

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	Just Swim 15:30 - 20:00		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			
				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	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
- 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.

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 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	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	Torriddgeside 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
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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 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	Torriddgeside Swimming Club 17:30 - 21:00					

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- We reserve the right to change activities at short notice.

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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		
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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			