

# TORRINGTON SWIMMING POOL TIMETABLE

Monday 4<sup>th</sup> November – Sunday 22<sup>nd</sup> December 2024

Monday				Just Lanes & Just Swim 12:00 – 13:15 (2 lanes)	Just Swim 13:30 – 16:00			Just Swim 16:00 – 18:30	Torringside Swimming Club 18:30 – 21:00		
							Swimming Lessons 16:00 – 18:30				
Tuesday	Just Lanes 06:30 – 07:30 (whole pool)	Just Swim 07:30 – 10:30		Just 50+ & Mobility 10:30 – 12:00	Aquafit 12:00 – 12:45	Just Lanes & Just Swim 13:00 – 14:00 (2 Lanes)	Just Swim 14:30 – 16:00	Swimming Lessons 16:00 – 19:00		Just Swim 19:15 – 20:45	
Wednesday					Aquafit 12:00 – 12:45	Just Swim 12:45 – 13:30	Just Schools 13:45 – 14:30	Just Swim 15:00 – 16:00	Just Swim 16:00 – 18:00	Torringside Swimming Club 18:00 – 21:00	
								Swimming Lessons 16:00 – 18:00			
Thursday	Just Lanes 06:30 – 07:30 (whole pool)	Just Swim 07:30 – 09:15	Just Swim 09:15-10:15	Just 50+ & Mobility 10:15 – 11:45	Aquafit 11:45 – 12:30	Just Swim 12:30 – 13:15	Just Schools 13:45 – 14:30	Just Swim 15:00 – 16:00 (No lane at 15:30)	Swimming Lessons 15:30 – 18:00	Just Lanes 18:15 – 19:45 (whole pool)	* Moonlight Swim 19:45 – 20:45
			Parent & Toddler 09:15-10:15								
Friday					Just Lanes & Just Swim 12:00 – 13:15 (2 lanes)	Just Schools 13:30 – 14:15	Just Swim 14:45 – 19:00			Torringside Swimming Club 19:00 – 21:30	
Saturday			Just Swim 09:00 – 11:30		Just Fun 11:45 – 12:45	Just Swim 13:00 – 14:00	Private Booking 14:00 – 16:00				
			Swimming Lessons 09:00 – 11:30								
Sunday				Just Lanes & Just Swim 10:00 – 11:30 (2 lanes)	Just Fun 11:45 – 12:45	Just Swim 13:00 – 14:00	Private Booking 14:00 – 16:00				

Please note that **Moonlight Swim** will not take place on these dates due to a private hire:

- 07/11/2024 19:45 – 20:45
- 21/11/2024 19:45 – 20:45
- 05/12/2024 19:45 – 20:45

- 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.

# TORRINGTON GROUP EXCERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Born To Move (2-3yrs) Torrington Community Centre 09:30 – 10:00 Instructor: Jenny	Aquafit Swimming Pool 12:00 – 12:45 Instructor: Milley	Aquafit Swimming Pool 12:00 – 12:45 Instructor: Leanne	Aquafit Swimming Pool 11:45 – 12:30 Instructor: Leanne	Strength & Balance Torrington Community Centre 10:30 – 11:30 Instructor: Becky		
Stretch & Tone Torrington Community Centre 10:00 – 11:00 Instructor: Jenny				Yoga Torrington Community Centre 11:45 – 12:45 Instructor: Marzena		

## 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