

Squash



If you're looking to improve your fitness, squash provides an intense cardiovascular and muscular workout – perfect for burning calories.

Excellent workout for heart and lungs



Improve co-ordination



Increase stamina



Great social game!



Squash

The Heights has four squash courts, all with balcony viewing. At Westridge there are seven courts including two glass-backed with spectator seating.

The Heights

Monday 9am to 5pm

Tuesday to Friday 9am to 10pm

Saturday 10am to 7pm

Sunday 9am to 10pm

Westridge

Monday, Wednesday 9am to 9pm

Tuesday 3pm to 9pm

Thursday 3pm to 6.40pm

Friday 9am to 6pm

Saturday 9am to 1pm

Court bookings are for 40 minutes. Last court is 40 minutes before the end of each day's session.



Where & When

The Heights

Tel: (01983) 405594

heights.leisure@iow.gov.uk

Westridge Squash

& Tone Zone Gym

Tel: (01983) 566243

westridge@iow.gov.uk

League games are played on Monday evenings at The Heights and Thursday and Friday evenings at Westridge.

To join ask at reception for more information.

Please note: booking recommended.

Pick up a leisure fees booklet for all activity prices.



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

one card

at the heart of fitness