

Torridge Leisure Centre

Main Pool

31st August

Monday		Aqua 10:15 - 10:45	Just Swim 10:45 - 11:30	Just Lanes 12:30 - 13:30		Inflatable Fun (Submarine) 14:00 - 15:00		Swimming Lessons 16:00 - 19:45	
--------	--	-----------------------	----------------------------	-----------------------------	--	--	--	-----------------------------------	--

Leaner Pool

Monday		Parent & Toddler 10:15 - 11:15	Just Swim 11:15 - 13:30		Inflatable Fun 14:00 - 15:00		Swimming Lessons 15:30 - 19:45	
--------	--	-----------------------------------	----------------------------	--	---------------------------------	--	-----------------------------------	--

- 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)

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 - Torridge Leisure Centre, Benson Dr, Northam, EX39 1UY
Telephone - 01237 471794
Email - Hello@activetorridge.co.uk

ACTIVE
TORRIDGE

TORRIDGE GROUP EXERCISE TIMETABLE (Bank Holidays)

31st August 2026

Monday

Group Cycle
10:15-11:00
Dance Studio
Instructor - Leanne

Aquafit
10.15-11:00
Swimming Pool
Instructor - Channon

Kettlebells
11:15-12:00
Dance Studio
Instructor - Leanne

Strength & Core
16.30-17.15
Dance Studio
Instructor - Leanne

QuickCycle
17.30-18.00
Dance Studio
Instructor - Petra

LBT
18.15-18.45
Dance Studio
Instructor - Petra

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

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

ACTIVE
TORRIDGE