

## ACTIVITY DESCRIPTION

<b>Primary Trampolining</b>	Introduce trampoline moves in a safe environment with an aim to improve technique so you can perform trampoline routines.
<b>Primary Badminton</b>	Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
<b>Secondary Circuits</b>	A whole body workout. A selection of simple yet effective exercises that targets varied muscle groups to strengthen and work the body.
<b>Kids only Swim</b>	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...
<b>1 to 1 Swim Lesson</b>	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. <b>*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 16yrs+)*</b>

<b>FatBurn Extreme</b>	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.
<b>Aqua Circuits</b>	Water based workout that supports the joints and reduces impact that is ideal for all ages. Dimed lighting adds to the atmosphere.
<b>50+ Swim</b>	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!
<b>Spinning</b>	Varied programmes will push you on our static exercise bikes. Music will help keep that peddles turning.

<b>Family Pool Hire</b>	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.
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### 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.*

West Mainland Leisure Centre

From Monday 14 September 2020

# WMLC ACTIVITIES



Bookable now by phoning or through our website

01595 807713 | [www.srt.org.uk](http://www.srt.org.uk)



Find Us On Facebook:  
**West Mainland Leisure Centre**



## Junior Activities

	Time	Start Date	End Date	No of weeks	Age / Class	Price
<b>Monday</b>						
Primary Trampolining	1600-1700	21 Sep	5 Oct	3	P1-7	£12.80
<b>Tuesday</b>						
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
<b>Wednesday</b>						
Secondary Circuits	1615-1700	23 Sep	7 Oct	3	S1-S6	£12.80
<b>Thursday</b>						
1 to 1 Swim Lessons	1600-1630 1700-1730	17 Sep	8 Oct	-	Any*	£17.30 per lesson
<b>Friday</b>						
Kids Only Swim	1500-1600	18 Sep	9 Oct	-	8-11yrs	£2.30 per session
<b>Sunday</b>						
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
<b>Monday</b>						
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
<b>Tuesday</b>						
50+ Swim	1100-1200 1215-1315	15 Sep	6 Oct	3 per session	50+	£2.30
<b>Thursday</b>						
Spinning	1800-1845	17 Sep	8 Oct	8	S4+	£4.90 per session
<b>Friday</b>						
50+ Swim	1100-1200 1215-1315	18 Sep	9 Oct	3 per session	50+	£2.30
<b>Saturday</b>						
Family Pool Hire	1230-1330 1415-1515	19 Sep	10 Oct	12	-	£26.00
<b>Sunday</b>						
Family Pool Hire	1115-1215 1245-1345	20 Sep	11 Oct	12	-	£26.00

**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](mailto:wmlc@srt.org.uk) | Web: [www.srt.org.uk](http://www.srt.org.uk)**