

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.

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Medina

UPDATED: JULY 2018

3695PLA 08/18 SC

PRICES

Casual swim (adult) ---£4.60	Aquacise (adult) ----- £6	Aquababes ----- £5.50
Casual swim (junior) -£2.30	Aquacise (junior) from £3.40	- additional adult ---- £2.50
Group swim ----- £10		- 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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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 SCHOOL HOLIDAY POOL PROGRAMME

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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.



CASUAL SWIMMING

SWIMMING LESSONS

AQUACISE CLASSES

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 7.15 to 9am	Aquacise ² 9 to 10am	Fun session 10am to 12pm		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (lane swim two lanes) 5 to 7pm	Aquacise ² 7 to 8pm HydroActiv ¹ 7 to 8pm	Swimfit 8 to 9pm		
TUESDAY	Seaclose Swim Club ¹ (two lanes) 6 to 7.30am	Lane swim 7.15 to 9am	Hydro Activ ¹ 9 to 10am	Fun session 10am to 12pm		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (lane swim two lanes) 5 to 7pm	Seaclose Swim Club ¹ 7 to 9pm			
WEDNESDAY	Seaclose Swim Club ¹ (two lanes) 6 to 7.30am	Lane swim 7.15 to 9am	Aquacise ² 9 to 10am	Fun session 10am to 12pm		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (lane swim two lanes) 5 to 7pm	Aquacise ² 7 to 8pm	Wight Tri ¹ 8 to 9pm		
THURSDAY	Seaclose Swim Club ¹ (two lanes) 6 to 7.30am	Lane swim 7.15 to 9am	Aquacise ² 9 to 10am	Fun session 10am to 12pm		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (lane swim two lanes) 5 to 7pm	Aquacise ² 7 to 8pm	Adult swim 8 to 9pm		
FRIDAY		Lane swim 7.15 to 9am	Aquacise ² 9 to 10am	Fun session 10am to 12pm		Lane swim 12 to 1pm	Casual swim (two lanes) 1 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5pm	Casual swim (lane swim two lanes) 5 to 7pm	Seaclose Swim Club ¹ 7 to 9pm			
SATURDAY	Seaclose Swim Club ¹ 7 to 10.30am			Junior swim lessons 10.30am to 1pm			Fun session 1 to 3pm		Casual swim ³ 3 to 5pm						
SUNDAY		Seaclose Swim Club ¹ 8 to 9.30am	Casual swim ⁴ 9.35am to 12pm			Available for private hire 12 to 1pm	Fun session 1 to 3pm		Casual swim ³ 3 to 5pm		Seaclose Swim Club/West Wight Swim Club ¹ 5 to 8pm				

SMALL POOL

	10AM	11AM	12PM	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM
MONDAY		Fun session 10am to 12pm		Casual swim 12 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5.30pm	Casual swim 5.30 to 7pm			
TUESDAY		Fun session 10am to 12pm		Casual swim 12 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5.30pm	Casual swim 5.30 to 7pm			
WEDNESDAY		Fun session 10am to 12pm		Casual swim 12 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5.30pm	Casual swim 5.30 to 7pm			
THURSDAY		Fun session 10am to 12pm		Casual swim 12 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5.30pm	Casual swim 5.30 to 7pm			
FRIDAY		Fun session 10am to 12pm		Casual swim 12 to 2pm	Fun session 2 to 3pm		Junior swim lessons 3.30 to 5.30pm	Casual swim 5.30 to 7pm			
SATURDAY	Junior swim lessons 10am to 1pm			Fun session 1 to 3pm		Casual swim 3 to 5pm					
SUNDAY	Casual swim 9.30am to 12pm		Available for private hire 12 to 1pm	Fun session 1 to 3pm		Casual swim 3 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 These classes are held in the shallow end of the pool.
- 3 Lane swim (two lanes), 4 to 5pm.
- 4 Lane swim (two lanes), 9.30 to 11am.