

# **Swim Torquay Ltd**

**Plainmoor Community Pool**

**Marnham Road Torquay TQ1 3QP**



## ***WaterMobility***

*Are you recovering from a stroke or other neurological problem?*

*Do you need to increase your strength, balance, mobility and confidence?*

***WaterMobility*** sessions are

- tailored to meet individual needs
- designed to assist in your rehabilitation
- enhance your fitness levels

Three sessions every Thursday at 11:00, 11:30 & 12:00  
with fully qualified and experienced teachers

- Warm pool
- Friendly atmosphere
- Disabled changing facilities
- Pool hoist available
- Carers welcome

For more details and to register for ***WaterMobility*** contact the pool manager on 01803 323400