



WESTONBIRT  
— LEISURE —

## October 2015

With darker evenings drawing in, traditionally we witness an increase in participation at the Sports Centre at this time of year as members return to indoor training regimes for the winter months.

Running, cycling and swimming outdoors do not hold quite the same appeal in the wind and rain. With improvements to the function zone attracting back previous members, please advise family and friends that membership levels may need be restricted over the festive period so if you know anyone who is considering joining please advise them that it is best to get in early before the Christmas rush (sorry - we didn't want to mention the word!!)

We are delighted that the majority of our fitness classes have achieved 100% attendance over the past few weeks and we are expecting this to continue throughout October.

If you are interested in any of the classes or the type and range of exercise movements involved in class provision, please talk to a member of staff at reception.

Our gym instructors Tom, Bryony and Julianne will be pleased to show you some existing and new exercises tips so that you can incorporate them into your gym routine.

### Holiday Club

Westonbirt School provide a well supervised programme of activities for young children, aged between 3 - 12 during every school holiday.

During the forthcoming October half term, Westonbirt School are running an Autumn Craft week from Monday 26th to Friday 30th October.

For further information, or to make a booking, please call Jessica on 01666 881338 or via email [jessica@westonbirtevents.com](mailto:jessica@westonbirtevents.com).

Plans are also taking shape for December with a very special party planned. Please register your details with Jessica to stay well informed.

### Revised Timetables

We are pleased to advise that Thursday lunchtime Lane Swim sessions will now commence at the earlier time of 12.00pm.

On Friday evening the Swimming Pool will stay open later until 9.00pm

The Fitness Suite and Function Zone will open an hour earlier on Sunday mornings.

Increasing success for the Westonbirt School Swimming Squad has required a timetable change for Thursday evenings with it necessary to close the Pool during term time between 7.30pm and 8.30pm.

### Triathlon Club

This month we are very pleased to welcome back the Westonbirt Triathlon Club after their summer recess.

Pool training sessions have changed to the earlier start of 8.00am on Sunday mornings, with regular instruction provided by the popular coaching team of Neil and Beth Scholes.

As always new members are very welcome, regardless of fitness or ability.

If you are interested in Triathlon training, or would like any further information, please contact Tom Redpath via: [westonbirtriclub@gmail.com](mailto:westonbirtriclub@gmail.com)

### Half Term Timetable

The October half term (Monday 26th - Friday 30th) sees some of our private swimming pool hirers take a week off from their pool programmes.

We are delighted to inform our members that we have increased the availability of the swimming pool quite considerably throughout this week.

To encourage members to bring guests, we are pleased to offer **free guest swimming** (up to a maximum of 2 per member) throughout the half term week.

Oct 2015	Swimming Pool	Fitness Suite	Function Zone	Court Sports	Classes
	Where Lanes / Open Swim is specified, 2 Lanes are always available. The other half of the pool is designated an Open Swim.	Members aged at least 16 years and who have completed an induction.	Members aged at least 16 years and who have completed an induction.	Free for members £7.50 per court for non members. 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 Swim 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	<b>Golf Course</b>  Just £10.00 for 18 holes of golf. All day, every day!
Sundays	8.00am - 9.00am Triathlon Club 9.00am - 10.00am 4 Lanes 10.00am-12.00pm Family Swim 1.00pm - 2.30pm Lanes / Open 2.30pm - 3.30pm Family Swim 3.30pm - 4.30pm Open Swim	8.00am - 4.30pm	8.00am - 4.30pm	<u>Badminton</u> 11.00am - 4.30pm <u>Table Tennis</u> 9.30am - 4.00pm	
Monday	7.00am - 9.15am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.30pm Lanes 1.30pm - 2.30pm Open 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday	7.00am - 9.00am 4 Lanes 12.20pm - 1.30pm Lanes/Open 6.30pm - 9.30pm Open	7.00am - 3.00pm & 4.30pm - 9.30pm	7.00am - 9.00am & 10.15am - 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> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday	6.30am - 7.15am 4 Lanes 8.15am - 9.00am Lanes 9.00am - 9.30am Open Swim 1.00pm - 2.00pm Lanes 2.00pm - 3.00pm Open Swim 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm	6.30am - 10.15am & 11.30am-10.00pm	<u>Badminton</u> 12.30pm - 1.30pm <u>Table Tennis</u> 11.00am - 9.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
Thursday	6.30am - 7.15am 4 Lanes 8.00am - 9.00am 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	7.00am - 9.30pm	<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 4 Lanes 11.30am - 12.30pm Lanes 12.30pm - 1.15pm Open Swim 4.30pm - 9.00pm Open Swim	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Badminton</u> 2.00pm - 3.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am
Monday 26th	7.00am - 9.30am 4 Lanes 11.00am - 12.00pm Open 12.00pm - 1.30pm Lanes 1.30pm - 2.30pm Open Swim 4.30pm - 9.30pm Open Swim	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 9.30am - 5.30pm <u>Table Tennis</u> 10.00am - 6.15pm	<u>ViPR</u> 6.30pm - 7.15pm
Tuesday 27th	7.00am - 9.00am 4 Lanes 12.00pm - 1.30pm Lanes/Open 4.30pm - 9.30pm Open Swim	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 9.00pm - 5.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Zumba</u> 6.15pm - 7.15pm <u>Trixter</u> 6.30pm - 7.15pm
Wednesday 28th	6.30am - 9.00am Lanes 9.00am - 9.30am Open Swim 1.00pm - 2.00pm Lanes 2.00pm - 4.00pm Open Swim 9.00pm - 10.00pm Open Swim	6.30am - 10.00pm	7.00am - 10.15am & 11.30am-10.00pm	<u>Badminton</u> 9.30pm - 5.30pm <u>Table Tennis</u> 11.00am - 9.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
Thursday 29th	6.30am - 9.00am Lanes 9.00am - 10.00am Open Swim 12.00pm - 1.25pm Lanes/Open 6.00pm - 9.30pm Open Swim	6.30am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 9.30pm - 5.30pm <u>Table Tennis</u> 8.00am - 5.00pm	<u>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 30th	7.00am - 9.00am 4 Lanes 11.30am - 12.30pm Lanes 12.30pm - 1.15pm Open Swim 4.30pm - 9.00pm Open Swim	7.00am - 9.30pm	7.00am - 9.30pm	<u>Badminton</u> 10.00am - 6.00pm <u>Table Tennis</u> 10.00am - 9.00pm	<u>Power Hour</u> 9.15am - 10.00am