

TORRINGTON SUMMER SWIMMING POOL TIMETABLE

From 28th July to 7th September

Monday					Aquafit 12:00 – 12:45	Just Lanes & Just Swim 12:45 – 14:00 (2 Lanes)		Just Fun 14:15 – 15.15		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 – 9.00		Just 50+ & mobility 9.00 – 10.00	Aquafit 12:00 – 12:45	Just Lanes & Just Swim 12.45 – 14:00 (2 Lanes)		Just Fun 14.15 – 15.15		Swimming Lessons 15.30 – 19:00	Just Swim 19:15 – 20:45	
Wednesday					Aquafit 12:00 – 12:45	Just Swim 12.45 – 14.00		Just Fun 14.15 – 15.15		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 Fun 12.30 -13.30	Just Swim 13.45 – 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 Fun 13.15 – 14.15	Just Lanes & Just Swim 14.30 – 18.15 (2 Lanes)			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 (2 lanes)	Just Fun 11:45 – 12:45		Just Swim 13.00 – 14.00	Private Booking 14:00 – 16:00				

Prices:

- Adult (15+) £5.70
- Swim & Sauna £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 (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.*

- 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

TORRINGTON **SUMMER** GROUP EXCERCISE TIMETABLE

From 28th July to 7th September

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	Aquafit 10.30 – 11.15 Swimming Pool Instructor: Channon	Strength & Balance 10.30 - 11.30 Castle Hill Community Centre Instructor: Becky		
Aquafit 12.00 – 12.45 Swimming Pool Instructor: Jenny				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