

HOLSWORTHY 25th AUGUST BANK HOLIDAY TIMETABLES

Aquafit 10.00 – 10.45	Just Lanes 10.45 – 13.00		Just Fun 13.30 – 14.30		Just Swim 15.00 – 16.00	Swimming Lessons 16:00 - 19:00	
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GROUP EXERCISE TIMETABLE

Monday
Aquafit 10.00 -10.45 Swimming Pool Instructor: Milley
Circuits 17.00 – 18.00 Sports Hall Instructor: Milley

Prices:

- Adult (15+) £5.70
- Swim & Sauna (16+) £7.80
- Junior (1-15) £3.50
- Sauna & Swim (16+) £7.80
- Moonlight Swim (16+) £5.70 includes the use of the sauna
- Family Swim) £16.50 (up to 2 adults & 2 children)
- 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 & Mini Inflatable Fun £6.60 *Please note this session is not FREE to children that have swimming lessons or included in any of our memberships and the Mini Inflatable Fun is for 8 and under*

- 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.
- Private Bookings Please note there is no use of the changing rooms or sauna during these times

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