



South Mainland Pool

01595 807719



Swimming Timetable 13th Apr - 5th July 2026

Public Swimming

MONDAY	1415-1530
	1800-1900 (2x lanes) *1800-1900 Stretch & Relax Classes in place of public/advanced coaching as below Adults only - 1900-2000
TUESDAY	1230-1330
	1430-1530
WEDNESDAY	1400-1500
	1800-1900 Ladies Only 1900-2000
THURSDAY	1130-1230
	1330-1530
	1830-1930
SATURDAY	0930-1400** **1030-1130 Stretch & Relax Classes in place of public swims - see below (1130 Family fun hour) This timetable may be subject to change from time-to-time due to one-off bookings or unforeseen circumstances. Amendments will be displayed on our Facebook page
	0930-1530 (1130 family Fun hour) This timetable may be subject to change from time-to-time due to one-off bookings or unforeseen circumstances. Amendments will be displayed on our Facebook page
SUNDAY	0930-1530 (1130 family Fun hour) This timetable may be subject to change from time-to-time due to one-off bookings or unforeseen circumstances. Amendments will be displayed on our Facebook page

Classes

MONDAY	1330 Pre School 2
	1545 SS1B & SS3
	1615 SS1a (imp) & SS2
	1645 SS1B
	1715 Club Ready Coaching
	1800 Advanced Coaching
TUESDAY	1330 Pre School 1 & 2
	1400 Pre School 3
	1530 SS1A (imp) & SS2
	1600 SS1A (beg) & SS3
	1900 Aquacise Fitness class
WEDNESDAY	1500 Pre School 3
	1530 Pre school 3
	1600 SS1B & SS2
	1630 SS1B & SS4
	1700 Advanced Coaching
THURSDAY	1230 Pre School 2
	1300 Pre School 3
	1530 Swim skills 3
	1600 Swim skills 4

Stretch & Relax Aqua Class Dates

Mon 1800-1900	20/4, 25/4, 4/5, 9/5, 1/6, 6/6, 15/6, 20/6
Sat 1030-1130	29/6 & 4/7

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Shetland Recreational Trust

www.srt.org.uk

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Shetland Charitable Trust