

## MAIN POOL TIMETABLE – AUTUMN 2024

### TERM-TIME

	06:30-07:30	07:30-09:00	09:00-11:00	11:00-13:00	13:15-19:00	19:00-19:45	19:45-20:45
<b>Monday</b>	Adult Only	Adult Only	General Swim	Aqua 11.30-12.15	General Swim	Adult Only	Adult Only
<b>Tuesday</b>	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim	General Swim	Adult Only	Adult Only
<b>Wednesday</b>	Adult Only	Adult Only	General Swim	Aqua 11-11:45	General Swim	Adult Only	Adult Only
<b>Thursday</b>	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim		Adult Only	Adult Only
<b>Friday</b>	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim		Adult Only	Adult Only
<b>Saturday</b>	Closed	Adult Only	General Swim		General Swim	Adult Only	Closed
<b>Sunday</b>	Closed	Adult Only	General Swim		General Swim	Adult Only	Closed

**Aqua:** will use half of the pool (**shallow end**). The remainder of the pool will be open for members/guests

**Adult Only:** 16 years and over

**Swimming Lessons:** A lane may be required between **17:00-19:00 Monday-Friday ONLY**

This timetable may be subject to change, therefore please always check in with the St. Mellion team **01579 352 003** to avoid disappointment

**IMPORTANT NOTICE: The Health Club Changing Rooms will close Monday-Friday at 21:00 & Saturday-Sunday at 20:00**



**ST. MELLION**  
HEALTH CLUB

## LEISURE POOL TIMETABLE – AUTUMN 2024

TERM-TIME

	06:30-07:30	07:30-09:00	09:00-11:00	11:00-13:00	15:00-19:00	19:00-19:45	19:45-20:45
<b>Monday</b>	Adult Only	Adult Only	General Swim	General Swim	General Swim	Adult Only	Adult Only
<b>Tuesday</b>	Adult Only	Adult Only	General Swim	Water Babies 11:00-13:00	General Swim	Adult Only	Adult Only
<b>Wednesday</b>	Adult Only	Adult Only	Tadpoles 09:00-10:30	General Swim	General Swim	Adult Only	Adult Only
<b>Thursday</b>	Adult Only	Adult Only	General Swim	Water Babies 11:00-13:00	General Swim	Adult Only	Adult Only
<b>Friday</b>	Adult Only	Adult Only	General Swim	Water Babies 11:00-12:00	General Swim	Adult Only	Adult Only
<b>Saturday</b>	Closed	Adult Only	General Swim	General Swim	General Swim	Adult Only	Closed
<b>Sunday</b>	Closed	Adult Only	General Swim	General Swim	General Swim	Adult Only	Closed

**Adult Only:** 16 years and over

**Swimming Lessons:** Half the leisure pool may be required between **15:30-18:00 Monday-Friday ONLY**

**Tadpoles :** The whole of the leisure pool will be used for this session **Water Babies:** Half of the leisure pool will be required for this session

This timetable may be subject to change, therefore please always check in with the St. Mellion team **01579 352 003** to avoid disappointment

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