

RETURN to SPORT

Want to get active and fit in
a fun and friendly environment?

For adults (16+) wanting to try a
new sport or get back into sport.
All abilities welcome.

ONLY
£15
PER PERSON

Handball

Fridays 7pm to 8pm from 1 February 2013
8 week course at Medina Leisure Centre



ONLY
£10
PER PERSON

Fitness *a mixture of fitness classes*

Mondays 8pm to 9pm from 4 February 2013
6 week course at Heights Leisure Centre



ONLY
£15
PER PERSON

Golf

Tuesdays 6pm to 7pm from 5 February 2013
8 week course at Westridge Golf Centre



ONLY
£10
PER PERSON

Netball

Tuesdays 7pm to 8pm from 5 February 2013
6 week course at Carisbrooke College



ONLY
£20
PER PERSON

Scuba *with Wight Dolphins*

Fridays 7.30pm to 9.30pm from 8 February 2013
5 sessions (not consecutive)
at West Wight Sports Centre



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All places must be booked in advance.

Please contact the sports unit on (01983) 823818 or sports.unit@iow.gov.uk