

February 2015

January has been a great month at the Sports Centre with over 34 New members signing up. We have only had the opportunity to give members cash on 2 occasions though, please look out for the "funny money", that can be exchanged for cash, when recommending a new member. We will be offering an improved service in the Fitness Suite for new and existing members with instructors making regular appearances and on the spot opportunities for personal programmes. Please do speak to Tom, Julianne or Bryony if you would like any further instruction or a programme.

Special Events

On Sunday 8th February Westonbirt Leisure will be hosting the Cotswold Junior Pentathlon.

On Sunday 22nd February we will be hosting the Beaufort Junior Triathlon

Both events require use of the Swimming Pool, Sports Hall and School Grounds.

Please note the revised opening times of the Swimming Pool on the 8th and 22nd February and please take extra care on the roads and in the car parks.

On Wednesday 25th the pool will be closed 2.00pm - 2.45pm for a school Gala.

Yoga

Would you like to bring balance, strength & increased energy into your daily life? Trial a **free 75 min Hatha yoga** session on **Wednesday 4th** (9.00am) & **Thursday 5th** (6.00pm) February. You can book via russellhtownsend@gmail.com or 07710 170 081. Classes from 6th February begin at £8 for a single session, £39 for a booking of 6 sessions or private lessons for £25.

Triathlon

The new Westonbirt Triathlon Club has proved very popular with swimming on Sunday evening regularly attracting up to 30 keen participants.

Members are very welcome to attend with sessions in February on Sunday evenings from 4.30pm to 5.30pm and 5.30pm to 6.30pm.

The first few months will concentrate on pool training, after which the club will head out onto local roads for running and cycling sessions.

Please email westonbirtriclub@gmail.com for further details.

Revised Opening Times

At the start of the calendar year there are often requests for new and additional sessions for the Swimming Pool and other facilities.

As a consequence, it has been necessary to make a few amendments to the Swimming Pool & Functional Zone timetable's.

To improve members access to the Function Zone, some Classes have amended timings and others have relocated to the Sports Hall.

Birthday Parties - Pool Inflatable

We are delighted to announce the imminent arrival of one of the South West's biggest and best Swimming Pool inflatable's.

The bad news is it's only for children...

For children aged 8 and above, from Saturday 14th February Swimming Pool parties can now include a 15 metre long, dual lane inflatable, covered with challenging obstacles, slippery sides and culminating in a slide into the deep end of the Pool. Full lifeguard provision will be provided, along with a room (after the party of course) for you to provide a birthday tea if you wish.

A 2 hour party costs £149.00 with availability on Saturdays, Sundays and during School holidays. To be one of the first to book a party on this new inflatable, please use the contact details below.



February 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes / Open Swim is specified, 2 Lanes are added and the other half of the pool is available as an Open Swim.	Available for members aged at least 16 years and who have completed an induction.	Available for members aged at least 16 years and who have completed an induction.	Free to members & their guests. £7.50 per court for non members. Please call to book a court.	Available for members aged 16 years and over. £1.00 for members, £5.00 for guests.
Sunday 8th February Swimming Pool closed from 9.00am to 11.00am					
Sunday 22nd February Swimming Pool closed from 12.00pm to 3.00pm					
Saturdays	8.00am - 9.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Open 3.30pm - 4.30pm 2 Lanes	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available Just £10.00 for 18 holes of golf. All day, every day!
Sundays* <small>* Please note closures as advised above.</small>	9.00am - 10.00am 4 Lanes* 10.00am - 12.30pm Family* 1.30pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Open* 3.30pm - 4.30pm 2 Lanes	9.00am - 6.00pm	9.00am - 6.00pm	<u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 11.50am - 1.15pm Lanes/Open 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 10.00am - 6.00pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.20pm - 1.30pm Lanes/Open 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.30am - 10.15am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday <small>*Please note 25th closed 2.00pm - 2.45pm</small>	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm Lanes/Open *2.00pm - 2.45pm* Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 10.00pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 12.00am - 6.00pm	<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 12.30pm - 1.25pm Lanes/Open 6.00pm - 7.30pm Open 8.30pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 10.00am - 10.45am Open 10.45am - 11.45am Lanes/Open 6.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am <u>Swimfit</u> 10.00am - 10.45am
Monday 16th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 11.50am - 2.00pm Lanes/Open 4.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 17th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm Lanes/Open 4.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch & Tone</u> 9.30am - 10.15am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 18th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm Lanes/Open 2.00pm - 2.45pm Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 10.00pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday 19th	6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.00pm - 2.00pm Lanes/Open 4.00pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 20th	7.00am - 9.00am 4 Lanes 10.00am - 11.45am Open 12.00pm - 2.00pm Lanes/Open 4.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.0am <u>Swimfit</u> 10.00am - 10.45am