

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

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.

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

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**

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

Freshwater, Isle of Wight, PO40 9XH

Reg. Charity No. 273334



