



WESTONBIRT  
— LEISURE —

## November

As the darker evenings are approaching upon us throughout the winter months we will traditionally see a slight increase in the use of the Swimming Pool and Fitness Suite by existing and new members. Have you ever thought of switching over to some of our fitness classes available in the early evenings? The classes will provide you with an invigorating cardio and resistance workout in a friendly environment. A number of changing room refurbishments were started at the end of October including the installation of LED lights in the wet changing rooms, with the replacement of the shower heads, pipes and push buttons in the Females. Dryside lights will be replaced in the next few weeks.

Lastly we would like to introduce our two new Duty Managers, Joe Freeman and Chris Kettle to you all. Both Joe and Chris have plenty of experience working within the leisure industry and bring a great skills set along with them. They are both eager to get to know you all and join the Westonbirt Leisure family.

## Westonbirt Triathlon Club

This month we are very pleased to welcome back the Westonbirt Triathlon Club after their summer recess. Kate Derrick will lead the training sessions in the pool throughout the winter months, beginning on Sunday 6th November at 8.00am.

Kate has gained plenty of experience in the disciplines of Triathlon training and competing over the past 5 years and even represented Team GB in Portugal in the European Standard Triathlon Championships.

As always new members are very welcome, regardless of fitness or ability at Westonbirt Tri-Club. If you, like the rest of the nation, have been taken back by the grit and determination of the Brownlee brothers and would like to explore Triathlon training, or even have any initial questions, please contact Kate Derrick via: [westonbirtriclub@gmail.com](mailto:westonbirtriclub@gmail.com).

## Monthly Members Challenge Results



In September we set a slightly harder challenge for the members for the both the Pool and Gym. September was a test of endurance with a 12 minute swim in the Pool and a 0.5 mile distance on the X-trainer.

Matthew McCombe was the overall winner in the Pool, achieving 31 lengths in the 12 minute time limit, beating Kate by 4 lengths. John Monaghan successfully beat both Tom and Max on the X-Trainer by just under 2 minutes. I think some further fitness training may be needed..... (Tom).



## Bryony's Blog



Do you want to feel better, look better and have more energy?  
Exercise could be your answer.....

Exercise improves our physical and mental well-being allowing us to relieve stress, boost our confidence and self-esteem. Being physically fit not only improves your health by reducing your risks of diseases but it also allows us to increase strong bone density and gain muscle mass, preventing the risk of injury. Fitness demands discipline, which can crossover into everyday tasks allowing us to be more organised and think clearer in our everyday life.

Whilst many people expect to see results over night it takes time, dedication and consistency before any results are seen. Each individual is different and visual results may come at different times. Lifestyle habits will need to be altered, but not all at the same time, try to incorporate only 1 or 2 small changes every few weeks. This could be anything from attending the gym more frequently, reducing sugary/fast foods from your diet, increasing your water consumption or simply ensuring you get plenty of sleep each night. Each change will have its own contribution as to how we look and feel each day and by changing one at a time it makes it not only achievable, but sustainable, thus allowing you to reach your end goals.

	<b>Swimming Pool</b>	<b>Fitness Suite &amp; Function Zone</b>	<b>Court Sports</b>	<b>Classes</b>
<b>November 2016</b>	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.
<b>Saturdays</b>	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	
<b>Sundays</b>	8.00am - 9.00am Triathlon 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> 12.00am - 4.30pm	<u>BPF Circuits</u> 10.00am—11.00pm
<b>Monday</b>	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> 12.45pm - 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
<b>Tuesday</b>	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 &amp; 3.00pm - 4.30pm</i>	<u>Badminton</u> 12.45pm - 1.45pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Fit Step</u> 10.15am - 11.00am <u>Trixter</u> 5.30pm - 7.15pm <u>Zumba</u> 6.15pm - 7.15pm
<b>Wednesday</b>	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> 12.45pm - 1.45pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
<b>Thursday</b>	6.30am - 7.15am 4 Lanes 8.15am - 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>Circuit Training</u> 6.30pm - 7.15pm
<b>Friday</b>	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> Not Available	<u>Power Boost</u> 9.15am - 10.00am

## Westonbirt Christmas Holiday Club

**Monday 12th December 2016 - Thursday 22nd December 2016**

**Monday 2nd January 2017 - Wednesday 4th January 2017**

(Excluding weekends)



WESTONBIRT  
— SCHOOLS —

**8.00am - 6.00pm**

**Ages 3 - 14 £30.00 per day / £15.00 half day**

**10% discount for all Westonbirt pupils**



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**For bookings and enquiries please call: 01666 881338 or email: [holidayclub@westonbirt.org](mailto:holidayclub@westonbirt.org)**