

## **RULES and REGULATIONS:**

**Please read the following important conditions:**

### For All Brothers and Sisters

- All MIWA and Leisure Lagoon rules and regulations **MUST** be obeyed.
- Swimmers **MUST** consider safety for others while in the pool.
- For safety reasons Water guns are **NOT** allowed in the pool.
- In order for MIWA to carry on with the Muslim swimming sessions, **EVERYONE MUST** conform to the rules.
- Lockers require a 50p coin (returnable).
- No heavy clothes should be worn (especially no jeans, or no underwear etc).
- No children under the age of 16 will be allowed in the Sauna or Steam room.
- No one will be admitted after the number of persons in a session has reached the maximum number set by the leisure lagoon and MIWA.
- Instructions from the Lifeguards **MUST** be obeyed at all times.
- Any comments and/or complaints should be handed (in writing) to MIWA and Leisure Lagoon staff.
- No Spectators allowed.
- The organisers retain the rights to refuse entry.
- Please note CCTV is installed in the swimming area for security and safety reasons **ONLY**.

### For All Brothers (addition to above rules)

- Brothers who are not dressed in accordance with Islamic dress code (covered from navel to knees) will be asked to leave the session.
- No girls of any age will be allowed in the brothers' session.
- Only Male Lifeguards on duty for brothers' session.

### For All Sisters (addition to above rules)

- **Sisters who are not dressed in accordance with Islamic dress code (suitable garment covering the whole body from the neck to the feet or approved swimwear) will be asked to leave the session.**
- **No boys over the age of two will be allowed in the sisters' session.**
- Only Female Lifeguards on duty for sisters' session.

**We are selling approved Swimwear for girls & Sisters. Please ask for details.**

### GENERAL POOL RULES FOR ALL

- No under 8's or non-swimmers allowed in deep water areas.
- No under 8's or non-swimmers to be unaccompanied in the pool.
- Non-swimmers and under 8's must be supervised actively at all times by parents or guardian.
- No more than 2 under 8's or non swimmers to each adult (adults=18).
- No bombing; spitting; shouting; acrobatics.
- Diving only allowed in deep end diving areas.
- No pushing, fighting, kicking, or aggressive behaviour permitted.
- No non-swimmers or children with armbands on the flume.
- No running on poolside; ducking in the pool.
- No aggression or argumentative behaviour towards any member of staff will be permitted; swimmers must comply fully with the lifeguard's instructions. Failure to do so may result in removal from the pool.
- All customers whose swimming ability can be questioned will be subject to a swim test of 25 meters to determine their swimming ability. Swimmers who fail the swim test (cannot swim 25 meters) will be asked to stay in the non-swimmer areas. This includes adult swimmers.
- No under 16's permitted in sauna or steam rooms.

## BROTHERS' TIMETABLE

Day	Date	Time
Sunday	11 <sup>th</sup> April 2010	5:15pm-7:15pm
Sunday	25 <sup>th</sup> April 2010	5:15pm-7:15pm
Sunday	9 <sup>th</sup> May 2010	5:15pm-7:15pm
Sunday	23 <sup>rd</sup> May 2010	5:15pm-7:15pm
Sunday	6 <sup>th</sup> June 2010	5:15pm-7:15pm
Sunday	20 <sup>th</sup> June 2010	5:15pm-7:15pm
Sunday	4 <sup>th</sup> July 2010	5:15pm-7:15pm
Sunday	18 <sup>th</sup> July 2010	5:15pm-7:15pm
Sunday	1 <sup>st</sup> August 2010	5:15pm-7:15pm

## SISTERS' TIMETABLE

Day	Date	Time
Sunday	18 <sup>th</sup> April 2010	5:15pm-7:15pm
Sunday	2 <sup>nd</sup> May 2010	5:15pm-7:15pm
Sunday	16 <sup>th</sup> May 2010	5:15pm-7:15pm
Sunday	31 <sup>st</sup> May 2010	5:15pm-7:15pm
Sunday	13 <sup>th</sup> June 2010	5:15pm-7:15pm
Sunday	27 <sup>th</sup> June 2010	5:15pm-7:15pm
Sunday	11 <sup>th</sup> July 2010	5:15pm-7:15pm
Sunday	25 <sup>th</sup> July 2010	5:15pm-7:15pm
Sunday	8 <sup>th</sup> August 2010	5:15pm-7:15pm

### FACILITIES:

For all: Swimming pool, slide and Jacuzzi

For 16s and over: Sauna, Steam Room and Gym

### Cost:

**Adults (16+): £5 per session**

**Children 4-15: £3 per session**

**Under 4s: FREE**

## MAURITIAN ISLAMIC WELFARE ASSOCIATION

(In conjunction with Noor Ul Islam)

715 High Road, Leyton London E10 5AB

Tel 020 8539 0769

## SWIMMING SESSIONS FOR MUSLIMS FROM APRIL 2010

Separate sessions for brothers and sisters

## Rules, dates and times

Venue:

Leyton Leisure Lagoon  
763 High Road, Leyton,  
London E10 5AB