

Portobello main 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	
Mon	Public Swimming with Lane(s)		Lessons			Public Swimming with Lane(s)	Lessons		Education*		Lessons		Public Swimming with Lane(s)	Club Session		
			Public Swimming with Lane(s) 17m				Public Swimming with Lane(s) 17m		Public Swimming with Lane(s)		Public Swimming					
Tues	Public Swimming with Lane(s)		Lessons			Public Swimming with Lane(s)						Club Session				
			Education*		Lessons											
Wed	Public Swimming with Lane(s)				Lessons	Lane Fit	Staff Training Pool Closed	Education*		Lessons		Club Session		Club Session		
					Public Swimming with Lane(s)				Public Swimming with Lane(s)		Public Swimming					
Thurs	Public Swimming with Lane(s)				Lessons	Public Swimming with Lane(s)						Club Session				
					Education*		Lessons		Aquafit							
Fri	Public Swimming with Lane(s)					Education*		Lessons			Public Swimming		Lane Fit	Club Session		
						Public Swimming with Lane(s)		Public Swimming								
Sat	Pool Closed		Lessons			Public Swimming with Lane(s)			Pool Closed							
Sun	Pool Closed		Lessons			Public Swimming with Lane(s)		Club Session		Club Session		Pool Closed				
								Public Swimming with Lane(s)								

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).

Portobello small pool timetable

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	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	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons					H ²⁰ HIIT	Public Swimming with Lane		
Tues	Pool Closed		Aquafit	Lessons		Get Up & Go Swim	Lessons					Mini Polo	Public Swimming with Lane		
Wed	Pool Closed			Active Aqua	Aquafit	Get Up & Go Swim	Staff Training Pool Closed	Lessons			H ²⁰ HIIT	Club Session	Female Only		
Thurs	Pool Closed		Aquafit	Lessons	Adults Only Lesson	Aqua Relax	Lessons					Public Swimming with Lane			
Fri	Pool Closed		Lessons		Aquafit	Get Up & Go Swim	Lessons		Public Swimming		Aquafit	Set Up	Open All Hours	Public Swimming with Lane	
Sat	Pool Closed		Public Swimming				Pool Closed	Family Session		Pool Closed					
Sun	Pool Closed		Public Swimming				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.