



WESTONBIRT
— LEISURE —



December 2015

With the festive season fast approaching, all of the staff at Westonbirt Leisure would like to wish our members and their loved ones a very Merry Christmas and a Happy New Year. The first quarter of 2016 will inevitably see an increase in new pool and fitness suite users as we all try to work off the mince pies and festive treats.

Adverse weather conditions are not uncommon this time of year and your journey may become restricted, especially in the remote areas of Westonbirt and surrounding villages and towns. Please check the website for updates on opening times throughout the festive period before making your journey. E-mail: www.westonbirtleisure.com Phone: 01666 881404

25% of Retail Products

Throughout December will be offering all sports centre members a 25 % discount on our range of adult goggles. The range includes a variety of colours, shapes and sizes from a slick streamline racing fit ideal for competitive events to a wide lens look for outdoor swimming. All adult Kayenne, Seal XP and Vista goggles will be £13.50.

Membership Offer

Please look out for a way to make yourself some easy money in the New Year. We will be distributing some "fun money" in the Gym and changing rooms which can be exchanged for the cash equivalent upon recommendation of a new member who commits to a subscription.

We Are Westonbirt

You may have seen members of Westonbirt Leisure staff modelling a new range of sports wear whilst instructing class and working out in the fitness suite. The t-shirts are extremely lightweight and durable and act as an excellent top for resistance and cardiovascular training. We would like to invite you to be apart of the Westonbirt brand and further enhance the friendly atmosphere by giving members the opportunity of purchasing the tops for £15.00. Sizes range from Small to X-Large and can be ordered at reception.

Christmas Guests

We would like to remind all members that Guest swim's are £5.00 for adults and £2.50 for children. If you have a large number of family and friends in attendance over the Christmas period, please call in advance to see if we can accommodate everyone, the regular limit of guests is 2 per member. To help with entertaining guests over the festive period, guests are welcome to attend for free on Christmas Eve and Monday 28th - Thursday 31st December 2015.

Aspire Swim Challenge

Many of you may remember 12 months ago, a bank of 15 Westonbirt Leisure staff completed the Aspire Swim Challenge. They managed to swim the distance of the English channel, 1400 lengths, in 13 hours. Well we would like to bow our heads in shame and congratulate one of our members, **Tim Street** on completing the challenge, with 2 weeks spare! He has currently raised over £950.00 for the charity to date. Tim currently sits 15th on the leader board out of 3746 entrants. If you would like to donate towards the charity that supports people with spinal injuries please visit their website. www.aspirechannelswim.co.uk.

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

December 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	4 Lanes available early mornings, 2 Lanes at lunchtime sessions, Open sessions are for recreational swimming.	Members aged 16 years and over who have completed an induction.	Members aged 16 years and over who have completed an induction.	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 - 9.00am 4 Lanes 1.00pm - 2.30pm 2 Lanes 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available Just £10.00 for 18 holes of golf. All day, every day!
Sundays	8.00am - 9.00am Triathlon Club 9.00am - 10.00am 4 Lanes 10.00am - 12.00pm Family Fun 1.00pm - 2.30pm 2 Lanes 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 2.30pm 2 Lanes 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 6.15pm & 7.15pm - 9.30pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm 2 Lanes 6.30pm - 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> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday	6.30am - 7.15am 4 Lanes 8.15am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 3.00pm 2 Lanes 9.00pm - 10.00pm Open	6.30am - 10.00pm	6.30am - 10.15am & 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	6.30am - 7.15am 4 Lanes 8.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 1.25pm 2 Lanes 6.00pm - 7.30pm Open 8.30pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm <u>Table Tennis</u> 8.00am - 4.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Open 12.30pm - 1.15pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am
Monday 21st	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.00pm - 2.00pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.30am - 6.00pm & 7.30pm - 9.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 22nd	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.00pm - 1.00pm 2 Lanes 1.00pm - 2.00pm Open 4.30pm - 9.30pm Open	7.00am - 10.00pm	7.30am - 9.30pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Stretch & Tone</u> 9.00am - 9.45am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday 23rd	6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.00pm - 2.00pm 2 Lanes 4.30pm - 6.00pm Open 7.30pm - 10.00pm Open	6.30am - 10.00pm	6.30am - 10.15am & 11.30am - 10.00pm	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Christmas Eve	6.30am - 9.00am 4 Lanes 9.00am - 2.00pm Open	6.30am - 2.00pm	6.30am - 2.00pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 2.00pm	No Classes
25th - 27th Closed for Christmas Holiday					
28th - 31st	10.00am - 11.00am 4 Lanes 11.00am - 12.30pm Open 1.30pm - 2.30pm 2 Lanes 2.30pm - 4.00pm Open	10.00am - 4.00pm	10.00am - 4.00pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 4.00pm	Golf Course Open 8.00am - 4.00pm