

Pool programme

From September 2008

MAIN POOL

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

Session times are amended during school holidays – please check with reception for up-to-date information.

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	
Monday	Adult swim 7 to 9am		School swimming 9am to 12.30pm				Casual swim 12.30 to 1.30pm	School swimming 1.30 to 3.30pm <small>(Pool and changing rooms closed to the public)</small>	50+ session 3.30 to 4.30pm	Swim 4 fitness 4.35 to 7pm (two lanes)	Aquafit 7 to 8pm <small>(shallow end only)</small>	Adult lessons 8 to 8.45pm					
Tuesday	Private hire 7 to 7.45am	Adult swim 7.45 to 9am		50+ session 10.15 to 11.30am	School swimming 11.30am to 12.30pm	Lessons 3.30 to 4.30pm			Swim 4 fitness 4.35 to 7pm (two lanes)	Casual swim 4.35 to 7pm	Private hire 7 to 9pm		Adult swim 9 to 10pm				
Wednesday	Adult swim 7 to 9am		School swimming 9am to 12.30pm						Lessons 3.30 to 4.30pm	Swim 4 fitness 4.35 to 7pm (two lanes)	Casual swim 4.35 to 7pm	Aquafit 7 to 8pm <small>(shallow end only)</small>	Swim 4 fitness 8 to 9pm	Available for hire 9 to 10pm			
Thursday	Private hire 7 to 7.45am	Adult swim 7.45 to 9am	50+ Aquafit 9.15 to 10.15am	Aquanatal 10.15 to 11.30am <small>(2 lanes)</small>	50+ session 10.15 to 11.30am	School swimming 11.30am to 12.30pm			Lessons 3.30 to 4.30pm	Swim 4 fitness 4.35 to 7pm (two lanes)	Casual swim 4.35 to 7pm	Aquafit 7 to 8pm <small>(shallow end only)</small>	Adult swim 8 to 9pm				
Friday	Private hire	Adult swim 7 to 9am	School swimming 9am to 12.30pm						50+ session 3.30 to 4.30pm	Swim 4 fitness 4.35 to 7pm (two lanes)	Casual swim 4.35 to 7pm	Private hire 7 to 10pm					
Saturday	Private hire 7 to 10.30am			Lessons 10.30 to 1pm					Casual swim 1.05 to 5pm			Available for hire 5 to 8pm					
Sunday	Private hire 7 to 9.30am		Swim 4 fitness 9.30 to 11am <small>(two lanes)</small>	Casual swim 9.30am to 12.30pm		Private hire 12.30 to 1.30pm			Casual swim 1.30 to 5pm		Swim 4 fitness 4 to 5pm <small>(two lanes)</small>	Private hire 5 to 8pm					

SMALL POOL

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

Session times are amended during school holidays – please check with reception for up-to-date information.

	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm		
Monday			School swimming 9am to 12.30pm						School swimming 1.30 to 2.30pm (Pool and changing rooms closed to the public)						Adult lessons 8 to 9pm		
Tuesday			School swimming 9 to 10.30am	Aqua babes 10.30 to 11.30am	School swim 11.30am to 12.30pm		Casual swim 12.30 to 1.30pm		School swimming 1.30 to 2.30pm (Pool and changing rooms closed to the public)								
Wednesday			School swimming 9am to 12.30pm						School swimming 1.30 to 2.30pm (Pool and changing rooms closed to the public)		Lessons 3.30 to 5pm		Casual swim 5 to 7pm				
Thursday				Aqua babes 11 to 12pm		Casual swim 12.30 to 1.30pm		Aqua babes 1.30 to 2.30pm	School swim 2.30 to 3.30pm								
Friday			School swimming 9am to 12.30pm				Casual swim 12.30 to 1.30pm		School swimming 1.30 to 3.30pm (Pool and changing rooms closed to the public)								
Saturday	Private hire 7 to 10am			Lessons 10am to 1pm				Casual swim 1.05 to 5pm				Available for hire 5 to 8pm					
Sunday	Private hire 7 to 9.30am		Casual swim 9.30am to 12.30pm				Private hire 12.30 to 1.30pm	Casual swim 1.30 to 5pm				Private hire 5 to 8pm					

30m Waterslide

Enjoy the 30 metre waterslide at Medina swimming pool.

Private Pool and slide hire.

You can also hire the pool for private functions, birthday parties etc. Contact reception for details.



Public Access and School Swimming

Both swimming pools and the pool changing rooms will be closed to members of the public on:

Monday:	9am to 12.30pm & 1.30pm to 3.30pm
Tuesday:	11.30am to 12.30pm & 1.30pm to 3.30pm
Wednesday:	9am to 12.30pm & 1.30pm to 3.30pm
Thursday:	11.30am to 12.30pm & 1.30pm to 3.30pm
Friday:	1.30pm to 3.30pm

PRICES

Casual swimming

Adult £2.90*

Junior £1.90*

Other sessions

Waterworkout £4.20

Aqua Natal £4.20

Aqua Babes £3.70

- additional child 60p

* For a single annual payment of £3 (free if you are between three and 15 years of age), you can enjoy a casual swim at a reduced rate with the Residents Registration One Card.

* Casual swimming and water workout classes are available as part of all the One Card options.

Make it your favourite... onecarddoesitall.com

www.leisure.iwight.com

one card 

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 4 to 7 years, or
- One child under 4 years

Small pool - Classified as a designated non-swimming area

One adult can be responsible for:

- Three children aged 4 to 7 years, or
- Two children under 8, where one or more may be under 4 years

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.

www.leisure.iwight.com

Gives you the latest information on all activities and facilities available with Isle of Wight Council's Leisure Services. Search for the One Card, swimming, water workout classes and children's activities

