



July 2015

It looks like this summer is going to be one of the best for many years. A cooling dip at the end of the day and at the weekend holds a very special appeal in this weather, please remember to shower first though!

After Matt Herbert's achievements were highlighted in last month's newsletter, we are pleased that other members have made contact with Mike Alley with regard to Personal Training programmes. Mike can be contacted on 07931 956112 with Zoe Dixon also offering PT sessions, contactable via 07815 899121.

Vipr & Circuits

Mike is continuing with the Vipr and Circuit Training classes until the 13th July, when he will then undergo an operation to resolve a long term injury.

During July the Circuit Training class will be covered by Tom Redpath.

Vipr will take a break for a few weeks as unfortunately we do not have another qualified instructor in this specialised discipline.

Mike intends to return in August, although this is subject to his satisfactory rehabilitation.

We will provide an update in next month's newsletter.

Pool Opening Times

As always at this time of year, the departure of the Schools and arrival of residential letting groups present an opportunity to revise the Swimming Pool timetables.

The month is divided into 2 parts and we have added extra swim times where possible, including a lot of additional Open Swim times from the 20th July when the Mary Derrick Swim School break up for the summer term.

We will now also now revert to a 9.00am opening on Saturday mornings, for at least July and August.

The Swimming Pool timetables are expected to be extended further during August, when Waterbabies and local Schools have their summer break.

New Sports Initiative

With staff and members increasingly involved in outdoor sports and activities this summer it has got us thinking about the value of all getting together and trying some new sports as a group.

Initial ideas include Wakeboarding, Mountain Biking, Lake Swimming and Go Karting.

If you would like to get involved in these social occasions, please contact Tom via sportscentre@westonbirtleisure.com

Extension of Facilities

In response to the increasingly pleasant summer weather and the current trend for emphasis on Outdoor Training, we are currently renovating the old Tigger's nursery to provide a suitable space for classes to be held outdoors.

Although unlikely to be ready this year we hope to present this new facility in early 2016.

Holiday Club & Summer Activities

The Summer Holiday programme of courses for children, held at Westonbirt School during July and August, is now open for bookings.

Courses this summer include a return of the popular Pastries & Puddings and Fizz Pop science. Full details are available via the leaflets at reception and can also be downloaded from our website.

We are pleased to offer all Sports Centre members 10% off when booking their own children.

If you or any friends require further details or would like a leaflet to be sent in the post, please contact a member of staff at reception or please email Jessica via jessica@westonbirtevents.com

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

July 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes/Open Swim is specified, 2 Lanes are always available. The other half of the pool is designated an Open Swim.	Members aged at least 16 years and who have completed an induction.	Members aged at least 16 years and who have completed an induction.	<u>Free</u> for members £7.50 per court for non members. Call to book a court.	Available for members aged 16 years + over. £1.00 for members, £5.00 for guests.
Saturdays	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes 2.30pm - 4.30pm Open	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
Sundays	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes 2.30pm - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	Just £10.00 for 18 holes of golf. All day, every day!

1st to 17th July 2015

Monday 6th & 13th	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.15pm Lanes / Open 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 12.30pm - 2.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 7th & 14th	7.00am - 9.15am 4 Lanes 12.20pm - 1.30pm Lanes / Open 6.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.00am & 10.15am - 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>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 1st, 8th & 15th	7.00am - 9.00am Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm Lanes 2.00pm - 3.00pm Open 9.00pm - 10.00pm Open	7.00am - 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 2nd, 9th & 16th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.30pm - 1.25pm Lanes / Open 6.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 8.00am - 9.30am	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 3rd, 10th & 17th	7.00am - 9.00am 4 Lanes 10.00am - 11.00am Open 11.00am - 1.00pm Lanes 5.00pm - 8.00pm Open	7.00am - 10.00pm	7.00am - 10.00pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am

20th to 31st July

Monday 20th & 27th	7.00am - 9.15am 4 Lanes 11.30am - 12.00pm Open 12.00pm - 1.30pm Lanes / Open 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 12.30pm - 2.30pm <u>Table Tennis</u> 10.00am - 6.15pm	
Tuesday 21st & 28th	7.00am - 9.15am 4 Lanes 12.20pm - 1.00pm Lanes 1.00pm - 2.00pm Open 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.00am & 10.15am - 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>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 22nd & 29th	7.00am - 9.00am Lanes 9.00am - 9.30am Open 12.00pm - 2.00pm Lanes 2.00pm - 3.00pm Open 9.00pm - 10.00pm Open	7.00am - 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 23rd & 30th	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.30pm - 1.30pm Lanes / Open 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 8.00am - 9.30am	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 24th & 31st	7.00am - 9.00am 4 Lanes 11.30am - 1.00pm Lanes / Open 1.00pm - 2.00pm Open 4.30pm - 8.00pm Open	7.00am - 10.00pm	7.00am - 10.00pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am