



**ST MELLION**  
HEALTH CLUB

# SUMMER 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 - 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

**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**