

# HOLSWORTHY SWIMMING POOLTIMETABLE

Monday 6<sup>th</sup> January – Sunday 16<sup>th</sup> February 2025

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aquafit 09:00 - 09:45		Just Schools 10:00 - 12:00	Just Lanes 12:00 - 13:30	Just Swim 13:30 - 16:00		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		Canoe Club 19:00 - 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 Swim 11:00 - 12:00	Just Fun 12:30 - 13:30	Just Swim 13:30 - 16:00					
Sunday			Just Swim 10:00 - 11:30	Just Fun 11:30 - 12:30		Private Booking 13:00 - 14:00						

Prices:

- Adult £5.70
- Swim & Sauna £7.80
- Junior £3.50
- Family Swim (up to 2 adults & 2 children) £16.50
- Under 1's Free
- Parent & Toddler Session £5.70 *Under 3's Free, this session has the use of toys and some floats*
- Just Fun £5.70 *Please note this session is not FREE to children that have swimming lessons or included in any of our memberships*
- Inflatable Fun £6.60 *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
<b>HIIT</b> 08:15 – 08:45 Scouts Hut Instructor: Milley	<b>Aquafit</b> 13:45 – 14:30 Swimming Pool Instructor: Milley	<b>Body Conditioning</b> 08:00 – 09:00 Scouts Hut Instructor: Milley	<b>Boxercise</b> 07:45 – 08:45 Scouts Hut Instructor: Chris	<b>Aquafit</b> 09:45 – 10:30 Swimming Pool Instructor: Milley	<b>Body Conditioning</b> 08:00 – 09:00 Scouts Hut Instructor: Adam	
<b>Aquafit</b> 09:00 – 09:45 Swimming Pool Instructor: Milley	<b>Circuits</b> 18:00 – 18:45 Scouts Hut Instructor: Chris	<b>Aquafit</b> 09:30 – 10:15 Swimming Pool Instructor: Milley	<b>Gym Circuits</b> 09:00 – 10:00 Gym Instructor: Chris	<b>Fitness Yoga</b> 14.30 - 15.30 Scouts Hut Instructor: Adam	<b>HIIT</b> 09:00 – 09:30 Scouts Hut Instructor: Adam	
<b>Circuits</b> 18:00 – 19:00 Gym Instructor: Milley	<b>Body Conditioning</b> 18:45 – 19:45 Scouts Hut Instructor: Chris	<b>Strength &amp; Core</b> 18:00 – 18:45 Scouts Hut Instructor: Milley	<b>Dance Fit</b> 17.00 – 18.00 Scouts Hut Instructor: Milley	<b>Aqua Circuits</b> 19:15 – 20:00 Swimming Pool Instructor: Milley		
	<b>Stretch &amp; Flow</b> 19:45 – 20:30 Scouts Hut 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 £7.30