

Ainslie Park pool timetable

22nd October - 21st December

	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			
Mon		Public Swimming with Lane(s)	Edinburgh College Public Swimming No Lanes Aquafit			Floatfit				Lessons		P/S no Lanes		Club Session	Aquafit	Club Session	Pool Closed		
Tues		Public Swimming with Lane(s)	Edinburgh Academy			Aquafit		Staff Training		Lessons		P/S no Lanes		Public Swimming with Lane(s)			Pool Closed		
Wed				Aquafit	Lessons		Skills & Drills	Lessons				P/S no Lanes			Lane Fit		Pool Closed		
Thurs			Edinburgh Academy	Lessons	Aquafit	Skills & Drills	Staff Training			Lessons				Public Swimming with Lane(s)			Pool Closed		
Fri						Aquafit				Lessons				Club Session			Pool Closed		
Sat		Club Session								Lessons				Public Swimming with Lane(s)	Public Swimming no Lanes	Public Swimming with Lanes(s)	Lane Swimming Only	Pool Closed	
Sun														Lessons			Staff Training	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