup> July	10.00am - 11.00am 11.15am - 12.15pm	(5-8yrs) (9-14yrs)	FREE	YSF - 01969 650060 admin@yorebridge-sport.co.uk
		Wed 22 <sup>nd</sup> July	10.00am - 12.15pm	Families	FREE	YSF - 01969 650060
Soft Play Sessions	Yorebridge Sport & Fitness, Askrigg	Fri 7 <sup>th</sup> August	10.00am - 11.30pm	Families	£2.00 per session	YSF - 01969 650060 admin@yorebridge-sport.co.uk
		Fri 11 <sup>th</sup> Sept; Fri 2 <sup>nd</sup> Oct Fri 6 <sup>th</sup> Nov; Fri 4 <sup>th</sup> Dec				
Tennis	Yorebridge Sport & Fitness, Askrigg	Thurs 23 <sup>rd</sup> July	10.00am - 12.00pm 12.30pm - 2.30pm	(5-8yrs) (9-14yrs)	FREE	YSF - 01969 650060 admin@yorebridge-sport.co.uk
		Thurs 23 <sup>rd</sup> July	10.00am - 12.00pm 12.30pm - 2.30pm	(9-14yrs) (5-8yrs)	FREE	YSF - 01969 650060 admin@yorebridge-sport.co.uk
Tag Rugby	Yorebridge Sport & Fitness, Askrigg	<i>Please provide packed lunch if attending both Tennis and Tag Rugby</i>			FREE	YSF - 01969 650060 admin@yorebridge-sport.co.uk
Fit 'n' Fun	Yorebridge Sport & Fitness, Askrigg	Sat 1 <sup>st</sup> Aug Sat 15 <sup>th</sup> Aug	10.00am - 11.00am	Families	£2.00 per session	YSF - 01969 650060 admin@yorebridge-sport.co.uk
		Every Saturday from 5 <sup>th</sup> September.				
Outdoor Adventure Weeks	Low Mill Outdoor Centre, Askrigg	Mon 27 <sup>th</sup> to Fri 31 <sup>st</sup> July and/or Mon 17 <sup>th</sup> to Thu 20 <sup>th</sup> August	9.30am - 4.00pm <i>Transport from Richmond and Leyburn, more details on request.</i>	(9-16yrs)	£65.00 Wk1 £55.00 Wk2	Richmondshire Leisure Trust (01748) 824581 enquiries@rlt-trust.org.uk
		Mon 24 <sup>th</sup> to Fri 28 <sup>th</sup> August	10.00am - 3.00pm	(5-11yrs)	£25.00 WK or £6.00 per day	Simon Carson Sports Schools 07966 767284 admin@simoncarsonsportschool.com
Football and Multi-Sports	Yorebridge Sport & Fitness, Askrigg	Mon 24 <sup>th</sup> to Fri 28 <sup>th</sup> August	10.00am - 3.00pm	(5-11yrs)	£25.00 WK or £6.00 per day	Simon Carson Sports Schools 07966 767284 admin@simoncarsonsportschool.com

**Special Offer - Half Price Court Hire.** Our Multi-Use Games Area is available for private hire throughout the holidays from 9am to 9pm. £3.00 per hour per half court. Last minute bookings welcome. 01969 650060 (9am-11am) 07968 606571 or 07989 365363  
 A Key is also available from Sikes Store, Askrigg or The Corn Mill Tea Room, Barnbridge.

Our Summer Activities Programme has been part funded by: