



North Mainland Leisure Centre

Brae, Shetland, ZE2 9QJ



OPENING HOURS

Issued 4th January - valid until 6th April 2025

	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	0700 - 1700	0730 - 1700
The steam room has to be pre booked 60 minutes before use as it might not always be on		

RELAXED SWIM	
MONDAY	1230 - 1330
TUESDAY	1230 - 1330
WEDNESDAY	2000 - 2100
THURSDAY	2000 - 2100
FRIDAY	1200 - 1300

PRIVATE LESSONS	
SATURDAY	1100 - 1200 1500 - 1700

SWIMMING POOL		
MONDAY	Public Swimming	0730 - 0930 1230 - 1430 1730 - 1900
TUESDAY	Public Swimming	0730 - 1030 1230 - 1430 1800 - 2100
WEDNESDAY	Public Swimming	0730 - 1030 1230 - 1430 1730 - 1900
THURSDAY	Public Swimming	0730 - 0830 1030 - 1130 1400 - 1500 1700 - 1900
FRIDAY	Public Swimming	0730 - 0900 1100 - 1400 1800 - 1900
SATURDAY	Public Swimming	1200 - 1500

LANE SWIMMING	
MONDAY	2000 - 2100
WEDNESDAY	2000 - 2100
THURSDAY	2000 - 2100
SATURDAY	0900 - 1000

FAMILY HIRES	
SATURDAY	1100 - 1200 1500 - 1700

Tel: 01595 807710 | Email: nmlc@srt.org.uk



Shetland Recreational Trust

www.srt.org.uk

Registered Charity: SC002179

Funded by



Shetland Charitable Trust