

BETTER B&NES COMMUNITY NEWSLETTER

SPRING 2020



www.better.org.uk



@Better_bathnes



/BathSportsandLeisureCentre

FACILITIES UPDATED AT BATH SPORTS AND LEISURE CENTRE



We are pleased to announce that after listening to our customer's feedback and investing in your gym, we have made some improvements to the gym at Bath Sports and Leisure Centre. The gym has been extended to create a brand new functional fitness area with brand new equipment including kettlebells, Bulgarian bags, battle ropes, medicine balls, sand bags, push up grips, plyometric jump boxes and tyres. We're also planning to purchase some more kit in the coming weeks too. Keep scrolling to find out the best use of the new area and equipment. To allow for the extension, we've closed the virtual studio, but don't worry, the virtual access will be re-installed within one of our two other studios in the near future. We are also pleased to have been able to re-arrange the rest of the kit in our gym to allow more space as well as creating another new area at the back of the gym which includes punching bags and mats for stretching. Our soft play area has also been updated. The improvements have opened up the viewing area which gives parents more space when bringing their children.



OUR B&NES CENTRES
GENERATED OVER £9,350,000
IN SOCIAL VALUE IN THE LAST
12 MONTHS.

GET ACTIVE OUTDOORS THIS SPRING

Now Spring is here make the most of our outdoor facilities and get active outside! Here are just a few ideas:

Cycling

We run public cycling sessions almost everyday at Odd Down Sports Ground for just £1. Whether you are new to cycling or an experienced cyclist, the 1.5km track is the perfect place to pedal away from traffic. Check the timetable online or call the centre on 01225 300420.

Golf

You don't need to be a pro to give our golf courses a go! Both Bath Approach Golf Course and Entry Hill Golf Course welcome new golfers. Club hire is available at both courses.

Drop in football

Footy fan? Odd Down Sports Ground runs drop in football session on the 3G pitch around its bookings. Sessions cost £1, call ahead to check times – 01225 300420.





SWIMATHON 2020 /LADIES ONLY SESSION

On Saturday March 28th we are delivering the nationwide swimming challenge “Swimathon” at Bath Sports and Leisure Centre. The annual charity event raises funds for Cancer Research UK and Marie Curie and is the world’s largest annual fundraising swim. Five individual challenges are available (400m, 1.5km, 2.5km, 5km and a triple 5km) as well as the option of competing as a team. For more information and to sign up, visit:

www.swimathon.org

We also have a new ladies only swimming session at Bath Sports and Leisure Centre, facilitated by an instructor, Saturdays 7:00-8:00pm.



GLL COMMUNITY FOUNDATION

Are you looking to fundraise for a community project in Bath and North East Somerset? On Thursday 28th May Odd Down Sports Ground will host a workshop (2:30pm-3:30pm) on Spacehive, a crowdfunding platform that GLL can offer support to through the GLL Community Foundation. GCF funding is available for crowdfunded projects hosted on Spacehive that help people move, play and learn together. To book a space or for more information please email mark.harrison@gll.org

POOL POD IMPACT

The new Pool Pod installed at Bath Sports and Leisure Centre last year has already made a big impact to local swimmers. A Pool Pod is a lift that enters the water. This makes the pool much more accessible and means there is no need to use a traditional pool hoist. One user commented “it has changed my daughter’s life”.

A Pool Pod is also due to be installed at Keynsham Leisure Centre as part of the refurbishment to the swimming pool.



Water Wellbeing

HOLIDAY CAMPS

Better Bath Sports and Leisure Centre runs an exciting holiday camp programme during the school holidays that offers a number of fun activities to keep your kids active and entertained! The camp is for children aged 8-14 years old and activities include ten-pin bowling, swimming, trampoline park and sports hall games. Children can be dropped off between between 8am and 8.30am with collection at 4pm. Children can bring their own lunch, however lunch can be provided by our Better Diner for an additional £5 per child. The camp costs £25 a day or £100 if attending for all 5 days in the week. Bookings can be made online : <http://bit.ly/betterbathholidaycamps>

CLUB SPOTLIGHT – KEYNSHAM AMATEUR SWIMMING CLUB



Established more than 60 years ago, Keynsham Amateur Swimming Club is highly regarded in competitive swimming circles, however, it has more to it than competition alone. The Club has swimmers aged 6 to 60 years old. The Club has a great link with Keynsham Leisure Centre’s Better Swim School, especially as some of the teachers also coach for the Club as well.

After attending a trial, successful swimmers are placed in a squad depending on their age and ability. The Club has four main squads; Preliminary, Junior, Age Group and Regional Potential. Beyond this the Club is also part of the Team Bath AS Performance Swimming Club and City of Bristol Swimming Club Networks, giving opportunities for talented swimmers to train at the highest level. Olympic Silver medallist Siobhan-Marie O’Connor is an active member of Keynsham Swimming Club attending the Club when she can and taking part in the occasional competition as a Keynsham swimmer. The Club also offers training opportunities for the older swimmer via its Masters Squad, which meets on Monday and Wednesday evenings.

If you are interested in joining Keynsham Swimming Club, please contact Thelia Beament on thea.beament@keynshamswimming.club

