



## WESTONBIRT — LEISURE —

### **September 2014**

With a summer of great sport now behind us, September is regularly one of the busiest months at Westonbirt Gym and Pool as members return from holidays and back to indoor training routines.

We are pleased to offer current members a great deal for those of you kind enough to recommend the facilities to others, please see below for full details.

Although improvements have been completed in the Dry Changing Rooms, we are very conscious that Fitness Suite users remain waiting for the promised changes, we have been assured of action very soon.

### **Channel Swimming**

Westonbirt Leisure staff are delighted to be participating as a team in The Aspire Channel Swim 2014, full details of which are available at reception.

A total of 1416 lengths will be undertaken by a team of 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 that 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.

### **Membership Offer**

We are pleased to offer Sports Centre members the opportunity to earn free monthly subscriptions through the introduction of friends and family.

For each new member that is recommended and signs up to a full membership, Westonbirt Leisure will provide 1 month free to the member providing the introduction.

For annual members this month will be added to the membership, for direct debit members, the next monthly payment will be paid by WLL.

Please email with details of introductions made to claim this benefit.

We are happy to offer this for up to 12 introductions, a whole years worth of free membership!

### **Timetable Revisions**

We wish to advise members of a number of changes to the Swimming Pool timetable.

The return of Westonbirt Schools has necessitated a number of modifications to our summer timetables. The Swimming Pool has been opened wherever possible to members and we hope to further improve availability for members in October, once we have reviewed actual use of the Pool by the Schools.

### **Swimfit - Tuesdays and Fridays**

We are delighted to announce the return of the Swimfit Activate+ group sessions, developed by experts at the Amateur Swimming Association.

Swimfit sessions will be held within 2 lanes on Tuesday evenings between 8.00pm to 9.00pm and Friday mornings 9.00am to 10.00am.



Advice will be provided on poolside by Westonbirt Leisure Staff Tom Redpath and Bryony Alley-Kent who have attended the training sessions provided by the ASA.

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

September 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. Equipment hire available.	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 - 4.30pm 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 5th September 2014

Monday 1st	7.00am - 9.15am 4 Lanes 12.45pm - 2.00pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30am 12.30pm - 6.00pm 7.30pm - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>Trixter</u> 6.30pm - 7.15pm
Tuesday 2nd	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.15pm - 2.00pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am <u>Zumba</u> 6.15pm - 7.15pm <u>Swimfit</u> 8.00pm - 9.00pm
Wednesday 3rd	7.00am - 9.30am 4 Lanes 1.00pm - 2.30pm 2 Lanes 4.30pm - 6.00pm Open 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 9.00am & 11.30am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Sculpt &amp; Tone</u> 10.30am - 11.15am
Thursday 4th	7.00am - 9.00am 4 Lanes 9.00am - 10.00am Open 12.30pm - 1.25pm 2 Lanes 4.30pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.00am & 12.30pm - 5.00pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am <u>Circuit Training</u> 6.30pm - 7.15pm
Friday 5th	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 - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Power Hour</u> 9.15am - 10.15am <u>Swimfit</u> 9.00am - 10.00am

### 8th to 30th September 2014

Monday	7.00am - 9.15am 4 Lanes 12.45pm - 2.00pm 2 Lanes 6.15pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 9.30am & 12.30pm - 6.00pm	<u>Table Tennis</u> 10.00am - 9.00pm	<u>Trixter</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 - 9.30pm	7.00am - 8.45am & 10.00am - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 12.30pm - 1.30pm	<u>Stretch &amp; Tone</u> 9.00am - 9.45am <u>Zumba</u> 6.15pm - 7.15pm <u>Swimfit</u> 8.00pm - 9.00pm
Wednesday	7.00am - 9.00am 4 Lanes 9.00am - 9.30am Open 1.00pm - 2.30pm 2 Lanes 9.00pm - 10.00pm Open	7.00am - 10.00pm	7.00am - 9.00am & 4.30pm - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 12.00pm - 1.30pm	<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 6.30pm - 7.30pm Open 8.30pm - 9.30pm Open	6.30am - 9.30pm	6.30am - 9.00am & 10.00pm - 4.00pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Stretch &amp; Tone</u> 9.15am - 10.00am  <u>Circuit Training</u> 6.30pm - 7.15pm
Friday	7.00am - 9.00am 4 Lanes 10.00am - 10.45am Open 10.45am - 11.45 2 Lanes 6.00pm - 9.30pm Open	7.00am - 9.30pm	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Table Tennis</u> 10.00am - 9.00pm <u>Badminton</u> 1.00pm - 2.00pm	<u>Power Hour</u> 9.15am - 10.15am <u>Swimfit</u> 9.00am - 10.00am