

HOLSWORTHY SWIMMING TIMETABLE

From 20th February to 31st March 2023

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aquafit 09:00 - 09.45	Just Swim 10:00 - 12:00	Just Lanes 12:00 - 13:00	School Swimming 13:00 - 15:30		Swimming Lessons 16:00 - 19:00	Just Swim 19:00 - 20:00	Moonlight Swim 20:00 - 21:00	
Tuesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 12:00			School Swimming 12.00 - 13.00	School Swimming 13:00 - 15:00	Just Swim 15:00 - 16:00	Swimming Lessons 16:00 - 19:00	Just Swim 19:00 - 21:00		
Wednesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:30 - 10:15	Just Swim 10:15 - 12:00	Just Lanes 12:00 - 13:00	Just Swim 13:00 - 15:00	School Swimming 15:30 - 16:15	Just Swim 16.30-17.30	Bude Canoe Club 18:00 - 19:30	Bude Sharks Swim Club 19:30 - 21:00	
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Parent & Toddler 09:30 - 10:30	School Swimming 10:30 - 12:30		Private Booking 13:00 - 14:00	Just Swim 14.30 - 16.00	Swimming lesson & Just Swim 16:00 - 17:45	Just Swim 18.00 - 20.00	Just Lanes 20:00-21:00	
Friday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:45 - 10:30	Swimming Lessons 10.00-12.00	Just Lanes 12:00 - 13:00	Just Swim 13.00-16.30		Swimming Lessons 16:00 - 18:00	Just Swim 18.00-19.00	Just Lanes 19.00-20.00	Moonlight Swim 20:00 - 21:00
Saturday		Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 12:00		Just Fun 12:00 - 13:00	Just Swim 13:00 - 16:00					
			Just Swim 11:00 - 12:00								
Sunday			Just Fun 10:00 - 11:00	Just Swim 11:00 - 12:45		Private Booking 13:00 - 14:00					

- Prices:
- Adult £5.00
 - Junior £3.00
 - Family Swim (up to 2 adults & 2 children) £14.00
 - Swim & Sauna £6.50
 - Parent & Toddler Session £5.00 *Under 3's Free, this session has the use of toys and some floats*
 - Just Fun £5.00 *Please note this is session is not FREE to children that have swimming lessons or included in any of our memberships*
 - Under 1's Free



- The pool hoist is available for use
- All under 8's must be accompanied by an adult at all times
- Aqua nappies must be worn by under 3's.
- Last admission 1 hour prior to closing.
- Please note that the pool will be cleared 5 mins before the end of all swim sessions
- We reserve the right to change activities at short notice.

Holsworthy Leisure Centre, Well Park, Western Road, EX22 6DH T:01409330170 Email:hello@activetorridge.co.uk

HOLSWORTHY GROUP EXERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08.15-08.45 Sports Hall Instructor: Milley	Circuits 18.00-18.45 Sports Hall Instructor: Chris	Aquafit 09.30-10.15 Swimming Pool Instructor: Milley	Aquafit 09.45-10.30 Swimming Pool Instructor: Milley	Yoga 18.00-19.00 Sports Hall Instructor: Adam	Body Conditioning 08.00-09.00 Sports Hall Instructor: Adam	
Aquafit 09.00-09.45 Swimming Pool Instructor: Milley	Body Conditioning 18.45-19.45 Sports Hall Instructor: Chris	Body Conditioning 18.00-18.45 Sports Hall Instructor: Milley			HIIT 09.00-09.30 Sports Hall Instructor: Adam	
Latin Fusion 10.10-11.10 Sports Hall Instructor: Karen	Stretch & Flow 19.45-20.30 Sports Hall Instructor: Chris	Core Conditioning 18.00-18.45 Sports Hall Instructor: Milley				
Circuits 18.00-18.45 Sports Hall Instructor: Milley						

Price

- **Fitness Class Adult**
£6.50

TYPE OF CLASSES

All our classes are open to everyone and we cater for all fitness abilities.

If you have any questions please arrive a few minutes early and speak to the instructor.

