

# The Heights



The Heights Leisure Centre in Sandown is open all year, with activities from swimming to squash, fitness classes to a health suite, Tone Zone gym and training.

Tone Zone gym



Personalised training plans



Fitness classes



Health suite



# The Heights Leisure Centre

## When is it open?

Seven days a week. For opening times, please phone for details.

Crèche opening times:  
Monday to Friday 9am to 2.30pm

The centre is closed for certain days between Christmas and New Year, please phone for details.

## Is there parking?

There is a free public car park on site.

## Which bus will get me there?

Routes 2, 3 and 8 stop right outside.

## Tell me more about swimming

There's a 25m pool plus a small pool ideal if you're learning to swim and also for water workout classes.

## Facilities

- Swimming
- Swimming lessons
- Water workout classes
- Tone Zone gym
- Fitness classes
- Squash courts
- Health suite
- Sunbed
- Crèche
- School holiday activities
- Far infrared therapy cabin

## Contact

The Heights  
Leisure Centre  
Broadway, Sandown,  
PO36 9ET

Tel: (01983) 405594

Fax: (01983) 405037

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Facility Manager:  
Dave McDine

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

**one1card**  
at the heart of fitness