



South Mainland Pool

01595 807719

Pool Timetable 17th Aug - 11th Oct 2026

Public Swimming

MONDAY	1400-1530 1715-1800 <i>1/2 pool</i> 1800-1900 <i>1/2 pool (every 2nd week starting 24/8)</i> 1900-2000 Adults Only
TUESDAY	1430-1530
WEDNESDAY	1400-1500 1700-1800 <i>1/2 pool</i> 1900-2000 Ladies Only
THURSDAY	1130-1230 1330-1530 1830-1930
SATURDAY	0930-1030 <i>1/2 pool</i> 1130-1230 Family Fun 1230-1400 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	0930-1130 1130-1230 Family Fun 1230-1530 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.

Swimming Lessons & Fitness Classes

MONDAY	1545 SS1B (shallow) & SS2 1615 SS1A Beginners & SS1B (mid-pool) 1645 SS4 1715 Club Ready Coaching 1800 Stretch & Relax Class <i>(every 2nd week starting 17/8)</i> 1800 Advanced Coaching <i>(every 2nd week starting 24/8)</i>
TUESDAY	1330 Pre School 2 1400 Pre School 3 1530 SS1A Improvers & SS3 1600 SS1A Improvers & SS2 1900 Aquacise Aerobics Class
WEDNESDAY	1500 Pre School 1 1530 Pre School 3 1600 SS1A Improvers & SS3 1630 SS1A Improvers & SS2 1700 Advanced Coaching 1800 Aqua Circuits Class (NEW!)
THURSDAY	1230 Pre School 2 1300 Pre School 3 1530 SS1A Improvers & SS1B (mid-pool) 1600 SS4
SATURDAY	1030 Aqua Circuits Class (NEW!) <i>(every 2nd week starting 22/8)</i> 1030 Stretch & Relax Class <i>(every 2nd week starting 29/8)</i>

www.srt.org.uk



South Mainland Pool