



ST. MELLION
HEALTH CLUB

WINTER 2026

LEISURE POOL TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			
09:00 - 19.00 General Swim	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim	09:00 - 19.00 General Swim
	Water Babies 11:00 - 13:30		Tadpoles 09:00 - 10:30 Term Time Only	Water Babies 11:00 - 13:30		
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	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.

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**