

# TORRINGTON SWIM & GEX TIMETABLES

4th of May and 25th of May

Monday	Just Swim 10:00 - 11:45	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	

- 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

- 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 & Todler 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)

Monday 4th	TYPES OF CLASSES:	Monday 25th
Stretch and Tone 10:30-11:30 Castle Community Centre Instructor - Jenny	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.	Stretch and Tone 10:30-11:30 Castle Community Centre Instructor - Marzena
Aqua Fit 12:00-12:45 Swimming Pool Instructor - Jenny		



**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

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

