

# Learn to Swim at Plainmoor Pool

## *"Parent & Toddler"*

*A good introduction to the water.*

### **Structured courses on Thursdays**

**10:00 - 10:30am for 0 - 2 yr. olds**

**10:30 - 11:00am for 2 - school aged**

*Dad's & Grandparents are welcome to attend*

*Normal swim charges apply*

## Learn to Swim Courses

From Beginners to Advanced.

10 week courses for £45.00  
children must be 5yrs or over  
at the start of the course.

### Preschool lessons

For 3 & 4 year olds in  
5 week blocks for £30.00

All bookings require the full payment of the  
fee & cannot be made over the phone.  
Please see separate sheets for details.

## *Surestart Crèche open on Thursdays 10.00- 11.30am*

### One to One lessons

Are available with

**Barbara, Vicky, John,  
Doug & Megan**

Charge **£10.00** per Half hour lesson

We can also cater for two or more to one  
lessons or occasionally other time periods,  
depending on the individual teachers  
availability, please ask for details

## *"Ladies Only" Swim*

### *And Exercise Sessions.*

**Monday mornings 9:00 - 10:00 am**

*Normal Swim Charges apply.*

**Tuesdays 6.00 p.m. – 7.00 p.m.**

## *"Aquafit"*

**With Paul Harrison**

**at a charge of £4.20 for each session,  
everyone welcome.**

**Aquafit "season tickets" available.**

**Have Your**

**Birthday Party Here**

**Prices Start at £4.80 per Head**

**1 Hour In the Pool with the Inflatables or  
Water balls & 1 Hour in the Back Room**

**Saturday & Sunday Afternoons**

**Minimum Charge is for 12 persons**

## Accessibility Hoist

Available for use

## *"Lane Swimming"*

There will be designated times when a lane or up  
to half the pool is roped off for those who want to  
swim continuous lengths.

See the timetable for availability.

*Normal Swim Charges apply.*

## **Fit as A Fish 50+**

**Mondays, Wednesdays & Fridays**  
see separate leaflet for details

## *"Adults only" sessions*

**Mon & Wed Evenings 9.00 - 10.00 p.m. & Thurs Mornings 9.00 – 10.00 am**

### *Extra "Adults only" sessions*

**Are run on Tuesdays 9.30-10.00 am & Fridays 9:00 - 10:00 am during school holidays only.**

*Normal Swim Charges apply*

**School Holidays Extra Fun Sessions, Sat 12.00-1.45pm, Tues & Thurs 1.30-3.30pm**

Aut02/11



# Swim Torquay Ltd.

## Plainmoor Swimming Pool

Registered Charity Number 272712



**(01803) 323400**

Marnham Road, Plainmoor, Torquay, TQ1 3QP.

[www.swimtorquay.com](http://www.swimtorquay.com)

e-mail:- [swimtorquay@tiscali.co.uk](mailto:swimtorquay@tiscali.co.uk)

***Please note new Opening Hours***

### **2nd Half Schools Autumn Term 2011**

Monday\*10:00 am-7.00pm, Tuesday\* 9.30 –7.00p.m., Wednesday\*9.30–6.00p.m., Thursday\* 10.00 – 6.30pm  
& Friday \* 10:15 am - 6:30 p.m., Saturday 10.00 am - 1.45pm and Sunday 10:00 am - 1.45pm

**Please see inside for Full timetable**

#### **General Swim Prices**

Adult	£ 3.60
Child	£ 2.90
O.A.P.	£ 3.00
Family Ticket	£ 10.00
(2 adults + up to 3 children)	
Under 5's Free	
Locker hire 50p	
All lockers 50p or £1.00	
Returnable Deposit	
Armband Hire 40p a pair.	

#### **Season tickets**

<u>For Swimming</u>	<u>For Aquafit</u>		
<u>20 for the price of 16</u>	<u>12 for the price of 10</u>		
Adult	£57.60	Adult	£41.00
Child	£46.40	Child	£41.00
O.A.P.	£48.00	O.A.P.	£41.00

These provide 20 swims  
for the price of 16 swims

Can be used at  
our Aquafit sessions

Swimming season tickets can be used at any of  
our sessions which are open to the general public.

#### **Early Bird Sessions**

**General Public.**  
for all those early risers

Tuesdays	7.30 - 8.30 a.m.
Thursdays	7.30 - 9.00 a.m.
Fridays	6.30 - 7.30 a.m.

**\*Due to schools or group bookings,  
The Pool will be closed to public swimming on**

**Mondays 1.15-2.15 pm,  
Wednesdays 2.00-2.30 pm,  
Fridays 1.45 – 2.15 p.m.**

**This information is only Valid for the  
Second (2nd) half of the Schools  
Autumn Term 2011 & does not relate to  
“one off” or special bookings.**

**Please check to avoid disappointment**

## **Free car parking for pool patrons only**

**Please obtain your car park Permit from reception on arrival**