

Charges	
Pay-as-you go	<u>Fun hour</u>
Adult Swim £6.90	Adult/Under 20's £4.80
Under 20's £3.20	Under 4's FREE
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	
Lane Swim – Suitable for all ages and abilities with lane ropes in – gentle, steady and speedy lanes. Casual Swim – A sessions with diving boards and no lane ropes. Fun Hour – A session with mats and no lane ropes. Relaxation and Rehabilitation Swim – Formerly known as “Special Care”, this session is ideal for those recovering from illness or injury, managing long-term or neurological conditions, or simply looking for a calm and therapeutic swim experience. Available to Hire – Please enquire at Reception to learn more.	
Adult Swimming Lessons	
Our swimming lessons for adults teach this vital life skill to people of varying abilities.	
Beginners—non-swimmers or those that are nervous. Improvers—comfortable in the water, able to swim 10m unaided. Adult Swim Fitness – Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping.	

MAIN 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.

	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	20:00	20:30
MONDAY	Lane Swim 6:00 – 10:00							1-1 lessons 9:00 – 10:00	Fun Hour 10:00 – 11:00	Fun Hour 11:00 – 12:00	Aqua Aerobics Shallow 12:00 – 13:00				Casual Swim 15:00 – 16:00	Lane Swim 15:00 – 20:00														
TUESDAY								Lane Swim 9:00 – 10:00	1-1 lessons 9:00 – 10:00	Fun Hour 10:00 – 11:00	Fun Hour 11:00 – 12:00	Lane Swim 12:00 – 13:00				Casual Swim 15:00 – 16:00	Lane Swim 15:00 – 20:30							Masters Swim 19:30 – 20:30						
WEDNESDAY			Lane Swim 7:00 – 10:00					1-1 lessons 9:00 – 10:00	Fun Hour 10:00 – 11:00	Fun Hour 11:00 – 12:00	Relaxation & Rehabilitation Swim 12:00 – 13:30		Lane Swim 13:30 – 15:00		Casual Swim 15:00 – 16:00	Lane Swim 16:00 – 19:00				Aqua Aerobics Deep 19:00 – 20:00										
THURSDAY								Lane Swim 9:00 – 10:00	1-1 lessons 9:00 – 10:00	Fun Hour 10:00 – 11:00	Fun Hour 11:00 – 12:00	Aqua Aerobics Shallow 12:00 – 13:00				Casual Swim 15:00 – 16:00	Lane Swim 16:00 – 20:00													
FRIDAY			Lane Swim 7:00 – 10:00					1-1 lessons 9:00 – 10:00	Fun Hour 10:00 – 11:00	Fun Hour 11:00 – 12:00	Aqua Aerobics Shallow 12:00 – 13:00			Flying Fish 14:30 – 17:00			Lane Swim 17:00 – 18:30		West Wight Swim Club 18:30 – 20:00		Lane Swim 18:30 – 20:30									
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															