

11th November 2014

Why wait until the New Year to get fit?

Did you know we run 24 exercise sessions every week?

Whether you're looking to take your fitness regime to the next level with our Boot Camp or HIIT sessions or looking for something a little gentler like our Easy Does It class or Seniors Table Tennis we have something to suit all ages and abilities. Plus if you take out any level of membership you will receive a parking permit to use in Moa Place car park every time you visit the centre.

UPCOMING EVENTS

Charity Auction - Saturday 6th December, 7pm - A festive evening with many beautiful works of art, Christmas gifts and services to be auctioned in aid of the Centre. Plus entertainment and bar. If you would like to donate an item email krissy@westwight.co.uk

Christmas Family Party - Friday 12th December, 6.30pm to 8.30pm. After the fantastic success of our Halloween party we're holding another evening of festive fun for all the family. Disco, games, fancy dress, bar and of course a visit Santa Claus. Entry by ticket only, children £3.50. Adults free!

Christmas Raffle - Lots of fabulous prizes up for grabs including gold membership to the Centre, Christmas hamper and gift vouchers galore! Tickets £1 each will be on sale at reception soon. If you would like to donate a prize please either drop it off at the centre or email krissy@westwight.co.uk

Christmas Quiz - Thursday 18th December, 7pm. Quiz master Adam is back with our hugely popular quiz. Tables fill up fast so get yours booked soon. Max 6 per team and £10 per team. Café will be open serving hot mince pies and mulled wine.

WEST WIGHT YOUTH PROJECT

Youth Club - Every Tuesday between 5.30pm and 7.30pm, it's open to school yrs 7 and up. We've got loads going on in the youth centre plus activities in the sports hall. Only 50p.

Youth Football - Brand new sessions every Sunday with a UEFA B coach. 7.15pm to 8.15pm for 11 to 14yrs and 8.15pm to 9.15pm for 14 to 19yrs. Come along and give us your ideas. It's your session so tell us what you want from it! Only £2.

Sunday Skate Club - Come and learn to skate with local legend John Cattle. Under 13's 5pm to 6pm and over 13's 6pm to 7pm. Only £4 with all equipment provided.

Sunday Youth Night - if you don't fancy football or kayaking you can still come and hang out in our cafe between 5pm and 9pm. Come and challenge our team to a race on Super Mario Karts on the Wii or a game of table tennis.

Water Survival Course - Mondays 5pm and 6pm. Learn skills that could save a life in the safety of our pool. Open to ages 11+ and must be able to swim 50 metres.

Duke of Edinburgh Award Scheme - A fantastic opportunity to learn new skills, make new friends, and a great addition to your CV for anyone aged 14 and over. Let our team help you achieve your bronze, silver and gold awards. Every Tuesday 7.30pm to 8.30pm.

To keep up to date with all our latest news why not sign up to our email newsletter