



WESTONBIRT
— LEISURE —

June 2016

It was great to welcome back DB Max on Monday 30th May for the Westonbirt Triathlon held on the Westonbirt School estate. We noticed a number of Sports Centre members training for the event over the past couple of weeks and hope that all of your preparation and hard work paid off on the day. A special mention needs to go out to Mary Derrick who achieved 1st overall in her category with a time of 1:20:43 and John Monaghan who placed 11th out of the 500+ competitors with a time of 1:07:08. Kate Derrick, daughter of Mary and a member of Sports Centre Staff, represented Team GB over the bank holiday weekend in the Lisbon Triathlon and finished 9th out of 26 in her age group. The event was a Olympic Triathlon consisting of a 1.5km swim, 40km bike and 10km run and Kate completed the race with a time of 2.23.24.

Timetable Changes

This month will see a couple of slight timetable changes for members swim sessions. With Westonbirt Triathlon club bringing their pool training sessions to an end we have extended Sunday morning Lanes by an hour so that it begins at 8.00am rather than 9.00am.

Throughout June we will be reducing the evening sessions by 30 minutes on a Tuesday and Friday to accommodate and enable local swimming clubs to continue with their aquatic training.

The Tuesday evening Open Swim will commence at 6.30pm and finish at 8.30pm and the Friday evening Open Swim will commence at 4.30pm and finish at 8.00pm.

Monday Lunchtime Lanes session has been extended by 30 minutes so that it continues through until 2:00pm.

July and August will inevitably see pool availability increase for members as Westonbirt Schools and the various Swim Schools break up for the summer holidays.

April's Challenges



Again April's challenges proved to be a success with many members trying to beat the times set by the Sports Centre Staff.



The pool challenge was to swim a length using a pull buoy between your thighs and a length using a kick board in your hands. There were some very impressive times set by the members and a special mention must go to Jane Stimpson who completed the challenge in 49.8 seconds and Isabella Stenson who is just 8 years old and only 1 second off Tom and Kate's set time.

The gym challenge was a tough rowing challenge set by Luke and Bryony with Rich Hall beating Luke's time by 1 second and Anna Wedgwood and Sophia Ashe beating Bryony's time by 7 seconds.

Be Precision Fit Sunday Circuits

Lacking motivation on a Sunday morning? Can't attend classes throughout the week?

Josh and Bryony have successfully held circuits on a Thursday evening for the past couple of months and have attracted more than 25 participants every week.

They are now expanding the popular class to an hour long on a Sunday morning 11.00am - 12.00pm.

All abilities and ages are welcome whether you are a regular gym user or a novice, this class will incorporate the traditional circuits stations as well as introduce you to versatile functional training exercises and equipment.

Sunday Circuits is £5.00 payable directly to the instructors taking the class. If you would like to find out further information please do not hesitate to contact either Josh or Bryony via the contact details provided below.

Josh - joshbeprecisionfit@gmail.com - 07780437500

Bryony - bryonybeprecisionfit@gmail.com - 07730770211

June 2016	Swimming Pool	Fitness Suite & Function Zone	Court Sports	Classes
	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 4 Lanes 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	
Sundays	8.00am - 10.00am 4 Lanes 10.00am - 12.00pm Family Fun 1.00pm - 2.30pm Lanes/Open 2.30pm - 3.30pm Family Fun 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 12.00am - 4.30pm	<u>BPF Circuits</u> 11.00am - 12.00pm
Monday	7.00am - 9.00am 4 Lanes 11.00am - 12.00pm Open Swim 12.00pm - 2.00pm Lanes/Open 6.15pm - 9.30pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 11.00am - 1.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm Lanes / Open 6.30pm - 8.30pm Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.15am - 10.00am & 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday	6.30am - 7.15am 4 Lanes 8.15am - 9.00am 4 Lanes 9.00am - 9.30am Open Swim 1.00pm - 3.00pm Lanes / Open 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 12.30pm - 1.30pm	<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 Swim 12.00pm - 1.25pm Lanes / Open 6.00pm - 7.30pm Open Swim 8.30pm - 9.30pm Open Swim	6.30am - 9.30pm	<u>Badminton</u> 12.45pm - 1.45pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Open Swim 12.30pm - 1.15pm Lanes / Open 4.30pm - 8.00pm Open Swim	7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> 11.30pm - 12.30pm	<u>Power Boost</u> 9.15am - 10.00am

May Half Term Holiday Club

**Tuesday 31st May - Friday 3rd June
8.30am - 5.30pm**

**Early arrival from 8.00am is available with a late stay option until
6.00pm**

Ages 3 - 12 £30.00 per day

Early arrival (from 8.00am) - £1.00 per session

Late stay (until 6.00pm) - £1.00 per session

10% discount for all Westonbirt pupils



For bookings and enquiries please call: 01666 881338 or email: holidayclub@westonbirt.org