

NEW YEAR NEWSLETTER

JANUARY 2018



Pavilion Club
Health • Tennis • Leisure



THE PAVILION - A BRIEF HISTORY

The Club's classic sports pavilion was built by the Royal Exchange Assurance on their 'out of town' sports ground for their staff and opened in 1939. Designed by renowned architects Imrie & Angell who were also responsible for a number of well-known houses on the nearby St George's Hill estate as well as the famous Laboratory building at RHS Wisley - no coincidence that it bears a striking resemblance to our own building.

HAVE YOU SEEN ME BEFORE?



The copper grasshopper that sits atop the clock tower's weather vane is an exact replica of one that can still be seen today on the Royal Exchange building in the City of London. The grasshopper was the personal emblem of Sir Thomas Gresham who founded the earliest incarnation of the company in the 16th century.

During the war temporary buildings were erected in the car park to accommodate the company's office workers as it was thought safer for them to be in the suburbs rather than the City of London during the Blitz.

The Club's current owners, a group of local businessmen, bought the property in 1992 and set about turning the old building into a modern fitness centre.

The Club opened its doors for the first time on Monday April 19th 1993 and a formal opening ceremony was performed by the Mayor of Elmbridge a few weeks later.

It was a relatively basic club to start with, just a small gym area and an average of just three aerobic classes a day. In those days the bar proved as popular with members as the exercise areas.

Since those early days the club has undergone a complete transformation with regular and sustained investment by the owners.

With regular updates to the infrastructure and equipment the Club has been continuously updated to reflect members' tastes and expectations.

Key investments have been:-

Swimming Pool (1994)

Tennis Courts (1996)

Enlarged changing areas and car park extension (1997)

Studio 2 (1998)

Extra tennis courts and Playground (2003)

Upgraded tennis court surfaces (2012)

Nursery, Spin Studio and entrance canopy (2012)

New Gym Flooring (2015)

On-line booking system, upgraded playground surface (2016)

New Spin Studio Bikes (2017)

And things that have disappeared in 25 years? We have said goodbye to sunbeds, ash trays, carpets, telephone kiosks and one armed bandits, all of which have no place in a modern club!



Welcome

We are very proud to announce that 2018 is our 25th Anniversary.

One member of the Club Team, Mr Robert Danny – our very own Rob, was there at reception on day one.

Rob is not alone in his long service and dedication to the Club. Tracy Gay, Pauline Davies, Sue Delf and Tom Wentworth were all there in the initial line-up. Alongside those early starters we have 23 members of the staff team who have served for over 10 years. Can you find them in our word search quiz?

Rob has also taken on the mantle of Club historian and record keeper. For this very special Anniversary he has compiled a brief history of the Club building.

Our members are also a loyal and steadfast crew, many have been members for five, ten, fifteen, twenty years and even right back to the very beginning. We simply don't have enough space to name them but we very much appreciate their support and patronage.

And it is the people, staff and members, which make the Pavilion so special. Our members tell us time and again that it's such a friendly place where you feel you belong and where you are treated as a person and not a number.

So we raise our glass to 25 happy years and hope you can join us for our very special Birthday Party this April.

Best wishes

Christine

Club Manager



STUDIO

For January 2018 we have added more classes bringing the weekly total of instructor led classes to 90 and so with over 2,000 individual spaces a week, we have something for everyone. Of course this is also the busiest time of year so if you can't get into your favourite class, why not try something different? It is a New Year and variety is the spice of life – so now is the time.



Believe it or not (I know I look way too young) I was amongst the first people to teach a class at the Club, alongside Tom Wentworth, Pauline Davies and Sue Delf and I am very proud to be the Studio Manager all these years later. It's not just the

quantity of classes that matter, it's the quality. We only use fully qualified Instructors and I know from the feedback year on year that the Pavilion attracts and keeps the very best - hats off to the whole team!

TENNIS



In 2018 we aim to take our tennis offering to new highs. To that end we are delighted to announce that Bernie Cairns (Coach), will take on a greater role supporting the coaching program.

Zac Meredith, one of our top Club Players will continue to support the Social Play sessions and resuming from February, Uma Koshi another of our top Club Players, will be offering a hitting service for those who just want to get on court and hone their play.

We have a full program of individual coaching and group coaching for adults and juniors as well as regular holiday camps for the juniors.

For full details of what is on offer just click on the tennis link on the Club website. www.pavilionclub.co.uk

EDOUARD - Head Tennis Coach

FOR OUR NEW YEAR TIMETABLE PLEASE LOOK OUT FOR:



New Dance class	New instructor	Anna	Mondays	6:30 pm
New Hit Class	New instructor	Harriet	Sundays	10:00 am
Pilates Workshop		Zoe	Sunday 28th Jan	12:15 pm

Our best wishes to Lily who starts maternity leave on the 6th February and to her partner Emmanuel who will continue to hold the Pavilion fort as part of our reception team.

Lastly a plea from the heart, we regularly have classes with long waiting lists that end up with empty spaces on the day, simply because not all our members are cancelling in advance. Some Clubs remove booking privileges, others actually fine members (!), that's the last thing we want to do so please – if you have a place and can't make it let us know as soon as you know, so that another member can enjoy the class – thank you.

TRACY - Studio Manager

COURTSIDE CAFÉ & SOCIAL



On a day to day basis the Courtside Cafe is the social hub of the Club. We take our food seriously and everything is cooked in our own kitchen and features homemade soups (from scratch) delicious salads and a wide variety of favourites. From sandwiches to our full hot menu, with daily special dishes and a special Kids Menu during family times.

This year we continue our Wednesday Supper Club and to help trim those waists, we have introduced 'Light and Tasty' Suppers for January and February.

Rosa - our Spanish chef - hosts the evening with a different well balanced meal each week. Don't forget to book at the bar no later than Monday lunchtime to guarantee your space.

If you haven't visited the Courtside Café yet or if you are a new member, please do call in soon.



GYM

Motivation is the biggest single factor that drives a successful fitness routine and lack of it is why so many people end up in the exercise lay by! New Year is a particularly good time to review your goals and set out a plan for the year. It can start with the simple question: what would I like to be different this time next year?



The Fitness Team is here to help you do just that, even if you don't want the Gym to be part of your plan they can offer help and advice. Simply book at Reception and we will take you through a 1-2-1 appointment that can focus on the areas that really matter to you – weight management; increased energy; flexibility; strength; stress reduction; sports specific etc.

Do you have a plan but are struggling to stick to it, why not consider Personal Training? From a few sessions to get you started to a regular program to guide you all the way, each of our Instructors have their own special set of skills. They would be delighted to give you their undivided attention and expertise. If you are interested then please ask any of the team or if you prefer, leave your details at reception and Tracy, our Personal Training Manager, will happily chat through the options – with no obligation.

How do you know if your plan is working? Up until now it has been down to basic measurements (waist and weight) and individual perception. These are good but Boditrax is better. If you weren't aware last year we introduced Boditrax which is state-of-the art biometric measurement machine. It measures your body fat (inside and out), muscle mass, hydration, skeletal weight it even tells you your 'real' age! Most importantly these measurements are clinically accurate and over the course of time you can track exactly how well you are progressing and adapt your individual regime to achieve outstanding results through smart effort. It's quick, easy and painless and you can even track your progress on-line.

INTERESTED IN BODITRAX – Just ask in the Gym or at Reception.

Whatever your goals, we can help you to fulfil them. Just book at reception, it's all part of the Pavilion service.

ANDREW - Fitness Manager

POOL

Can you swim, would you like to start, improve or even reach your full potential?

The Swim Acceleration Team are offering our adult members a free consultation/stroke assessment lesson. From complete beginners through intermediate all the way to advanced, this could be the first step towards greater confidence and performance in the water.

Don't forget that our ever popular half terms Kids 'crash' course will start W/C 14th February
Swim Acceleration offer a comprehensive program for all levels and all ages.



To take advantage of the free consultation offer or to see the coaching program in full, just click on the link to our website (under Pool) or ask at Reception.

VLADIMIR - Head Swimming Coach

THE CLUB CRÈCHE

We are very proud of our Ofsted 'outstanding' rated Nursery - Little Crickets. But did you know that Little Crickets also run our first class Crèche service at a great rate for children from 6 weeks to 5 years old – exclusive to Club Members. Just £4.25 per hour.



Staff are experienced, qualified, first aid trained and offer a wide range of activities i.e. painting, sticking, play dough, music and dancing – which the children simply love!

The Crèche is here to help you get the most out of your Club, just ask for details at reception.

SARAH - Nursery Manager



SAVE THE DATES

Our 25th Birthday Party will of course top the social highlights this year but there are many other events to keep you entertained and amused throughout the year.



Every Wednesday - 6:30 pm to 10:00 pm.
Supper Night - 'light and tasty' £5.95 per person.



Saturday 10th March -
'Henry Sings Swing'

7:30pm to 11:00pm
Tickets (including Paella) £9.95



Friday 9th February -
Quiz night (plus lasagne)

7:00pm to 10:00pm - £7.50 per person.

If you fancy coming on your own do sign up for our mixed team table.



Saturday 28th April -
The Pavilion Club 25th Birthday party

Theme 'The Great Gatsby' 7:30 pm to 12:30 am.
Details to follow.



Sunday 24th June -
Summer Fun Day - 12:00 pm to 4:00pm.

We roll out the red carpet to our members to come and enjoy a fabulous afternoon of entertainment for adults and children. Already booked 'Pony Magic' and 'Urban Safari' (exotic wild animals up close and personal).

THROW YOUR OWN PARTY

The Courtside Café Team is here to help you with a private function, small or large, simple or fancy. For example:

- **A Lunch Party.**
- **A Children's Party.**
- **An Evening Party up to 50 people.**
- **An Evening party over 50 people.**

Popular Dates get snapped up quickly, especially for our children's parties, so please speak to Emily to reserve your space.

EMILY - Hospitality Manager



THE QUIZ

FIND THE MEMBERS OF STAFF!

We have 23 people who have been part of the staff team for over 10 years!

Can you find their names, cunningly hidden in our word search?

Find all 23 and you can enter our prize draw:

1ST PRIZE

One month's complimentary membership.

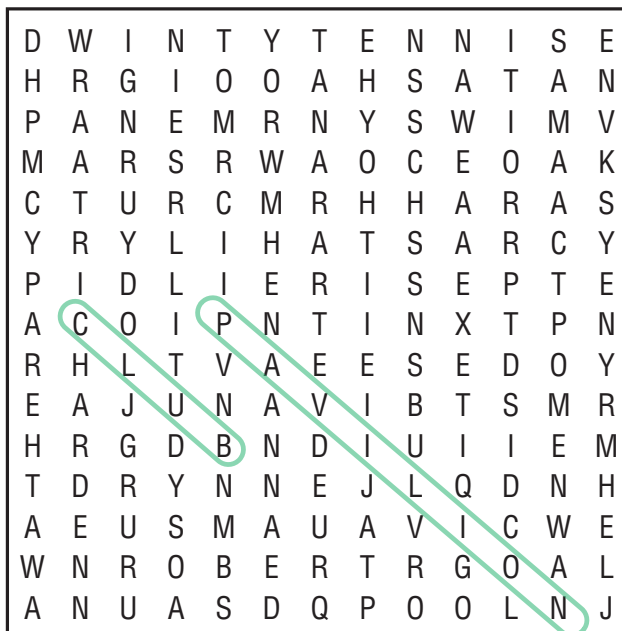
RUNNER UP: Meal for two in the Courtside Café.

When complete, cut-out and drop off at reception with your details printed below.

Contact Number: _____

Full Name: _____

Last Date for Entries: February 28th - 2018.



- | | |
|-----------|---------|
| ALISON | PAULINE |
| ANDREW | RICHARD |
| BETTY | ROBERT |
| CHRISTINE | ROSA |
| DAVID | SARA |
| DEANNA | SARAH |
| GERMAINE | SHARON |
| HARRIET | SUE |
| JACQUIE | TINA |
| JENNY | TOM |
| KAREN | TRACY |
| NATASHA | |