

## SMALL POOL

TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday			Casual swimming 9am to 11am		School swimming* 11am to 12.30pm		Casual swim 12.30pm to 1.30pm	School swim* 1.30pm to 2.30pm	Casual swim 2.30pm to 3.25pm	Lessons 3.30pm to 6pm		Casual swim 6pm to 7pm	Adult lessons 8pm to 8.45pm		
Tuesday			Casual swim 9am to 10.30am	Aqua babes 10.30 to 11.30am	School swim* 11.30am to 12.30pm	Casual swim 12.30pm to 1.30pm	Aqua babes 1.30pm to 2.30pm	Aqua babes 2.30pm to 3.30pm	Lessons 3.30pm to 6pm		Casual swim 6pm to 7pm				
Wednesday			Casual swim 9am to 10am	School swim* 10am to 12.30pm		Casual swim 12.30pm to 1.30pm	School swimming* 1.30pm to 3.30pm		Lessons 3.30pm to 6pm		Casual swim 6pm to 7pm				
Thursday			Casual swim 9am to 11.30am		Aqua babes 11.30am to 12.30pm	Casual swim 12.30pm to 1.30pm	Aqua babes 1.30pm to 2.30pm	Casual 2.30pm to 3.25pm	Lessons 3.30pm to 6pm		Casual swim 6pm to 7pm				
Friday			School swimming* 9am to 11.30am		Aqua Babes 11.30am to 12.30pm	Casual 12.30pm to 1.30pm	School swimming* 1.30pm to 3.30pm		Lessons 3.30pm to 6pm		Casual swim 6pm to 7pm				
Saturday	Private hire 7am to 10am			Lessons 10am to 1pm			Casual swim 1.05pm to 5pm			Available for hire 5pm to 7pm					
Sunday	Private hire 7am to 9.30am		Casual swim 9.35am to 12.30pm			Private hire 12.30 to 1.30pm		Casual swim 1.30pm to 5pm		Private hire 5pm to 8pm					

### Prices: casual users

Adult	£3.30	Aqua babes	£4.20
Junior	£1.80	Additional child	80p
Water workout	£4.50		

Swimming is free during school holidays for all junior One Card holders who are Island residents. Terms and conditions apply.

\* 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.

## Medina Leisure Centre

Pool programme April to July 2012



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

Casual swimming



Swimming lessons



Water workout classes



Lane swimming



## MAIN POOL

TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday		Adult swim 7am to 9am	Aquafit 9am to 10am	Aqua natal 10am to 11am	School swimming* 11am to 12.30pm	Casual swim 12.30pm to 1.30pm	School swim* 1.30pm to 2.30pm	Casual swim 2.30pm to 3.25pm	50+ Swim 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)	Casual swim 4.35pm to 7pm	Aquafit 7pm to 8pm (shallow end only)	Adult lessons 8pm to 8.45pm			
Tuesday	Private hire 6am to 7.45am	Adult swim 7.45am to 9am	Private hire 9am to 10am	Casual Swim 10am to 11.30am	School swim* 11.30am to 12.30pm	Casual swim 12.30pm to 1.30pm	Casual swim 1.30pm to 3.25pm		Lessons 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)	Casual swim 4.35pm to 7pm	Private hire 7pm to 9pm	Adult swim 9pm to 10pm			
Wednesday		Adult swim 7am to 9am	Casual swim 9am to 10am	School swimming* 10am to 12.30pm	Casual swim 12.30pm to 1.30pm	School swimming* 1.30pm to 3.30pm		Lessons 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)	Casual swim 4.35pm to 7pm	Aquafit 7pm to 8pm (shallow and deep)	Swim 4 fitness 8pm to 9pm	Available for hire 9pm to 10pm			
Thursday	Private hire 6am to 7.45am	Adult swim 7.45am to 9am	Aquafit 9am to 10am	Casual swim 10am to 11.30am	School swim* 11.30am to 12.30pm	Casual swim 12.30pm to 1.30pm	Private hire 1.30pm to 2.30pm	Casual swim 2.30pm to 3.25pm	Lessons 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)	Casual swim 4.35pm to 7pm	Aquafit 7pm to 8pm (shallow and deep)	Adult swim 8pm to 9pm			
Friday		Adult swim 7am to 9am	School swimming* 9am to 11.30am	Casual swim 11.30pm to 1.30pm	School swimming* 1.30pm to 3.30pm		50+ Aquafit and swim 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)	Casual swim 4.35pm to 7pm	Private hire 7pm to 10pm						
Saturday		Private hire 7am to 10.30am		Lessons 10.30am to 1pm	Casual swim 1.05pm to 5pm			Available for hire 5pm to 7pm								
Sunday		Private hire 7am to 9.30am	Swim 4 fitness 9.35am to 11am (two lanes)	Casual swim 9.35am to 12.30pm	Private hire 12.30pm to 1.30pm	Casual swim 1.30pm to 5pm	Swim 4 fitness 4pm to 5pm (two lanes)	Private hire 5pm to 8pm								

### Private pool hire

You can hire the pool for private functions, birthday parties, etc. Please contact reception for details.

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

### 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 Institute of Sport and Recreation (ISRM) guidelines.



Two pools

### Contact

Medina Leisure Centre  
Fairlee Road  
Newport  
PO30 2DX

Tel (01983) 523767  
[medina.leisure@iow.gov.uk](mailto:medina.leisure@iow.gov.uk)

Facility Manager:  
Paul Broome

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

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](http://www.iwight.com/leisure)

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at the heart of fitness

## SMALL POOL

TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday			50+ water workout* 9am to 9.45am	Water workout 10am to 11am	Casual swim 11am to 1pm		School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm		Lessons 3.30pm to 5.30pm		Casual swim 5.30pm to 8pm			Water workout 8.15 to 9.15pm
Tuesday		50+ water workout* 8.30am to 9.15am	Water workout 9.30am to 10.30am	Aquababes 10.30am to 12pm	Casual swim 12 noon to 1pm		School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm		Lessons 3.30pm to 5.30pm		Casual swim 5.30pm to 6.30pm	Lessons	SWSC 6.30pm to 8pm	
Wednesday			Casual swim 9am to 10.30am	Aqua natal* 10.30am to 11am	50+ water workout 11am to 11.45am	Casual swim 11.45am to 1pm	School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm		Lessons 3.30pm to 5.30pm		Casual swim 5.30pm to 8pm			
Thursday		School swimming* 9am to 9.30am		Aquababes 9.30am to 11am		Casual swim 11am to 3.30pm				Lessons 3.30pm to 5.30pm		Casual swim 5.30pm to 6.30pm	Lessons	SWSC 6.30pm to 8pm	
Friday			Casual swim 9am to 10am	Water workout 10am to 11am		Casual swim 11am to 3.30pm				Lessons 3.30pm to 5.30pm		Casual swim 5.30pm to 8pm			
Saturday		SWSC 7am to 8.30am	Lessons 8.30am to 11am			Lessons 11am to 2pm		Casual swim 11am to 5pm				Saturday night club for disabilities 5pm to 6.30pm			
Sunday						Casual swim 9am to 4pm						SWSC 4pm to 6.45pm			

♦ 50+ water workout classes on Monday and Tuesday mornings is in term-time only. \* Wednesday's aqua natal class starts at 10am in the main pool, continuing at 10.30am in the small pool.

### Prices: casual users

Adult	£3.30	Aqua babes	£4.20
Junior	£1.80	Additional child	80p
Water workout	£4.50		

Swimming is free during school holidays for all junior One Card holders who are Island residents. Terms and conditions apply.

\* 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.

## The Heights

Pool programme September to December 2011



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

Casual swimming



Swimming lessons



Water workout classes



Lane swimming



## MAIN POOL

TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm
Monday	Adult swim 6.30am to 8.30am		Casual swim 8.30am to 12 noon			Lane swim 12 noon to 1pm	School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 4pm	Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 10pm					
	Two lanes for swimming		Lessons			WWSC 8.30pm to 10pm										
Tuesday	Adult swim 6.30am to 7.30am	Marlins SC 7.30am to 8.30am	Casual swim 8.30am to 12 noon			Lane swim 12 noon to 1pm	School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 4pm	Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	SWSC 6.30pm to 8.30pm		Adult swim 8.30pm to 10pm			
	Two lanes for swimming		Lessons			Staff training										
Wednesday	Adult swim 6.30am to 8.30am		Casual swim 8.30am to 12 noon Aqua natal* 10am to 10.30am			Lane swim 12 noon to 1pm	School swimming* 1pm to 2.45pm	Casual swim 2.45pm to 4pm	Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 8pm	Water workout 8pm to 9pm	Ladies only 9pm to 10pm			
	Two lanes for swimming		Lessons			WWSC 6.30pm to 8pm										
Thursday	Adult swim 6.30am to 7.30am	Marlins SC 7.30am to 8.30am	Casual swim 8.30am to 12 noon			Lane swim 12 noon to 1pm	Water workout 1pm to 2pm (term-time only)	Casual swim 2pm to 4pm		Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	SWSC 6.30pm to 8pm	Adult lessons 8.15pm to 9pm	Adult swim 9pm to 10pm		
	Two lanes for swimming		Lessons													
Friday	Adult swim 6.30am to 8.30am		Casual swim 8.30am to 12 noon			Lane swim 12 noon to 1pm	Casual swim 1pm to 4pm		Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 8pm	Water workout 8pm to 9pm	Adult swim 9pm to 10pm			
	Two lanes for swimming		Lessons													
Saturday	SWSC 7am to 8.30am		Lessons 8.30am to 11am		Casual swim 11am to 3.30pm			Kids' fun time 3.30pm to 5pm	Saturday night club for disabilities 5pm to 6.30pm							
					Lessons 11am to 2pm											
Sunday	Lane swim 8am to 9am		Two lanes 9am to 10am		Casual swim 9am to 4pm			SWSC 4pm to 6.45pm		Octopush 6.45pm - 8.15pm						

### 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.

\* Wednesday's aqua natal class starts at 10am in the main pool, continuing at 10.30am in the small pool.

### 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.

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Two pools

### Contact

The Heights  
Leisure Centre  
Broadway, Sandown,  
PO36 9ET

Tel: (01983) 405594

Fax: (01983) 405037

[heights.leisure@iow.gov.uk](http://heights.leisure@iow.gov.uk)

Facility Manager:  
Dave McDine

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

Pick up a leisure  
fees booklet for  
all activity prices.



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