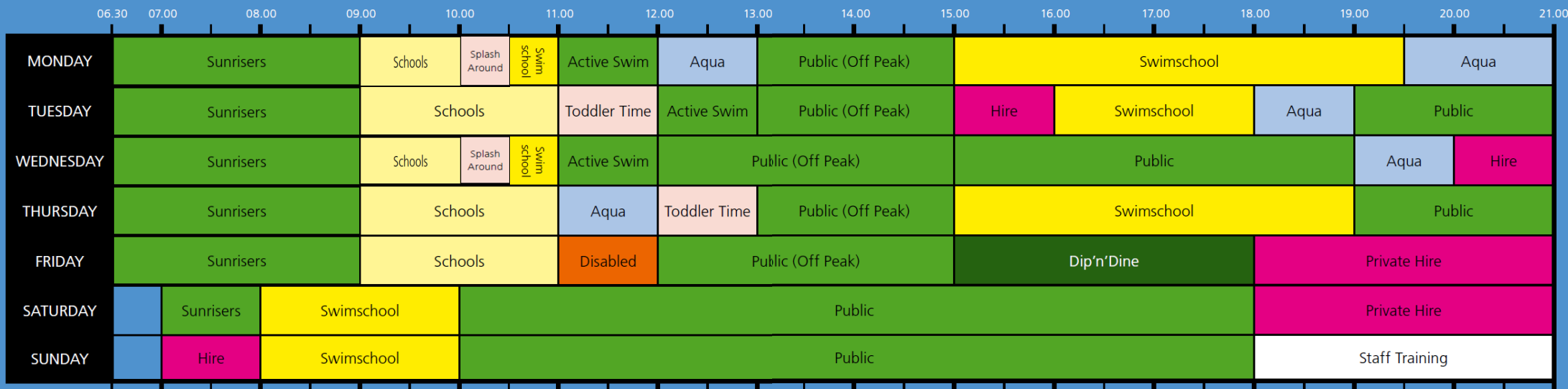


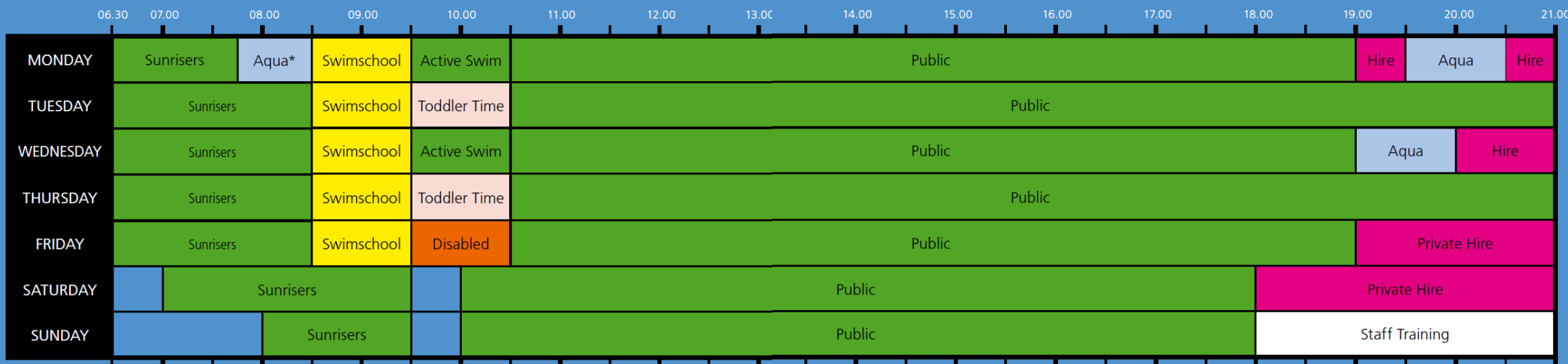
# Tides Pool Programme



## Term Time Pool Programme



## Holiday Time Pool Programme



- Sunrisers**  
Wake up with an early morning swim
  - Active Swim**  
Open Session for health & fitness swimming & for those recovering from illness or injury 18+
  - Public**  
Open to all, water features in operation
  - Public (Off-Peak)**  
(water features are not guaranteed)
  - Schools**  
School Swimming Lessons Only
  - Disabled**  
Session for people with a disability
  - Splash Around** - Instructor led play session for children aged under 1
  - Dip 'n' Dine**  
Public Session with discounted food
  - Aqua**  
Water based exercise to music session
  - For Hire**  
Call the centre to hire for your group or club
  - Swimschool**  
Children's swimming lessons
  - Toddler Time**  
fun session with toys and inflatables - for 5 year olds and under
- \* summer holidays only

# Vista Leisure Swimming Pool Admission Policy



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



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

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

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

Note: Customers will be asked to remove any inflatables if the bather numbers reach 100.

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

## 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.

**Tides Leisure Centre**  
Park Avenue, Deal,  
Kent CT14 9UU  
**Tel:** 01304 373399

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

# Take the plunge



**Tides**  
**Leisure Centre**  
**01304 373399**

