

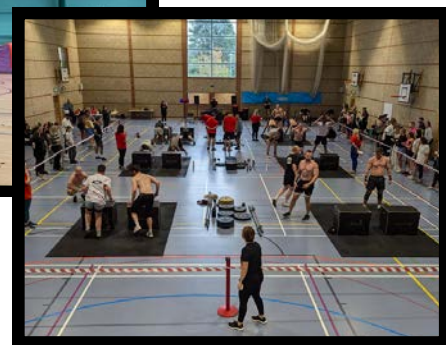
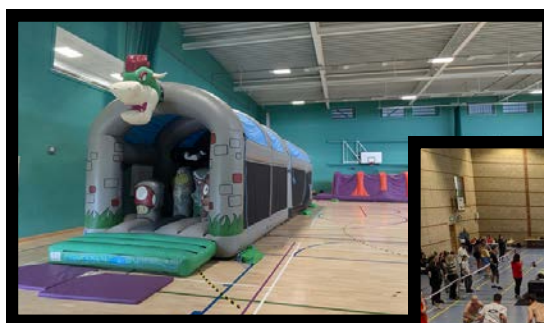


What's on *this Autumn*



After what seems like a short summer we are back into our Autumn/Winter season and what a busy start to the season it has been. It is so nice to see all our clubs back for the start of their season, but we are busy as well. We have just purchased a whole set of new Spin Bikes for both Wellsway and SBL Sports Centre. Whilst we are awaiting their arrival we are now in the process of selling our existing bikes for the bargain price of £80 per bike. If you are interested in one you can pop into our centres to take a look. Full details are on the following page.

Over the summer we hosted the 2nd ANT on the Rock Exhibition and last weekend a very successful Crossfit competition was held by Unbroken Fitness Series at SBL Sports Centre. We love how diverse our centres have become. This month Wellsway Sports Centre we will see the return of the West of England Amateur Latin and Ballroom Dance Competition, held by Avon Amateur Dancers Club. Birthday parties are increasing with some taking advance of our large hall for fun inflatable parties.



If you are interested in hiring our centres and want to know more email jdeason@futuralearning.co.uk

Changes to PAYG Booking Process Sunday 1st September 2024

From Sunday 1st September 2024 all 'Pay as you go' bookings will require payment at the time of booking. The changes will apply to facility hire and fitness classes.

Looking to book **less** than 8 days in advance?

The easiest way to book less than 8 days in advance is by heading to our websites, where you can check availability, book and pay online.

Looking to book **more** than 8 days in advance?

Please call us to check availability, to book and make payment over the phone.

Thank you

SBL & Wellsway Sports Centre

Our 24/25 Gym Timetable for SBL Sports Centre is now available for you to view via our website or using the QR code on the sports centre reception desk. As we are a dual use site, PE hold lessons in the gym throughout the week, so please take a look at the timetable before you visit in the daytime. Any changes to the timetable will be updated on the website version.



Promote your business with a low cost pitch-side banner at either of our sports centres. Read on for full information but thank you to ALIBIKES who just came on board. You can look out for his banner from next week.

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

www.sportwellsway.com www.sblsports.co.uk



SBL & Wellsway Sports Centre Gym Challenge



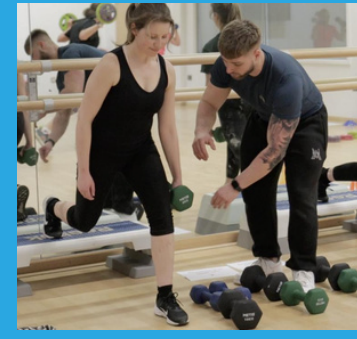
Rhys and the team have been working hard to create a monthly GYM Challenge for you all to enjoy and take part in over the next 12 months. Here is what Rhys has to say!

“ We’re kicking off monthly gym challenges at both Wellsway and SBL gyms! You can find them displayed on the walls at each gym. Join in the fun and test your fitness skills, for a chance to win a free month of gym membership just for participating. Share your best times with our staff and connect with other members to keep pushing each other to improve your total challenge time throughout the month. Good luck, everyone! Let’s get moving!”

If you are not already a member, then join today to become part of our friendly fitness community!

Membership packages include full use of both gyms and access to over 34 weekly fitness classes at both SBL & Wellsway Sports

Centres. We offer 1, 3 or 6 month packages starting at just £23 per month. You can join online or at reception.



October 2024

Perform the following exercises one after another and record the time it takes to complete all of the movements, add your name and times to the tables below.

- 1km Run
- 20 Burpees
- 20 Press Ups
- 50 Bodyweight Squats
- 50 Sit Ups

Scan the QR code below to see how each exercise is carried out.



Good Luck

We will combine the names of everyone who took part across SBL & Wellsway Sports Centre and the winner will be selected via a random selection app.



Tag us in your challenge videos / pictures

STAR TRAC + KEISER M3 SPIN BIKES FOR SALE

BUY NOW

£80 EACH WITHOUT PEDALS. PAY AT RECEPTION OR OVER THE PHONE. COLLECTION IN A FEW WEEKS WHEN WE HAVE DELIVERY OF OUR NEWS ONES.

CARD PAYMENT ONLY. 1ST COME - 1ST SERVED.
WWW.SBLSPORTS.CO.UK 0117 4565910 WWW.SPORTWELLSWAY.COM 0117 9161034
SOLD AS SEEN-NO REFUNDS-NO RETURNS -MODEL: STAR TRAC NXT MARK 1 & KEISER M3



HALLOWEEN SCRAP CRAFT CHALLENGE

Let your child challenge their creativity
with our stay and create 1 hour open
sessions at both
Wellsway & SBL Sports Centre's
arts+crafts rooms

OCTOBER HALF TERM

ONLY £1.50 PER CHILD (CARD PAYMENT ONLY)

Dates / Times / Location



Monday 28th Oct to
Friday 1st Nov 2024

**OPEN 10.30AM TO 3PM AT
WELLSWAY SPORTS CENTRE
KEYNSHAM**



Thursday 31st Oct &
Friday 1st Nov 2024

**OPEN 10AM TO 2PM AT
SBL SPORTS CENTRE,
OLDLAND COMMON**



Free parking at both sites
www.sportwellsway.com www.sblsports.co.uk



What's on *this Autumn*



Our Clubs & Sport Providers

ZIZA METHOD LIFT IS BACK - 4 WEEK TRAINING PROGRAMME

Learn to Lift

Join me and learn how to lift weights safely, confidently, and in the right way for your body!



This is for you if you've never lifted weights and wouldn't know where to start. If you avoid the gym or always end up in the cardio section (or fitness classes).

You'll learn:

- Good safe technique
- Best exercises for women
- How to use the machines and free weights
- How to squat, deadlift, bench press

After 4 weeks you'll be confident to train in the weights section of any gym by yourself.
STARTING 07 OCTOBER

BOOK YOUR SPACE NOW
EMAIL INFO@ZIZAFITNESS.CO.UK

Progressive Active Camps

HALLOWEEN SPOOKTACULAR

Be happy. healthy and active!

Childcare Vouchers Accepted!

October Half Term 28th Oct to 1st Nov 9.00am to 3.30pm
For children 4-13 years old



Wellsway Sports Centre, Keynsham, BS31 1HH

BOOK NOW!

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

Halloween Dance Camps

Mon 28th October
Wed 30th October
9-3pm
£30 for the day!
£55 for both days!

Halloween Dancing, Arts and Crafts, Glitter Tattoos and Face Paint, Movies, Quizzes, Dance Competition and More

For more information for any of Danni's Dance Academy's classes or holiday clubs visit her website www.dannisdanceacademy.com

Heidi-Marie Dance Academy

We're really proud to offer a range of dance styles and genres to our students. Choose from Ballet, Tap, Musical Theatre, Modern, Contemporary or Hip Hop. All taught by highly trained, experienced and qualified teachers who hold internationally recognised qualifications.

Visit our website to see the range of classes on offer at the beautiful studio at Wellsway Sports Centre.
www.heidi-mariedanc.com




REGISTERED ROYAL ACADEMY OF DANCE TEACHER

Proud to be...
Specialist Teacher of the British Association of Dance Registered Member



What's on *this Autumn*



Our Clubs & Sport Providers



Veritas Gymnastics

Gymnastics

Holiday Workshops at SBL Sports Centre

Holiday Workshops (New timetable)

Come and have some holiday gymnastics fun learning new skills on floor, beam, bar, vault and trampette. Holiday workshops are suitable for children aged 5 years old (reception year) and above. Workshops are structured classes and children also work towards Gymnastics awards with qualified coaches. Children need to bring a refillable water bottle and a snack.

Wednesday & Thursday Week commencing 28/10/2024.

9am to 1pm £20 per session

Advanced Floor and Tumbling Class 8 yrs +

Only 6 to 9 children per class working with 2 to 3 coaches, allowing for more 1 to 1 advance skills coaching.

Monday & Tuesday 1pm to 2.30pm Week commencing 28/10/2024.

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

Advanced booking & payment required. Please book early to avoid disappointment.

Please contact us for more information or to book:

T: 07748238265

E: veritasgymnastics@live.co.uk

www.veritasgymnastics.co.uk



WELLSWAY SHORT MAT BOWLING CLUB at Wellsway Sports Centre. Sunday Session 10.00-12.00 for ALL the Family and Wednesday Evening Session 19.00-22.00 for Social Bowling and League Games.

The first three sessions are FREE. Come along, try a new hobby and make new friends.

All equipment supplied. Tuition given by DBS Reg & qualified coaches.

For more information or to book a place contact

Dave Sawyer 07940 980287 dave.sawyer@live.co.uk

Wellsway
Short Mat Bowling Club



ABSports
COACHING
ASPIRE • BELIEVE • ACHIEVE

GIRLS FOOTBALL CAMP

THIS OCTOBER!!!

Elevate your football game this October by joining our girls football camp! Prepare to have a blast while mastering new skills under the guidance of our experienced coaches. The camp will focus on ball mastery, attacking and defending techniques, passing drills, match play, and much more! Our camps are tailored specifically for girls and are led by female coaches who serve as role models.

DATES: Thursday, October 31st and Friday, November 1st

TIMES: 10am until 2pm

VENUE: SBL Sports Centre, Oldland Common, Bristol, BS30 8TS

AGES: 6 to 14 years

PRICE: Early-bird: £20 (Ends 10am, 1st October)

Standard Price: £25 (from 10am on 1st of October)

Get ready to join us on October 31st dressed as the most spooktacular footballer!

TO BOOK:

Please head to our website absportsc coaching.com and select 'Sports Camps'. Alternatively please scan the QR code or follow this link to be taken directly to the booking page -

<https://bookwhen.com/absportsc coaching>



SCAN ME

@ABSportsCoaching AB Sports Coaching

ABSportsCoaching@outlook.com Absportsc coaching.com

SPONSORSHIP OPPORTUNITY

WITH FRY'S NETBALL CLUB

Frys Netball Club is looking for sponsors!

For just £500-£1000, your logo would be featured on our team's zip-up hoodies, worn to every match, both seniors and juniors!

Your logo would also be included in our weekly social media posts.

Join us in supporting your local netball club and get your company noticed.

DM us to get involved!



For more information email keelymagnussonfrys@gmail.com



Our 3rd annual Peek a Hurt You Cup event was a great success!

Our 3rd annual Peek a Hurt You Cup event was a great success at Wellsways Sports Centre in September and it looks like we raised well over £2,000 for Dorothy House just from the day and should reach an overall total of at least £3,000 by the end of the year. Many thanks as always for your help.

Iain (Treasurer) Bath Roller Derby



LACE UP YOUR SKATES

Roller Disco Every Friday
4.30pm to 5.45pm
(term time only)

and

Every Tuesday & Thursday
in the School Holidays
4.00pm to 4.45pm
5.00 to 5.45pm

- £4.50 per child
- Age 5 – 12 years old
- Bring your own skates
- Recommend to wear protective gear *
- Adult to stay at all times



BOOK ONLINE
OR
PAY ON THE DAY
Card only

For more Information :

0117 916 1034 www.sportwellsway.com

Plenty of parking within Wellsway School, Chandag Road, Keynsham

Friday Night Roller Disco is canceled on the following dates:
15/11/24, 10/01/25, 28/02/25, 07/03/25, 18/04/25 to 27/06/25

Due to internal exams being held in the sports hall – Sorry for any disappointment.

WELLSWAY
SPORTS

PITCH SIDE BANNER SPONSORSHIP OPPORTUNITY

We are offering you the opportunity to promote your business with a pitch side banner at either or both SBL Sports Centre, North Street, Oldland Common, FA affiliated Floodlit 3G Pitch and Wellsway Sports Centre, Chandag Road, Keynsham, Floodlit Astro Pitch for 1 year.

Have your banner on display within weeks!

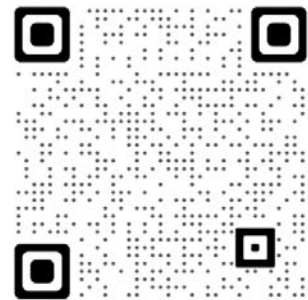
The mesh banner will be displayed high on our railings around our pitches. With the pitches in use 52 weeks a year by sports clubs, associations, community groups, and birthday parties, as well as for all school use, your banner will be seen by thousands of people each week.

What a perfect spot to promote your business whilst helping your school community.

The cost is £250 + VAT for 1 banner or £400 + VAT for 2 banners. We even have a design service if you want us to create your banner. Included in the price is the production of the banner, so there is no need to supply your own.

If you have any queries or would like further details, then please email jdeason@futuralearning.co.uk or if you want to go ahead, please complete the form by scanning the QR code.

Thank you for your support.



Scan the QR code for more information and to complete the booking form



Chandag Road, Keynsham,
Bristol BS31 1HP



We are offering you a low cost advertising opportunity for your business.
Be the first to promote your business to your local community!



North Street, Oldland Common,
Bristol BS30 8TS