

## 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: OCTOBER 2018

4124NBH 10/18 SC

### PRICES

Casual swim (adult) ---£4.60	Group swim ..... £10	Aquababes ..... £5.50
Casual swim (junior) --£2.30	Aquacise (adult) ..... £6	- additional adult .... £2.50
Casual swim (under 4) -FREE	Aquacise (junior) from £3.10	- 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](http://www.1leisure.co.uk)

The Heights heights.leisure@iow.gov.uk

LET'S BE SOCIAL!



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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](http://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 <sup>1</sup> 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	Casual swim 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 <sup>1</sup> 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 <sup>3</sup> 6.30 to 7.30pm	Adult lane swim 7.30 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
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SATURDAY	Junior swim lessons 8 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 Leisure.
- 2 In certain sessions we may also hold staff training at this time.
- 3 Junior Tri Club have two lanes during this session.