

**Main Pool - Term Time**

**Learner Pool - Term Time**

| Time  | Mon                            | Tue                              | Wed                                | Thu                              | Fri                            | Sat   | Sun   |
|-------|--------------------------------|----------------------------------|------------------------------------|----------------------------------|--------------------------------|---|---|
| 06.00 |                                |                                  |                                    |                                  |                                |   |   |
| 07.00 | 06.30-09.00<br>Early birds     | 06.30-09.00<br>Early birds       | 06.30-08.30<br>Early birds         | 06.30-09.00<br>Early birds       | 06.30-08.30<br>Early birds     |   |   |
| 08.00 |                                |                                  |                                    |                                  |                                |   |   |
| 09.00 | 09.00-10.00<br>AquaFit         | 09.00-10.00<br>AquaFit           |                                    | 09.00-10.00<br>AquaFit           |                                | 08.30-09.15<br>Water Pilates                        | 09.00-10.00<br>Early birds  |
| 10.00 | 10.00-12.00<br>Just swim       | 10.00-11.00<br>AquaFit           | 08.30-12.30<br>Schools             | 10.00-11.00<br>Disability swim†  | 09.15-12.30<br>Schools         | 08.30-12.00<br>Just swim                            | 10.00-12.00<br>Just swim  |
| 11.00 |                                | 11.00-12.00<br>Golden Group swim |                                    | 11.00-12.00<br>Golden Group swim |                                |   |   |
| 12.00 | 12.00-13.00<br>Lunchtime lanes | 12.00-13.00<br>Lunchtime lanes   |                                    | 12.00-13.00<br>Lunchtime lanes   |                                |   |   |
| 13.00 |                                |                                  | 12.30-13.30<br>Lunchtime lanes     |                                  | 12.30-13.30<br>Lunchtime lanes | 12.15-13.15<br>Fun 'n' floats                       | 12.15-13.15<br>Fun 'n' floats   |
| 14.00 | 13.00-15.30<br>Schools         | 13.00-15.30<br>Schools           | 13.30-16.00<br>Lunchtime lanes     | 13.00-15.30<br>Schools           | 13.30-16.00<br>Just swim       | 13.30-15.30<br>Just swim                            | 13.30-14.45<br>Just swim  |
| 15.00 |                                |                                  |                                    |                                  |                                |   | 14.45-15.45<br>Disability swim†   |
| 16.00 |                                | 15.30-16.15<br>Aqua MOVE         |                                    |                                  |                                | 16.00-17.00<br>Birthday party/<br>Private hire slot | 16.00-17.00<br>Inflatafun<br>(8 - 16yrs)  |
| 17.00 |                                |                                  | 16.00-18.00<br>Swim lessons        |                                  | 16.00-21.00<br>Swim lessons    | 17.00-18.00<br>Birthday party/<br>Private hire slot |   |
| 18.00 | 15.30-21.30<br>Swim lessons    | 16.15-20.00<br>Just swim         | 18.00-19.00<br>Just swim           | 15.30-20.00<br>Just swim         |                                |   | 17.00-21.00<br>Torridgeside<br>swim club<br>(sauna available<br>for public use) |
| 19.00 |                                |                                  | 19.00-19.45<br>Aqua Circuits       |                                  | 18.00-20.00<br>Just swim       |   |   |
| 20.00 |                                | 20.00-21.00<br>Just lanes        | 19.45-21.00<br>Moonlight<br>swim** | 20.00-21.00<br>Just lanes        |                                |   |   |
| 21.00 |                                |                                  |                                    |                                  |                                |   |   |

| Time  | Mon                             | Tue                             | Wed                         | Thu                             | Fri                             | Sat                                   | Sun                                      |
|-------|---------------------------------|---------------------------------|-----------------------------|---------------------------------|---------------------------------|---------------------------------------|--|
| 06.00 |                                 |                                 |                             |                                 |                                 |                                       |  |
| 07.00 |                                 |                                 |                             |                                 |                                 |                                       |  |
| 08.00 |                                 |                                 |                             |                                 |                                 |                                       |  |
| 09.00 | 09.00-13.00<br>Parent & toddler | 09.00-13.00<br>Parent & toddler |                             |                                 |                                 |                                       |  |
| 10.00 |                                 |                                 | 08.30-12.00<br>Schools      | 09.00-11.00<br>Swim lessons     | 09.00-12.30<br>Schools          | 08.30-12.00<br>Swim lessons           | 09.00-12.00<br>Just swim                 |
| 11.00 |                                 |                                 |                             | 11.00-12.00<br>Parent & toddler |                                 |                                       |  |
| 12.00 |                                 |                                 |                             | 12.00-13.00<br>Just swim        |                                 |                                       |  |
| 13.00 |                                 |                                 |                             |                                 | 12.30-15.30<br>Parent & toddler | 12.15-13.15<br>Fun 'n' floats         | 12.15-13.15<br>Fun 'n' floats            |
| 14.00 | 13.00-15.30<br>Schools          | 13.00-15.30<br>Schools          | 12.00-16.00<br>Just swim    | 13.00-15.30<br>Schools          |                                 | 13.30-15.30<br>Just swim              | 13.30-14.45<br>Just swim                 |
| 15.00 |                                 |                                 |                             |                                 |                                 |                                       | 14.45-15.45<br>Disability swim†          |
| 16.00 | 15.30-18.45<br>Swim Lessons     |                                 | 16.00-18.00<br>Swim Lessons | 15.30-17.30<br>Swim Lessons     | 15.30-18.00<br>Swim Lessons     | 16.00-17.00<br>Birthday party<br>slot |  |
| 17.00 |                                 | 15.30-20.00<br>Just swim        |                             |                                 |                                 | 17.00-18.00<br>Birthday party<br>slot |  |
| 18.00 |                                 |                                 | 18.00-20.00<br>Just swim    | 17.30-20.00<br>Just swim        | 18.00-20.00<br>Just swim        |                                       |  |
| 19.00 |                                 |                                 |                             |                                 |                                 |                                       | 17.00-21.00<br>Torridgeside<br>swim club |
| 20.00 |                                 |                                 |                             |                                 |                                 |                                       |  |
| 21.00 |                                 |                                 |                             |                                 |                                 |                                       |  |

All under 8's must be accompanied by an adult at all times (max. 2 under 8's to 1 adult). Aqua nappies must be worn by under 3's. †Disability swim is for people of all ages with learning difficulties and disabilities. Maximum of 5 accompanying family members/carers per disabled/special needs swim admission. 1 carer free of charge, all others charged appropriate fee. This programme is subject to change during school holidays - pick up a leaflet or visit the website for more details.