

HOLSWORTHY SWIMMING TIMETABLE

27th July - 6th September

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		Just Fun 13:30 - 14:30		Just Swim 15:00 - 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 - 13:00		Just Fun 13:30 - 14:30		Just Swim 15:00 - 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- 10:15		Aquafit 10:15 - 11:00 * Starting 6th August		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		
															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 - 13:00			Just Fun 13:30 - 14:30		Just Swim 15:00 - 16:00	Swimming Lessons 16:00 - 18:00		Just Swim (20m Deep end) 16.00 - 17.30	Just Swim 18:00 - 19:00	Just Lanes 19:00 - 20:00	Just Moonlight 20:00 - 21:00
Saturday				Just Lanes 09:00 - 10:00		Swimming Lessons 10:00 - 12:00			Just Fun 12:30 - 13:30		Private Booking 13:30 - 15:30			Just Swim 15:30 - 16:30					
																			Just Swim 11:00 - 12:00
Sunday				Just Lanes 10:00 - 11:00		Just Swim 11:00 - 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

Location - Holsworthy Leisure Centre, Well Park, Western Road, EX22 6DH
Telephone - 01409 330170 Email - Hello@activetorridge.co.uk

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 during these times

ACTIVE
TORRIDGE

HOLSWORTHY CLASSES TIMETABLE

27th July - 06th September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08:15 - 09:00 Sports Hall Instructor - Milley	Group Cycle 07:00 - 07:45 Sports Hall Instructor - Mike	Kettlebells 07:00 - 07:45 Sports Hall Instructor - Mike	Boxercise 07:45- 08:45 Sports Hall Instructor - Chris	AquaFit 09:45 - 10:30 Swimming Pool Instructor - Milley	Body Conditioning 09:00 - 10:00 Sports Hall Instructor - Milley	
AquaFit 09:00 - 09:40 Swimming Pool Instructor - Milley	Supple Strength 08:00 - 08:45 Sports Hall Instructor - Mike	Body Conditioning 08:00 - 09:00 Sports Hall Instructor - Milley	Gym Circuits 09:00- 10:00 Sports Hall Instructor - Chris	Fitness Yoga 14:30 - 15:15 Scouts Hut Instructor - Adam	Quick Cycle 10:15 - 10:45 Sports Hall Instructor - Milley	
Circuits 18:00 - 18:45 Sports Hall Instructor - Milley	AquaFit 13:45 - 14:30 Swimming Pool Instructor - Milley	AquaFit 09:30 - 10:15 Swimming Pool Instructor - Milley	AquaFit * Starting 6th August 10:15-11:00 Swimming Pool Instructor - Elliot	Group Cycle 18:00 - 18:45 Sports Hall Instructor - Adam		
	Circuits 18:00 - 18:45 Sports Hall Instructor - Chris	Quick Cycle 17:30-18:00 Sports Hall Instructor - Milley	Quick Cycle 18:15 - 18:45 Sports Hall Instructor - Milley			
	Body Conditioning 18:45 - 19:45 Sports Hall Instructor - Chris	Stretch & Flow 18:00-18:45 Sports Hall Instructor - Milley				
	Stretch & Flow 19:45 - 20:30 Sports Hall Instructor - Chris					

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

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