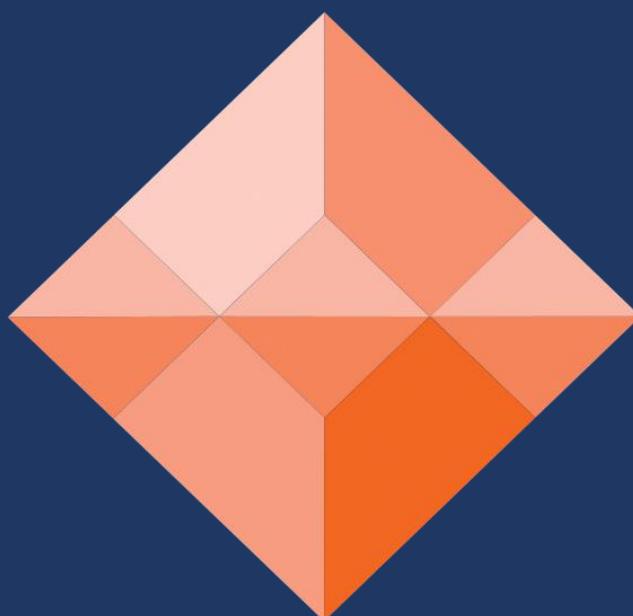


*Welcome to*

# **Manor Sports and Leisure**



# **CENTRE BROCHURE**



## Mission Statement

To provide the community of Raunds and the surrounding area access to **excellent, high quality** and **low-cost** hospitality and sports & leisure services; ensuring that all profits are reinvested to continually improve our provision and that of Manor School.



Our **fully air-conditioned** gym has all you need to achieve your fitness aspirations and with our friendly, qualified and experienced staff, you can be certain that you will achieve your goals with us at Manor Sports & Leisure.

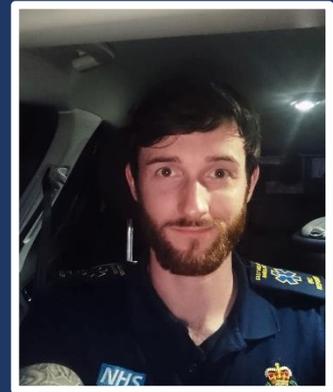
With **competitively priced** gym memberships, a wide range of sports clubs and sports facilities available to hire, we have everything you need to get active and stay active on your doorstep.



# Meet the Team

## ◆ Tom – Facilities Manager

Tom has recently been appointed as Facilities Manager, after working as the centre manager for the previous 3 years, after spending 6 years working as a leisure assistant at MSL. With a passion for health and wellbeing, he is committed to developing and implementing new opportunities for the community to engage in physical activity. Being facilities manager, Tom is also committed in ensuring the learning environment, grounds and facilities are of high quality across Manor, St Peters and Park Infant Schools. In his spare time, Tom is a Community First Responder for the Ambulance Service and coordinates the East Northants team



## ◆ Cameron - Sports Centre Assistant

In August 2020, Cameron joined our team to bring in new ideas for the centre. Cam enjoys football and fitness and looks forward to offering an extended fitness class as a level 2 fitness instructor. A vital part of being a part of the MSL team is to have great customer service and be able to solve customer queries as quickly and efficiently as possible: Cam offers all these essential skills. In his free time Cam enjoys playing hockey and watching Swansea City FC play.



## ◆ Logan - Sports Centre Assistant

Logan has been with us since the summer; Providing excellent customer service and initiative, he has settled straight into our way of working. You will most likely see his friendly face in the evenings.

Logan is a keen boxer and previously held the male youth 'East Midlands Region Elite Challenge Belt' title at 75kg; With his great experience, he is looking forward to setting up and providing an under 18 boxing session with us.

Look out for this in the coming winter months!



### ◆ Emily – Casual Sports Centre Assistant

Emily's journey with MSL started in March 2020. After returning to work after the first Covid lockdown, occurring just two weeks after her start date, Emily has worked hard with the team in delivering covid-safe facilities for the students of Manor and the community.

Emily, like the entirety of the staff, is first aid trained, bubbly, and always willing to help our users. In her free time, Emily enjoys dancing and seeing to her horse. She also coaches full-time in primary schools and is a firm favourite with our holiday camps.



### ◆ Ewan - Casual Sports Centre Assistant

Ewan started his work here at MSL in 2017 whilst studying at Manor School. In his years at MSL, the centre has changed massively, and Ewan has been a big part of the change. Ewan's role includes looking after our members both in the gym and around the centre, particularly the footballers up on our all-weather pitch.

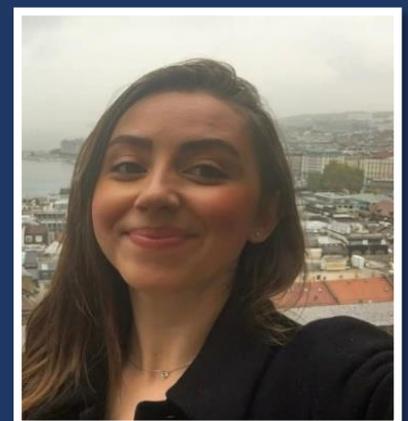
Whilst Ewan also works as a sports coach around local schools, he still is able to bring his expertise about his role at MSL to every shift, and you will always be able to have a laugh when Ewan is on shift!



### ◆ Kayleigh - Casual Sports Centre Assistant

Kayleigh is the life and party of the dream team. Starting at the beginning of 2019, Kayleigh has played an active role in developing our facilities; She leads our youth club, 'The Den', as well as delivering holiday camps and maintaining our facilities. Kayleigh is working evenings and weekends, alongside studying Mechanical Engineering at university.

Kayleigh's great enthusiasm and bubbly personality makes her the perfect example of what MSL is all about. She always provides great customer service, and continuously puts a smile on the faces of everyone around her.



### ◆ James - Casual Sports Centre Assistant

James, being a Manor student, started out at MSL as a volunteer, assisting our half term holiday camps. Since then, we have welcomed James onto the team in a part time role to continue providing excellent holiday camps and to help around the centre.

James is a keen hockey player and aspires to join the Royal Navy in the future.



### ◆ Phoebe - Volunteer

Also being a Manor student, our volunteer leader Phoebe, assists with our popular half term holiday camps. Phoebe has become a favourite of all the children attending our half term camps!

In addition to being a great help on half term camps, Phoebe enjoys performing arts, playing the guitar and playing hockey in her free time.



# The Den

This joint project between MSL and Raunds Town Council, supported by Service Six, delivers a **safe, fun** and **friendly** environment.

The youth club, enjoyed by many teenagers on a **Thursday** evening, involves games on the **Wii, Uno, pool tables, foosball** and **more** in a relaxed, un-structured environment

Please see the brochure below for more information, or email [sport@manor.school](mailto:sport@manor.school) and we will answer any questions you have

Raunds Town Council Manor Sports & Leisure Ltd

## The Den

Manor Sports and Leisure, in partnership with Raunds Town Council, presents an exciting new opportunity for you to socialise with other young people in Raunds.

Activities and services on offer include:

- Pool
- Sports
- Darts
- Game consoles
- Tuck shop
- Support services

**Thursdays**  
5-7pm 11-14 yrs  
7-9pm 14-18yrs  
**Free of charge**

Full details are available online.

Email: [sport@manor.school](mailto:sport@manor.school) Tel: 01933 461459  
Web: [manor.school/sports-centre](http://manor.school/sports-centre) Find us on: Facebook & Twitter

# Facilities

Here at MSL, we are confident in our range of facilities and take pride in our **low-cost** and **affordable** services.

Read on to see what opportunities wait for you to improve your health and wellbeing, all on your doorstep, in the heart of Raunds.

## Gym

Our **fully air-conditioned** fitness suite has all you need to achieve your fitness aspirations and with our friendly qualified and experienced staff you can be certain that you will achieve your goals with us.

With **competitively priced** membership options and **contract-free** single sessions, there is no excuse not to begin your journey today.

### Prices:

#### Monthly:

Standard: **£25**

Standing order: **£20**

Blue Light Holder: **£17.50**

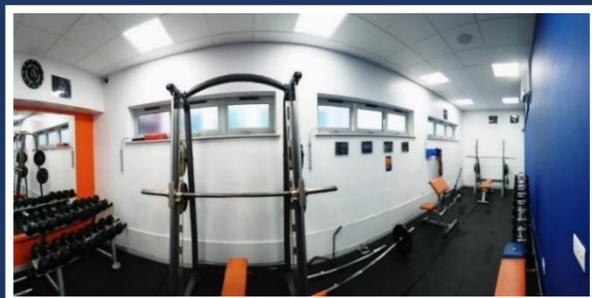
Manor student: **£12.50**

#### Day pass:

Weekday: **£5**

Weekend: **£4**

Manor student: **£2.50**



Are you an employee of the Nene Education Trust?

Get in touch today for NET prices!

## Membership Benefits

Not only will you improve your health and wellbeing in a relaxed and supportive environment, you get access to exclusive discounts!

- ◇ Free programmes
- ◇ Free classes
- ◇ Free Wi-Fi
- ◇ Discounted holiday camps
- ◇ Discounted facility hire



### Natalie's Reflexology and Wellbeing

Our members enjoy 10% off treatments!

Contact 07777 644955

[Nataliesreflexologyandwellbeing.com](http://Nataliesreflexologyandwellbeing.com)



### Nene Valley SUP

Our members receive 10% off equipment hire!

Contact 07748 802979

[www.nenevalleysup.co.uk](http://www.nenevalleysup.co.uk)



### Jesters

Our members receive 10% off hot drinks!

[Resturantnorthamptonshire.com](http://Resturantnorthamptonshire.com)



### Ambe Wellness

Our members enjoy 10% off testing!

Contact 07947 578989

[ambewellness@outlook.com](mailto:ambewellness@outlook.com)



NENE VALLEY  
OSTEOPATHY

**Nene Valley Osteopathy**

Our members enjoy 10% off treatments!

Contact 01922 624323

[Nenevalleyosteo.co.uk](http://Nenevalleyosteo.co.uk)

*Angela's Serenity*



*Reiki, Crystals & Wellbeing*

**Angela's Serenity**

10% off services!

07477 289675

[angelasserenity@gmail.com](mailto:angelasserenity@gmail.com)



**Jenny's Health and Beauty**

10% off treatments!

07990 878714

[Jenny.millman@yahoo.co.uk](mailto:Jenny.millman@yahoo.co.uk)

Get in touch today for more details!

## Sports hall

Our **spacious** sports hall has multiple purposes for our customers who may wish to use this space to play badminton, basketball or to attend one of our range of clubs such as taekwondo or kickboxing.

### Prices:

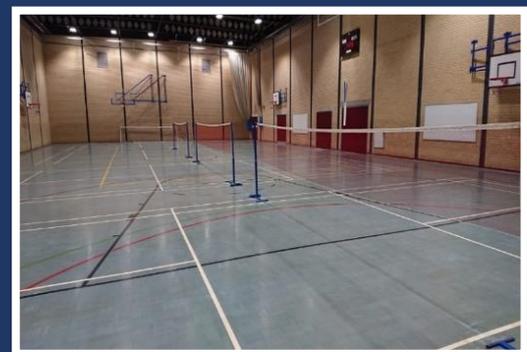
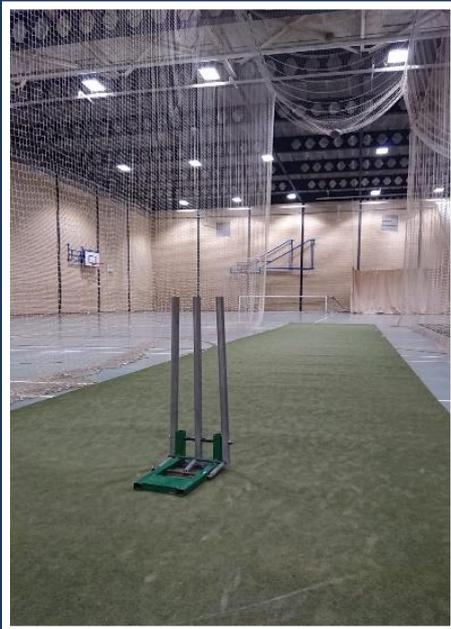
Badminton court: **£7.50**

Basketball (*half*): **£15.00**

Sports hall (*full*): **£30.00**

Cricket Nets: **£35.00**

Table Tennis: **£8.00**



## Dance Studio

Our **spacious** dance studio is installed with mirrors, ballet barres and ceiling speakers, ideal for children's dance classes and fitness groups.

### **Price:**

**£18** per hour

## 3G All Weather Pitch

Our all-weather pitch is in popular demand all year round, by football clubs and casual groups alike. We can cater for casual bookings and games throughout the week and weekends.

### **Prices/hr:**

Full pitch (*seniors*): **£67.00**

Full pitch (*juniors*): **£62.00**

1/3 pitch (*seniors*): **£29.00**

1/3 pitch (*juniors*): **£26.00**

Game (*senior*): **£75.00**

Game (*junior*): **£37.50**



## Netball / Hockey Courts

Our new sand-based pitch, built in 2019, is perfect for tennis, hockey training and netball.

### **Prices/hr:**

Netball Court: **£20.00**

Hockey Pitch: **£29.00**

Tennis: **£10.00**



\*Contact us for more details on classroom, drama auditorium and main hall hire\*

# MSL Fitness Classes

Our popular fitness classes have shown that **great results** can be achieved with time, commitment and, of course, a little hard work. The exercises are changed every week to ensure you continue to achieve those results and to push you that little bit further with every workout.

Registered with **CIMSPA**, you know you're getting the very best from our in-house instructors.

## Bootcamp

**When:** Monday

**Time:** 6pm

**Duration:** 45 minutes

**Price:** £4.00

Who doesn't like a good bootcamp? Come along and throw some tyres around, slam some ropes and participate in some good old teamwork to get the results you're looking for. No matter the weather, bootcamp is there!



## HIIT

**When:** Wednesday

**Time:** 6pm

**Duration:** 45 minutes

**Price:** £4.00

Make it as easy or hard as you like, with these bodyweight sessions you will work to your own limit to achieve fitness. Week after week, session after session, these HIIT class are a sure way to fire up your metabolism.



## Circuits

**When:** Thursday

**Time:** 6pm

**Duration:** 45 minutes

**Price:** £4.00



This traditional, old-school class is being revived with class exercises to maximise results, teamwork and sweat! Work in pairs and make your way round a blend of bodyweight exercises and equipment to achieve results!

## ! Team Challenges !

Not only will our classes build results week on week, it will also build friendships that will last long into the future!



Attend classes and gain access to our **exclusive team challenges** such as Tough Mudders, Wolf Runs and weekends away in the mountains!

Join something bigger. Join #TeamManor

# GP Exercise Referral Scheme



We are now proud to offer an exercise referral scheme here at the Manor Sports Centre in partnership with local NHS medical surgeries. If you have been inactive for 3 months and have a medical condition you may be entitled to a referral.

Here you will receive a safe and effective prescribed exercise programme, designed specifically for you and your condition(s).

Follow these simple steps to begin your journey with us today:

## Step 1

Visit your GP. Ask your GP for a referral and they will check to see if you are eligible.

## Step 2

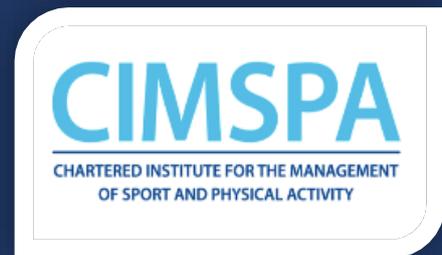
Our instructor will contact you within 14 days to book a consultation once the referral form has been received.

## Step 3

Attend consultation. This is where your lifestyle choices are discussed, any questions answered and basic non-invasive fitness assessments are carried out.

## Step 4

Select a date you want your programme to begin.



Conditions include, but are not limited to diabetes, hypertension, obesity, arthritis and many more. Take advantage of the concessionary membership and speak to your GP today for more information or contact [sport@manor.school](mailto:sport@manor.school) for details.

# Holiday Camps

Our holiday camps run in line with the school holidays and offer children aged 4-11 years a range of activities to keep them **happy**, **healthy** and **active** during **half-terms**.

- Simply bring a packed lunch and we will do the rest!



Activities include, but are not limited to:

- ✓ Arts & crafts
- ✓ Sports
- ✓ Movie afternoons
- ✓ Orienteering
- ✓ First aid and visits/talks from the emergency services.

## When?

Half-terms 8:30am - 3:30pm!

## Prices:

**£15.00** per day (*1 child*)

**£25.00** per day/ Sibling discount  
(*2 children*)

Simply call us on **01933 461459** or email [sport@manor.school](mailto:sport@manor.school), and we will send you our holiday camp booking form where you can provide us all your dates and details needed book your child onto camp!



# Clubs and Groups

## Wellingborough Badminton Club

Wellingborough Badminton Club is a popular and growing club here, with coach Rachael Maywood delivering the sessions.

To find out more, you can contact Wellingborough Badminton Club via their Facebook page, or take a look at their website at [www.wellingboroughbc.co.uk](http://www.wellingboroughbc.co.uk) or email Rachael at [info@wellingboroughbc.co.uk](mailto:info@wellingboroughbc.co.uk)

### **When:**

Monday- **6pm - 8pm** (*Junior sessions*)

Monday- **8pm - 10pm** (*Senior sessions*)



## Thrapston Badminton Club

Badminton is one of our most popular sports that we cater for here at MSL. Thrapston Badminton Club use our facilities on a Tuesday and Wednesday night.

A quote from their website states:

*"If you are looking for a fun, friendly social badminton club with a ranging skill level from junior to County level players, then please contact us or attend an evening as a Guest at Thrapston Badminton Club."*

If you want to find out how you can become a member, visit their website at

<http://www.spanglefish.com/thrapstonbadmintonclub>

### **When:**

Tuesday- **7pm - 10pm** (*Fixtures & match practice*)

Wednesday- **8pm - 10pm** (*Casual play / training*)



## Raunds Racqueteers

Raunds Racqueteers are another badminton club that use our spacious sports hall for their weekly club nights. The group use our facility on Friday evenings and are long standing users here at MSL, known by the entirety of our staff.

The club generally consists of **ex-league players** who now play for socially competitive enjoyment.

They are always pleased to welcome new players that have some previous experience.

To find out more, you can contact the centre on **01933 461459** or email us at [sport@manor.school](mailto:sport@manor.school) where we can pass on your information.

### When:

Friday- **8pm - 10pm**

## Archers of Raunds

Archers of Raunds are a popular club at MSL and have been regular users of both, our sports hall and sports field for some years.

Holding regular beginners' courses, open days as well as being used as part of the DofE award, Archers of Raunds has something for everyone.

To find out more about the Archers of Raunds, you can contact head coach Neil on **07432 525275** or visit their website at <http://archersofraunds.co.uk/>



### When:

Friday- **7pm - 10pm**

Saturday- **1pm - 5pm**

Sunday- **9am- 1pm**

## BCKA Kickboxing

Our facilities are regularly used by groups that train in many forms of martial arts. Our local kickboxing group use our facilities once a week for their training, ranging from children to adults.

If you want to find out more, you can visit their Facebook page at Raunds and Rushden Kickboxing or ask a member of the MSL team for more information!

### When:

Thursday- **7pm - 8pm**



## Northants Taekwondo

Northants Taekwondo “offers students the opportunity to learn the well-known and respected Martial Art Taekwondo, learn useful self-defence techniques, compete in sporting tournaments and generally be more confident.”

If you're interested in finding out more, you can visit their website at <http://www.northants-taekwondo.com/> where you will find all the information you need or call Kay on **07778 789150**

### When:

Tuesday- **6pm - 8pm**



## GKR Karate

*“Our classes are taught by passionate instructors who are committed to teaching and passing on the GKR Karate style and our way of life...Your instructors and peers will be there to support and provide you with a safe, inspiring and empowering environment to develop your skills, and reach your maximum potential.”*

Suitable for ages **5+**, family based.

For more information on how you can join, visit <https://www.gkrkarate.com/locations/listing/gkr-karate-raunds/> or ask a member of the MSL team!

### When:

Thursday- **7pm - 9:30pm**

Sunday- **11am - 12pm**



## 'Stretch and Strengthen' with Sam

This class is another great way to have fun through a yoga and pilates based workout, suitable for ages 14+. Sam uses our facilities on a weekly basis to deliver her classes suitable for anybody wanting to get fit and have fun!

If you'd like to know more about Sam's classes, you can contact her by calling **07525 816911** or email [manorfitness@hotmail.co.uk](mailto:manorfitness@hotmail.co.uk)

### **When:**

Tuesday- **7pm - 8pm**

Thursday- **7pm - 8pm**

## NMPAT Contemporary

The Northampton Music and Performing Arts Trust (NMPAT) is another example of an organisation that uses our facilities for uses outside of the sporting industry.

NMPAT uses our fully equipped music rooms within the school. NMPAT Contemporary form groups of young musicians into bands to rehearse songs, write new material, record and perform.

You can find out more about Raunds Contemporary on the NMPAT website at [www.nmpat.co.uk/contemporary](http://www.nmpat.co.uk/contemporary)

### **When:**

Saturday- **1:30pm - 3:30pm** (*Term time*)



## 2<sup>nd</sup> Raunds Scout Group – Beavers & Cubs

These sessions are suitable for those aged between 6 - 10.5 years. They make great use of our classrooms, playground area and other facilities within the school playing games, working towards badges and having lots of fun!

If you wish to find out more, either contact us at MSL, or contact 2nd Raunds directly at [facebook.com/2ndraundsscouts](https://www.facebook.com/2ndraundsscouts)



### When:

**Cubs:** Wednesday – **6:45pm-8:15pm**

**Beavers:** Friday - **6pm-7pm**

## Army Cadets

We host the local detachment of Army Cadets here at Manor. Learn new skills, build new friendships and start something new today!

Go to their website or email [sport@manor.school](mailto:sport@manor.school) for more details

### When:

Tuesday- **7pm - 9pm**



## FA Affiliated Football Clubs

We host numerous FA affiliated on our all-weather 3G pitch as well as offering hire for recreational football. Our 3G pitch is **flood lit** and can be used in **all weathers** and **all temperatures**, so there is no excuse to not get playing with MSL!

**Some of the local clubs we welcome are:**

- Thrapston Town
- Raunds Town
- Finedon Volta
- Higham Town
- AFC Ladies
- Thrapston Venturas

If you are a coach, or a parent looking for a football club for your child and would like more information, contact us at [sport@manor.school](mailto:sport@manor.school) or call us on **01933461459**.



## Social Netball

Tuesday evenings at MSL we have an open social netball session, open to everyone, all ages and abilities! They play on the muga next to the sports hall.

If you have any problems, the sports centre staff at reception will happily point you in the right direction!

### **When:**

Tuesday- **6:30pm – 7:30pm**

## Elite Football Coaching

Saturday mornings have got a lot more elite, with Elite Football coaching delivering their sessions here with us on a Saturday morning. 10-11am Saturday mornings, ages 5-12.

Email [info@elitefootballcoaching.org](mailto:info@elitefootballcoaching.org) for more info!

### **When:**

Saturday- **10am – 11am**



**Want to keep up to date with all things MSL?**

Follow us across our social media channels:



**Instagram**

@msl\_sportandleisure



**Facebook**

@Manor Sports and Leisure Ltd



**Twitter**

@manor\_msl

**01933 461459**

**07921683609**

**[sport@manor.school](mailto:sport@manor.school)**

