

# TORRINGTON SWIMMING POOL TIMETABLE

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

Monday				Aquafit 12:00 – 12:45	Just Lanes & Just Swim 12:45 – 14:00 (2 Lanes)	Just Swim 14:15 – 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 Lanes & Just Swim 13:00 – 14:00 (2 Lanes)	Just Swim 14:15 – 16:00 (No Lane at 15:30)	Swimming Lessons 15:30 – 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	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	Just Swim 11:45 – 12:30	Just Schools 13:00 – 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
Friday				Aquafit 12.00-12.45	Just Schools 13.30 – 14.15	Just Lanes & Just Swim 14.45 – 18.45 (2 Lanes)		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	<div style="border: 1px solid black; padding: 5px;"> <p>Please note that <b>Moonlight Swim</b> will not take place on these dates due to a private hire:</p> <p>* 16/01/2025 19:45 – 20:45</p> <p>30/01/2025 19:45 – 20:45</p> <p>13/02/2025 19:45 – 20:45</p> </div>		
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 £5.70
- 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.



# TORRINGTON GROUP EXCERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Tone 10.30-11.30 Castle Hill Community Centre Instructor: Jenny	Aquafit 12.00-12.45 Swimming Pool Instructor: Milley	Aquafit 12.00-12.45 Swimming Pool Instructor: Milley		Strength & Balance 10.30 - 11.30 Castle Hill Community Centre Instructor: Becky		
Aquafit 12:00-12:45 Swimming Pool Instructor: Jenny				Pilates 11.45 - 12.45 Castle Hill Community Centre Instructor: Marzena		
				Aquafit 12.00 – 12.45 Swimming Pool Instructor: Jenny		

## TYPES OF CLASSES:

All our classes are open to questions, 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