

U18 ACTIVITIES

From March 2026



AS SEEN ON
Geobias
EBCB

MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!
TRY RUGBYTOTS

Our dynamic weekly play sessions enable boys and girls aged 2-7 to develop their social and physical skills in a fun, positive environment. For more details, just call or email.

0345 313 0784
jen@rugbytots.co.uk



rugbytots.co.uk
The world's favourite rugby play programme



**NON - CONTACT
YOUTH BOXING**

Starts 9th
September

BOXING
TUTOR

Tuesdays
17:00 - 18:00
£24



Murmuration School of Dance

Join our classes now

9am Ballet
10am Tap
11am Modern/Jazz



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



BOOKING INFORMATION

Activities that are run by West Wight Sport and Community Centre can be booked at reception or online.

Activities that are run by outside organisations that use our centre have the following contact details:

Cricket

Freshwater Cricket Club

Contact Name: Graham Gosden
Email: freshwatercc@hotmail.co.uk
Website: <https://freshwater.play-cricket.com/home>

Fencing

West Wight Fencing Club

Contact Name: Nick Stuart
Telephone: 07966 311 485
Email: westwightfencingclub@gmail.com

Golf

Freshwater Bay Golf Club

Email: secretary@freshwaterbaygolfclub.co.uk

Judo

Freshwater Judo Club

Contact Name: Su Trinci Webster
Telephone: 07712 453 709
Email: sutw@hotmail.com

Kayaking

Isle of Wight Canoe Club

Contact Name: Dave Worthington
Website: <https://www.facebook.com/IsleofWightCanoeClub>

Rock Solid Youth Club

Contact Name: Faye Smith
Email: westwightyouth@gmail.com
Website: westwight.org.uk/young-people/youth-

Rugby

Rugby Tots

Contact Name: Jen Middle
Telephone: 0345 313 0784
Email: jen@rugbytots.co.uk
Website: www.rugbytots.co.uk

Trampoline

West Wight Trampoline Club

Contact Name: Laura Walton
Telephone: 07816620157
Email: westwighttrampolineclub@outlook.com
Website: www.facebook.com/WestWightTrampolineClub

Youth & Tots Football Coaching

Isle of Wight Community Sports Coaching

Contact Name: Paul Marshall
Telephone: 07432 480 301
Email: coachpaulmarshall@hotmail.com
Website: <https://www.facebook.com/IOWsportscoaching>

Youth Football

West Wight Football Club

Contact Name: Mary Brown (Club Secretary)
Telephone: 07884 386 277
Website: www.wwyf.club/

Register your interest for U18 activities

If you have any sport or activity that you would like to see run please speak to us. Subject to interest we can offer:

Climbing: 1-1 and group climbing sessions are available at flexible times. Please pick up a climbing leaflet for more information.

Circuits: Our Level 3 qualified team can run a variety of CV and resistance based exercise that is suitable for all abilities. Classes can be tailored to include HITT, Tabata, speed and agility, TRX, football specific, and more.

Girls Football: UEFA C and ITCF qualified coaches are available to run coaching sessions and supervised activities.

Pickleball: Our Level 1 certified Pickleball instructors can introduce you to this fast growing sport.

MONDAY

16:15 - 17:00	Dance	5 - 8 Years
18:00 - 19:00	Youth Football (WWSCC)	13 - 15 Years

TUESDAY

16:30 - 17:30	Judo	4 - 11 Years
18:30 - 20:00	Rock Solid Youth Club	School Years 5 - 8
16:00 - 18:00	Stage 1 - 8 Swimming Lessons	4 + Years
18:30 - 20:00	West Wight Swimming Club	Ability Based

WEDNESDAY

19:00 - 20:30	Rock Solid Youth Club	School Years 8 - 13
17:00 - 19:30	Trampoline Club	5+ Years

THURSDAY

09:00 - 09:45	Parent and Baby Pool Class	0 - 2 Years
09:45 - 10:30	Parent and Baby Pool Class	0 - 2 Years
10:30 - 11:00	Tweenie Swim Class	2 - 3 Years
11:00 - 11:30	Swimming Tots	3 - 4 Years
16:00 - 18:00	Stage 1 - 8 Swimming Lessons	4 + Years
17:00 - 18:00	Junior Basketball	11 - 18 years
18:00 - 20:00	Trampoline Club	5+ Years
18:15 - 19:00	Sporting Opportunities IOW	All Ages

FRIDAY

09:45 - 10:45	Tots Football	2 - 4 Years
18:00 - 19:00	Freshwater Cricket Club	
18:30 - 20:00	West Wight Swimming Club	Ability Based

SATURDAY

09:00 - 11:00	Stage 1 - 8 Swimming Lessons	4+ Years
09:30 - 10:30	Fencing (Juniors)	9+ Years
10:30 - 11:30	Fencing (Seniors)	11+ Years
11:30 - 12:30	Fencing (Adult)	14+ Years
14:00 - 15:00	Open Swim	8+ Years (unaccompanied)

SUNDAY

09:10 - 11:30	Rugby Tots	2 - 7 Years
09:00 - 9:45	Ballet	5 - 12 Years
10:00 - 10:45	Tap	5 - 12 Years
10:00 - 11:00	Fun Hour	8+ Years (unaccompanied)
11:00 - 11:45	Modern/Jazz	5 - 12 Years
14:00 - 15:00	Open Swim	8+ Years (unaccompanied)

Activities run by West Wight Sports & Community Centre

Dance

5-8 Years - £3.00

Learn cool moves with Emily in our fun and friendly street dance class.

Youth Boxing

£24.00

Our non contact boxing course offers a fun and challenging fitness experience designed for children of all abilities.

Youth Football

£4.00

A 'just play' football session for all sexes and abilities taking place in the Sports Hall.



Orienteering



Permanent Orienteering Course at Golden Hill Country Park

There are 20 permanent orienteering controls set around the park. They are attached to posts and look like this. Use your navigational skills to move between them. You don't need to find them in numerical sequence – decide your own route then go looking!



Maps are available from the West Wight Sports and Community Centre or contact:
Mike on 07771 945210 or Glyn on 07979 616797
www.wightto.org.uk



SWIMMING CLASSES AND CLUBS

Fun Hour : Swimming Pool fun with floats in Both pools.

Open Swim: No lanes, diving boards in use. Great for a family swim session.

Public Swim: Gentle, Steady and Speedy lanes are present in the pool. This session is for swimmers of all abilities that want to swim lengths in a lane format.

Please note: Children under the age of 8 must be accompanied by an adult.
Adults are not permitted to supervise more than 3 children aged under 8 years.

Ages 4 -19: £3.00 Fun Hour: £4.50

Please refer to our swimming pool activities and information leaflet for more details.

Parent and Baby Pool Class: This session is suitable for pre-school children accompanied by an adult, the session includes games, songs, structured activities and lots of fun.

Swimming Tots: An introduction to swimming, with an adult in the pool, children will learn using singing, games and structured play. Open to ages 3 years to school age.

Swimming Lessons: We offer a range of group swimming lessons for all abilities, starting with non-Swimmers up to Elite. Please pick up a leaflet at reception.

Rookie Lifeguard Courses: Participants will learn valuable lifesaving skills. Please look out for upcoming courses.

1 - 1 Swimming Lessons: Our swimming teachers offer private lessons at times to suit you.

Please speak to our reception team to register your interest.

Young Olympians

Young Olympian sessions are aimed at swimmers who have completed or out grown swimming lessons. Members will develop their skills in all strokes, build on their stamina and prepare themselves for the main Squad Sessions.

Contact Name: Anne Collins - Please leave your details at reception

Website: westwightswimmingclub.org.uk

Development Squad

Develops swimmers to compete in a competitive environment at open meets and even county/regional level competitions.

Contact Name: Lottie James
Email: headcoach@westwightswimmingclub.org.uk

Sporting Opportunities IOW

Sporting Opportunities Isle of Wight is an independent sports charity offering training and competition opportunities to athletes with learning disabilities on the island.

Contact Name: Chris Beane
Email: chris.beane@btinternet.com
Website: soiw.org.uk

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