

Activities for the over 50s

At Medina Leisure Centre & **NOW AT Rew Valley Sports Centre**

If you stay physically active, you're also likely to stay independent longer. Exercise can make you stronger and you'll feel more confident. It's never too late, so join our friendly groups and start getting active!

WHAT ACTIVITIES CAN I DO?

Choose from badminton, table tennis, short mat bowls, short tennis and tennis (seasonal). Plus Tone Zone gym sessions, water workout and swimming.



Further information



Cost £4.20
Water workout £3.15



Free with a Gold One Card
Terms and conditions apply

Remember....

*If you think you're old, you ARE old.
Stay active physically and mentally
and think YOUNG*

Activity	Monday	Tuesday	Thursday	Friday	Sunday
Swimming and sauna	3.30 to 4.30pm	-	-	3.30 to 4.30pm	-
Water workout	-	-	-	3.30 to 4.30pm	-
Badminton (* takes place at Rew Valley Sports Centre, Ventnor)	-	9.30am to 12 noon*	9.30am to 12 noon*	-	10am to 1pm
Tone Zone gym	-	9am to 12 noon	9am to 12 noon	-	-

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The One Card gives unlimited access to selected sports and leisure activities, subject to availability, provided by the Isle of Wight Council. There are cards for adults, students and juniors. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

