



clubkingswood
Health, Fitness & Spa

CELEBRATING 50 YEARS OF SUCCESS



Was it really 50 years ago that my father, Rex Guppy, founded Kingswood Squash Club in October 1967?? The opening ceremony was a lavish affair attended by the then Minister for Sport, Dennis Howell, and there was even a telegram from Prince Philip wishing the club every success!

At that time, this was a very bold venture with Squash being a little-known sport but Rex wanted to bring the game he loved to the masses. This sparkling 6 court club was the largest in the UK - the first of many records the club has set!!

Rex was a keen player of average ability and he had poor experiences from other sporting clubs – mainly golf – where the best players were given privileges over and above the average members and he was anxious that at Club Kingswood, this was not to be the case.

With this in mind, the club started life with 3 core philosophies which remain key today:

- 1 Every member of Club Kingswood would be treated equally, irrelevant of sex, age, colour or ability
- 2 The team of staff would run a club they would like to be a member of
- 3 At least 50% of all profit made would be ploughed back into the club to maintain a high level of facility allowing us to move with the times.

Following these guidelines, the club has developed from being a 6 court squash club to a multi-purpose health & fitness club, always pioneering to bring all the latest activities to the membership and winning a multitude of national and local awards on the way. In addition, the club and our members have also raised tens of thousands of pounds for mainly local charities and has established a strong position in the community.

I am personally very proud of having maintained our culture since I became Club Manager in 1978 and Club Chairman in 1995 following the sad loss of my father. Moving ahead, I have total confidence that Alex & Emily will build upon the club's core philosophy and continue to develop the club's facilities and activities to ensure we offer our members the very best.

Finally, may I thank all our members and our team of staff for their fantastic support over the last 50 years – we certainly could never have reached this anniversary without you!!

With my very best wishes to everyone

Alister Guppy



Celebrating 50 years of Success...

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1967

1967

1984

2002

MINISTER OF SPORT OPENS FINEST SQUASH CLUB



The Minister of Sport (Mr. Denis Howell) cuts the cake in the form of a squash court after officially opening the new club at Kingswood on Wednesday.

"SQUASH and the provision of indoor sporting facilities was one thing which staggered me when I became Minister of Sport," said Mr. Dennis Howell, M.P., when he officially opened the new £60,000 Kingswood Squash Club at Basildon on Wednesday.

He added: "Figures showed that the whole of British sport had totally failed to get a lot of rain and months of the year, the weather was so bad that it was moving towards a day when we could be moving towards the provision of indoor sports, and the lack of facilities and qualified courts in the country was a worry."

It was vital to link squash courts to educational scene and to know to the area were going to be the centre of the future. The Lord Lieutenant, Sir John Huxford, C.B., O.B.E., J.D., said this was the first club in the country which it every day.

A congratulatory letter to the Club to Philip read: "I am pleased to hear of the Club's success."



1988



1974



2015



2012



2016



Club is voted fittest of the fit

NO-ONE does it better than Club Kingswood. Instructors from the Basildon Health and Fitness centre proved their club is simply the best by being voted Club of the Year by the Fitness Association.

It beat off competition from 175 rivals throughout the country to win the top accolade.

During a cliffhanger evening at Newell-upon-Avon, the plaque was presented to club chairman Alister Guppy. It was the fourth year the club has won through to the top five.

Instructor Joanne St. Claire said: "We are shocked to win. The competition was tough."

"We had to satisfy the judges on things like training quality of the fitness programme, communication with members and relationships within the community."

TIMELINE

1967	1969	1970	1974	1978	1979	1984	1986	1987	1988	1989
Club opened by the Ministry of Sport with a telegram from Prince Philip with 6 squash courts. Membership was 7 guineas	We founded the Essex Squash League	4 more squash courts added making Club Kingswood the largest squash club in UK	1st solarium (sunbed) was opened	Alister Guppy appointed Manager and 7 further squash courts added making Club Kingswood largest squash club in the world	We win Daily Mirror "National Sports Club of the Year"	Club diversifies into other activities and adds indoor swimming pool, men and ladies steam and saunas, gymnasium and aerobics studio	Floodlit tennis court and snooker added	Gym enlarged and improved	Computerised fitness assessment unit installed – the 1st in Essex!	Conference room added to the bar
1990	1991	1993	1995	2002	2007	2010	2012	2014	2015	2016
Gym completely refurbished, re-equipped and enlarged	Second aerobic studio added	Beauty Salon (Tranquillity) was added	Dedicated free weights area added	Won Fitness Association Flame Award "Club of the Year"	Spinning Room added	We Won National Gym of the Year at the National Fitness Awards	We won Regional Gym of the Year South at the National Fitness Awards	Hair Salon (Hair TQ) was opened	Virtual Spinning introduced (1st club to have it in Essex!!)	Outdoor rig built





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OUR SLOGANS THROUGHOUT THE YEARS

"Squash is my racket"

"Always something to look forward to"

"Your leisure is our pleasure"

"The friendly face of fitness"

"In being for your wellbeing"

AWARDS WON

2002

Club of the Year at the Fitness Industry Flame Awards

2010

National Gym of the Year at the National Fitness Awards

2011

Southern Gym of the Year at the National Fitness Awards

2012

Finalist of the Southern Gym of the Year at the National Fitness Awards

2013

Winner of Excellent Customer Service at the Essex Business Awards

2014

Runner up of Southern Gym of the Year and Winner of Excellent Customer Service at the National Fitness Awards

2015

Runner up of Excellent Customer Service at the National Fitness Awards

**Celebrate our 50th Birthday with us
on Saturday 7th October - 7.30pm til late**

Vegas themed with casino tables and show girls!

Ticket price of £15 (£25 guest - strictly one per member) includes:

- Glass of bubbly on arrival
- Selection of canapes
- Photo booth
- Entertainment

Black tie and cocktail dresses

Don't miss out on a night to be remembered!

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