



WESTONBIRT
— LEISURE —

September 2017

September sees the return of Westonbirt schools back into action.

As always Westonbirt Leisure are committed to provision members with as much use of the Gym, Swimming Pool and Sports Hall facilities as possible, within the constraints of accommodating other local primary schools for swimming lesson provision and the Swim Schools for the ever popular Mary Derrick and Waterbabies.

This months timetable resembles that of August quite closely, with most swim sessions remaining the same although a few changes (mainly evenings) have altered by half an hour or so.

We very much hope that any necessary changes do not disrupt members enjoyment of the facility, please do speak to us if you feel there could be further revision and change to your facility experience. Please remember pool water temperatures are warmer all day on Tuesday and Wednesday morning - target temperature is 30°C to 31°C.

At all other times water temperature target is 29°C.

Golf Course 1 Month Complimentary Membership

We are delighted to offer all Sports Centre members a 1 month free membership of Westonbirt Golf Course in September or October.

We are keen to encourage new players to the course as we are often told by Sports Centre members - "*we didn't know you had a Golf Course*".

The course is located just a few minutes away from the Sports Centre, behind the main house, at the end of Westonbirt village. To collect your free membership pass please contact Joe Freeman via: sportscentre@westonbirtleisure.com, quoting - SCGOLFmonth.

Westonbirt Golf Course also has a thriving and successful club who regularly play matches and competitions. The Club is very welcoming to players of all ages and can offer the opportunity to gain a recognised handicap. If you would like further details please contact: Mary Stoneham on 01666 311190 or Keith Skinner on 01666 503965

Fitness Class Feedback

It is very encouraging and greatly appreciated to receive positive feedback from members regarding provision of further classes at the Sports Centre. Due to the nature of September being a busy month with regards to the school returning and timetable revisions we are now aiming to introduce new classes at the start of October as we develop and revise the timetable to suit our member's and Westonbirt School requirements.

Due to the nature of the new school timetable commencing in September it maybe be necessary to change the times and location of some classes, we apologise in advance for the disruption this may cause.

BAK PERSONAL TRAINING

Compound and Isolation Training

A good mixture of weight, cardiovascular and core strength training should be incorporated into your training regime to achieve a balance of all key components of fitness. Exercise selection is crucial when training specific muscle groups, compound exercises are that which target multiple muscle groups at once such as Squats will target Hamstrings, Glutes, Quads and Calves etc... Isolation exercises such as leg extensions focuses on one specific muscle (Quads).

Those who chose isolated over compound exercises will take longer to progress and achieve goals.

Why? Isolated exercises are great to help develop muscles or strengthen weak muscles, however if your aim is to lose body fat or make significant muscle gains they are not ideal because of compound exercises activate more muscles groups in turn this will allow a greater muscle stimulus in order to perform at the maximum level.

If you have any questions or would like some guidance on compound or isolation exercises please contact BAK.

Telephone: 01666 881404 Email: sportscentre@westonbirtleisure.com Web: www.westonbirt.org

September 2017	Swimming Pool		Fitness Suite & Function Zone	Court Sports & Sports Hall Classes	Function Training Zone Classes
		4 Lanes during early mornings. Lanes / Open = 2 lanes, half open. Open Swim = Recreational Swim.		Available to members aged 16 years and over who have successfully completed an induction	Please call to book a court. Members = Free £7.50 per court for non members.
Saturday	8.00am - 9.00am	4 Lanes	8.00am - 4.30pm	<u>Badminton</u> 2.30pm to 4.30pm	Golf Course available
	1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	Lanes / Open Family Fun Open Swim			
Sunday	8.00am - 10.00am 10.00am - 12.00pm	4 Lanes Family Fun	8.00am - 4.30pm	<u>Badminton</u> 9.30am to 4.30pm	Just £10.00 for 18 holes of golf. All day, every day.
	1.00pm - 2.30pm 2.30pm - 3.30pm 3.30pm - 4.30pm	Lanes / Open Family Fun Open Swim			
Monday	7.00am - 9.00am 11.00am - 12.00pm	4 Lanes Open Swim	7.00am - 9.30pm	<u>Badminton</u> 12.45pm to 1.45pm	<u>Boxercise</u> 6.30pm - 7.15pm
	12.00pm - 1.30pm 6.15pm - 7.15pm 7.15pm - 9.30pm	Lanes / Open Lanes / Open Open Swim	<i>Function Zone closed 6.30pm - 7.15pm</i>		
Tuesday	7.00am - 9.00am	4 Lanes	7.00am - 3.00pm & 4.30pm - 9.30pm	<u>Stretch & Tone</u> 9.15am - 10.00am	<u>Trixter</u> 6.30pm - 7.15pm
	12.20pm - 1.30pm 6.30pm - 7.30pm 7.30pm - 9.30pm	Lanes / Open Lanes / Open Open Swim	<i>Function Zone closed 3.00pm - 4.30pm</i>	<u>Zumba</u> 6.15pm - 7.15pm	
Wednesday	6.30am - 7.15am 8.15am - 9.00am	4 Lanes 4 Lanes	6.30am - 10.00pm	<u>Badminton</u> 12.45pm to 1.45pm	<u>Sculpt & Tone</u> 10.30am - 11.15am
	1.00pm - 2.00pm 2.00pm - 3.00pm 8.00pm - 10.00pm	Lanes / Open Open Swim Open Swim	<i>Function Zone closed 10.30am - 11.15am</i>		
Thursday	6.30am - 7.15am 8.15am - 9.00am	4 Lanes 4 Lanes	6.30am - 9.30pm	<u>Circuit Training</u> 6.30pm - 7.15pm	No Function Zone Classes
	12.00pm - 1.20pm 6.00pm - 7.30pm 8.30pm - 9.30pm	Lanes / Open Lanes / Open Open Swim			
Friday	7.00am - 9.00am 11.30am - 12.30pm	4 Lanes Open Swim	7.00am - 9.30pm	<u>HIIT</u> 9.15am - 10.00am	No Function Zone Classes
	12.30pm - 1.15pm 4.30pm - 5.30pm 5.30pm - 9.30pm	Lanes / Open Lanes / Open Open Swim			

Pool Lane Etiquette

To avoid accidents, please always observe the lane direction signage provided.

Further signs have been installed to assist with lane etiquette management.

Please swim in the appropriate lane and raise any issue of concern with the lifeguards on duty.

Lane/Open Swim

We have added a new Lanes/Open swim session every evening in response to a review of the CCTV footage showing our busiest times, this is intended to improve members swim experience.