

March 2015

Reconfiguration of the Fitness Suite appears to have been greeted with overall approval as members benefit from increased access to facilities and installation of new equipment.

We were pleased to resolve location issues for some of our class participants by reviewing plans with regard to location of the new Power Rack. We are aware that this new piece of equipment may look a little daunting initially, however our instructors look forward to providing the education required to massively benefit from improved flexibility, conditioning and mobility from use of this new addition.

Increased Opening Times

We are pleased to provide members with increased availability of the Swimming Pool on Monday mornings and Wednesday afternoons with the addition of new and extended Open Swim sessions.

The Fitness Suite and Function Zone will now open at 8.00am on Saturdays.

Yoga

Some of you may have attended the taster sessions ran at the beginning of last month. Russell has listened to recent feedback and is aiming in future to provide 2 types of Yoga classes.

For further information or bookings for the classes available please contact Russell via russellhtownsend@gmail.com or 07710 170 081.

Classes begin at £8 for a single session, £39 for a booking of 6 sessions or private lessons for £25.

Pool Temperatures

Members may wish to note our Swimming Pool water temperatures for each day of the week;

Monday	29°C
Tuesday to Thursday	30°C
Friday to Sunday	29°C

These water temperatures are in accordance with the recommendations in the HSE document "Managing Health and Safety in Swimming Pools". On Tuesdays to Thursdays we have younger users attending Water babies, therefore temperatures are increased.

The *coldest* point of the whole pool is next to the large portable steps at the shallow end. This is due to the Swimming Pool being fitted with an automated top up system.

Reassuringly this provides a constant source of fresh water, replenishing that which is lost through evaporation and on the bodies of users leaving the water.

The fresh water comes in at source water temperature, which is why it may initially feel cold when entering the pool via the steps.

Birthday Parties - Pool Inflatable



One of the South West's biggest and best Swimming Pool inflatable's arrived at Westonbirt on Friday 20th February. Now that we have managed to stop our lifeguards from playing on it, we hope to encourage bookings for parties.

For children aged 8 and above, Swimming Pool parties 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.

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

March 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes / Open Swim is specified, 2 Lanes are always available, with the other half of the pool designated an Open Swim session.	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 for members & their guests. £7.50 per court for non members. Call to book a court.	Available for members aged 16 years and 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 / Open 2.30pm - 3.30pm Open 3.30pm - 4.30pm 2 Lanes	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available
Sundays	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	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>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 - 9.00am & 10.15am - 3.00pm & 4.30pm - 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	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm Lanes/Open 2.00pm - 3.00pm 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 - 3.00pm & 4.30pm - 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 23rd & 30th	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>Table Tennis</u> 10.00am - 9.00pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 24th & 31st	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.20pm - 1.30pm Lanes / Open 1.30pm - 2.00pm 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 - 10.15am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 25th	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 2.00pm Lanes/Open 2.00pm - 3.00pm 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 26th	6.30am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.30pm - 1.25pm Lanes/Open 6.00pm - 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 27th	7.00am - 9.00am 4 Lanes 10.00am - 12.00pm 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