

Taster days programme at The Heights

| Date | Time | Activities |
|------------------------|--------------------|-------------------------|
| Saturday 15 January | 1pm to 2pm | Class (activity studio) |
| | 1pm to 3.30pm | Swimming |
| | 2pm to 4pm | Squash |
| | 2pm to 5pm | Gym (Tone Zone only) |
| Sunday 16 January | 9am to 12 noon | Swimming |
| | 10am to 1pm | Squash |
| | 11.30am to 12.30pm | Class (activity studio) |
| | 1pm to 5pm | Gym (Tone Zone only) |
| Saturday 22 January | 1pm to 2pm | Class (activity studio) |
| | 1pm to 3.30pm | Swimming |
| | 2pm to 4pm | Squash |
| | 2pm to 5pm | Gym (Tone Zone only) |
| Sunday 23 January | 9am to 12 noon | Swimming |
| | 10am to 1pm | Squash |
| | 11.30am to 12.30pm | Class (activity studio) |
| | 1pm to 5pm | Gym (Tone Zone only) |
| Saturday 29 January | 1pm to 2pm | Class (activity studio) |
| | 1pm to 3.30pm | Swimming |
| | 2pm to 4pm | Squash |
| | 2pm to 5pm | Gym (Tone Zone only) |
| Sunday 30 January | 9am to 12 noon | Swimming |
| | 10am to 1pm | Squash |
| | 11.30am to 12.30pm | Class (activity studio) |
| | 1pm to 5pm | Gym (Tone Zone only) |
| Saturday 5 February | 1pm to 2pm | Class (activity studio) |
| | 1pm to 3.30pm | Swimming |
| | 2pm to 4pm | Squash |
| | 2pm to 5pm | Gym (Tone Zone only) |
| Sunday 6 February | 9am to 12 noon | Swimming |
| | 10am to 1pm | Squash |
| | 11.30am to 12.30pm | Class (activity studio) |
| | 1pm to 5pm | Gym (Tone Zone only) |

The Heights Leisure Centre
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one1card
at the heart of fitness

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

