

HOLSWORTHY SWIMMING POOL TIMETABLE

Monday 3rd November – 21st December 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 – 14:00		Just Swim 14:00 - 16:00			Swimming Lessons 16:00 - 18:30		Just Swim 18:30 - 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 Lessons 10:15 - 12:00		Just Lanes 12.00 – 14.00		Just Swim 14.00 – 16.00			Swimming Lessons 16.00 – 19.00		Private Booking 19.00 – 21.00		
												Just 2 Lanes 17.30 – 19.00			
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:15		Just Swim 20m (Deep end) 10:15 - 11:15		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	
				Parent & Toddler 10:15 - 11:15											
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 - 14:00		Just Swim 14.00 – 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
											Just Swim (20M) 16.00 – 17.30				
Saturday			Just Lanes 09:00 - 10:00	Swimming Lessons 10.00 – 12.00			Just Fun 12:30 - 13:30			Private Booking 14:00 - 15:00		Just swim 15.30 – 16.30			
					Just Swim (20m) 11.00-12.00										
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
- 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*

Please be aware there will be male staff in the females changing room at the following times on weekdays to clean
12.00 - 13.00
20.00 - 21.00

- 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 & School Swimming Lessons please note there is no use of the changing rooms or sauna during these times for customers or members

HOLSWORTHY GROUP EXERCISE TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08.15-08.45 Sports Hall Instructor: Milley	LBT 7:00 - 07.45 Sports Hall Instructor: Faye	Boot Camp 7:00-7:45 Sports Hall Instructor: Mike	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	Supple Strength 07.45 – 08.45 Sports Hall Instructor: Faye	Body Conditioning 08.00-9.00 Sports Hall 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	Aquafit 13.45 - 14.30 Swimming Pool Instructor: Milley	Aquafit 09.30-10.15 Swimming Pool Instructor: Milley	Dance Fit 18.00-19.00 Sports Hall Instructor: Milley	Strength & Conditioning 18:00-19:00 Sports Hall Instructor: Adam		
	Circuits 18:00-18.45 Sports Hall Instructor: Chris	HIIT 18.00-18.30 Sports Hall Instructor: Milley		Aqua Circuits 19.15-20.00 Swimming Pool Instructor: Milley		
	Body Conditioning 18.45-19.45 Sports Hall Instructor: Chris	Stretch & Flow 18.30 – 19.00 Sports Hall Instructor: Milley				
	Stretch & Flow 19.45-20.30 Sports Hall Instructor: Chris					

Price:
Fitness Class £7.30

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.