

Gym

Opening Hours

Monday	0700 -2100
Tuesday	0900 -2100
Wednesday	0700 -2100
Thursday	0900 -2100
Friday	0700 -2100
Saturday	0700 -1700
Sunday	0900 -1830

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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 September 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
Adult swim lesson	0945-1030
Public Swimming	1100-1200
Waterfit	1200-1300
Public swimming	1300-2100
(4 lanes only 1530-2000)	
(2 lanes only 2000-2100)	
Aqua power class	2000-2100

Small Pool

Aqua Mobility	1100-1200
Public swimming	1300-2100

TUESDAY 3rd

Main Pool

Public Swimming	1200-1700
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Small Pool

Public Swimming	1200-1700
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TUESDAY 10th, 17th & 24th

Main Pool

Public Swimming	1200-1315
Public Swimming	1445–1700

Small Pool

Public Swimming	1200-1315
Public Swimming	1445–1600

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
(Two lanes only (1800-2015))	

Deep water aqua class	1915-2015
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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	0900-0930
Parent & Baby	0930-1015
Parent & Baby	1015-1100
Public swimming	1100-1200
Adults Only	1230-1400
Public Swimming	1400-1600

FRIDAY 6th

Main Pool

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

Small Pool

Public Swimming	1330-1830
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FRIDAY 13th

Main Pool

Lane swimming	0700-0900
Waterfit	1200-1300
Public Swimming	1400-1500
Public Swimming	1700-1830

Small Pool

Public Swimming	1400-1830
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FRIDAY 20th, 27th

Main Pool

Lane Swimming	0700-0900
Waterfit	1200-1300
Public Swimming	1400-1830

Small Pool

Public Swimming	1400-1830
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SATURDAY

Main Pool

Lane Swimming	0700-0900
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Main Pool & Small Pool

Fun Hour	1100-1200
Public swim	1400-1700

SUNDAY 1st ,8th, 15th, 29th

Main Pool & Small Pool

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

SUNDAY 22nd

Main Pool & Small Pool

Public Swimming	1200-1700
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