

TORRINGTON SWIMMING POOL TIMETABLE

1st June – 26th July 2026

Monday				Aquafit 12:00 - 12:45	Just Lanes & Just Swim 12:45 – 13:45 (2 Lanes)	Just Swim 14:00 - 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 Lanes & Just Swim 12:45 – 13:45 (2 Lanes)	Just Swim 14:00 - 15:00	Swimming Lessons 15:30 - 19:00	Just Swim 19:15 - 20:45		
Wednesday				Aquafit 12:00 - 12:45	Schools 13:15 - 14:15		Swimming Lessons 15:00 - 18:00 Just Swim 15:00 - 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 & Toddler 09:15 - 10:15	Aquafit 10:30 - 11:15	Just 50+ & Mobility 11:15 - 12.15	Just Lanes & Just Swim 12:45 – 13:45	Just Swim 14:00 – 15:00	Swimming Lessons 15:30 - 18:00	Just Lanes 18:15 - 19:45 (whole pool)	Moonlight Swim 19:45 - 20:45
Friday				Aquafit 12:00 - 12:45	Schools 13:45 - 14:30		Just Lanes & Just Swim 15:00 – 18:15 (2 Lanes)	Torridgeside Swimming Club 18:30 - 21:00		
Saturday			Just Swim 09:00 - 11:30 Swimming Lessons 09:00 - 11:30	Just Fun 11:45 - 12:45	Just Swim 13:00 - 14:00 Lane Booking	Private Hire 14:00 - 16:00				
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 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)

- 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 during these times







TORRINGTON GROUP EXERCISE TIMETABLE

1st June – 26th July 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Tone 10:30 – 11:30 Castle Community Centre Instructor: Jenny	Body Conditioning 10:30 – 11:30 Castle Community Centre Instructor: Becky P	Aquafit 12:00 – 12:45 Swimming Pool Instructor: Channon	Aquafit 10:30 – 11:15 Swimming Pool Instructor: Channon	Strength & Balance 10:30 – 11:30 Castle Community Centre Instructor: Becky P
Aquafit 12:00 – 12:45 Swimming Pool Instructor: Jenny	Aquafit 12:00 – 12:45 Swimming Pool Instructor: Milley	Pilates 13:15 – 14:15 Castle Community Centre Instructor: Marzena		Aquafit 12:00 – 12:45 Swimming Pool Instructor: Jenny
		Fitness Yoga 14:15 – 15:00 Castle Community Centre Instructor: Marzena	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 to speak to the instructor.

-  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
-  Aquafit Classes

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