

WINTER 2025 LEISURE 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	09:00 - 19:00 General Swim Water Babies 11:00 - 13:00	09:00 - 19:00 General Swim Tadpoles 09:00 - 10:30	09:00 - 19:00 General Swim Water Babies 11:00 - 13:00	09:00 - 19:00 General Swim Water Babies 11:00 - 12:00	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

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 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