



WESTONBIRT
— LEISURE —

August 2016

With the School holidays in full swing, the members usage throughout August inevitably falls considerably as families go away on their Summer vacations and people take the opportunity to move their fitness training outdoors whenever the weather permits. We still have residential groups in throughout this month that use the Swimming Pool and additional facilities. However, if any Pool sessions are cancelled by these groups we will amend the opening times on the website. So please do take a look online at the beginning of the week for any slight changes.

Ruth King will be taking a well deserved 2 week break throughout the middle of the month as she will be heading away to recharge her batteries. Stretch & Tone, Zumba, Scupt & Tone, Fit Steps and Power Boost classes will not be running between Tuesday 9th - Monday 22nd August.

Throughout August the Trixter classes on a Tuesday evening will be reduced to one class starting at 6.00pm. We anticipate the popularity increasing again in September as people return from their breaks.



Gym Improvements



We are pleased to announce that we have invested in excess of £30,000.00 in the Fitness Suite with the purchase of 9 pieces of Cardiovascular equipment and 3 stations of Resistance machinery from StarTrac. The removal of existing machines will take place on Tuesday 30th August and the installation of the new 2017 range of equipment on Wednesday 31st August. With the logistics of the task at hand and the heavy loads we will have to close the Fitness Suite for the 2 days for the safety of the members and the removal / installation team.

The Functional Training Zone will remain open as normal (Closed Wednesday 10.30am - 11.15am for a Fitness Class).

Once the new equipment has been installed members are more than welcome to a complementary induction. Please do not hesitate to contact a member of staff at reception to arrange a suitable day and time.



June's Challenges



For the pool challenge in June we set a target for the members to beat the Lifeguards on a specific task. The Lifeguards have to maintain their swimming fitness / ability and this 25m tow replicates their ability to tow a casualty in the water. Some impressive times were recorded with Harry Kendell setting the fastest time of 25 seconds and Carys Heard (11 years old) achieving 37 seconds.

The gym challenge focused on explosive power using your own bodyweight. It was a simple challenge of 10 burpees, 10 box jumps and 10 press ups and the quickest time recorded was 47.6 seconds, achieved by Jake Thompson.



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Westonbirt Summer Holiday Club

Monday 25th July - Tuesday 6th September
Places available for £30.00 (full day) or £15.00 (half day)



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Specialist activities throughout the summer to include:

Pastries & Puddings	2nd - 4th August	9.00am - 1.00pm	£25.00 per day
Fizz Pop Science	9th August	9.00am - 4.00pm	£35.00 per day
Diving & Water Polo	15th - 17th August	9.30am - 11.30am	£29.00 per course

For bookings and enquiries please email: holidayclub@westonbirt.org
10% discount for Sports Centre members & Westonbirt Pupils

August 2016	Swimming Pool		Fitness Suite & Function Zone	Court Sports	Classes
	4 Lanes during early mornings. Lanes / Open = 2 Lanes, Half Open. Open Swim = Recreational Swimming.		Available to members aged 16 years and over who have successfully completed an induction with a member of WLL staff.	Free to members £7.50 per court for non members. Please call to book a court.	Available for members aged 16 years + over. £1.00 for members, £5.00 for guests.
Saturdays	8.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes/Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	Rest Day!
Sundays	8.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes/Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 12.00am - 4.30pm	<u>BPF Circuits</u> 11.00am - 12.00pm
1st - 14th August					
Monday	7.00am - 9.00am 9.00am - 10.00pm 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 11.00am - 1.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 9.15am - 10.00am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 6.00pm - 6.45pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday	6.30am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 9.00pm - 10.00pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 9.00am 9.00am - 10.00am 11.00am - 12.00pm 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes / Open Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 12.00pm - 2.00pm 4.30pm - 8.00pm	4 Lanes Lanes / Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 11.30pm - 12.30pm	<u>Power Boost</u> 9.15am - 10.00am
15th - 31st August					
Monday	7.00am - 9.00am 9.00am - 9.30am 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 11.00am - 1.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 9.00am - 9.30pm 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 9.15am - 10.00am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 6.00pm - 6.45pm <u>Zumba</u> 6.15pm - 7.15pm
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Thursday	6.30am - 9.00am 9.00am - 9.30pm 12.00pm - 2.00pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 9.00am - 9.30pm 12.00pm - 2.00pm 6.00pm - 8.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm	<u>Badminton</u> 11.30pm - 12.30pm	<u>Power Boost</u> 9.15am - 10.00am
Monday 29th	10.00am - 11.00am 11.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Open Swim	10.00am - 4.30pm	<u>Badminton</u> 10.00 - 4.30pm	No Class