

SPARTA Newsletter

September 2022



SPARTA Fitness Class
Every Friday 12.30
Live Online or in LG1, GMH
It's FREE

GET ACTIVE IN SEPTEMBER

Welcome to the September edition of the SPARTA Newsletter.

Well the summer is ending, and we are heading into the autumn activities. There is still time before the summer ends to enjoy some of our club activities.

If you want outdoors activities, then the superstars cricket club still has a few games left before the season closes. Check out their website

www.superstarscricket.org.uk/

Also, the SPARTA Golf Society has a meeting at Nizels golf club in Kent in September. Full details can be found on their website

<https://www.spartagolf.co.uk/>

If you fancy some more indoor activities, then the History Society has two lectures this month. On the 6th September they have a talk by Dr Helen Wass, the Head of Heritage at HS2 talking about the Archaeology of HS2.

Later in the month on the 13th September, Marc Morris will be talking about his latest work on the Anglo-Saxons: A History of the Beginning of England.

We are planning some more events to celebrate SPARTA 50 in the upcoming months.

Keep an eye out for more details on these exciting events on our website and social media platforms.

www.spartarecreation.co.uk/

We are also about to get a new PM so some of you will be very busy over the next few weeks but there is still time to create a new you during that time, so why not take part in the CSSC Get Active in September campaign.

Details of the campaign can be found on the next page.

21st September is National Fitness Day. A day that we should all put in our diaries to encourage us to stay fit, healthy and look after our own wellbeing. More details on page 3.

Have a great month.



CYGNET ROWING CLUB

Interested in Rowing?

We are currently in the early stages of creating an exciting new opportunity for our members with the Cygnet Rowing Club.

The Cygnet Rowing Club was established in 1890, is situated on the banks of the Thames next to Barnes Bridge and is a the CSSC affiliated rowing club.

If you are interested in knowing more about the club details can be found on their website.



<https://www.cygnet-rc.org.uk/>

Check out the SPARTA website for upcoming events



GET ACTIVE

CSSC Get Active in September & National Fitness Day



This month CSSC are encouraging everyone to Get Active for September.

The campaign wants everyone to get physical, get moving and get active.



All month CSSC are sharing tools, tips, and Get Active opportunities to all to enjoy.

They will also be running competitions, giving prizes and hosting virtual events throughout September.

The CSSC games also take place during September. They are being held at Loughborough University on 15th and 16th September.

The CSSC games include over 20 sports and activities. Tickets to attend are available on the CSSC website.

Also, National Fitness Day takes place on Wednesday 21st September 2022.



Last year over 22 million people took part in National Fitness Day.

National Fitness Day aims to celebrate what fitness means to people, promoting that keeping physically active means something different to us all.

National Fitness Day want to make the day into the biggest movement in breaking down the barriers that stop people being active, showing that fitness is for everyone!

The day is a chance to highlight the role that physical activity plays across the UK, helping us raise awareness of its importance in assisting us lead healthier lifestyles through being physical active.

Physical activity brings people together and positively impacts on all of our physical, mental and social wellbeing. Their website has a location finder so you can check out events that are taking place in your area.

www.nationalfitnessday.com/

UPCOMING SPARTA CLUB FIXTURES/EVENTS

September

3rd, 7th, 17th – Superstars Cricket matches – Various locations

6th – History Society Event – The Archaeology of HS2 – Dr Helen Wass

8th – SPARTA Golf Society Autumn Meeting – Nizels GC, Tonbridge, Kent

13th – History Society Event – The Anglo-Saxons: A History of the Beginning of England – Marc Morris

Details of club contacts can be found on the SPARTA website

www.spartarecreation.co.uk/



THE SPARTA CLUBS

SPARTA supports a number of clubs and associations across the UK and is always looking to start new clubs. Here is just a taster of the current clubs

CD CLUB 

www.spartarecreation.co.uk/cd-club

SPARTA GOLF SOCIETY 

www.spartagolf.co.uk/

YOGA CLASSES 

www.spartarecreation.co.uk/yoga

SUPERSTARS CRICKET CLUB 

www.superstarscricket.org.uk

SOFTBALL CLUB 

www.spartarecreation.co.uk/softball

YOUR CLUB HERE

Start a club and it can be advertised right here

CIVIL SERVICE CHOIR 

www.civilservicechoir.org.uk

HISTORY SOCIETY 

www.spartarecreation.co.uk/history-society

FITNESS CLASSES 

www.spartarecreation.co.uk/fitness-class

TENNIS CLUB 

www.spartarecreation.co.uk/tennis

TENPIN BOWLING 

www.spartarecreation.co.uk/tenpin-bowling



Check out all the SPARTA clubs on our website

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