

## Local Pool Facilities

	<b>Marjon Pool</b>	<b>Plymouth Life Centre 606900</b>	<b>Plympton Pool 348459</b>	<b>Ft. Stamford 407999</b>	<b>Meadowland Tavistock 01822 617774</b>	<b>Ivybridge Leisure Centre 896999</b>	<b>Saltash Leisure 840940</b>
<b>Temperature</b>	28/30	28°	29.5°	31°	29.5°	29°	29/30°
<b>Hoist</b>	Yes	Pool lift. Overhead Tracking	Yes	No	Yes	Yes	Yes
<b>Special access steps</b>	No	Yes	Yes	Yes	Yes	Yes	Yes
<b>Lifeguards</b>	Yes	Yes	Yes	No	Yes	Yes	Yes
<b>Special Sessions</b>	Over60's sessions (Mon and Fri am) Disabled Sessions (wed am)	Multiple and varied. Phone for details.	Aquafit (Mon-Thu pm and Wed am)	Aquafit (Mon-Thu pm)	Aquafit (Mon-Thu am and pm)  Disabled session (Wed am)	Aquafit (Mon-Thu am and pm)  Fit for life (Wed am)	Aquacise (Mon-Fri am and pm)  Senior Aquacise (Wed am)

### OTHER POOLS TO CONSIDER ARE:

Dinnaton Health Club (Ivybridge) 01752 892512, Dame Hannah Rogers (Ivybridge) 01626 325800, Elfordleigh Hotel (Plympton) 01752 336428, Hannafore Point Hotel (Looe) 01503 263273, Kingsbridge Leisure Centre 01548 857100, Lux Park Leisure Centre (Liskeard) 01579 342544, Polkyth Leisure Centre (St Austell) 01726 223696, St Mellion Health Club (Saltash, members only) 01579 351351, Virgin Active Devonshire (Plymouth, members only) 01752 237022, Whitsand Bay Hotel (Torpoint) 01503 230276, Holiday Inn (Plymouth) 0871 4234896.