

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

Our swimming lessons for adults teach this vital life skill to people of varying abilities.

Beginners - non-swimmers or those that are nervous.

Improvers—comfortable in the water and able to swim 10m unaided.

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 POOL OPENING TIMES

1st - 28th May 2023



Bank Holiday Opening Hours (1st and 8th May)

10:00 - 15:00 – Public Swim

15:00 - 16:00 – Open Swim

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    

1st - 28th May 2023

	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											Unavailable on 6th			
09:00											Unavailable on 6th			
10:00	ADULT SWIM LESSONS							PARENT AND BABY						
11:00								PARENT AND BABY						
12:00											Unavailable on 6th			
13:00											Unavailable on 6th			
14:00											Unavailable on 6th			
15:00											Unavailable on 6th			
16:00	Half pool		2 lanes only											
17:00	Half pool		2 lanes only											
18:00	Half pool		2 lanes only					50 min swim						
19:00	ADULT SWIM LESSONS													
20:00														
21:00														
	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
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	

- PUBLIC SWIM
- UNAVAILABLE
- OPEN SWIM
- ADULT SWIM FITNESS
- PARENT AND BABY
- SPECIAL CARE
- FUN HOUR
- ADULT SWIM LESSONS

MONDAY Bank Holiday Opening Hours (1st and 8th only) 10:00 - 15:00 - Public Swim 15:00 - 16:00 - Open Swim