

## 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

1<sup>st</sup> - 22<sup>nd</sup> October 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    

# 1<sup>st</sup> - 22<sup>nd</sup> October 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															07:00
08:00															08:00
09:00	ADULT SWIM FITNESS														09:00
10:00								PARENT AND BABY							10:00
11:00								PARENT AND BABY						FUN HOUR	11:00
12:00															12:00
13:00					SPECIAL CARE										13:00
14:00												OPEN SWIM	OPEN SWIM		14:00
15:00	Half pool		2 lanes only							6th only					15:00
16:00	Half pool		2 lanes only							6th only					16:00
17:00	Half pool														17:00
18:00	1 lane only		2 lanes only							Half pool					18:00
19:00	ADULT SWIM FITNESS		2 lanes only					1 lane only		Half pool					19:00
20:00								1 lane only							20:00
21:00															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