

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.
Relax and Rehab 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

2nd – 30th 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

Reg. Charity No. 273334

Tel: (01983) 752168

www.westwight.org.uk

E-mail: info@westwight.org.uk

	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 – 9:00						Adult Swim Fitness 9:00-10:00	Adult Swim Lessons 9:00-9:45 & 9:45-10:30	Lane Swim 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 Swim 15:00 – 20:00										Adult Swim Lessons 19:00 – 19:45						
TUESDAY							Lane Swim 9:00 – 13:00						Reserved for School Swimming Lessons 13:00 – 15:00		Lane Swim 15:00 – 16:30	Swimming Lessons 15:30 – 18:00						West Wight Swim Club 18:30 – 20:00		Masters Swim 19:30 – 20:30						
WEDNESDAY				Lane Swim 7:00 – 11:00					Aqua Mobility 10:00-11:00	Aqua Aerobics 11:00 – 12:00	Relaxation & Rehabilitation Swim 12:00 – 13:30		Lane Swim 13:30 – 15:00		Lane Swim 15:00 – 18:00				Swimming Lessons 15:30 – 18:00				Lane Swim 18:00 – 19:00		Aqua Aerobics 19:00 – 20:00		Kayaking 20:00 – 21:00 (except 2 nd)			
THURSDAY							Lane Swim 9:00 – 12:00				Aqua Aerobics 12:00 – 13:00		Reserved for School Swimming Lessons 13:00 – 15:00		Lane Swim 15:00 – 16:30		Swimming Lessons 16:30 – 18:00 (Lane swim on 3rd)		Kingfishers Swimming 18:00 – 19:00 (Lane swim on 3rd)		Lane Swim 19:00 – 20:00									
FRIDAY				Lane Swim 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 Swim 17:00 – 18:30		West Wight Swim Club 18:30 – 20:00		Lane Swim 19:30 – 20:30								
SATURDAY				Lane Swim 7:00 – 9:00		Swimming Lessons 9:00 – 11:00 (Lane swim on 5th)			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															