



WESTONBIRT
— LEISURE —

May 2016

Some of you may have seen an additional vending machine in the upper gallery adjacent to the Fitness Suite entrance. This machine will be stocked with training supplements for pre and post workouts, as well as flavoured treats to compliment the coffee machine in reception. If you would like any advice on the benefits of taking any of the supplements please ask one of the personal trainers at Be Precision Fit, or Julianne, Tom or Luke at reception.

A range of kettle bells have been added to the Gym to enhance the variety of exercises that can be performed within the Fitness Suite and Functional Training Zone. The kettle bells range in colour and weight from 2kg - 28kg. If you would like a demonstration on how they can be incorporated into your programme please ask a member of staff at reception.

Speeding / Parking

Please could we highlight once again the need to minimise speed throughout the School estate. Sports Centre members are asked to use the East Lodge entrance at all times to limit traffic within the main School grounds. All Sports Centre users are to use the car park located behind the Sports Centre and the overflow gravel spaces before the speed bumps to the Prep School.



Kate Derrick - Triathlon Championships



Kate Derrick, a staff member at Westonbirt Leisure and Westonbirt Triathlon Club, has qualified for the European Standard Triathlon Championship to be held in Lisbon on 29th May 2016. She qualified during an event in North Wales in August last year and will be competing in the 30 – 35 age group. This will be Kate's first attempt at representing team Great Britain in a Triathlon. Congratulations on your great achievement already Kate and we all wish you well for your race.



March's Challenges



The Staff vs. Members challenges have proved to be a success with a wide range of abilities in the gym and pool taking part, even some of our younger members are putting their skills to the test in the water and have achieved some incredible results.

We would like to congratulate Daniel Keegan who is 11 years old and managed a time of 3 minutes 09 seconds in March's pool challenge. His time was 6 seconds faster than Kate's and 5th overall.

Kevin Woolnough recorded the fastest time of 2 minutes 33 seconds.

Rob Abraham lead the way in the treadmill distance challenge with a time of 6 minutes 56 seconds smashing Luke and Tom by 1 minute 28 seconds.

Each month we will be creating slightly different challenges for you to try with different members of staff setting the benchmark each month.

DB Max Triathlon

Due to the hosting of the Westonbirt Triathlon on Monday 30th May, parking on site will not be available before 2.00pm.

If you are planning on using the Fitness Suite or Functional Training Zone you may be required to park your vehicle on the road and walk a little to gain access to the centre.

We apologise for any inconvenience caused but would encourage members to take the opportunity to come and watch or even take part in the event which has over 500 participants.

Full details regarding the event can be found at www.dbmax.co.uk

May 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	Golf Course available Just £10.00 for 18 holes of golf. All day, every day.
Sundays	8.00am - 9.00am Tri Club 9.00am - 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> 11.00am - 4.30pm	
Bank Holiday Monday 2nd	9.30am - 10.30am 4 Lanes 10.30am - 12.00pm Family Fun 1.00pm - 2.30pm Lanes / Open 2.30pm - 4.30pm Open Swim	9.30am - 4.30pm	<u>Badminton</u> 9.30am - 4.30pm	No Class
Monday	7.00am - 9.00am 4 Lanes 11.00am - 12.00pm Open Swim 12.00pm - 1.30pm 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 - 9.30pm 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 - 8.30pm 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
Bank Holiday Monday 30th	No morning session due to Triathlon 2.00pm - 3.00pm Lanes / Open 3.00pm - 4.30pm Open Swim	8.00am - 4.30pm	<u>Badminton</u> 8.00am - 4.30pm	No Class

Picnic in the Park - Saturday 14th May

Once again, Westonbirt School's annual Picnic in the Park event is looking like a very exciting evening full of entertainment for the whole family to enjoy. Live music from Count BoBo, Splat The Rat and The Lurchers

The Gates will open at 5:00pm and admissions are £10.00 for adults and £5.00 for children. You are welcome to bring a gazebo along, however limited spaces are available. Tickets and gazebo reservations can be booked via School reception on 01666 880333.