

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

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

Baby and Toddler Classes

Parent and Baby - This session is suitable for children up to the age of 2, accompanied by an adult, the session includes games, songs and lots of fun

Tweenie Swim - For children aged 2 to 3 years, a fun introduction to swimming, accompanied by an adult, involving structured games and activities.

SWIMMING POOL OPENING TIMES

1st - 11th February 2024



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    

1st - 11th February 2024

	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							PARENT AND BABY						
10:00	ADULT SWIM LESSONS							PARENT AND BABY						
11:00								TWEENIES					FUN HOUR	FUN HOUR
12:00														
13:00														
14:00												OPEN SWIM	OPEN SWIM	
15:00	Half pool		2 lanes only											
16:00	Half pool		2 lanes only											
17:00	Half pool													
18:00	Half pool		2 lanes only											
19:00	ADULT SWIM LESSONS		2 lanes only											
20:00			2 lanes				1 lane only	1 lane only						
21:00														

	PUBLIC SWIM		UNAVAILABLE		OPEN SWIM		ADULT SWIM FITNESS
	PARENT AND BABY		SPECIAL CARE		FUN HOUR		ADULT SWIM LESSONS
	TWEENIES						