

TORRIDGE MAIN POOL SWIMMING TIMETABLE

Monday 15th April - Sunday 26th May 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 - 19:45 (Lanes from 19:30)			Just Lanes 19:30 - 21:00	
Tuesday	Torridgeside Swimming 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 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 - 19:45	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	Moonlight Swim 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	Just 50+ Swim 11:30 - 12:30	Just Lanes 12:30 - 14:00	Just Swim 14:30 - 15:30	Swimming Lessons 15:30 - 18:45	Lane Hire 19:00 - 20:00	Just Lanes 20:00 - 21:00
Friday	Just Lanes 06:30 - 08:45	Just School 09:15 - 12:15			Just Swim 13:00 - 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 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 Surf 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
- 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 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.*

- The pool hoist is available for use.
- Under 8's must always be accompanied by an adult.
- 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

Monday 15th April – Sunday 26th May 2024

Monday		Parent & Toddler 10:15 – 12:15		Just Schools 12:45 – 15:00		Swimming Lessons 15:30 – 18:30		Just Swim 18:30 – 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 – 19:30	
Thursday		Swimming Lessons 09:30 – 10:30	Swimming Lessons 10:30 – 12:00	Just Swim 12:00 – 15:30		Swimming Lessons 15:30 – 18:30		Just Swim 18:30 – 19:30	
			Just Swim 10:30 – 12:00						
Friday		Just Schools 09:15 – 12:15			Parent & Toddler 13:00 – 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			
			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			

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 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.*

- The pool hoist is available for use.
- Under 8's must always be accompanied by an adult.
- 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 GROUP EXERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa	Boxercise 06:30 – 07:15 Dance Studio Instructor: Chris	Level Up Cycle 08:30 – 09:15 Dance Studio Instructor: Catherine	Circuits 06:30 – 07:15 Dance Studio Instructor: Theresa	Boxercise 08:30 – 09:15 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	Beginner Pilates 08:15 – 09:15 Dance Studio 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	AquaFit 09:30 – 10:15 Main Swimming Pool Instructor: Lynda	LBT 10:15 – 11:00 Dance Studio Instructor: Petra	HIIT 08:30 – 09:00 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	Pilates 10:30 – 11:30 Dance Studio Instructor: Lynda	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	Disco Cycle 17:30 – 18:15 Dance Studio Instructor: Kerrie	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	Kettlebells 18:30 – 19:15 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	Beginner Cycle 19:30 – 20:00 Dance Studio Instructor: Theresa	AquaFit 19:30 – 20:15 Main Swimming Pool Instructor: Leanne	Group Cycle 18:15 – 19:00 Dance Studio Instructor: Theresa	Vinyasa Yoga 18:30 - 19:30 Dance Studio Instructor: Marzena		
			Yoga 19:15 – 20:15 Dance Studio Instructor: Hannah			

TYPES 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.

Price:

Fitness Class £7.00