

HOLSWORTHY **SUMMER** SWIMMING POOL TIMETABLE

Monday 28th July - Sunday 7th September 2025

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	AquaFit 09:00 - 09:45	Just Swim 09.45 – 12.00		Just Lanes 12:00 - 13:00		Just Fun 13.30 – 14.30		Just Swim 15.00 – 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 13.30 – 14.30		Just Swim 15.00 – 16.00	Swimming Lessons 16:00 - 19:00		Just Swim 19.00 – 20.00	Just Lanes 20.00 – 21.00	
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 – 11:30				Just Lanes 11.30 -12.30		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 - 12:00		Just Lanes 12:00 - 13:00			Just Fun 13.30 – 14.30		Just Swim 15.00 – 16.00	Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 19:15	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		Private Booking 14.00 – 15.00		Just Swim 15.30 – 16.30			
Sunday					Just Swim 10:00 - 11:30	Just Lanes 11:30 - 12:30		Private Booking 13:00 - 14:00							

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 is 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 is 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

HOLSWORTHY **SUMMER** GROUP EXERCISE TIMETABLE

Monday 28th July - Sunday 7th September 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08:15 – 08:45 Sports Hall Instructor: Milley	AquaFit 13:45 – 14:30 Swimming Pool Instructor: Milley	Body Conditioning 08:00 – 09:00 Sports Hall Instructor: Milley	Boxercise 07:45 – 08:45 Sports Hall Instructor: Chris	AquaFit 09:45 – 10:30 Swimming Pool Instructor: Milley	Body Conditioning 09.00 – 10.00 Sports Hall Instructor: Milley	
AquaFit 09:00 – 09:45 Swimming Pool Instructor: Milley	Circuits 18:00 – 18:45 Sports Hall 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 Scout Hut Instructor: Adam	HIIT 10.00 – 10.30 Sports Hall Instructor: Milley	
Circuits 18:00 – 19:00 Sports Hall Instructor: Milley	Body Conditioning 18:45 – 19:45 Sports Hall Instructor: Chris	Strength & Core 18:00 – 18:45 Sports Hall Instructor: Milley	Dance Fit 18.00 – 19.00 Sports Hall Instructor: Milley	Strength & Conditioning 18.00 – 19.00 Sports Hall Instructor: Adam		
	Stretch & Flow 19:45 – 20:30 Sports Hall Instructor: Chris			Aqua Circuits 19.15 – 20.00 Swimming Pool Instructor: Milley		

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