



North Mainland Leisure Centre

Brae, Shetland, ZE2 9QJ



OPENING HOURS

Issued 14th July valid until 19th August 2025

	FITNESS SUITE	STEAM ROOM
MON - THU	0700 - 2100	0730 - 2100
FRIDAY	0700 - 1900	0730 - 1900
SATURDAY	0800 - 1500	0730 - 1500
The steam room has to be pre booked 60 minutes before use as it might not always be on		

Family Fun Swimming	
MONDAY	1430 - 1530
THURSDAY	1430 - 1530

Flipper Fun	
TUESDAY	1430 - 1530
WEDNESDAY	1330 - 1430

FAMILY HIRES	
SATURDAY	1100 - 1330

PRIVATE LESSONS	
SATURDAY	1100 - 1330

Tel: 01595 807710

Email: nmlc@srt.org.uk

Facebook: North Mainland Leisure Centre

SWIMMING POOL		
MONDAY	Public Swimming	0730 - 0930
	Aquaerobics	1330 - 1415
	Public Swimming	1600 - 1800
	Lane Swimming	1800 - 1900
	Public Swimming	1900 - 2100
TUESDAY	Public Swimming	1200 - 1400
	Public Swimming	1600 - 1700
	Public Swimming	1800 - 1900
	Aquaerobics	1900 - 1945
	Public Swimming	2000 - 2100
WEDNESDAY	Public Swimming	0730 - 0930
	Public Swimming	1130 - 1330
	Public Swimming	1630 - 1800
	Lane Swimming	1800 - 1900
	Public Swimming	1900 - 2100
THURSDAY	Aquaerobics	1200 - 1245
	Public Swimming	1300 - 1400
	Public Swimming	1700 - 1800
	Lane Swimming	1800 - 1900
	Aquaerobics	1900 - 1945
FRIDAY	Public Swimming	0730 - 0900
	Toddler Zone	0900 - 1100
	Public Swimming	1200 - 1400
	Splash Disco (8yrs+)	1400 - 1500
	Public Swimming	1600 - 1900
SATURDAY	Public Swimming	0800 - 0900
	Aquaerobics	0900 - 0945
	Lane Swimming	1000 - 1100
	Public Swimming	1330 - 1500



Shetland Recreational Trust

www.srt.org.uk

Registered Charity: SC002179

Funded by



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