

Main Pool - Term Time

Learner Pool - Term Time

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00	06.30-09.00 Early birds	06.30-09.00 Early birds	06.30-08.30 Early birds	06.30-09.00 Early birds	06.30-08.30 Early birds		
08.00					08.30-09.15 Water Pilates		
09.00	09.00-10.00 AquaFit	09.00-10.00 AquaFit		09.00-10.00 AquaFit			09.00-10.00 Early birds
10.00	10.00-12.30 Just swim	10.00-11.00 AquaFit	09.00-12.00 Schools	10.00-11.00 Golden Group swim	09.45-12.00 Schools	09.00-12.00 Just swim	10.00-12.00 Just swim
11.00		11.00-12.00 Golden Group swim		11.00-12.00 Disability swim†		09.00-12.00 Swim lessons	
12.00		12.00-13.00 Lunchtime lanes		12.00-13.00 Lunchtime lanes			
13.00	12.30-13.30 Lunchtime lanes		12.30-13.30 Lunchtime lanes		12.30-13.30 Lunchtime lanes	12.15-13.15 Inflatafun	12.15-13.15 Inflatafun
14.00	14.00-15.00 Schools	13.30-15.00 Schools	13.30-16.00 Just swim	13.30-15.00 Schools	13.30-16.00 Just swim	13.30-15.30 Just swim	13.30-15.30 Just swim
15.00							
16.00	15.30-21.30 Swim lessons	15.30-16.15 Aqua MOVE	16.00-18.00 Swim lessons	15.30-18.00 Swim lessons	16.00-21.00 Swim lessons	16.00-17.00 Birthday party/ Private hire slot	15.30-16.30 Disability swim†
17.00		16.15-20.00 Just swim					
18.00		18.30-19.15 AquaFit					17.00-21.00 Torridgeside swim club (sauna available for public use)
19.00	19.00-19.45 Aqua Circuits		19.00-19.45 Aqua Circuits	15.30-20.00 Just swim	18.00-20.00 Just swim		
20.00	19.45-20.30 Swim lessons	20.00-21.00 Just lanes	19.45-21.00 Moonlight swim**	20.00-21.00 Just lanes			
21.00	20.30-21.15 Swim lessons						

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
06.00							
07.00							
08.00							
09.00	09.00-13.30 Parent & toddler						
10.00	10.00-11.00 Swim lessons	09.00-13.00 Parent & toddler	09.00-12.00 Schools	09.00-11.00 Swim lessons	09.00-12.00 Schools	09.00-10.30 Swim lessons	09.00-12.00 Just swim
11.00				11.00-12.00 Parent & toddler		10.30-12.00 Just swim	
12.00				12.00-13.00 Just swim		12.15-13.15 Inflatafun	12.15-13.15 Inflatafun
13.00			12.30-16.00 Just swim		12.30-15.30 Parent & toddler	13.30-15.30 Just swim	13.30-15.30 Just swim
14.00	14.00-15.00 Schools	13.30-15.00 Schools		13.30-15.00 Schools			
15.00							
16.00	15.30-18.45 Swim Lessons	15.30-18.00 Swim lessons	16.00-18.00 Swim Lessons	15.30-18.00 Swim Lessons	15.30-18.00 Swim Lessons	16.00-17.00 Birthday party slot	15.30-16.30 Disability swim†
17.00							
18.00		18.00-19.00 Just swim					
19.00							17.00-21.00 Torridgeside 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.