

HOLSWORTHY HALF TERM SWIMMING POOLTIMETABLE

Monday 17TH February - Sunday 23rd February 2025

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| Monday | Just Lanes 07:00 - 08:00 | Just Swim 08:00 - 09:00 | Aquafit 09:00 - 09:45 | Just Swim 09:45 - 11:45 | Just Lanes 11:45 - 12:45 | Just Fun 13:00 - 14:00 | Just Swim 14:15 - 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 Fun 13:00-14:00 | Just Swim 14:30 16:30 | Swimming Lessons 16:00 - 19:00 | Canoe Club 19:00 - 21:00 | | |
| Thursday | Just Lanes 07:00 - 08:00 | Just Swim 08:00 - 10:30 | | Just Lanes 10:30 - 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 12:00 - 13:00 | Just Fun 13:00 - 14:00 | Just Swim 14:00 - 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 12:30 - 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 |
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| HIIT 08:15 – 08:45 Scouts Hut Instructor: Milley | Aquafit 13:45 – 14:30 Swimming Pool Instructor: Milley | Body Conditioning 08:00 – 09:00 Scouts Hut Instructor: Milley | Boxercise 07:45 – 08:45 Scouts Hut Instructor: Chris | Aquafit 09:45 – 10:30 Swimming Pool Instructor: Milley | Body Conditioning 08:00 – 09:00 Scouts Hut Instructor: Adam | |
| Aquafit 09:00 – 09:45 Swimming Pool Instructor: Milley | Circuits 18:00 – 18:45 Scouts Hut Instructor: Chris | Aquafit 09:30 – 10:15 Swimming Pool Instructor: Milley | Gym Circuits 09:00 – 10:00 Gym Instructor: Chris | Fitness Yoga 14.30 - 15.30 Scouts Hut Instructor: Adam | HIIT 09:00 – 09:30 Scouts Hut Instructor: Adam | |
| Circuits 18:00 – 19:00 Gym Instructor: Milley | Body Conditioning 18:45 – 19:45 Scouts Hut Instructor: Chris | Strength & Core 18:00 – 18:45 Scouts Hut Instructor: Milley | Dance Fit 17.00 – 18.00 Scouts Hut Instructor: Milley | Aqua Circuits 19:15 – 20:00 Swimming Pool Instructor: Milley | | |
| | Stretch & Flow 19:45 – 20:30 Scouts Hut Instructor: Chris | | | | | |
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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