

From 29th March to 1st April 2024
(Good Friday to Bank Holiday Monday)

TORRIDGE EASTER HOLIDAY MAIN SWIMMING POOL TIMETABLE

Friday		Just Swim 10:00 - 12:30	Just Lanes 12:30 - 13:30	Inflatable Fun 14:00-15:00	Swimming Lessons 15.30-19.00	Just Swim 15.30-19.00	
Saturday	Just Lanes 09.00-10.00	Swimming Lessons 10.00-12.00	Just Swim 10.00-12.00	Just Swim 12.00+-13.00	Inflatable Fun 13.30-14.30	Private Hire 14.45-15.45	Bideford Bay Life Saving Club 16.00-19.00
Sunday		Just Lanes 10.00-11.00	Just Swim 11:00-13:00	Inflatable Fun 13:30-14:30	Just Swim 15.00-17.00		
Monday		Aquafit 10.00-10.45	Just Swim 10.45-12.30	Just Lanes 12:30 - 13:30	Inflatable Fun 14.00-15.00	Swimming Lessons 15.30-19.45	Just Swim 15.30-19.45

Tuesday 2nd April – Back to standard opening hours
Happy Easter From Active Torridge!

- 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 £5.50 *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
- 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.

From 29th March to 1st April 2024
 (Good Friday to Bank Holiday Monday)

TORRIDGE EASTER HOLIDAY LEARNER SWIMMING POOL TIMETABLE

Friday		Parent & Toddler 10.00-13.30	Inflatable Fun 14.00-15.00	Swimming Lessons 15.30-18.00	
Saturday	Swimming Lessons 09:00 – 12.00	Just Swim 10.30-12.00	Just Swim 12.00-13.30	Inflatable Fun 13.30-14.30	Party Bookings 14:45-15.45
Sunday		Just Swim 10:00 – 13.00	Inflatable Fun 13.30-14.30	Just Swim 15.30-18.00	
Monday		Parent & Toddler 10.45-13.30	Inflatable Fun 14.00-15.00	Swimming Lessons 15.30-18.45	

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Happy Easter From Active Torridge!

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- Adult £5.50
 - Swim & Sauna £7.50
 - Junior £3.30
 - Family Swim (up to 2 adults & 2 children) £15.50
 - Under 1's Free
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From Tuesday 2nd April to Sunday 7th April 2024

TORRIDGE EASTER HOLIDAY MAIN SWIMMING POOL TIMETABLE

Tuesday	Torridgeside 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 - 13:30	Inflatable Fun 14:00-15:00	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 - 09:15		Just Swim 09:15-12:30			Just Lanes 12:30-13:30	Inflatable Fun 14:00-15:00	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 - 10:30	Mobility Swim 10:30-11:30	50+Swim 11:30-12:30	Just Lanes 12:30-13:30	Inflatable Fun 14:00-15:00	Swimming Lessons 15:30 - 18:45	Lane Hire 19:00-20:00	Just Lanes 20:00 - 21:00	
Friday	Just Lanes 06:30 - 09:15		Just Swim 09:15-12:30			Just Lanes 12:30-13:30	Inflatable Fun 14:00-15:00	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
Saturday			Just Lanes 09:00 - 10:00	Swimming 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 Life Saving 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	Torridgeside 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
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- 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 EASTER HOLIDAY LEARNER SWIMMING POOL TIMETABLE

Tuesday		Parent & Toddler 10:15 – 12.15		Inflatable Fun 14.00-15.00		Swimming Lessons 16:00 - 18:30	Just Swim 18:30 - 19:30	
Wednesday		Just Swim 09.15-13.30		Inflatable Fun 14.00-15.00		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 10.30-12.00	Just Swim 12:00 - 13:30	Inflatable Fun 14.00-15.00	Swimming Lessons 15:30 - 18:45		Just Swim 18:00 - 19:15
Friday		Just Swim 09:15-13.30		Inflatable Fun 14.00-15.00		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		Bideford Bay Lifesaving Club 16:00-19:00		
Sunday		Just Swim 10.00 - 13.00		Inflatable Fun 13:30- 14:30		Just Swim 15:00 - 17:00	Torriddeside Swimming Club 17:30 - 21:00	

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TORRIDGE EASTER HOLIDAY MAIN SWIMMING POOL TIMETABLE

From Monday 8th April to Sunday 14th April 2024

Monday	Just Lanes 06:30 - 09:15		Aquafit 09:30 - 10:15	Just Swim 10:15 - 12:30		Just Lanes 12:30-13:30	Inflatable Fun 14.00-15.00	Swimming Lessons 15:30 - 19:45		Just Lanes 19:30-21:00 Swimming Lessons 19.30-19.45		
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 - 13.30	Inflatable Fun 14.00-15.00	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 - 09.15		Just Swim 09.15-12.30			Just Lanes 12.30-13.30	Inflatable Fun 14.00-15.00	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 - 10.30	Mobility Swim 10.30-11.30	50+Swim 11.30-12.30	Just Lanes 12.30-13.30	Inflatable Fun 14.00-15.00	Swimming Lessons 15:30 - 18:45		Lane Hire 19.00-20.00	Just Lanes 20.00 - 21.00
Friday	Just Lanes 06:30 - 09.15		Just Swim 09.15-12.30			Just Lanes 12.30-13.30	Inflatable Fun 14.00-15.00	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	Swimming 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 Life Saving club 16.00-19.00			
			Just Swim 10.00-12.00									
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		

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Monday		Parent & Toddler 10:15 – 13.30		Inflatable Fun 14.00-15.00		Swimming Lessons 15.30-18.45	Just Swim 19:00 – 20:00	
Tuesday		Parent & Toddler 10:15 – 12.15		Inflatable Fun 14.00-15.00		Swimming Lessons 16:00 – 18:30	Just Swim 18:30 – 19:30	
Wednesday		Just Swim 09.15-13.30		Inflatable Fun 14.00-15.00		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 10:30 – 12:00	Just Swim 12:00 – 13:30	Inflatable Fun 14.00-15.00	Swimming Lessons 15:30 – 18:45	Just Swim 18:00 – 19:15	
Friday		Just Swim 09:15-13.30		Inflatable Fun 14.00-15.00		Swimming Lessons 15.30 – 18:00	Just Swim 18:00 – 20:00	
Saturday		Swimming Lessons 09:00-12:00 Just Swim 10:30 – 12:00	Just Swim 12:00 – 13:00	Inflatable Fun 13.30-14.30		Bideford Bay Lifesaving Club 16:00-19:00		
Sunday		Just Swim 10.00 – 13.00		Inflatable Fun 13:30- 14:30		Just Swim 15:00 – 17.00	Torrigrside Swimming Club 17:30 – 21:00	

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From 29th March to 1st April 2024

(Good Friday to Bank Holiday Monday)

TORRIDGE EASTER HOLIDAY GROUP EXERCISE TIMETABLE

Good Friday	Saturday	Sunday	Easter Monday
Group Cycle 10.00-10.45 Dance Studio Instructor: Theresa	Group Cycle 09.15-10.00 Dance Studio Instructor: Petra	Group Cycle 10.00-10.45 Dance Studio Instructor: Petra	Group Cycle 10.00-10.45 Dance Studio Instructor: Theresa
Body Conditioning 11.00-12.00 Dance Studio Instructor: Theresa	Strength & Core 10.00-10.30 Dance Studio Instructor: Petra	Strength & Core 10.45-11.15 Dance Studio Instructor: Petra	Aquafit 10.00-10.45 Main Swimming Pool Instructor: Leanne
Fitness Yoga 13.00-14.00 Dance Studio Instructor: Hannah			Kettlebells 11.00-11.45 Dance Studio Instructor: Leanne
Group Cycle 17.00-17.45 Dance Studio Instructor: Petra			Row Fit 16.30-17.15 Dance Studio Instructor: Leanne
			Sprint Cycle 17.30-18.00 Dance Studio Instructor: Petra
			LBT 18.00-18.45 Dance Studio Instructor: Petra

Tuesday 2nd April – Back to standard opening hours & regular Group Exercise Timetable

Happy Easter From Active Torridge!



JUNIOR GYM

TORRIDGE LEISURE CENTRE Easter Holidays

Only £5 per session **10 -14 year olds**
Price includes a group fitness session
with an instructor

Mondays April 1st and 8th
Thursdays April 4th and 11th
12.45pm to 13.45pm



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To book or for more information call:
01237 471794

