

Anyone who needs assistance with funding their child's activities please email  
**ian.mcandrew@westwight.org.uk**  
 or go to our website to find out how to apply, as there is financial support available.



All activities must be booked in advance including fun hours and swimming.

All under 8's must be accompanied by an adult on the premises during all activities.

Swimming pool – book online – you need to register with us on 752168 and we will give you a PIN.

### Booking terms and conditions

#### ACTIVITIES

- Payment must be made in full at time of booking
- Users and members are asked to notify us as soon as possible if attendance at a booked activity is not possible
- Bookings can be cancelled at any time. No refund will be given for cancellations less than 24 hours before a booked activity
- We reserve the right to refuse further bookings from anyone who repeatedly does not honour their booking or the terms and conditions
- Bookings can be made 9 days ahead for Fun Hour and Open Swim. Other activities are available to book sooner
- Children under 8 must be accompanied by an adult on the premises during all activities
- Minimum age for swimming lessons is 4 years

#### ONLINE BOOKINGS – CHILDREN'S ACTIVITIES

- Only Fun Hour and Open Swim can be booked online
- Users/members must be registered, with a valid email address and issued with a unique PIN in order to be able to access the online booking portal. Please telephone and ask for your PIN and details

- We reserve the right to suspend an online booking account at any time
- Bookings can be made online up to 2 hours before the time of the booking. After that time bookings should be made over the phone
- Bookings can be cancelled online no later than 24 hours before the booking. After that time bookings must be cancelled over the phone
- Payments cannot be refunded online. Please call us to process your refund

#### SWIMMING COURSES

- In the event of a cancellation of a swimming course by a customer, full fee will be retained unless the place can be re-sold, in which case a refund of 80% of the fees or pro-rata if the course has commenced
- In the event of cancellation by us 100% refund will be issued or pro rata if the course has commenced

We accept the following payment cards:



# Five weeks of Summer Holiday Fun

July 24th - August 27th

Swimming Lessons • Kayaking • Climbing • Judo  
 Personal Survival • Skateboarding • Snorkelling  
 Youth Football • Raft Racing • Diving  
 Tag Rugby • Mermaids • Sports Club  
 Kids Dance • Pre-sailing Skills  
 Fun Hours • Open Swim Sessions  
 Rookie Lifeguard Course



**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





# Summer Holiday Fun, 2023

## Swimming lessons 5 day week £36.50

### Learner Pool

- 0900-0930 – Non Swimmer** Happy to go in the water in armbands.
- 0930-1000 – Beginner Swimmer** Ready to swim without armbands.
- 1000-1030 – 5-10m** Water confident, can swim 5-10m on front and back.

### Main Pool

- 0900-0930 – 10m+** Can swim 10m on front and back and happy to put face in water.
- 0900-0930 – 25m+** Can swim 25m on front and back using a recognisable stroke.
- 0930-1000 – 50m+** Can swim 50m using good front crawl, back crawl and breaststroke.
- 0930-1000 – 100m+** Can swim 100m using good front crawl, back crawl and breaststroke.

## Mondays



**Kayaking** – 1000-1100 – 8-11 years – £8 – An introduction to kayaking through fun and games. Must be able to swim at least 25m. (7th, 14th and 21st August only).

**Personal Survival** – 1000-1100 – 10-16 years – £8 – Learn essential safety and personal survival techniques for in and around water. Please bring a t-shirt and shorts to wear in the pool. (24th and 31st July only).

**Climbing** – 1400-1500 – 7-12 years – £15 – A fun session suitable for all abilities. Waiver form will need to be completed.

**Skateboarding** – 1600-1650 and 1700-1750 – 5-17 years – Suitable for all abilities and equipment provided. Book via [www.bookwhen.com/skateclub](http://www.bookwhen.com/skateclub). £6 per session or book 4 sessions to receive an automatic discount to £20.

**Youth Football** – 1800-1900 – 13-15 years – £4 – Opportunity for boys to play football under the guidance of FA coaches. (31st July and 7th, 14th and 21st August only).



## Tuesdays



**Snorkelling** – 1000-1100 – £5.50 – Must be able to swim at least 25m and be happy under the water.

**Judo** – 1630-1730 – £5.50 – Introduction to Judo including skills and games. Judo kit provided - wear t-shirt and shorts. No jewellery. (1st, 8th, 15th and 22nd August only).



## Wednesdays

**Raft Racing** – 1000-1100 – 6yrs + – £5.50 – Fun and games in teams racing on our specially built rafts. Must be able to swim at least 50m.

**Tag Rugby** – 0930-1030 – 7-11 years – £5.50 – Introduction to rugby through a fun, non-contact version of the game.

**Climbing** – 1130-1230 and 1230-1330 – 7-12years – £15 – A fun session suitable for all abilities. Waiver form will need to be completed.



## Thursdays



**Sports Club** – 0930-1030 – 7-11 years – £5.50 – A fun session with a range of sports, games and activities; including an introduction to archery using soft arrows. (10th, 17th and 24th August only).

**Diving** – 1000-1100 – £8 – Must be able to swim at least 25m, be happy underwater and be able to perform a head first entry into the pool.

**Climbing** – 1500-1600 and 1600-1700 – 7-12 years – £15 – A fun session suitable for all abilities. Waiver form will need to be completed.



## Fridays

**Mermaids Main Pool** – 1000-1030 – £5.50 – Must be able to swim 25m+ and happy under the water.

**Mermaids Small Pool** – 1030-1100 – £5.50 – Must be able to swim 10m+ and happy under the water.

**Kids Dance** – 1015-1115 – 5-8 years – £6 – Jazz/street dance style, learning both technical aspects as well as dance routines to popular songs. (Except 18th August).

**Pre-Sailing Skills** – 1200-1400 – 7-12 years – £29 – Introduction to sailing skills in a safe and warm environment. Session includes dry sailing skills/games and pool work. Must be able to swim 25m. (Friday 28th July only).



## Open Swim Sessions

No lanes, diving boards in use – great for a family swim session. Adults £5.50, Children/under 20's £3.

Mon-Thurs – 1400-1500 & 1500-1600

Fridays – 1400-1500 (except 4th & 11th August)

Sat & Sun – 1400-1500 (except 6th August)

## Fun Hours

Fun and floats in our pool. Under 8's MUST be accompanied in the water. £4.

Mondays- Fridays – 1100-1200

Saturdays and Sundays – 1000-1100



## Rookie Lifeguard Course

Monday 14th-Friday 18th August – 0900-1000 – £45.50 – 10-16 years (must be able to confidently swim 200m without stopping) – Fun and exciting life-saving awards scheme, teaching self-rescue, survival, rescue and lifesaving sport skills. Provides participants with the skills they need to be confident in the pool or the sea and enjoy water safely.



## Tuesday 29th August-Sunday 3rd September

**Fun Hours** – 1100-1200 (Tuesday-Friday); 1000-1100 (Saturday and Sunday) – fun and floats in our pool. Under 8s MUST be accompanied in the water. £4.

**Open Swim Sessions** – 1400-1500 and 1500-1600 (Tuesday-Thursday); 1400-1500 (Friday-Sunday) – No lanes, diving boards in use – great for a family swim session. Adults £5.50, Children/under 20s £3.