

# TORRIDGE MAIN POOL SWIMMING TIMETABLE

From 19<sup>th</sup> February to 31 March 2024

Monday		Just Lanes 06:30 - 09:15	Aquafit 09:30 - 10:15	Just Swim 10:15 - 11:15	Just Lanes 11:15-12:15		Just Schools 12:45-15:00		Swimming Lessons 15:30 - 19:30	Just Swim 19:00 - 20:00 Swimming Lessons	Just Lanes 20:00 - 21:00	
Tuesday	Torrigradeside Swim Club 06.00 - 07.00	Just Lanes 07:30 - 09:15	Aquafit 09:30 - 10:15	Just Swim 10:15 - 11:30	Just 50+ & Mobility Swim 11:30 - 12:30	Just Lanes 12:30 - 14:30	Just Swim 14:30 - 16:00	Swimming Lessons 16:00 - 18:30 Just Swim 16:00-18:30	Just Lanes 18:30 - 20:00	Bideford Bay Masters 20.00 - 21.00		
Wednesday		Just Lanes 06:30 - 08:30		Just Schools 09:00-12:45		Just Lanes 13:30 - 14:30	Just Swim 14:30 - 15:30	Swimming Lessons 15:30 - 18:00	Just Swim 18:00 - 19:15	Aquafit 19:30 - 20:15	Just Moonlight 20:15-21:00	
Thursday		Just Lanes 06:30 - 08:15	Aquafit 08:15 - 09:00	Just Swim 09:00 - 11:30	Just 50+ & Mobility Swim 11:30 - 12:30	Just Lanes 12:30 - 14:00	Just Swim 14:00 - 15:30	Swimming Lessons 15:30 - 18:45 Just Swim 15:30 - 20:00		Just Lanes 20.00 - 21.00		
Friday		Just Lanes 06:30 - 08:45		Just Schools 09:15 - 12.15			Just Swim 12:45-15:00		Swimming Lessons 15.30 - 18:00	Just Coaching Juniors 18:00-19:00	Just Coaching Adult Intermediate 19:00-20:00	Just Coaching Adult Advanced 20:00-21:00
								Just Swim 18:00 - 20:00		Just Lanes 20:00 - 21:00		
Saturday			Just Lanes 09:00 - 10:00	Just Swim + Swim Lessons 10:00 - 12:00	Just Swim 12:00 - 13:00	Inflatable Fun 13:30- 14:30	Private Hire 14:45 - 15:45	Bideford Bay Lifesaving Club 16:00-19:00				
Sunday		ND Tri Club 08:00 - 09:00	Just Lanes 09:00 - 10:00	Just Swim 10:00 - 13:00		Inflatable Fun 13:30- 14:30	Just Swim 15:00 - 17:00	Torrigradeside Swimming Club 17:30 - 21:00				

Prices:

- Adult £5.50
- Swim & Sauna £7.50
- Junior £3.30
- Family Swim (up to 2 adults & 2 children) £15.50
- Under 1's Free
- Parent & Toddler Session £5.80 *Under 3's Free, this session has the use of toys and some floats*
- Just Fun £5.50 *Please note this session is not FREE to children that have swimming lessons or included in any of our memberships*
- Inflatable Fun £6.25 *Please note this session is not FREE to children that have swimming lessons or included in any of our memberships. During these sessions the learner pool has toys and floats available*

- The pool hoist is available for use
- A 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.



# TORRIDGE LEARNER POOL SWIMMING TIMETABLE

From 19<sup>th</sup> February to 31 March 2024

Monday		Parent & Toddler 10:15 - 12:15		Just Schools 12:45-15:00		Swimming Lessons 15:30 - 18:45		Just Swim 19:00 - 20:00	
Tuesday		Parent & Toddler 10:15 - 12:15	Just Swim 12.15 - 16.00			Swimming Lessons 16:00 - 18:30		Just Swim 18:30 - 19:30	
Wednesday		Just Schools 09:00-12:45			Just Swim 13:30-15:30	Swimming Lessons 15:30 - 18:00		Just Swim 18:00 - 19:15	
Thursday		Swimming Lessons 09:30 - 10.30	Swimming Lessons 10:30 - 12:00		Just Swim 12:00 - 15:30	Swimming Lessons 15:30 - 18:45		Just Swim 18:00 - 19:15	
			Just Swim 10:30 - 12:00						
Friday		Just Schools 09:15-12:15			Just Swim 12:45-13:45		Swimming Lessons 15.30 - 18:00	Just Swim 18:00 - 20:00	
Saturday		Swimming Lessons 09:00-12:00		Just Swim 12:00 - 13:00		Inflatable Fun 13:30 - 14:30	Private Hire 14:45 - 15:45	Bideford Bay Lifesaving Club 16:00-19:00	
			Just Swim 10:30 - 12:00						
Sunday		Just Swim 10.00 - 13.00			Inflatable Fun 13:30- 14:30		Just Swim 15:00 - 17:00	Torrriageside Swimming Club 17:30 - 21:00	

Prices:

- Adult £5.50
- Swim & Sauna £7.50
- Junior £3.30
- Family Swim (up to 2 adults & 2 children) £15.50
- Under 1's Free
- Parent & Toddler Session £5.80 *Under 3's Free, this session has the use of toys and some floats*
- Just Fun £5.50 *Please note this is session is not FREE to children that have swimming lessons or included in any of our memberships*
- Inflatable Fun £6.25 *Please note this is session is not FREE to children that have swimming lessons or included in any of our memberships. During these sessions the learner pool has toys and floats available*

- The pool hoist is available for use
- A under 8's must be accompanied by an adult at all times
- IAqua 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.



# TORRIDGE GROUP EXERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle 09.30-10.15 Dance Studio Instructor: Theresa	Beginner Pilates 08.15-09.15 Dance Studio Instructor: Lynda	Level Up Cycle 08.30-9.15 Dance Studio Instructor: Catherine	Circuits 06.30-07.15 Dance Studio Instructor: Theresa	Boxercise 8.30-9.15 Dance Studio Instructor: Chris	Group Cycle 09.15-10.00 Dance Studio Instructor: Petra	Group Cycle 09.15-10.00 Dance Studio Instructor: Petra
Aquafit 09.30-10.15 Main Swimming Pool Instructor: Leanne	Aquafit 09.30-10.15 Main Swimming Pool Instructor: Lynda	Dance Fit 09.30-10.15 Dance Studio Instructor: Petra	Aquafit 08.15-09.00 Main Swimming Pool Instructor: Lynda	Group Cycle 09.30-10.15 Dance Studio Instructor: Theresa	Strength & Core 10.00-10.30 Dance Studio Instructor: Petra	Strength & Core 10.00-10.30 Dance Studio Instructor: Petra
Kettlebells 10.30-11.15 Dance Studio Instructor: Leanne	Pilates 10.30-11.30 Dance Studio Instructor: Lynda	LBT 10.15-11.00 Dance Studio Instructor: Petra	HIRT 08.30-9.00 Dance Studio Instructor: Theresa	Body Conditioning 10.30-11.30 Dance Studio Instructor: Theresa		Group Cycle 10.45-11.30 Dance Studio Instructor: Jess
Row Fit 16.30-17.15 Dance Studio Instructor: Leanne	Disco Cycle 17.30-18.15 Dance Studio Instructor: Kerrie	Pilates 11.15-12.15 Dance Studio Instructor: Becky	Pilates 09.15-10.15 Dance Studio Instructor: Lynda	Self Defence 11.45-12.45 Dance Studio Instructor: David		Group Cycle 18.00 – 18.45 Dance Studio Instructor: Kerrie
Sprint Cycle 17.30-18.00 Dance Studio Instructor: Petra	Kettlebells 18.30-19.15 Dance Studio Instructor: Theresa	HIIT 17.45-18.15 Dance Studio Instructor: Theresa	Body Conditioning 10.15-11.15 Dance Studio Instructor: Lynda	Fitness Yoga 13.00-14.00 Dance Studio Instructor: Hannah		
LBT 18.00-18.45 Dance Studio Instructor: Petra	Beginner Cycle 19.30-20.00 Dance Studio Instructor: Theresa	Group Cycle 18.30-19.15 Dance Studio Instructor: Theresa	HIIT 17.30-18.00 Dance Studio Instructor: Theresa	Group Cycle 17.30-18.15 Dance Studio Instructor: Petra		
Vinyasa Yoga 19.00-20.00 Dance Studio Instructor: Marzena		Aquafit 19.30-20.15 Main Swimming Pool Instructor: Leanne	Group Cycle 18.15-19.00 Dance Studio Instructor: Theresa			
			Yoga 19.15 - 20.15 Dance Studio Instructor: Hannah			