

TORRIDGE MAIN POOL SWIMMING TIMETABLE

Monday 24th February – Sunday 6th April 2025

Monday	Just Lanes 06:30 – 09:15	Aquafit 09:30 – 10:15	Just Swim 10:15 – 11:15	Just Lanes 11:15 – 12:15	Just Schools 12:45 – 15:00	Swimming Lessons 15:30 – 19:45			Just Lanes 19:45 – 21:00		
Tuesday	Torridgeside Swimming Club 06:00 – 07:00	Just lanes 07:30 – 09:15	Aquafit 09:30 – 10:15	Just Swim 10:15 – 11:30	Just 50+ & Mobility 11:30 – 12:30	Just Lanes 12:30 – 13:30	Just Swim 13:30 – 16:00	Swimming Lessons 16:00 – 18:30 Just Swim 16:00 – 18:30	Just Lanes 18:30 – 19:45	Bideford Bay Masters 20:00 – 21:00	
Wednesday	Just Lanes 06:30 – 08:30	Just Schools 09:00 – 12:00				Just Lanes 13:00 – 14:00	Just Swim 14:00 – 15:30	Swimming Lessons 15:30 – 18:00	Just Swim 18:00 – 19:15	Aquafit 19:30 – 20:15	Moonlight Swim 20:15-21:00
Thursday	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+ Swim 11:30 – 12:30	Just Lanes 12:30 – 14:00	Just Swim 14:00 – 15:30	Swimming Lessons 15:30 – 18:45 Just Swim 15:30 – 19:30	Just Lanes 19:30 – 21:00		
Friday	Just Lanes 06:30 – 08:45	Just Schools 09:15 – 12:15			Just Swim 13:00 – 14:00	Aquafit 14:15 – 15:00	Swimming Lessons 15:30 – 18:00	Just Coaching Juniors 18:00-19:00	Just Coaching Adult Intermediate 19:00-20:00	Just Coaching Adult Advanced 20:00-21:00	Just Lanes 20:00 – 21:00
Saturday	Just Lanes 09:00 – 10:00		Swimming Lessons 10:00 – 11:00 Just Swim 10:00 – 11:00	Just Swim 11:00 – 13:00	Inflatable Fun 13:30 – 14:30	Private Hire 14:45 – 15:45	Bideford Bay Surf Lifesaving 16:00 – 19:00				
Sunday	Just Lanes 09:00 – 10:00	Just Swim 10:00 – 13:00			Inflatable Fun 13:30 - 14:30	Just Swim 15:00 – 17:00	Torridgeside Swimming Club 17:30 – 21:00				

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.

TORRIDGE LEARNER POOL SWIMMING TIMETABLE

Monday 24th February – Sunday 6th April 2025

Monday		Parent & Toddler 10:30 – 12:15		Just Schools 12:45 – 15:00		Swimming Lessons 15:30 – 18:30	
Tuesday		Parent & Toddler 10:30 – 12:15	Just Swim 12:15 – 16:00			Swimming Lessons 16:00 – 18:30	
Wednesday		Just Schools 09:00 – 12:00		Just Swim 13:00 – 15:30		Swimming Lessons 15:30 – 18:00	Just Swim 18:00 – 19:30
Thursday		Swimming Lessons 09:00 – 10:00	Just Swim 10:00 – 13:00	Parent & Toddler 13:00 – 14:00	Just Swim 14:00 – 15:30	Swimming Lessons 15:30 – 18:30	
Friday		Just Schools 09:15 – 12:15		Parent & Toddler 13:00 – 14:00	Just Swim 14:00 – 15:00	Swimming Lessons 15:30 – 18:00	Just Swim 18:00 – 20:00
Saturday	Swimming Lessons 09:00 – 10:00	Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30	Private Hire 14:45 – 15:45	Bideford Bay Surf Lifesaving 15:45 – 16:45	
	Just Swim 09:00 – 10:00						
Sunday		Just Swim 10:00 – 13:00		Inflatable Fun 13:30 – 14:30		Just Swim 15:00 – 17:00	

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.

TORRIDGE GROUP EXERCISE TIMETABLE

Price: Fitness Class £7.30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quick Cycle 06:30 – 07:00 Dance Studio Instructor: Kerrie	Boxercise 06:30 – 07:15 Dance Studio Instructor: Chris	Group Cycle 06:30 – 07:15 Dance Studio Instructor: Jess	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 9.15 – 10.00 Dance Studio Instructor: Petra
Body Conditioning 08.45 – 09.15 Dance Studio Instructor: Theresa	Beginner Pilates 08:15 – 09:15 Dance Studio Instructor: Lynda	Level Up Cycle 08:30 – 09:15 Dance Studio Instructor: Leanne	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
Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa	Aquafit 09:30 – 10:15 Main Swimming Pool Instructor: Lynda	Dance Fit 09:30 – 10:15 Dance Studio Instructor: Petra	HIRT 08:30 – 09:00 Dance Studio Instructor: Theresa	Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa		
Aquafit 09:30 – 10:15 Main Swimming Pool Instructor: Leanne	Pilates 10:30 – 11:30 Dance Studio Instructor: Lynda	LBT 10:15 – 11:00 Dance Studio Instructor: Petra	Group Cycle 09:30 – 10:15 Dance Studio Instructor: Theresa	Body Conditioning 10:30 – 11:30 Dance Studio Instructor: Theresa		
Kettlebells 10:30 – 11:15 Dance Studio Instructor: Leanne	Yoga 11:45 – 12:45 Dance Studio Instructor: Marzena	Pilates 11:15 – 12:15 Dance Studio Instructor: Becky	Pilates 10:30 – 11:30 Dance Studio Instructor: Marzena	Self Defence 11:45 – 12:45 Dance Studio Instructor: David		
Yoga 11:30 – 12:30 Dance Studio Instructor: Marzena	Group Cycle 17:30 – 18:15 Dance Studio Instructor: Kerrie	Body Conditioning 17:00 – 17:30 Dance Studio Instructor: Theresa	Beginners Pilates 11:45 – 12:45 Dance Studio Instructor: Marzena	Fitness Yoga 13:00 – 14:00 Dance Studio Instructor: Hannah		
Strength & Core 16:30 – 17:15 Dance Studio Instructor: Leanne	Kettlebells 18:30 – 19:15 Dance Studio Instructor: Theresa	HIIT 17:45 – 18:15 Dance Studio Instructor: Theresa	HIIT 17:30 – 18:00 Dance Studio Instructor: Theresa	Aquafit 14:15 – 15:00 Main Swimming Pool Instructor: Becky P		
Sprint Cycle 17:30 – 18:00 Dance Studio Instructor: Petra	Step 19:30 – 20:15 Dance Studio Instructor: Becky P	Group Cycle 18:30 – 19:15 Dance Studio Instructor: Theresa	Group Cycle 18:15 – 19:00 Dance Studio Instructor: Theresa	Beginners Cycle 17:00 – 17:30 Dance Studio Instructor: Petra		
LBT 18:00 – 18:45 Dance Studio Instructor: Petra		Aquafit 19:30 – 20:15 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		
Vinyasa Yoga 19:00 – 20:00 Dance Studio Instructor: Marzena				Vinyasa Yoga 18:30-19:30 Dance Studio Instructor: Marzena		

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.

