

TORRINGTON SWIMMING POOL HALF TERM TIMETABLE

Monday 28th October - Sunday 3rd November 2024

Monday					Just Lanes & Just Swim 12:00 – 13:15	Just Fun 13:30 – 14:30	Just Swim 14:45 – 16:00	Just Swim 16:00 – 18:30 Swimming Lessons 16:00 – 18:30	Torridgeside Swimming Club 18:30 – 21:00	
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 Fun 13:15 – 14:15	Just Swim 14:45 – 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 Fun 13:45 – 14:45	Just Swim 15:00 – 16:00	Just Swim 16:00 – 18:00 Swimming Lessons 16:00 – 18:00	Torridgeside Swimming Club 18:00 – 21:00
Thursday	Just Lanes 06:30 – 07:30 (whole pool)	Just Swim 07:30 – 09:15	Just Swim 09:15-10:15 Parent & Toddler 09:15-10:15	Just 50+ & Mobility 10:15 – 11:45	Aquafit 11:45 – 12:30	Just Fun 13:00 – 14:00	Just Swim 14:30 – 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
Friday					Just Lanes & Just Swim 12:00 – 13:15 (2 lanes)	Just Fun 13:30 – 14:30	Just Swim 14:45 – 19:00	Torridgeside Swimming Club 19:00 – 21:30		
Saturday			Just Swim 09:00 – 11:30 Swimming Lessons 09:00 – 11:30	Just Fun 11:45 – 12:45	Just Swim 13:00 – 14:00	Private Booking 14:00 – 16:00				
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				

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
	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		
				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



INTENSIVE SWIM CRASH COURSES

£43

*Lessons For Kids at Torrington Swimming Pool
28th October - 1st november 2024*

Stage 1: 10:00AM - 10:30AM

Beginners

Stage 2: 10:30AM - 11:00AM

For 5M-10M

Stage 3: 11:00AM - 11:30AM

For 15M - 25M

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OCEAN ACADEMY
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