

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

4th - 30th September 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    

4th - 30th September 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														
09:00	ADULT SWIM FITNESS													
10:00								PARENT AND BABY						
11:00								PARENT AND BABY					FUN HOUR	FUN HOUR
12:00						SPECIAL CARE								
13:00														
14:00											OPEN SWIM	OPEN SWIM		
15:00	Half pool		2 lanes only											
16:00	Half pool		2 lanes											
17:00	Half pool													
18:00	Half pool		2 lanes				7th only							
19:00			Half pool					1 lane						
20:00	ADULT SWIM LESSONS							1 lane						
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