

SMALL POOL

TIME	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday			50+ water workout 9am to 9.45am	Water workout 10am to 11am	Casual swim 11am to 1pm	School swimming 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm	Lessons 3.30pm to 5.30pm	Casual swim 5.30pm to 8pm	Lessons					Water workout 8.15 to 9.15pm
Tuesday		50+ water workout 8.30am to 9.15am	Water workout 9.30am to 10.30am	Aquababes 10.30am to 12pm	Casual swim 12 noon to 1pm	School swimming 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm	Lessons 3.30pm to 5.30pm	Casual swim 5.30pm to 6.30pm	Lessons	SWSC 6.30pm to 8pm				
Wednesday			Casual swim 9am to 10.30am	Aqua natal* 10.30am to 11am	50+ water workout 11am to 11.45am	Casual swim 11.45am to 1pm	School swimming 1pm to 2.45pm	Casual swim 2.45pm to 3.30pm	Lessons 3.30pm to 5.30pm	Casual swim 5.30pm to 8pm	Lessons				
Thursday	School swimming 9am to 9.30am		Aquababes 9.30am to 11am	Casual swim 11am to 3.30pm				Lessons 3.30pm to 5.30pm	Casual swim 5.30pm to 6.30pm	Lessons	SWSC 6.30pm to 8pm				
Friday			Casual swim 9am to 10am	Water workout 10am to 11am	Lessons	Casual swim 11am to 3.30pm		Lessons 3.30pm to 5.30pm	Casual swim 5.30pm to 8pm	Lessons					
Saturday	SWSC 7am to 8.30am	Lessons 8.30am to 11am			Lessons 11am to 2pm	Casual swim 11am to 5pm	Saturday night club for disabilities 5pm to 6.30pm								
Sunday				Casual swim 9am to 5pm							SWSC 5pm to 7.45pm				

*Wednesday's aqua natal class starts at 10am in the main pool, continuing at 10.30am in the small pool.

Prices: casual users

Adult	£3.00	Aqua babes	£3.80
Junior	£1.60	Additional child	70p
Water workout	£4.30		

Swimming is free during school holidays for all junior One Card holders who are Island residents (casual sessions only).

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.

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

The Heights

Pool programme 6 September 2010 to 17 December 2010



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 6.30am to 8.30am		Casual swim 8.30am to 12 noon			Lane swim* 12 noon to 1pm	School swimming 1pm to 2.45pm (Pool and changing rooms closed to the public)		Casual swim 2.45pm to 4pm	Lessons 4 pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 10pm					
	Two lanes for swimming		Lessons									WWSC 8.15pm to 9.45pm					
Tuesday	Adult swim 6.30am to 7.30am	Marlins SC 7.30am to 8.30am	Casual swim 8.30am to 12 noon			Lane swim* 12 noon to 1pm	School swimming 1pm to 2.45pm (Pool and changing rooms closed to the public)		Casual swim 2.45pm to 4pm	Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	SWSC 6.30pm to 8.30pm		Adult swim 8.30pm to 10pm			
	Two lanes for swimming		Lessons									Staff training					
Wednesday	Adult swim 6.30am to 8.30am		Casual swim 8.30am to 12 noon			Lane swim* 12 noon to 1pm	School swimming 1pm to 2.45pm (Pool and changing rooms closed to the public)		Casual swim 2.45pm to 4pm	Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 8pm	Water workout 8pm to 9pm	Ladies only 9pm to 10pm			
	Two lanes for swimming		Lessons									WWSC 6.30pm to 8pm					
Thursday	Adult swim 6.30am to 7.30am	Marlins SC 7.30am to 8.30am	Casual swim 8.30am to 12 noon			Lane swim* 12 noon to 1pm	Water workout 1pm to 2pm	Casual swim 2pm to 4pm		Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	SWSC 6.30pm to 8pm	Adult lessons 8.15pm to 9pm	Adult swim 9pm to 10pm			
	Two lanes for swimming		Lessons														
Friday	Adult swim 6.30am to 8.30am		Casual swim 8.30am to 12 noon			Lane swim* 12 noon to 1pm	Casual swim 1pm to 4pm			Lessons 4pm to 5.30pm	Lane swim 5.30pm to 6.30pm	Casual swim 6.30pm to 8pm	Water workout 8pm to 9pm	Adult swim 9pm to 10pm			
	Two lanes for swimming		Lessons									SWSC 6.30pm to 8pm					
Saturday		SWSC 7am to 8.30am	Lessons 8.30am to 11am		Casual swim 11am to 3.30pm				Kids' fun time 3.30pm to 5pm	Saturday night club for disabilities 5pm to 6.30pm							
					Lessons 11am to 2pm												
Sunday		Lane swim 8am to 9am	Casual swim 9am to 5pm								SWSC 5pm to 7.45pm			Octopush 7.45pm – 9.15pm			
			Two lanes 9am to 10am														

Public access and school swimming

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

*Two lanes only during school holidays.

†Wednesday's aqua natal class starts at 10am in the main pool, continuing at 10.30am in the small pool.

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

The Heights
Leisure Centre
Broadway, Sandown,
PO36 9ET

Tel: (01983) 405594
Fax: (01983) 405037
heights.leisure@iow.gov.uk

Facility Manager:
Dave McDine

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

