



WESTONBIRT
— LEISURE —

September 2016

September is here already, you may find yourself asking 'where has the summer gone'?. The Olympics provided us with a great 16 days of sporting events and a massive congratulations must go out to TeamGB for their achievements. Hopefully some of the athletes have inspired you to pursue or even try out new sports or training techniques. We must also remember that the Paralympics begin on the 7th September and we wish all of TeamGB a successful 11 days out in Rio.

The installation of the Star Trac equipment was completed on Wednesday 31st August with some new cardiovascular and resistance machines being added to the Fitness Suite. The new 2017 range of equipment features some new technology and apps that can be linked to your smart phones via Bluetooth. Please ask a member of staff at reception for your complimentary induction on the equipment and find out how it can enhance your training.

You will be seeing several new faces within the Westonbirt Leisure team over the next few weeks as we have been advertising for new full-time Duty Managers. Please introduce yourself to them as I am sure they will be keen to get to know all of you.



July's Challenges



The pool challenge throughout July was created with the Olympics in mind. You had to complete 50 meters using Breaststroke from a standing start. At the time the current Olympic Record was 25.25 seconds. Congratulations to Matthew Kemp, Rob Abraham and Bethan Rhodes who successfully beat the time set by Julianne and Tom. A certain young member, aged 8, managed to complete the challenge 0.5 seconds slower than Tom.

July's Gym challenge was a 5 minute time trial based around the Tour de France. On a Resistance of 10, you had to try and travel as far as possible within the 5 minutes. Tom set a very impressive distance that unfortunately was not beaten. Matthew Herbert came extremely close, falling short by 0.1 of a mile.



Pool training with Be Precision Fit



Are you looking to improve your stroke technique? Enhance your aerobic fitness levels? Train to compete? Or simply improve your fitness?

Bryony would like to offer everyone a chance to change their current Gym & Pool fitness routines by incorporating Swimfit.

Swimfit is an alternative way to workout in the Pool and can be completed by following the cards provided on poolside. However, with Bryony's assistance you can both create diverse, fun and effective challenges alongside Swimfit in order to get the results you want, whether it is; to lose weight, improve stroke technique or simply become fitter and stronger.

Swimming is a non-weight bearing form of exercise and therefore a great way to improve your cardiovascular and muscular endurance without the added impact on your joints. With 1 - 1 training she can work alongside you to make your goals achievable sooner rather than later. Who knows you could compete in next year's Westonbirt Triathlon!

Get in touch and book your first **PT Swim session today!**

07730770211

Bryonybeprecisionfit@gmail.com

September 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	
Sundays	8.00am - 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> 11.00am - 12.00pm
Monday	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
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> 12.45pm - 1.45pm	<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> 12.45pm - 1.45pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
Thursday	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>Fit Step</u> 9.00am - 9.45am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday *** 30th Open Swim will commence at 6.30pm	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 October Holiday Club

Thursday 20th October - Friday 28th October
8.30am - 5.30pm

Early arrival from 8.00am is available with
a late stay option until 6.00pm
Ages 3 - 12 £30.00 per day / £15.00 half day

10% discount for all Westonbirt pupils

For bookings and enquiries please call: 01666 881338 or email: holidayclub@westonbirt.org

