

## ACTIVITY DESCRIPTIONS

### **Splash Tails**

Learn how to swim like a mermaid using one of our monofins, plus fun and games.

### **Tots and Toddlers Swim**

Fun for you and the little ones with instructor led activities in small pool for tots, toddlers and older siblings. Adults need to be in the water with their children.

### **Mini Movers**

A fun session for pre school children and their parents which includes soft play, action songs and trampolining in our sports hall.

### **Parent and Baby Swim**

Suitable for pre-school children accompanied by an adult in the water. The class includes games, songs and structure activities.

## **JUNIOR GYM (14 - 16 yrs)**

Monday to Friday: 1630–1830 (closed Monday 27 August)  
Junior gym sessions: £2.65  
Junior gym induction: £2.65 (*to be booked in advance*)

## **MEMBERSHIP**

Check out our Diamond and Diamond PLUS membership options for Under 20s and Students, more information can be found on our website or by picking up a leaflet from Reception.

## **SPORTS HALL**

### **Why not book our sports hall for your own activities?**

Book a court at a cost of £5.00 per/hour Mon-Sat 9am-5pm or Sundays and after 5pm £8.00 per/hour. Choose from either badminton, basketball, table tennis or short tennis.

Alternatively hire the whole hall to play football, tennis or basketball Mon-Sat 9am-5pm £20.00 per/hour or Sundays and after 5pm £32.00 per hour.

## **TERMS AND CONDITIONS**

*Activity numbers are limited. Bookings cannot be taken without payment. All activities require a minimum number of participants to run.*

### **Children under 8**

– *During public swimming and fun hour, must be accompanied in the water by an adult (18+) who must stay within arm's reach of child.*

– *For all other activities an adult must stay on site and be within easy reach of a staff member.*

### **Cancellations**

*Full fee will be retained unless the place can be resold, in which case a refund of 80% of the fees will be paid.*

WE'VE GOT  
**SUMMER**  
SORTED!



ACTIVITIES EVERY DAY FOR CHILDREN AND FAMILIES



**INTENSIVE SWIMMING LESSONS: 5 day - £32.50 / 4 day - £26.30****Week 2: Monday 29 July - Friday 2 August****Week 3: Monday 5 August - Friday 9 August****Week 4: Monday 12 August - Friday 16 August****Week 5: Monday 19 August - Friday 23 August****Week 6: Tuesday 27 August - Friday 30 August (4 day)****Learner pool (min age 4)****Non swimmer**                      **0900–0930***Happy to go in the water with armbands***Main pool (min age 4)****Intermediate**                      **0900–0930***Can swim 25m on front and back using a recognisable stroke***Improver**                              **0930–1000***Ready to swim without armbands***Shallow water**                      **0930–1000***Can swim 10m on front and back and happy to put face in water*

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**Week 1****Monday 22 July**

1100-1200                      Fun hour                                      £3.00

**Tuesday 23 July**

1100-1200                      Fun hour                                      £3.00

**Wednesday 24 July**

0930-1030                      Mini Movers (pre school age)                      £2.10 / £1.10

1100-1200                      Fun hour                                      £3.00

**Thursday 25 July**

1100-1200                      Fun hour                                      £3.00

**Friday 26 July**

1100-1200                      Fun hour                                      £3.00

**Saturday 27 July**From 0645                      *Event: Solent Swim**Swimmers will be finishing at Colwell between 0645 and 0730. Come along and cheer them in!*

1100-1200                      Fun hour                                      £3.00

**Sunday 28 July**

1100-1200                      Fun hour                                      £3.00

**Week 6****Monday 26 August (BANK HOLIDAY)**

1000-1600                      Public Swimming (both pools)                      £4.20 / £2.65

**Tuesday 27 August**

1000-1045                      Tots &amp; Toddlers Swim                      £3.00

1100-1200                      Fun hour                                      £3.00

1515-1645                      Climbing Wall: Racoons (7-9 yrs)                      £10.00

1700-1830                      Climbing Wall: Lemurs (10-12 yrs)                      £10.00

**Wednesday 28 August**

0930-1030                      Mini Movers (pre school age)                      £2.10 / £1.10

1000-1100                      Raft Racing (must be able to swim 50m)                      £3.00

1100-1200                      Fun hour                                      £3.00

**Thursday 29 August**

1000-1045                      Parent &amp; Baby Swim (pre school age)                      £5.00

1100-1200                      Fun hour                                      £3.00

1230-1400                      Climbing Wall: Lemurs (10-12 yrs)                      £10.00

1415-1515                      Climbing Wall: Geckos (5-6 yrs)                      £10.00

**Friday 30 August**

1000-1100                      Fun Kayaking (must be able to swim 25m)                      £5.00

1100-1200                      Fun hour                                      £3.00

1230-1400                      Climbing Wall: Racoons (7-9 yrs)                      £10.00

1415-1515                      Climbing Wall: Yetis (13-17 yrs)                      £10.00

**Saturday 31 August**

1100-1200                      Fun hour                                      £3.00

**Sunday 1 September**

1100-1200                      Fun hour                                      £3.00

**More activities added throughout the summer holidays****Check our website and Facebook page for updates**

## Week 5

### Monday 19 August

1000-1030	Splash Tails (main pool, must be able to swim 25m)	£5.00
1030-1100	Splash Tails (learner pool, must be able to swim 10m)	£5.00
1100-1200	Fun hour	£3.00
1545-1645	Skateboarding (ages 5-10)	£5.00
1645-1745	Skateboarding (ages 10-16)	£5.00

### Tuesday 20 August

1000-1100	Snorkelling (must be able to swim 25m)	£5.00
1000-1045	Tots & Toddlers Swim	£3.00
1100-1200	Fun hour	£3.00
1515-1645	Climbing Wall: Racoons (7-9 yrs)	£10.00
1700-1830	Climbing Wall: Lemurs (10-12 yrs)	£10.00

### Wednesday 21 August

0930-1030	Mini Movers (pre school age)	£2.10 / £1.10
1000-1100	Raft Racing (must be able to swim 50m)	£3.00
1100-1200	Fun hour	£3.00

### Thursday 22 August

1000-1045	Parent & Baby Swim (pre school age)	£5.00
1000-1100	Diving (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Lemurs (10-12 yrs)	£10.00
1415-1515	Climbing Wall: Geckos (5-6 yrs)	£10.00

### Friday 23 August

1000-1100	Fun Kayaking (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Racoons (7-9 yrs)	£10.00
1415-1515	Climbing Wall: Yetis (13-17 yrs)	£10.00

### Saturday 24 August

1100-1200	Fun hour	£3.00
12:00	<b>Event: Junior Splash &amp; Dash</b>	£7.50

Advance entries only: [westwight.org.uk/events/splash-and-dash](http://westwight.org.uk/events/splash-and-dash)

### Sunday 25 August

1100-1200	Fun hour	£3.00
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## Week 2

### Monday 29 July

1000-1030	Splash Tails (main pool, must be able to swim 25m)	£5.00
1030-1100	Splash Tails (learner pool, must be able to swim 10m)	£5.00
1100-1200	Fun hour	£3.00
1545-1645	Skateboarding (ages 5-10)	£5.00
1645-1745	Skateboarding (ages 10-16)	£5.00

### Tuesday 30 July

1000-1100	Snorkelling (must be able to swim 25m)	£5.00
1000-1045	Tots & Toddlers Swim	£3.00
1100-1200	Fun hour	£3.00
1515-1645	Climbing Wall: Racoons (7-9 yrs)	£10.00
1700-1830	Climbing Wall: Lemurs (10-12 yrs)	£10.00

### Wednesday 31 July

0930-1030	Mini Movers (pre school age)	£2.10 / £1.10
1000-1100	Raft Racing (must be able to swim 50m)	£3.00
1100-1200	Fun hour	£3.00

### Thursday 1 August

1000-1045	Parent & Baby Swim (pre school age)	£5.00
1000-1100	Diving (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Lemurs (10-12 yrs)	£10.00
1415-1515	Climbing Wall: Geckos (5-6 yrs)	£10.00

### Friday 2 August

1000-1100	Fun Kayaking (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Racoons (7-9 yrs)	£10.00
1415-1515	Climbing Wall: Yetis (13-17 yrs)	£10.00

### Saturday 3 August

1100-1200	Fun hour	£3.00
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### Sunday 4 August

1100-1200	Fun hour	£3.00
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**Week 3****Monday 5 August**

1000-1030	Splash Tails (main pool, must be able to swim 25m)	£5.00
1030-1100	Splash Tails (learner pool, must be able to swim 10m)	£5.00
1100-1200	Fun hour	£3.00
1545-1645	Skateboarding (ages 5-10)	£5.00
1645-1745	Skateboarding (ages 10-16)	£5.00

**Tuesday 6 August**

1000-1100	Snorkelling (must be able to swim 25m)	£5.00
1000-1045	Tots & Toddlers Swim	£3.00
1100-1200	Fun hour	£3.00
1515-1645	Climbing Wall: Racoons (7-9 yrs)	£10.00
1700-1830	Climbing Wall: Lemurs (10-12 yrs)	£10.00

**Wednesday 7 August**

0930-1030	Mini Movers (pre school age)	£2.10 / £1.10
1000-1100	Raft Racing (must be able to swim 50m)	£3.00
1100-1200	Fun hour	£3.00

**Thursday 8 August**

1000-1045	Parent & Baby Swim (pre school age)	£5.00
1000-1100	Diving (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Lemurs (10-12 yrs)	£10.00
1415-1515	Climbing Wall: Geckos (5-6 yrs)	£10.00

**Friday 9 August**

1000-1100	Fun Kayaking (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Racoons (7-9 yrs)	£10.00
1415-1515	Climbing Wall: Yetis (13-17 yrs)	£10.00

**Saturday 10 August**

1100-1200	Fun hour	£3.00
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**Sunday 11 August**

1100-1200	Fun hour	£3.00
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**Week 4****Monday 12 August**

1000-1030	Splash Tails (main pool, must be able to swim 25m)	£5.00
1030-1100	Splash Tails (learner pool, must be able to swim 10m)	£5.00
1100-1200	Fun hour	£3.00
1545-1645	Skateboarding (ages 5-10)	£5.00
1645-1745	Skateboarding (ages 10-16)	£5.00

**Tuesday 13 August**

1000-1100	Snorkelling (must be able to swim 25m)	£5.00
1000-1045	Tots & Toddlers Swim	£3.00
1100-1200	Fun hour	£3.00
1515-1645	Climbing Wall: Racoons (7-9 yrs)	£10.00
1700-1830	Climbing Wall: Lemurs (10-12 yrs)	£10.00

**Wednesday 14 August**

0930-1030	Mini Movers (pre school age)	£2.10 / £1.10
1000-1100	Raft Racing (must be able to swim 50m)	£3.00
1100-1200	Fun hour	£3.00

**Thursday 15 August**

1000-1045	Parent & Baby Swim (pre school age)	£5.00
1000-1100	Diving (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Lemurs (10-12 yrs)	£10.00
1415-1515	Climbing Wall: Geckos (5-6 yrs)	£10.00

**Friday 16 August**

1000-1100	Fun Kayaking (must be able to swim 25m)	£5.00
1100-1200	Fun hour	£3.00
1230-1400	Climbing Wall: Racoons (7-9 yrs)	£10.00
1415-1515	Climbing Wall: Yetis (13-17 yrs)	£10.00

**Saturday 17 August**

0900-1100	Pre-sailing skills	£20.00
1100-1200	Fun hour	£3.00

**Sunday 18 August**

1100-1200	Fun hour	£3.00
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