

HOLSWORTHY SWIMMING TIMETABLE

26th October - 1st November 2026

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		Just Fun 13:30 - 14:30		Just Swim 15:00 - 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 - 13:00		Just Fun 13:30 - 14:30		Just Swim 15:00 - 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 - 13:00		Private Booking 13:00 - 15:00		Just Swim 15:00 - 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 - 13:00		Just Fun 13:30 - 14:30		Just Swim 15:00 - 16:00	Swimming Lessons 16:00 - 18:00		Just Swim 18:00 - 19:00	Just Lanes 19:00 - 20:00	Just Moonlight 20:00 - 21:00	
											Just Swim (20m Deep end) 16.00 - 17.30					
Saturday			Just Lanes 09:00 - 10:00	Swimming Lessons 10:00 - 12:00		Just Swim 11:00 - 12:00	Just Fun 12:30 - 13:30	Private Booking 13:30 - 15:30		Just Swim 15:30 - 16:30						
Sunday				Just Lanes 10:00 - 11:00	Just Swim 11:00 - 12:00		Just Fun 12:30 - 13:30									

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 & 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)
- During Private bookings there are now use of the changing rooms or Sauna

Location - **Holsworthy Leisure Centre, Well Park, Western Road, EX22 6DH**

Telephone - **01409 330170**

Email - **Hello@activetorridge.co.uk**

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

- 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



ACTIVE
TORRIDGE

HOLSWORTHY CLASSES TIMETABLE

26th October - 1st November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
HIIT 08:15 - 08:45 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 - 09:45 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 Gym Instructor - Chris	Fitness Yoga 14:30 - 15:15 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 18:00 - 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:

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 Telephone - **01409 330170**
 Email - **Hello@activetorridge.co.uk**

