

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

1st - 30th September 2025



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



1st–30th September

	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	
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PUBLIC SWIM



UNAVAILABLE



OPEN SWIM



ADULT SWIM FITNESS



PARENT AND BABY



SPECIAL CARE



FUN HOUR



ADULT SWIM LESSONS



TWEENIES



AQUA AEROBICS