

HOLSWORTHY SWIMMING POOLTIMETABLE

Monday 2nd September - Sunday 27th October 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 Schools 13:00 - 15:30		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 - 16:00	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 Swim 13:00 - 16:00		Swimming Lessons 16:00 - 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 - 11:30			Private Booking 13:00 - 14:00		Just Swim 14:30 - 16:00	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 - 12:30	Just Lanes 12:30 - 13:30	Just Swim 13:30 - 16:00		Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 19:00	Aqua Circuits 19:15 - 20:00	Moonlight Swim 20:00 - 21:00
Saturday		Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 11:00	Swimming Lessons 11:00 - 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					

- 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.



HOLSWORTHY GROUP EXERCISE 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 09:30 – 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	Strength & Core 18:00 – 18:45 Sports Hall Instructor: Milley	Dance Fit 19:00 – 20:00 Sports Hall Instructor: Milley	Aqua Circuits 19:15 – 20:00 Swimming Pool Instructor: Milley		
	Stretch & Flow 19:45 – 20:30 Sports Hall Instructor: Chris					

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