

NORTH MAINLAND LEISURE CENTRE

Brae, Shetland, ZE2 9QJ

OPENING HOURS

Issued 13th April – valid until 4th July 2026

	Gym	Steam room
MON-THU	0700-2100	0730-2100
FRI	0700-1900	0730-1900
SAT	0800-1500	0730-1500

The steam room has to be pre booked 60 minutes before use to allow it to heat up

Family Hires and Private Lessons
SATURDAY
1100 - 1330



SWIMMING POOL		
MONDAY	Public Swimming Public Swimming Aquaerobics Public Swimming Lane Swimming Public Swimming	0730 - 1030 1230 - 1400 1400 - 1445 1700 - 1800 1800 - 1900 2000 - 2100
TUESDAY	Public Swimming Public Swimming Aquaerobics Public Swimming	1200 - 1300 1800 - 1900 1900 - 1945 2000 - 2100
WEDNESDAY	Public Swimming Public Swimming Public Swimming Lane Swimming Public Swimming	0730 - 0930 1300 - 1500 1700 - 1800 1800 - 1900 2000 - 2100
THURSDAY	Aquaerobics Public Swimming Public Swimming Lane Swimming Aquaerobics Public Swimming	1200 - 1245 1430 - 1530 1700 - 1800 1800 - 1900 1900 - 1945 2000 - 2100
FRIDAY	Public Swimming Toddler Zone Public Swimming Splash Disco (8yrs+) Public Swimming	0730 - 0900 0900 - 1100 1200 - 1400 1400 - 1500 1700 - 1900
SATURDAY	Public Swimming Aquaerobics Lane Swimming Public Swimming	0800 - 0900 0900 - 1000 1000 - 1100 1330 - 1500



T: 01595 807710
 nmlc@srt.org.uk www.srt.org.uk
 Registered Charity: SC002179
 Facebook:
 North Mainland Leisure Centre