



# West Mainland Leisure Centre

Junior & Adult Activity Guide

# October 2020

Monday 12th - Tuesday 27th October



ACTIVITY	AGE /CLASS	PRICE	DESCRIPTION
Badminton	P3-P7	£3.20 per session	Develop the initial movement patterns, hand-eye coordination and racket skills through fun structured activities.
Secondary Circuits	Secondary 1-6	£3.20	A whole body workout. A selection of simple yet effective exercises that targets varied muscle groups to strengthen & work the body.
Climbing refresher	18+	£8.70	This supervised session is for Adult Registered Climbers that are looking to brush up on their safety points and techniques. Each adult has the option to book in 1 Junior per a session. Equipment will be available if required.
Yoga	Secondary 4+	£7.35	Hatha yoga for body and mind. Practise postures and sequences to increase strength and flexibility. All ages and abilities welcome.
FBX	Secondary 4+	£3.00	Fixed 20 minute, maximum intensity, rest based workout, using only body weight exercises to emulsify fat and tone muscles!
Tone in Twenty	Secondary 4+	£3.75	A 20 minute workout, with a 5 minute Warm Up & Cool Down designed to tone up and blast your body.
Spinning	Secondary 4+	£4.90	Varied programmes will push you on our static exercise bikes. Music will help keep that peddles turning.
Morning Spin & Tone	Secondary 4+	£4.90	35 minutes on the static exercise bikes followed by 10 minutes toning exercises. Set your own resistance with easy to learn moves.
Splash Disco	8-11 Years	£3.20	Enjoy a session in the pool and look out for our disco lights and the water cannons... Feel free to bring your own pool toys also!
1 to 1 Swim Lessons	3+ years	£17.30 30 min	1 to 1 swimming lessons with one of our instructors is a fantastic way to boost confidence in the water or simply improve swim strokes.
Aqua Circuits	Secondary 4+	£4.90	Water based workouts are suitable for all, with a variety of aerobic & toning stations that work the entire body.
Fun & Games	P4-7	£3.20	Fun games to keep you entertained and on the move. Good session for developing hand eye co-ordination and working in a team.



shetland recreational trust  
Scottish Charity SC002179

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# WMLC OCTOBER ACTIVITIES

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 10th	Sunday 11th
Aqua Circuits 1945-2030	1 to 1 lessons 1415-1515	1 to 1 lessons 1515-1545	1 to 1 lessons 1545-1645	Fun & Games 1300 - 1400	Yoga 1130 - 1300	1 to 1 lessons 1530-1630
	Badminton P3-P5 1600-1645 P6-P7 1700-1745	Climbing refresher 1500 - 1630 1700 - 1830				Climbing refresher 1330 - 1500 1530 - 1700
	Splash Disco(8-11yrs) 1915-2015					
Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 17th	Sunday 18th
Fatburn Extreme 1700-1730	1 to 1 lessons 1415-1515	1 to 1 lessons 1515-1545	1 to 1 lessons 1545-1645	Morning Spin & Tone 1130-1215	Yoga 1130 - 1300	1 to 1 lessons 1615-1645
Aqua Circuits 1945-2030	Badminton P3-P5 1600-1645 P6-P7 1700-1745	Secondary Circuits 1600-1645	Spinning 1800-1845	Fun & Games 1300 - 1400		Climbing refresher 1330 - 1500 1530 - 1700
	Splash Disco(8-11yrs) 1915-2015	Climbing refresher 1500 - 1630 1700 - 1830	Tone in Twenty 1850-1920			
Monday 26th	Tuesday 27th	Wednesday 28th	<p><b>Activities are bookable as follows:</b></p> <ul style="list-style-type: none"> <li>1 week in advance – NON Subscription Holders Fitness Classes, Gym, Swimming</li> <li>2 weeks in advance – Subscription Holders Fitness Classes, Gym, Swimming</li> <li>2 weeks in advance – ALL members Individual Swim Lessons, Climbing Wall, Court Hire, Dry junior class/course, Family pool hire is phone bookable only</li> </ul>			
Aqua Circuits 1945-2030	1 to 1 lessons 1415-1515	<p><b>Back to School</b></p> <p><b>New Centre Activities start from Wednesday 28th October</b></p>				
	Badminton P3-P5 1600-1645 P6-P7 1700-1745					
	Splash Disco(8-11yrs) 1915-2015					

