



WESTONBIRT
— LEISURE —

February 2017

The Leisure Team have recently undertaken a number of small improvements in the ladies changing rooms. We would like to take this opportunity to apologise for any inconvenience caused during the recent closure of the ladies **Dry Changing Room** which was caused by a leak which had resulted in the lino flooring lifting causing a slip and trip hazard. This needed to be immediately rectified.

During the temporary closure, the opportunity was taken to change the shower taps to push button taps which will greatly assist us with hot water conservation as they cannot be accidentally left on.

In the **Wet Changing rooms** ladies have endured inconsistent shower temperatures throughout January so repairs have been carried out to the water pump to ensure it is now working correctly. We do strive to meet members expectations whenever and wherever possible and we appreciate members support during these recent improvement works. The aim for all works is for the response time

Special Event - Sunday 12th February

On Sunday 12th February Westonbirt Leisure are delighted to host the Beaufort Junior Triathlon. This prestigious event will be well supervised and marshalled throughout. Use of the Swimming Pool, Sports Hall and School Grounds is required and members access on the day will be a little restricted.

Be Precision Fitness Blog



Fat & Sugar Free - Fact or Fiction

People new to the fitness industry and desperate to lose weight may sometimes be tempted and misinformed by sugar and fat free products promoted in supermarkets. However, please don't be fooled!

It is a worrying trend to see foods, which may be perceived as healthy, when in fact they contain other unhealthy ingredients. For example, "**Fat-free**" **yoghurt** may be fat-free but it is not sugar-free.

A lot of companies will load yoghurt with sugar to improve the taste and make up for lost flavour.

Diet canned drinks, although they don't contain any calories, they do not contain any nutritional benefits either! Frequently, its just added chemicals that will make you feel bloated and may even lead to headaches. Consuming diet drinks can often lead to increased cravings for sweet food.

Fruit Juices can also contain additional sugars often disguised in the form of high-fructose corn syrup or flavour enhancing chemical additives. These additions actually add the calories that you are working so hard to lose! Choose healthy options and always read the labels carefully.

Birthday Parties



As the refurbishment of our Woodland Lodge nears completion, we are delighted to re-launch Birthday Parties at the Sports Centre. All parties include 1 hour of Swimming or Sports, followed by exclusive use of the Birthday Party tea room. Our Seadoo Scooters provide an exciting experience of battery powered water sports in the Pool. Opportunities for the Sports Hall include Go-Karts, Bouncy Castles, Nerf and Laser Games. Please contact a member of staff at reception or email Luke via the details provided below.

| February | Swimming Pool | | Fitness Suite & Function Zone | Court Sports | Classes |
|---|---|--|--|--|---|
| 2017 | 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 - 9.00am 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm | 4 Lanes Lanes / Open Family Fun Open Swim | 8.00am - 4.30pm | <u>Badminton</u> 2.30pm to 4.30pm | No Classes |
| Sundays 12th Feb Swim Pool closed 12.00pm - 3.30pm | 8.00am - 9.00am 9.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm | Triathlon Club 4 Lanes Family Fun Lanes/Open Family Fun Open Swim | 8.00am - 4.30pm | <u>Badminton</u> 12.00pm - 4.30pm | <u>Be Precision Fit Circuits</u> 10.00am - 11.00am |
| | | | | | |
| Monday | 7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 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> 12.45pm - 1.45pm | <u>Boxercise</u> 6.30pm - 7.15pm |
| Tuesday | 7.00am - 9.00am 12.20pm - 1.30pm 6.30pm - 9.30pm | 4 Lanes Lanes / Open Open Swim | 7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i> | <u>Badminton</u> 12.45pm - 1.45pm | <u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm |
| Wednesday | 6.30am - 7.15am 8.15am - 9.00am 9.00am - 9.30am 1.00pm - 3.00pm 9.00pm - 10.00pm | 4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim | 6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i> | <u>Badminton</u> 12.45pm - 1.45pm | <u>Sculpt & Tone</u> 10.30am - 11.15am |
| Thursday | 6.30am - 7.15am 8.15am - 9.00am 9.00am - 10.00am 12.00pm - 1.25pm 6.00pm - 7.30pm 8.30pm - 9.30pm | 4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim Open Swim | 6.30am - 9.30pm | <u>Badminton</u> 12.45pm - 1.45pm | <u>Circuit Training</u> 6.30pm - 7.15pm |
| Friday | 7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm | 4 Lanes Open Swim Lanes / Open Open Swim | 7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i> | <u>Badminton</u> <i>Not Available</i> | <u>Power Boost</u> 9.15am - 10.00am |
| Half Term Monday 13th - Friday 19th February | | | | | |
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