

Dear Members

It's business as usual here at Imber Court but we would like to say **THANK YOU** to our outgoing Chairman, Steve Cassidy and **WELCOME** to our new Chairman, Geoff Smith!



**QUIZ NIGHT – TONIGHT - Friday 28<sup>th</sup> January at 7.00pm** - Okay, so you gave your brains a rest over the festive season - time to sharpen up again ... Quiz Nights are back!  
Your starter for Ten is tonight Friday 28<sup>th</sup> January. £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**.

If you can't make it tonight how about organising a team for the next quiz which will be **Friday 25<sup>th</sup> February**. [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 have now resorted to the pool having 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**.

**TOUCH RUGBY** - Monday nights at 7.15pm for a 7.30pm start. You don't need any rugby skills just a love for running around and having a laugh! All sessions are **FREE** for Gold & Silver Members and are only £3 for Bronze Members. Minimum age is 14 and you are welcome to bring your friends for a great way to get some exercise without going to the gym! [TOUCH RUGBY](#)

**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](#)

**BOWLS** - Rugby a bit muddy? Swimming a bit wet? How about Bowls?

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)

**SPEEDING - PLEASE** can you reduce your speed whilst driving in the club grounds - particularly around the back area. We have children, adults and animals to look out for!

**OLD PHOTO'S** - If you have any old photographs of the club or grounds with or without people/animals in them please consider adding a copy of them to our collection. You can scan and send by email or bring them into the club for scanning. If you are at all interested in the history of the club, please do click the link - interesting to see men's hockey being played right in front of the clubhouse where our 'garden' is now. [CLUB HISTORY](#)

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.*