

Dear Members

If you know of anyone who is currently looking for a job, please do pass them our contact details. A few members have expressed that they would like food to be on offer, for example at Quiz Night or after Children's Swim Lessons - unfortunately we are unable to offer more in the way of food until we get another chef! A wee perk is free gym and pool use after a trial period! A lot of our affiliates also give staff at Imber 'preferential' rates. [WORK AT IMBER](#)

**RUGBY INTERNATIONALS - February & March** - We will be showing **ALL** the International Rugby Matches here at Imber Court. Please come and join us to have a yell at the tele, whoever you support! Remember to bring your Membership Card to take advantage of your bar discount.

**BOWLS - OPEN DAY! Short Mat Open Day Monday 28th February from 10.00am to 4.00pm** (2 sessions - 10am - 12 noon and 2 - 4pm) Upstairs in the Main Clubhouse. *Come and have a go!* It doesn't cost anything to give it a try and you might even like it?! The bowlers will be delighted to give you a short explanation and then you can 'have a go' yourself. If you have any queries regarding the Open Day please contact Richard Blackman - [richard.blackman1942@gmail.com](mailto:richard.blackman1942@gmail.com) or Martin Grimsey [mail@sandramartg.plus.com](mailto:mail@sandramartg.plus.com) This is open to Current and Prospective Members.

Short mat is the indoor activity for the Bowls Club during the winter months. Sessions are held weekly (mostly) at Imber Court from the middle of September to the middle of April the following year. They also play more or less weekly at the Kings Centre in Chessington.

We have a thriving Bowls Club here at Imber Court for both Lawn and Short Mat Bowling (Winter). Whether you are experienced, or a complete novice please contact the Bowls Club. When they are not bowling the ladies and gentlemen of the Bowls Club meet socially and are great supporters of our Club Events. [secaticbc@gmail.com](mailto:secaticbc@gmail.com)

### **QUIZ NIGHT - Friday 25<sup>th</sup> February at 7.00pm**

£1 entrance fee (payable on the door). Arrive from 7.00pm for 7.30pm start on the Ground Floor of the Club. Come on your own to join a team or bring family, friends, or some work colleagues (up to 8 people)! Sorry, but we are currently unable to provide a food option for this event, so do feel free to bring in pizzas from the Dough Shack van. Table booking through our website (so that we have a rough idea how many people to expect) or phone the office **0208 398 1267**. [BOOK HERE](#)

If you are interested in running or the gym, please read the news below carefully as there are some changes to current sessions and new sessions to get involved with (all sessions must be booked!) ...

### **BOOTCAMP**

This will now be one session per week on a Monday at 7.00pm - Gold & Silver Members **FREE** and only £3 for Bronze. Non-Members £6. [BOOK HERE](#)

### **WEEKLY RUNNING COACHING SESSIONS**

Commencing Thursday 3<sup>rd</sup> February Adults (from 15 years plus) will move from Wednesday at 12.30pm to Thursdays at 7.00pm - Gold & Silver Members £6. Bronze Members £8. Non-members £10. [BOOK HERE](#)

### **NEW WEEKLY GYM SESSIONS**

Commencing Wednesday 9<sup>th</sup> February 2.00pm - 3.00pm **Seniors Gym Session** - Gold & Silver Members **FREE**. Bronze Members £8. Non-Members £10. [BOOK HERE](#)

### **NEW JUNIOR GYM SESSIONS**

Commencing on Saturday 12<sup>th</sup> February 1.00pm - 2.00pm **Juniors Gym Sessions** (12 - 16 years) - Gold & Silver Members children **FREE**. £8 Bronze Members children. Non-Members £10. [BOOK HERE](#)

### **NEW FAMILY RUNNING COACHING SESSIONS**

Commencing on Saturday 12<sup>th</sup> February 3.00pm - **Two Running Coaching Sessions** running in tandem with two coaches - one for 8-14 years and one for Adults (from 15 years plus). [BOOK HERE](#)

Gold & Silver Members £6. Bronze Members £8. Non-members £10. Families can come along together and then split into their respective sessions.

#### **GYM CLOSURES**

From Wednesday 9<sup>th</sup> February the Gym will be closed every Wednesday between 2.00pm - 3.00pm (Senior Session) and from Saturday 12<sup>th</sup> February between 1.00pm - 2.00pm (Junior Session) to allow these sessions to take place.

**POOL CLOSURE - Half term** - Apologies but the Swimming Pool will be closed at the beginning of school half term on Monday 14<sup>th</sup>, 15<sup>th</sup> and 16<sup>th</sup> February for essential maintenance. It will reopen on Thursday 17<sup>th</sup> February. The next swimming crash course will be during the Easter holidays. Attached is a term-time timetable which some of you may find useful. Our website is also a good resource for pool information - [SWIMMING POOL](#) We are trying to improve our communication between you, our Members, and the pool and so the pool now have their own mobile phone. If no one answers when you ring, this will generally be because the staff are all busy either teaching or lifeguarding but please do leave a message and one of our lovely pool staff will get back to you - **07508 455 649**.

**MEN'S/WOMEN'S RUGBY** - You don't have to be a Met Police Officer/Staff to join the Met Police Rugby Team!

- They have thriving Men and **Women's** teams
- Play on a great pitch with grandstand and floodlights at Imber
- Inclusive
- All details and how to join/contact details on our website page [MET RUGBY](#)

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'** in the Subject Line and we will take you off our mailing list.*