



South Mainland Pool | October Holiday Programme

Monday 12 – Sunday 25 October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1400-1500 Public Swimming	1230-1330 Public Swimming	1400-1500 Public Swimming	1130-1230 Individual Lesson	CLOSED	0930-1030 Public Swimming & Advanced Coaching	0930-1030 Public Swimming
1515-1615 Double Trouble Inflatable	1330-1430 Individual Lessons	1515-1615 Double Trouble Inflatable	1230-1400 Extended Public Swimming		1030-1130 Aqua Circuits (17/10) Stretch & Relax (24/10)	1030-1130 Public Swimming
1630-1700 Individual Lesson	1430-1530 Family Fun	1630-1700 Individual Lesson	1400-1500 Family Fun Hour		1130-1230 Public Swimming	1130-1230 Family Fun
1700-1800 Public Swimming	1530-1700 Public Swimming	1700-1800 Public Swimming (2x Lanes) Advanced Coaching (2x Lanes)	1500-1600 Deep End Test Training		1230-1400 Public Swimming	1330-1530 Public Swimming
1800-1900 Public Swimming (2x Lanes) Advanced Coaching (2x Lanes)	1800-1900 Public swimming	1800-1900 Aqua Circuits Class	1600-1630 Individual Lesson			
1900-2000 Adults steam and swim	1900-2000 Stretch & Relax class	1900-2000 Ladies steam and swim	1730-1930 Public swimming		Please check our Facebook page for changes to the normal timetable.	

Please note: 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. Please check the latest facility timetable before visiting.