ST MELLION
HEALTH CLUB

AUTUMN 2026
LEISURE 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	**09:00 - 19.00** General Swim **Water Babies 11:00 - 13:30**	**09:00 - 19.00** General Swim **Tadpoles 09:00 - 10:30** Term Time Only	**09:00 - 19.00** General Swim **Water Babies 11:00 - 13:30**	**09:00 - 19.00** General Swim **Water Babies 11:00 - 13:00**	**09:00 - 19.00** General Swim	**09:00 - 19.00** General Swim **13:00 - 15.00** Wet 'N' Wild
19.00 - 21.45 Adult Only	**19.00 - 21.45** Adult Only	**19.00 - 21.45** Adult Only	**19.00 - 21.45** Adult Only	**19.00 - 19.45** Adult Only	**19.00 - 19.45** Adult Only	**19.00 - 19.45** Adult Only

ADULT ONLY: 16 years and over.

SWIMMING LESSONS: Half the Leisure Pool may be required between **12:30-18:00**
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-Thursday at 22:00pm
Friday - Sunday 20:00pm