



South Mainland Pool | Pool Timetable

Monday 26 October – Sunday 20 December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1400-1430 Pre-school Class	1230-1330 School Swimming	1400-1500 Public Swimming	1130-1230 Public Swimming	CLOSED	0930-1030 Public Swimming & Advanced Coaching	0930-1130 Public Swimming
1430-1530 Public Swimming	1330-1430 Pre-School Classes	1500-1530 Pre-School Class	1230-1330 Pre-school Lessons		1030-1130 Aqua Circuits (31/10) Stretch & Relax (7/11)	1130-1230 Family Fun Hour
1530-1800 Learn to Swim Classes	1430-1530 Public Swimming	1530-1700 Learn to Swim Classes	1330-1530 Public Swimming		1130-1230 Family Fun Hour	1230-1330 Public Swimming
1800-1900 Public Swimming (every 2 nd week starting 26/10/26)	1530-1700 Learn to Swim Classes	1700-1800 Public Swimming Lanes ¾ Advanced Coaching Lanes ½	1530-1630 Learn to Swim Classes		1230-1400 Public Swimming	1330-1430 Public Swimming
1800-1900 Stretch & Relax Class (every 2 nd week starting 2/11/26)	1700-1900 S.M.A.S.C Hire	1800-1900 Aqua Circuits Class	1630-1830 S.M.A.S.C hire			1430-1530 Public Swimming
1900-2000 Adults Seam & Swim (16 years+)	1900-2000 Aquacise Fitness Class	1900-2000 Ladies Steam & Swim (16 years+)	1830-1930 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.