

# HOLSWORTHY SWIMMING TIMETABLE

From Tuesday 30<sup>th</sup> May to Sunday 4<sup>th</sup> June 2023

Tuesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:00		Holiday Club 10:30 - 11:30		Just Lanes 12:00 - 13:00	Just Fun 13:00 - 14:00	Just Swim 14:00 - 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	Aqua 09:30 - 10:15	Holiday Club 10:30 - 11:30		Just Lanes 12:00 - 13:00	Just Fun 13:00 - 14:00	Just Swim 14:00 - 18:00			Just Lanes 18:00 - 19:00	Bude Sharks Swim Club 19:30 - 21:00
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:00		Just Fun 10:30 - 11:30	Just Lanes 11:30 - 12:30		Private Booking 13:00 - 14:00		Just Fun 14:30 - 15:30	Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 20:00	Just Lanes 20:00 - 21:00
Friday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:45	Aqua 09:45 - 10:30	Swimming Lessons 10:30 - 12:00	Just Lanes 12:00 - 13:00	Just Fun 13:00 - 14:00		Just Swim 14:30 - 16:00	Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 19:30		Moonlight Swim 20:00 - 21:00
Saturday			Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 12:00	Just Swim 11:00 - 12:00	Just Fun 12:00 - 13:00	Just Swim 13:00 - 16:00					
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 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 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	Boxercise 08.00-08.45am Sports Hall Instructor: Chris	Aquafit 09.45-10.30 Swimming Pool Instructor: Milley	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 08.00-09.00 Sports Hall Instructor: Milley		Yoga 18.00-19.00 Sports Hall Instructor Adam	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.





HALF TERM  
**JUNIOR GYM**

*At Holsworthy Leisure Centre*

- 🏋️ 10 -14 year olds
- 🏋️ Includes fitness session & pool inflatable session!
- 🏋️ Monday 29th May  
12.00 - 14.00
- 🏋️ Thursday 1st June  
13.30 - 15.30

**£6.50 per session**

**ACTIVE**  
ORRIDGE

[www.activetorridge.co.uk](http://www.activetorridge.co.uk)

☎ 01409 330170

**BOUNCY CASTLE & SOFTPLAY**

MAY 29TH - JUNE 2ND

**ACTIVE**  
ORRIDGE

**ACTIVE TOTS (Ages 1-5)**

Thursday 12:15 - 13:15

**ACTIVE KIDS (Ages 3-11)**

Thursday 14:15 - 15:15

**ONLY  
£4.25  
PER CHILD**



**FOR MORE INFORMATION PLEASE ASK AT RECEPTION**