

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.

Public Swimming

Suitable for all ages

Open Swim

Fun hour

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

A session with mats across both pools

Available for hire

Please enquire at reception to learn more

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 2-3 years, a fun introduction to swimming, accompanied by an adult, involving structured games and activities.

Swimming tots – For children aged 3-4 years, preparation for swimming lessons, accompanied by an adult, children will learn with singing, games and structured play.

LEARNER POOL SWIM TIMETABLE

1ST - 29TH MARCH 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
Monday	Public Swimming 7.00 – 10.00					Aqua Mobility 10.00 – 11.00			Public Swimming 11.00 – 13.00					Reserved for School Swimming Lessons 13.00 – 15.00					Public Swimming 15.00 – 20.00																																		
Tuesday	C L O S E D	Public Swimming 9.00 – 11.00				Pheonix Project 11.00 – 12.00			Public Swimming 12.00 – 13.00			Reserved for School Swimming Lessons 13.00 – 15.00			Public Swimming 15.00 – 16.00			Swimming Lessons 16.00 – 18.00			Public Swimming 18.00 – 20.00																																
Wednesday	Public Swimming 7.00 – 9.00				Hydrotherapy 9.00 – 13.00					Public Swimming 13.00-15.00					Swimming Lessons 16.00-17.00			Public Swimming 15.00 – 20.00																																			
Thursday	C L O S E D	Parent and Baby 9.00 – 9.45 & 9:45 – 10:30			Tweens 10:30 – 11:00		Swim Tots 11:00 – 11:30		Hydrotherapy 11.30 – 13.00			Reserved for School Swimming Lessons 13.00 – 15.00			Public Swimming 15.00 – 16.00			Swimming Lessons 16.00 – 18.00			Public Swimming 18.00 – 20.00																																
Friday	Public Swimming 7.00 – 10.00					School Swimming Lessons 10.00 – 11.00			Pheonix Project 11.00 – 12.00			Public Swimming 12.00 – 13.00			Reserved for School Swimming Lessons 13.00 – 15.00					Public Swimming 15.00 – 20.00																																	
Saturday	Public Swimming 7.00 – 9.00				Swimming Lessons 9.00 – 11.00					Public Swimming 11.00 –14.00 (not 28 th)					Open Swim 14.00 – 15.00			Available for hire 15.00 – 17.00																																			
Sunday					Public Swimming 8.00 – 10.00				Fun Hour 10.00 – 11.00			Public Swimming 11.00 –14.00					Open Swim 14.00 – 15.00			Available for hire 15.00 – 17.00																																	