

IMPACT REPORT

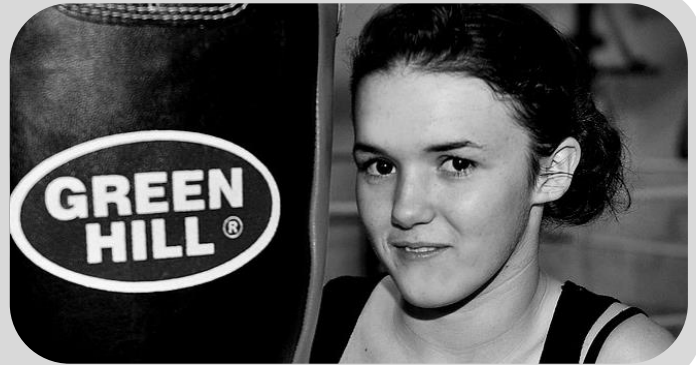
Barton Athletic Club

2016-2017



Barton Athletic Club is a Community Amateur Sports Club and was founded in 1953. Our new building opened in 2016, which has enabled us to have top of the range facilities, disabled access and able to welcome new members.

BRAIN AND STRENGTH TO CONQUER



1. The gym is open to members on week days from late afternoon through the evening and also weekend mornings. We have specific groups who meet at different times (e.g. the women's session) so please give us a ring or check our website to see if there is something that interests you.

2. We do run evening sessions for children and young people in wrestling, boxing and weight lifting. We have an adult's road running club that meets twice a week - they run various distances and have a range of abilities. General keep fit for all is always available: we have cardio machines, weights, rowers, cycles and boxing equipment.

"My own children became members when they were 11 and 13. They have both since left school, been away to university and have returned and continue as members at 21 and 23 years old."

3. We work with the Boys and Girls Clubs of Greater Manchester doing outward bounds activities, skiing, golfing, rock-climbing, canoeing, snooker, pool and table tennis. Our young members are able to join in with these activities as we take the children and young people and work together with families to organise transport.

"The dedication the volunteers give to each individual member is second to none. Every club member is given 1:1 time and attention so their own specific needs are met."

4. Achieving in sport gives people resilience. Aiming for fitness goals and skills in boxing and wrestling gives participants a sense of personal achievement. We promote a healthy lifestyle for all our members of all ages and the longstanding members can provide a positive influence for the younger members. Our gym has a strong sense of community and many social groups that have formed through our club.

5. As we have now built our own club this means we no longer have to pay rent, therefore all our funds can be reinvested into the club. The gym was purpose built for our members needs and we now have a tremendous space to train.

6. With the new facilities we are able to have a 5 year development plan for sport. We will encourage a walking club, cycling club and continue to support what we have. We are now able to welcome people with disabilities as we have the adapted facilities. Through developing health and wellbeing and growing our membership we will have a stronger club in Barton.