

MAIN POOL TIMETABLE (excluding school holidays & special events)

	05.00	06.00	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	Club Session					Education **					Club Session									
	Masters					Public Swimming 50m (2m deep)					Public Swimming 50m (2m deep)					Lane Fit 50m (2m deep)				
Tues	Club Session					Public Swimming 50m					S&D					Club Session				
	Public Swimming with Lane(s) 50m (2m deep)					Public Swimming with Lane(s) 50m (2m deep)					Public Swimming 50m (2m deep)					H2O HIIT				
Wed	Club Session				Staff Training	S&D					Club Session									
	Public Swimming with Lane(s) 50m (2m deep)				Pool Closed	Public Swimming with Lane(s) 50m (2m deep)					Public Swimming 50m (2m deep)									
Thurs	Club Session				Public Swimming 50m (2m deep)					S&D					Club Session					
	Masters				Public Swimming with Lane(s) 50m (2m deep)					Public Swimming 50m (2m deep)					Lane Fit 50m (2m deep)					
Fri	Club Session				S&D					BOOM	Swim Lessons		BOOM	Club Session						
	Masters				Public Swimming 50m (2m deep)					Public Swimming with Lane(s) *25m (0.93m)	Public Swimming 25m (2m deep)		Public Swimming with Lane(s) 25m (2m deep)	Public Swimming with Lane(s) 50m (2m deep)						
Sat	Club Session			Set Up	BOOM	Swim Lessons		Set Up	Public Swimming 25m (1.25m deep)					Pool Closed	Club Session			Pool Closed		
	Public Swimming with Lane(s) 50m			Public Swimming with Lane(s) 25m (2m deep)	Public Swimming 25m (0.93m deep)	Public Swimming with Lane(s) *25 metre (1.25m)	AQUA DASH SESSIONS	Pool Closed	Club Session			Pool Closed		Pool Closed						
Sun	Pool Closed			BOOM	Club Session	Swim Lessons		Set Up	Public Swimming 25m (1.25m deep)					Pool Closed	Club Session			Pool Closed		
	Public Swimming with Lane(s) 25m (2m deep)			Public Swimming 25m (0.93m deep)	Public Swimming with Lane(s) *25 metre (1.25m)	AQUA DASH SESSIONS	Pool Closed	Club Session			Pool Closed		Pool Closed							

When the pool is set at 50m there is no shallow water for weak or non-swimmers. *Water depth suitable for weak or non-swimmers. This pool programme is likely to change during school holiday times. Please contact the venue or check the website for details.

Key:

S&D - Skills and Drills **CLUB** - no public access

BOOM - The pool will be split into 2 x 25m pools by a moveable boom, swimming space will be disrupted during this set-up.

AQUA DASH - Our amazing new inflatable assault course! Bookings can only be made **online** at edinburghleisure.co.uk/aquash

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 667 7211

Registered Scottish Charity No: SC027450

Edinburgh Leisure

The Biggest Club in Town

TEACHING POOL TIMETABLE (excluding school holidays & special events)

		06.00	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	Club Session	Pool Closed	Pool Closed	Swim Lessons	Education**	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Hydrospin	Hydrospin	Pool Closed	
Tues	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Club Session	Pool Closed	
Wed	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Staff Training Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Hydrospin	Set Up	Aquafit*	Set Up	Club Session	Pool Closed
Thurs	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Aquafit*	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Mini Polo	Club Session	Pool Closed	
Fri	Pool Closed	Club Session	Pool Closed	Pool Closed	Aquafit*	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Club Session	Pool Closed	
Sat	Pool Closed	Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Pool Closed	
Sun	Pool Closed	Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Pool Closed	

Teaching Pool depth is either at 1.25m or 0.92m

DIVING POOL TIMETABLE

		06.00	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	Club Session	Club Session	Club Session	Set Up	Education**	Set Up	Aquafit*	Swim Lessons S&D	Education**	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Club Session	Pool Closed
Tues	Club Session	Dive Squad	Dive Squad	Staff Training Pool Closed	Hydrospin	Set Up	Active Aqua	Set Up	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Club Session	Pool Closed
Wed	Club Session	Dive Squad	Dive Squad	Staff Training Pool Closed	Hydrospin	Set Up	Aquafit*	Swim Lessons	Set Up	Adult Dive Lessons	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Club Session	Pool Closed
Thurs	Club Session	Club Session	Club Session	Staff Training Pool Closed	Hydrospin	Set Up	Education**	Buddy Swimming***	Set Up	Staff Training Pool Closed	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Club Session	Pool Closed
Fri	Club Session	Dive Squad	Dive Squad	Set Up	Education**	Education**	Education**	Education**	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Set Up	Club Session	Pool Closed
Sat	Club Session	Club Session	Club Session	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Supervised Public Dive	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Set Up	Club Session	Club Session	Pool Closed	Pool Closed
Sun	Pool Closed	Pool Closed	Pool Closed	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Supervised Public Dive	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Club Session	Club Session	Dive Lessons	Dive Lessons	Pool Closed	Pool Closed

Key:

*Pool is set to 1.25m during these classes.

** When there are no schools lessons running this time will be open for public use

***Volunteer led Ageing Well activity, providing support in the water for all older adults

Please note that this programme is subject to change. During peak times customers may be asked to wait to access the pool in order to ensure a safe and enjoyable environment for all.