North Mainland Leisure Centre

Brae, Shetland, ZE2 9QJ

OPENING HOURS

Issued October 26h - valid until December 22nd 2026

	FITNESS SUITE	STEAM ROOM
MONDAY	0700 - 2100	0730 - 2100
TUESDAY	0700 - 2100	0730 - 2100
WEDNESDAY	0700 - 2100	0730 - 2100
THURSDAY	0700 - 2100	0730 - 2100
FRIDAY	0700 - 1900	0730 - 1900
SATURDAY	0800 - 1500	0730 - 1500
The steam room has to be pre booked 60 minutes before use as it might not always be on		

FAMILY HIRES	
Saturday	1200 - 1400

PRIVATE LESSONS	
SATURDAY	1200 - 1400

SWIMMING POOL		
MONDAY	Public Swimming Public Swimming Aquaerobics Public Swimming Lane Swimming Public Swimming	0730 - 1000 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 1230 - 1330 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 - 1030 1230 - 1400 1400 - 1500 1700 - 1900
SATURDAY	Public Swimming Aquaerobics Lane Swimming Family Fun Session Public Swimming	0800 - 0900 0900 - 1000 1000 - 1100 1100 - 1200 1400 - 1500

Tel: 01595 807710
Email: nmlc@srt.org.uk
Facebook: North Mainland Leisure Centre

Shetland Recreational Trust

www.srt.org.uk

Registered Charity: SC002179

Funded by **Shetland Charitable Trust**