

# HOLSWORTHY SWIMMING POOL TIMETABLE

Monday 23<sup>rd</sup> February - Thursday 2<sup>nd</sup> April 2026

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		
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:30			Just Lanes 11:00 - 12:30	Private Booking 13:00 - 14:00	Just Swim 14:30 - 16:00	Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 19:00	Private Hire 19:00 - 20:00 (2 Lanes)	Just Lanes 20:00 - 21:00
						Places To Go 14:30 - 16:00	Just Lanes 19:00 - 20:00 (2 Lanes)				
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 - 19:00	Just Lanes 19:00 - 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	★ Please Note Monday 23 <sup>rd</sup> February School Swimming will take place from 13.30-15.30pm			
			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						

- 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 GROUP EXERCISE TIMETABLE

Monday 23<sup>rd</sup> February - Thursday 2<sup>nd</sup> April 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08.15 - 08.45 Sports Hall Instructor: Milley	LBT 07:00 - 07.45 Sports Hall Instructor: Faye	Kettlebells 07:00 - 07:45 Sports Hall Instructor: Mike	Boxercise 08.00 - 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 - 09.00 Sports Hall Instructor: Milley	Gym Circuits 09.00 - 10.00 Gym Instructor: Chris	Fitness Yoga 14:30 - 15.15 Scout Hut Instructor: Adam	HIIT 10.00 - 10.30 Sports Hall Instructor: Milley	
Circuits 18.00 - 18.45 Sports Hall Instructor: Milley	Aquafit 13.45 - 14.30 Swimming Pool Instructor: Milley	Aquafit 09.30 - 10.15 Swimming Pool Instructor: Milley	Circuits 18.00 - 18.45 Sports Hall Instructor: Milley	Body Conditioning 18:00 - 19:00 Sports Hall Instructor: Adam		
	Circuits 18:00 - 18.45 Sports Hall Instructor: Chris	HIIT 17.30 - 18.00 Sports Hall Instructor: Milley				
	Body Conditioning 18.45 - 19.45 Sports Hall Instructor: Chris	Stretch & Flow 18.00 - 18.45 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.

