

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.

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.

Please enquire about adult swimming lessons at reception. A six-week block of lessons costs £32.70.

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UPDATED: AUGUST 2017

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PRICES

| | | |
|------------------------------|------------------------------|-------------------------------|
| Casual swim (adult) ---£4.50 | Aquacise (adult) £6 | Aquababes £5.20 |
| Casual swim (junior) -£2.20 | 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
medina.leisure@iow.gov.uk



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*My life
a full life*

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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.

MEDINA POOL PROGRAMME

excluding school holidays
(see separate programmes)

Swimming is a great activity for all-round fitness. It's great for your joints and muscles. Meet people at Aquacise classes or choose lane swimming.

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MAIN POOL

| | 7AM | 8AM | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM | 7PM | 8PM | 9PM |
|------------------|---|-----------------------------------|-------------------------------------|---|------------------------------------|------|--------------------------------------|----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|--|--|------------------|-----|
| MONDAY | | Lane swim (two lanes) 7.15 to 9am | Aquacise ² 9 to 10am | | School hire 10.30 to 11.30am | | Lane swim 12 to 1pm | Casual swim (two lanes) 1 to 3pm | | Junior swim lessons 3.30 to 5pm | Casual swim (two lanes) 5 to 7pm | | Aquacise ² 7 to 8pm Hydro Active ¹ 7 to 8pm | Swimfit 8 to 9pm | |
| TUESDAY | Seaclose Swim Club ¹ 6 to 7.30am | Lane swim (two lanes) 7.15 to 9am | Hydro Active ¹ 9 to 10am | | School hire 10.30 to 11.30am | | Lane swim 12 to 1pm | Casual swim (two lanes) 1 to 3pm | | Junior swim lessons 3.30 to 5pm | Casual swim (two lanes) 5 to 7pm | Seaclose Swim Club ¹ 7 to 9pm | | | |
| WEDNESDAY | Seaclose Swim Club ¹ 6 to 7.30am | Lane swim (two lanes) 7.15 to 9am | Aquacise ² 9 to 10am | | School hire 10.30 to 11.30am | | Lane swim 12 to 1pm | Casual swim (two lanes) 1 to 3pm | | Junior swim lessons 3.30 to 5pm | Casual swim (two lanes) 5 to 7pm | Aquacise ² 7 to 8pm | Wight Tri ¹ 8 to 9pm | | |
| THURSDAY | Seaclose Swim Club ¹ 6 to 7.30am | Lane swim (two lanes) 7.15 to 9am | Aquacise ² 9 to 10am | | School hire 10.30 to 11.30am | | Lane swim 12 to 1pm | Casual swim (two lanes) 1 to 3pm | | Junior swim lessons 3.30 to 5pm | Casual swim (two lanes) 5 to 7pm | Aquacise ² 7 to 8pm | Adult swim 8 to 9pm | | |
| FRIDAY | | Lane swim (two lanes) 7.15 to 9am | Aquacise ² 9 to 10am | | School hire 10.30 to 11.30am | | Lane swim 12 to 1pm | Casual swim (two lanes) 1 to 3pm | | Junior swim lessons 3.30 to 5pm | Casual swim (two lanes) 5 to 7pm | Seaclose Swim Club ¹ 7 to 9pm | | | |
| SATURDAY | Seaclose Swim Club ¹ 6.30 to 10.30am | | | | Junior swim lessons 10.30am to 1pm | | Fun session 1 to 3pm | | Casual swim ³ 3 to 5pm | | | | | | |
| SUNDAY | | | | Casual swim ⁴ 9.30am to 12pm | | | Available for private hire 12 to 1pm | Fun session 1 to 3pm | | Casual swim ³ 3 to 5pm | | Seaclose Swim Club ¹ / West Wight Swim Club ¹ 5 to 8pm | | | |

SMALL POOL

| | 7AM | 8AM | 9AM | 10AM | 11AM | 12PM | 1PM | 2PM | 3PM | 4PM | 5PM | 6PM | 7PM | |
|------------------|-----|-----|--|--|------------------------------|------|--------------------------------------|----------------------|-------------------------------------|----------------------|------------------------------------|-------------------------|-----|--|
| MONDAY | | | | Aqua Babes 9.30 to 10.30am | School hire 10.30 to 11.30am | | Casual swim 12 to 2pm | | Available for private hire 2 to 3pm | | Junior swim lessons 3.30 to 5.30pm | Casual swim 5.30 to 7pm | | |
| TUESDAY | | | | Aqua Babes 9.30 to 10.30am | School hire 10.30 to 11.30am | | Casual swim 12 to 2pm | | Available for private hire 2 to 3pm | | Junior swim lessons 3.30 to 5.30pm | Casual swim 5.30 to 7pm | | |
| WEDNESDAY | | | | Available for private hire 9.30 to 10.30am | School hire 10.30 to 11.30am | | Casual swim 12 to 2pm | | Available for private hire 2 to 3pm | | Junior swim lessons 3.30 to 5.30pm | Casual swim 5.30 to 7pm | | |
| THURSDAY | | | | Aqua Babes 9.30 to 10.30am | School hire 10.30 to 11.30am | | Casual swim 12 to 2pm | | Available for private hire 2 to 3pm | | Junior swim lessons 3.30 to 5.30pm | Casual swim 5.30 to 7pm | | |
| FRIDAY | | | | Available for private hire 9.30 to 10.30am | School hire 10.30 to 11.30am | | Casual swim 12 to 2pm | | Available for private hire 2 to 3pm | | Junior swim lessons 3.30 to 5.30pm | Casual swim 5.30 to 7pm | | |
| SATURDAY | | | Seaclose Swim Club ¹ 8.30 to 10am | Junior swim lessons 10am to 1pm | | | Fun session 1 to 3pm | | Casual swim 3 to 5pm | | | | | |
| SUNDAY | | | Seaclose Swim Club ¹ 8.30 to 9.30am | Casual swim 9.30 to 12pm | | | Available for private hire 12 to 1pm | Fun session 1 to 3pm | | Casual swim 3 to 5pm | | | | |

Notes:

- Private hire sessions – if you wish to join these sessions please book and pay direct with the relevant group, not Leisure.
- These classes are held in the shallow end of the pool.
- Lane swim (two lanes), 4 to 5pm.
- Lane swim (two lanes), 9.35 to 11am.