

# Portobello main pool timetable

14 August - 15 October 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 |       |             | Pool Closed |
|              |                              |       | Public Swimming with Lane(s) 17m |         |         | Public Swimming with Lane(s) | Public Swimming with Lane(s) 17m |                              | Public Swimming with Lane(s) |                 |              |              |              |       |             |             |
| <b>Tues</b>  | Public Swimming with Lane(s) |       |                                  | Lessons |         |                              | Public Swimming with Lane(s)     |                              |                              | Education*      | Lessons      |              | Club Session |       |             | Pool Closed |
|              |                              |       |                                  |         |         |                              | Public Swimming with Lane(s)     |                              |                              |                 |              |              |              |       |             |             |
| <b>Wed</b>   | Public Swimming with Lane(s) |       |                                  |         |         | Lane Fit                     | Staff Training<br>Pool Closed    | Education*                   | Lessons                      |                 | Club Session | Club Session |              |       | Pool Closed |             |
|              |                              |       |                                  |         |         |                              |                                  | Public Swimming with Lane(s) |                              | Public Swimming |              |              |              |       |             |             |
| <b>Thurs</b> | Public Swimming with Lane(s) |       |                                  |         | Lessons | Public Swimming with Lane(s) |                                  |                              | Education*                   | Lessons         | Aquanatal    | Club Session |              |       | Pool Closed |             |
|              |                              |       |                                  |         |         |                              |                                  |                              |                              | Public Swimming |              |              |              |       |             |             |
| <b>Fri</b>   | Public Swimming with Lane(s) |       |                                  |         |         |                              |                                  |                              | Education*                   | Lessons         |              | Lane Fit     | Club Session |       | Pool Closed |             |
| <b>Sat</b>   | Pool Closed                  |       | Lessons                          | Lessons |         |                              | Public Swimming with Lane(s)     |                              |                              | Pool Closed     |              |              |              |       |             |             |
| <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).

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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 |
|--------------|-------------|---------|---------|--------------------|------------------|----------------------------|----------------|-------|-------------|-------|---------------------------|---------------------------|---------------------------|---------------------------|-------|
| <b>Mon</b>   | Pool Closed |         | Aquafit | Lessons            |                  | Get Up & Go Swim           | Lessons        |       |             |       |                           | Public Swimming with Lane |                           |                           |       |
| <b>Tues</b>  | Pool Closed |         | Aquafit | Lessons            |                  | Get Up & Go Swim           | Lessons        |       |             |       |                           | Mini Polo                 | Public Swimming with Lane |                           |       |
| <b>Wed</b>   | Pool Closed | Aquafit | Lessons | Aquafit            | Get Up & Go Swim | Staff Training Pool Closed | Lessons        |       |             |       | H <sup>2</sup> O HIIT     | Club Session              | Female Only               |                           |       |
| <b>Thurs</b> | Pool Closed | Aquafit | Lessons | Adults Only Lesson | Aqua Relax       | Lessons                    |                |       |             |       | Public Swimming with Lane |                           |                           |                           |       |
| <b>Fri</b>   | Pool Closed | Lessons |         | Aquafit            | Get Up & Go Swim | Lessons                    |                |       |             |       | Aquafit                   | Set Up                    | Open All Hours            | Public Swimming with Lane |       |
| <b>Sat</b>   | Pool Closed | Lessons |         |                    |                  |                            | Family Session |       | Pool Closed |       |                           |                           |                           |                           |       |
| <b>Sun</b>   | Pool Closed | Lessons |         |                    |                  |                            |                |       | 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.