



WESTONBIRT LEISURE

April 2015

To ensure we provide Sports Centre members with maximum access to the Swimming Pool during April, we have had to be a little creative with the production of the timetable this month.

As you will see, we have provided 3 separate weekly timetables (starting at the bottom of this page) to cover the whole of the month. This is necessary due to the varied finish times of the large number of user groups we have using the facility. Please also note the Easter Bank Holiday opening times from Friday 18th to Monday 21st.

With the advent of lighter evenings we hope to see increased use of the gym and pool after 7.30pm which is traditionally when attendance falls considerably and user totals are in single figures. Our Golf Course is also open from dusk to dawn each and every day with 9 holes taking between 60 and 90 minutes (depending on ability!).

For any Sports Centre members that don't have access to a set of Golf Clubs please speak to (or email) James or Luke who will be happy to arrange complimentary provision of a set, including balls and tees for you. Course users are asked to share 1 bag between a maximum of two players.

Site Access & Speeding Vehicles

We kindly request your support in helping us to uphold a safe School environment by maintaining your speed within the limits advised across the site. School security staff will be undertaking regular speed checks, offenders will be contacted directly.

Sports Centre members are to use the East Lodge entrance (not the main gated access) at all times, unless notification is provided of an alternative, in the event of a Special Occasion.

Beauty Room

We are pleased to advise that Helena has set up a new beauty treatment room within the Sports Centre. Located in a room off the lower corridor, Helena is able to offer a comprehensive range of treatments including tinting, waxing, facials, manicure, pedicure and massage.

April 2014	Swimming Pool	Fitness Suite	Function Zone	Classes & Courts
	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.	Available for members aged 16 years and over who have completed an induction.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.

Tuesday 1st April to Friday 4th April

Tuesday 1st	7.00am - 10.00am & 12.15pm - 2.00pm & 6.30pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday 2nd	7.00am - 9.30am & 12.30pm - 2.00pm & 9.00pm - 10.00pm	7.00am - 10.00pm	7.00am - 9.00am & 12.30pm - 7.15pm	<u>Sculpt & Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday 3rd	7.00am - 10.00am & 11.00am - 2.00pm & 6.30pm - 9.30pm	6.30am - 9.30pm	7.00am - 9.00am & 12.45pm - 5.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday 4th	7.00am - 2.00pm & 4.30pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am

April 2014	Swimming Pool	Fitness Suite	Function Zone	Classes & Courts
	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.	Available for members aged 16 years and over who have completed an induction.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.
Please note that during Family Fun & Open Swims on Weekends, a maximum of one lane <i>may</i> be added.				Golf Course available Now just £10.00 all day, every day!
Saturdays	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun 1.30pm - 2.30pm - Lanes Only 2.30pm - 4.30pm - Open Swim	9.00am - 4.30pm	9.00am - 12.00pm & 3.00pm - 4.30pm	
Sundays	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun 1.30pm - 2.30pm - Lanes Only 2.30pm - 4.30pm - Open Swim	9.00am - 4.30pm	9.00am - 12.00pm & 3.00pm - 4.30pm	
7th - 11th April & 14th - 17th April				
Monday 7th & 14th	7.00am - 10.00am & 12.45pm - 2.00pm & 4.30pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.45am & 12.30pm - 6.00pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday 8th & 15th	7.00am - 2.00pm & 4.30pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 12.30pm - 9.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday 9th & 16th	7.00am - 2.00pm & 4.30pm - 6.00pm & 9.00pm - 10.00pm	7.00am - 10.00pm	7.00am - 9.00am & 11.30am - 7.15pm	<u>Sculpt & Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday 10th & 17th	7.00am - 2.00pm & 4.30pm - 9.30pm	6.30am - 9.30pm	7.00am - 9.00am & 12.30pm - 5.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday 11th	7.00am - 2.00pm & 4.30pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am
18th - 21st April - Bank Holiday Weekend				
Fri, Sat, Sun & Mon	10.00am - 12.30pm & 1.30pm - 4.30pm	10.00am - 4.30pm	10.00am - 4.30pm	<u>Badminton Available</u> 2.00pm - 4.30pm
22nd - 30th April				
Monday 28th	7.00am - 9.15am & 12.45pm - 2.00pm & 6.15pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.45am & 12.30pm - 6.00pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday 22nd & 29th	7.00am - 9.30am & 12.15pm - 1.30pm & 6.30pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Stretch & Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday 23rd & 30th	7.00am - 9.30am & 12.30pm - 1.30pm & 9.00pm - 10.00pm	7.00am - 10.00pm	7.00am - 10.00am & 4.30pm - 7.15pm	<u>Sculpt & Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday 24th	6.30am - 7.15am & 8.00am - 10.00am & 12.45pm - 1.45pm & 6.30pm - 7.30pm & 8.30pm - 9.30pm	6.30am - 9.30pm	6.30am - 9.00am & 12.30pm - 4.30pm & 6.00pm - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday 25th	7.00am - 9.00am & 10.30am - 12.45pm & 6.00pm - 9.30pm	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am