

MAY HALF-TERM HOLIDAY FUN

at
THE HEIGHTS, SANDOWN AND REW VALLEY, VENTNOR
from
MONDAY 25 MAY TO FRIDAY 29 MAY 2009

MULTI-SPORTS MAYHEM @ REW VALLEY

Wednesday 27 May 10am to 2pm Cost £5
For 8 to 14 year olds

Come and try this fun-packed session. Indoor football, basketball, handball, games and much, much more.



DANCE MATS

Join in the fun for this new multi-player interactive workout. For 8 to 15 year olds
£3 a session

Friday 29 May 4.15 to 5pm



FOOTBALL FRENZY @ REW VALLEY

Tuesday 26 May
2 to 4pm

£1 a session
For 8 to 14 year olds

No need to book—
just turn up!

FAMILY GYM @ THE HEIGHTS

Every Saturday in the Health Zone 11.30am to 1.15pm
Parents £5.20 (one child free per parent—£3 for each additional child)

Come along and try it out!

Specially for ten to 15 year olds, Junior Gym combines cardiovascular and resistance exercises to encourage general fitness and help with weight management.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 to 5pm 10-12 year olds	4 to 4.45pm 4-6 year olds	4 to 5pm 10-12 year olds	4 to 5pm 10-12 year olds	4 to 5pm 10-12 year olds	11.30am to 1.15pm Family Gym (families and children between 10 and 15)
5 to 6pm 13-15 year olds	5 to 5.45pm 7-10 year olds	5 to 6pm 13-15 year olds	5 to 6pm 13-15 year olds	5 to 6pm 13-15 year olds	

Monday 25 May to Friday 29 May



Half-term course of intensive junior swimming lessons, based on the new NTPS stages 1 to 6.

Lessons start from 8.30am and last for 30 minutes. Ability assessed throughout the week.

You must book in advance for the course—forms and more information about class times are available at reception..

ASTRO-TURF @ REW VALLEY

Available to hire for £17 per hour. Must be pre-booked. Call 857189 or 405594 for more information

FREE SWIMMING

KIDS SWIM FREE IN THE SCHOOL HOLIDAYS
During casual sessions

for kids

CONTACT THE HEIGHTS RECEPTION FOR MORE INFORMATION
ON ANY OF THESE ACTIVITIES

The Heights Leisure Centre
Rew Valley Sports Centre

☎ 405594
☎ 857189

SPECIAL HALF-TERM HOLIDAY POOL PROGRAMME
OVER THE PAGE →



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