

LEARNER POOL SWIM TIMETABLE

1st – 30th November 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.

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.

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
MONDAY	Public Swim 6:00 – 10:00								Aqua Mobility 10:00- 11:00	Public Swim 11:00 – 13:00				Reserved for School Swimming Lessons 13:00 – 15:00				Public Swim 15:00 – 20:00										
TUESDAY							Public Swim 9:00 – 11:00		Pheonix Project 11:00 – 12:00		Public Swim 12:00 – 13:00		Reserved for School Swimming Lessons 13:00 – 15:00				Public Swim 15:00 – 16:00		Swimming Lessons 16:00 – 18:00		Public Swim 18:00 – 20:00							
WEDNESDAY			Public Swim 7:00 – 9:00		Hydrotherapy 9:00 – 13:00								Public Swim 13:00-15:00				Swimming Lessons 16:00 – 17:00		Public Swim 15:00 – 20:00									
THURSDAY							Parent and Baby 9:00-9:45 9:45 – 10:30		Tweenies 10:30 – 11:00	Swim Tots 11:00 – 11:30	Hydrotherapy 11:30 – 13:00		Reserved for School Swimming Lessons 13:00 – 15:00				Public Swim 15:00 – 16:00		Swimming Lessons 16:00 – 18:00		Public Swim 18:00 – 20:00							
FRIDAY			Public Swim 7:00 – 10:00				School Swimming Lesson 10:00 – 11:00		Pheonix Project 11:00 – 12:00		Public Swim 12:00 – 13:00		Reserved for School Swimming Lessons 13:00 – 15:00				Public Swim 15:00 – 20:00											
SATURDAY			Lane Swim 7:00 – 9:00		Swimming Lessons 9:00 – 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													