

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

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	20.15	20.30	20.45	21.00
Monday	Lane Swimming 7.00 – 9.00								Adult Swim Fitness		Lane Swimming 10.00 – 11.00				Aqua Aerobics 11.00 – 12.00		Aqua Aerobics 12.00 – 13.00		Reserved for School Swimming Lessons 13.00 – 15.00				Lane Swimming 15.00 – 20.00										Aqua Aerobics 20.00 – 21.00																								
									Adult Swim lessons 9.00 – 9.45 & 9.45 – 10.30														Swimming Lessons 15.00 – 19.00										Adult Swim Lessons 19.00 – 19.45																								
Tuesday	C	L	O	S	E	D	Lane Swimming 9.00 – 13.00								Reserved for School Swimming Lessons 13.00 – 15.00				Lane Swimming 15.00 – 16.30		Swimming Lessons 15.30 – 18.00				West Wight Swim Club 18.30 – 20.00				Masters Swimming 19.30-20.30																												
Wednesday	Lane Swimming 7.00 – 11.00								Aqua Mobility 10.00-11.00		Aqua Aerobics 11.00 – 12.00		Special Care 12.00 – 13.30		Lane Swimming 13.30 – 15.00		Lane Swimming 15.00 – 18.00				Swimming Lessons 15.30 – 18.00		Lane swimming – 4 th and 25 th only 18.00- 19.00		Aqua Aerobics 19.00 – 20.00		Kayaking 20.00 – 21.00																														
Thursday	C	L	O	S	E	D	Lane Swimming 9.00 –12.00								Aqua Aerobics 12.00 – 13.00		Reserved for School Swimming Lessons 13.00 – 15.00				Lane Swimming 15.00 – 16.30		Swimming Lessons 16.30 – 18.00		Kingfishers Swimming 18.15-19.00		Lane Swimming 19.00 – 20.00																														
Friday	Lane Swimming 7.00 – 12.00										Aqua Aerobics 12.00 – 13.00		Reserved for School Swimming Lessons 13.00 – 14.30		Flying Fish 14.30 –17.00				Lane Swimming 17.00 – 18.30		West Wight Swim Club 18.30 – 20.00		Lane Swimming 19.30 – 20.30																																		
Saturday	Lane Swimming 7.00 – 9.00				Swimming Lessons 9.00 – 11.00				Lane Swimming 11.00 –14.00 (not on 28 th)				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																																												