

# Portobello main pool timetable

## 4 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	
<b>Mon</b>	Public Swimming with Lane(s)		Lessons			Public Swimming with Lane(s)	Lessons		Education*		Lessons		Club Session			
			Public Swimming with Lane(s) 17m				Public Swimming with Lane(s) 17m		Public Swimming with Lane(s)							
<b>Tues</b>	Public Swimming with Lane(s)			Lessons					Education*	Lessons			Set Up	Club Session		
	Public Swimming with Lane(s)															
<b>Wed</b>	Public Swimming with Lane(s)					Lane Fit	Staff Training Pool Closed		Education*	Lessons		Club Session		Club Session		
								Public Swimming with Lane(s)			Public Swimming					
<b>Thurs</b>					Lessons				Education*		Lessons	Aquanatal	Club Session			
	Public Swimming with Lane(s)										Public Swimming					
<b>Fri</b>	Public Swimming with Lane(s)								Education*		Lessons		Lane Fit	Club Session		
<b>Sat</b>	Pool Closed		Lessons				Lessons				Pool Closed					
			Public Swimming with Lane(s)													
<b>Sun</b>	Pool Closed		Public Swimming with Lane(s)					Club Session		Club Session			Pool Closed			

**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.

\*Education Courses

**Please note:** when education courses are running there will be an area of the pool used, sometimes lanes / sometimes the boom end and that at these times the depth will be shallow to deep (2 metres).

tel 0131 669 6888

Please note this programme may be subject to change.

# Portobello small pool timetable

## 4 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	
<b>Mon</b>	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons					Public Swimming with Lane				Pool Closed
<b>Tues</b>	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons					Mini Polo	Public Swimming with Lane		Pool Closed	
<b>Wed</b>	Pool Closed		Aquafit	Lessons	Aquafit	Get Up & Go Swim	Staff Training Pool Closed	Lessons			H <sup>20</sup> HIIT	Club Session	Female Only		Pool Closed	
<b>Thurs</b>	Pool Closed		Aquafit	Lessons	Adults Only Lesson	Aqua Relax	Lessons					Public Swimming with Lane				Pool Closed
<b>Fri</b>	Pool Closed		Lessons		Aquafit	Get Up & Go Swim	Lessons				Aquafit	Set Up	Open All Hours	Public Swimming with Lane		Pool Closed
<b>Sat</b>	Pool Closed		Lessons					Family Session		Pool Closed						Pool Closed
<b>Sun</b>	Pool Closed		Lessons						Pool Closed						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

tel 0131 669 6888

Length of pool: 17 metres.

Please note this programme may be subject to change.