



CHALKE VALLEY

SPORTS CENTRE

sport for all

THE COMMITTEE

Chair: Nigel Tinkler

Vice Chair: Edward Fry

Treasurer: Michaela Johns

Secretary: Lynn McNaughton

Helen White

Andy Bundy

Peter Trickett

Mike Ash

SPORTS REP'S

Football: Nigel Hayes

Tennis: John Dutton

Cricket: Stuart Weeks

Table Tennis: Malcolm Penney

Short mat bowls: Edward Fry

Booking Clerk: Malcolm Penney

Web Site: Malcolm Penney

Groundsman: Nigel Hayes

Clubhouse Caretaker; Ron Chalk

Contact Information:

Address; Chalke Valley Sports Centre, Recreation Ground,
Knighton Road, Broad Chalke, Salisbury, Wiltshire, SP5 5HX

Web Site: www.chalkevalleysportscentre.co.uk

Email: info@chalkevalleysportscentre.co.uk

MUGA - Multi-use Games Area

The hard court area of the Sports Centre can be used as 2 tennis courts, 2 five a side football courts, 2 netball training areas. It is used by the school for a variety of activities. See our web site for contact names, telephone numbers and the bookings schedule.

Indoor Games Area

The indoor games room area of the Sports Centre can be used for table tennis, short mat bowling, Pilates, yoga and dance. There are changing rooms, showers, a small kitchen and an alcohol licence. See our web site for contact names, telephone numbers and the bookings schedule. The centre is available for private hire as a location for events and parties. We also have a large grass playing area, grass football pitches, and car park.

No Internet?

For Pavilion and Multi Use Games Area (MUGA)

Contact Malcolm: 01722 781139

Football



To find out more about the clubs contact;

Adult team Secretary, Jason Cooper, phone: 01722780990
email: helcooper@btinternet.com

Youth (Under 16) Secretary, Nigel Hayes, phone: 01722780338
email: nmhayes@live.co.uk

Or visit our Web Site: www.chalkevalleysportscentre.co.uk

Tennis



The Chalke Valley Tennis Club has 2 floodlit "all weather" courts at the Sports Centre and tennis is played all year round.

We welcome any member of any age and ability.

We have about 90 family and individual members from both inside and outside the Valley.

Membership at present is £45 per adult, juniors (10 or older or in full time education) £12, children (9 and under) £10, family £95.

Membership also qualifies you to enter the Wimbledon draw, you do also have to be a British Tennis Member, which is free. We are usually allocated 5 pairs of tickets.

Use of the courts is free, and also, by arrangement 4 other private courts in the Valley. Social tennis "Mix-Ins" on Thursday evenings at 6pm and Sunday morning from 11am.

We are currently in the process of arranging 4 new coaches who will run tennis clubs at the school and also holiday tennis camps. They will also be available to coach either individually or in groups.

The Club takes part in the Shaftesbury League which runs from May to July, we always want team members; matches are 4 sets, 2 mixed and 2 ladies/men's doubles with tea to follow.

We also arrange some social events, in the past these have been a New Years Eve party, Summer Barbeque and 4 Charity tennis tournaments.

Chairman - Hilary Brown Tel' 01722780496 or
hilary@broadchalke.waitrose.com

Secretary - Emma Flint tel 01722780763 or
emmaflint@tiscali.co.uk

Treasurer -Matthew Dodd tel 01722780102 or
tennis@mdodd.net

Short Mat Bowls

If you are looking for a little gentle exercise and a lot of fun, come along to an evening of indoor bowls. We play every Monday evening from 7.30pm till about 10pm with a T break half way. Some play till the break, but most stay the distance. Contact Edward Fry for more information;



We are a group of about a dozen, we play winter and summer league games, but we all play for the social aspect more than the competitive. That said we do like to win a game or two. Our triple team won the South Wilts league in 2015.

To find out more just turn up on a Monday evening, have a chat and a bowl, club bowls available for beginners to use. Contact Edward Fry (01722 780093) for more information.

Cricket



Chalke Valley Cricket Club
Butts Field Bowerchalke

Please visit the Web site for Contact details.
Chalkevalley.play-cricket.com

Table Tennis



The Club meets every Sunday evening in the Sports Centre from 6.30pm to 10pm approximately, but the first hour 6.30pm to 7.30pm, is for Under 15 year olds.

The Club does meet on other evening during the week, but as the facility is shared with other clubs, these evenings can change from week to week.

The Club was founded in 1968, from the local village Youth Club, and at that time the Club played its league matches in Broad Chalke Village Hall. After the first Season, the club became known as Broad Chalke Table Tennis Club, and started looking for its own premises. We became known as the Chalke Valley Table Tennis Club in the 1970's.

If you are interested come and join our club. Our current membership age range is from 10 years old to 90 years old.

Contact: Malcolm J Penney

Tel : 01722 781139

Email : malcjp@uwclub.net "

At the time of going to print your Chalke Valley Sports Centre is thirteen years old. We, the committee, are aiming to encourage more people of all ages to be active. We want to help everyone achieve and sustain a sensible level of fitness which will help us all to maintain a healthy lifestyle and enable a long and enjoyable life.

We are constantly looking for new ways to achieve this aim and we would value your ideas and suggestions. Tell us what you would like to see available at the centre and we will try to source the activity. Email: info@chalkevalleysportscentre.co.uk

Additionally the centre needs a regular income in order to be maintained. We are constantly seeking innovative ways of raising funds. If you know of any group or fitness provider that may like to use our facilities we would be pleased to show them the facilities.

We are fortunate that we live within such a diverse and friendly community, many people are keen to support the infrastructure that makes our valley such a pleasant place to live. Local parish councils have regularly provided supporting donations, but there is always a need for top-up funding to maintain and improve the facility. If anyone would like to make a contribution to the sports centre by way of a gift or a bequest please contact any of the committee members.

Thank you
Nigel Tinkler
Chairman
Email nandnt@btinternet.com

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Natalie Lowe

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VENUE: **Chalke Valley
Sports Centre**

INSTRUCTOR:
Gemma Barnett

DAY/TIME:
Thursdays 7.30 - 8.30pm

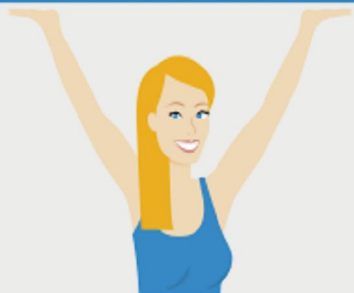
CONTACT: **07933 722289**

gemma@fitsteps-salisbury.co.uk

www.fitsteps-salisbury.co.uk

Claudine's Fitness

FOR MEN AND WOMEN



Fitness
Routines
Designed
Specifically
With You
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Claudine is a member of fitness professionals. As a certified instructor of pilates and HIIT, she teaches a variety of fitness classes for men and women of all ages and abilities.

Pilates

- Low impact exercises safely strengthen and lengthen muscles
- Improves joint mobility, back strength and flexibility
- Delivers better posture, blood circulation and bone density
- Improves balance, body shape, happiness and self-awareness
- Builds core strength and stability
- Promotes relaxation and stress reduction through correct breathing in a relaxed and fun environment

Fitness Pilates (FP)

- The best of all disciplines, yet not as intensive as HIIT
- Realigns mind and body whilst developing core strength and flexibility
- Incorporates yoga postures and balance sequences

High Intensity Interval Training (HIIT)

- Cutting edge interval training, taken at your own speed
- Improves muscle strength across the body
- Cardiovascular workout (heart, lungs and blood vessels) improves stamina
- Burns maximum amount of fat in minimum time to help reduce weight
- Continues to burn body fat for up to 48 hours afterwards
- Improves sleep pattern, resting pulse and overall metabolism

For more information call Claudine on 07788 587937

TRADITIONAL FISH 'N' CHIPS

Now being served!

In the
Chalke Valley Sports Centre Car Park
on Knighton Rd, Broadchalke

We will be there
every Thursday from 4.30pm to 6pm
starting on **15th October 2015**

All of our food is freshly cooked on-site

We do also offer other takeaway
classics such as Burgers, Sausages & Chicken

We hope to see you there!



www.fryingtuck.co.uk | fryingtuckfood@gmail.com

Yoga

Tuesday mornings

9.15 - 10.45 am

CHALKE VALLEY SPORTS HALL
NATURALLY LIGHT AND AIRY
WITH
FABULOUS HEATED WOOD
FLOOR.

Experience the wonderful benefits of yoga through these ancient practices of postures, mindful breathing and deep relaxation to bring improved health and harmony within. Yoga can be adapted to suit the individual needs of each person so all ages and abilities are very welcome. See you soon.

Interested in more info... please contact
Caroline Wilkinson **01725 552209**

cj@wilkinsonyoga.co.uk

www.wilkinsonyoga.co.uk

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SINCE 1999



About You Fitness Consultancy



Do you want to: -

- Improve your sports performance and conditioning?
- Recover from or prevent injury?
- Feel fitter and healthier?

Then personal training may be able to help. Get some advice and guidance that helps your sports performance improve and prevents injuries through conditioning. Remember personal training is all about you -no classes or impersonal gyms, just you and our knowledge, inspiration and life experience to help you achieve your sports and fitness goals.

Contact Nicki Tinkler OBE 01722 780327 or nfitness@btinternet.com or have a look at our web site www.aboutyou-fitnessconsultancy.co.uk