

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 - 27th August 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









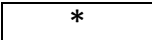
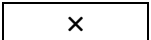
Freshwater, Isle of Wight, PO40 9XH

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Reg. Charity No. 273334    

1st - 27th August 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	Public Swim	Public Swim	Unavailable	Unavailable	Public Swim	Public Swim	Unavailable	Unavailable	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Unavailable
08:00	Public Swim	Public Swim	Unavailable	Unavailable	Public Swim	Public Swim	Unavailable	Unavailable	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Unavailable
09:00	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Public Swim	Public Swim	Public Swim	Public Swim
10:00	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Fun Hour	Fun Hour	Fun Hour	Fun Hour
11:00	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Fun Hour	Public Swim	Public Swim	Public Swim	Public Swim
12:00	Unavailable	Public Swim	Public Swim	Public Swim	Special Care	Unavailable	Unavailable	Unavailable	Unavailable	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
13:00	Public Swim	Public Swim	Public Swim	Unavailable	Public Swim	Unavailable	Public Swim	Public Swim	Unavailable	Unavailable	Public Swim	Public Swim	Public Swim	Public Swim
14:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Unavailable	Unavailable	Open Swim	Open Swim	Open Swim	Open Swim
15:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Unavailable	Public Swim	Unavailable	Unavailable	Unavailable	Unavailable
16:00	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Public Swim	Unavailable	Unavailable	Unavailable	Unavailable
17:00	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Public Swim	Unavailable	Unavailable	Unavailable	Unavailable
18:00	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Public Swim	Unavailable	Unavailable	Unavailable	Unavailable
19:00	Adult Swim Lessons	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim	Unavailable	Unavailable	Unavailable	Unavailable
20:00	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable	Unavailable
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

 PUBLIC SWIM	 UNAVAILABLE	 OPEN SWIM	 ADULT SWIM FITNESS
 PARENT AND BABY	 SPECIAL CARE	 FUN HOUR	 ADULT SWIM LESSONS
 * Please note: on Tuesday 1st August public swimming will finish at 19:20	 x 18th and 25th Only		