

POOL ADMISSION GUIDELINES (ADULT TO CHILD RATIOS)

A responsible adult, aged at least 16 years or over, should accompany all children under the age of eight into the swimming pool and maintain a constant watch over the children for whom they are responsible. They are required to stay in the water with the children at all times and keep close contact with those children who are weak or non-swimmers.

Main pool

One adult can be responsible for:

- two children aged four to seven years old; or
- one child under four years old.

Small pool

Classified as a designated non-swimming area. One adult can be responsible for:

- three children aged four to seven years old; or
- two children under eight, where one or more may be under four years old.

Please note that these ratios are dependent on all non-swimming children wearing armbands or other buoyancy aids. We recommend that these armbands or buoyancy aids are approved to British or European Standards. All of the specified ratios are in accordance with the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) guidelines.

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The Heights

UPDATED: MARCH 2017

3188PLA 03/17 SC

PRICES

| | | |
|-------------------------------|------------------------------|-------------------------------|
| Casual swim (adult) --- £4.50 | Aquacise (adult) £6 | Aquababes £6 |
| Casual swim (junior) ---- £2 | Aquacise (junior) ---- £3.40 | - additional adult ---- £2.40 |
| Group swim £9.50 | | - additional child £1 |

Casual session, lane swimming, fun sessions and Aquacise classes are included in all the One Card options.

PUBLIC ACCESS AND SCHOOL SWIMMING

Children eight and over must use the correct changing room for their gender. If you have any special requirements please speak to the duty manager.

LANE SWIMMING

For competent swimmers only.
Slow, medium and fast lanes at all lane swimming sessions.

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Tel: 01983 823880

www.1leisure.co.uk

The Heights heights.leisure@iow.gov.uk



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.

THE HEIGHTS SCHOOL HOLIDAY POOL PROGRAMME

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There are two deck-level swimming pools at The Heights. The 25m main pool and a small pool – ideal if you're learning to swim and also for Aquacise classes.



CASUAL SWIMMING

SWIMMING LESSONS

AQUACISE CLASSES

LANE SWIMMING

WWW.1LEISURE.CO.UK



MAIN POOL

| | 7AM | 8AM | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM | 7PM | 8PM | 9PM | |
|-----------|--------------------------|---|----------------------------------|------|---------------------------|-----------------------------|---------------------|-----|----------------------|------------------|---------------------------------|---------------------------------|---|-------------------------------------|-----|--|
| MONDAY | | Lane swim 7 to 8.30am | Casual swim 8.30 to 10.30am | | Aquacise 10.30 to 11.15am | Aquacise 11.15am to 12 noon | Lane swim 12 to 1pm | | Casual swim 1 to 4pm | | Junior swim lessons 4 to 5.30pm | Lane swim 5.30 to 6.30pm | Aquacise 6.30 to 7.30pm | Casual swim 7.30 to 9pm | | |
| TUESDAY | Lane swim 6.30 to 7.30am | Marlins Swim Club ¹ 7.30 to 8.30am | Casual swim 8.30 to 11am | | | Aquacise 11am to 12 noon | Lane swim 12 to 1pm | | Casual swim 1 to 4pm | | Junior swim lessons 4 to 5.30pm | Lane swim 5.30 to 6.30pm | Swimfit 6.30 to 7.30pm Aqua rehab/natal 6.30 to 7.30pm | Adult swim ² 7.30 to 9pm | | |
| WEDNESDAY | | Lane swim 7 to 8.30am | Casual swim 8.30 to 10.30am | | Aquacise 10.30 to 11.15am | Aquacise 11.15am to 12 noon | Lane swim 12 to 1pm | | Casual swim 1 to 4pm | | Junior swim lessons 4 to 5.30pm | Lane swim 5.30 to 6.30pm | Aquacise 6.30 to 7.30pm | Casual swim 7.30 to 9pm | | |
| THURSDAY | Lane swim 6.30 to 7.30am | Marlins Swim Club ¹ 7.30 to 8.30am | Casual swim 8.30 to 11am | | | Aquacise 11am to 12 noon | Lane swim 12 to 1pm | | Casual swim 1 to 4pm | | Junior swim lessons 4 to 5.30pm | Lane swim 5.30 to 6.30pm | Casual swim 6.30 to 8pm | Adult lane swim 8 to 9pm | | |
| FRIDAY | | Lane swim 7 to 8.30am | Casual swim 8.30 to 10.30am | | Aquacise 10.30 to 11.15am | Aquacise 11.15am to 12 noon | Lane swim 12 to 1pm | | Casual swim 1 to 4pm | | Junior swim lessons 4 to 5.30pm | Lane swim 5.30 to 6.30pm | Aquacise 6.30 to 7.30pm | Casual swim 7.30 to 9pm | | |
| SATURDAY | | | Junior swim lessons 8.30 to 11am | | | Casual swim 11am to 4pm | | | | Parties 4 to 5pm | Private hire 5 to 6pm | | | | | |
| SUNDAY | | Lane swim 8 to 9am | Casual swim 9am to 4pm | | | | | | | | | Junior swim lessons 5 to 5.30pm | | | | |

SMALL POOL

| | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM |
|-----------|----------------------------------|--|--------------------------------|-------------------------|-----|-------------------------|-----|------------------------------------|-----------------------|----------------------------|
| MONDAY | | Low intensity aquacise 9.45 to 10.30am | Casual swim 10.30am to 12 noon | Private hire 12 to 1pm | | Casual swim 1 to 3.30pm | | Junior swim lessons 3.30 to 5.30pm | | Casual swim 5.30 to 6.30pm |
| TUESDAY | | Aqua Babes 10 to 11am | Casual swim 11am to 12 noon | Private hire 12 to 1pm | | Casual swim 1 to 3.30pm | | Junior swim lessons 3.30 to 5.30pm | | Casual swim 5.30 to 6.30pm |
| WEDNESDAY | | Low intensity aquacise 9.45 to 10.30am | Casual swim 10.30am to 12 noon | Private hire 12 to 1pm | | Casual swim 1 to 3.30pm | | Junior swim lessons 3.30 to 5.30pm | | Casual swim 5.30 to 6.30pm |
| THURSDAY | | Aqua Babes 10 to 11am | Casual swim 11am to 12 noon | Private hire 12 to 1pm | | Casual swim 1 to 3.30pm | | Junior swim lessons 3.30 to 5.30pm | | Casual swim 5.30 to 6.30pm |
| FRIDAY | | Low intensity aquacise 9.45 to 10.30am | Casual swim 10.30am to 12 noon | Private hire 12 to 1pm | | Casual swim 1 to 3.30pm | | Junior swim lessons 3.30 to 5.30pm | | Casual swim 5.30 to 6.30pm |
| SATURDAY | Junior swim lessons 8.30 to 11am | | | Casual swim 11am to 4pm | | | | Parties 4 to 5pm | Private hire 5 to 6pm | |
| SUNDAY | Casual swim 9am to 4pm | | | | | | | Junior swim lessons 4 to 5pm | | |

Notes:

- 1 Private hire sessions – if you wish to join these sessions please book and pay direct with the relevant group, not 1Leisure.
- 2 In certain sessions we may also hold staff training at this time.