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



just turn up!

No need to book—

FOOTBALL FRENZY

© REW VALLEY

Tuesday 26 May

2 to 4pm £1 a session For 8 to 14 year olds 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
4 to 5pm
10-12 year olds
5 to 6pm
13-15 year olds

Tuesday 4 to 4.45pm4-6 year olds **5 to 5.45pm**7-10 year olds

Wednesday
4 to 5pm
10-12 year olds
5 to 6pm

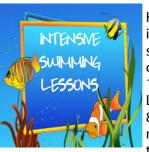
13-15 year olds

Thursday
4 to 5pm
10-12 year olds
5 to 6pm
13-15 year olds

Friday
4 to 5pm
10-12 year olds
5 to 6pm
13-15 year olds

11.30am to 1.15pm Family Gym (families and children between 10 and 15)

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 prebooked. Call 857189 or 405594 for more information

FREE 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

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SPECIAL HALF—TERM HOLIDAY POOL PROGRAMME OVER THE PAGE ⇒

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