

Welcome to our revamped Sports Village newsletter. Please let us know your thoughts and if there's any other content you'd like to see, by emailing sports.reception@herts.ac.uk.

What's Happening.

Struggling for what to do with the kids over the last few days of the holidays?

We have Soft Play sessions and Day Camps for different ages on 2nd, 3rd and 4th January, visit our website for more information and to book your space.

Our new Group Fitness timetable is coming out on 4th February, keep an eye out in the gym for some exciting changes!

Our Performance Herts Strength and Conditioning Team provide courses for anyone looking to improve their athletic performance or the performance of others. Our coaching staff are fully accredited and currently train a range of athletes from Arsenal Ladies through to England Golf.

Courses Available

Emergency Paediatric First Aid

7th January/20th February

Paediatric First Aid

7th & 8th January/20th &

21st February

Three Day First Aid at Work

Course 4th — 6th February

Basic Life Support and AEU

18/19th February

Emergency First Aid at Work

9th/23rd January, 4th, 18th,

20th/21st February

National Pool Lifeguard

Qualification (NPLQ)

18th — 23rd February

Speed Workshop

16th February

Strength & Conditioning Level 1

19th February

Agility Workshop

23rd February

Weightlifting Workshop

2nd March

STAFF STAR.



Amy – Health & Fitness Coach

Amy has received rave reviews for her classes and is becoming an in-demand PT. Her friendly attitude to both staff and members is there for all to see. Amy's made a positive impact in our team, going above and beyond in every way.

VERY IMPORTANT MEMBER (VIM).



Trisha – Joined in 2017

Trisha started as a PT client but has since started training without an instructor. Having absorbed a huge amount of knowledge and gained the confidence to train on her own, she continues to show the same attitude and dedication.

Every time Trisha is in, she talks to each Health and Fitness Coach and you'll always see her with a smile on her face. Trisha is actively involved in local rugby, with her son playing for Old Albanians RFC.

DID YOU KNOW...

There are over 4.5 million litres of water in our swimming pool.

Our lifeguards must attend a two hour training session every month as well as renewing their qualification each year.

YOU SAID, WE DID!

"We want to be able to pay for swimming lessons with Childcare Vouchers"

You are now able to top up your swim credits using Childcare Vouchers.

Please email hsv.childcarevouchers@herts.ac.uk.

Try something new!

SMASH HIIT CLASS

Thinking about burning off extra calories but don't have an hour spare?

Our SMASH HIIT classes are perfect for you – 30 minutes of high intensity workout to help build strength and burn those calories, releasing endorphins that will leave you feeling invigorated. Not to mention the added cardiovascular fitness you will develop.

Perfect for fitting in your lunch break or smash two classes back-to-back for a longer workout. Come and try one, or ask a [Health and Fitness Coach](#) for more information.

AMY'S EXERCISE – TRX 45° ROW

Benefits: A great back movement that can target strength or stability.

Muscles worked: Back and neck, core, rhomboids, biceps and rear deltoids.

How to: Stand with feet shoulder width apart. Begin motion by 'squeezing' shoulder blades together. Pull your chest up to the handles by drawing your elbows high and wide, level with your sides. Pause at the top of the movement. Keep your body straight with a good posture throughout movement and wrists in a neutral position. Lower slowly to 'start' position. Do not throw hips upward to assist exercise.

If you'd like to give this a try, a member of the gym team will be happy to assist!



SWIMMING LESSONS

Learn from the best! Our swimming teachers include an Olympian and Commonwealth athlete, the 2018 British Championship gold medallist and the 2018 European and World Junior Champion. So if you're looking for one to one sessions or prefer a small group, we have lessons available for children from 3 ½ years upwards and can also cater for adults. So whether you've never stepped foot in a pool or you're an experienced swimmer looking to focus on a particular skill, you can get in contact with us by emailing hsv.swimminglessons@herts.ac.uk.

HEAT THE HOB

Honey Garlic Prawns and Broccoli
(Serves 4)

Ingredients:

- 450g prawns (or other meat/tofu)
- 80g broccoli florets, frozen or fresh
- 1 tablespoon oil
- 1 teaspoon garlic, minced*
- ½ teaspoon ginger, minced*
- 4 tablespoons honey*
- 3 tablespoons soy sauce*

Method:

1. Place broccoli florets in a small bowl, fill with a few teaspoons of water and microwave on full power for 2 minutes.
2. Combine the sauce* ingredients and divide in half. Marinate the prawns with one half of the sauce* for 5-10 minutes (or up to 24 hours). Discard marinade.
3. Heat the oil in a frying pan, then add the prawns. Fry for a few minutes until cooked through before adding the broccoli, drizzling with the remaining sauce* and mixing well to combine.
4. Serve with a side of noodles or rice. If you're on a low-carb diet, try serving it with a side of veggies, spiralised courgette noodles, or cauliflower rice.

