SMALL POOL

TIME	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm
Monday		Low intensity water workout 10 to 11am		Casual swim 11am to 1pm Private hire 11am to 1pm		Schools swim 1 to 2.45pm	Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm
Tuesday			Aqua Babes 10.30 to 11.30am	Casual swim 11.30am to 1pm		Schools swim 1 to 2.45pm	Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm
Wednesday		Low intensity water workout 10 to 11am		Casual swim 11am to 1pm		Schools swim 1 to 2.45pm	Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm
Thursday			Aqua Babes 10.30 to 11.30am	Casual swim 11.30am to 1pm		Schools swim 1 to 2.45pm	Casual swim 2.45 to 3.30pm	Junior swim lessons 3.30 to 5.30pm		Casual swim 5.30 to 6.30pm
Friday		Low intensity water workout 10 to 11am		Casual swim 11am to 1pm Private hire 11am to 1pm		Schools swim 1 to 2.45pm	Casual swim 2.45 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	Saturday night club for disabilities 5 to 6pm	
Sunday		Casual swim 9am to 4pm						Junior swim lessons 4 to 5pm		

Both swimming pools and pool changing rooms will be closed to the public when school swimming takes place.

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.

All times are correct at the time of print and are subject to change. Separate programmes will be issued for all school holidays.

Pick up a leisure fees booklet for all activity prices or visit iwight.com/leisure

The Heights

Pool programme – May to July 2014

excluding all school holidays (see separate programmes)

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 water workout classes.

- Casual swimming ✓
- Swimming lessons ✓
- Water workout classes ✓
- Lane swimming ✓

ISLE of WIGHT COUNCIL

MAIN POOL

TIME	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 11am			Water Workout 11am to 12 noon	Lane swim 12 to 1pm	Schools swim 1 to 2.45pm	Casual swim 2.45 to 4pm		Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Water workout 6.30 to 7.30pm	Casual swim 7.30 to 9pm	
Tuesday		Lane swim 6.30 to 7.30am / Marlins Swim Club 7.30 to 8.30am	Casual swim 8.30 to 10am	Adult lessons 10 to 11am		Water Workout 11am to 12 noon	Lane swim 12 to 1pm	Schools swim 1 to 2.45pm	Casual swim 2.45 to 4pm		Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Aqua Rehab/ Natal 6.30 to 7.30pm / Swim Britain 6.30 to 7.30pm	Staff Training/Marlins 7.30 to 9pm / Adult swim 7.30 to 9pm	
Wednesday		Lane swim 7 to 8.30am	Casual swim 8.30 to 11am			Water Workout 11am to 12 noon	Lane swim 12 to 1pm	Schools swim 1 to 2.45pm	Casual swim 2.45 to 4pm		Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Water workout 6.30 to 7.30pm	Casual swim 7.30 to 9pm	
Thursday		Lane swim 6.30 to 7.30am / Marlins Swim Club 7.30 to 8.30am	Casual swim 8.30 to 11am			Water Workout 11am to 12 noon	Lane swim 12 to 1pm	Schools swim 1 to 2.45pm	Casual swim 2.45 to 4pm		Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Seaclose Swim Club 6.30 to 8pm		Adult lane swim 8 to 9pm
Friday		Lane swim 7 to 8.30am	Casual swim 8.30 to 11am			Water Workout 11am to 12 noon	Lane swim 12 to 1pm	Schools swim 1 to 2.45pm	Casual swim 2.45 to 4pm		Junior swim lessons 4 to 5.30pm	Lane swim 5.30 to 6.30pm	Water workout 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	Saturday night club for disabilities 5 to 6.30pm				
Sunday			Lane swim 8 to 9am	Casual swim 9am to 4pm						Junior swim lessons 4 to 5.30pm					

Public access and school swimming

Both swimming pools and pool changing rooms will be closed to members of the public when school swimming takes place. Please check the pool programmes for these times.

Lane swimming

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

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.

Two pools

Contact
The Heights
Leisure Centre
Broadway, Sandown,
PO36 9ET

Tel: (01983) 405594
heights.leisure@iow.gov.uk

Facility Manager:
Stuart Babington

Casual swimming and water workout classes are included in all the One Card options.

facebook.com/iwheights

Pick up a leisure fees booklet for all activity prices.

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. There is a monthly fee with flexible payment options.

Find out more at www.iwight.com/leisure

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