Please note you must be registered before booking online – this can be done with our reception team.

Pay-as-you-go Charges **Fun Hour**

Adult Swim £6.50 Adults/Under 20's £4.50

Under 20's £3 Under 4's FREE

Under 4's FREE

Memberships

Swimming is included in Swim single/Couple and Diamond Plus memberships, please enquire at reception for more details.

Lane Swimming

Suitable for all ages and abilities – gentle, steady and speedy lanes

Open Swim Fun hour

A session with diving boards and no lane ropes, across both pools.

A session with mats across both pools.

Special care

Please see our website for more details.

Available for hire

Please enquire at reception to learn more.

Adut 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

MAIN POOL **SWIM TIMETABLE**

1ST - **22**ND **DECEMBER 2025**



Booking numbers are limited, therefore all bookings must be made in advance either;

By phone 01983 752168 or Online at www.westwight.org.uk

Cancellations made less than 24 hours prior to the booking will be charged.

Children under 8 must be accompanied by an adult at all times. Adults are not permitted to supervise more than 3 children under age 8.



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







	7.00 7.15 7.30 7.45 8.00 8.15 8.30 8.45 9.00 9.15 10.00 10.15 10.30	11.15 11.30 11.45 12.00 12.30 12.45 13.00	13.15 13.30 13.45 14.00 14.15 14.30	15.00 15.15 15.30 15.45 16.00	16.30 16.45 17.00 17.15 17.30	18.00 18.15 18.30 19.00 19.15	19.45 20.00 20.15 20.30 20.45 21.00
Monday	Lane Swimming 7.00 - 9.00 Adult Swim Fitness Swimming 10.00 - 11.00 Adult Swim Lessons 9.00 - 9.45 & 9.45 - 10.30 Adult Swim Lessons 9.00 - 9.45 & 9.45 - 10.30 Adult Swim Lessons 11.00 - 12.00 Reserved for School Swimming Lessons 13.00 - 15.00		Swimming Lessons	Lane Swimming 15.00 – 20.00 Swimming Lessons 15.00 – 19.00 Aqua Aerobics 20.00 – 21.00 21.00			
Tuesday	C L O S E D Lane Swim 9.00 – 13		Reserved for School Swimming Lessons 13.00 – 15.00	Lane Swimming 15.00 – 16.30	Swimming Lessons 5.30 – 18.30		e Swimming 19.30 – 20.30
Wednesday		Aqua Special Special Care 12.00 – 13.30	Lane Swimming 13.30 – 15.00		Lane Swimming – 3 rd only 16.30-18.00 ning Lessons 30 – 18.00	Lane swimming - 3 rd only 18.00- 20.00	Kayaking 20.00 – 21.00
Thursday	C L O S E D Lane Swimming 9.00 –12.00	Aqua Aerobics 12.00 – 13.00	Reserved for School Swimming Lessons 13.00 – 15.00	Lane Swimming 15.00 – 16.30	Swimming Lessons 16.30 – 18.00	Kingflahers Swimming 19.00 – 20.00	
Friday	Lane Swimming 7.00 – 12.00	Aqua Aerobics 12.00 - 13.00 (not on 1a th)	Reserved for School Swimming Lessons 13.00 – 14.30	ne Swimming 5 th o 15.00-17.00 Flying Fish 14.30-17.00	Lane Swimmin 17.00 – 18.3	Swimming 18.30-19.30	9 Swimming 19:30 – 20:30
Saturday	Lane Swimming 7.00 – 9.00 Swimming Lessons 9.00 – 11.00	Lane Swimming 11.00 –14.00	Open Swim 14.00 – 15.00	Available for h 15.00 – 17.0			
Sunday	Eane Swimming 8.00 – 10.00 11.00 – 11.00	Lane Swimming 11.00 –14.00	Open Swim 14.00- 15.00	Available for hi 15.00 – 17.00			