



WESTONBIRT  
— LEISURE —

## February 2014

As forecasted the traditional rush to the gym has been experienced during January and it has been great to see so many new and returning faces.

Many members will have noticed how much easier it has become to park at the Leisure Centre, due to the relocation of the Tiggers nursery into purpose built premises in Tetbury.

Please could we highlight once again the need to minimise speed throughout the School estate. Sports Centre members are asked to use the East Lodge entrance at all times to limit traffic within the main School grounds, the increased spaces making this process a lot easier.

### **Adult Swimming Lessons**

We are delighted to offer, for the first time in many years, access to adult swimming lessons. On Thursday evenings 6.00pm to 6.30pm, term time only, instructors from the Mary Derrick Swim School will be providing instruction on how to improve stroke, breathing and stamina. A 6 week course is just £36.00 and can be booked by calling 01666 841133

### **Phoenix Trading**

George will be selling Phoenix Trading cards, wrap and gifts in the Sports Centre reception from 3.30pm - 6.45pm on Mon 24th February - Thurs 27th February. Please pop in to pick up a brochure and have a browse. 10% of all takings are donated to PROPS - a great local charity supporting young adults with physical and learning difficulties. You can also order online via [www.cardsbygeorge.co.uk](http://www.cardsbygeorge.co.uk)

### **Changing Room Painting**

We were all a little disappointed in the standard of finish achieved at the conclusion of the recent period of improvements within the changing rooms. To accommodate painting of the walls in some areas, we may have to close access to the wet changing facilities during the half term holidays. Alternative changing will be available in the dry side changing rooms.

### **Timetable Revisions - School Holidays**

Please note that during the February half term holiday the Swimming Pool availability has been significantly extended. We are committed to providing members with maximum opportunity to use all facilities whenever possible and are pleased to have added an extra half an hour (9.00am to 9.30am) to the regular Wednesday morning session.

### **Precision Fitness - Time Under Tension for Tone**

*"Try lifting weights for time rather than reps. Most workout plans or weighted programmes look at reps and sets, but muscles adapt and get used to these loads. Also, why lift for 15, or 20 reps when your muscles may not fatigue until 18 or 23 reps? What you are trying to do when lifting weights is to tear the muscle fibres by flooding the muscles with blood. The best way to do this is to keep the muscle under tension with a heavyish load for about 60-90 seconds. The speed that you undertake each exercise is very important when training in this manner. It needs to be slow, controlled and the muscle must be contracted constantly (no pausing, no locking out your joints and no cheat reps). You are trying to overload the muscles so make sure the weight you use is heavy enough to make you fatigue before the end of the 90 seconds. Aim to do 3-4 sets for each exercise."*

Mike Alley is a Personal Trainer providing services at Westonbirt Sports Centre.

February 2014	Swimming Pool	Fitness Suite	Function Zone	Classes & Courts
	Lanes only before 9.00am & 2 lanes during lunchtime sessions. In the evenings there will be lanes available from 8.00pm onwards.	Available for members aged 16 years and over who have completed an induction.	Available for members aged 16 years and over who have completed an induction.	Available for members aged 16 years and over.
Saturdays	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun 1.30pm - 2.30pm - Lanes Only 2.30pm - 4.30pm - Open Swim	9.00am - 4.30pm	9.00am - 12.00pm & 3.00pm - 4.30pm	<b>Golf Course Available</b>  Now just £10.00 all day, every day!
Sundays* <u>23rd Feb</u> Pool closed between 12pm to 3pm	9.00am - 10.00am - Lanes Only 10.00am - 12.30pm - Family Fun* 1.30pm - 2.30pm - Lanes Only* 2.30pm - 4.30pm - Open Swim*	9.00am - 4.30pm	9.00am - 12.00pm & 3.00pm - 4.30pm	

Please note that during Family Fun & Open Swims on Weekends, a **maximum** of one lane *may* be added.

### 3rd to 14th February & 24th - 28th February

Monday	7.00am - 9.15am & 12.45pm - 2.00pm & 6.15pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.45am & 12.30pm - 6.00pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.30am & 12.15pm - 1.30pm & 6.30pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 12.30pm - 9.30pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday	7.00am - 9.30am & 12.30pm - 1.30pm & 9.00pm - 10.00pm	7.00am - 2.00pm & 4.30pm - 10.00pm	7.00am - 9.00am & 11.30am - 1.30pm & 4.30pm - 7.15pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday	6.30am - 7.15am & 8.00am - 10.00am & 12.45pm - 1.45pm & 6.30pm - 7.30pm & 8.30pm - 9.30pm	6.30am - 9.30pm	6.30am - 9.00am & 12.30pm - 5.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am & 10.30am - 12.45pm & 6.00pm - 9.30pm	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am

### Half Term School Holiday - 17th to 21st February

Monday	7.00am - 10.30am & 12.00pm - 2.00pm & 4.00pm - 9.30pm	7.00am - 9.30pm	7.00am - 9.45am & 12.30pm - 6.00pm & 7.30pm - 9.30pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday	7.00am - 10.30am & 12.00pm - 2.00pm & 4.00pm - 9.30pm (Swimfit 8.00pm - 9.00pm)	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am Zumba 6.15pm - 7.15pm
Wednesday	7.00am - 10.30am 12.00pm - 2.00pm & 4.00pm - 6.00pm & 9.00pm - 10.00pm	7.00am - 10.00pm	7.00am - 9.00am & 11.30am - 1.30pm & 4.30pm - 7.15pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am <u>ViPR Fit</u> 7.30pm - 8.15pm
Thursday	6.30am - 10.30am & 12.00pm - 2.00pm & 4.00pm - 9.30pm	6.30am - 9.30pm	6.30am - 9.00am & 11.30am - 5.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>CircX</u> 6.30pm - 7.15pm
Friday	7.00am - 10.30am & 12.00pm - 2.00pm & 4.00pm - 9.30pm	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Power Hour</u> 9.15am - 10.15am