

# Ainslie Park pool timetable

5th January - 7th April 2019

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

## 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