

Westonbirt

Leisure

Newsletter September 2010

We are delighted to welcome the addition of 8 brand new top of the range Trixter bikes to the array of facilities now available with Westonbirt Leisure. A full program of Trixter classes will commence in October, upon the completion of a comprehensive instructor training programme by our Sports Centre staff.

There was some negative feedback received from a few members regarding the suspension of classes in August. We are pleased to reassure members that the cancellation of classes was purely as a response to the unavailability of the instructor and not an action we plan on implementing each summer.

If anyone has been unfortunate enough to encounter the British sea this summer (it was just 16C in Cornwall during late August!), we are pleased to reassure members that our pool water temperature will be maintained at 30°C Mondays to Wednesdays, and 29°C Thursdays to Sundays.

The increased temperature on some weekdays is to ensure the accommodation of Waterbabies classes in a temperature appropriate to their participants!

Membership Feedback

We would like to express our gratitude to all members who kindly returned their feedback questionnaire.

There have been a number of very helpful suggestions and we have been able to respond to some suggestions immediately, with the introduction of name badges for all Sports Centre staff and repainting the Male and Female Toilets in the upper viewing gallery.

We have introduced lane swimming in half the Pool from 8.00pm in the evenings to accommodate the requests we received for more timetabled lane swimming.

The Dance studio has been painted over the last few weeks to improve the aesthetics in this area.

The female lockers have been repaired and all wet change lockers will now accept tokens.

We will continue to work on the other issues identified as areas where members would like to see improvements, and hope you will continue to provide us with constructive feedback.

Timetable Revisions

With the advent of a new academic timetable and feedback received on the questionnaires, there are a number of revisions to the Sports Centre timetable.

Changes made to our classes programme are a result of consultation with our instructor and class attendees.

4th & 25th September

As a consequence of the Exeat weekends for the girls attending Westonbirt School, we are pleased to offer extended Swim sessions on both Saturdays. The Pool will therefore open from 8.00am through until 4.30pm.

Nordic Walking

What is Nordic Walking? Quite simply it is an enhancement of ordinary walking but twice as effective so a great way of getting fit and losing weight.

How does it work? Nordic Walking uses poles to add two major benefits to regular walking: the use of poles means the walker is working harder, although the support of poles helps to make it feel easier.

At the same time, upper body strength is challenged.

Nordic Walking is the fastest growing fitness activity in the world - it is safe, highly effective and FUN! For more details, including a free introductory trial session, please call Ruth King on 07734 886275.

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Westonbirt Sports Centre Timetable September 2010

September 2010	Swimming Pool	Fitness Suite	Activities	Classes
	Lanes only before 9.00am & 2 lanes during lunchtime sessions. In the evenings there will be lanes available from 8.00pm onwards.	Available for members aged 16 years and over who have completed an induction.	Badminton £7.50 per court. Free to members. £3.75 for guests playing with a member.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.
Saturdays* *4th & 25th Sept - Pool open 8.00am - 4.30pm	8.00am – 9.00am & 12.00pm - 1.00pm & 1.00pm - 4.30pm	8.00am - 10.45am & 12.00pm - 4.30pm		Golf Course Available £12.50 for 18 holes on the weekend.
Sundays	9.00am - 12.30pm & 1.30pm - 2.30pm & 2.30pm - 4.30pm (Family Fun Swim Session)	9.00am - 4.30pm		Boxercise 10.00am - 11.00am

1st to 3rd September

Wednesday 1st	7.00am - 9.00am & 12.00pm - 2.00pm & 4.00pm - 6.30pm & 9.30pm - 10.00pm	7.00am - 10.00pm	Badminton 12.30pm - 1.30pm	Bodybar 6.00pm - 7.00pm
Thursday 2nd	7.00am - 10.00am & 11.30am - 1.30pm & 6.30pm - 9.45pm	7.00am - 9.30pm	Badminton 6.30pm - 7.30pm	Stretch & Tone 9.00am - 10.00am Circuit Training 6.30pm - 7.30pm
Friday 3rd	7.00am - 10.00am & 11.30am - 1.00pm & 4.00pm - 8.30pm	7.00am - 9.30pm	Badminton 8.00pm - 9.30pm	Aqua Aerobics 10.30am - 11.15am Legs, Bums & Tums 9.15am - 10.15am

6th to 30th September

Mondays	7.00am - 9.15am & 12.15pm - 1.00pm & 6.00pm - 9.15pm	7.00am - 9.30pm	Badminton 12.30pm - 1.30pm	Body Bar 7.30pm - 8.30pm
Tuesdays	7.00am - 10.00am & 12.15pm - 1.15pm & 6.00pm - 9.45pm	7.00am - 9.30pm	Badminton 12.30pm - 1.30pm	Legs, Bums & Tums 6.30pm - 7.30pm
Wednesdays	7.00am - 9.00am & 1.00pm - 2.00pm & 9.30pm - 10.00pm	7.00am - 2.15pm & 4.00pm - 10.00pm	Badminton 12.30pm - 1.30pm	Bodybar 6.00pm - 7.00pm
Thursdays	7.00am - 9.00am & 11.45am - 12.45pm & 6.30pm - 9.45pm	7.00am - 9.30pm	Badminton 6.30pm - 7.30pm	Stretch & Tone 9.00am - 10.00am Circuit Training 6.30pm - 7.30pm
Fridays	7.00am - 9.00am & 11.15am - 1.00pm & 3.00pm - 4.15pm & 6.00pm - 8.30pm	7.00am - 9.30pm	Badminton 8.00pm - 9.30pm	Aqua Aerobics 10.30am - 11.15am Legs, Bums & Tums 9.15am - 10.15am

Trixter Time

Trixter bikes are an innovative, fun and exciting development of indoor cycles and incorporate the very latest Fitness Industry technology.

Classes interact with DVD's and instructors, leading participants through 8 varied and challenging routes including New York, London & Liverpool Street Scenes, and other challenging terrains!

A full class program will commence in October, although please look out for details of some trial sessions in September...