

# TORRINGTON SWIMMING POOL TIMETABLE

From 2<sup>nd</sup> June to 27<sup>th</sup> July 2025

Monday						Aquafit 12:00 – 12:45	Just Lanes & Just Swim 12:45 – 14:00		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 12.45 – 14:00		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 Lanes & Just Swim 12:45 – 14:00		Just Swim 14.15 – 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		Aquafit 10.30 – 11.15	Just 50+ & Mobility 11.15 – 12.15	Just Lanes & Just Swim 12.15 – 15.15			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 – 18.15		Torridgeside Swimming Club 18.30– 21:00	
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				
Sunday				Just Lanes & Just Swim 10:00 – 11:30		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 is session is not FREE to children that have swimming lessons or included in any of our memberships*
- Inflatable Fun £6.60 *Please note this is session is not FREE to children that have swimming lessons or included in any of our memberships*
- *Moonlight Swim 16+ includes the use of the sauna £5.70*

- 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 Swimming Pool, School Lane, Torrington EX38 7AJ Tel: 01805640995 Email: [hello@activetorridge.co.uk](mailto:hello@activetorridge.co.uk)

# TORRINGTON GROUP EXCERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Stretch & Tone 10.30 - 11.30 Castle Community Centre Instructor: Jenny	Pilates 10.15 – 11.15 Castle Community Centre Instructor: Marzena	Aquafit 12.00 - 12.45 Swimming Pool Instructor: Milley	Aquafit 10.30 – 11.15 Swimming Pool Instructor: Channon	Strength & Balance 10.30 - 11.30 Castle Community Centre Instructor: Becky		
Aquafit 12:00 - 12:45 Swimming Pool Instructor: Jenny	Aquafit 12.00 - 12.45 Swimming Pool Instructor: Milley	Yoga 17.00 - 18.00 Castle 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