

One Leisure Medina, Fairlee Road, Newport, PO30 2DX

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TO BOOK NOW!

PLUS!
ACTIV8
XTRA

ACTIV8

65 ACTIV8
65 ACTIV8 XTRA
£12 FOR THE
WHOLE DAY

Join us for
Activ8 and
Activ8 Xtra
for Easter
holiday fun!



Activ8 and Activ8 Xtra
are for 8 to 11 year olds.
Little Monkeys is for 6 to 7 year olds.
www.iwight.com/leisure



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.

CAR PARKING

There are now 241 parking spaces on site—the 14 closest to the leisure centre and theatre are designated for blue badge holders only.



Car parking charges are now in operation between 8am to 6pm Monday to Friday. Please make sure you pay for your parking or display your permit before using the leisure centre. Failure to do so may result in a Penalty Charge Notice.

Gold One Card members and parents/guardians taking their children to swimming lessons will be issued with a separate permit (terms and conditions apply).

Please ask at reception for more information.

TEL : 01983 823880
www.iwight.com/oneleisure

 Find us on
FACEBOOK
[/iwmedina](https://www.facebook.com/iwmedina)

Medina
Fairlee Road, Newport PO30 2DX
Email : medina.leisure@iow.gov.uk

All times are correct at the time of print and are subject to change.

Separate programmes are issued for all school holidays.

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



MEDINA 1leisure

EASTER SCHOOL HOLIDAY
POOL PROGRAMME

have fun, get fit, stay fit
Medina

Saturday 28 March to Sunday 12 April 2015



Don't miss our fun sessions
with large floats and balls
Monday to Friday
10am to 12 noon and 2 to 3pm

www.iwight.com/oneleisure



Day	Main pool				Saturday 28 March to Sunday 12 April 2015					
	Morning			Afternoon		Evening				
Monday		Adult swim 7.15 to 9am (Lane swim two lanes)	Tabaqua & Tone 9 to 10am	Casual* 10am to 3pm Fun sessions 10am to 12 noon and 2 to 3pm Lane swim (two lanes) 12 to 2pm	50+ swim 3 to 4pm	Casual swim 4 to 7pm (Lane swimming two lanes)		Urban Aqua & Hydroactif** 7 to 7.55pm (private hire)	Adult lane swim 8 to 9pm Adult improver lessons 8 to 9pm	
Tuesday	***	Adult swim 7.15 to 9am Lane swim 7.30 to 9am	HydroActif** 9 to 10am (private hire)		Swim lessons 3.30 to 5pm		Casual* 5.05 to 7pm	Seaclose Swim Club** 7 to 9pm (private hire)		
Wednesday	***	Adult swim 7.15 to 9am Lane swim 7.30 to 9am						Tabaqua & Tone 7 to 7.55pm	Adult lane swim* 8 to 9pm WightTri** 8 to 9pm	
Thursday	***	Adult swim 7.15 to 9am Lane swim 7.30 to 9am	Water wellness 9 to 10am		Cardio Challenge 7 to 7.55pm	Adult lane swim 8 to 9pm				
Friday		Adult swim 7.15 to 9am (Lane swim two lanes)	Ageless Aqua 9 to 10am		50+ swim 3 to 4pm	Casual* 4 to 6pm	Short Breaks 6 to 7pm	Seaclose Swim Club** 7 to 9pm (private hire)		
Saturday	Seaclose Swim Club 7 to 10.30am		Lessons 10.30am to 1pm	Casual * 1.05 to 5pm		Private hire 5 to 7pm				
Sunday	Casual * 9.35am to 12.30pm			Casual* 1.30 to 5pm						

BOTH POOLS WILL CLOSE AT 5PM ON GOOD FRIDAY AND EASTER MONDAY

*Adult lane swimming (two lanes only) :

Mon to Fri	7.30 to 9am & 12 to 2pm	Tue to Thu	4.35 to 7pm	Fri	4 to 6pm	Sat	4 to 5pm	Sun	9.35 to 11am & 4 to 5pm
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** Private classes—not included in the One Card

*** Seaclose SC Tuesday, Wednesday, Thursday—two lanes 6am to 7.30am

Day	Small pool		Saturday 28 March to Sunday 12 April 2015		
	Morning		Afternoon		Evening
Monday					
Tuesday	Casual 10am to 3pm		Swimming lessons 3.30 to 5pm		Casual 5.05 to 7pm
Wednesday	Fun sessions 10am to 12 noon and 2 to 3pm				
Thursday					
Friday			Swimming lessons 3.30 to 6pm		Short Breaks 6 to 7pm
Saturday	Swimming lessons 10am to 1pm		Casual 1.05 to 5pm		
Sunday	Casual 9.30am to 12.30pm		Casual 1.30 to 5pm		

Normal pool admission guidelines apply—see overleaf

Casual swimming : During busy sessions (for example, during bad weather), our casual sessions become extremely busy. At these times, we operate a band system and your swim may be restricted to one hour.

BOTH POOLS WILL CLOSE AT 5PM ON GOOD FRIDAY AND EASTER MONDAY