

# Ainslie Park pool timetable

# 7 January - 31 March 2017

Holiday timetable may apply 11 February - 19 February 2017

	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	22.00	
<b>Mon</b>		Public Swimming with Lane(s)		Aquafit						Lessons		P/S no Lanes		Club Session	Aquafit	Club Session	Pool Closed
<b>Tues</b>		Public Swimming with Lane(s)			Lessons	Aquafit		Staff Training		Lessons		P/S no Lanes		Public Swimming with Lane(s)			Pool Closed
<b>Wed</b>		Public Swimming with Lane(s)		Aquafit	Lessons		Skills & Drills	Lessons					Aquafit		Lane Fit		Pool Closed
<b>Thurs</b>			Lessons	Aquafit		Skills & Drills	Staff Training		Lessons				Public Swimming with Lane(s)				Pool Closed
<b>Fri</b>		Club Session		Lessons			Lane Fit		Lessons				Club Session				Pool Closed
<b>Sat</b>		Club Session		Lessons			Staff Training	Family Fun Session									Pool Closed
<b>Sun</b>			Lessons											Club Session			Pool Closed

## 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

**Lane Fit:** Our new lane only swimming sessions. All swimmers are welcome, simply choose between slow, medium or fast lanes. For more information check out the 'Guide to Lane Etiquette' on our website or ask at the reception.

During club sessions there will be limited public lane swimming available.

tel 0131 551 2400