

SMALL POOL

TIME	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday		Schools swim 10am to 12pm		Casual swim 12 to 2pm				Swim lessons 3.30 to 5pm	Casual swim 5.05 to 7pm			Adult lessons 8 to 8.45pm	
Tuesday		Aqua Babes 10 to 11am		Casual swim 12 to 2pm				Swim lessons 3.30 to 5pm	Casual swim 5.05 to 7pm		Private hire 7 to 8.45pm		
Wednesday		Schools swim 9am to 12pm		Casual swim 12 to 1.30pm		Schools swim 1.30 to 3.30pm		Swim lessons 3.30 to 5pm	Casual swim 5.05 to 7pm				
Thursday		Aqua Babes 10 to 11am		Casual swim 12 to 2pm		Aqua Babes 2 to 3pm		Swim lessons 3.30 to 5pm	Casual swim 5.05 to 7pm				
Friday		Schools swim 10am to 12pm		Casual swim 12 to 2pm				Swim lessons 3.30 to 5pm	Casual swim 5.05 to 7pm		Private hire 7 to 8.45pm		
Saturday		Swim lessons 10am to 1pm			Casual swim 1.05 to 5pm			Private hire 5 to 7pm					
Sunday		Casual swim 9.35am to 12.30pm		Private hire 12.30 to 1.30pm	Casual swim 1.30 to 5pm			Private hire 5 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 – January to March 2013



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 7 to 9am	Aqua fit 9 to 10am	Schools swim 10am to 12pm		Casual swim 12 to 2pm			50+ swim 3 to 4pm		Casual and swim 4 fitness (two lanes) 4 to 7pm		Aqua fit 7 to 8pm	Adult lessons 8 to 9pm		
Tuesday		Adult swim 7.45 to 9am	Private hire 9 to 10am	Casual swim 10 to 11am						Swim lessons 3.30 to 4.30pm	Casual and swim 4 fitness (two lanes) 4.35 to 7pm		Private hire 7 to 9pm		Adult swim 9 to 10pm	
Wednesday		Adult swim 7 to 9am		Schools swim 9am to 12pm		Casual swim 12 to 2pm				Swim lessons 3.30 to 4.30pm	Casual and swim 4 fitness (two lanes) 4.35 to 7pm		Aqua fit 7 to 8pm	Adult lane swim 8 to 9pm		
Thursday		Adult swim 7.45 to 9am	Aqua fit 9 to 10am	Casual swim 10 to 11am		Casual swim 12 to 2pm				Swim lessons 3.30 to 4.30pm	Casual and swim 4 fitness (two lanes) 4.35 to 7pm		Aqua fit 7 to 8pm	Adult lane swim 8 to 9pm		
Friday		Adult swim 7 to 9am	Aqua fit 9 to 10am	Schools swim 10am to 12pm		Casual swim 12 to 2pm			50+ swim 3 to 4pm		Casual and swim 4 fitness (two lanes) 4 to 7pm			Private hire 7 to 10pm		
Saturday		Private hire 7 to 10.30am			Swim lessons 10.30am to 1pm			Casual swim 1.05 to 5pm				Private hire 5 to 7pm				
Sunday		Private hire 7 to 9.30am			Casual swim 9.35am to 12.30pm		Private hire 12.30 to 1.30pm	Casual swim 1.30 to 5pm				Private hire 5 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 Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) guidelines.



Contact

Medina Leisure Centre
Fairlee Road
Newport
PO30 2DX

Tel (01983) 523767
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

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