

TORRIDGE MAIN POOL TIMETABLE

27th July - 06th September 2026

Monday	Just Lanes 06:30 - 09:15		Aquafit 09:30 - 10:15	Just Swim 10:15 - 12:30		Just Lanes 12:30 - 13:30		Inflatable Fun (Submarine) 14:00 - 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 - 13:30		Inflatable Fun (Crocodile) 14:00 - 15:00	Swimming Lessons 16:00 - 18:30		Just Swim 18:30 - 19:45		Just Lanes 19:45 - 21:00				
Wednesday	Just Lanes 06:30 - 09:15			Just Swim 09:15 - 12:30				Just Lanes 12:30 - 13:30		Inflatable Fun (Submarine) 14:00 - 15:00	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			Aquafit 12:45 - 13:30	Inflatable Fun (Crocodile) 14:00 - 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 - 09:15			Just Swim 09:15 - 12:30				Just Lanes 12:30 - 14:00		Aquafit 14:15 - 15:00		Swimming Lessons 16:00 - 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	
				Just Swim 15:30 - 19:00								Just Lanes 19:00 - 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.

Location - Torridge Leisure Centre, Benson Drive, Northam, EX39 1UY

Telephone - 01237 471794

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

ACTIVE
TORRIDGE

TORRIDGE LEARNER POOL TIMETABLE

27th July - 06th September 2026

Monday		*	* Parent & Toddler 10:00 - 11:15	Just Swim 11:15 - 13:30		Inflatable Fun 14:00 - 15:00	Swimming Lessons 15:30 - 19:45	
Tuesday		*	* Parent & Toddler 10:00 - 11:15	Just Swim 11:15 - 13:30		Inflatable Fun 14:00 - 15:00	Swimming Lessons 16:00 - 18:30	
Wednesday		*	* Parent & Toddler 10:00 - 11:15	Just Swim 11:15 - 13:30		Inflatable Fun 14:00 - 15:00	Swimming Lessons 16:00 - 18:00	
Thursday			Swimming Lessons 09:00 - 10:30	Just Swim 10:30 - 13:30		Inflatable Fun 14:00 - 15:00	Swimming Lessons 15:30 - 18:45	
Friday		*	* Parent & Toddler 10:00 - 11:15	Just Swim 11:15 - 15:30		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
Just Fun £5.70

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

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* Please be advised that from **3rd August to 7th August**, the **Parent & Toddler** session will be operating with reduced pool space (half pool only) between **10:00 - 10:30**, the session will be ran as a Just Swim to avoid disruptions to the swimming lessons

- 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

ACTIVE
TORRIDGE

TORRIDGE GROUP EXERCISE TIMETABLE (Summer Holidays)

27th July - 6th September 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 N	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	Aquafit 12:45 - 13:30 Swimming Pool Instructor - Becky P	Low Impact Circuits 11:45-12:30 Dance Studio Instructor: Lucy		
Step 11:30-12:15 Dance Studio Instructor - Lucy	Junior Gym 13:00-14:00 Dance Studio Instructor - Chris W	HIIT 17.45 - 18.15 Dance Studio Instructor - Theresa	Junior Gym 13:00 - 14:00 Dance Studio Instructor - Chris W/ Lucy	Yoga 13.00 -14.00 Dance Studio Instructor: Marzena		
Stretch and Tone 12:20-13:20 Dance Studio Instructor - Lucy	Group Cycle 17.30-18.15 Dance Studio Instructor - Kerrie	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	Kettlebells 18.30-19.15 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	Body Conditioning 19.30-20.15 Dance Studio Instructor - Theresa		Yoga 19.15 - 20.15 Dance Studio Instructor: Christianne			
LBT 18.15-18.45 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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