

## 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.

One adult can be responsible for:

- Two children aged four to seven years old, or
- One child 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.



### Waterside Pool

A 25m heated swimming pool with a retractable roof.

### Contact

Waterside Pool  
Esplanade, Ryde  
PO33 1JA

Tel 01983 563656  
[waterside.pool@iow.gov.uk](mailto:waterside.pool@iow.gov.uk)

Facility Manager:  
Georgina Lewis

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



*One Card: at the heart of fitness*

## Prices: casual users

Adult £3

Junior £1.60

Water workout £4.30

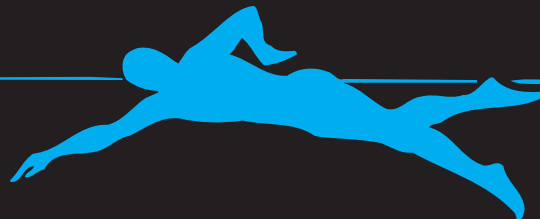
Aqua babes £3.80

Additional child 70p

Swimming is free during school holidays for all junior One Card holders (casual sessions only)

# Waterside pool programme

1 April to 22 July 2010



Casual swimming



Swimming lessons



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.



TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday	Lane swim 6.30am to 8am	Casual 8am to 9.30am	Aquafit 9.30am to 10.30am	Parent & child 10.45am to 11.15am Casual 10.30am to 12.15pm	Lane swim 12.15pm to 1.15pm	Schools swimming 1.15pm to 2.45pm	Lessons 2.45pm to 7pm Casual 2.45pm to 7pm		Adult swim club 7pm to 8.30pm	Lane swim 8.30pm to 9.30pm					
Tuesday	Lane swim 6.30am to 8am	Casual 8am to 9.30am	50+ Aquafit 9.30am to 10.30am	Casual 10.30am to 12.15pm	Lane swim 12.15pm to 1.15pm	Schools swimming 1.15pm to 2.45pm	Lessons 2.45pm to 4pm Casual 2.45pm to 4pm	Closed for lessons 4pm to 5pm	Lessons 5pm to 7pm Casual 5pm to 7pm	Aquafit 7pm to 8pm	Adults only 8pm to 9.30pm				
Wednesday	Lane swim 6.30am to 8am	Casual 8am to 12.15pm				Lane swim 12.15pm to 1.15pm	Schools swimming 1.15pm to 2.45pm	Lessons 2.45pm to 7pm Casual 2.45pm to 7pm		Aquafit 7pm to 8pm	Lifesaving course 8pm to 9.30pm				
Thursday	Lane swim 6.30am to 8am	Casual 8am to 9.30am	Aquafit 9.30am to 10.15am	Aquafit 10.15am to 11am	Casual 11am to 12.15pm	Lane swim 12.15pm to 1.15pm	Schools swimming 1.15pm to 2.45pm	Lessons 2.45pm to 4pm Casual 2.45pm to 4pm	Closed for lessons 4pm to 5pm	Lessons 5pm to 7pm Casual 5pm to 7pm	Ladies only 7pm to 8pm	Adults only 8pm to 9.30pm			
Friday	Lane swim 6.30am to 8am	Casual 8am to 9.30am	50+ Aquafit 9.30am to 10.15am	Aquafit 10.15am to 11am	Casual 11am to 12.15pm	Lane swim 12.15pm to 1.15pm	Schools swimming 1.15pm to 2.45pm	Lessons 2.45pm to 7pm Casual 2.45pm to 7pm		Casual 7pm to 9.30pm					
Saturday			Lessons 8am to 11.30am			Lessons 11.30am to 1.30pm Casual 11.30am to 1.30pm	Family fun 1.30pm to 3pm	Casual 3pm to 4pm	Lane swim 4pm to 5pm	Swim club 5pm to 6.30pm	Available for hire Conditions apply				
Sunday			Lane swim 8am to 9am	Lessons 9am to 11.30am Casual 9am to 11.30am	Casual 11.30am to 1.30pm		Family fun 1.30pm to 3pm	Casual 3pm to 4pm	Lane swim 4pm to 5pm	Available for hire Conditions apply					

## Public access and school swimming

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

School swimming sessions between 1.15 and 2.45pm subject to change. Please check with reception for up-to-date information.

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

Aquafit sessions must be pre-booked. 24 hours' notice must be given when cancelling any class or course.

Any children over the age of eight must use the correct changing room for their gender. If you have any special requirements please speak to the duty manager.