



WINTER 2025 MAIN POOL TIMETABLE

TERM-TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	06.30 - 07.30 Adult Only	CLOSED	CLOSED
07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only	07.30 - 09.00 Adult Only
09.00 - 19.00 General Swim Aqua 11:30 - 12:15	09.00 - 19.00 General Swim Aqua 10:00 - 10:45	09.00 - 19.00 General Swim Aqua 11:15 - 11:45 School Swim 13:00 - 14:00 (From 15 Jan)	09.00 - 19.00 General Swim Aqua 10:00 - 10:45	09.00 - 19.00 General Swim Aqua 10:00 - 10:45 School Swim 13:15 - 14:15 (From 28 Feb)	09.00 - 19.00 General Swim	09.00 - 19.00 General Swim
19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only	19.00 - 19.45 Adult Only
19.45 - 20.45 Adult Only	19.45 - 20.45 Adult Only	19.45 - 20.45 Adult Only	19.45 - 20.45 Adult Only	19.45 - 20.45 Adult Only	CLOSED	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 on **01579 352 003** to avoid disappointment.

IMPORTANT NOTICE:

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