

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

29th May - 4th June 2023

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



29th May - 4th June 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	
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	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		

PUBLIC SWIM
 UNAVAILABLE
 OPEN SWIM
 SPECIAL CARE
 FUN HOUR