



## June 2015

With a fine summer approaching, according to some forecasts at least, we hope that many of our members are looking forward to adding an outdoor training element to their health and fitness over the next few months.

Mike Alley has recently started to host the Vipr class outdoors on Monday evenings and has some exciting plans for an Outdoor Bootcamp utilising the House, Gardens, Grounds and Kitchens!

Full details will be available in next months newsletter, to register your interest please email quoting - Summer Bootcamp.

### Sports Hall Availability.

We currently have availability in the Sports Hall on Wednesday evenings between 6.30pm to 7.30pm and on Thursday evenings between 8.30pm - 9.30pm.

These sessions are both available up until August 27th.

The Sports Hall can be used for 5 a side football, Netball, Basketball and Badminton.

For more details please ask at reception or call 01666 881404

### Yoga Retreat

Saturday 11th July 10.30am - 1.30pm at Westonbirt School. Take time from your routine to experience a unique morning mini-retreat to completely relax and recharge your whole being. With stress-reducing yoga sequences, long relaxation and a brief mindful meditation.

Taught with attention to mindfulness and breathing techniques you'll be left feeling invigorated yet totally relaxed.

Suitable for all levels.

For more information please visit:

[www.yoga-in.co.uk](http://www.yoga-in.co.uk) or call 07804598353.

### Triathlon Success

It was great to once again welcome back DB Max on Monday 25th May for the Westonbirt Triathlon. The weather was great and it was very encouraging to witness a number of Sports Centre members participating, having trained for the event over the past couple of months.

We hope that preparation and hard work paid off on the day and that Tuesday was not spent nursing too many blisters and sore knees.

Training certainly paid off for Sports Centre Leisure Supervisors Kate Derrick and Tom Redpath who finished in times of 01:16:49 and 01:17:05 respectively.

We would also like to highlight the performance of Matthew Herbert who joined Westonbirt Sports Centre 9 months ago, topping 114 kilos and with an ambition shared by many to get fit and lose weight in the process. Working with Mike Alley and using the Pool, Fitness and Functions Suites, Matt is now a trim 76 kilos and almost unrecognisable from the photo he has kept of his pre training days.

Matt completed the Triathlon in a superb time of 1:14:12.

Matt, we applaud and thank you for the effort you have put in. You are a huge motivation for others. Congratulations.

### Summer Holiday Programme

We are delighted to announce that the Summer Holiday programme of courses for children, held at Westonbirt School during July and August will be launched in early June.

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 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 email Jessica via [jessica@westonbirtevents.com](mailto:jessica@westonbirtevents.com)

**Telephone:** 01666 881404 **Email:** [sportscentre@westonbirtleisure.com](mailto:sportscentre@westonbirtleisure.com) **Web:** [westonbirtleisure.com](http://westonbirtleisure.com)

June 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.	Free 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	8.00am - 9.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm Lanes 2.30pm - 4.30pm Open	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	<b>Golf Course</b>
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!
Monday	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	7.00am - 9.15am 4 Lanes 12.20pm - 1.30pm Lanes/Open 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 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 &amp; Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday	6.30am - 7.15am 4 Lanes 8.00am - 9.00am Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm Lanes 2.00pm - 3.00pm Open 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 &amp; Tone</u> 10.30am - 11.15am
Thursday	7.00am - 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	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	7.00am - 9.00am 4 Lanes 10.00am - 11.00am Open 11.00am - 11.45am Lanes 6.00pm - 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

## Lane Swimming Etiquette

To help with your swimming experience we ask that during all lane swim sessions members enter the pool in the lane most appropriate to your swimming ability & speed.

In the event that there are 2 or more swimmers in a lane, then the direction indicated on the lane board must be observed. If you are unsure of which lane to use, or would like further assistance when entering the pool, please do not hesitate to ask a lifeguard who will be very happy to provide advice.

## Site Access & Speeding Vehicles

We continue to request members full support in helping Westonbirt Leisure uphold a safe School environment by maintaining speed within the limits advised across the site.

School security staff and Police continue regular speed checks, offenders will be contacted directly. Sports Centre members are to use the East Lodge entrance (not the main gated access) at all times, unless notification is provided in the event of a Special Occasion

You may also find yellow barriers in place which have been installed to further improve site security. Do not enter from North Lodge as you may find it necessary to turn around upon reaching the barrier

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