

HOLSWORTHY SWIMMING POOL TIMETABLE

07th September - 25th October

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	School Lessons 13:00 - 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 - 14:00		Just Swim 14:00 - 16:00		Swimming Lessons 16:00 - 19:00	Just Lanes (2 Lanes) 17:30 - 19:00		Private Booking 19:00 - 21:00		
Thursday	Just Lanes 07:00 - 08:00	Just Swim 08:00 - 10:15			Aquafit 10:15 - 11:00	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 - 14:00		Just Swim 14:00 - 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 Swim (Deep end) 11:00 - 12:00			Just Fun 12:30 - 13:30		Private Booking 14:00 - 15:00		Just Swim 15:30 - 16:30		
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 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 no use of the changing rooms or Sauna

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

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

ACTIVE
TORRIDGE

HOLSWORTHY CLASSES TIMETABLE

07th September - 25th October

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 08:00 - 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 - 15:30 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 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	Group Cycle 18:00 - 18:45 Sports Hall Instructor - Milley			
	Body Conditioning 18:45 - 19:45 Sports Hall Instructor - Chris	Stretch & Flow 18:15 - 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:

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

ACTIVE
 ORRIDGE