

CHRISTMAS OPENING HOURS

23rd DECEMBER	-	10:00 - 18:00
CHRISTMAS EVE	-	06:00 - 14:30
CHRISTMAS DAY	-	CLOSED
BOXING DAY	-	CLOSED
27th DECEMBER	-	10:00 - 18:00
28th DECEMBER	-	09:00 - 14:30
29th DECEMBER	-	09:00 - 14:30
30th DECEMBER	-	10:00 - 18:00
NEW YEARS EVE	-	06:30 - 14:30
NEW YEARS DAY	-	CLOSED

THURSDAY 2nd JANUARY
NORMAL OPENING HOURS RESUME



MERRY CHRISTMAS AND A HAPPY NEW YEAR
FROM TORRIDGE LEISURE CENTRE!



TORRIDGE LEISURE CENTRE
01237 471794

ACTIVE
TORRIDGE

TORRIDGE MAIN POOL CHRISTMAS SWIMMING TIMETABLE

Monday 23rd December - Sunday 29th December 2024

Monday 23 rd		Aquafit 10:00 – 10:45	Just Swim 10:45 – 12:00	Just Lanes 12:00 – 13:00	Inflatable Fun 13:30 – 14:30	Just Swim 15:00 – 18:00
Tuesday 24 th	Torridgeside Swim Club 06:00 – 07:00	Just Lanes 07:30 – 08:00	Just Swim 08:00 – 12:00	Just Lanes 12:00 – 13:00	Inflatable Fun 13:30 – 14:30	
Wednesday 25 th	Christmas Day Closed					
Thursday 26 th	Boxing Day Closed					
Friday 27 th		Just Swim 10:00 – 12:30	Just Lanes 12:30 - 13:45	Aquafit 14:15 – 15:00	Just Fun 15:30 – 16:30	Just Swim 17:00 – 18:00
Saturday 28 th		Just Lanes 09:00 – 10:00	Just Swim 10:00 – 13:00	Inflatable Fun 13:30 – 14:30		
Sunday 29 th		Just Lanes 09:00 – 10:00	Just Swim 10.00 - 13.00	Inflatable Fun 13:30 – 14:30		

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.*

- 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.

TORRIDGE LEARNER POOL CHRISTMAS SWIMMING TIMETABLE

Monday 23rd December - Sunday 29th December 2024

Monday 23 rd		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30		Just Swim 15:30 – 18:00	
Tuesday 24 th	Just Swim 09:00 – 10:00	Parent & Toddler 10:00 – 11:00	Just Swim 11:00 – 13:00	Inflatable Fun 13:30 – 14:30			
Wednesday 25 th	Christmas Day Closed						
Thursday 26 th	Boxing Day Closed						
Friday 27 th		Parent & Toddler 10:00 – 11:00	Just Swim 11:00 - 15:00		Inflatable Fun 15:30 – 16:30	Just Swim 17:00 – 18:00	
Saturday 28 th		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30			
Sunday 29 th		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30			

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.*

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- 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 CHRISTMAS GROUP EXERCISE TIMETABLE

Monday 23rd December – Sunday 29th December 2024

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th	Saturday 28th	Sunday 29th
Aquafit 10:00 – 10:45 Main Swimming Pool Instructor: Leanne	Boxercise 06:30 – 07:15 Dance Studio Instructor: Chris			Group Cycle 10:00 – 10:45 Dance Studio Instructor: Theresa	Group Cycle 09:15 – 10:00 Dance Studio Instructor: Petra	Group Cycle 09:15 – 10:00 Dance Studio Instructor: Petra
Group Cycle 10:00 – 10:45 Dance Studio Instructor: Theresa	Group Cycle 08:15 – 09:00 Dance Studio Instructor: Jess			Body Conditioning 11:00 – 11:45 Dance Studio Instructor: Theresa	Strength & Core 10:00 – 10:30 Dance Studio Instructor: Petra	Strength & Core 10:00 – 10:30 Dance Studio Instructor: Petra
Kettlebells 11:00 – 11:45 Dance Studio Instructor: Leanne	Kettlebells 09:30 – 10:00 Dance Studio Instructor: Jess			Self Defence 12:00 – 13:00 Dance Studio Instructor: David	Yoga 10:45 – 11:45 Dance Studio Instructor: Petra	
Stretch & Core 12:00 – 13:00 Dance Studio Instructor: Leanne				Aquafit 14:15 – 15:00 Main Swimming Pool Instructor: Becky P		
Strength & Core 16:30 – 17:15 Dance Studio Instructor: Leanne				Group Cycle 17:00 – 17:45 Dance Studio Instructor: Petra		
Sprint Cycle 17:30 – 18:00 Dance Studio Instructor: Petra						

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

TORRIDGE MAIN POOL CHRISTMAS SWIMMING TIMETABLE

Monday 30th December 2024 – Sunday 5th January 2025

Monday 30 th			Aquafit 10:00 – 10:45	Just Swim 10:45 – 12:00	Just Lanes 12:00 – 13:00		Inflatable Fun 13:30 – 14:30		Just Swim 15:00 – 18:00		
Tuesday 31 st		Just Lanes 06:30 – 09:15	Aquafit 09:30 – 10:15	Just Swim 10:15 – 12:00	Just Lanes 12:00 – 13:00		Inflatable Fun 13:30 – 14:30				
Wednesday 1 st	New Years Day Closed										
Thursday 2 nd		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 – 14:00		Inflatable Fun 14:30 – 15:30	Just Swim 15:45 – 19:30	Just Lanes 19:30 – 21:00
Friday 3 rd		Just Lanes 06:30 – 09:00		Just Swim 09:00 – 12:00		Inflatable Fun 12:30 – 13:30		Aquafit 14:15 – 15:00		Just Swim 15:30 – 19:30	Just Lanes 19:30 – 21:00
Saturday 4 th		Just Lanes 09:00 – 10:00		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30		Private Booking 15:00 – 16:00			
Sunday 5 th		Just Lanes 09:00 – 10:00		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30		Just Swim 15:00 – 17:00		Torrriageside 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 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.*

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- 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 LEARNER POOL CHRISTMAS SWIMMING TIMETABLE

Monday 30th December 2024 – Sunday 5th January 2025

Monday 30 th		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30		Just Swim 15:30 – 18:00	
Tuesday 31 st		Just Swim 09:00 – 13:00		Inflatable Fun 13:30 – 14:30			
Wednesday 1 st	New Years Day Closed						
Thursday 2 nd		Just Swim 09:00 – 14:00			Inflatable Fun 14:30 – 15:30	Just Swim 16:00 – 18:30	
Friday 3 rd		Parent & Toddler 10:00 – 11:00	Just Swim 11:00 – 12:00	Inflatable Fun 12:30 – 13:30	Just Swim 14:00 – 18:00		
Saturday 4 th		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30			
Sunday 5 th		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30	Just Swim 15:00 – 17:00		

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
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TORRIDGE CHRISTMAS GROUP EXERCISE TIMETABLE

Monday 30th December 2024 – Sunday 5th January 2025

Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd	Saturday 4th	Sunday 5th
Aquafit 10:00 – 10:45 Swimming Pool Instructor: Leanne	Boxercise 06:30 – 07:15 Dance Studio Instructor: Chris		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
Group Cycle 10:00 – 10:45 Dance Studio Instructor: Theresa	Beginner Pilates 08:15 – 09:15 Dance Studio Instructor: Lynda		Aquafit 08:15 – 09:00 Main Swimming Pool Instructor: Becky P	Boxercise 08:30 – 09:15 Dance Studio Instructor: Chris	Strength & Core 10:00 – 10:45 Dance Studio Instructor: Petra	Strength & Core 10:00 – 10:45 Dance Studio Instructor: Petra
Kettlebells 11:00 – 11:45 Dance Studio Instructor: Leanne	Aquafit 09:30 – 10:15 Main Swimming Pool Instructor: Lynda		HIRT 08:30 – 09:00 Dance Studio Instructor: Theresa	Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa	Vinyasa Yoga 10:45 – 11:45 Dance Studio Instructor:: Emma	
Stretch & Core 12:00 – 13:00 Dance Studio Instructor: Leanne	Pilates 10:30 – 11:30 Dance Studio Instructor: Lynda		Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa	Body Conditioning 10:30 – 11:30 Dance Studio Instructor: Theresa		
Strength & Core 16:30 – 17:15 Dance Studio Instructor: Leanne			Pilates 10:30 – 11:30 Dance Studio Instructor: Marzena	Self Defence 11:45 – 12:45 Dance Studio Instructor: David		
Sprint Cycle 17:30 – 18:00 Dance Studio Instructor: Petra			HIIT 17:30 – 18:00 Dance Studio Instructor: Theresa	Fitness Yoga 13:00 – 14:00 Dance Studio Instructor: Hannah		
			Group Cycle 18:15 – 19:00 Dance Studio Instructor: Theresa	Aquafit 14:15 – 15:00 Main Swimming Pool Instructor: Becky P		
			Yoga 19:15 – 20:15 Dance Studio Instructor: Hannah	Group Cycle 17:30 – 18:15 Dance Studio Instructor: Petra		

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

