

## TERM-TIME MAIN POOL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>06.30 - 07.30</b> Adult Only	<b>06.30 - 07.30</b> Adult Only	<b>06.30-07.30</b> Adult Only	<b>06.30 - 07.30</b> Adult Only	<b>06.30-07.30</b> Adult Only	CLOSED	CLOSED
<b>07.30 - 09.00</b> Adult Only	<b>07.30 - 09.00</b> Adult Only	<b>07.30-09.00</b> Adult Only	<b>07.30 - 09.00</b> Adult Only	<b>07.30 - 09.00</b> Adult Only	<b>07.30 - 09.00</b> Adult Only	<b>07.30 - 09.00</b> 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 11:15-12:00	09:00 - 19.00 General Swim Aqua 10:00 - 10:45	09:00 - 19.00 General Swim Aqua 10:00 - 10:45	09:00 - 19.00 General Swim	<b>09:00 - 19.00</b> General  Swim
<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only	<b>19.00 - 19.45</b> Adult Only
<b>19:45-20.45</b> Adult Only	<b>19:45-20.45</b> Adult Only	<b>19:45-20.45</b> Adult Only	<b>19:45-20.45</b> Adult Only	<b>19:45-20.45</b> 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