

# SPORT & PHYSICAL ACTIVITY OPPORTUNITIES NEWSLETTER

VOLUME 1: MAY 2008



## Welcome to your newsletter!

Hi there, my name is Dan Burns and I have been employed as a College Sports Coordinator working across the University of Northampton, Moulton College and Tresham Institute to provide sports and physical activity opportunities for all students!

This newsletter will come out at the beginning of every term and will allow you to see what opportunities are available to you as a student, this will include information about;

*What sports / physical activities you can do at your university or college•What local clubs are available to you•Gym / Exercise classes available to attend•Sports Coaching Opportunities and support•Sports Volunteer Opportunities and support• Sports Career Advice and much more!*

Check out

<http://www.northamptonshiresport.org/he-fe>

For information on student sports opportunities



## Current Opportunities for you!

### Opportunities at Moulton College



#### **FARM WEIGHTLIFTING CLUB** Mondays, Wednesdays and Fridays (5pm-7pm)

Farm Weightlifting Club are based at the Olympic Weights Room in the Pitsford Sports Arena and offer weightlifting sessions for anyone over the age of 13 with supervision from experienced, qualified coaches. The first session is free, with subsequent sessions charged at £2 per session.

#### **DANCE SCENE** Wednesdays, Thursdays, Fridays and Saturdays (time varies)

Established in early 2007 DanceScene, under the guidance of teacher Sophie Parnell has grown to offer dance classes in a wide range of disciplines from ballet and tap to modern and jazz for all ages. There is a full programme of classes available from Wednesday, Thursday and Friday evenings and during the day on Saturdays all based at the College's own air-conditioned studio. For more information on DanceScene please contact Sophie Parnell directly on 07734 910659

#### **TISKA KARATE** Saturdays (2.30pm-5.30pm) and Wednesday (7pm-9pm)

Tiska Karate deliver instruction in the martial art for all abilities and is led by Gary Mortimer. All sessions take place at the John Ashby Sports Hall on the Holcot site of the College Campus, for more information please contact Gary Mortimer 07840 510860. [garrymortimer@btinternet.com](mailto:garrymortimer@btinternet.com)

#### **WJO KICKBOXING** Wednesdays (6pm-8pm)

Kickboxing for all ages and abilities offering the chance to build fitness, confidence and discipline in a fun and enjoyable way. More information on WJO kickboxing can be found at [www.wjo.org.uk](http://www.wjo.org.uk)

#### **NORTHAMPTON FENCING CLUB** Thursdays (7pm-10pm)

Established in 1946, The Northampton Fencing Club moved to Moulton College in the new millennium and use the John Ashby Sports Hall for their club sessions on Thursday evenings. For more information on Northampton Fencing Club please visit their website [www.northamptonfencing.org](http://www.northamptonfencing.org) or email the secretary [secretary@northamptonfencing.org](mailto:secretary@northamptonfencing.org)

#### **MOULTON FITNESS SUITE** Daily

Moulton College has a 17 station fully air-conditioned Fitness Suite. A range of cardio-vascular machines and resistance machines alongside a free-weights and stretching. Membership is available from £17 per month with friendly, knowledgeable staff; the suite offers users an excellent environment to fulfil fitness goals. Fitness Suite Members also benefit from free use of the floodlit tennis courts during the summer months.

#### **SPINNING** Mondays (5:15pm & 6:30pm)

Moulton College Sports Centre team run spinning classes on specially designed exercise bikes. Exercising as a group to music the classes offer users of all fitness levels the chance to burn up to 900 calories an hour in a motivating, fun and friendly environment. The classes cost £3 per session although there is a discount available for block-booking 11 classes and to fitness suite members

### Opportunities at Tresham Institute



#### **Tae Kwon Do** Tuesdays (6.30pm—8pm)

Based at the Dance studio at Windmill Avenue campus, Tresham Tae Kwon Do Club is free of charge to all Tresham students to attend and is open to newcomers through to those with experience in the sport. For more details visit the website <http://www.tresham-taekwondo.moonfruit.com/> or contact Darren Twelvetree on 0777 2780 561

#### **Fitness Suite @ Windmill Avenue** Mon – Thu (11.50-12.50) Tue (6-8) Wed (5-8)

All Tresham students are welcome to use the fitness suite at the Windmill Avenue Campus for free of charge at the specified times. The fitness suite has a mix of cardio and resistance machines and is staffed by a fully qualified fitness instructor. For more details contact Dan Burns on 07894 622475

#### **Nacro Community Sports Opportunities**

Community based sessions run by Nacro around Corby. Free to all Tresham Students, all abilities welcome. Contact Jon Stonebridge for further details on 07808 182224

Mondays Futsall 7pm-8:30pm @ Hazlewood Multi Use Games Area

Wednesdays Basketball 5pm-6pm @ Lodge Park Sports Centre

Thursdays Futsall 7:30pm-9pm @ Kingswood Community Centre

Thursdays Basketball 5pm-6pm @ Lodge Park Sports Centre

Dan Burns  
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## Opportunities at University of Northampton



### University Walking Group

Wednesdays

Join the University Walking Group for a fun and sociable way of improving fitness levels. All staff and students of any age and fitness level are welcome to join the group with fortnightly walks due to take place on:

Wednesday 14<sup>th</sup> May @ 12pm – meet on the courtyard between the sports hall and students union

Wednesday 28<sup>th</sup> May @ 12pm – meet on the courtyard between the sports hall and students union

Wednesday 11<sup>th</sup> June @ 12pm – meet on the courtyard between the sports hall and students union

Wednesday 25<sup>th</sup> June @ 12pm – meet on the courtyard between the sports hall and students union

Further walks will be planned for the summer, for more information contact Dan Burns on 07894 622475 or [dan.burns@northampton.ac.uk](mailto:dan.burns@northampton.ac.uk)

### Fitness Suite

Daily

The University Fitness Suite is available for all university students and staff to use and is open Monday – Thursdays 7am-10pm, Fridays 7am-8pm & Weekends 10am-4pm. Annual and Termly Membership is available, but you can also pay per session which costs £3.50 a time. For more information call 01604 893532 for more information you can also contact the gym staff to find out about fitness classes that run on campus.

### Ladies Get into Football Sessions

Wednesdays (6pm-7.30pm)

Ladies of all ages and abilities are welcome to attend these Football sessions to improve their fitness levels and have fun, no experience necessary. Cost £2 per session, for more information contact Kathryn Hall on 01604 678407, [kathryn.hall@northamptonshirefa.com](mailto:kathryn.hall@northamptonshirefa.com) or Katie Melia on 01604 893518, [katie.melia@northampton.ac.uk](mailto:katie.melia@northampton.ac.uk)

### Adult Street Dance

Wednesdays (7pm-8pm)

Based at Park Campus, This Adult Street Dance Class is open to all abilities and is a fun, sociable way to improve fitness. The sessions cost £5.50 each, for more information contact Sally Mills on 01604 893532 or email [sally.mills@northampton.ac.uk](mailto:sally.mills@northampton.ac.uk).

### Line Dancing

Mondays (4pm-5pm)

Based at the Main Hall at Kingsthorpe College, beginners line dancing classes offer a fun and sociable way to improve health and fitness. Classes cost £2.50 per session, for more details contact Debbie Groom on 01604 716106 x1219

### Health Walks

Tuesdays (9.30am)

In addition to the University Walking Group, Health walks also run on a weekly basis from Kingsthorpe College. Meeting at main reception the walks last between 30-45mins and are free for all to attend.

### Yoga

Tuesdays (4.20pm-5.30pm)

Based in the Drama Studio at Kingsthorpe College, Yoga class uses posture movements and breathing exercises to aid the body's processes. Classes cost £2.50 per session, for more details contact Debbie Groom on 01604 716106 x1219

### Tai Chi

Wednesdays (4.20pm-5.30pm)

Based in the Dance Studio at Kingsthorpe College, Tai Chi, a relaxing martial art that improves fitness and focus is available to all staff and students. Classes cost £2.50 per session, for more details contact Debbie Groom on 01604 716106 x1219

### Tone 'n' Fit

Thursdays (4.20pm-5.05pm)

Based in the Drama Studio at Kingsthorpe College, Tone 'n' Fit is a high energy aerobic style class open to all staff and students. Classes cost £2.50 per session, for more details contact Debbie Groom on 01604 716106 x1219

Can't find what you're looking for?

Try the Northamptonshire Sports Club Directory, follow the link below to find the sports club that suits you

<http://www.sportsclubs-northants.org/>

## Contact

Dan Burns  
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Tresham Institute

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## Coaching Opportunities

**Are you a coach? Do you think you can coach? Do you want to be a coach?**

**Then register your interest to subscribe to a coaching database which may lead to opportunities to coach, provide coach education information and courses and even coach employment opportunities.**

**Text: COACH to 07894 622475 or contact Dan.Burns@northampton.ac.uk**

## Volunteer Opportunities

**Volunteering in sport is fun and can be a great way to gain valuable experience that can be put on your CV and help you into your chosen career. Volunteering can also lead to employment in holiday activities as well as a variety of training opportunities.**

**There are currently lots of opportunities for volunteers across Moulton, Tresham, the University and the local community.**

**We are currently looking for coaches and sports leaders to increase the range of activities for students.**

**Cancer Research Race for Life are looking for volunteers to help out on the evening of 11<sup>th</sup> June at Silverstone.**

**If you are interested in any of these opportunities and to see a wide range of others go to the Sporting Volunteers section of**

**[www.northamptonshiresport.org](http://www.northamptonshiresport.org)**