

OTHER ACTIVITIES			Cost	Location
Children's parties	Per child		£7.10	● ●
Junior sports challenge	8 to 12 year olds	9am to 2pm	£9.00	●
Kids activity sessions	General session		£3.50	●
	Special session		£4.65	●
	5 to 7 year olds	2½ hours	£6.00	●
Sports halls and astroturf	8 to 12 years olds	9.30am to 4.30pm	£11.00	●
	Half	Per hour	£25.00	●
	Whole		£48.50	●
	Adults		£25.00	●
	Juniors		£20.00	●
Bleacher seating	POA		● ●	

- **The Heights Leisure Centre**
Broadway, Sandown, PO36 9ET
Tel: (01983) 405594 heights.leisure@iow.gov.uk
- **Medina Leisure Centre**
Fairlee Road, Newport, PO30 2DX
Tel: (01983) 523767 medina.leisure@iow.gov.uk
- **Westridge Squash and Tone Zone Gym**
Brading Road, Ryde, PO33 1QS
Tel: (01983) 566243 westridge@iow.gov.uk
- **Rew Valley Sports Centre**
Newport Road, Ventnor, PO38 1BQ
Tel: (01983) 405594 rew.valley@iow.gov.uk

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The One Card scheme puts a new flexibility at the heart of fitness and makes it easy for you to use Isle of Wight Council leisure facilities.

There are two options – Gold and Silver – both available for a regular monthly fee or a single annual payment (which will give you even bigger savings).



See the quick guide to help you choose the best One for you. Once you've chosen, pick up an application form and start getting active and putting the One Card at the heart of your fitness.



Choose the Gold One Card if you're keen to try our fitness classes and the Tone Zone gyms in Sandown, Newport and Ryde.



Choose the Silver One Card if you're keen on swimming, water workout, the health suite and racket sports. Remember, you can always upgrade to a Gold One Card.



If you are in receipt of certain benefits, you may be eligible for a discounted One Card. Pick up a leaflet or ask our reception staff for more information.

Recreation, Leisure and Public Spaces, Enterprise House, Monks Brook,
St Cross Business Park, Newport, Isle of Wight PO30 5WB
Tel (01983) 821000 ext 8724 onecard@iow.gov.uk www.iowight.com/leisure

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Fees and charges



Leisure fees and charges April 2012 to March 2013.
Available to download from www.iowight.com/leisure

- Swimming fees ✓
- Tone Zone gym prices ✓
- Health suite charges ✓
- Classes and activity sessions ✓

SWIMMING		Cost	Location
Casual swim (adult)	Includes lane swimming	£3.30	●●
Casual swim (junior)	Children up to 4 years old swim free	£1.80	●●
Aquafit	45 or 60 minutes	£4.50	●●
Parent and child (under 4) sessions	45 minutes	£4.20	●●
	Additional child	£0.80	●●
Aqua Natal	60 minutes	£4.50	●●
Swim for Fitness		£4.00	●●
Shower only	Per person	£2.00	●●

SWIMMING LESSONS (weekly pro rata rate)		Cost	Location
Adult	Per lesson	£5.15	●●
	Ten weeks (paid in advance)	£48.40	●●
Junior	Level 0 to 5 (30 minutes)	£4.00	●●
	Level 6 and 7 (45 minutes)	£4.50	●
	Level 6 and 7 (60 minutes)	£5.00	●

PRIVATE SWIMMING LESSONS (30 minutes)		Cost	Location
One person	Single session	£15.30	●●
	Five lessons (paid in advance)	£65.50	●●
	Ten lessons (paid in advance)	£122.40	●●
Two persons	Single lesson	£22.95	●●
Three persons	Single lesson	£30.60	●●

SWIMMING BADGES		Cost	Location
Badges	Includes certificates	£2.50	●●

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TONE ZONE GYM		Cost	Location
One Journey	Casual	£40.00	●●●
	Monthly	£30.00	●●●
	Direct debit/annual payment	£20.00	●●●
Casual use	All times	£6.20	●●●
Junior gym	10 to 15 years	£3.25	●●●
Family gym	Adult paying casually or a direct debit/annual One Card holder can take a junior free of charge	£6.20	●●●

HEALTH SUITE		Cost	Location
Health suite	Sauna, spa and steam – all times	£4.50	●
	Sauna	£2.85	●●
Infrared therapy cabin	Gold One Card holders	£5.00	
	Per session	£10.00	●●
	Special offer three sessions for the cost of two (must be booked and pre-paid)		

SQUASH		Cost	Location	
Casual	Adult	40 minute session	£3.40	●●
	Junior		£1.80	●●
League fees	Adult	Per league	£15.00	●●
	Junior		£10.00	●●
	Discounted price for league winners	Adult	£10.00	●●
		Junior	£7.00	●●

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BADMINTON, SHORT TENNIS, TABLE TENNIS			Cost	Location
Badminton per person/55 minutes/court	Adult	Singles game	£4.00	●●
	Junior		£2.80	●●
	Adult	Doubles game	£2.00	●●
	Junior		£1.40	●●
Table tennis	Adult	Per person/40 minutes	£3.40	●●●
	Junior		£1.80	●●●
Club use	Per court per hour	Two courts	£6.60	●●●

CLASSES AND ACTIVITY SESSIONS		Cost	Location	
General adult classes	45/60 minute classes	£4.50	●●	
	30 minute classes	£3.00	●●	
Junior classes	45 minute classes	£3.00	●●	
	60 minute classes	£3.30	●●	
Jazz and streetdance		£3.50	●	
50/50 and 50+		£4.00	●●●	
Circuit training		£3.80	●	
Bootcamp	Three sessions a week for four weeks	Casual	£84.50	●
		DD/annual One Card	£42.25	●
Fitness Pilates	One session a week for six weeks	Casual	£33.80	●
		DD/annual One Card	£16.90	●

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