



# SOUTH MAINLAND POOL

## October Holiday Programme

Monday 12th - Sunday 25th October 2026

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

| Monday                                                            | Tuesday                            | Wednesday                                                         | Thursday                                 | Friday | Saturday                                                                    | Sunday                                                                      |
|-------------------------------------------------------------------|------------------------------------|-------------------------------------------------------------------|------------------------------------------|--------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 1400-1500<br>Public Swimming                                      | 1230-1330<br>Public Swimming       | 1400-1500<br>Public Swimming                                      | 1130-1230<br>Individual Lessons          |        | 0930-1030<br>Public Swimming &<br>Advanced Coaching                         | 0930-1030<br>Public Swimming                                                |
| 1515-1615<br>Double Trouble Inflatable                            | 1330-1430<br>Individual Lessons    | 1515-1615<br>Double Trouble Inflatable                            | 1230-1400<br>Extended Public<br>Swimming |        | 1030-1130<br>Aqua Circuits 17/10<br>Stretch & Relax 24/10                   | 1030-1130<br>Public Swimming                                                |
| 1630-1700<br>Individual Lessons                                   | 1430-1530<br>Family Fun            | 1630-1700<br>Individual Lesson                                    | 1400-1500<br>Family Fun Hour             |        | 1130-1230<br>Public Swimming                                                | 1230-1330<br>Public Swimming                                                |
| 1700-1800<br>Public Swimming                                      | 1530-1700<br>Public Swimming       | 1700-1800<br>Public Swimming 2 lanes<br>Advanced Coaching 2 lanes | 1500-1600<br>Deep End Test Training      |        | 1230-1400<br>Public Swimming                                                | 1330-1430<br>Public swimming                                                |
| 1800-1900<br>Public Swimming 2 lanes<br>Advanced Coaching 2 lanes | 1700-1900<br>Private Hire - SMASC  | 1800-1900<br>Aqua Circuits class                                  | 1600-1630<br>Individual Lesson           |        |                                                                             | 1430-1530<br>Public Swimming                                                |
| 1900-2000<br>Adults Steam & Swim                                  | 1900-2000<br>Stretch & Relax Class | 1900-2000<br>Ladies Steam and Swim                                | 1830-1930<br>Public Swimming             |        |                                                                             |                                                                             |
| Pool Closed 2000                                                  | Pool Closed 2000                   | Pool Closed 2000                                                  | Pool Closed 1930                         |        | Please check our<br>Facebook page for<br>changes to the normal<br>timetable | Please check our<br>Facebook page for<br>changes to the normal<br>timetable |



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Shetland Recreational Trust



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