

Swimming

About swimming

Because the water takes your weight, swimming is excellent if you want low impact exercise – if you're pregnant or have mobility problems or want to protect your joints. Your whole body works while you're swimming – good for all-over toning. Your heart, circulation and lungs benefit too – your heart pumps blood hard to your arms and legs improving circulation. If you swim lengths, you breathe in a deep and rhythmic way, giving your lungs a boost.

Pool programmes

Both of the council's pools have their own programme of swimming times and classes.



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



Where

Take the plunge in one of the council's two indoor swimming pools. All pools have activity classes as well as lane and casual swimming.

Medina Leisure Centre

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

Two pools

The Heights

Tel: (01983) 405594
heights.leisure@iow.gov.uk

Two pools

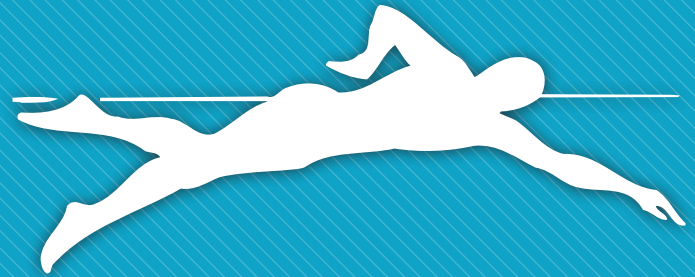
Lane swimming

Pick up a leisure fees booklet for all activity prices.



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Swimming



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.

Great exercise for your heart



Improves muscle tone



Helps weight loss



Low impact exercise - good for joints



one card

at the heart of fitness

What's available

Medina Leisure Centre

- Two pools
- Swimming lessons
- Aquababes
- 50+ sessions
- Water workouts



The Heights Leisure Centre

- Two pools
- Lane swimming
- Water work outs
- Aquababes and aquanatal
- Swimming lessons



Swimming lessons

There are swimming lessons at all three pools with classes for beginners, improvers and advanced swimmers. Booking is preferable but not essential - contact the pool to book.

Free swimming for children

Children under 16, who are Island residents, can swim for free during the school holidays at all council pools. An application form must be completed giving parental consent. Valid during casual sessions only.

Check pool timetables for special school holiday swimming programmes.

Pool admission guidelines

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 pools: The Heights and Medina

One adult can be responsible for:

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

Small pools: The Heights and Medina

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.

Changing rooms

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.