

## MAIN POOL TIMETABLE – WINTER 2024

TERM-TIME

	06:30-07:30	07:30-09:00	09:00-11:00	11:00-13:00	13:15-14:15	14:15-17:00	SWIM LESSONS (1 LANE)	19:00-20:00	20:00-20:45	
Monday	Adult Only	Adult Only	General Swim	Aqua 11.30-12.15	General Swim			17:00-19:00	Adult Only	Adult Only
Tuesday	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim					Adult Only	Adult Only
Wednesday	Adult Only	Adult Only	General Swim	Aqua 11.15-12:00	School Swim	General Swim	16:00-16:30 17:00-19:00	Adult Only	Adult Only	
Thursday	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim	School Swim	General Swim		Adult Only	Adult Only	
Friday	Adult Only	Adult Only	Aqua 10:00-10:45	General Swim					Adult Only	Adult Only
Saturday	Closed	Adult Only	General Swim					Adult Only	Closed	
Sunday	Closed	Adult Only	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 **Swim Lessons;** One lane may be required on Mon & Wed 17:00-19:00 only.

This timetable may be subject to change, therefore please contact the St. Mellion Team on **01579 352003** to avoid disappointment.

**IMPORTANT: THE HEALTH CLUB CHANGING ROOMS WILL CLOSE AT 21:00 MON-FRI & 20:00 ON SAT/SUN**

## LEISURE POOL TIMETABLE – WINTER 2024

TERM-TIME

	06:30-07:30	07:30-09:00	09:00-11:00	11:00-14:00	14:00-19:00	16:00-19:00 SWIM LESSONS	19:00-20:00	20:00-20:45
Monday	Adult Only	Adult Only	General Swim				Adult Only	Adult Only
Tuesday	Adult Only	Adult Only	General Swim	Water Babies 11:00-13:30	General Swim		Adult Only	Adult Only
Wednesday	Adult Only	Adult Only	Tadpoles 09:00-10:30	General Swim			Adult Only	Adult Only
Thursday	Adult Only	Adult Only	General Swim				Adult Only	Adult Only
Friday	Adult Only	Adult Only	General Swim				Adult Only	Adult Only
Saturday	Closed	Adult Only	General Swim				Adult Only	Closed
Sunday	Closed	Adult Only	General Swim	Wet & Wild 13:00-14:00			Adult Only	Closed

**Tadpoles & Water Babies:** Half the leisure pool will be in use during the Water Babies session & whole pool for Tadpoles session.

**Swim Lessons:** Please be aware that a section of the leisure pool may be required from 15:30-19:00 on Mon & Wed only.

This timetable may be subject to change, therefore please contact the St. Mellion Team on **01579 352003** to avoid disappointment.

**IMPORTANT: THE HEALTH CLUB CHANGING ROOMS WILL CLOSE AT 21:00 MON-FRI & 20:00 ON SAT/SUN**

