From Monday 14 September 2020

Primary Trampolining

Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.

Primary Badminton

Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.

Secondary Circuits

A whole body workout. A selection of simple yet effective exercises that targets varied muscle groups to strengthen and work the body.

Kids only Swim A one hour session for kids ages 8-11 to let off some steam in the pool. None of our pool equipment will be available but feel free to take your own!

Watch out for the water cannons...

1 to 1 Swim Lesson A 30 minute, 1 on 1 Swim lesson with an instructor. Practice anything and everything you or your child may be struggling with in the water.

Please note - Swimming Instructors will not be in the water, so if the learner requires support, they must be accompanied in the water by a responsible adult (aged 16vrs+)

FatBurn Extreme FBX is a fixed 20 minute, maximum intensity, rest based workout, using only bodyweight exercises to emulsify fat & tone muscles! This workout will boost metabolism & improve speed, power & strength.

Aqua Circuits

Water based workout that supports the joints and reduces impact that is ideal for all ages. Dimed lighting adds to the atmosphere.

50+ Swim

Ideal for socialising and getting your heart pumping at your own pace. Exclusive use of the Swimming Pool for an hourly session every Tuesday & Friday!

Spinning

Varied programmes will push you on our static exercise bikes. Music will help keep that peddles turning.

Family Pool Hire This is a perfect opportunity to get a family outing at the weekend. Hire out the entire pool at a discounted rate and have an hour's worth of fun. Feel free to bring your own clean & safe pool floats/toys.

Maximum 12 users per session following government guidance.

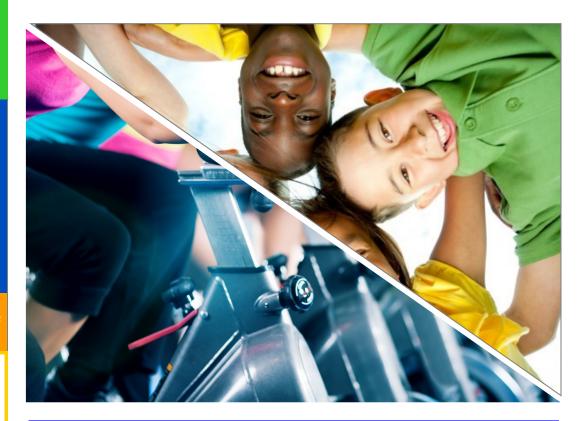
Key notes for your activities

- Only arrive when your class is due to start
- Use hand sanitisers upon Entry & Exit
- Respect social distancing guidelines
- Parents/Carers must wait outside when picking up/dropping off children
- All sessions must be pre-booked as you may be refused entry without a booking
- Activity times include change/shower times. Please ensure you are changed by the class end time (excluding 1 to 1 Swim Lessons)
- Please report to reception before your class starts

We realise these are a lot of changes, however we thank you for your cooperation and support.

WMLC ACTIVITIES

West Mainland Leisure Centre



Bookable now by phoning or through our website

01595 807713 | www.srt.org.uk





Junior Activities											
	Time	Start Date	End Date	No of weeks	Age / Class	Price					
Monday											
Primary Trampolining	1600-1700	21 Sep	5 Oct	3	P1-7	£12.80					
Tuesday											
1 to 1 Swim Lessons*	1600-1630 1630-1700	15 Sep	6 Oct	-	Any*	£17.30 per lesson					
Kids Only Swim	1730-1830	15 Sep	6 Oct	-	8-11yrs	£2.30 per session					
Primary Badminton	1600-1645 1700-1745	22 Sep	6 Oct	3	Novice Improver	£12.80					
Wednesday											
Secondary Circuits	1615-1700	23 Sep	7 Oct	3	S1-S6	£12.80					
Thursday											
1 to 1 Swim Lessons	1600-1630 1700-1730	17 Sep	8 Oct	-	Any*	£17.30 per lesson					
Friday											
Kids Only Swim	1500-1600	18 Sep	9 Oct	-	8-11yrs	£2.30 per session					
Sunday											
1 to 1 Swim Lessons*	1600-1630 1700-1730	20 Sep	11 Oct	-	Any*	£17.30 per lesson					

Adult Activities										
	Time	Start Date	End Date	Max. no.	Age / Class	Price				
Monday										
FBX (Fat Burn Extreme)	1800-1830	14 Sep	5 Oct	12	S4+	£3.00 per session				
Aqua Circuits	1945-2030	14 Sep	5 Oct	6	S4+	£4.90 per session				
Tuesday										
50+ Swim	1100-1200	15 Sep	6 Oct	3 per session	50+	£2.30				
	1215-1315									
Thursday										
Spinning	1800-1845	17 Sep	8 Oct	8	S4+	£4.90 per session				
Friday										
50+ Swim	1100-1200	18 Sep	9 Oct	3 per session	50+	£2.30				
	1215-1315									
Saturday										
Family Pool Hire	1230-1330	19 Sep	10 Oct	12	-	£26.00				
	1415-1515									
Sunday										
Family Pool Hire	1115-1215		11 Oct	12	-	£26.00				
	1245-1345	20 Sep								





Booking is available NOW on our website using your unique Login Info.

To access your SRT Login info or for queries on any of our changes, contact us and we will be happy to help!

Tel: 01595 807713 | E-mail: wmlc@srt.org.uk | Web: www.srt.org.uk