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

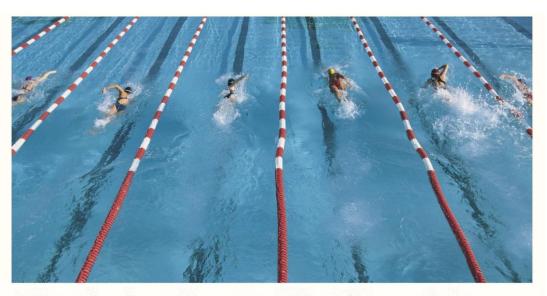
Improvers - Comfortable in the water and able to swim 10m unaided

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 - 23RD 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	9.15 9.30 9.45 10.00 10.15 10.30 11.00 11.00	11.45 12.00 12.15 12.30 12.45	13.15 13.30 13.30 14.00 14.15 14.45	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	20.00 20.15 20.30 20.45 21.00	
Monday	Lane Swimming 7.00 – 9.00 Adult Swim Iessons 9.00 – 9.45 & 9.45 – 10.30 Adult Swim Lane Swimming 10.00 – 11.00 Aerobics 11.00 – 12.00		Aqua Aerobics 12.00 –	Reserved for School Swimming Lessons	Lane Swimming 15.00 – 20.00				Aqua Aerobics 20.00 -	
Σ			13.00	13.00 – 15.00	Swimming	19.00				
Tuesday	C L O S E D Lane Swimming 9.00 – 13.00		Y	Reserved for School Swimming Lessons	Lane Swimming 15.00 – 16.30	Lane Swimmin _i 16.30-20.00 (23 rd on		st 19	6wimming 0.30 – 0.30	
Tue				13.00 – 15.00		Swimming Lessons 15.30-18.30			Swim Club 18.30 – 20.00	
sday	Aqua Lane Swimming Aerobics		Special	Lane	Lane Swimming 15.00 – 16.30	Lane Swimming – 3 rd only 16.30-18.00	Lane swimming	Aqua Kayaking Aerobics 20.00		
Wednesday	7.00 – 1	1.00 Aqua Mobility 12.00 12.00	Care 12.00 – 13.3	Swimming 30 13.30 – 15.00		ning Lessons 80 – 18.00	– 3 rd only 18.00- 19.00	19.00 – 20.00	20.00 – 21.00	
Thursday	C L O S E D Lane Swimming 9.00 –12.00		Aqua Aerobics	Reserved for School Swimming Lessons	Lane Swimming Swimming Lessons		Kingfishers Swimming 18.15 – 19.00	Lane Swimming		
Thur			12.00 – 13.00 – 15.00		15.00 – 16.30 16.30 – 18.00		Lane 19.00 – Swimming 18.00-20.00 (18th Only)			
lay	Lane	e Swimming	Aqua Aerobics 12.00 –	Reserved for La School Swimming	15.00-17.00		Lane Swimming 18.00-20.00 (19 th only)		0.00	
Friday	7.00 – 12.00		13.00 Lessons (not on 13.00 – 14.30		Flying Fish 17.00 – 18.00		West Wight Swim Club 18.00 – 20.00 (12 th only)			
aturday	Lane Swimming	Swimming	ane Swimming	Open ne Swimming Swim		re				
Satu	7.00 – 9.00 Lessons 9.00 – 11.00		11.00 – 14.00		15.00 – 17.00					
day	Lane Swir	Open Swim 11.00 –14.00 15.00		Available for hi	re					
Sunday	8.00 – 10.00 10.00 – 11.00			15.00 – 17.00						