West Wight Sports & Community Centre

NEWSLETTER

24th JULY 2020

Welcome back - after 126 days

We are really looking forward to seeing our members and friends again.

From 10am tomorrow, a limited programme of activities resumes – for the first time since March 20.

To book classes, courts, swim and gym sessions, please visit our website, www.westwight.org.uk. The video guide https://tinyurl.com/WWSCC-online-booking will take you through the steps.

If you have any problems, ring us on 01983 752168.

Initially we are only open to members. From 3 August, we will open to non-members too.

Keep an eye on the website and social media to see regular updates.

Community hub

The West Wight support hub will continue to operate alongside the sports & community centre. However, the telephone helpline has new hours, 9.30am to 12.30pm, Monday to Friday.

West Wight
Coronavirus Support Hub
PHONELINE OPENING HOURS
01983 752 168
Monday - Friday 9:30am - 12:30pm

West Wight Sports & Community Centre
Freshwater, Isle of Wight, PO40 9XH
Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk
Reg. Charity No. 273334

YAY! FUN HOUR IS COMING BACK

Great news for families - on Monday, 3rd August, we have a one-off trial of fun hour, open to all.

Advance booking is essential, and numbers are limited to 30.

You must arrive in your "bubble" and stay in your "bubble" during the session.

Festival of Running virtual runs

We've had a fantastic response since we launched our virtual runs.

Hundreds of athletes have completed runs and claimed medals from the centre or Love Running in Newport.

Here are photographs of some of the happy runners taking part in virtual runs. Right is Alex Bratton, 10, with his Freshwater 5K medal.

Below is Jo Randall, with a group doing the Duver Dash. We are very grateful to Jo and Simon of Love Running for their support.

We have medals for the children's fun run, Freshwater 5K, Duver Dash (5km), Tapnell 10K and the Needles Half Marathon.

Café to re-open August 3

The centre café will re-open on Monday, August 3.

We have signed up to the government Eat Out to Help Out scheme, which offers discount meals from Monday to Wednesday, during August.

Hot lunches delivered to your door

Michele Newton of Four Seasons Cookery Academy continues to work hard in the kitchen, producing tasty, nutritious lunches, available hot or chilled, for collection or delivery.

Meals cost £5 (free to those in financial hardship) and each dish is accompanied by a delicious. You can order these hot meals in advance for delivery to your home.

It would help us if orders could be placed at least a day in advance wherever possible. Dishes may be subject to change due to ingredient availability.

CHANGES TO ONLINE CLASSES

Our Online Classes will be moving over to members-only from Monday 27th July.

The Meeting ID and Password will change after Saturday's' Pilates class.

Those with a Diamond Plus or Diamond Class Membership will be able to get the new Meeting ID and Password by contacting the Centre after 12 noon on Saturday or by e-mail at gym@westwight.org.uk

The Centre will be open until 14.00 on Saturday, 10.00-14.00 on Sunday and 9.00-17.00 Monday to Friday.

Please do not call before 12.00 on Saturday as the new ID and password will not be available till then.

Thank you for all your support of our Online Classes - hopefully we will continue to see our members on screen as well as back at the centre.

FILM NIGHT

A few seats are still available for *Military Wives*, to be shown in our community centre by Friends of Freshwater Library on Friday, 7th August.

Visit www.fofl.co.uk for details and bookings.

Saturday 25th July – Sunday 2nd August

West Wight Sports & Community Centre

SCHEDULE

Saturday 25th July

Pool, Gym & Sports Hall - 10.00-14.00

Classes

10.00-10.45 Online Pilates

Sunday 26th July

Pool, Gym & Sports Hall - 10.00-14.00

Monday 27th July

Pool, Gym & Sports Hall - 15.00-19.00

Classes

9.00-10.00 Indoor Yoga Foundation
9.30-10.15 Outdoor HIIT
10.00-10.45 Online Pilates
10.15-11.15 Indoor Yoga Progress
11.00-11.30 Online Sit & Stay Active
18.00-19.00 Indoor Circuits
19.15-20.15 Aqua Aerobics (Pool)

Tuesday 28th July

Pool, Gym & Sports Hall - 9.00-13.00

Classes

7.45-8.15 Online Meditation
9.15-10.15 Indoor Total Step
9.30-10.30 Outdoor Circuits
16.45-17.30 Online Yoga Relaxed Foundation

Wednesday 29th July

Pool, Gym & Sports Hall - 7.00-12.00 & 15.00-19.00

Classes

7.15-8.15 Indoor/ Outdoor Bootcamp
9.15-10.00 Indoor Pilates
9.30-10.30 Outdoor Gentle Circuits
10.15-11.00 Indoor Advance Pilates
14.00-15.30 Online Yoga Practitioner
17.00-17.45 Online Yoga Relaxed Foundation
19.15-20.15 Aqua Aerobics (Pool)

Thursday 30th July

Pool, Gym & Sports Hall - 9.00-13.00 & 15.00-18.00

Classes

9.30-10.30 Outdoor Bootcamp
10.00-11.00 Indoor Revolution
19.00-19.45 Online Yoga Relaxed Foundation

Friday 31st July

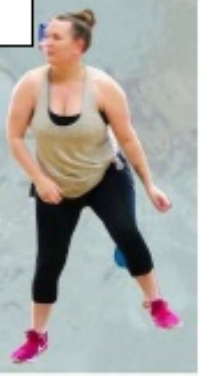
Pool, Gym & Sports Hall - 7.00-12.00

Classes

7.15-8.15 Indoor/ Outdoor Bootcamp
9.00-10.00 Indoor Yoga Foundation
9.30-10.30 Outdoor Circuits
10.15-11.15 Indoor Yoga Progress
10.45-11.45 Outdoor Gentle Circuits

Key Information

- **25th July – 2nd August will be members only**
- All activities must be booked – this includes swimming and gym
- Book online. You will need your PIN. Please ring us to ask for this
- For those unable to book online, please ring us
- FOR OUR FULL PROCEDURES, PLEASE GO TO OUR WEBSITE. IT IS IMPORTANT YOU READ THESE BEFORE BOOKING



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Monday 3rd – Sunday 9th August

West Wight Sports & Community Centre

SCHEDULE

Monday 3rd August

Pool, Gym & Sports Hall - 15.00-19.00

Fun Hour in the Pool - 10.30-11.30

Classes

9.00-10.00 Indoor Yoga Foundation
9.30-10.15 Outdoor HIIT
10.00-10.45 Online Pilates
10.15-11.15 Indoor Yoga Progress
11.00-11.30 Online Sit & Stay Active
12.00-13.00 Aqua Aerobics (Pool - shallow water)
18.00-19.00 Indoor Circuits
19.15-20.15 Aqua Aerobics (Pool)

Tuesday 4th August

Pool, Gym & Sports Hall - 9.00-13.00

Classes

7.45-8.15 Online Meditation
9.15-10.15 Indoor Total Step
9.30-10.30 Outdoor Circuits

Wednesday 5th August

Pool, Gym & Sports Hall - 7.00-12.00 & 15.00-19.00

Classes

7.15-8.15 Indoor/ Outdoor Bootcamp
9.15-10.00 Indoor Pilates
9.30-10.30 Outdoor Gentle Circuits
10.15-11.00 Indoor Advance Pilates
14.00-15.30 Online Yoga Practitioner
17.00-17.45 Online Yoga Relaxed Foundation
18.00-19.00 Indoor Bums, Legs & Tums
19.15-20.15 Aqua Aerobics (Pool)

Thursday 6th August

Pool, Gym & Sports Hall - 9.00-13.00 & 15.00-18.00

Classes

9.30-10.30 Outdoor Bootcamp
10.00-11.00 Indoor Revolution
19.00-19.45 Online Yoga Relaxed Foundation

Friday 7th August

Pool, Gym & Sports Hall - 7.00-12.00

Classes

7.15-8.15 Indoor/ Outdoor Bootcamp
9.00-10.00 Indoor Yoga Foundation
9.30-10.30 Outdoor Circuits
10.15-11.15 Indoor Yoga Progress
10.45-11.45 Outdoor Gentle Circuits
12.00-12.45 Aqua Aerobics (Pool - shallow water)

Saturday 8th August

Pool, Gym & Sports Hall - 10.00-14.00

Classes

10.00-10.45 Online Pilates

Sunday 9th August

Pool, Gym & Sports Hall - 10.00-14.00

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IMPORTANT RE-OPENING INFORMATION

Information relating to re-opening of West Wight Sports & Community Centre after Coronavirus lock down. This information will be reviewed and updated regularly. Please refer to most current sheet.

Date of this version: 20th July 2020

GENERAL

- 25th July – 2nd August will be members only
- All activities must be booked – this includes swimming and gym
- Book online. You will need your PIN. Please ring us for this
- For those unable to book online, ring us
- Avoid making bookings at the Centre – do it from home
- Bookings can only be made 8 days in advance
- If you arrive early please wait in your car or well away from the entrance
- At your booked time check in at reception
- Sanitise your hands on entry and exit and during your time in the building
- Maintain social distancing at all times
- Bring your own water. Water coolers are available for refills. Please ensure you sanitise your container before making contact with the dispensers and wipe down the dispenser after use
- No spectators will be allowed anywhere in the building

SWIMMING

- 25th July – 2nd August main pool is lane swimming only. If you cannot swim lengths please book the small pool
- Please come 'swim ready' with your costume under your clothes. If possible wear something so that you can leave in the same manner ie: a dry robe. This reduces time spent in changing rooms and minimises contact points
- Swimming is booked in one hour slots. The hour starts from entering to leaving the building. You need to factor changing time into your hour
- Proceed to the Swim Changing rooms via the Sports Changing rooms
- Undress and leave your clothes on the bench where you undress
- There will be no lockers in the changing rooms. Some lockers are on poolside for valuables only
- Shower with soap and use the toilet BEFORE you swim. This ensures that pollution levels in the pool are kept to a minimum and the free chlorine in the pool water is available for disinfecting the Covid-19 virus
- There will be three lanes in the main pool. Select your lane based on your swim speed
- Swim clockwise or anti-clockwise as directed by signs
- On leaving the pool, please go home for your shower
- Dress and leave via the usual swim changing room exit

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IMPORTANT RE-OPENING INFORMATION

GYM

- Please come 'gym ready' in your kit
- Gym is booked in one hour slots. The hour starts from entering to leaving the building
- Changing rooms will not be available
- There will be no access to lockers. Sanitised boxes will be available in the gym where you can leave valuables and essential outer clothing or change of shoes only
- Towels are not allowed to be brought into the gym
- Do not use equipment if there is somebody on an adjacent piece of equipment
- Wipe down all equipment with sanitiser and paper provided after use
- The air con will not be on - doors and windows will be open to provide ventilation

SPORTS HALL

- Badminton, short tennis, pickle ball and table tennis only available
- Please come dressed ready in your kit
- Hall is booked on the hour in fifty minute slots. Please leave promptly after 50 minutes
- Changing rooms will not be available
- There will be no access to lockers. Sanitised boxes will be available for valuables and essential outer clothing or change of shoes only
- Please bring your own equipment where possible (e.g. rackets)

CLASSES

- Please come dressed ready in your kit
- Please arrive no more than 5 minutes before your class
- Changing rooms will not be available
- There will be no access to lockers. Sanitised boxes will be available for valuables and essential outer clothing or change of shoes only. Keep the box with you during your class
- Please bring your own mat for classes that require one (e.g. Yoga, Pilates)
- Towels are not allowed to be brought into classes

CAFÉ

- The café is closed until Monday 3rd August

USING MORE THAN ONE FACILITY

- If you wish to use more than one facility, eg: swim and gym, you must book both
- If there is a gap between bookings you must wait outside the building
- Changing rooms are only available for swimmers

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