

TORRINGTON SWIMMING POOL TIMETABLE

7th September – 25th October 2026

Monday						Aquafit 12:00 - 12:45	Just Lanes & Just Swim 12:45 – 14:00 (2 Lanes)			Just Swim 14:30 - 15:30		Swimming Lessons 15:30 - 18:30 Just Swim 15:30 - 18:30		Torridgeside Swimming Club 18:30 - 21:00				
Tuesday	Just Lanes 06:30 – 07:30 (whole pool)	Just Swim 07:30 - 10:30			Just 50+ & Mobility 10:30 – 12:00		Just Lanes & Just Swim 12:00 – 13:30 (2 Lanes)				Just Swim 14:00 - 15:15			Swimming Lessons 15:30 - 19:00			Just Swim 19:15 - 20:45	
Wednesday						Aquafit 12:00 - 12:45			Schools 13:30 - 14:15			Swimming Lessons 15:30 - 18:00 Just Swim 14:45 - 18:15			Torridgeside Swimming Club 18:30 - 21:00			
Thursday	Just Lanes 06:30 – 07:30 (whole pool)	Just Swim 07:30 - 09:15		Just Swim 09:15 - 10:15 Parent & Toddler 09:15 - 10:15		Aquafit 10:30 - 11:15		Just 50+ & Mobility 11:15 – 13:15			Schools 13:45 – 14:30			Swimming Lessons 15:30 - 18:00			Just Lanes 18:15 - 19:45 (whole pool) Lane Booking	Moonlight Swim 19:45 - 20:45 ★
Friday						Aquafit 12:00 - 12:45			Schools 13:30 - 14:15			Just Lanes & Just Swim 14:45 – 18:15 (2 Lanes)			Torridgeside Swimming Club 18:30 - 21:00			
Saturday				Just Swim 09:00 - 11:30 Swimming Lessons 09:00 - 11:30				Just Fun 11:45 - 12:45			Just Swim 13:00 - 14:00 Lane Booking		Private Hire 14:00 - 16:00		Please note that Bideford Canoe Club have Private Hire sessions taking place between 19:45 – 20:45 (Moonlight Swim will not take place on these dates) ★ 10/09/26 24/09/26 08/10/26 22/10/26			
Sunday				Just Swim & Just Lanes 10:00 - 11:30 (2 Lanes)				Just Fun 11:45 - 12:45			Just Swim 13:00 - 14:00		Private Hire 14:00 - 16:00					

- 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 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)

- 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

TORRINGTON GROUP EXERCISE TIMETABLE

7th September – 25th October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Stretch & Tone 10:30 – 11:30 Castle Community Centre Instructor: Jenny	Body Conditioning 10:30 – 11:30 Castle Community Centre Instructor: Becky P	Aquafit 12:00 – 12:45 Swimming Pool Instructor: Channon	Aquafit 10:30 – 11:15 Swimming Pool Instructor: Channon	Strength & Balance 10:30 – 11:30 Castle Community Centre Instructor: Becky P
Aquafit 12:00 – 12:45 Swimming Pool Instructor: Jenny		Pilates 13:15 – 14:15 Castle Community Centre Instructor: Marzena		Aquafit 12:00 – 12:45 Swimming Pool Instructor: Jenny
		Fitness Yoga 14:15 – 15:00 Castle Community Centre Instructor: Marzena		Price: Fitness Class: £7.30

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.

	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
	Aquafit Classes

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