

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

CLOSED ON TUESDAY THE 1ST JANUARY

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Fitness Room

Junior Gym

Monday—Friday 1630-1830

CLOSED ON TUESDAY THE 1ST JANUARY

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

West Wight
Sports & Community Centre
Charity No: 273334

SWIMMING POOL OPENING TIMES

1– 31 January 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

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

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*

* 3rd January small pool open until 1700

TUESDAY 8, 15, 22 & 29 January

Main Pool

Public Swimming	1200-1700
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Small Pool

Public Swimming	1200-1600
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TUESDAY 1 January

Both pools Closed

FRIDAY 4, 11, 25 January

Main Pool

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

*On Fri 4th Jan public swim starts 1300

Small Pool 4, 11, 18 & 25 January

Public Swimming	1330-1830
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*On Fri 4th Jan public swim starts 1300

FRIDAY 18th January

Main Pool

Lane Swimming	0700-0900
Waterfit	1200-1300
Public Swimming	1330-1500

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 2 January

Public swimming	0900-2100
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Small Pool 9, 16, 23 & 30 January

Public swimming	0900-1000
Public swimming	1300-2100

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