



The Summit Health & Fitness Centre

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The School Sports Master

Dear

My name is Calida Nguyen and I am the Schools Liaison Co-ordinator for the Summit Health & Fitness Centre where we offer modern and exciting Indoor Rock Climbing and Gymnasium facilities for schools and youth groups.

So, have you considered

Indoor Rock Climbing for Your School Sport?

Climbing can be a fun activity. It combines healthy physical effort with a dose of problem solving in a supportive, friendly atmosphere. With no experience or training whatsoever we can have anyone climbing within minutes. So why wait? C'mon in and give it a try!

We offer tailor made courses for schools and can cater for up to sixty people at any one time. We offer climbing, bouldering, high ropes assault course taster sessions that are designed as an introduction to the above activities, based on some instruction and some fun.

Our supervised program will benefit teenagers that are looking for something more than what is typically offered in the school curriculum. We encourage thought, fitness and fun in a social climbing environment that is just perfect for teens.

For instance, belaying is a partnered rock climbing process (in which one partner adjusts the 'slack' of the rope while the other climbs) and can be an incredibly challenging, but rewarding experience in which two people learn to trust each other as they climb. At the Summit Indoor Climbing Centre, we want you to gain confidence in both the process and partnership of belaying, and we'll give you the best in instruction to help make this possible.

Bouldering is a type of free climbing, which means you don't use ropes...just your good old hands and feet. The point of bouldering is not to get really high up on a rock or cliff, but to climb in challenging places. In fact, most bouldering is done just a few feet off the ground. Once your feet are on the rock, you'll need to find handholds and footholds (little ledges and cracks) to keep moving up. To keep safe, use crash pads, which are thick squares of foam that cushion the ground in case you fall.

Bouldering can give climbers lots of confidence as well as a healthier body and mind. Instead of you against another person, bouldering is all about you against the rock. To be a good boulderer, you'll need to keep your cool, take your time, and carefully plan your way up.

School session last up to 1.5 hours and includes safety briefing and kitting up. From ages 11+ this session costs \$6 per student in the group and includes a harness. Shoes and chalk bags are available for hire at reception.

Requirements: reservations in advance, cancellations or date changes must be notified with 48 hours.

Alternatively what about

A Modern Fitness Class or Circuit Training for Your School Sport?

The Summit Health & Fitness GYM has school fitness programs that address the three basic elements of a complete fitness plan.

1. Aerobic Exercises

Activities that condition the heart and lungs are called aerobic, which means the body uses a steady supply of oxygen to produce the energy needed for sustained activity. Aerobic activities use large muscle groups (legs, hips, arms) and continuous, rhythmic movement to raise the heart rate. This kind of conditioning can raise the capacity of the heart and lungs to pump blood and deliver oxygen throughout the body, and the capacity of the large muscle groups to use oxygen, over time. To derive benefits from it, aerobic activity must meet certain standards involving intensity (how hard your workouts are), duration (how long each session lasts), and frequency (how often you exercise).

2. Weight Training

Muscle-strengthening exercises are likely to improve your stamina and your energy. Equally important, they increase resistance to injury. People with strong muscles are less likely to suffer everyday muscle aches and pains. They also have less strain on their hearts.

Strength gains come from resistance—how much weight you lift. Endurance is achieved through repetition—how many times you lift a weight in succession. Both are important to develop.

3. Exercise for Flexibility

Flexibility, sometimes called the forgotten fitness factor, refers to the range of motion in joints. Flexibility depends on the condition of muscles that control a joint. If muscles are too taut, the joint fails to move through its full range. As people age, they tend to lose range of motion. Inactivity can contribute too. If you're out of shape and inactive, you often may feel stiff or have trouble moving, bending, and straightening.

Exercises to improve flexibility can help you bend, turn, and reach more easily. They also improve agility and posture, as well as protect against injury from sudden movements. If you're flexible, you may be saved from a backache the next time you reach quickly to pick up something from the floor.

Fitness Classes

The Summit Health & Fitness Center provide qualified instructors that motivate the teenagers and leaves them feeling energized, confident and on top of the world. These workouts are designed to accommodate the wide range of fitness abilities in a fun and friendly team atmosphere.

Classes are varied from each week and may involve the moderate use of equipment to provide maximum fitness outcomes.

Fitness Equipment

The Summit Health & Fitness Center is well equipped for a wide variety of fitness plans that includes cardiovascular exercises (treadmills, bikes, rowing and elliptical machines etc ...) strength training (bench and weights area including free weights) and stretching equipment as well as exercise classes using light weights. We offer basic instruction on the proper use of quality equipment such as Nautilus and Elite that caters to every muscle group.

I take this opportunity to thank you considering these Health & Fitness Options for your school and hope to contact you in the next fortnight to follow up any queries.

Yours Sincerely

Calida Nguyen (Schools Liaison Co-ordinator)