

Charges

Pay-as-you go

Adult Swim £6.90

Under 20's £3.20

Under 4's FREE

Fun hour

Adult/Under 20's £4.80

Under 4's FREE

Memberships

Swimming is included in Swim single/couple and Diamond Plus memberships, please enquire at Reception for more details.

Online Booking

Please note, you must be registered before booking online. This can be done with our Reception Team

Pool sessions

Public Swim – Suitable for all ages.

Casual Swim – A sessions with diving boards and no lane ropes.

Fun Hour – A session with mats and no lane ropes.

Available to Hire – Please enquire at Reception to learn more.

Baby and Toddler Classes

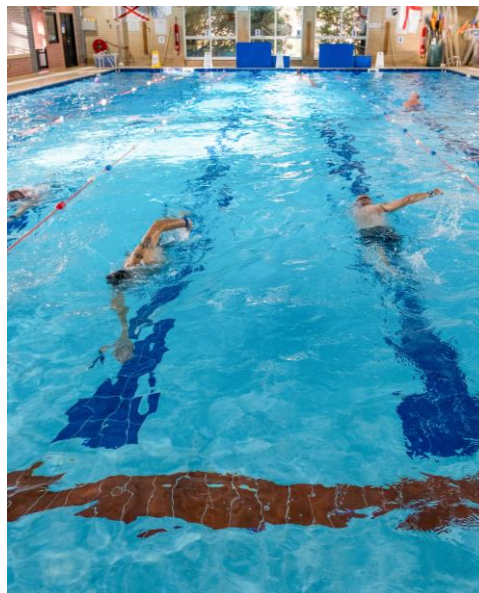
Parent and Baby – This session is suitable for children up to the age of 2, accompanied by an adult. The sessions includes games, songs and lots of fun.

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

31st July – 1st September 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 always accompanied by an adult.
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



	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	13:00	13:30	14:00	14:30	15:00	15:30	16:00	16:30	17:00	17:30	18:00	18:30	19:00	19:30	
MONDAY	Public Swim 6:00 – 9:00						1-1 Lessons 9:00 – 10:00		Fun Hour 10:00 – 11:00		Fun Hour 11:00 – 12:00		Public Swim 12:00 – 13:00							Casual Swim 15:00 – 16:00	Public Swim 16:00 – 20:00								
TUESDAY							1-1 Lessons 9:00 – 10:00		Fun Hour 10:00 – 11:00		Fun Hour 11:00 – 12:00		Pheonix Project 12:00 – 13:00 (Public on 11 th)							Casual Swim 15:00 – 16:00	Public Swim 16:00 – 20:00								
WEDNESDAY			Public Swim 7:00 – 9:00				1-1 Lessons 9:00 – 10:00		Fun Hour 10:00 – 11:00		Fun Hour 11:00 – 12:00	Hydrotherapy 12:00 – 14:00				Public Swim 14:00 – 15:00		Casual Swim 15:00 – 16:00	Public Swim 16:00 – 20:00										
THURSDAY							Parent and Baby 9:00 – 9:30	Tweenies 9:30 – 10:00	Fun Hour 10:00 – 11:00		Fun Hour 11:00 – 12:00		Hydro- therapy 12:00 – 13:00 (Public on 13 th &20 th)							Casual Swim 15:00 – 16:00	Public Swim 16:00 – 20:00								
FRIDAY			Public Swim 7:00 – 9:00				1-1 Lessons 9:00 – 10:00		Fun Hour 10:00 – 11:00		Fun Hour 11:00 – 12:00		Pheonix Project 12:00 – 13:00							Public Swim 14:00 – 20:00									
SATURDAY			Lane Swim 7:00 – 9:00				1-1 Lessons 9:00 – 10:00		Fun Hour 10:00 – 11:00	Lane Swim 11:00 – 14:00						Casual Swim 14:00 – 15:00	Available to Hire 15:00 – 17:00												
SUNDAY					Lane Swim 8:00 – 10:00					Fun Hour 10:00 – 11:00	Lane Swim 11:00 – 14:00						Casual Swim 14:00 – 15:00	Available to Hire 15:00 – 17:00											