

AROUND

NORTHALLERTON



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●When regular aquafit coach, Fiona, left for maternity leave an urgent call for a replacement went out. And it was one of the classes regular users – and an existing member of the centre team – that stepped in. Receptionist Irene Christon (pictured) had used the class as part of her fitness and slimming regime which has seen her lose six stones over the last six years! Training to become an instructor for the class was another step on her fitness campaign! Now she is firmly established as a regular instructor of the Friday evening aquafit session and often covers its Wednesday afternoon equivalent.

●The centre hosted its first biathlon competition this summer. More than 50 pupils from Northallerton, Thirsk and Stokesley secondary schools took part in the event, hosted in conjunction with the School Sports Partnership and the Modern Pentathlon Association.

●The centre recently linked up with Supported Learning Services (North Yorkshire County Council's Adult and Community Services) for a four week work placement in the crèche. The short term placement enabled experience to be gained and new skills learned in a childcare environment. A job coach accompanied the session.

●Hambleton has a new batch of young lifesavers, after a group of youngsters gained their water wings. They passed a week long course to learn how to stay safe around water, how to help someone in difficulty and how to administer first aid. Held as part of the Hyper Holidays programme of activities, the Royal Lifesaving Society approved course was devised in 2006 after suggestions from parents.



01845 522447

●One of the pools longest serving members of staff - Duty Officer Nicola Stockdale – is to dive into new waters! She is moving to Thailand to start a scuba instructor course and hopes to work around the world. Nicola is pictured with one of the centre's youngest members of staff – Becky Hair. Becky has just taken part in the Great North Run as part of a massive fund raising campaign for the Alzheimer's Society. The 17 year old – whose grandmother has suffered from the disease for nearly three years - has already raised cash through other runs, cake sales and collections.

●A new trampolining club is being set up as a result of booming sessions in the sport during the summer 'Hyper Holiday' sessions. Over thirty children took part in the courses held at Thirsk School. The new club will cater for all ages and abilities starting as young as three years of age.

●Adult swimming lessons are producing a whole new breed of swimmers – many of who never imagined they would conquer their fear of water. But with the help of coaches Vicki Harper and Tina Stockdale the results have been outstanding and many of the swimmers now opt to practice what they have learnt at public swim sessions. For information on the ten week courses available on Wednesday mornings and Saturday afternoons contact the centre.

●Pre-school swimmers will get the chance of silverware later this month when they compete for the Kirsten Trophy. Administered by the Thirsk White Horse Swim Team the cup goes to the youngest child to swim a length of the Thirsk pool unaided. The only qualification to enter is they must live in Hambleton – and must be aged five or under! The cup was donated to the swim club by Don and Christina Currie to help promote swimming amongst young people. More information about the club can be found at www.twhst.co.uk

THE

EASINGWOLD



01347 822472

●Members of The Old Boot Shop have been using the Galtres Centre fitness suite for the last few years – seven of the group have been working out on a regular basis. The Boot Shop is a meeting place and resource centre for adults with learning difficulties and mental health issues. They can receive full support from the carers and gain chances to participate in educational courses and work experience as well as learn new life skills and interact with members of the community. Chris Johnson is pictured with Fitness Instructor Daniel Barwick.

●Early November will see the annual Super Soccer Sevens Tournament take place in the main sports hall. Last year's champions, Forest of Galtres, will be looking to defend their title although runners up - St Peters of Brafferton - will be hoping to go one better this year. Eight teams are expected to compete with the levels of passion and skill no doubt running high!

●The poor summer weather brought many people indoors with the Fitness Suite busier than ever. Individual programmes are available with instructors able to cater for every need whether it is weight loss, toning up, building muscle or just gentle exercise after a long time away from the gym. Full inductions are provided for all the equipment and there are numerous rates for different age groups.

●Tennis and badminton sessions started again in September – but they are both so popular they have long waiting lists! To add your child's details to either of these lists or for more information contact the Galtres Centre.



HYPER HOLIDAYS

More than 3000 children and young people flocked to the leisure centres this summer to take part in the action packed programme of Hyper Holiday activities.

Staff at the centres had organised a bigger and better line up of activities than ever before. As well as using facilities at the centres and bringing in help from organisations such as Middlesbrough Football Club, they had also sent youngsters to a wide range of venues outside the district - Alton Towers and Xscape! at Castleford.

Many popular activities made a welcome return to the programme as did 'Free on Friday' which saw hundreds of children get to swim for free.

And there were more activities for 11-16 year olds. They enjoyed white water rafting at Tees Barrage and surfing at Saltburn as well as a host of other sessions from netball to fencing and trampolining to paintballing!

"It's always a challenge for parents to find things for their children to do during the summer, so its great to see so many taking advantage of the Hyper Holiday programme," said Facilities Manager, Steve Lister.

"It is difficult to plan activities that will interest older children in particular, but we offer a diverse and interesting programme of activities."

The next round of hyper holiday activities will be held later this month during the school half term break.