



ACTIVE TORRIDGE



Opening Hours

MONDAY - DEC 22	OPEN AS NORMAL
TUESDAY - DEC 23	OPEN AS NORMAL
WEDNESDAY - DEC 24	07:00 AM - 14:00 PM
THURSDAY - DEC 25	CLOSED
FRIDAY - DEC 26	CLOSED
SATURDAY - DEC 27	09:00 AM - 16:00 PM
SUNDAY - DEC 28	10:00 AM - 14:00 PM
MONDAY - DEC 29	07:00 AM - 14:00 PM
TUESDAY - DEC 30	07:00 AM - 14:00 PM
WEDNESDAY - DEC 31	07:00 AM - 14:00 PM
THURSDAY - JAN 1	CLOSED
FRIDAY - JAN 2	OPEN AS NORMAL

Holsworthy Leisure
Centre

MERRY CHRISTMAS

ACTIVE
TORRIDGE



HOLSWORTHY CHRISTMAS SWIMMING POOL TIMETABLE

Monday 22nd December – Sunday 28th December 2025

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aqua 09:00 - 09.45	Just Swim 09.45 – 12.00	Just Lanes 12:00 - 13:00	Just Fun 13:30 - 14:30	Private Booking 14:30 - 16:30	Just Swim 16:30 - 19:00	Just Lanes 19:00 - 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 - 19:00		Just Lanes 19:00 - 21:00	
Wednesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:30 - 10:15	Just Swim 10.15 – 11.30	Just Lanes 11.30 – 12.30	Just Fun 13.00 – 14.00				
Thursday	CHRISTMAS DAY									
Friday	BOXING DAY									
Saturday			Just Lanes 09.00 – 10.30	Just Swim 10.30 – 12.00		Just Fun 12.30 – 13.30		Private Booking 14.00 – 15.00		
Sunday				Just Swim 10.00 – 11.00	Just Lanes 11.00 – 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 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*

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 CHRISTMAS SWIMMING POOL TIMETABLE

Monday 29th December – Sunday 4th January 2026

Monday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:00	Aqua 09:00 - 09.45	Just Swim 09.45 - 11.30	Just Lanes 12:00 - 12.30	Just Fun 13:00 - 14:00				
Tuesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09.30	Just 50+ & Mobility 09.30-11.30		Just Lanes 12:00 - 12.45	Aquafit 12.45 - 13.30				
Wednesday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 09:30	Aquafit 09:30 - 10:15	Just Swim 10.15 - 11.30	Just Lanes 11.30 - 12.30	Just Fun 13.00 - 14.00				
Thursday	HAPPY NEW YEAR									
Friday	Just Lanes 07.00 - 08.00	Just swim 08.00 - 09.45	Aquafit 09.45 - 10.30	Just Swim 10.30 - 11.30	Just Lanes 11.30 - 12.30	Just fun 13.00 - 14.00	Just Swim 15.00 - 17.30	Just Lanes 17.30 - 19.15	Aqua Circuits 19.15 - 20.00	Moonlight 20.00 - 21.00
Saturday		Just Lanes 09.00 - 10.30	Just Swim 10.30 - 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 - 11.00	Just Lanes 11.00 - 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)
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HOLSWORTHY CHRISTMAS GROUP EXERCISE TIMETABLE

Monday 22nd December – Sunday 28th December 2025

Monday	Tuesday	Wednesday	Saturday
HIIT 08.15 - 08.45 Sports hall Instructor: Milley	LBT 07:00 – 07.45 Sports Hall Instructor Faye	Body Conditioning 08.00 – 09.00 Sports Hall Instructor: Milley	Body Conditioning 09:00-10:00 Sports Hall Hut Instructor: Milley
Aquafit 09.00-09.45 Swimming Pool Instructor: Milley	Supple Strength 07:45-08:45 Sports Hall Instructor Faye	Aquafit 09.30 – 10.15 Swimming Pool Instructor: Milley	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		
	Circuits 18:00-18.45 Sports Hall Instructor: Milley		
	Body Conditioning 18.45-19.45 Sports Hall Instructor: Milley		
	Stretch & Flow 19.45-20.30 Sports Hall Instructor: Milley		

Monday 29th December – Sunday 4th January 2026

Monday	Tuesday	Wednesday	Friday	Saturday
HIIT 08.15 - 08.45 Sports Hall Instructor: Milley	LBT 07:00 - 07:45 Sports Hall Instructor Faye	Bootcamp 07:00 - 07:45 Sports Hall Instructor: Mike	Aquafit 09.45-10.30 Swimming Pool Instructor: Milley	Body Conditioning 09:00 -10:00 Sports Hall Hut 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 - 09.00 Sports Hall Instructor: Milley	Fitness Yoga 14:30 - 15.30 Scout Hut Instructor: Adam	HIIT 10.00 -10.30 Sport Hall Instructor: Milley
	Aquafit 12:45 - 13:30 Swimming Pool Instructor: Milley	Aquafit 09.30 -10.15 Swimming Pool Instructor: Milley	Strength & Conditioning 18:00 -19:00 Sports Hall Instructor: Adam	
			Aqua Circuits 19.15 - 20.00 Swimming Pool Instructor: Milley	

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.