



April 2015

The traditional new year rush appears to have once again come to an end in March, with the Fitness Suite noticeably quieter in the evenings, especially during the regular peak session time of 5.30pm to 6.30pm.

Feedback concerning the installation of the new floor in the Gym has been very positive, we aim to further improve the experience for class members by installing new flooring in the Function Zone in the near future.

Revised Opening Times

With the School holidays and the Easter Bank Holiday weekend, opening times of the Sports Centre are a little varied this month.

As always we have tried to maximise Swimming Pool availability wherever possible.

Please note that there is a regular change to Friday evening swimming as the Pool will now close a little earlier at 8.00pm to accommodate Chippenham Swimming Club who have been displaced by other local pool closures.

Yoga Retreat

On Saturday 11th July Nazama Tague will be hosting a Yoga and Stress Relief Morning Retreat at Westonbirt School utilising some of the stunning Function Rooms and if the weather allows the gardens and Terrace.

Nazama is a qualified Dru Yoga teacher and a member of Dru professional network.

For full details of the Retreat please contact her via her website;
www.yoga-in.co.uk

Westonbirt Triathlon

There is still plenty of time for members to enter and train for the forthcoming Westonbirt Triathlon. The event is extremely popular and is often over subscribed.

Held on Bank Holiday Monday 25th May, the event has fast become the "must do" sprint Triathlon in the South West.

For full details of how you can enter please visit;
www.dbmax.co.uk
On-line entry price is £43.50.

Additional Class

We have recently received requests for an additional Trixter (low intensity) class to be held during the week and for an extra Class on Thursday evenings.

We currently have a space in our aerobic programme for a new class on a Monday or Wednesday morning or a Wednesday evening. It would be great to hear from members which type of classes and the favoured times.

Triathlon Training

Plans for an official Westonbirt Triathlon club are progressing well and it has been great to regularly welcome up to 30 swimmers for training sessions on Sunday evenings (start time 4.30pm).

These sessions are open to all ages and abilities, with beginners very welcome. Popularity and accessibility of Triathlons is improving rapidly, the sports appeal is no longer limited to the super fit.

As the weather warms and the evenings are lighter, future plans include regular bike rides, local runs and trips to South Cerney lake, with outdoor swimming taking a little getting used to!

If you would like to attend please contact Tom Redpath via the contact details below.

Westonbirt Weddings & Events

We have a couple of dates remaining in October and December this year if you, or anyone you know, may be getting married this year. The House can be offered on an exclusive basis, with great food, extensive wine list, open log fires and some late deals, all available.

For further details please email Kay Wood via weddings@westonbirtweddings.com

Telephone: 01666 881404 **Email:** sportscentre@westonbirtleisure.com **Web:** westonbirtleisure.com

April 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes / Open Swim is specified, 2 Lanes are always available. The other half of the pool is designated an Open Swim.	Members aged at least 16 years and who have completed an induction.	Members aged at least 16 years and who have completed an induction.	Free for members £7.50 per court for non members. Call to book a court.	Available for members aged 16 years + over. £1.00 for members, £5.00 for guests.
Saturdays	8.00am - 9.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes / Open 2.30pm - 4.30pm Open	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course Just £10.00 for 18 holes of golf. All day, every day!
Sundays	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes / Open 2.30pm - 4.30pm Open 4.30pm - 6.00pm Tri Training	9.00am - 6.00pm	9.00am - 6.00pm	<u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	

Easter Bank Holiday Weekend - 3rd to 6th April 2015

Fri, Sat, Sun & Mon	9.00am - 10.00am 4 Lanes 11.00am - 12.30pm Family 1.30pm - 2.30pm Lanes / Open 2.30pm - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	No Classes
Tuesday 7th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm Lanes/Open 4.00pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 9.00am & 10.15am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 10.00pm - 2.00pm & 4.00pm - 6.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 1st & 8th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.30pm - 2.00pm Lanes / Open 2.00pm - 3.00pm Open 4.00pm - 6.00pm Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 10.00pm	<u>Badminton</u> 5.00pm - 7.30pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday 2nd & 9th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm Lanes / Open 4.00pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.30pm	<u>Badminton</u> 10.00am - 12.00pm & 4.00pm - 6.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 10th	7.00am - 9.00am 4 Lanes 10.00am - 12.00pm Open 12.00pm - 2.00pm Lanes/Open 4.00pm - 8.00pm Open	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 3.00pm - 6.30pm	<u>Power Hour</u> 9.15am - 10.00am <u>Swimfit</u> 10.00am - 10.45am

Monday 13th, 20th & 27th	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.15pm Lanes / Open 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 12.30pm - 2.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 14th, 21st & 28th	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.20pm - 1.30pm Lanes / Open 6.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.00am & 10.15am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.15am - 10.15am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 15th, 22nd & 29th	6.30am - 7.15am 4 Lanes 8.00am - 9.30am Lanes / Open 1.00pm - 3.00pm Lanes / Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday 16th, 23rd & 30th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.30pm - 1.25pm Lanes / Open 6.00pm - 7.30pm Open 8.30pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 17th & 24th	7.00am - 9.00am 4 Lanes 10.00am - 11.45am Lanes/Open 6.00pm - 8.00pm Open	7.00am - 10.00pm	7.00am - 10.00pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.0am <u>Swimfit</u> 10.00am - 10.45am