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.

Adut 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

EASTER HOLIDAYS
30TH MARCH - 12TH APRIL

Please note:

Bank Holiday Monday		Good Friday(3rd April)	
Lane Swim	7.00-21.00	Lane Swimming	7.00-14.00
Open Swim	14.00-15.00	Open Swim 14.00-15.00	
Adult Swim lessons at 19.00			

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.

Pool Timetable

Time columns: 7.00 – 21.00 (in 15-minute intervals)

Monday
- Lane Swimming 7.00 – 9.00
- Children's Intensive lessons 09.00-10.00
- Children's Activities
- Fun Hour 11.00-12.00
- Aqua Aerobics 12.00 – 13.00
- Lane Swimming 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
- CLOSED
- Children's Intensive lessons 09.00-10.00
- Children's Activities
- 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
- Fun Hour 11.00-12.00
- Special Care 12.00 – 13.30
- Open Swim 14.00-15.00
- Lane Swimming 15.00 – 19.00
- Aqua Aerobics 19.00 – 20.00
- Kayaking 20.00 – 21.00

Thursday
- CLOSED
- Children's Intensive lessons 09.00-10.00
- Children's Activities
- Fun Hour 11.00-12.00
- Aqua Aerobics 12.00 – 13.00
- Lane Swimming 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
- Fun Hour 11.00-12.00
- Aqua Aerobics 12.00 – 13.00
- Lane Swimming 13.00-14.00
- Open Swim 14.00-15.00
- Flying Fish 14.30 –17.00
- Lane Swimming 17.00-18.30

Saturday
- Lane Swimming 7.00 – 11.00
- Children's Activities
- Lane Swimming 12.00-14.00
- Open Swim 14.00 – 15.00
- Available for hire 15.00 – 17.00

Sunday
- Lane Swimming 8.00-9.00 (5th only)
- Lane Swimming 9.00-10.00
- 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