



WESTONBIRT
— LEISURE —

March 2016

With the daylight hours beginning to extend over the past couple of weeks we have seen a slight drop in the number of members in the Fitness Suite at peak times. More often than not, there are now only 4 or 5 members in the Fitness Suite during peak times. Please do not be put off by any misconception of fighting your way through people or waiting your turn to use a piece of equipment. We have a variety of equipment available, combined with plenty of floor space to try out different exercises within the Functional Training Zone.

If you are unsure of what to do, how to use a piece of equipment or would like some new ideas, please do not hesitate to contact a member of staff who will be more than happy to assist.

Last month we purchased some new additions to the Functional Training Zone, the new Vertigo Balls can be used in a number of ways, such as throwing against the colour mats on the wall and are a great piece of equipment for core strength. The balls come in 4kg, 6kg, 8kg and 10kg and can be located on the rack in the corner of the room.

Coffee on the Go

We are pleased to announce the imminent arrival of a new Coffee Machine to be located in the Ground Floor reception foyer.

Competitively priced, ground bean coffee, along with a further selection of Teas and Chocolate drinks will be available.

The machine is operated via a fresh water feed and sachets of individual products, some of which can be combined to provide a unique drinking experience based around your favorite flavours.

Please contact a member of staff for your complimentary cup and demonstration throughout March.

Easter Opening Hours

With the advent of School holidays and the Easter Bank Holidays we have been able to add a number of additional swim sessions to our regular program. Full details are provided overleaf.

Please note that over the Bank Holiday weekend the Sports Centre is open from 9.30am to 4.30pm each day with Lanes, Family and Open Swimming sessions available.

Members vs Staff Challenges

We are going to be introducing a little competitive edge between Sports Centre members and Staff by creating some gym and pool challenges for us all to compete in.

Every month 2 members of Leisure staff will set a challenge and record their results for you to try and match or even beat. Your results can then be recorded on the 'Challenge Sheets' found inside the gym and on poolside. Rewards will be given to exceptional results - not always the fastest or heaviest.

Westonbirt Leisure are Recruiting

With increasing numbers attending at the Sports Centre and Golf Course, along with many new Events and Weddings, Westonbirt Leisure are recruiting for Recreation Assistants, Catering Assistants and Bar Staff. With competitive pay rates, up to £10 per hour, quality uniforms and a range of further benefits Westonbirt Leisure offer a great place to work. There is the opportunity to undertake funded lifeguard training for those who are not qualified.

Please email your CV and a covering letter to Luke Bedwell via lbedwell@westonbirt.gloucs.org.

March 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 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 <u>Table Tennis</u> 9.30am - 4.00pm	Golf Course available Just £10.00 for 18 holes of golf. All day, every day.
Sundays	8.00am - 9.00am 9.00am - 10.00am 10.00am - 12.00pm 1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	Triathlon Club 4 Lanes Family Fun Lanes / Open Family Fun Open Swim	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	

Monday	7.00am - 9.15am 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 9.30pm	4 Lanes Open Swim Lanes / Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<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 - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.15am - 10.00am & 3.00pm - 4.30pm</i>	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<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 8.15am - 9.00am 9.00am - 9.30am 1.00pm - 3.00pm 9.00pm - 10.00pm	4 Lanes 4 Lanes Open Swim Lanes / Open Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 8.00am - 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>Badminton</u> 12.45pm - 1.45pm <u>Table Tennis</u> 8.00am - 4.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 11.30am - 12.30pm 12.30pm - 1.15pm 4.30pm - 9.30pm	4 Lanes Open Swim Lanes/Open Lanes/Open	7.00am - 9.30pm <i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am

Monday 21st to Thursday 31st March

Monday 21st	7.00am - 9.00am 9.00am - 10.00pm 11.00am - 12.00pm 12.00pm - 1.30pm 6.15pm - 9.30pm	4 Lanes Open Swim Open Swim Lanes/Open Open Swim	7.00am - 9.30pm <i>Function Zone closed 6.30pm - 7.15pm</i>	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Boxercise</u> 6.30pm - 7.15pm
Tuesday 22nd & 29th	7.00am - 9.00am 9.00am - 10.00am 12.20pm - 2.00pm 6.30pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	7.00am - 3.00pm & 4.30pm - 9.30pm <i>Function Zone closed 9.00am - 9.45am</i>	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Stretch & Tone</u> 9.00am - 9.45am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
Wednesday 23rd & 30th	6.30am - 9.00am 12.00pm - 2.00pm 9.00pm - 10.00pm	4 Lanes Lanes/Open Open Swim	6.30am - 10.00pm <i>Function Zone closed 10.30am - 11.15am</i>	<u>Badminton</u> 10.00am - 4.00pm <u>Table Tennis</u> 10.00am - 4.00pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday 24th & 31st	6.30am - 9.00am 9.00am - 10.00am 12.30pm - 1.25pm 6.00pm - 9.30pm	4 Lanes Open Swim Lanes/Open Open Swim	6.30am - 9.30pm	<u>Badminton</u> 10.00am - 2.00pm <u>Table Tennis</u> 10.00am - 2.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm

Easter Bank Holiday Weekend - 25th to 28th March 2016

Fri, Sat, Sun & Mon	9.30am - 10.30am 10.30am - 12.00pm 1.00pm - 2.30pm 2.30pm - 4.30pm	4 Lanes Family Lanes / Open Open	9.30am - 4.30pm	<u>Badminton</u> 9.30am - 4.00pm <u>Table Tennis</u> 9.30am - 4.00pm	No Classes
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