

# Taster days programme at Medina

Date	Time	Activities
Saturday 15 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
	3pm to 5pm	Sports Hall (badminton, table tennis, short tennis)
Sunday 16 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
	3pm to 5pm	Sports Hall (badminton, table tennis, short tennis)
Saturday 22 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
	3pm to 5pm	Sports Hall (badminton, table tennis, short tennis)
Sunday 23 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
Saturday 29 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
Sunday 30 January	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
Saturday 5 February	11am to 12 noon	Class (gym)
	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
	3pm to 5pm	Sports Hall (badminton, table tennis, short tennis)
Sunday 6 February	3pm to 5pm	Tone Zone
	3pm to 5pm	Swimming
	3pm to 5pm	Sports Hall (badminton, table tennis, short tennis)

**Medina Leisure Centre**  
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**Fax: (01983) 530693**  
**medina.leisure@iow.gov.uk**

  
*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](http://www.iwight.com/leisure)

