



# North Mainland Leisure Centre

Brae, Shetland, ZE2 9QJ



## OPENING HOURS

Issued 7th April - valid until 20th April 2025

	FITNESS SUITE	STEAM ROOM
<b>MONDAY</b>	0700 - 2100	0730 - 2100
<b>TUESDAY</b>	0700 - 2100	0730 - 2100
<b>WEDNESDAY</b>	0700 - 2100	0730 - 2100
<b>THURSDAY</b>	0700 - 2100	0730 - 2100
<b>FRIDAY</b>	0700 - 1900	0730 - 1900
<b>SATURDAY</b>	0700 - 1500	0730 - 1500

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

FAMILY HIRES	
<b>SATURDAY</b>	1100 - 1330

PRIVATE LESSONS	
<b>SATURDAY</b>	1100 - 1330

Tel: 01595 807710

Email: [nmlc@srt.org.uk](mailto:nmlc@srt.org.uk)



SWIMMING POOL		
<b>MONDAY</b>	Public Swimming	0730 - 1030
	Public Swimming	1200 - 1330
	Aquaerobics	1330 - 1415
	Public Swimming	1700 - 1800
	Lane Swimming	1800 - 1900
	Public Swimming	2000 - 2100
<b>TUESDAY</b>	Public Swimming	1200 - 1400
	Flipper Fun	1400 - 1500
	Public Swimming	1800 - 2100
<b>WEDNESDAY</b>	Public Swimming	0730 - 1000
	Family Fun Session	1100 - 1200
	Public Swimming	1200 - 1500
	Public Swimming	1700 - 1800
	Lane Swimming	1800 - 1900
	Public Swimming	2000 - 2100
<b>THURSDAY</b>	Aquaerobics	1200 - 1300
	Public Swimming	1300 - 1400
	Family Fun Session	1400 - 1500
	Public Swimming	1700 - 1800
	Lane Swimming	1800 - 1900
	Aquaerobics	1900 - 2000
	Public Swimming	2000 - 2100
<b>FRIDAY</b>	Public Swimming	0730 - 0900
	Toddler Zone	0900 - 1100
	Public Swimming	1100 - 1400
	Family Splash Disco	1400 - 1500
	Public Swimming	1700 - 1900
<b>SATURDAY</b>	Public Swimming	0800 - 0900
	Aquaerobics	0900 - 1000
	Lane Swimming	1000 - 1100
	Public Swimming	1330 - 1500



Shetland Recreational Trust

[www.srt.org.uk](http://www.srt.org.uk)

Registered Charity: SC002179

Funded by



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