

MAIN POOL HOLIDAY TIMETABLE

	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00
Mon		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)	
		Masters			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)								
	Club				SETUP		AQUADASH SESSIONS			SETUP	Club						
Tues		Public Swimming with Lane(s) 50m (2m deep)		P/S (2m)	BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		H ₂ O HIIT	Lane Fit 50m (2m deep)		
		Club		SETUP		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)							
		Public Swimming (2m)				SETUP	Public Swimming with Lane(s) (2m)			SETUP		Club					
		Public Swimming with Lane(s) (2m)															
Wed		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*		BOOM	Public Swimming (2m)					
		Club		Public Swimming (2m)			Public Swimming with Lane(s) (1.25m)*					Public Swimming with Lane(s) 50m (2m deep)					
	Club				Public Swimming (2m)		SETUP	Aquarun		SETUP		Club					
Thurs		P/with Lane(s) 50m (2m deep)		Masters	BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		Lane Fit 50m (2m deep)			
		Club		Public Swimming (2m)		SETUP	Public Swimming with Lane(s) (1.25m)*					Public Swimming with Lane(s) 50m (2m deep)					
		Public Swimming (2m)				SETUP	Public Swimming with Lane(s) (2m)			SETUP		Club					
		Public Swimming with Lane(s) (2m)															
Fri		Public Swimming with Lane(s) 50m (2m deep)				BOOM	P/S (1.25m)	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)				
		Masters		Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)									
	Club				SETUP		AQUADASH SESSIONS			SETUP	Club						
Sat		Public Swimming with Lane(s) 50m (2m deep)		BOOM	Public Swimming (1.25m)*							Pool Closed	Club	Pool Closed			
		Club			SETUP	AQUADASH SESSIONS				SETUP							
Sun	Pool Closed			BOOM	Public Swimming (1.25m)*							Pool Closed	Club	Pool Closed			
		Club			Public Swimming with Lane(s) (1.25m)*												
		Public Swimming (2m)			SETUP	AQUADASH SESSIONS			SETUP								
		Public Swimming with Lane(s) (2m)															

Key:

CLUB - no public access

BOOM - The pool will be split into 2 x 25m pools by a moveable boom, swimming space will be disrupted during this set-up.

Aquarun - Fun inflatable session for those who can swim in 2m deep water

AQUADASH - Our amazing new inflatable assault course! Bookings can only be made **online** at edinburghleisure.co.uk/aquadash

■ = Pool Closed

When the pool is set at 50m there is no shallow water for weak or non-swimmers.

*Water depth suitable for weak or non-swimmers.

DIVING POOL HOLIDAY TIMETABLE

■ = Pool Closed

	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00	
Mon		Club			SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1 & 3m boards only)		Aquatics Camp	Dive Squad				Club	
		Public Swimming 25m (5m Deep)																
Tues		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1m only)		Aquatics Camp	Dive Squad				Club	
Wed		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1 & 3m boards only)		Aquatics Camp	Dive Squad				Club	
Thurs		Club			SETUP	Holiday Dive Camp			Supervised Public Dive	Public Dive (1m only)		Aquatics Camp	Dive Squad				Public Dive (1 & 3m boards only)	
Fri		Club		Dive Squad	SETUP	Holiday Dive Camp			Supervised Public Dive	Dive Squad						Club		
Sat		Club			SETUP	Dive Squad			Pool Closed - Event					Club				
Sun					SETUP	Public Dive (1 & 3m boards only)			Dive Squad	Supervised Public Dive	Public Dive (1 & 3m boards only)		SETUP	Club		Dive Squad		

TEACHING POOL HOLIDAY TIMETABLE

	05.00	06.00	07.00	08.00	09.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	21.00		
Mon		Club				Holiday Club		Public Swimming (0.92m deep)							Hydrospin	Hydrospin			
Tues						Holiday Club		Public Swimming (0.92m deep)								Club			
Wed						Holiday Club		Public Swimming (0.92m deep)							Hydrospin	SETUP	Aquafit*	SETUP	Club
Thurs					Aquafit*	Holiday Club		Public Swimming (0.92m deep)								Club			
Fri		Club			Aquafit*	Holiday Club		Public Swimming (0.92m deep)											
Sat					Public Swimming (0.92m deep)														
Sun					Public Swimming (0.92m deep)														

*Water depth at these times is 1.25m

Adult to child ratio:

Under 5 - One adult to one child with or without armbands or one adult to two children with armbands

5 to 8 years old - One adult to two children with or without armbands

Mixed Ages - One adult to one under 5 and one 5 to 8 years old if the under 5 is wearing armbands

Please note that this programme is subject to change. During peak times customers may be asked to wait to access the pool in order to ensure a safe and enjoyable environment for all.