



WESTONBIRT
— LEISURE —

August 2017

With the School holidays in full swing, members usage of the Sports Centre throughout August inevitably falls considerably as many families head away to enjoy Summer vacations. Many people in the summer also take the opportunity to move their fitness training outdoors, weather permitting of course!

Ruth King (Aerobics Instructor) will be taking a well deserved break during the 2nd week of August. Stretch & Tone, Dance Fit, Zumba, Scuptl & Tone and HIIT classes will not be running between Tuesday 8th - Friday 11th August.

Success Story: We would like to pass on huge congratulations to long time members, Chris and Anna Wedgwood, who last month competed in and successfully completed, their very first Ironman Event in Nottingham. Chris & Anna endured over 13 hours of continuous stress and strain on body & mind whilst conquering the course which consisted of a 2.4 mile swim, 112 mile bike ride and 26.2 mile run. Training for the event started 12 months ago with sessions in the pool, gym and fitness classes initially, before heading outside for open water swimming and sprint triathlons.

An incredible achievement that they can be hugely proud of, well done from everyone here at Westonbirt Leisure.

Holiday Club

Throughout the Summer Holidays we will be exploring the different cultures, tastes and lifestyles of many European countries. Children will be creating arts and crafts, tasting and preparing authentic cuisine and playing traditional games of 8 European Countries, all within the safe surroundings of the Westonbirt School estate.

If your child is looking to develop their cookery or sporting skills during the summer, we have a couple of courses which may be of interest and assistance.

Our **cookery course** will cover many different dishes supervised by our Leith's accredited teacher, whilst our **Sports Academy** course provides pre-season training for Rugby and Hockey, focusing on technique and skills, along with teamwork and communication.

For further information on the child care available please pick a leaflet up in reception or please email: holidayclub@westonbirt.org

BAK - PERSONAL TRAINING

Swimming is a full body workout that uses all the muscles within body. It is also a fundamental lifesaving skill that is low impact therefore making it a joint friendly exercise for anyone to endure. Swimming has many great benefits both physically and mentally that can contribute to your overall health and wellbeing these benefits include: the risk of diseases are significantly lowered, anxiety levels are reduced, your mental outlook becomes more positive, and you build upon your aerobic muscular endurance to help you feel stronger and fitter.

- Would you like to improve your swimming fitness and/or technique?
- Is a Triathlon / Open Water Swim something you plan to take on in the future?

Swimming can help improve your overall health and wellbeing and I (Bryony Alley-Kent, BAK Personal Training) can help with specific swimming practices and drills to help you whether it is for general fitness, to learn a new stroke or to improve stroke technique and efficiency.

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August 2017	Swimming Pool	Fitness Suite & Function Zone	Court Sports & Sports Hall Classes	Function Training Zone Classes
	4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreational Swim.	Available to members aged 16 years and over who have successfully completed an induction	£7.50 per court for non members. Please call to book a court.	Members aged 16 years & over. £1.00 for members, £5.00 for guests.
Saturday	8.00am - 10.00am 4 Lanes 10.00am - 11.00pm Family Fun 11.00am - 12.00pm Open Swim 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	No Classes
Sunday	8.00am - 10.00am 4 Lanes 10.00am - 12.00pm Family Fun 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 9.30am to 4.30pm	No Classes

Tuesday 1st August - Thursday 31st August

Monday	7.00am - 9.00am 4 Lanes 9.00am - 9.45am Open Swim 12.30pm - 1.30pm Lanes / Open 1.30pm - 2.00pm Open Swim 5.30pm - 6.30pm Lanes / Open 6.30pm - 9.30pm Open Swim	7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (<i>Boxercise class</i>)	<u>Badminton</u> 12.45pm to 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 9.00am - 9.45am Open Swim 12.30pm - 1.30pm Lanes / Open 1.30pm - 2.00pm Open Swim 5.30pm - 6.30pm Lanes / Open 6.30pm - 9.30pm Open Swim	7.00am - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Dance Fit</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 6.30pm - 7.15pm
Wednesday	6.30am - 9.00am 4 Lanes 9.00am - 9.30am Open Swim 12.30pm - 1.30pm Lanes / Open 1.30pm - 2.00pm Open Swim 8.00pm - 10.00pm Open Swim	6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (<i>Sculpt & Tone class - cancelled on 9th due to holiday</i>)	<u>Badminton</u> 12.45pm to 1.45pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 9.00am 4 Lanes 9.00am - 9.45am Open Swim 12.30pm - 1.30pm Lanes / Open 1.30pm - 2.00pm Open Swim 5.30pm - 6.30pm Lanes / Open 6.30pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Classes
Friday	7.00am - 9.00am 4 Lanes 9.00am - 9.45am Open Swim 12.30pm - 1.30pm Lanes / Open 1.30pm - 2.00pm Open Swim 5.30pm - 6.30pm Lanes / Open 6.30pm - 9.30pm Open Swim	7.00am - 9.30pm	<u>HIIT</u> 9.15am - 10.00am	No Classes

Bank Holiday Monday - 28th August

Monday 28th	9.30am - 10.30am 4 Lanes 10.30am - 12.00pm Family Fun 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	9.30am - 4.30pm	No Classes	No Classes
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