



WESTONBIRT
— LEISURE —

June 2017

It was great to welcome back DB Max on Monday 29th May for the Westonbirt Triathlon held on the Westonbirt School estate. Many Sports Centre members have been training for the event over the past couple of months and we hope that all of your preparation and hard work paid off on the day.

You may have noticed a new face within the Sports Centre team over the past couple of weeks. James Bayliss joined us in Mid May and brings plenty of experience with him from his previous role working at a local residential holiday park. James has already fitted in well with the team and we hope that you all get to know him soon.

We are pleased to inform you that we have increased the availability of the Swimming Pool on a Wednesday evening. The session will now begin at 8.00pm and continue to run through until 10.00pm. Usage levels will continue to be monitored and if we identify a pattern emerging where the attendance drops off significantly towards the latter part of the evening, we may bring the session to a close a little earlier.

Sports Hall Availability

We currently have several slots available to hire in the Sports Hall throughout the weekday evenings on a Wednesday, Thursday and Friday. The whole Hall can be hired for £35.00 an hour for 5 a-side Football, Basketball, Netball, Tennis or any other activity you require and an individual Badminton court can be hired for £7.50. The Sports Hall can be hired by members and non-members and there are no additional hire fees on the equipment used for the activities. If you would like to discuss the options further please email Luke; sportscentre@westonbirtleisure.com

RLSS National Lifeguard Course

We will be hosting a National Lifeguard course here at Westonbirt Leisure on **Sunday 2nd July - Thursday 6th July**. An NPLQ is a great stepping stone into the Leisure Industry and is a European recognised qualification. Not only do you learn techniques to rescue casualties in the water, you will become competent in performing CPR, which will prove to be a great life skill.

We are offering the course for **£200.00**, that is £40.00 cheaper than the standard fee.

Please contact Luke for further information.

luke@westonbirtleisure.com

Bryony's Fitness Blog

Your secret to feeling fuller for longer!

The amount of fibre, protein and water contained within food, as well as the sheer bulk of the products contribute to its overall satiety. Beans and lentils are a great source of fibre and will leave you feeling full similar to potatoes, whole wheat bread and oatmeal.

Foods with high water content can leave you hungry because they are digested in the stomach quickly. Filling up on soup and salad at lunchtime will inevitably leave you searching for further snacks in an hour or so. You're better off eating a lean protein (chicken or fish), some complex carbohydrates (potatoes or rice) and a side of vegetables. This kind of meal can keep hunger at bay for a very long time, without breaking the calorie bank.

Here are my top 5 foods to help keep you feeling fuller for longer;

Eggs

Avocado

Chilli Peppers

Oatmeal

Dark Chocolate

June 2017	Swimming Pool		Fitness Suite & Function Zone	Court Sports & Sports Hall Classes	Function Training Zone Classes
	4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreation Swim.		Available to members aged 16 years and over who have successfully completed an induction	£7.50 per court for non members. Please call to book a court.	Members aged 16 years & over. £1.00 for members, £5.00 for guests.
Saturday	8.00am - 9.00am 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	No Classes
Sunday	8.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	4 Lanes Family Fun Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 9.30am to 4.30pm	No Classes
Monday 5th - Friday 30th June					
Thursday 1st	6.30am - 9.00am 9.00am - 10.00am 12.00pm - 1.00pm 1.00pm - 2.00pm 4.30pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Classes
Friday 2nd	7.00am - 9.00am 9.00am - 10.00am 12.00pm - 1.00pm 1.00pm - 2.00pm 4.30pm - 8.30pm	4 Lanes Lanes / Open Lanes / Open Open Swim Open Swim	7.00am - 9.30pm	<u>HIIT</u> 9.15am - 10.00am	No Classes
Monday 5th - Friday 30th June					
Monday	7.00am - 9.00am 11.00am - 12.00pm 12.00pm - 2.00pm 6.15pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 6.30pm - 7.15pm (<i>Boxercise</i>)	<u>Badminton</u> 12.45pm to 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 12.20pm - 1.30pm 6.30pm - 9.30pm	4 Lanes Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (<i>Westonbirt School</i>)	<u>Stretch & Tone</u> 9.15am - 10.00am <u>Dance Fit</u> 10.15am - 11.00am <u>Zumba</u> 6.15pm - 7.15pm	<u>Trixter</u> 5.30pm - 7.15pm
Wednesday	6.30am - 7.15am 8.15am - 9.00am 1.00pm - 3.00pm 8.00pm - 10.00pm	4 Lanes 4 Lanes Lanes / Open Open Swim	6.30am - 10.00pm Function Zone closed 10.30am - 11.15am (<i>Sculpt & Tone</i>)	<u>Badminton</u> 12.45pm to 1.45pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 8.15am - 9.00am 9.00am - 10.00am 12.00pm - 1.25pm 6.00pm - 7.30pm 8.30pm - 9.30pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim Open Swim	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Classes
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 8.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm Function Zone closed 3.00pm - 4.30pm (<i>Westonbirt School</i>)	<u>HIIT</u> 9.15am - 10.00am	No Classes