

## **Fitness Room**

### **Opening Hours**

Monday	0700 -2100
Tuesday	0900 -2100
Wednesday	0700 -2100
Thursday	0900 -2100
Friday	0700 -2000
Saturday	0700 -1700
Sunday	0900 -1900

## **Fitness Room**

### **Junior Gym**

**\*Monday-Friday 1630-1830**

(14-15 years can attend at these times only)\*

**West Wight**  
Sports & Community Centre  
Charity No: 273334

# **SWIMMING POOL OPENING TIMES**

**1– 30 November 2018**

**WEST WIGHT SPORTS & COMMUNITY CENTRE**

Moa Place, Freshwater, Isle of Wight, PO40 9XH

Tel: 01983 752168 E-MAIL: [info@westwight.org.uk](mailto:info@westwight.org.uk)

[www.westwight.org.uk](http://www.westwight.org.uk)

**West Wight**  
Sports & Community Centre

## MONDAY

### Main Pool

Lane Swimming	0700-0900
Adult swim lesson	0900-0945
Public Swimming	1100-1200
Waterfit	1200-1300
Public swim	1430-2115
(4 lanes only 1530-2015)	
(2 lanes only 2015-2115)	
Aqua power class	2015-2115

### Small Pool

Aqua Mobility	1100-1200
Public Swimming	1430-2100

## TUESDAY

### Main Pool

Public Swimming	1200-1700
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### Small Pool

Public Swimming	1200-1600
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## WEDNESDAY

### Main Pool

Lane swimming	0700-0900
Public Swimming	0900-1100
Aqua mobility	1000-1100
Aqua Aerobics	1100-1200
Special care	1200-1300
Public swimming	1300-2100
(four lanes only 1800-1915)	
(Two lanes only 1915-2015)	
Deep water aqua class	1915-2015

### Small Pool

Public swimming	0900-1000
Public swimming	1300-2100

## THURSDAY

### Main Pool

Public swimming	0900-1200
Adults Only	1200-1400
Public Swimming	1400-1700
(4 lanes only 1630-1700)	

### Small Pool

Public swimming	0900-1000
Parent & Baby	1000-1045
Public swimming	1045-1200
Adults Only	1230-1400
Public Swimming	1400-1600

## FRIDAY

### Main Pool

Lane Swimming	0700-0900
Waterfit	1200-1300
Public Swimming	1330-1830

### Small Pool

Public Swimming	1330-1830
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## SATURDAY

### Main Pool

Lane Swimming	0700-0900
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### Main Pool & Small Pool

Fun Hour	1100-1200
Public Swimming	1400-1700

## SUNDAY

### Main Pool & Small Pool

Adults only Swimming	0900-1100
Fun hour	1100-1200
Public Swimming	1200-1700