



What's on

this summer



As ever, we have been very busy in our sports centres and have enjoyed seeing people playing Pickleball, a new activity we introduced in April. If you haven't already played it, give it a go. It is great fun and very easy to pick up. We have paddle and ball hire available at both SBL and WellsWay. We have a JOIN4FREE membership offer, so if you aren't a member of our gyms, join up today and enjoy the use of both our centres gym's, and all fitness classes. If you haven't been inside our gyms and would like to pop in, a member of staff would be happy to show you around; just ask at reception.

Message From Sarah Jones, Operations Manager

Hello!

This June marks my 10th year working at SBL Sports Centre, I'd like to think we have grown over the years, at least we are no longer using paper and pencil for class bookings!

I have been reflecting on the past 10 years and so much has changed, the biggest change for me was going from looking after the day to day of one sports centre to two overnight, SBL and WellsWay Sports Centre are busier than ever and it is great to see so many people using our facilities on a daily basis,

Being a dual use site makes us unique, every penny and pound we generate gets reinvested back into Futura Learning Partnership and in turn, our schools to support teaching and learning outcomes. The turnaround from a school day to an event and vice versa can be quite remarkable at times,

We are constantly looking for ways to improve our offering and I look forward to you joining us on the ride,

Sarah

JOIN4FREE
THIS JULY
GYM + CLASS MEMBERSHIP

Includes both centres & all fitness classes
Membership options - £28 1 month, £25 pm 3 months £23pm 6 month
USE PROMO CODE - JOIN4FREE

FOOTBALL PARTY OFFER

FREE

FREE FOOD ROOM HIRE WITH EVERY 3G FOOTBALL PARTY BOOKING IN JULY & AUGUST 2024

BOOK A SUMMER FOOTBALL PARTY ON SBL SPORTS CENTRE'S 3G PITCH & WELLSWAY SPORTS CENTRE'S ASTRO PITCH. Starts at £48 ph
- Saturday 9am to 5pm - Sunday 9 to 1pm

Ask a member of staff for more details or to check availability. Applies to weekday parties as well
www.sblsports.co.uk 0117 456 5910

Bank Holidays

Please find below our Bank Holiday opening hours for August 2024.

Saturday 24th August 2024 9-1pm
Sunday 25th August 2024 9-1pm
Monday 26th August 2024 9-1pm

Thank you

You can now book all activities online, click  on our websites.

www.sportwellway.com

www.sblsports.co.uk

PAYG FACILITY BOOKING



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Important Class & GYM Notice

- When you arrive on site, you must scan your membership card when using the gym.
- You must always sign in for your booked class. Whether you are a PAYG user or member. If you are a member this, will ultimately happen when you swipe your card.
- If you have booked onto a class with a lapsed membership or using our gym you will be asked to leave and pay £7 for the session.
- The class timetable is being reviewed, and we need accurate figures.

If you don't have a card please ask for a new one at reception or if you have forgotten your card, check in at reception before or after the class/gym session if no one is on desk.

PAYG HIRE COURT/HOOP

BADMINTON

PICKLEBALL

BASKETBALL



PAY AS YOU GO COURT/HOOP/EQUIPMENT
£11 per court per 55 mins 4 PERSONS PER COURT

* Equipment hire from £2



BELLYMIXTURES is a low impact, Middle Eastern based dance class suitable for ages 16 to 106! Held in the lovely mirrored dance studio at **SBL Sports Centre** every Monday at 7pm. Call Gaye on 07900 216913 for more information.

Pay As You Go fun for everyone and all ages.

You can book online for one-off sessions. Our sports centres have Badminton Courts, Basketball Hoops and Courts, Cricket Nets, Pickleball Courts and equipment hire, Netball Courts, Tennis Courts, Short Mat Bowls, 3G, and Astro Pitches.

You can hire by the hour, or half and full days. You can also hire the halls and pitches for birthday parties, events, tournaments, or competitions.

SUMMER SUNDAYS

NEW SUNDAY OPENING TIMES

9 AM TO 1 PM

SBL & WELLSWAY SPORTS CENTRE

JUNE - AUGUST 2024

PRE-BOOKED EVENTS AREN'T AFFECTED

SBL SPORTS

WELLSWAY SPORTS

With the summers months quickly approaching, we notice a downturn in seasonal bookings in our sports centres, and a slight reduction in usage overall. We understand this, club sport rests for the summer, the sun is out and people exercise more outside, and families go on holidays.

Due to this trend, we will be temporarily reducing our opening hours predominantly on the weekends between June and August and reducing slightly our group exercise timetable.

There should be no significant impact to you, and rest assured, our traditional opening hours will return towards early September.

SBL and WellsWay Sports Centre will be opening 9-1 on Sundays throughout June, July and August (pre-booked events will be going ahead as planned).

Follow Us on Social Media

Get Connected For Our Latest Offers, Giveaways, Updates & Tips

f **Instagram** **X** **http://**

SBL SPORTS

WELLSWAY SPORTS



What's on

this summer



PAYG football at SBL Sports Centre this summer!

Our centres are open 7 days a week to the general public during the school holiday meaning the 3G pitch at SBL is available to you as a PAYG customer.

We do have some clubs and bookings that take over the pitch but outside of these times, you can come along and play. This is the same for summer evenings and weekends. For £3.50 per person or £20 for 10 sessions if you buy a block card you can come and play football with your friends.

Sessions are 1 hour long but we may allow you to stay longer as our decretion. That said when we ask you to leave you must leave right away.

All we ask is that you call us on 0117 456 5910 to check ahead that the pitch is available and for timings.

Again when your time is up, please make sure you leave on time, making way for our bookings.

PAYG FOOTBALL
Available this Summer
Holiday period*

Available - 9am to 5pm (9am-1pm on Bank Holidays)
Monday Thursday Friday

£3.50 per person 1 hour
Pay at reception or purchase a block card
£20 for 10 sessions
Card only payment

ASTRO
10 sessions

*Also available after school & on weekends but you MUST call beforehand to check 0117 456 5910. When your session is over, please leave on time, making way for our bookings.

TEEN GYM MEMBERSHIP
MONDAY - FRIDAY 15:15-16:30
WEEKENDS 11:00-15:00
SCHOOL HOLIDAYS 10:00-16:30
LAST ENTRY IS 30 MINUTES BEFORE SESSION END TIME.

Year 9, 10 + 11 Students
£3 per session or £24 for block of 10
Payment at the centre reception

BUY YOUR BLOCK CARD TODAY & SAVE £6

TEEN GYM
10 Gym Sessions

Teen Gym is now available for Year 9 students.

At a time when children are on their devices more and more, we have lowered the age of our Teen Gym sessions to include students in Year 9 in both our sports centres. We want to promote positive physical activity within our gyms which they are already familiar. Experts recommend that teens get 60 minutes or more of moderate to vigorous physical activity each day. Here are some reasons why:

- Exercise benefits every part of the body, including the mind.
- Exercise improves brain health and learning. It can help people sleep better.
- When you exercise, your body makes chemicals that help you feel good.
- Exercise lowers your chances of depression and decreases feelings of anxiety.
- Plus, exercise can give you a real sense of accomplishment and pride at having achieved a goal.

For £3.00 per person or £24 for 10 sessions (if you buy a block card at reception) they can enjoy a workout session with friends or on their own. Payment is card only at reception. Teen gym session times are as advertised.

ATTENTION PLEASE

If you can't make a class, please cancel it, making space for your fellow members or PAYG guests.

Cancel your class in 3 easy steps!

- 1 LOGIN TO YOUR ONLINE ACCOUNT
- 2 SELECT THE CLASS YOU WANT TO CANCEL UNDER UPCOMING BOOKINGS
- 3 CLICK 'CANCEL' YOUR CLASS IS NOW CANCELLED



What's on *this summer*



Holiday Gymnastics Class **Veritas Gymnastics** at SBL Sports Centre

Holiday Workshops

Come and have some holiday gymnastics fun learning new skills on floor, beam, bar, vault and trampette. Children also work towards Gymnastics awards with qualified coaches.

Monday, Tuesday, Wednesday & Thursday

Weeks commencing 29/07/2024, 05/08/2024 and 12/08/2024.

5+ years 9.30am to 11.30am £8 per session or £28 for all 4 sessions in the same week.

Advanced Floor and Tumbling Class

This session is recommended for children aged 8 years old and above. There are only 6 children per class working with 2 coaches allowing for more one-to-one coaching of the more advanced floor and tumbling skills.

Mondays and Tuesdays 1pm to 2.30pm

Weeks commencing 29/07/2024, 05/08/2024 and 12/08/2024.

£12 per session (1:3 coach to gymnast ratio)

Advanced booking is required and payment is required at the time of the booking, please book early to avoid disappointment.

Please contact us for more information or to book:

Mobile: 07748238265 Email: veritasgymnastics@live.co.uk

www.veritasgymnastics.co.uk

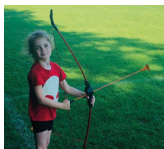


Progressive Active Camps

Be happy. healthy and active!

29th July to 23rd August
9.00am to 3.30pm
For children 4-13 years old

Childcare
vouchers
Accepted



Wellsway Sports Centre, BS31 1HH
Farmborough Primary School, BA2 0FY

BOOK NOW!



Call: 01225 285050
Email: j.mctiernan@progressive-sports.co.uk
Book Online: progressive-sports-bath.class4kids.co.uk



Heidi-Marie
Dance Academy



TERM 6 NEWS

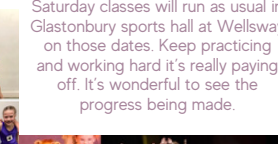
It's been a busy term already so far with lots of exciting things going on! We have upcoming Tap, Modern and Ballet exams, Disney rehearsal, Keynsham Music Festival performances and our Summer School!



We welcomed Aisling Duffy-Resident choreographer of Hamilton to HMDA to teach the students My Shot! A brilliant opportunity to learn from an industry professional.



Upcoming ISTD Modern & Tap exams & RAD Ballet exams are on Saturday 15th June & 6th July. Saturday classes will run as usual in Glastonbury sports hall at Wellsway on those dates. Keep practicing and working hard it's really paying off. It's wonderful to see the progress being made.



DISNEY

We're going to perform at Disneyland, Paris! Plans are in full swing as a group of 35 dancers are busy rehearsing for our show on Monday 30th September. Really exciting!



Summer School 2024

Monday 29th July - Thursday 1st

Heidi-Marie Dance Academy hold weekly classes within Wellsway Sports Centre. They offer classes in Ballet, Tap, Modern, Jazz, Contemporary, Hip Hop and Musical Theatre at Wellsway Sports Centre Dance Studio. For more information please visit the website www.heidi-marietdance.com



What's on

this summer



The Great Ant Exhibition is returning for their BIGGEST event of this year, at WellsWay School Sports Centre.

Bringing you everything you have come to expect from their events, a ton of amazing Trader Pitches, Stages and Exhibits, plus they have now added outside space for a Bouncy Castle and Assault Course, Free Crafts Tent, Hot food and seating Area, Free Face Paints and much more!

They will be hosting a wide range of Displays and Lectures on the main stage and more Displays & Demonstrations around the event, make sure you check out their schedule closer to the date for times and locations.

With over 30 traders and experiences on site selling everything from Ants and supplies, other inverts, bioactive stalls, gift stalls and everything in between, you will be sure to find something that interests you, or why not head over to Bristol Reptile Encounters to get your hands on with some awesome beasties.

As always, they have worked hard to bring you a day filled with fun for the whole family. Their aim to leave the younger generation with memories they will not forget and hopefully a growing interest in Inverts.

Tickets are £5 per person. Children under 13 enter for free.

NHS discount available with valid NHS ID

Tickets are available online or at the door. Cash or Card accepted.

www.antonarock.com

The Great Ant Exhibition

Ants, Inverts & More Bristol 2024

WellsWay, Sports Centre, Keynsham, Bristol, BS31 1HH	£5 Entry U13 Free	3rd August 10am—4pm
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Stages, Demos
Traders & Hot Food
Entertainers, Family Fun
Exhibits & Displays

Sponsored By

Photo By AntRus & PeterWolf Photography

PAYG HIRE COURT/HOOP

BADMINTON

PICKLEBALL

BASKETBALL

PAY AS YOU GO COURT/HOOP/EQUIPMENT
£11 per court per 55 mins 4 PERSONS PER COURT
* Equipment hire from £2

FIRST TRAINING OF THE 24/25 SEASON
27.06.2024

SBL SPORTS CENTRE, BS30 8TS
JOIN OUR FUTSAL CLUB

Bristol Eagles Futsal Club, is starting futsal training for the new season on 27/06 at 19:00 at SBL Sports Centre. They are inviting all new players aged 16 and above who would like to join, try futsal, attend regular training sessions at SBL, and participate in local and national leagues. They welcome everyone on 27/06, and those interested can contact them directly. Here are the links to the club's profiles on Facebook and Twitter: facebook.com/BristolEagles x.com/BristolEagles

£11 per court per 55 mins
4 PERSONS PER COURT

Pay As You Go Badminton with Family or Friends
BOOK ONLINE

PAYG COURT HIRE PICKLEBALL

PAY AS YOU GO COURT/EQUIPMENT HIRE
£11 per court per 55 mins 4 PERSONS PER COURT
BOOK ONLINE
* Equipment hire from £2
At reception - card payment only



What's on

this summer



MEET COACH MICHAELA BECH (Ziza Fitness)

Women's Health Coaching Specialist Here's a little bit about Michaela

I was born in the Czech Republic and I live with my husband and our Rottweiler Betty. Having worked exclusively with women for 13+ years, I'm passionate about simplifying strength training and nutrition so you can feel fitter, stronger, and healthier - and free up mental energy for everything else.

My coaching is hybrid - a combination of face-to-face and online. Face-to-face is great for improving your exercise technique and motivation. The online element means I can help you with much more. It's not just Personal Training. It's nutrition, mindset, support, goal setting, accountability - something that can't be achieved in a 60 min PT session.

I love training, but also believe life is short so enjoy it. Yes I am a fitness professional, but I love pizza, pasta, dumplings, and chocolate too! I don't take myself seriously - we were all beginners once and it's good to learn from our mistakes.

Outside of training, my biggest passions are family and traveling. My favorite places to visit are the Czech Republic, Spain, Italy, and Thailand.

If you see me at WellsWay / SBL Sport Centre, don't be shy to say hi! I am here to help. You can contact me on my Instagram (Michaela_Zizafitness) or via email info@zizafitness.co.uk



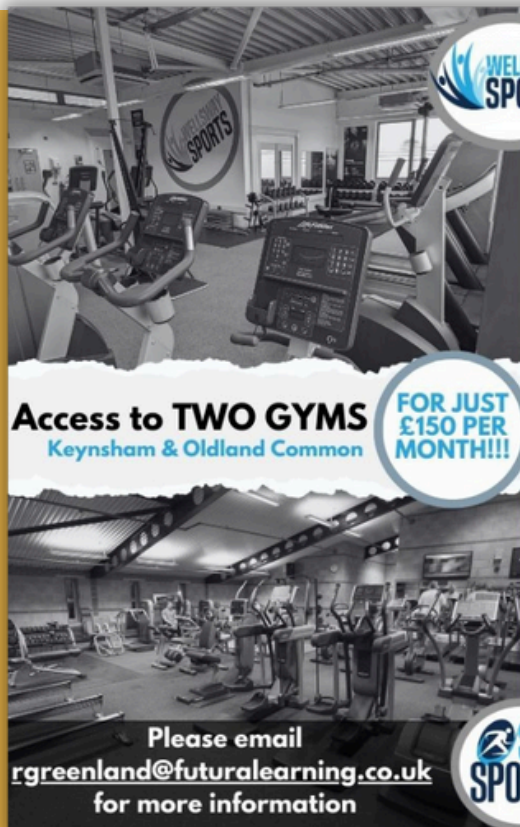
Exciting opportunity for new or experienced personal trainers to run and build their business within our sports centres.

Access to TWO GYMS in Keynsham and Oldland Common for just £150 per MONTH!

We are one of the cheapest providers in the Bristol area and there is NO floor hours required. Potential hours available as part of our sport centre team if you are interested.

Bring in your clients at no extra cost or your clients can enjoy a discounted membership if they want to join our centres.

Please email Rhys for more information on rgreenland@futuralearning.co.uk.



NO floor hours required.
Potential hours available if interested.

EXCITING OPPORTUNITY FOR PERSONAL TRAINERS

- Bring in your clients at no extra cost.
- Client membership perks available.
- Over 700 members across both sites.
- Extra support provided for new personal trainers.



Would you like to become a Future Business Partner?

Tutoring and Mentoring in all subjects and levels



Employment skills
GCSE
A-Level
Special Needs
Primary
Life skills

We believe in a collaborative approach and work together with you to identify the perfect tutor to help your students' succeed.

Academic Tuition
85% of exam students improve by 2 grades or more with us

Mentoring, SEND Support
All 5 Star Reviews
★★★★★

Organise your learning with our handpicked tutors and mentors

Contact Us:
0117 463 0300
office@greenhouselearning.co.uk
84 Gloucester Road, Bristol BS7 8BN
www.greenhouselearning.co.uk



A spotlight on one of our business partners,

Greenhouse Learning
Greenhouse Learning provide individualised tutoring and mentoring support to children and young people in Bristol and the surrounding areas, working with families, schools and local councils. They cover all ages from Primary through to Secondary and A Levels in all academic subjects, as well as offering Mentoring support to help with social and emotional development. They also specialise in offering SEND support.

Here is a bit about how it works for parents:

<https://greenhouselearning.co.uk/how-we-work/>

And how it works for schools:

<https://greenhouselearning.co.uk/why-choose-us/>

And some video and written testimonials from their clients:

<https://greenhouselearning.co.uk/testimonials/>

Are you a business owner or work for a company that you think would like to become a Futura Learning Partnership Business Partner?

Do you want to engage and inspire our students? Sharing directly with our students your industry knowledge is the greatest way to inspire their future career choices. This can be achieved with mentoring activities, work experience, links to alumni, careers fairs, networking events, and sharing apprenticeship opportunities. Of course, you can offer as much or as little as you want. Or of course not at all if you don't want to.

The Futura family of schools includes 28 primary, secondary, and special schools in the West of England. We are committed to working and developing partnerships with our local community and businesses. We want to engage with local organisations to help reinvest back into the Trust to develop the students' learning experience, enrichment, and transition to higher education, apprenticeships or employment.

If you are interested and would like to find out more information please email your interest to jdeason@futuralearning.co.uk

The benefits and rewards include:

- Ability to use and promote your membership - use of our trust logo to advertise your support of the scheme and your local schools community.
- Different levels of advertising within our newsletter with adverts or business profiles seen by 800+ staff and over 7000 parents/carers across all our primary, secondary schools and sports centre members.
- Logos on the Futura Learning Partnership Commercial Services' Business Partnership page.
- Banner advertising at either or both of our sports centres seen by thousands each week.
- Add your company details to the internal contacts list if you wanted the opportunity to quote for maintenance work/contracts*
- Free sports centre membership Discounted facilities hire within our trust schools.
- Enhance your company's Social Responsibility agenda
- One point of contact to promote apprenticeships and placement opportunities to our students.
- Attend network events
- Attend careers fairs or information days within our schools.



If you want more information on the scheme or would like to support our schools and develop a meaningful relationship with your school community please email jdeason@futuralearning.co.uk or visit <https://www.futuralearning.co.uk/become-a-futura-business-partner/>