

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

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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– 28 February 2019

WEST WIGHT SPORTS & COMMUNITY CENTRE

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

Tel: 01983 752168 E-MAIL: info@westwight.org.uk

www.westwight.org.uk

West Wight
Sports & Community Centre

MONDAY 4th, 11th & 25th**Main Pool**

Lane Swimming	0700-0900
Adult swim lesson	0900-0945
Public Swimming	1100-1200
Waterfit	1200-1300
Public swim	1430-2100
(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

MONDAY 18th**Main Pool**

Lane Swimming	0700-0900
Fun Hour	1100-1200
Waterfit	1200-1300
Public Swimming	1300-2115

Small Pool

Fun Hour	1100-1200
Public Swimming	1300-2115

THURSDAY 7th, 14 & 28th**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*

THURSDAY 21st**Main Pool**

Fun hour	1100-1200
Adults Only	1200-1300
Public Swimming	1300-1700

Small Pool

Public Swimming	1000-1045
Fun hour	1100-1200
Adults only	1200-1300
Public swimming	1300-1700

TUESDAY 5th, 12th & 26th**Main Pool**

Public Swimming	1200-1700
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Small Pool

Public Swimming	1200-1600
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TUESDAY 19th**Main Pool**

Fun Hour	1100-1200
Adults only	1200-1300
Public Swimming	1300-1700

Small Pool

Fun Hour	1100-1200
Public Swimming	1200-1700

FRIDAY 1st, 8th & 15th**Main Pool**

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

*On Fri 8th Feb public swim ends 1500

Small Pool 1st, 8th & 15th

Public Swimming	1330-1830
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FRIDAY 22nd**Main Pool**

Lane Swimming	0700-0900
Fun hour	1100-1200
Waterfit	1200-1300
Public Swimming	1300-1830

Small Pool

Fun Hour	1100-1200
Public Swimming	1300-1830

WEDNESDAY 6th, 13th & 27th**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

WEDNESDAY 20th**Main Pool**

Lane swimming	0700-0900
Fun hour	1100-1200
Special care	1200-1300
Public swimming	1300-2100

four lanes only 1800-1915)
(Two lanes only 1915-2015)
Deep water aqua 1915-2015

Small Pool

Public Swimming	1000-1100
Fun Hour	1100-1200
Public Swimming	1430-2100

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