

# Pool Programme

[www.vistaleisure.com](http://www.vistaleisure.com)



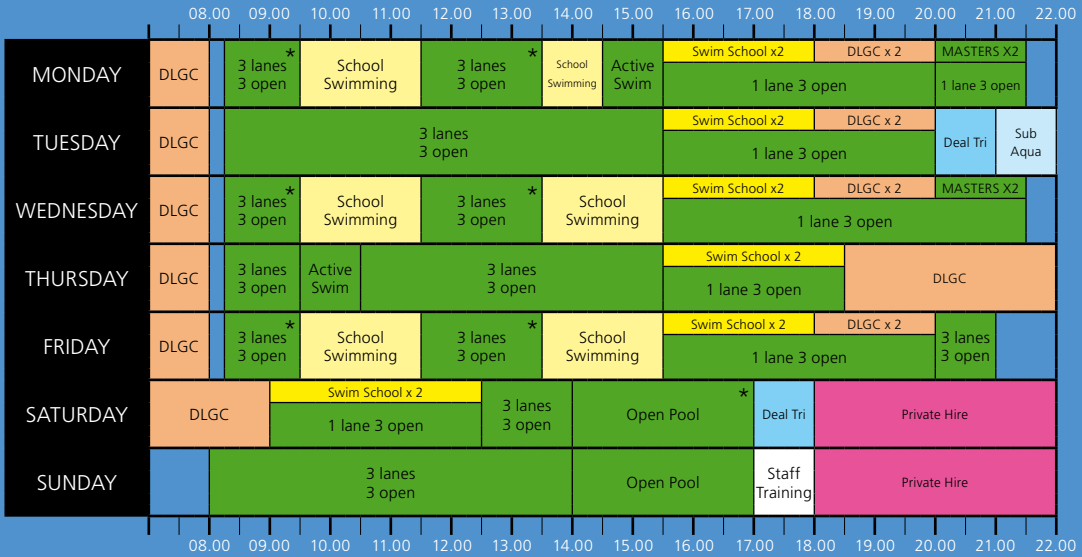
# Take the plunge



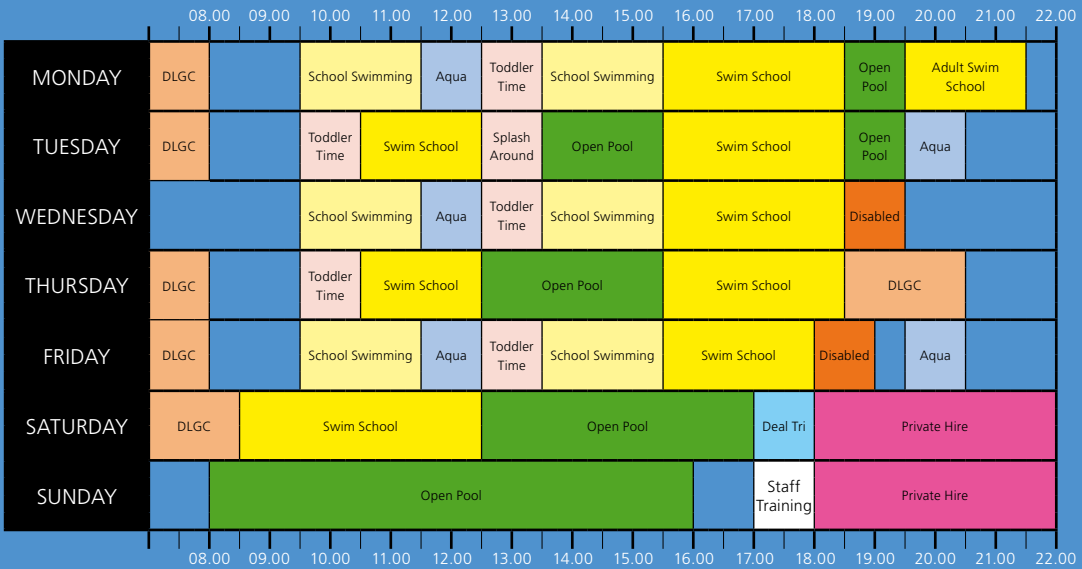
**Dover**  
**Leisure Centre**  
**01304 201145**



# Main Pool Term Time



# Teaching Pool Term Time

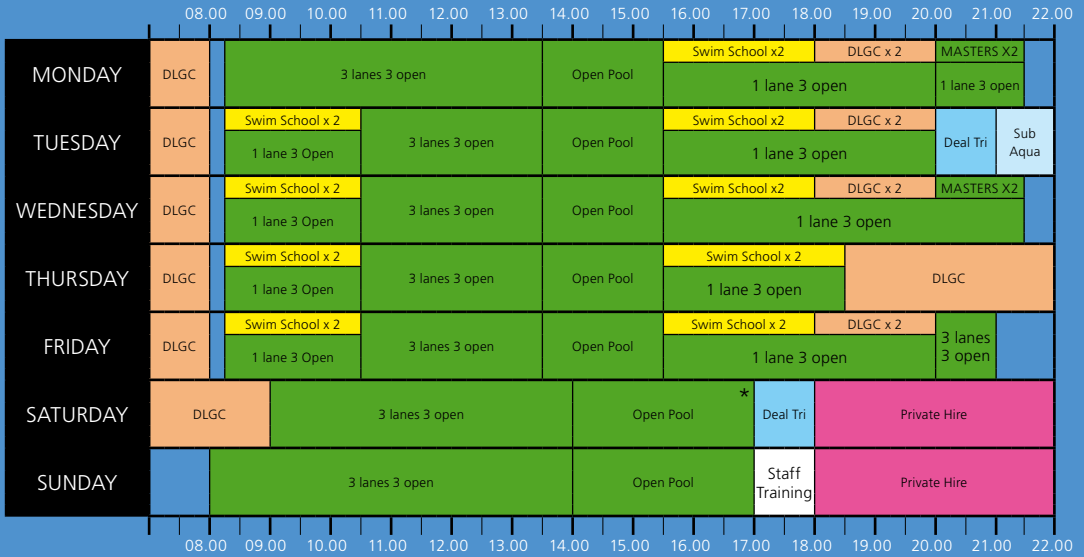


\* Members of the public must exit the pool 5 minutes prior to the session end time. This allows the pool to be set up for the next activity.

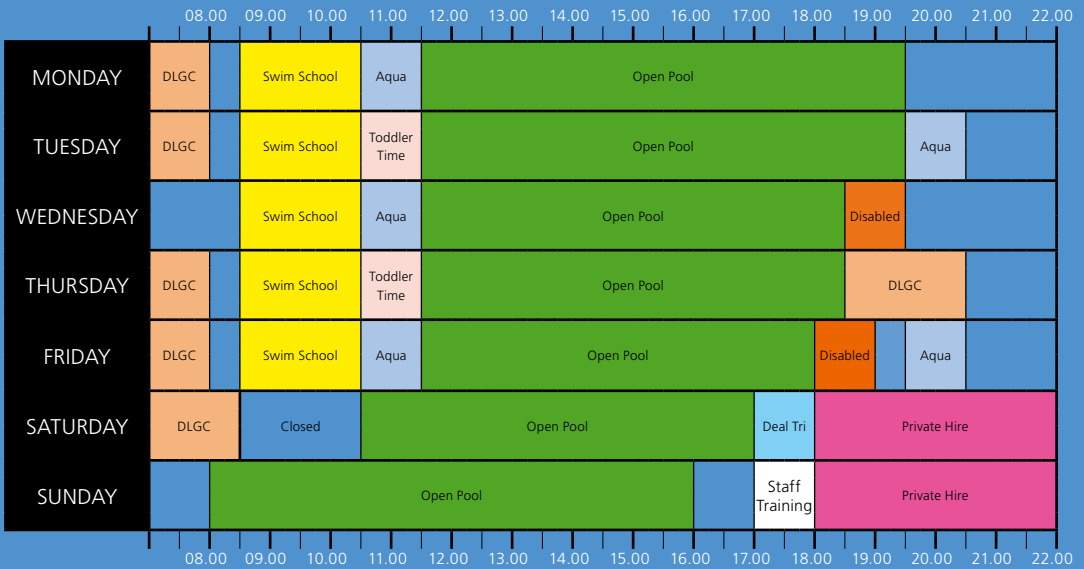
## Key

- Public
- Aquacise
- Sub Aqua
- Swim School
- Dover Life Guard Club
- Deal Tri
- School Swimming
- Disabled
- Private Hire

# Main Pool Holiday Time



# Teaching Pool Holiday Time



## Activity Descriptions

- 3 Lanes 3 Open = Fast, Medium, Slow Lane + 3 open (without lane lines)
- Open Pool - Public Swimming No lanes
- Toddler Time - fun session with toys and inflatable's - for 5 year olds and under
- Splash Around - Instructor led play session for children aged under 1
- Masters Swimming - 25 years+ lane swimming with a coach
- Aquacise - Water Workout Session
- Swim School - Vista Leisure's Aquamark accredited Swim School
- School Swimming - Exclusive use for Schools only
- Active Swim - 3 Lanes 3 Open for Adults only (18+ years)
- 1 lane 3 open – 1 public lane and 3 open (without lane lines)

# Vista Leisure Swimming Pool Admission Policy



**The Vista Leisure Swimming Pools Admission Policy aims to safeguard swimmers that are most at risk when bathing. The policy does not intend to prevent families and children having fun in the water and enjoying the physical and social benefits of swimming, nor create unnecessary barriers for parents and carers when accessing our facilities.**

The policy takes into account recommendations from the Institute of Sport & Recreation (ISRM). It is important to note that the rules appertaining to child/parent ratios will differ depending upon the number of bathers in the swimming pools. Vista Leisure will vary the parent child ratio according to the peak and off peak swimming sessions operated at the leisure centre and we reserve the right to change the ratio at any time to ensure maximum safety.

## General Policy

- All children under the age of 8 must be accompanied by a responsible person of 16 years or above.
- The responsible person must go into the water with the child/ children they are accompanying.
- Whilst in the pool the responsible person should maintain a constant watch over the child/children they are accompanying and be in close contact with children who are weak or non-swimmers.

## Supervision Ratio

### **School Holiday Periods & Weekends ONLY**

Children under the age of 8 years (4 to 7) must be accompanied by a responsible person over 16 years on a **1 adult to 2 children** ratio. If one of the children is under 4 years (0 to 3) they must be accompanied **1 adult to 1 child**.

### **All other times (except school holidays and weekends)**

Children under the age of 8 years (4 to 7) must be accompanied by a responsible person over 16 years on a **1 adult to 3 children** ratio. If one of the children is under 4 years (0 to 3) they must be accompanied **1 adult to 2 children**. **These ratios only apply if under 4's, weak or non-swimmers are wearing suitable swimming aids.**

Note: Swimming aids e.g. armbands, must be manufactured to approved standards and carry a kite mark or BS EN number.

Vista Leisure reserves the right to deviate from the above policy in response to varying bather loads and the demands of the pool programmes.

## PLEASE BE ADVISED

Private Swimming Lessons may take place during public swimming sessions.

## IMPORTANT SAFETY NOTICE

It is recommended that swimmers should not enter or re-enter the water for at least 30 minutes after the consumption of food.

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