

## 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	£3.15	Aqua babes	£4
Junior	£1.70	Additional child	75p
Water workout	£4.40		

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 January to April 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	50+ 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)		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	50+ swim 10am to 11.30am	School swim* 11.30am to 12.30pm		Casual swim 12.30pm to 1.30pm	Private hire 1.30pm to 3.25pm		Lessons 3.30pm to 4.30pm	Swim 4 fitness 4.35pm to 7pm (two lanes)		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)		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	50+ Aquafit 9am to 10am	50+ 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)		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)		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)

**one card**  
at the heart of fitness