

The Heights



The Heights Leisure Centre in Sandown has undergone major refurbishment to its pools and wetside changing rooms and now has a brand-new Tone Zone gym with state-of-the-art Pulse equipment.

New light-and-airy 70 station Tone Zone gym ✓

New contemporary café area ✓

New activity studio for fitness classes ✓

Accessible changing rooms ✓

The Heights Leisure Centre

Phase One of the refurbishment is complete. There are two deck-level swimming pools, the 25m main pool and a small pool; ideal if you're learning to swim and also for water workout classes. The new Tone Zone gym has the latest equipment, including the Pulse Smart Centre.

When is it open?

Seven days a week. For opening times, please phone for details or visit iwight.com/leisure. Please note: The Heights is closed for certain days between Christmas and New Year.

Is there parking?

There is a public car park on site. Three hours free for Heights' customers (terms and conditions apply). Ask at reception for details. Parking is free after 6pm.

Which bus will get me there?

Routes 2, 3 and 8 stop right outside.

Facilities

- Two deck-level swimming pools
- Tone Zone gym
- Activity studio for adult and junior fitness classes
- Swimming lessons
- Water workout classes
- Children's parties
- Squash courts (all league matches played at Westridge)

Contact

The Heights
Leisure Centre
Broadway, Sandown,
PO36 9ET

Tel: (01983) 405594
heights.leisure@iow.gov.uk

Facility Manager:
Stuart Babington

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