

TORRIDGE SUMMER MAIN SWIMMING POOL TIMETABLE



From Monday 29TH July 2024 to Sunday 1st September 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 19:45 - 21:00			
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 18:30 - 20:00	Just Lanes 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 - 08:00	Aquafit 08:15 - 09:00	Just Swim 09:00 - 10:30	Mobility Swim 10:30 - 11:30	Just 50 + 11:30 - 12:30	Just Lanes 12:30 - 13:30	Inflatable Fun 14:00 - 15:00	Swimming Lessons 15:30 - 18:45	Just Lane 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	Just Swim 10.00 -12.00	Just Swim 12:00 - 13:00	Inflatable Fun 13:30- 14:30	Private Hire 14:45 - 15:45	Private Hire 15:45 - 16:45	Just Swim 15:30 - 20:00	Just Lanes 20:00 - 21:00		
Sunday	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 SUMMER LEARNER SWIMMING POOL TIMETABLE



From Monday 29TH July 2024 to Sunday 1st September 2024

Monday		Parent & Toddler 10:15 – 11.15	Just Swim 11.15 -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 – 11.15	Just Swim 11.15 – 13.30	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 - 19:30
Thursday	Swimming Lessons 09:30 - 10.30	Swimming Lessons 10:30 - 12:00	Just Swim 12:00 - 13:30	Inflatable Fun 14:00 - 15:00	Swimming Lessons 15:30 - 18:45	Just Swim 18:45 -19:30
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	Private Hire 14:45 - 15:45	Private Hire 15:45 - 16:45
Sunday		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 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	Group Cycle 06.30 – 07.15 Dance Studio Instructor: Jess	Circuits 06:30 – 07:15 Dance Studio Instructor: Theresa	Quick Cycle 06.30 – 07.00 Dance Studio Instructor: Kerrie	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	Level Up Cycle 08:30 – 09:15 Dance Studio Instructor: Catherine	Aquafit 08:15 – 09:00 Main Swimming Pool Instructor: Lynda	Boxercise 08:30 – 09:15 Dance Studio Instructor: Chris	Abs 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	Dance Fit 09:30 – 10:15 Dance Studio Instructor: Petra	HIIT 08:30 – 09:00 Dance Studio Instructor: Theresa	Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa		Group Cycle 10:45 – 11:30 Dance Studio Instructor: Kerrie
Row Fit 16:30 – 17:15 Dance Studio Instructor: Leanne	Pilates 10:30 – 11:30 Dance Studio Instructor: Lynda	LBT 10:15 – 11:00 Dance Studio Instructor: Petra	Pilates 09:15 – 10:15 Dance Studio Instructor: Lynda	Body Conditioning 10:30 – 11:30 Dance Studio Instructor: Theresa		
Sprint Cycle 17:30 – 18:00 Dance Studio Instructor: Petra	Disco Cycle 17:30 – 18:15 Dance Studio Instructor: Kerrie	Pilates 11:15 – 12:15 Dance Studio Instructor: Becky	Body Conditioning 10:15 – 11:15 Dance Studio Instructor: Theresa	Self Defence 11:45 – 12:45 Dance Studio Instructor: David		
LBT 18:00 – 18:45 Dance Studio Instructor: Petra	Kettlebells 18.30-19.15 Dance Studio Instructor: Theresa	HIIT 17:45 – 18:15 Dance Studio Instructor: Theresa	HIIT 17:30 – 18:00 Dance Studio Instructor: Theresa	Fitness Yoga 13:00 – 14:00 Dance Studio Instructor: Hannah		
Vinyasa Yoga 19:00 – 20:00 Dance Studio Instructor: Marzena		Group Cycle 18:30 – 19:15 Dance Studio Instructor: Theresa	Group Cycle 18:15 – 19:00 Dance Studio Instructor: Theresa	Group Cycle 17:30 – 18:15 Dance Studio Instructor: Petra		
		Abs 19:30 – 20.00 Dance Studio Instructor: Theresa	Yoga 19:15 – 20:15 Dance Studio Instructor: Hannah	Vinyasa Yoga 18:30 - 19:30 Dance Studio Instructor: Marzena		
		Aquafit 19:30 – 20:15 Main Swimming Pool Instructor: Leanne				



JUNIOR GYM

TORRIDGE LEISURE CENTRE Summer Holidays

Only £5 per session

10 -14 year olds

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

**Mondays and Thursdays: July 22nd, 25th,
29th, August 1st, 5th, 8th, 12th, 15th, 19th,
22nd, 26th and 29th.**

12.45pm to 1.45pm

ACTIVE
TORRIDGE

To book or for more information call:

01237 471794