

SPORTS CENTRE

Newsletter



Christmas Opening Hours

DATE	OPENING TIMES	GROUP EXERCISE
Mon 19th Dec	5.15am - 9.00pm	Reduced Classes
Tues 20th Dec	5.15am - 9.00pm	Reduced Classes
Wed 21st Dec	5.15am - 9.00pm	Reduced Classes
Thur 22nd Dec	5.15am - 8.00pm	Reduced Classes
Fri 23rd Dec	5.15am - 8.00pm	Reduced Classes
Sat 24th Dec (Xmas Eve)	7.00am - 5.00pm	No Classes
Sun 25th Dec (Xmas Day)	CLOSED	No Classes
Mon 26th Dec (Boxing Day)	CLOSED	No Classes
Tues 27th Dec	CLOSED	No Classes
Wed 28th Dec	5.15am - 8.00pm	No Classes
Thur 29th Dec	5.15am - 8.00pm	No Classes
Fri 30th Dec	5.15am - 8.00pm	No Classes
Sat 31st Dec (New Years Eve)	7.00am - 5.00pm	No Classes
Sunday 1st Jan (New Years Day)	CLOSED	No Classes
Mon 2nd Jan (Public Holiday)	CLOSED	No Classes
Tues 3rd Jan	5.15am - 9.00pm	Reduced Classes



Christmas is many people's favourite time of year. Time off work, holidays with family and of course, treating yourself to some fine F & B and R & R - after all you worked hard all year so you deserve it! However, don't become a "Christmas Cheer Casualty" and enter the New Year feeling worse off, try and ensure during your break you find time to exercise and stick to your routine. Perhaps you will have time to try different activities if you have no access to the gym. Always look for opportunities to get your 30mins of moderate exercise in each day and you can have Christmas Pudding and eat it to!

NEED YOUR FIRST AID OR CPR ACCREDITATION?

Courses available through BUSC each month in 2012. Visit pulsestart.com.au for more details.



BOND'S AGING ATHLETES

*The use of 'Aging' has caused some to reprimand,
 Replace it with 'mature' is almost a command.
 But 'Mature & Motivated' is a well established group
 I'm sure our Aging athletes, to intimidate would NEVER stoop.
 We try to keep the revs up to 85 or more,
 level 5 and 100 calories in sixteen minutes is the required score.
 "Father " time dictates the pace and sometimes we do not make it,
 That 'use by' date asserts itself and we just have to take it!*

*Then there is the weight room, lifting iron and bending one's back,
 so many repetitions, real pain if you don't slack.
 The walking machines and cross trainers keep one moving or you'll fall,
 You will reach your fitness level if you never "hit the wall!"
 If you admit being over 65 then I guess you qualify,
 being a gym junkie will keep you fit until you die!
 Some say it may extend your life and even make you stronger.
 I'm not sure about that life extension, it may simply seem much longer!*

**Comments
 from "Sparky"**
(still pathetically trying!)

BBV TRIO OFF TO NATIONAL CHAMPS!



Bond Beach Volleyball's rising stars competed at the Qld Junior Championships recently claiming a Gold medal in the womens and Silver in the mens competitions. The teams will now compete at the National Junior Championships in January here on the Gold Coast and hope the home court advantage can help them grab another National title to add to the BBV trophy cabinet! (BBV athletes pictured L to R: Kiah Morley, Kirra Huddy, Rob Reeves).

BOND SWIMMING TRIUMPH IN THE TROPICS!



Round 2 of the BodyScience great Australian Swim Series took place on November 20 in the beautiful waters surrounding Whitehaven Beach off Hamilton Island in the Whitsundays. The picturesque venue sure seemed to work for our Bond Swimmers with some fantastic results achieved over several different divisions listed below.

- Ky Hurst - 1st 2km Open Men's
- Colin Braund - 1st 2km Men's 40-40
- Mitchell Littler - 1st 2km Boys 14-9
- Ashleigh Gentle - 2nd 2km Women's 20-29
- Shiloh Young - 2nd 750m Open Women's
- Margie Watts - 3rd 750m Women's 50+
- Ethan Young - 2nd 350m Boys Junior

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SPORTS CENTRE HOURS
 Mon-Wed 5.30am to 9.00pm
 Thurs-Fri 5.30am to 8.00pm
 Sat 7.00am to 5.00pm
 Sun 9.00am to 5.00pm

1 Pool & Tennis Courts
 close 30 mins prior to Centre's closure

