



Newsletter

April 2018



We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

New Corporate Lunchtime Sport Competition

YMCA will introduce a new Lunchtime Sport Competition at the Ryde Community Sport Centre (RCSC) aimed at our vibrant business community.

Using our state of the art indoor and outdoor sporting facilities, this special initiative will provide our business community with

- Participation and learning opportunities in a variety of popular team sports
- Regular physical activity and exercise
- Proven benefits in wellbeing through social and physical activity
- Skill development and procurement opportunities
- Social interaction building in team environments outside the office
- New vehicle for businesses to brand their sporting talent
- Potential for businesses to interface with each other, leading to both commercial partnerships and lasting friendships.

These Lunchtime activities, will commence in April 2018, and include the mixed team sport codes of **Basketball**, **Netball**, **Futsal** and **Football**. With other new sports planned for the Spring/Summer season including tag and touch football.

The YMCA team at the RCSC will manage all competition infrastructure, facilities, equipment, refereeing, communication, schedules and insurance.

Talk to our sport staff or get an Information Pack at admin.rcsc@ymcansw.org.au or Ph. 9878 2223.

New 'Come & Try' Pickleball Program

The modern new sport of Pickleball will be unveiled at RCSC from for a period of 8 weeks. This new sensational sport sweeping the world is low impact, social and ideal for mature adults.

If you like badminton or tennis, you will love Pickleball. So come see what everyone is talking about, from 10am-1pm

\$10 entry per visit includes equipment, instruction and social competition.
www.pickleballaus.org

Fresh Fruit at the YMCA Kiosk

The RCSC will now have bowls with fresh fruit for sale at the front counter. Visit the front counter on your next visit to enjoy some healthy fruit.

'Pryme Movers' Fitness Classes for Mature Adults

A special health and wellness program for mature adults from 10am-11am on Thursdays is now available. If you want to improve movement, balance and strength in a supportive, social and fun environment, this class is for you.

\$7 casual entry or \$50 for 10 multi visits, and free coffee and tea.



Seniors Festival 4th - 15th April

Please be advised that YMCA NSW will be offering a 'One week Free' access to local YMCA classes for the period 4-15 April 2018. This special offer is valid for non-members only, and all Pryme classes will be open for to seniors interested in attending.

On the 13th of April, Pickleball participants are able to bring a friend along free of charge as part of our Seniors Festival. On the 12th of April, Pryme Movers participants are encouraged to bring a friend along free of charge.

Launch of Active Kids - NSW Government Initiative

The New Government has launched a \$207 million four-year campaign to encourage kids to get active. Active Kids will provide a \$100 refund to parents and guardians of school enrolled children registered in sport and fitness activities. The RCSC is happy to announce that we accept this rebate for our programs at the centre. For further information visit: www.sport.nsw.gov.au



Learn To Play Basketball Registrations Opening Soon

Learn To Play Basketball Term 2 registrations will open on April 13th 2018. The coaching classes are set to commence on May 4th 2018 with a total cost of \$130. In order to registration, please fill out a registration form and contact the centre to make a payment. Forms can be found at:

<https://www.ymcansw.org.au/centres/ryde-community-sports-centre/learn-to-play/>

New Pilates Class

The RCSC has launched a new Pilate's class, which will be running on Monday's at 10am run by our Eleanor, our expert fitness instructor. The first class as a tremendous success, and was thoroughly enjoyed by participants.

\$7 casual entry or \$50 for 10 multi visits, and free coffee and tea.

Summer Sports Competitions Grand Finals

During March, we had our Summer Sports Competition finals at the centre. Congratulations to all the teams who became Ryde Community Sports Centre Champions. Below is the Tuesday Division One Men's Futsal Champions, Ararat 1



RCSC Noticeboard

RCSC Facility Availability for Hire

Take advantage of the court and meeting room at the facility.

For further information

Email: admin.rcsc@ymcansw.org.au or PH: 02 9878 2223.

Winter Registrations Open

Winter Team registrations are still open for all teams still looking to play in competitions this winter season.

One of the oldest karate schools

This school has been running for 45 years and currently held at the RCSC on Tuesday Nights from 5:30pm until 6:30pm. Sensei Hovik Keshishian is the instructor who is a 7th dan, black belt, forty years of karate experience, twice winning third place in the world karate champions and winning the Australian karate championships several times.

The cost per lesson is \$10 per person, and parents train free. Insurance cost is an additional cost to training cost. Cost for first year is \$120, which includes insurance, first karate belt and first grading cost.

Hoviks Contact details are:

0416 147 156 or email nanadan007@tpg.com.au





WE'RE HIRING

Centre Coordinator

APPLY NOW!

Visit us online ymcansw.org.au/careers

Ryde Community Sports Centre
ELS Hall Park, 109 Kent Rd, North Ryde
☎ 9878 2223 📧 ymcansw.org.au/ryde

 City of Ryde

Lifestyle and opportunity
@ your doorstep



 **YMCA NSW EMPOWERMENT/HEALTHY LIVING/SOCIAL IMPACT**