

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

Pay-as-you-go Charges

Adult Swim **£6.50**

Under 20's **£3**

Under 4's **FREE**

Fun Hour

Adults/Under 20's **£4.50**

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

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

Fun hour

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.

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

MAIN POOL SWIM TIMETABLE

FEBRUARY HALF TERM
16TH - 22ND FEBRUARY 2026



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.

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



	7.00	7.15	7.30	7.45	8.00	8.15	8.30	8.45	9.00	9.15	9.30	9.45	10.00	10.15	10.30	10.45	11.00	11.15	11.30	11.45	12.00	12.15	12.30	12.45	13.00	13.15	13.30	13.45	14.00	14.15	14.30	14.45	15.00	15.15	15.30	15.45	16.00	16.15	16.30	16.45	17.00	17.15	17.30	17.45	18.00	18.15	18.30	18.45	19.00	19.15	19.30	19.45	20.00	20.15	20.30	20.45	21.00
Monday	Lane Swimming 7.00 – 9.00								Children's Intensive Lessons 09.00- 10.00		Lane Swimming 10.00 – 11.00		Fun Hour 11.00 – 12.00		Aqua Aerobics 12.00 – 13.00		Lane Swimmi ng 13.00- 14.00		Open Swim 14.00 – 15.00		Lane Swimming 15.00 – 20.00												Adult Swim Lessons 19.00 – 19.45		Aqua Aerobics 20.00 – 21.00																						
Tuesday	C	L	O	S	E	D	Children's Intensive Lessons 09.00- 10.00		Children's Activities 10.00- 11.00		Fun Hour 11.00 – 12.00		Lane Swimming 12.00-14.00				Open Swim 14.00 – 15.00		Lane Swimming 15.00 – 20.30												Masters Swimming 19.30-20.30																										
Wednesday	Lane Swimming 7.00 – 9.00								Children's Intensive Lessons 09.00- 10.00		Children's Activities 10.00- 11.00		Fun Hour 11.00 – 12.00		Special Care 12.00 – 13.30				Open Swim 14.00 – 15.00		Lane Swimming 15.00 – 18.00								Lane swimming 18.00- 19.00		Aqua Aerobics 19.00 – 20.00		Kayakin g 20.00 – 21.00																								
Thursday	C	L	O	S	E	D	Children's Intensive Lessons 09.00- 10.00		Children's Activities 10.00- 11.00		Fun Hour 11.00 – 12.00		Aqua Aerobics 12.00 – 13.00		Lane Swimmi ng 13.00- 14.00		Open Swim 14.00 – 15.00		Lane Swimming 15.00 – 20.00																																						
Friday	Lane Swimming 7.00 – 9.00								Children's Intensive Lessons 09.00- 10.00		Children's Activities 10.00- 11.00		Fun Hour 11.00 – 12.00		Aqua Aerobics 12.00 – 13.00		Lane Swimmi ng 13.00- 14.00		Open Swim 14.00 – 15.00		Flying Fish 15.00 –17.00				Lane Swimming 17.00 – 20.00																																
Saturday	Lane Swimming 7.00 – 9.00								Fun Hour 10.00 –		Lane Swimming 11.00 –14.00						Open Swim 14.00 – 15.00		Available for hire 15.00 – 17.00																																						
Sunday					Lane Swimming 8.00 – 10.00				Fun Hour 10.00 – 11.00		Lane Swimming 11.00 –14.00						Open Swim 14.00- 15.00		Available for hire 15.00 – 17.00																																						