

Memberships

Swimming is included in Swim Single/Couple and Diamond Plus Single/Couple memberships, please enquire at reception for more information

Pay-As-You-Go Charges

Adult Swim £6.50

Under 20's £3

Under 4's FREE

Fun Hour

Adults £4.50

Under 20's £4.50

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

SWIMMING POOL OPENING TIMES

28th July - 31st August 2025



Monday 25th Bank Holiday Opening Hours – 09.00 – 15.00

Bookings

Booking numbers are limited depending on the activity taking place in the pool; **Therefore, all bookings must be made in advance either:**

Via phone: 01983 752168

Online: www.westwight.org.uk

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.

Children under Age 8 must be accompanied by an adult in the water
Adults are NOT permitted to supervise more than 2 children under Age 8

West Wight
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

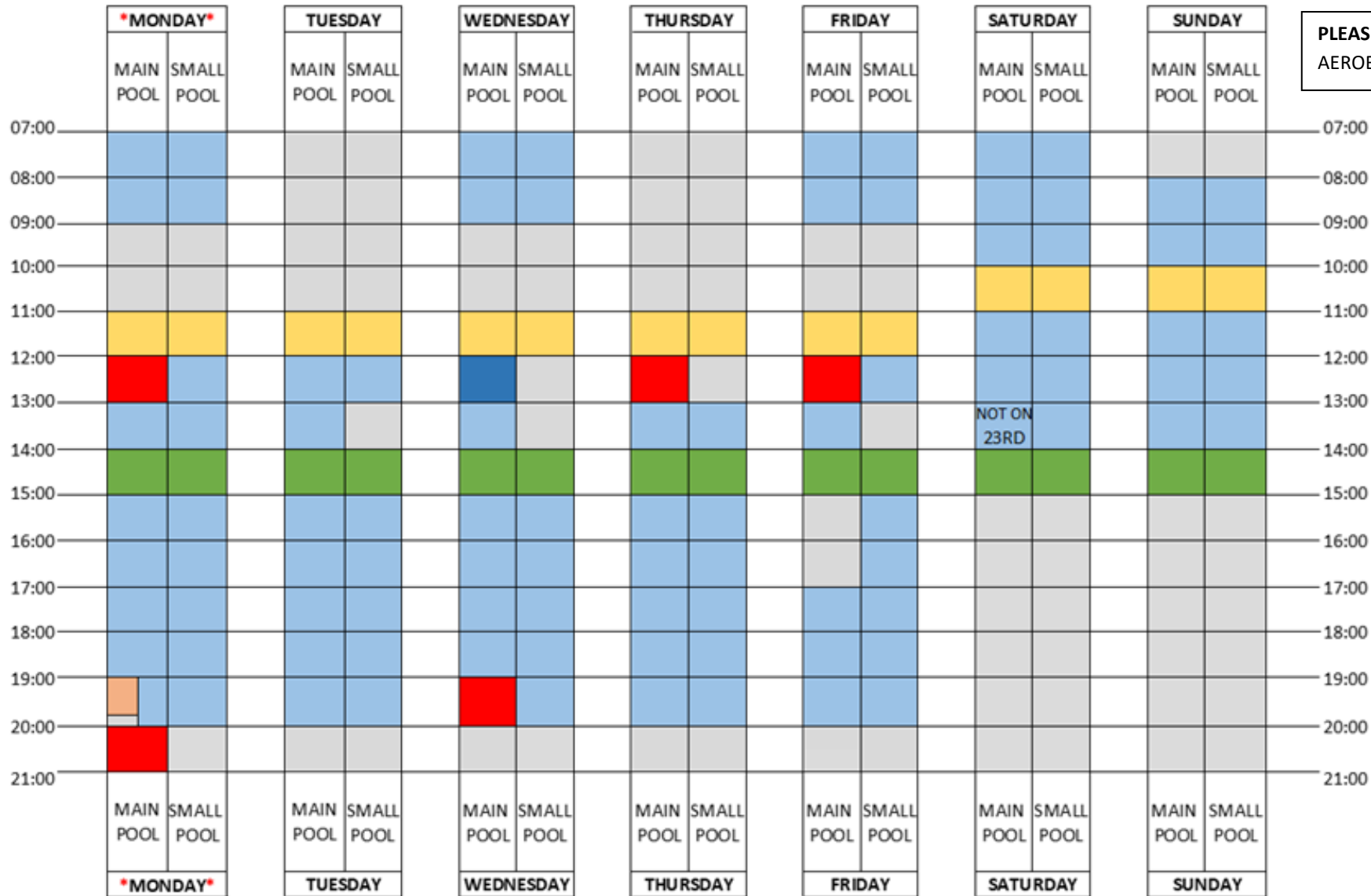
Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk

Reg. Charity No. 273334



28th July – 31st August 2025

PLEASE NOTE – NO AQUA AEROBICS AT 12PM ON 4TH AUG



- PUBLIC SWIM
- UNAVAILABLE
- OPEN SWIM
- ADULT SWIM FITNESS
- AQUA AEROBICS
- SPECIAL CARE
- FUN HOUR
- ADULT SWIM LESSONS

MONDAY MONDAY 25TH BANK HOLIDAY OPENING HOURS - PUBLIC SWIM 09:00-14:00, OPEN SWIM 14:00-15:00(BOTH POOLS)