



ST. MELLION
HEALTH CLUB

WINTER 2026 MAIN POOL TIMETABLE

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 SCHOOL SWIM for 6 weeks from 5th Jan - 9th Feb 13:15-14:15	09:00 - 19.00 General Swim Aqua 10:00-10:45	09:00 - 19.00 General Swim Aqua 11:15-12:00 SCHOOL SWIM for 6 weeks from 7th Jan - 11th Feb 13:15-14:15	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 Aqua 10:00-10:45	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**