

HOLSWORTHY SWIMMING POOL TIMETABLE

20th April - 19th May

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	School Lessons 13:00 - 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	Just Lanes (2 Lanes) 17:30 - 19:00	Just Swim 19:00 - 20:00	Private Booking 20:00 - 21:00
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:30		Just Lanes 11:00 - 12:30	Private Booking 12:30 - 14:30	Just Swim 14:30 - 16:00	Swimming Lessons 16:00 - 18:00	Just Swim 18:00 - 19:00	2 Lane Hire 19:00 - 20:00	Just Lanes 20:00 - 21:00
						Places to go Session 14:30 - 16:00			Just 2 Lanes 19:00 - 20:00	
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 - 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	Just Moonlight 20:00 - 21:00
							Just Swim (20m Deep end) 16:00 - 17:30			
Saturday		Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 12:00	Just Swim (Deep end) 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 12:30 - 14:00					

Prices:

- Adult £5.70
- Swim & Sauna £7.80
- Junior (1-16 years) £3.50
- Family Swim (Up to 2 Adults & 2 Children) £16.50
- Under 1's Free
- Parent & Toddler Session £5.70 (Under 3's Free, Toys and Floats and included in this session for you to use)
- Just Fun £5.70 (Please note none of our membership or swimming lessons cover this session it is not free)
- Inflatable Fun £6.60 (Please note none of our membership or swimming lessons cover this session it is not free)
- Moonlight Swim £5.70 (This session is 16+ & Includes the use of the Sauna for free)
- During Private bookings there are now use of the changing rooms or Sauna

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 admissions 1 hour prior to closing
- Please note the pool may be cleared 5 minutes before the swim session finishes
- We reserve the right to change pool activities at short notice
- Private bookings & Just Schools please note there is no use of changing - - rooms and sauna

Location - Holsworthy Leisure Centre, Well Park, Western Road, EX22 6DH
Telephone - 01237 471794 Email - Hello@activetorridge.co.uk



HOLSWORTHY CLASSES TIMETABLE

20th April- 19th May

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HIIT 8:15-8:45 Sports Hall Instructor - Milley	LBT 7:00-7:45 Sports Hall Instructor - Faye	Kettlebells 7:00-7:45 Sports Hall Instructor - Mike	Boxercise 8:00-8:45 Sports Hall Instructor - Chris	Aquafit 9:45-10:30 Swimming Pool Instructor - Milley	Body Conditioning 9:00-10:00 Sports Hall Instructor - Milley
Aquafit 9:00-9:45 Swimming Pool Instructor - Milley	Supple Strength 7:45-8:45 Sports Hall Instructor - Faye	Body Conditioning 8:00-9:00 Sports Hall Instructor - Milley	Gym Circuits 9:00-10:00 Gym Instructor - Chris	Fitness Yoga 14:30-15:15 Scouts 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 9:30-10:15 Swimming Pool Instructor - Milley	Circuits 18:00-18:45 Sports Hall Instructor - Milley	Body Conditioning 18:00-19:00 Sports Hall Instructor - Adam	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 to speak to the instructor.
	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 and Flow 18:00-18:45 Sports Hall Instructor - Milley			
	Stretch and Flow 19:45-20:30 Sports Hall Instructor - Chris				

Price:
Fitness Class £7.30

- Classes with the most impact on the body
- Classes with moderate impact on the body
- Classes that have a gentle impact on the body
- Aquatic Classes

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