

Charges			
Pay-as-you go		Fun hour	
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

OCTOBER HALF TERM
19TH OCT – 1ST NOV 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	20:00	20:30
MONDAY	Lane Swim 6:00 – 9:00						Lane swim 9:00-10:00	1-1's	Fun Hour 10:00 – 11:00	Fun Hour 11:00-12:00	Aqua Aerobics 12:00 – 13:00	Reserved for School Swimming Lessons 13:00 – 15:00		Casual Swim 15:00-16:00	Lane Swim 16:00 – 20:00										Adult Swim Lessons 19:00 – 19:45					
TUESDAY							Lane swim 9:00-10:00	1-1's	Fun Hour 10:00 – 11:00	Fun Hour 11:00-12:00	Lane Swim 12:00-13:00	Reserved for School Swimming Lessons 13:00 – 15:00		Casual Swim 15:00-16:00		Swimming Lessons 16:30 – 18:00						Lane swim 18:00-19:30 (on 27 th)		West Wight Swim Club	Masters Swim 19:30 – 20:30					
WEDNESDAY				Lane Swim 7:00 – 9:00			Lane swim 9:00-10:00	1-1's	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 19:00 – 20:00	Kayaking 20:00 – 21:00 (except 2 nd)									
THURSDAY							Lane swim 9:00-10:00	1-1's	Fun Hour 10:00 – 11:00	Fun Hour 11:00-12:00	Aqua Aerobics 12:00 – 13:00	Reserved for School Swimming Lessons 13:00 – 15:00		Casual Swim 15:00-16:00		Swimming Lessons 16:30 – 18:00		Lane Swim 18:00 – 20:00												
FRIDAY				Lane Swim 7:00 – 9:00			Lane swim 9:00-10:00	1-1's	Fun Hour 10:00 – 11:00	Fun Hour 11:00-12:00	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	Lane Swim 19:30 – 20:30		Lane Swim 15:00 – 19:30 (on 23 rd)								
SATURDAY				Lane Swim 7:00 – 9:00			Swimming Lessons 9:00 – 11:00		Fun Hour 11:00-12:00	Lane Swim 12:00 – 14:00		Casual Swim 14:00 – 15:00	Available to Hire 15:00 – 17:00																	
SUNDAY					Lane Swim 8:00-9:00 (not on 25 th)	Lane Swim 9:00-10:00	Fun Hour 10:00 – 11:00	Lane Swim 11:00 – 13:00			Lane Swim 13:00-14:00 (not on 25 th)	Casual Swim 14:00 – 15:00	Available to Hire 15:00 – 17:00																	