



WESTONBIRT
— LEISURE —

November 2014

The new Air Conditioning in the Fitness Suite has been well received by members and we are very pleased with its performance.

The access point from the Aerobics room to the Gym has been installed with the doors due for installation on the 1st and 2nd November.

If you would like assistance with how your training program can benefit from use of the Function Zone, please speak to a member of staff at reception.

Outdoor Swimming

After the recent tragedy in Newquay when 3 adults lost their lives, the following advice has been published by HM Coastguard.

People who do not have the necessary water skills can be placed at risk in a rip current if they panic or exhaust themselves swimming directly against the flow.

If you are ever caught in a rip current;

- *Do not swim against it as you risk exhaustion.*
- *If you can stand, wade and do not swim.*
- *If you can, swim parallel to the shore until free of the rip and then head for the shore.*
- *Always raise your hand and shout for help.*

Swimming in the sea is a very different experience to using Swimming Pools.

If you are intending to swim in open or sea water, please do take extra care.

Thursday Lunchtime Aerobics

The new Fit Step lunchtime class from 12.15pm to 1.00pm on Thursdays provides you with a light workout incorporating traditional moves from all disciplines of ballroom dancing.

Weekend Swim Sessions

We are pleased to respond positively to recent feedback and have therefore slightly altered and increased the weekend opening hours of the Swimming Pool.

We have reduced the time of the afternoon Open Swim by 30 minutes and have added a further 1 hour 2 Lane session.

The other half of the pool will be available during the 2 Lane Session (4.00pm to 5.00pm) for an Open Swim when families are welcome to attend although toys and floats will not be available.

Extreme Weather Conditions

Whilst October temperatures have generally been much higher than average for the time of year, there have recently been (as is usual this time of year!) a few warnings in the media that poor weather, including snow storms, is on its way.

In the event of snow affecting road and travel conditions we want all our members and staff to safely manage their travel arrangements. 2011 was the last time it was necessary to close the centre.

We will update regularly on Twitter (WBleisure) and the website (www.westonbirtleisure.com) our opening and closing status. Please check before travelling to avoid any disappointment.

Christmas Dinner / Corporate Parties

Westonbirt House have a few dates remaining from Saturday 13th December to Wednesday 17th December if you are looking for a very Special Venue to host your staff Christmas Party.

Catering from 60 up to 140, the House offers a choice of four unique Dining rooms, with additional space available for the provision of entertainment and dance should it be required.

To discuss your requirements in further details please contact Kay Wood in our events department;

Email: kay@westonbirtevents.com

Telephone: 01666 881338

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

| November 2014 | Swimming Pool | Fitness Suite | Function Zone | Court Sports | Classes |
|------------------|---|---|--|---|--|
| | All session times are labelled clearly . When 2 Lanes are provided, the other half of the pool is available as an Open Swim. | Available for members aged 16 years and over who have completed an induction. | Available for members aged 16 years and over who have completed an induction. | Free to members & their guests. £7.50 per court for non members. Please call to book a court. | Available for members aged 16 years and over. £1.00 for members, £5.00 for guests. |
| Saturdays | 9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm 2 Lanes 2.30pm - 4.00pm Open 4.00pm - 5.00pm 2 Lanes | 9.00am - 4.30pm | 9.00am - 4.30pm | <u>Badminton</u> 2.30pm to 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm | Golf Course available Just £10.00 for 18 holes of golf. All day, every day! |
| Sundays | 9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm 2 Lanes 2.30pm - 4.00pm Open 4.00pm - 5.00pm 2 Lanes | 9.00am - 4.30pm | 9.00am - 4.30pm | <u>Badminton</u> 11.00am - 5.00pm <u>Table Tennis</u> 9.30am - 4.00pm | |
| | | | | | |
| Monday | 7.00am - 9.15am 4 Lanes 12.00pm - 2.00pm 2 Lanes 6.15pm - 9.30pm Open | 7.00am - 9.30pm | 7.00am - 9.30am & 12.30pm - 6.30pm | <u>Table Tennis</u> 10.00am - 9.00pm | <u>ViPR</u> 6.30pm - 7.15pm |
| Tuesday | 7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 12.15pm - 1.30pm 2 Lanes 6.30pm - 9.30pm Open | 7.00am - 3.00pm & 4.30pm - 9.30pm | 7.00am - 8.45am & 10.00am - 3.00pm & 4.30pm - 6.30pm & 7.30pm - 9.30pm | <u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm | <u>Stretch & Tone</u> 9.00am - 9.45am <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 2 Lanes 2.00pm - 2.45pm Open 9.00pm - 10.00pm Open | 7.00am - 10.00pm | 7.00am - 10.00am & 11.30am - 4.30pm & 5.30pm - 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 | 6.30am - 7.15am 4 Lanes 8.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.30pm - 1.25pm 2 Lanes 6.00pm - 7.30pm Open 8.30pm - 9.30pm Open | 6.30am - 9.30pm | 6.30am - 9.00am & 10.00am - 1.00pm & 2.30pm - 4.30pm | <u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm | <u>Stretch & Tone</u> 9.15am - 10.00am <u>Fit Step - NEW</u> 12.15pm - 1.00pm <u>Circuit Training</u> 6.30pm - 7.15pm |
| Friday | 7.00am - 9.00am 4 Lanes 10.00am - 10.45am Open 10.45am - 11.45am 2 Lanes 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 - 10.15am <u>Swimfit</u> 10.00am - 10.45am |

Westonbirt Triathlon Club

Would you like to take your **training** to the next level?

Learn new **techniques** and **challenge** yourself?

If your answer is Yes, then ask our staff about the new **Triathlon** Training Club coming to **Westonbirt Sports Centre** in the new year.

Please **register** your **interest** at sportscentre@westonbirtleisure.com