

# HOLSWORTHY SUMMER SWIMMING POOL TIMETABLE

From Monday 29<sup>TH</sup> July 2024 to Sunday 1<sup>st</sup> September 2024



Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aquafit 09:00 - 09.45	Just Swim 09:45 - 12:00	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 - 20:00	Just Lanes 20:00 - 21:00	
Tuesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10.30		Just 50+ & Mobility 10:30 - 12.00	Just Lanes 12:00 - 13:45		Aquafit 13:45 - 14:30	Just Swim 14:30 - 15:30	Swimming Lessons 16:00 - 19:00	Just Swim 19:00 - 20:00	Just Lanes 20:00 - 21:00
Wednesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:30 - 10:15	Adult Swimming Lessons 10:15 - 12:00	Just Lanes 12:00 - 13:00	Just Fun 13:00 - 14:00	Private Booking 14.30-15.30	Swimming Lessons 16:30 - 19:00	Just Swim 19:00 - 20:00	Just Lanes 20:00 - 21:00	
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:30		Just Lanes 11:30 - 12:30	Private Booking 13:00 - 14:00	Private Booking 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	Aquafit 09:45 - 10:30	Swimming Lessons 10:30 - 12:00	Just Lanes 12:00 - 13:00	Just Fun 13:00 - 14:00	Private booking 14.30-15.30	Swimming Lessons 16.00-18.00	Just Swim 18:00 - 19:15	Aqua Circuits 19:15 - 20:00	Just Moonlight 20:00 - 21:00
Saturday			Just Lanes 09:00 - 10:00	Swimming Lessons 10.00-12.00	Just Fun 12:00 - 13:00	Just Swim 13:00 - 16:00					
Sunday				Just Swim 10:00 - 11:30	Just Fun 11:30 - 12:30	Private Booking 13:00 - 14:00					

- 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.



# HOLSWORTHY GROUP EXERCISE & SPORTS HALL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08.15-08.45 Sports Hall Instructor: Milley	Aquafit 13.45-14.30 Swimming Pool Instructor: Milley	Body Conditioning 08.00 - 09.00 Sports Hall Instructor: Milley	Boxercise 07.45 - 08.45 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	Circuits 18.00-18.45 Sports Hall Instructor: Chris	Aquafit 09.30 - 10.15 Swimming Pool Instructor: Milley	Gym Circuits 9.30 – 10.30 Gym Instructor: Chris	Fitness Yoga 18.00-19.00 Sports Hall Instructor; Adam	HIIT 09.00-09.30 Sports Hall Instructor: Adam	
Circuits 18.00-18.45 Sports Hall Instructor: Milley	Body Conditioning 18.45-19.45 Sports Hall Instructor: Chris	Core Conditioning 18.00-18.45 Sports Hall Instructor: Milley		Aqua Circuits 19.15 - 20.00 Swimming Pool Instructor: Milley		
	Stretch & Flow 19.45-20.30 Sports Hall Instructor: Chris					



# JUNIOR GYM

## HOLSWORTHY LEISURE CENTRE

### Summer Holidays

**Only £5 per session**

**10 -14 year olds**

**Price includes a group fitness session  
with an instructor**

**Mondays July 22nd, 29th, August 5th,  
12th, 19th, and 26th.**

**11.15pm to 12.15pm**