

Mayfield News

Issue 1 March 2008



Welcome to Mayfield

Welcome to the inaugural **Mayfield News**. I hope have all settled into 2008 and are ready for what the rest of the year has to throw at us!

In every newsletter we aim to inform you of all current and future events, sporting activities and opportunities which are available to you all.

I would love to hear your views and feedback so please do not hesitate to contact me at the centre.

Next Issue out in May.

Craig Webb
Sports Centre Manager



Fitness Suite Inductions

From March 2008 there will be a Fitness Suite induction every **Wednesday at 4.30pm** and every **Friday at 4.00pm**. These sessions will last approximately 45 minutes (limited numbers per session)

This induction will not only give you a working knowledge of all fitness equipment available, but will enable you to start a fitness plan to maintain your 2008 resolutions.

Wednesdays 4.30pm – School staff
Fridays 4.00pm – F4, F5, F6

For further info or to book your place, please contact Craig on cwebb@dundeehigh.dundeeccity.sch.uk

Easter Sports Camp

After the success of last year's camps, we are running another Easter Sports Camp from **Monday 14th April** until **Friday 18th April 2008** for L4 - 7 pupils.

Between 9.45am and 3.00pm we will run a variety of multi-sports, games and activities which will all be led by fully-qualified sports coaches – Greg, Dave, Laura and Steve.

Application packs are now available from your school teacher and with limited places book early to avoid disappointment – closing date **Friday 21st March**.



Zone Studios Dancing

With the success of the current Wednesday night classes, there will be 2 additional classes starting in from February.
For more details please contact **Lisa on 07725 688 329**

Saturdays 10am – 1pm
Tuesdays 6pm – 9pm

Any Netballers out there???

We are looking for a Netball team to train with and play against a team of Netballing Nurses on Wednesday nights between 7pm-8pm.

If you are interested please contact **Craig** at Mayfield on **01382 454987**



Co-Curricular Activities

The following activities are open to everyone after school. Along with rugby and hockey these activities are aimed at providing additional sporting options and will allow you to try sports which you may never have experienced before.

Monday	Karate	4.15-5.15	Mike	Pupils and parents
	Judo	5.15-6.15	Mike	Pupils and parents
Tuesday	Dance	4.15-5.15	Alex	L6 and L7
Wednesday	Netball	4.15-5.30	Miss Alexander	Junior School pupils
	Volleyball	4.15-5.30	Mrs Christie	All pupils
	Trampolining*	4.15-5.15	Steven	L5, L6 and L7
	Dance*	4.15-5.15	Laura	L6-7 and F1-2
	Trampolining*	5.15-6.15	Steven	F1 and F2
Thursday	Netball	4.15-5.30	Mrs Rudman	Seniors
	Football*	4.15-5.15	Dave	L6 and L7
Friday	Mini Tennis	4.00-5.00	Stuart	All pupils
	Mini Tennis	5.00-6.00	Stuart	All pupils
Saturday	Trampolining*	9.00-10.30	Steven	Limited numbers
		10.30-12.00	Steven	Limited numbers
	Badminton*	9.00-10.30	Cheryl	L5, L6 and L7

*Trampolining – courses currently fully booked. Please look out for future course which will be advertised here and at Mayfield.

*Badminton – new course started. Places still available for 2nd course starting Saturday 15th March.
Forms available from your school teacher or at Mayfield.

*Football – 12-week course started 28th February ~ limited spaces remaining ~ ask at Mayfield for more details.

*Dancing – classes on-going with Laura in Modern / Hip Hop dance – £2 per class.
Class now open to L6 and L7 pupils along with F1 and F2.

All courses have limited spaces, but where possible we will try to fit everyone into at least one course. For all of these sporting opportunities, please collect an application form and hand back to your teacher, with the relevant payment.



Sport Contacts

Dundee Eagles
www.dundeeeagles.co.uk

June Mitchell Yoga
www.junemitchellyoga.co.uk

High School of Dundee FP Rugby
www.dundeehsfrugby.org.uk

High School of Dundee FP Cricket
www.dhsfpcc.co.uk

Dundee Wanderers Hockey
www.dundeewanderers.org.uk/



Contact Us

enquiries@mayfieldsportscentre.co.uk

www.mayfieldsportscentre.co.uk

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Sports Centre availability

Mayfield Sports Centre is available to local sports groups, clubs and societies who wish to develop their sports. We are particularly keen to support the development of minority sports, especially amongst the young.

Monday to Friday
Saturday and Sunday

6.00pm – 10.00pm
1.30pm – 9.00pm