

SQUASH AND RACKETBALL

1leisure
have fun, get fit, stay fit

The Heights

Westridge

Squash and racketball are two great sports perfect for all abilities and ages. Every fitness level can get a great workout on the court.



EXCELLENT WORKOUT FOR HEART AND LUNGS

IMPROVE CO-ORDINATION

INCREASE STAMINA

GREAT SOCIAL GAME!

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FACTFILE

DURATION	INTENSITY	CALORIES BURNED	AGE RANGE	SUITABLE FOR BEGINNERS	GOLD CARD	SILVER CARD
40 MINUTES	LOW TO HIGH	UP TO 700	ALL	YES	YES	YES

PRICES

Adult	£4.20	Junior	£2
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WHAT

Bookings last 40 minutes and there are a number of leagues played at Westridge. Shots have some great names like The Ramy, The Trickle Boast and a Rolling Nick – why not master them all?

FAQ'S

How fit do I need to be?

Squash and racketball are great sports for all levels of fitness. Beginners can have a knock around but elite athletes can also get an incredible workout.

WHY

Squash and racketball provide an excellent and intense cardiovascular and muscular workout which is perfect for burning calories. We have ten state of-the-art squash courts with competition flooring and viewing galleries.

What do I need to bring?

Bring a towel and a water bottle. Wear comfortable sportswear and trainers. Goggles for juniors.

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1Leisure supports
*My life
a full life®*

one1card
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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 with flexible payment options.