

### NEW CLUBS

#### QUICK SUMMARY

#### MONDAYS

- STAFF FITNESS  
**After School in the  
Gymnasium**
- ROSEMARY CONLEY'S  
Diet & Fitness Club  
**5pm - 8pm**
- BADMINTON HIRE  
**6pm - 7pm**

#### TUESDAYS

- TABLE TENNIS  
**5pm - 6pm**
- AEROBATONE  
**6pm - 7 pm**
- INTRO to PILATES  
**7pm - 8 pm**

#### WEDNESDAYS

- BADMINTON HIRE  
**8pm - 10 pm**
- AEROBATONE  
**6pm - 7 pm**

#### THURSDAYS

- ESKA KARATE CLUB  
**6pm - 7 pm**
- BJ BADMINTON CLUB  
**7pm - 9 pm**
- SPORTS HALL AVAILABLE  
**9pm - 10 pm**

#### FRIDAYS

- STAFF GAMES  
**After School in the  
Sports Hall**

### INTRODUCTION

WELCOME to the very first edition of the Hellesdon Community Newsletter, keeping you informed about which clubs and activities are happening locally and at the High School. We hope you find this information useful, and would like to take this opportunity to wish you a Happy New Year! We look forward to seeing you soon at the School.



## New Year - New You ?



With the start of the year and the prediction of even more snow the feeling of being a bit on the glum side looms, and we are all probably wondering when we shall see the sun again. Why not try to shift your spirits in a bid to get fit? Start with one of our NEW fitness classes...

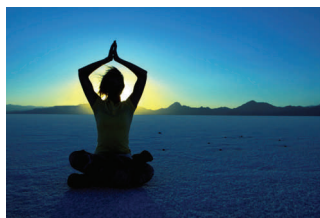
#### New Fitness Classes

Still trying to shift those Christmas puddings? Why not try the **Aerobic & Toning class** Tuesdays at 6pm - 7pm at only £4 per session?

Not your style? How about fighting the fat with **Boxercise** every Friday in the gymnasium at 7pm - 8pm at £3.50 per session?

We also have a **Rosemary Conley Diet & Fitness Club** at 5pm - 8pm.

If this all seems like far too much hard work then we have something a bit more relaxing for you:



Introduction to **PILATES**, Tuesdays at 7pm - 8pm in the gymnasium. For more info please contact Joy on 07816 324 462.

#### New Sport Clubs

If sport is more your preference we now have **Badminton** courts to hire out every Monday at 6pm-7pm and every Wednesday 8pm-10pm. Only £8 /hr. To book or for more information call Helena on 01603 254 340.

We are launching our very own **Table Tennis** Club for all ages held in the gymnasium on Tuesdays at 5pm - 6pm—only £2.50 with a level 3 ETTA coach. Just for fun, or want to compete? Just turn up! For more info please call Helena on 01603 254 340



## What's been going on ?

Other than trying to work out an escape route in the event of being snowed in at School, we have been working hard on developing a new Community Website with the help of some of our students. This will provide a wealth of information—okay, maybe not a wealth—but it will have all the information you require regarding using the facilities at the School. It is still in the early stages at the moment—Watch this Space!

#### EXTEND - Over 60s

Yet another exercise class is due to start at the School, but this class is specifically aimed at the Over 60s, or at those with long-term health conditions. The session will involve both 'seated' & 'active' exercise. The first session will be free of charge. To book your place or for further details please call Pam on 01493 748 830, or email [beactive@tiscali.co.uk](mailto:beactive@tiscali.co.uk)

**Questionnaires Now  
Available - Give us  
your Opinion**

**INTERESTED IN  
ANYTHING YOU HAVE  
READ, OR WOULD LIKE  
MORE DETAILS?**

Miss H. Andreou  
Community Sport Business Manager  
(01603) 254 340  
[Helena.Hellesdon@gmx.com](mailto:Helena.Hellesdon@gmx.com)

**NEXT ISSUE PLANNED  
FOR APRIL HALF-TERM!**

# FUN & GAMES



## NEW CLUBS



### QUICK SUMMARY



### MONDAYS

- BADMINTON HIRE  
6pm - 7pm



### TUESDAYS

- TABLE TENNIS  
4pm - 5pm  
5pm - 6pm

- TRAMPOLINE CLUB  
4pm - 6pm

### WEDNESDAYS

- CHEERLEADING CLUB  
4pm - 5pm
- DANCE CLUB (TBA)  
5pm - 6pm

### THURSDAYS

- ESKA KARATE CLUB  
6pm - 7pm
- TRIATHLON CLUB  
6pm - 7.30pm
- CREATIVE TEXTILES  
3pm - 4pm in F3
- DRAMACTIVE  
3pm to 6pm in gym

### FRIDAYS

- YOUTH CLUB  
7pm - 9pm

THAT'S IT!

GO HOME AND ENJOY  
YOUR WEEKEND!



There are some new exciting clubs starting here at the High School which are all open to those who are not students of HHS.

If you are inspired by High School Musical 3 and love to learn the moves whilst chanting and cheering, we have the perfect thing for you! We have just started our very own Cheerleading Club. It is ideal for the younger ones and teaches co-ordination,

improves fitness, increases self-confidence, and did we mention it is great fun! The club is held Wednesday at HHS Gymnasium, 4 - 5pm.

Like Swimming? Like Running? Like Biking? Then Triathlons are for you. Why don't you come and "Tri-it!" This term it's Swimming & Running.



Thursday 6pm - 7.30pm

We now have our very own Table Tennis Club run by a level 3 ETTA coach. Come and play for fun, or train to compete at competitions.

The club is held on Tuesdays at 4pm - 5pm for children only, or 5pm - 6pm for a more family orientated session. Only £2.50 each.

For more details about any of the clubs listed please contact Miss Andreou on 01603 254 340 or email Helena.Hellesdon@gmx.com



If you love to be hands-on and enjoy the theatre, DramActive is for you. This club contains everything from singing & dancing to T.V. and Film techniques. Open to ages from Year 7 up, all are welcome to come and strut their stuff. Do you think you have what it takes? Thursdays from 3pm. For more information please contact Mrs Robinson on 01603 254315.

## Career Options - Marketing?

If you love Media Studies and would like to become more active in Marketing, or perhaps your lifelong ambition is to become a journalist, then please get in contact. We are looking for a team to get involved in the marketing of the School. This would look great on your CV and give you some fantastic work experience.

There are many projects going on, so there will be plenty

to pick from. You may even be able to pilot your own idea. You will have support and guidance every step of the way.

Contact Miss Andreou on 01603 254 340, or email-Helena.Hellesdon@gmx.com

*"Something you wish we were running? Please feel free to get in contact"*

## February Half-Term Activities



Monday	15 <sup>th</sup> February	Cheerleading	10.00 - 12.00	£5.25	7-11 yrs
Tuesday	16 <sup>th</sup> February	Graffiti	10.00 - 12.00	£6.00	Any Age
Wednesday	17 <sup>th</sup> February	Athletics	9.30 - 3.30	£12.00	8-15 yrs
Thursday	18 <sup>th</sup> February	"It's Bad" Dance	10.00 - 12.00	£5.25	Any Age
Thursday	18 <sup>th</sup> February	Try Karate	1.00 - 2.00	FOC	Any Age
Thursday	18 <sup>th</sup> February	Table Tennis	2.00 - 3.00	FOC	Any Age
Friday	19 <sup>th</sup> February	Just Musicals	9.30 - 3.30	£15	Any Age

**Places must be BOOKED in ADVANCE**