

TORRINGTON SWIMMING POOL TIMETABLE

20th April - 24th May 2026

Monday					Aquafit 12:00 - 12:45	Just Swim & Just Lanes 12:45 - 14:00 (2 Lanes)	Just Swim 14:15 - 16:00	Swimming Lessons 16:00 - 18:30 Just Swim 16:00 - 18:30	Torridgeside Swimming Club 18:30 - 21:00		
Tuesday	Just Lanes 06:30 - 07:30 (whole pool)	Just Swim 07:30 - 10:30		Just 50+ & Mobility 10:30 - 12:00	Aquafit 12:00 - 12:45	Just Swim & Just Lanes 12:45 - 14:00 (2 Lanes)	Just Swim 14:15 - 15:30	Swimming Lessons 15:30 - 19:00		Just Swim 19:15 - 20:45	
Wednesday					Aquafit 12:00 - 12:45		Schools 13:30 - 14:15	Swimming Lessons 15:00 - 18:00 Just Swim 15:30 - 18:15	Torridgeside Swimming Club 18:30 - 21:00		
Thursday	Just Lanes 06:30 - 07:30 (whole pool)	Just Swim 07:30 - 09:15	Just Swim 09:15 - 10:15 Parent & Tot 09:15 - 10:15	Aquafit 10:30 - 11:15	Just 50+ 11:15 - 12:15	Just Swim & Just Lanes 12:30 - 13:45 (2 Lanes)	Just Swim 13:45 - 15:00	Swimming Lessons 15:00 - 18:00	Just Lanes 18:15 - 19:45	Moonlight Swim 19:45 - 20:45	
Friday					Aquafit 12:00 - 12:45	Schools 13:45 - 14:30		Just Swim & Just Lanes 15:00 - 18:15 (2 Lanes)	Torridgeside Swimming Club 18:30 - 21:00		
Saturday			Just Lanes 09:00 - 11:30 Swimming Lessos 09:00 - 11:30		Just Fun 11:45 - 12:45	Just Swim 13:00 - 14:00 Lane Booking	Private Hire 14:00 - 16:00	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Thursday Night Private Hire 19:45 - 20:45</p> <p>Please note that there is no Moonlight Swim on these dates. Thursday 23rd April 2026 MAY FAIR 7TH MAY CLOSED</p> </div>			
Sunday			Just Swim & Just Lanes 10:00 - 11:30 (2 Lanes)		Just Fun 11:45 - 12:45	Just Swim 13:00 - 14:00	Private Hire 14:00 - 16:00				

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 are 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

Location - Torrington Swimming Pool, School Lane, Great Torrington, EX38 7AJ
Telephone - 01805 640995
Email - Hello@activetorridge.co.uk

- 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 are 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
- During private bookings and Just Schools sessions there is no use of the changing rooms or sauna



TORRINGTON GROUP EXERCISE TIMETABLE

20th April - 24th May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Tone 10:30-11:30 Castle Community Centre Instructor - Jenny	Body Conditioning 10:30-11:30 Castle Community Centre Instructor: Becky P	Aqua Fit 12:00-12:45 Swimming Pool Instructor - Channon	Aqua Fit 10:30-11:15 Swimming Pool Instructor - Channon	Strength and Balance 10:30-11:30 Castle Community Centre Instructor - Becky P
Aqua Fit 12:00-12:45 Swimming Pool Instructor - Jenny	Aqua Fit 12:00-12:45 Swimming Pool Instructor - Milley	Pilates 13:15-14:15 Castle Community Centre Instructor - Marzena		Aqua Fit 12:00-12:45 Swimming Pool Instructor - Jenny
		Fitness Yoga 14:15-15:00 Castle Community Centre Instructor - Marzena		

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.

Price:

Fitness Class £7.30



Classes with the most impact on the body

Classes with moderate impact on the body

Classes that have little to no impact on the body

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ACTIVE
TORRIDGE

