



NEWSLETTER

Summer 2011

DISC ZUMBA PARTY LAUNCH

We are really excited to be able to offer our members the opportunity to get their groove-on at a regular Zumba Fitness party! This will be held on all the Sundays that your regular DISC session is not running.

Zumba is a fun filled, exhilarating, Latin-inspired dance party which Sarah our coach has specially adapted for our members.

The cost will be the same as your regular DISC session, £3 per member or £6 per family.

Full details will be winging their way to you in early September.



3RD BIRTHDAY PARTY

We have pleasure in enclosing an invitation to our 3rd Birthday Party at Tenpin. Again, we are able to offer each member & one carer/ family member free bowling and food. Other friends/ family members are more than welcome to come at a specially reduced rate. Please send your replies back as soon as possible to reserve your places.

PROGRAMME

Sunday 4th September -
Zumba & Uni-Hoc
Followed by Swimming

Sunday 11th September -
Zumba Party

Sunday 18th September -
Bowling 3rd Birthday Party
at Tenpin Northampton

Sunday 25th September -
Zumba Party

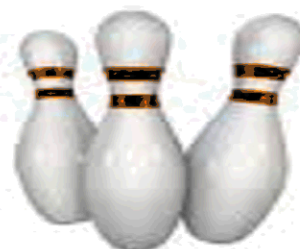
Sunday 2nd October -
Sports activity t.b.c.
Swimming

Sunday 9th October -
Zumba Party

Sunday 16th October -
Trampoline
Followed by Swimming

Sunday 23rd October -
Zumba Party

Sunday 30th October -
Zumba Party





HIGH QUALITY STANDARDS AT DISC ARE RECOGNISED BY CLUBMARK!!

DISC has achieved Clubmark and become the first disability specific sports club in Northamptonshire and the second in the East Midlands to gain the accreditation!

Thank you to all joining in the presentation at our final session before the summer break. We were joined by The Mayor of Towcester Martin Johns, Councillor Diana Dallyn vice-chair of South Northants Council and Graeme Wilson, Sport Development Officer for Northamptonshire Sport.



If you weren't able to be there, read more on our website.

COMMITTEE NEWS

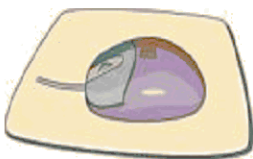
We have recently held a successful AGM. The existing team have agreed to continue for another year and are also pleased to be joined by Helen Khan on the committee.

If you couldn't make it to the meeting please use the contact details below to get in touch if you are able to contribute to the club in anyway, we would be very grateful. Thanks!

Minutes from the AGM will be available to view on our website shortly.



WHAT'S HAPPENING?



Keep up-to date with all DISC news, updates to our programme and our fantastic new Members page by visiting our website www.disc-northants.org

DATE FOR DIARY

Christmas Party on Sunday 18th December

If anyone can recommend a good entertainer, especially if they are experienced with special needs children/adults, then please let us know.



We would like to wish all our members and their families a great summer break and look forward to seeing you all again in September.



CONTACT US....

We really value any feedback, so please do tell us when we are doing things right or wrong.

In person - please see our club rep at any club event.

Telephone - Lynette 01327 831337

Email - enquiry@disc-northants.org