



THE WEST BAY COUNTRY CLUB & SPA

Get the New Year off to a
flying-somersaulting-pirouetting-volleying-start
with our Junior Activity Programme!



Gymnastics

Reach new heights with our gymnastics course!

For: All abilities
Age: 4-11 years old
Date & Time: Every Monday for 5 weeks starting
12th January from 16:30 – 17:30
Price: £30.00

Pre-Ballet

Budding ballet dancers

For: Beginners
Age: 6-8 years old
Date & Time: Every Wednesday for 6 weeks
starting 7th January from 16:30 – 17:15
Price: £30.00

Trampolining

With the West Wight Trampoline coaches

For: All abilities
Age: 5-11 years old
Date & Time: Every Friday for 6 weeks starting
9th January from 17:10 – 18:30
Price: £36.00

Tennis Coaching

Rain never stops play!

For: All abilities
Age: 4 years old and above
Date & Time: Every Thursday from 16:30
and at weekends
Price: £6.50 per person, per session

Contact us on 01983 766222 or email info@westbaycountryclub.co.uk
www.westbayclub.co.uk



Discover the West Bay Country Club & Spa

Whether you are looking to re-energise and tone up, relax and recharge your batteries, or improve your racquet skills, The West Bay Country Club & Spa has something for everyone, including a 20 metre heated indoor pool, high-spec fitness room, spinning studio, hot yoga studio, three all-weather tennis courts, table tennis, pool, squash and badminton courts and indoor sports hall. As a member you can enjoy:

- Our free health MOT, Body4life
- Personal Training
- Choose from over 60 all-inclusive fitness classes and activities a week
- Take part in our regular club competitions and many sports-specific sessions
- Enjoy 10% off natural and holistic therapies that will make your body and mind feel relaxed, rested and restored and your skin glow at our Island Wellness Spa
- Junior Members will love our West Bay Kids programme of free holiday activities, including pool fun hour, squash, racketball, table tennis, water polo and much more...
- The Coffee House is open daily and offers a selection of home-made light snacks, delicious fresh coffee and speciality teas as well as fresh vitality juices and smoothies

Why not take advantage of our Winter membership offer?

Join our 6 month Winter membership offer before the end of February 2015 and receive 1 free month of membership plus a complimentary Body4Life programme.

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