

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

**1<sup>ST</sup> - 15<sup>TH</sup> FEBRUARY 2026**  
**+ 23<sup>RD</sup> - 28<sup>TH</sup> 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](http://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](http://www.westwight.org.uk)  
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Reg. Charity No. 273334    

