



NEWSLETTER TO PARENTS and CARERS MAY 2013

Headteacher's Letter

Dear Parents and Carers,

The time of examinations is upon us, and therefore the time of leaving is also with us. First of all, best wishes to all students in Years 11 and 13 in particular who are taking GCSEs and A levels this summer, and also to Year 10 and Year 12 who have their first modules too. I hope that the exams go very well, and that each paper allows students to show what they know.

With the beginning of the written papers on Monday 13th May, we also consider the time of moving on for Years 11 and 13. Indeed, the Year 13 Leavers' Day happened on Wednesday this week, with an indoor photograph this year, but a lovely service in the cathedral to begin the formalities of saying good bye, which will end, when all the exams are done, in the Leavers' Ball on 27th June.

Year 11 will also looking with some intensity at their exams to come and I hope that their revision and preparation are going well. I am sure that they are also looking beyond the exams to what lies ahead, and that means good celebrations with them as well, on their Leaving Day (Thursday 20th June) and then the Prom on Friday 28th June.

So – all the pressures of exams but also all the prospects of success and of celebrations too, as students reach these significant times in their school lives. Our thanks to the 'leaving' year groups, Years 11 and 13, for the fine contributions that they have made in so many ways to Trinity School and to our development.

There is plenty more going on too as you will see from the following pages!

Yours sincerely

Alan Mottershead

Headteacher

PS I am not sure how we came to have a Bosendorfer Grand Piano, but we do have one, and a fairly ancient one at that. After many years, we have at last sent it away to be mended. It should take... quite a few weeks because there are quite a few repairs to be done. On its return, we hope to locate it in the Jubilee Hall. Now that the rebuild is finished, we need to think about 'finishing' the school and the uses we make of our public spaces are an important part of that. I look forward to welcoming you to some recitals, perhaps much later this term, or more likely in September.



Chaplaincy

Tuesday 8th May 1945 was 'Victory in Europe' (VE) Day and such an important day in our History. Individuals reacted in very different ways to the end of the war: some celebrated by partying; others spent the day in quiet reflection; and there were those too busy carrying out tasks to do either. Ultimately nothing would be quite the same again.

This year on V.E. Day we said goodbye to our year 13 students as they go off initially on study leave and then onto their next adventure. It marks the end of their time at Trinity. I am sure that students will be very busy with revision over the next couple of weeks but I hope that they take time to celebrate and reflect upon their time at Trinity. We hope that as students leave they are able to celebrate all that they have achieved while they were at Trinity and can also reflect upon good memories that they have made.

Goodbye is a contracted form of 'God be with you'. This is my prayer for those pupils leaving us this summer: that God is with them and blesses them.

Mrs Jen Milligan Chaplain

Recent Events

Uganda Project

The fundraising for the project has continued and at the end of the Easter break students collected at the Morrisons Store to backpack, raising over £500. Arrangements are now underway for the visit of the Ugandan Students in July and money has been sent to Uganda to help with the cost of their flights and visas. A party of about 8 students and 2 members of staff is due to arrive in Carlisle on 10th July and stay for ten days. The students will experience lessons in Trinity School and visit primary schools as well as spending time in the Lake District and on Hadrian's Wall. A decision as to which Trinity students will form the party visiting Uganda in 2014 will be made before half term in order to give them sufficient time to raise the necessary funds. All of those students who have expressed an interest have been asked to submit a letter outlining why they would like to take part and what they could offer to the project.

Mrs Jary

Charity Events

12 GAR had a cake sale and raised nearly £130 for the charity Amy and Friends. This charity offers much needed support to families of children who suffer from Cockayne Syndrome, a rare degenerative syndrome affecting about 1 in 1,870,000 children in Britain, in which children age prematurely and their life expectancy is severely reduced. This is a very worthwhile charity and is close to our hearts as one of our students has a sister with this syndrome. We would like to thank every student who supported us and helped us raise this money. You can find out more about the charity by visiting their website: www.amyandfriends.org

Congratulations to Rebecca Heyworth (Year 10) and friends who raised £197.66 for Cash for Kids on their Pink & Green Day and to Katie Richardson (Year 11) and friends who held a cake sale which raised £151.79 for Cancer Research.

Primary School Sports Festival – Wednesday 1st May

Years 12 & 9 students, staff and coaches had a great time leading activities at our Year 3/4 festival for 160 children. The children from our Cluster were fantastic, demonstrating real effort and enthusiasm as well as some excellent skills. The activities included handball, rugby, tennis, athletics, rounders, circuits, swimming and karate. Thank you and well done to all those that were involved.

USA Exchange 2013 and 2014

Many thanks to the Trinity School families who played host to the students and staff from Dover High School, New Hampshire, USA over their recent visit. They enjoyed it very much and have invited us to visit them in April 2014. As part of their visit on the evening of 22nd April, in Carlisle Cathedral, by kind permission of the Dean and Chapter, the Dover High School Band performed alongside Trinity School ensembles and the Annan Juvenile Pipes and Drums. All three joined together for the rousing finale in 'Amazing Grace' and 'Highland Cathedral'. Thank you to all who came along to support us in what was a thoroughly enjoyable evening and a concert of stunningly good music. Special thanks to Mrs Richardson, our Music Teachers and of course to all who performed, and thanks to the Mayor of Carlisle for being with us too.

The 2012 Anne Pierson Award

Many congratulations to Year 13 student Heather Medley, who was the runner up in this year's Anne Pierson Award for Young Writers in Cumbria. There was an extremely strong field of sixteen shortlisted entrants this year and the quality was very high indeed. Heather was warmly commended by the chair of judges for the strength of her writing. Heather's piece was a short story, responding to the one-word prompt: "Meetings". She created a witty and well crafted piece based on a character who meets Stalin on a train and is utterly "charmed" by him. It was called "A Marvellous Coincidence". She was inspired by her study of Stalin in history last year and played with the idea of someone meeting him and finding the person very different from his media representation. Heather was also shortlisted for the award last year, when her piece was praised by Anne Pierson.

Theatre Visit

Thirty students travelled to Newcastle to see the Northern Stage Theatre Company's production of Blue Remembered Hills, the BAFTA award winning play by Dennis Potter. The story, which is powerful and emotional, centres around seven children, played by adult actors, and is set during WWII. It moved from the light-hearted fun and games of the children to much more tragic events – all in the space of one hour - and was greatly enjoyed by all.

Year 7 Revision Freeze

Year 7 had a freeze day on Tuesday 7th May to help them prepare for their exam weeks in early June. They accepted the challenge to learn about American Football using a variety of revision techniques. We hope that they will use these skills to revise for their exams starting on Monday 3rd June.

Junior Maths Challenge

On Tuesday 30th April, 60 of our Year 8 students took part in the Junior Maths Challenge, which involves answering 25 multiple choice questions in one hour. Pupils fill in the answer sheet in pencil and the Challenge is marked by the UK Mathematics Trust using an optical mark reader, with the results being returned to schools within six weeks. The top 40% of students nationally receive a gold, silver or bronze certificate in the ratio 1:2:3 and each institution receives a Best in School certificate. Around 1,200 of the highest scorers are invited to participate in the Junior Mathematical Olympiad. Our students have had some success in the past, and hopes are high for this year. This year's entrants said they found the questions hard but nonetheless enjoyed taking part in the Challenge.

DofE Gold Canadian canoe expedition training

Training for our Gold Canadian canoe groups is well advanced and recently our two groups, along with Mr Wright, Mrs Ledingham and Mr Roelich, gained practical experience on the water as well as theoretical work in the evening. The weekend was a great success with the groups having to cope with challenging winds but fair weather on Ullswater on the Saturday and breezy but cold, wet conditions on Bassenthwaite on the Sunday.

Arriving on Friday, the evening was spent learning about weather injuries, in particular hypothermia. Saturday's practical session was the first time the group had paddled any real distance. After launching from Dobbin Wood, they headed south towards Glenridding, stopping at Silver Bay for lunch. They then undertook some map and compass work before ferry gliding to Norfolk Island where they rafted up their canoes, set up their sails and then enjoyed a sail back to their launch point – three hours there and one back! Their excellent teamwork was again in evidence as they all worked efficiently to carry the equipment and canoes back up to the trailer. Mr Roelich gave a presentation on river safety which was followed by an emergency procedure session with Mr Wright after which the groups were given an exercise based on an emergency scenario.

Sunday's session on Bassenthwaite involved reinforcing basic paddling skills, an introduction to poling and finally each team had to carry out the rescue of an upturned canoe. This was the groups' first experience of cold, wet and breezy conditions and two of the team enjoyed it so much they even capsized! At the end of the session, despite being cold and wet, they still managed to work well together to load the trailer before returning to the Centre.

The teams then practised cooking their chosen camp meal, after which they tidied the Centre and returned to Trinity to store all the equipment. The weekend provided excellent experience for the teams, whose confidence and canoeing ability has further developed. They are looking forward to their final four day practice on Loch Ken where all equipment will be carried by the groups in their canoes, in preparation for the qualifying venture in June on Loch Lomond. Thanks were expressed to Mr Wright, Mrs Ledingham and Mr Roelich who had given up their time voluntarily for the event.

Bikeability

Bikeability ran in school on the 8th, 9th, and 10th of May and all year 7 students were encouraged to take part. Bikeability equips each child with the necessary skills and knowledge required to cycle safely throughout the rest of their life.

Year 13 Leavers' Service

On the afternoon of Wednesday 8th May, the service for our Year 13 Leavers took place. The whole of year 13 met in Carlisle Cathedral for a lovely celebration of the years spent together at Trinity. There was wonderful music, songs and poetry, and warm words of good wishes to send them on their way. Of course they are now heavily involved in exams and will remain in school until these are over; their final send off, the Leavers' Ball, will take place on 27th June.

Forthcoming events

Year 11 Celebration Day

The Year 11 Celebrations Day will be held on Thursday 20th June this year. Students will be able to attend school in their smart clothes for the formal photographs of their Form and the Whole Year. There will be the final assembly, when many stories of their time in school will be told, and we may remind them of how they looked when they joined the school in Year 7 ...

Year 13 Leavers' Ball

The Year 13 Leavers' Ball will be held on Thursday 27th June at The Greenhill Hotel, Wigton.

Year 11 Prom

The Year 11 Prom will take place at The Crown and Mitre Hotel on Friday 28th June, after the final GCSE exams, as, we hope, a fine celebration of a very good year done well by students. Arrangements are being made in the next few weeks.

Signature Bake and Showstopper Challenge

How does your Signature Bake and Showstopper Challenge measure up? Now is the chance for you to find out! Students are invited to come along to a meeting in Te6 on Tuesday 21st May 3.15 – 3.30pm. Ten students from each House will compete in the Signature Bake round, and then three winners per House will compete in the Showstopper challenge.

The final will be held Tuesday 4th July to crown Trinity's Best Baker!

Les Misérables

Performances are Tuesday 2nd July, Wednesday 3rd July and Thursday 4th July
Tickets are on sale now!

£4 for concessions and £6 for adults

TRINITY SCHOOL ART & PHOTOGRAPHY EXHIBITION 2013

You are invited to view our
Exhibition of Art and Photography
by AS & A2 students in Devonshire Hall
on Tuesday 25th June at 7.00 - 9.00pm.
Refreshments will be available during the evening.

All are welcome.

S P O R T S UPDATE

Girls' Football

Under 13 Final of the County Cup

Congratulations to the Girls under 13 football team on becoming County Champions. They played Nelson Thomlinson in the final and won 3-2. An excellent, exciting game of football, and very close with some very good football from both teams.

Squad: Imogen Longcake, Lucy Jefferson, Kyra Walton, Rachel Davidson, Holly Currie, Eve Driver, Heidi Smith, Katie Sibley, Casey Marsh, Evie Atkinson, Holly Falder, Sara McKie, Anna McKie, Sophie Mason, Ellie Mitchell. Goal scorers: Katie Sibley (2) and Casey Marsh (1).

Under 15 Final of the County Cup

Unfortunately we lost the game, with Nelson Thomlinson winning by 7-2, but some very good football was played by both teams. Trinity kept playing hard and kept attacking right up to the final whistle. A very valiant team effort by all.

Squad: Chloe Bell, Reece Dixon, Alex Jefferson, Darcy Cannon, Laura Carr, Emma Brough, Emma Gorman, Niamh Yelder, Maisie Cupid, Stacey Davidson, Lauren Medley, Rebecca Dean, Dawn Power. Goal scorers: Darcy Cannon and Chloe Bell.

Under 16 Final of the County Cup

An excellent final against Nelson Thomlinson. The football was of a very high standard and both teams deserved to win. However, as the game progressed, Trinity were dominant and played very well as a team to secure 2 goals.

Squad: Philippa Harmison, Lauren Ulyart, Shani Brooks, Alex Jefferson, Chloe Bell, Reece Dixon, Emma Brough, Emma Gorman, Laura Carr, Darcy Cannon, Maisie Cupid, Niamh Yelder, Sophie James. Goal scorers: Darcy Cannon and Philippa Harmison.

Under 18 Girls' County Champions

On Thursday 18th April Trinity Under 18 Girls' football team travelled to Penrith to play Barrow Sixth Form College in the County Championships. The team played exceptionally well, winning by 5 goals to 1. The goal scorers were Chloe Moore (2), Sophie Patterson (2) and Philippa Harmison (1).

Squad: Chelsea Norris (Captain), Joanne Irving, Charlotte Walker, Chloe Moore, Alison McCorry, Sophie Patterson, Amy Hawkins, Imogen Townsend, Jess Adam, Georgina Campbell, Philippa Harmison, Lauren Ulyart and Shani Brooks. Congratulation to all involved – a fantastic achievement!

Boys' Football

Carlisle Schools Finals, held at Brunton Park on Wednesday, 1st May

Under 16 Trinity 1 RRMA 2

Squad: Ben Greig, Mark Pilley, Daniel Wood, Ben Underwood, Mark Pilley, James Andrews, Jason McMullen, Tyla Steel, Daniel Elliot, Ryan Woolnough, Kal Rowlands, Chris Royle, Jamie Barbour, Daniel van Lierop, Greg Short, Josh Cooke, Damon Thirlwall.

Under 15 Trinity 1 RRMA 0

Squad: James Hetherington, James Telford, Matthew Douglas, Jacob Bell, Jack Crowther, Jake Johnston, Robbie Graham, Owen Moxon, Josh Morley, Aaron Bradbury, Tom Jardine, Marc Gallimore, Kieran Fitton, Harry Davidson, Nathan Cox, James Varah, Harry Powell, Adam Seymour, Matthew Bulman.

Under 14 Trinity 0 Caldew 0

Squad: Lee Jessamine, Connor Fraser, Adam Robinson, Joseph Lightfoot, Dylan Atkinson, Carl Jessamine, Luke Kemp, Ewan Douglas, Michael Coulthard, Rhys Graham, Brady Wider, Seth Wright, Will Smith, Vincent Lung, Jack Hannah, Luke Howe, Kane Steele, Alex Jewitt.

Under 13 Boys County Final

Kirkby Kendal 7 Trinity 1

Squad: Mark Armiger, Jamie Beck, Lewis Casson, Jamie Graham, Robbie Graham, Chris Hubberstey, Jay Langhorne, Owen McCorry, Michael Watson, Ryan Davidson, Luke English, Ryan Graham, Matthew Muldoon, Aldo Renucci, Kieran Reynolds and Joshua Rae.

The boys did exceptionally well to reach the final; Luke English was named Man of the Match.

The David Murray and Nathan Cuthbertson Memorial Match

This year's match versus St. Aidan's was played at Ryhope RCA ground on Thursday, 25th April. The score was St. Aidan's 1 Trinity 0. This was a very keenly contested match, with St. Aidan's keen to follow up their County Cup Final at Brunton, and the standard of football was very high. The St. Aidan's winner was a corner goal headed in from a free kick – very confusing as the goal scorer was called Corner! Damon Thirlwall hit the bar with a long range shot and Matthew Douglas went close with a header.

The game commenced following a prayer from the St. Aidan's School Chaplain and a round of applause to celebrate the lives of David and Nathan. The match was played in a wonderful spirit and was a fitting tribute.

Trinity team: Ben Greig, Ben Underwood, Matthew Douglas, Daniel Wood, Tyla Steele, Kal Rowlands, Damon Thirlwall, Ryan Woolnough, Jason McMullen, Daniel Elliot, Chris Royle and Daniel van Lierop. Many thanks to Mr. Foster for organising this event.

Cricket

Under 15 Trinity 115 for 7 in 20 overs, Penrith GS 113 for 6 in 20 overs

James Lythgoe 50 retired.

Under 14 Penrith GS 131 for 2 with 2 retired in 16 overs, Trinity 108 all out in 15.5 overs

Under 13 Trinity 113 for 4 in 16 overs, Penrith GS 118 for 2 in 13 overs

Matthew Muldoon 31 retired.

Center Parcs National Schools' Badminton Finals

A record 31,000 children, 6,140 school badminton teams from over 1,600 secondary schools entered the Center Parcs National Schools Badminton Championships this year. Our Trinity KS4 Girls team made it through the local, county and regional round, dropping only 2 games on their way to their well earned place in the National finals. Emily Armstrong, Natalie Gorst, Georgina Lowe and Kelly Pearson competed on Sunday (21st April) playing exceptionally well. The girls won 3 out of their 4 matches, finishing 4th out of 9 teams in the KS 4 Girls competition. Thank you to Liz Gorst for taking on the team manager's role and congratulations to all 4 girls on such an outstanding achievement

Rowing

Congratulations to Lydia Graham (9JMY) who won a silver medal in her first National rowing competition.

Athletics – Cumbria School Junior Boys Multi-Events Competition

This competition was held at Sheepmount on Friday, 3rd May. Harry Nixon was placed 6th, Nathan McStay 7th, Adam Robinson 11th and Joseph Lightfoot 18th out of 23 competitors.

Year 8 Girls Hockey – County Finals

The Year 8 team finally got to play their county final which was held at Queen Elizabeth School in Kirkby Lonsdale. Trinity were supposed to play their first game against Windermere St Anne's but the team failed to show up leaving only three teams in the finals. Trinity played QEGS in their first game and quickly got into their stride with some excellent passing to get the ball around the QEGS defence.

Eve Driver opened the scoring. Trinity continued to dominate and were 3-0 up at half time with another goal from Eve and a goal from Catherine Philip which was the result of some excellent team play. Trinity seemed to fall asleep in the second half and although they had chances they failed to score, QEGS on the other hand sprung to life and got 2 goals back. Final score 3-2 to Trinity. The second game would decide who would be crowned County Champions, although Trinity played well, Queen Elizabeth School played some outstanding hockey beating Trinity 4-0.

An excellent season for the Year 8 team – well done girls.

Team: Ashleigh Ritchie, Kyra Walton, Rachael Davidson, Ella Crook, Georgia Harrison, Lucy Brown, Lucy Jefferson (Capt), Imogen Clark, Eve Driver, Imogen Longcake, Catherine Philip, Chloe Watson, Emma Little.

Most Valuable Player – Imogen Longcake.

Information for Parents and Carers

Contacting school

More and more parents are finding it useful to use e-mail to contact staff at the school. Our central address is info@trinity.cumbria.sch.uk. This is checked and forwarded to relevant staff twice a day during term time.

Electronic Communication

If you would like to view the newsletter electronically on our website instead of receiving a paper copy, can you please inform Mrs Jackie Hunton in Central Office on Tel No. 516051 Ext. 264 or by e-mail jhn@trinity.cumbria.sch.uk.

At Trinity we will shortly be moving to new systems of communicating to parents/carers which will enable us to pass on information quickly and efficiently to you on a regular basis either by text or email. Over the coming school year we intend to roll out a number of projects including:

- Text notification to parents if your child is not in school
- Rewards information sent home electronically on a regular basis
- Information on behaviour issues sent home regularly
- Student timetables and exam timetables
- Newsletters, trip information, club timetables etc
- Important messages such as snow closures
- Invitations to parents evenings and other important events
- Warnings of your child's work deadlines
- Homework emailed to parents and students

This information will be available on any PC, laptop and tablet or by using the Smartphone app. The first step in this process is to collect email addresses and mobile phone numbers for all parents/carers so you can benefit from the full range of services and better support your child in school.

Further information will be arriving with you soon.

Year 11

All students are in school in normal lessons up until the end of school on Monday 3rd June. Students have been issued with a timetable showing their revision sessions for all of their exams. All of the information will be displayed in school on the exam noticeboard.

Mr Kay

Study Opportunities for Year 11

Supervised study for students in Year 11 still continues in the dining hall at 3.15 to have tea and toast and then stay on to study there. The area is supervised by a member of staff to make sure that the area is a work space. If you feel that would be a good thing for your child, please encourage them to come along. We are also running some sessions in the library in the morning for Year 11 where sixth formers help with different subjects each morning during registration.

GCSE Sciences – revision guides

If you missed the opportunity to buy the science revision guides through school you can purchase them on the Collin's website currently at the reduced price of £3.99.

Please see the parent section of the school website for details.

ActiveKids from Sainsbury's

We are still accepting Sainsbury's Active Kids vouchers. Just send them into school to the form tutor or deposit them at main reception. Thank you.

Collection of Certificates

A/AS/GCSE certificates from **summer 2011** and **summer 2012** are available to collect from the Sixth Form Office during school hours.

DIARY DATES

Monday 13 th May	GCSE and A level exams begin
Wednesday 15 th May	4.30pm – 7.00pm Year 13 Physics Lecture at Caldew School
Wednesday 22 nd May	7.30pm Theatre Royal Newcastle Trip – The Woman in Black
Friday 24 th May	Break up for Half Term
	HALF TERM
Monday 3 rd June	Back to school
Thursday 13 th June	Year 8 Parents' evening
Thursday 20 th June	Year 11 Leavers/Celebration Day Year 9 Outdoor Activities Trip (pm) A level exams end
Friday 21 st June	GCSE exams end
Tuesday 25 th June	7.00 – 9.00pm Art and Photography Exhibition – Devonshire Hall
Thursday 27 th June	Year 13 Leavers' Ball - Wigton
Friday 28 th June	Year 11 Prom – Crown and Mitre Hotel
Monday 1 st & Tuesday 2 nd July	Sixth Form Induction
Tuesday 2 nd July – Thursday 4 th July	Whole school production - Les Misérables
Thursday 4 th July	Year 9 Geography Trip to Edinburgh
Friday 5 th July	Year 9 Geography Trip to Edinburgh
Monday 8 th July	Year 6 – New intake day
Tuesday 9 th July	New intake Parents' evening
Wednesday 10 th July	6 th form alternative sports day
Monday 15 th July	Junior Prize Giving – St Cuthbert's Church
Tuesday 16 th July	Sports Day
Wednesday 17 th and Thursday 18 th July	House Services
Friday 19 th July	END OF TERM – school finishes at 12.30pm
Thursday 15 th August	A Level results
Thursday 22 nd August	GCSE Results

Some dates may be subject to change.

DATES for the 2012/2013 School Year

First Day of Term	Last Day of Term	Half Term Week
2013 Summer Term	Friday 19 th July 2013	Monday 27 th – Friday 31 st May

DATES for the 2013/2014 School Year

First Day of Term	Last Day of Term	Half Term Week
2013 Autumn Term Thursday 5 th September	Wednesday 18 th December 2013	Monday 28 th October – Friday 1 st November
2014 Spring Term Monday 6 th January	Wednesday 9 th April 2014	Monday 17 th – Friday 21 st February Good Friday – 18 th April Easter Monday 21 st April
2014 Summer Term Wednesday 23 rd April	Friday 18 th July 2014	Monday 26 th – Friday 30 th May Early May Bank Holiday - Monday 5 th May

Request for Holidays during Term Time

We do understand that taking a family holiday in term time can reduce the costs considerably; we also appreciate that families may not always have a choice about when they can take their annual leave because of the arrangements in their place of employment. However, it is not good for students to be away from school for an absence which could be avoided. The Cumbria County Council website has some guidance about what kind of absences could be authorised by a school, and it is not many. The Department for Education also makes it clear that it rightly expects students to be in school every day. If there are circumstances which make it vital or unavoidable for a student to be away from school, for a holiday or family event, then it is very important that we have a request well in advance and that any such absence does not cover exam periods, or preparation for them. 10 days missed from school takes over 5% out of the whole year's attendance, and we are expecting all students to be in school for over 95% of each school year. Thank you for your support.



www.carlisleleisure.com
A company created with charitable purposes for the benefit of the whole community.

Trinity Leisure Centre



Health and Wellness; Personal Coaching:

Are you aware that we have personal coaches here at the centre? The idea is that you invest a little time with a health and fitness coach and whatever your goal, the coach will work with you until you succeed. This is generally much quicker than trying to achieve your goals alone as you have the expertise and support on hand. Get fit, tone up, bulk up, look great, and feel great. If you have something you want to achieve which most people do then speak to us. We are offering you or a friend a free consultation to establish some direction and then a £15 one hour session which is £10 off the regular price.

June 2013 is going to be Health and Wellness month so this is the time to talk to us, let us know what you want to achieve and we can help you progress from there.

Teen Training: If you are a student at Trinity School then you can complete a gym induction for £13.50. After that you may use the gym after school and on weekends for £1.60 per visit or you can pay £9.95 per month for a membership (parent acts as guarantor). This is a popular after school social activity and a great way to de-stress after a day in the classrooms and will help you keep or get in shape.

Saturday Kids Fitness:

For all of you who would like your kids aged 5 – 11 to be more active then we have a club on a Saturday 10am – 12noon, which includes regular fun health and fitness activities delivered by personal coach Craig Brierley. We also provide arts and crafts, badminton, table tennis and other ball sports supervised by our qualified childcare team. A bouncy castle is also provided as part of the programme of activities. We hope you will support this and your kids will benefit through improved health, fitness and well-being. You can pay as you go for £4.50/week or you could take out a junior LifeStyle membership for £9.95/mth.

School Holiday Opening:

We would just like to inform you that the centre is open from 1.00pm for general swimming and one to one swimming lessons (now available to book at reception) plus all the regular sessions listed on our timetable. Carlisle Leisure Ltds Go for it children's holiday activity brand is now based at Trinity Leisure Centre; perfect for developing sport and life skills and keeping fit. You can book a place on the scheme currently through the Sands Centre on 01228 633766.

Join us on Facebook in June 2013 and get to know more about what's going on at Trinity Leisure Centre on a regular basis.

Party Hire Discount: If you book a party to be held on a weekend between now and the end of August you will receive a £10 discount. You may choose from a simple hall hire or swimming plus hall with or without a bouncy castle. Further details available at reception!

Contact: 01228 403565 info@carlisleleisure.com