

# TORRIDGE MAIN POOL TIMETABLE

7th September - 25th October 2026

|           |                             |                             |                             |                          |                                                                 |                             |                                      |                                      |                                                |                                                |                                   |                                              |                                   |                                                                 |                                                                        |                                                                         |                                 |
|-----------|-----------------------------|-----------------------------|-----------------------------|--------------------------|-----------------------------------------------------------------|-----------------------------|--------------------------------------|--------------------------------------|------------------------------------------------|------------------------------------------------|-----------------------------------|----------------------------------------------|-----------------------------------|-----------------------------------------------------------------|------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------|
| Monday    | Just Lanes<br>06:30 - 09:15 |                             |                             | Aquafit<br>09:30 - 10:15 | Swimming Lessons<br>10:45 - 11:15<br>Just Swim<br>10:15 - 11:15 | Just Lanes<br>11:15 - 12:15 |                                      | Schools<br>12:45 - 15:00             |                                                |                                                | Swimming Lessons<br>15:30 - 19:45 |                                              |                                   | Just Lanes<br>19:45 - 21:00                                     |                                                                        |                                                                         |                                 |
| Tuesday   |                             | Just Lanes<br>07:30 - 09:15 |                             |                          | Aquafit<br>09:30 - 10:15                                        | Just Swim<br>10:15 - 11:30  |                                      | Just 50+ & Mobility<br>11:30 - 12.30 | Just Lanes<br>12:30 - 14:30                    |                                                | Just Swim<br>14:30 - 15:45        |                                              |                                   | Swimming Lessons<br>16:00 - 18:30                               | Just Swim<br>(2 Lanes)<br>18:30 - 19:45                                | Just Lanes<br>19:45 - 21:00                                             |                                 |
| Wednesday | Just Lanes<br>06:30 - 08:30 |                             |                             | Schools<br>09:00 - 12:45 |                                                                 |                             |                                      |                                      |                                                | Just Lanes<br>13:30 - 14:30                    |                                   | Just Swim<br>14:30 - 15:30<br>Staff Training | Swimming Lessons<br>15:30 - 18:00 |                                                                 | Just Swim<br>18:00 - 19:00                                             | Just Lanes<br>19:00 - 20:00                                             | Moonlight Swim<br>20:00 - 21:00 |
| Thursday  | Just Lanes<br>06:30 - 09:15 |                             | Just Swim<br>09:15 - 11:30  |                          |                                                                 |                             | Just 50+ & Mobility<br>11:30 - 12.30 | Just Lanes<br>12:30 - 14:00          |                                                |                                                | Aquafit<br>14:15 - 15:00          |                                              | Swimming Lessons<br>15:30 - 18:45 |                                                                 | Just Coaching Adult Int<br>18:30 - 19:30<br>Just Swim<br>18:45 - 19:45 | Just Coaching Adult Adv<br>19:30 - 20:30<br>Just Lanes<br>19:45 - 21:00 |                                 |
| Friday    | Just Lanes<br>06:30 - 08:45 |                             |                             | Schools<br>09:15 - 12:15 |                                                                 |                             |                                      |                                      | Just Lanes<br>13:00 - 14:00                    |                                                |                                   | Aquafit<br>14:15 - 15:00                     |                                   | Swimming Lessons<br>15:30 - 18:00<br>Just Swim<br>15:30 - 19:00 | Just Coaching Junior<br>18:00 - 19:00                                  | Just Lanes<br>19:00 - 21:00                                             |                                 |
| Saturday  |                             |                             | Just Lanes<br>09:00 - 10:00 |                          | Swimming Lessons<br>10:00 - 11:00                               | Just Swim<br>10:00 - 12:30  |                                      |                                      | Inflatable Fun<br>(Submarine)<br>13:00 - 14:00 | Private Hire<br>14:15 - 15:15                  |                                   |                                              | Bideford Bay<br>16:00 - 19:00     |                                                                 |                                                                        |                                                                         |                                 |
| Sunday    |                             |                             | Just Lanes<br>09:00 - 10:00 |                          | Just Swim<br>10:00 - 12:30                                      |                             |                                      |                                      |                                                | Inflatable Fun<br>(Crocodile)<br>13:00 - 14:00 |                                   | Just Swim<br>14:30 - 17:00                   |                                   |                                                                 | Torridgeside Swimming Club<br>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 - Torridge Leisure Centre, Benson Drive, Northam, EX39 1UY**  
**Telephone - 01237 471794**  
**Email - Hello@activetorridge.co.uk**

**ACTIVE**  
TORRIDGE

# TORRIDGE LEARNER POOL TIMETABLE

7th September - 25th October 2026

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

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**ACTIVE**  
TORRIDGE

# TORRIDGE GROUP EXERCISE TIMETABLE

7th September - 25th October 2026

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