

PLAINMOOR COMMUNITY SWIMMING POOL

TIMETABLE January - March 2023 Maybe subject to change

	6.30	7AM	8AM	9AM	10AM	11AM	12.00	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	
MONDAY	Early Birds Lane Swim 6.30-7.30am	Early Birds Lane Swim 7.30-8.30am	Early Birds Lane Swim 8.30-9.30am	Change Over	Mayfield 10.00-11:30am	Sherwell Valley 11:30-12:30am	Swimming Lessons Lane Swim 12.30-1.30pm	St Marg 1.30-2.00pm	Upton 2.00-2.45pm	Spires 3.00-4.00pm	Swimming Lessons	Torquay Leander Swimming Club				Public Adults only Lane Swim 9pm-10pm	MONDAY	
TUESDAY	Plainmoor TRIATHLETE Club 6.30-7.30am	Early Birds Lane Swim 7.30-8.30am	Early Birds Lane Swim 8.30-9.30am	9.30-10.30am Warberry	Water Mobility 10.30 - 12.00pm	Swimming Lessons Lane Swim 12.00-1.00pm	Homelands 1.00- 2.00pm	Coombe Pafford 2.00 - 3.00pm	Spires 3.00-4.00pm	Swimming Lessons	Aquasize for all	Oddicombe Swimming Club	Torquay Leander Swimming Club	CLOSED			TUESDAY	
WEDNESDAY	Early Birds Lane Swim 6.30-7.30am	Early Birds Lane Swim 7.30-8.30am	Early Birds Lane Swim 8.30-9.30am	Change Over C.Pafford 9:45-10:15am Change Over	SWTC TRAINING	Aquasize for all	Torre 1.00- 2.00pm	Change Over	Swimming Lessons Lane Swim 2.30-3.30pm	H2O Swim Lessons	Aqua Splash	Oddicombe Swimming Club	Torquay Leander Swimming Club	Public Adults only Lane Swim 9pm-10pm	WEDNESDAY			
THURSDAY	CLOSED		Early Birds Lane Swim 8.30-9.30am	Parents & Tots 9.30-10.00am Parents & Tots 10.00-10:30am	Water Mobility 10.30 - 12.00pm	Swimming Lessons Lane Swim 12.00-1.00pm	Change Over	Torquay Adacemy 1.30 - 2.30pm	Swimming Lessons Lane Swim 2.30-3.30pm	Change Over	Swimming Lessons	Torquay Leander Swimming Club			CLOSED	THURSDAY		
FRIDAY	Early Birds Lane Swim 6.30-7.30am	Early Birds Lane Swim 7.30-8.30am	Early Birds Lane Swim 8.30-9.30am	Change Over C.Pafford 9:45-10:15am	Glendinning Academy 10.15 - 11.15am	Change Over	Swimming Lessons Lane Swim 12.00-1.00pm	Change Over	Swimming Lessons Lane Swim 2.00-3.00pm	Swimming Lessons	Torquay Leander Swimming Club	Public Adults only Lane Swim 7pm-8pm	CLOSED			FRIDAY		
SATURDAY	CLOSED		Early Birds Lane Swim 8.00am - 9.00pm	Torquay Leander Swimming Club	H2O Swim Lessons (Lengths) Swimming Lessons			Change Over	Swimming Lessons Family Swim 1.30-2.30pm	Swimming Lessons Family Swim 2.30-3.30pm	CLOSED						SATURDAY	
SUNDAY	CLOSED		Plainmoor TRIATHLETE Club 8.00am - 9.00am	Swimming Lessons			Swimming Lessons Family Swim 11.00 - 12.00pm Family Swim 12.00-1.00pm Family Swim 1.00-2.00pm			CLOSED						SUNDAY		

BOOKINGS CAN BE MADE ONLINE via GYMSYNC or calling the pool on 01803 323400