



MANOR SPORTS AND LEISURE CENTRE BROCHURE

MAY 2022



Meet The Team



Tom
Facilities Manager



Cameron
Sports Centre Assistant



Logan
Sports Centre Assistant



Kayleigh
Sports Centre Assistant &
Designated Safeguarding Lead



Emily
Sports Centre Assistant



James
Sports Centre Assistant



Ewan
Sports Centre Assistant



Phoebe
Volunteer



Aimee
Sports Centre Assistant



SAFEGUARDING + WELLBEING



What is Safeguarding?

All members of staff are **enhanced DBS** checked, **first aid** trained and have **safeguarding** training. On top of this, we adhere to Manor School policies, and have a designated safeguarding lead as part of the team. What does this mean? Safeguarding is the action that is taken to promote the welfare of children and protect them from harm; At MSL, your children are in a safe and secure environment.



WHAT IS A DESIGNATED SAFEGUARDING LEAD?

"As the Designated Safeguarding Lead, I am the first point of contact for staff or families with safeguarding issues or concerns regarding children. My aim is to build a safe and secure culture at MSL where people feel comfortable to share their worries and concerns, so I can listen, support and help them; I ensure that the appropriate actions are taken for the health and wellbeing of the child, following safeguarding procedures."

- Kayleigh Gay
DSL



Welcome to Manor Sports & Leisure

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."

Why Choose Us?

We are confident in our range of facilities and take pride in our **low-cost** and **affordable** services.

We have the friendly, experienced and qualified staff as well as a wide range of sports clubs and sports facilities to hire, so we're certain you will achieve your goals with us; We have everything you need to get active and stay active on your doorstep.

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

What do we offer?



3G Pitch



Gym



Fitness Classes



Ping Pong



Sports Hall



Hockey Pitch



Holiday Camps



Youth Club

+ MORE!

Our fully air conditioned gym has all you need to achieve your fitness aspirations, with cardio equipment, resistance machines, free weights and more.. On top of that, there are many membership benefits.



The Gym

Join something bigger.
Join #TeamMSL

GYM MEMBERSHIPS:

CASUAL MEMBERSHIP

Single - £25.00

Joint - £45.00

Manor Student [16+] - £12.50

Junior [11-16 years] - £10

STANDING ORDER

Single Membership - £20.00

Joint Membership - £37.50

Blue Light discount - £17.50

PAY AS YOU TRAIN

Per session – [weekday] - £5.00

Per session – [weekend] - £4.00

Manor Student [16+] - £2.50

WHY CHOOSE US?

As a gym member at MSL, you will join a community of like-minded people who care about your fitness goals. Included in your membership, you have access to group classes, team challenges, discounts and an optional free workout program!



Please note: a health questionnaire must be completed before using our facilities.

For junior health form, please email sport@manor.school.



CARDIOVASCULAR EQUIPMENT, RESISTANCE MACHINES, FREE WEIGHT AREA, SMITH MACHINE, LEG PRESS, SQUAT RACK, FUNCTIONAL AREA, BATTLE ROPES, KETTLEBELLS + MORE!

Our popular fitness classes have shown that great results can be achieved with time, commitment and, of course, a little hard work.



FITNESS CLASSES

ABOUT US

Registered with CIMSPA and Hatton Boxing Academy, you know you're getting the very best from our in-house instructors.

FITNESS CLASSES

BOXING

MONDAY 6:00-6:45pm [11-16 years]
7:00-7:45 [17+years]

Give our boxing class a jab: Learn correct boxing technique and conditioning in our HIIT X Circuit style sessions.



HIIT

WEDNESDAY 6:00-6:45pm [16+]

Work to your own limit with our group HIIT class. Week after week, these high intensity classes are sure to fire up your metabolism!

CIRCUITS

THURSDAY 6:00-6:45pm [16+]

We have revived the traditional and old-school classic, in-to group classes to maximise results, teamwork and sweat! Work in pairs and make your way around a blend of exercises and equipment to achieve results.

PRICES

Non- Member:

Per session [11-16years] - £2.50

Per session [17+ years] - £4.00

Member:

Per session - Free

TEAM CHALLENGES



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

Welsh 14peaks – weekend
9th, 10th, 11th and 12th
September 2022

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

Join something bigger.
Join #TeamMSL

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

3G PITCH

3G PITCH PRICES

- 1/3 pitch (seniors): £30.00
- 1/3 pitch (juniors): £27.00
- 1/3 pitch (Manor student) £20.00

MATCH DAY SPECIAL:

- Full pitch for 2 hours-
- Saturday or Sunday-

Seniors: £80.00

Juniors: £40.00

SAND ASTRO PRICES

Netball Court: £15.00

Hockey Pitch: £29.00



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



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 and kickboxing.

PRICES

Badminton Court: £8.00

Basketball (half hall): £16.00

Sports hall (full): £32.00

Cricket Nets: £32.00

Table Tennis: £8.00

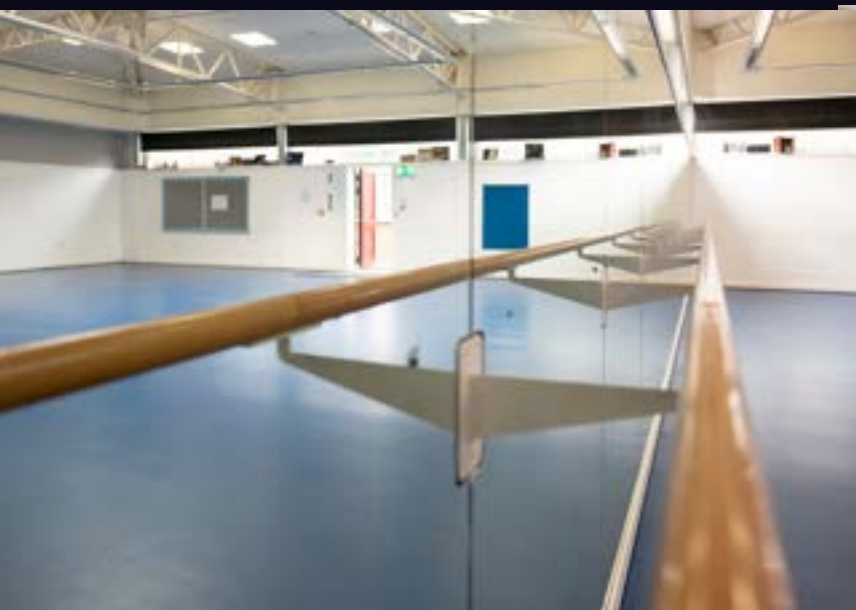
Cricket nets must be booked for minimum 2 hours. Time includes set-up and pack-up



Our large dance studio is installed with mirrors, ballet barres and ceiling speakers, ideal for children's dance classes and fitness groups. The Main hall is fitted with speakers, lights, a stage and seating.



DANCE STUDIO & MAIN HALL



PRICES

Dance Studio : £20.00

Main Hall: £23.00

Main Hall + Seating: £28.00



HOLIDAY CAMPS

WHEN?

Half-terms & teacher training days
8:30am - 3:30pm !

Activities include, but are not limited to:

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

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



PRICES:

£15.00 per day (1 child)

£25.00 per day/ sibling discount (2 children)

SIGN ME UP!

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





THE DEN



No teachers, no structure.

WHEN?

11-14
YEARS

5:00-7:00PM

EVERY
WEDNESDAY

MUSIC, POOL,
WII, FOOSBALL,
ARTS AND
CRAFTS, CARD
GAMES, BOARD
GAMES, TUCK
SHOP, SUPPORT
SERVICES, FILMS
+MORE

Started in the summer of 2021, the joint project between MSL and Raunds town council delivers a safe, fun and friendly environment, which we call... 'The Den'! The youth club, enjoyed by many teenagers on a Wednesday evening, involves games of Mario Kart on the Wii, Uno, pool tables, foosball and more! For more information, email sport@manor.school.

A club run by the people...





Clubs and Groups

BADMINTON



Wellingborough Badminton Club

WHEN?

Monday: 6pm-8pm (Junior sessions)
Monday: 8pm-10pm (Senior sessions)

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 or email Rachael at info@wellingboroughbc.co.uk



Thrapston Badminton Club

WHEN?

Tuesday: 7pm-10pm (Fixtures & match practice)
Wednesday: 8pm-10pm (Casual play/training)

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>

Raunds Racqueteers

WHEN?

Friday: 8pm-10pm

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 where we can pass on your information.



Clubs and Groups

MARTIAL ARTS



BCKA Kickboxing

WHEN?

Thursday: 7pm-8pm

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](#)



Northants Taekwondo

WHEN?

Tuesday: 6pm-8pm

Northants Taekwondo

"offers students the opportunity to learn the well-known and respected Martial Art Taekwondo, learn useful self-defence techniques compete in sporting tourna

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**



GKR Karate

WHEN?

Thursday: 7pm - 9:30pm

Sunday: 11am - 12pm

"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>



Clubs and Groups

FITNESS + SPORTS GROUPS

'Stretch and Strengthen' with Sam

WHEN?

Tuesday- 7pm - 8pm

Thursday- 7pm - 8pm

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

Social Netball

WHEN?

Tuesday- 6:30pm – 7:30pm

Tuesday evenings at MSL we have a 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!



Elite Football Coaching

WHEN?

Saturday- 10am – 11am

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 for more info!



Clubs and Groups

CLUBS



2nd Raunds Scout Group - Beavers & Cubs

WHEN?

Cubs: Wednesday – 6:45pm-8:15pm

Beavers: Friday - 6pm-7pm

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



Army Cadets

WHEN?

Tuesday- 7pm - 9pm

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 for more details



NMPAT Contemporary

WHEN?

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

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

Clubs and Groups

CLUBS



Archers of Raunds

WHEN?

Friday- 7pm - 10pm
Saturday- 1pm - 5pm
Sunday- 9am- 1pm

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/>

FA Affiliated Football Clubs

.Raunds Town .Finedon Volta
.Higham Town .Stanwick Rovers
.Thrapston Town .Wollaston
.Woodford Wolves + MORE

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!

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 or call us on **01933461459**.



Dani Harmer Academy of Performing Arts

WHEN?

Friday- 7pm - 10pm
Saturday- 1pm - 5pm
Sunday- 9am- 1pm

"If you're looking to build on your performance skills or looking to build in self-confidence & life-skills, DHA can help. More importantly, it's fun!"

If you're interested in classes in drama, singing, dance and musical theatre then come along on Saturday mornings! For ages 5 years upwards, pay as you go classes, with no termly upfront costs!

Want to book a FREE trial day?

For more information and to book free trial day, please email

info@daniharmeracademy.com



Clubs and Groups

CLUBS

Barre Fitness

WHEN?

Tuesday 6pm-7pm

If you want to try a low-impact, high-intensity workout that strengthens your body in a unique and fun way...why not give Barre workout a try?

Workouts are inspired by ballet, pilates and yoga.

For more information, email sport@manor.school

WHAT ELSE IS GOING ON AT MSL?

Not only do we host numerous activities for you adults, but we have plenty for children and young adults!



FOLLOW US ON
SOCIAL MEDIA TO
KEEP UP TO DATE



WANT TO KEEP UP WITH ALL THINGS MSL?



FOLLOW US:

 **@MANOR SPORTS AND LEISURE LTD**
 **@MSL_SPORTANDLEISURE**
 **@MANOR_MSL**

CONTACT US:

01933 461459
07921683609
SPORT@MANOR.SCHOOL

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