



SOUTH MAINLAND POOL

Summer Holidays 2026

6 July - 16 August 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1400-1500 Swim Schools of the Week	0700-0900 Early Bird Swimming	1400-1500 Swim Schools of the Week	1000-1100 Public Swimming	POOL CLOSED	0930-1030 Public Swimming (2 lanes)	0930-1030 Public Swimming
1515-1615 Twin Track Inflatable	0900-1000 Public Swimming	1515-1615 Twin Track Inflatable	1100-1200 Individual Lessons		0930-1030 Advanced Coaching (2 lanes)	1030-1130 Public Swimming
1630-1700 Individual Lesson	1000-1100 Flipper & Float Fun	1630-1700 Individual Lesson	1200-1300 Flipper & Float Fun		1030-1130 Public Swimming (Exception dates due to Stretch & Relax 25/7, 8/8)	1130-1230 Family Fun Hour
1630-1800 Public Swimming	1100-1200 Individual Lessons	1630-1800 Public Swimming (2 lanes)	1300-1400 Public Swimming		1130-1230 Family Fun Hour	1230-1530 Public Swimming
1800-1900 Advanced Coaching <i>*(Exception dates 13/7, 27/7, 10/8)</i>	1200-1400 Public Swimming	1700-1800 Advanced Coaching (2 lanes)	1400-1500 Swim Schools of the Week		1230-1400 Public Swimming	
1800-1900 Stretch & Relax Class 13/7, 27/7, 10/8	1400-1500 Swim Schools of the week	1800-1900 Public Swimming	1500-1600 Public Swimming			
1800-1900 Public Swimming <i>*(Exception dates 13/7, 27/7, 10/8)</i>		1900-2000 Ladies Only Steam & Swim	1600-1700 Deep End Test Training		1030-1130 Stretch & Relax Class 25/7 & 8/8	
1900-2000 Adults Steam & Swim			1700-1800 Public Swimming			

Amendments to this timetable will be displayed on our Facebook page



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Registered Charity SC002179



Shetland Recreational Trust

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