

Dear Members

For those of you on holiday with your children, we hope you are enjoying your time 'making memories'. For those of you not on holiday, we hope you are enjoying the practically empty roads! If you and your children are Members, please don't forget you can book the pool for a family swim ... a great option when it's pouring with rain all day! Our lane swims are still proving very popular but there are some sessions available to book during the holidays.

Need a break in the day either at work or play? Our chef makes delicious homemade cakes and cookies! Just right for an afternoon treat!

### **RUGBY - Summer Nations Series**

We will be showing **EVERY** match in the Summer Nations Series

**Saturday 5<sup>th</sup> August** - Scotland V France - 3.15pm

Wales V England - 5.30pm

Ireland V Italy - 8.00pm

**Saturday 12<sup>th</sup> August** - England V Wales - 5.30pm

France V Scotland - 8.05pm

**Saturday 19<sup>th</sup> August** - Wales V South Africa - 3.15pm

Ireland V England - 5.30pm

**Saturday 26<sup>th</sup> August** - England V Fiji - 3.15pm

Scotland V Georgia - 5.30pm

Ireland V Samoa - 7.45pm

### **FOOTBALL - Metropolitan Police V Sutton Common Rovers - Saturday 12<sup>th</sup> August - 3.00pm KO**

The first game of the season for the Met Police team in the Isthmian League - This is a home game, so we are hoping to get off to a winning start with 'Home Advantage'. It's £10 for entry (Concessions - £5, Under 18 - £2, Under 11 - free).

IN OTHER NEWS ...

We respectfully remind Members that you should not consume your own food or drinks on the premises, inside or out - thank you!

Please don't forget to carry your Membership Card whenever you use the club. Don't forget ... No Card - No Discount!

If at any time you don't want to receive emails from us, please just reply to this email with 'Unsubscribe Please' in the Subject Line and we will take you off our mailing list.

Membership Team