

TORRIDGE MAIN POOL TIMETABLE

1st June - 26th July 2026

Monday	Just Lanes 06:30 - 09:15	Aquafit 09:30 - 10:15	Just Swim 10:15 - 11:15	Just Lanes 11:15 - 12:15		Schools 12:45 - 15:00		Swimming Lessons 15:30 - 19:45	Just Lanes 19:45 - 21:00		
Tuesday	Just Lanes 07:30 - 09:15	Aquafit 09:30 - 10:15	Just Swim 10:15 - 11:30	Just 50+ & Mobility 11:30 - 12:30	Just Lanes 12:30 - 14:30	Just Swim 14:30 - 15:45		Swimming Lessons 16:00 - 18:30	Just Swim (2 Lanes) 18:30 - 19:45	Just Lanes 19:45 - 21:00	
Wednesday	Just Lanes 06:30 - 08:30	Schools 09:00 - 12:45			Just Lanes 13:30 - 14:30	Just Swim 14:30 - 15:30	Staff Training	Swimming Lessons 15:30 - 18:00	Just Swim 18:00 - 19:00	Just Lanes 19:00 - 20:00	Moonlight Swim 20:00 - 21:00
Thursday	Just Lanes 06:30 - 09:15	Just Swim 09:15 - 11:30		Just 50+ & Mobility 11:30 - 12:30	Just Lanes 12:30 - 14:00	Aquafit 14:15 - 15:00		Swimming Lessons 15:30 - 18:45	Just Swim 18:45 - 19:45	Just Lanes 19:45 - 21:00	
Friday	Just Lanes 06:30 - 08:45	Schools 09:15 - 12:15			Just Lanes 13:00 - 14:00	Aquafit 14:15 - 15:00	Swimming Lessons 15:30 - 18:00	Just Coaching Junior 18:00 - 19:00	Just Coaching Adult Int 19:00 - 20:00	Just Coaching Adult Adv 20:00 - 21:00	
Saturday	Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 11:00	Just Swim 10:00 - 12:30		Inflatable Fun (Submarine) 13:00 - 14:00	Private Hire 14:15 - 15:15					
Sunday	Just Lanes 09:00 - 10:00	Just Swim 10:00 - 12:30			Inflatable Fun (Crocodile) 13:00 - 14:00	Just Swim 14:30 - 17:00	Torridgeside Swimming Club 17:30 - 21:00				

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

- 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

Location - Torrridge Leisure Centre, Benson Drive, Northam, EX39 1UY
Telephone - 01237 471794
Email - Hello@activetorrridge.co.uk



TORRIDGE LEARNER POOL TIMETABLE

1st June - 26th July 2026

Monday		Parent & Toddler 10:15 - 12:15		Schools 12:45 - 15:00		Swimming Lessons 15:30 - 19:45	
Tuesday		Parent & Toddler 10:15 - 12:30		Just Swim 12:30 - 15:45		Swimming Lessons 16:00 - 18:30	
Wednesday		Schools 09:0 - 12:45		Just Swim 13:30 - 15:30		Swimming Lessons 15:30 - 18:00	
Thursday		Swimming Lessons 09:00 - 10:30	Just Swim 10:30 - 13:00	Parent & Toddler 13:00 - 14:00	Just Swim 14:00 - 15:00	Swimming Lessons 15:30 - 18:45	
Friday		Schools 09:15 - 12:15		Parent & Toddler 13:00 - 14:00	Just Swim 14:00 - 15:00	Swimming Lessons 15:30 - 18:00	Just Swim 18:00 - 19:00
Saturday		Swimming Lessons 09:00 - 11:00	Just Swim 11:00 - 12:30	Inflatable Fun 13:00 - 14:00	Private Hire 14:15 - 15:15		
Sunday		Just Swim 10:00 - 12:30		Inflatable Fun 13:00 - 14:00	Just Swim 14:30 - 17:00		Torridgeside Swimming Club 17:30 - 21:00

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
 Please note none of our membership or swimming lessons cover this session. It is not free.

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TORRIDGE GROUP EXERCISE TIMETABLE

1st June - 26th July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Quick Cycle 06:30- 07:00 Dance Studio Instructor - Kerrie	Strength & Conditioning 06.30-07.15 Dance Studio Instructor: Jess	Group Cycle 06:30- 07:15 Dance Studio Instructor - Jess	Circuits 06.30-07.15 Dance Studio Instructor - Theresa	Quick Cycle 06:30- 07:00 Dance Studio Instructor - Kerrie	Group Cycle 09:15- 10:00 Dance Studio Instructor - Petra	Group Cycle 09:15- 10:00 Dance Studio Instructor - Petra
Bootcamp 07:45 - 08:30 Dance Studio Instructor - Lucy	Stretch & Tone 08.15 -09.15 Dance Studio Instructor: Lucy	Level up Group Cycle 08:30- 09:15 Dance Studio Instructor - Leanne	HIRT 08.45 -09.15 Dance Studio Instructor - Theresa	Pilates 07.15 -08.15 Dance Studio Instructor: Miranda	Strength & Core 10.15-11:00 Dance Studio Instructor: Petra	Strength & Core 10.15-11:00 Dance Studio Instructor: Petra
Body Conditioning 08:45 - 09:15 Dance Studio Instructor - Theresa	Aquafit 9:30-10:15 Swimming Pool Instructor - Channon	Dance Fit 09:30-10.15 Dance Studio Instructor - Petra	Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa	Boxercise 08:30- 09:15 Dance Studio Instructor - Chris	Pump 11.45-12.30 Dance Studio Instructor - Channon	
Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa	Group Cycle 09.30-10.15 Dance Studio Instructor - Lucy	LBT 10.15-11.00 Dance Studio Instructor - Petra	Pilates 10.30 -11.30 Dance Studio Instructor: Marzena	Group Cycle 09.30-10.15 Dance Studio Instructor - Theresa		
Aquafit 09.30-10.15 Swimming Pool Instructor - Channon	Pilates 10.30 - 11.30 Dance Studio Instructor: Marzena	Pilates 11.15 - 12.15 Dance Studio Instructor : Becky B	Beginners Pilates 11.45 -12.45 Dance Studio Instructor: Marzena	Body Conditioning 10.30 -11.30 Dance Studio Instructor - Theresa		
Kettlebells 10.30-11.15 Dance Studio Instructor - Leanne	Yoga 11.45 -12.45 Dance Studio Instructor: Marzena	Line Dancing 12.15 - 13.15 Dance Studio Instructor - Becky B	DanceFit 13:00 - 14:00 Dance Studio Instructor - Petra	Low Impact Circuits 11:45-12:30 Dance Studio Instructor: Lucy		
Step 11:30-12:15 Dance Studio Instructor - Lucy	Group Cycle 17.30-18.15 Dance Studio Instructor - Kerrie	HIIT 17.45 - 18.15 Dance Studio Instructor - Theresa	Aquafit 14:15-15:00 Swimming Pool Instructor - Becky P	Yoga 13.00 -14.00 Dance Studio Instructor: Marzena		
Stretch and Tone 12:20-13:20 Dance Studio Instructor - Lucy	Kettlebells 18.30-19.15 Dance Studio Instructor - Theresa	Group Cycle 18.30 - 19.15 Dance Studio Instructor - Theresa	Step 17:15-18:00 Dance Studio Instructor - Lucy	Aquafit 14.15-15.00 Swimming Pool Instructor - Becky P		
Strength & Core 16.30-17.15 Dance Studio Instructor - Leanne	Body Conditioning 19.30-20.15 Dance Studio Instructor - Theresa	Pump 19.30 - 20.15 Dance Studio Instructor: Lucy	Group Cycle 18.15 - 19.00 Dance Studio Instructor - Lucy	Group Cycle 17.30 - 18.15 Dance Studio Instructor - Petra		
QuickCycle 17.30-18.00 Dance Studio Instructor - Petra			Yoga 19.15 - 20.15 Dance Studio Instructor: Christianne			
LBT 18.15-19:00 Dance Studio Instructor - Petra						
Yoga 19.15-20.15 Dance Studio Instructor: Christianne						

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

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.

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