

### Memberships

Swimming is included in Swim Single/Couple and Diamond Plus memberships, please enquire at reception for more information

### Pay-As-You-Go Charges

Adult Swim £5.50

Under 20's £3

Under 4's FREE

### Fun Hour

Adults £4

Under 20's £4

Under 4's FREE

### Public Swimming

Suitable for all ages and abilities, set up in a lane swimming format with a gentle, steady and speedy lane.

### Open Swim

A session with diving boards and no lane ropes, main pool and small pool available

### Fun Hour

A fun session with mats, main pool and small pool available

### Special Care

Please see our website for more details

### Adult Swim Lessons

Please see our Adult Fitness Class Leaflet for more details

### Adult Swim Fitness

A designated session for adults under the guidance of a qualified coach. Must be comfortable swimming 100m.

### Parent and Baby

This session is suitable for pre-school children accompanied by an adult, the session includes games, songs, structured activities and lots of fun

### Swimming Tots

An introduction to swimming, with an adult in the pool, children will learn using singing, games and structured play. Open to ages 3 years to school age



# SWIMMING POOL OPENING TIMES

5<sup>th</sup> - 30<sup>th</sup> September  
2022

**Please Note: On Sunday 11th September the centre will be open  
08:00 - 11:00 only, this is due to the Tour of Britain**

### Bookings

Please book and pay for swimming in advance online or by calling the centre on 01983 752168. Cancellations made less than 24 hours prior to the booking will still be charged.

Online bookings can be made once you are registered on our system, please speak to our reception team to do this.

**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    

# 5<sup>th</sup> - 30<sup>th</sup> September 2022

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		*SUNDAY	
	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL	MAIN POOL	SMALL POOL
07:00														
08:00														
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20:00														
21:00														

 PUBLIC SWIM	 UNAVAILABLE	 OPEN SWIM	 SPECIAL CARE
 PARENT AND BABY	 SWIMMING TOTS	 FUN HOUR	 ADULT SWIM LESSONS
 ADULT SWIM FITNESS	 UNAVAILABLE ON 16th AND 30th		

**\*Please note: on Sunday 11th September the centre will be open 08:00 - 11:00 only, this is due to the Tour of Britain**