



## WESTONBIRT — LEISURE —

### October 2014

This month we are pleased to have added to the members timetable with the introduction of a new **Fit Step Fitness Class** on **Thursday lunchtimes** from **12.15pm to 1.00pm**.

We are delighted to have completed installation of the Air Conditioning in the Fitness Suite and commenced the installation of a new access point between the Aerobic Room and Fitness Suite. Members will have improved access between facilities to encourage increased participation in Functional Training methods.

### **Channel Swim Challenge**

Westonbirt Leisure staff are delighted to confirm their participation as a team in The Aspire Channel Swim 2014, further details of which are available at reception and on the notice boards.

A total of 1416 lengths will be swam by a team of determined Westonbirt Leisure staff as a continuous relay on Friday 31st October. Commencing at 7.00am the anticipated finish time is planned for sometime later that day, although it could be the challenge sees some staff stay through the night!

The Aspire Channel Swim Challenge raises vital funds for people with spinal cord injuries. Every 8 hours someone in the UK is paralysed by a spinal cord injury.

Aspire provide advice, support and assistance to those affected.

### **Swimming Lessons**

2 members of Westonbirt Leisure staff have recently passed their Swimming Teachers Association Level 2 Certificate and are now able to offer 1:1 lessons in the Swimming Pool during Open and Family swim sessions.

Bryony and Amy can offer availability during afternoons, evenings and weekends for Children and Adults.

Please call them directly to arrange a mutually convenient time

Bryony Alley-Kent may be contacted via:

07730 770211

Amy Hall may be contacted via:

07881 368752

To ensure the comfort of members we will only accommodate a maximum of 1 swimming teacher in the pool at any time.

### **Waterbabies**

*“Swimming is one of the most complete and beneficial activities for babies, as well as being one of the few things you can do from birth”* explains Claire Southworth who runs Water Babies across Wiltshire.

The multi-award winning Water Babies course teaches using voice commands and learning to respond to these is excellent for a baby’s mental development. Swimming is also beneficial for stimulating a baby’s eating and sleeping pattern.

It’s fantastic for strengthening the bond between parent and baby with lots of parents finding that becoming confident in water makes them more confident generally and it’s something they both adore.

Water Babies run a number of classes at Westonbirt Sports Centre, for more information or to book a place please call 01793 337118, email [ringaring@waterbabies.co.uk](mailto:ringaring@waterbabies.co.uk) or visit [www.waterbabies.co.uk](http://www.waterbabies.co.uk).

### **Swimming Times**

Please could we ask all members and guests to respect the advertised and allocated session times. We have tried to provide a fair balance between lanes, open and family swimming and if times are intruded upon, members training sessions can be disrupted.

This is currently a particular issue at weekends in the mornings. If lane swimmers are in the pool, families are asked to respect the lane session and not to access the Swimming Pool until 10.00am.

**Telephone:** 01666 881404 **Email:** [sportscentre@westonbirtleisure.com](mailto:sportscentre@westonbirtleisure.com) **Web:** [westonbirtleisure.com](http://westonbirtleisure.com)

October 2014	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	All sessions are clearly labelled. When 2 Lanes are in the pool the other half 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. £7.50 per court for non members. Please call to book 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 - 4.30pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm <u>Table Tennis</u> 9.00am - 4.00pm	<b>Golf Course available</b>  Just £10.00 all day, every day!
Sundays	9.00am - 10.00am 4 Lanes 10.00am - 12.30pm Family 1.30pm - 2.30pm 2 Lanes 2.30pm - 5.00pm Open	9.00am - 4.30pm	9.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	

### 1st to 24th October 2014

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 - 9.30pm	<u>Badminton</u> 1.00pm - 2.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday	7.00am - 9.0am 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 &amp; 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 &amp; 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

### 27th to 31st October 2014

Monday 27th	7.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.00pm - 2.00pm 2 Lanes 4.00pm - 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 28th	7.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.00pm - 2.00pm 2 Lanes 4.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 10.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 29th	7.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.00pm - 2.30pm 2 Lanes 4.00pm - 6.00pm Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 10.00am & 11.30am - 4.30pm & 5.30pm - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
Thursday 30th	7.00am - 9.00am 4 Lanes 9.00am - 11.00am Open 12.00pm - 2.00pm 2 Lanes 4.00pm - 9.30pm Open	7.00am - 9.30pm	6.30am - 9.00am & 10.00am - 1.00pm & 2.30pm - 4.30pm	<u>Badminton</u> 10.00am - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Fit Step - NEW</u> 12.15pm - 1.00pm <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 31st	7.00am - 9.00am 4 Lanes 9.00am - 12.00pm Open 12.00pm - 2.00pm 2 Lanes 2.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.15am <u>Swimfit</u> 10.00am - 10.45am