

## 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
<b>Mon</b>	Club Session				Education **						Club Session						
	Masters				Public Swimming 50m (2m deep)						Public Swimming 50m (2m deep)						
<b>Tues</b>	Club Session				Public Swimming 50m				S&D		Club Session						
	Public Swimming with Lane(s) 50m (2m deep)				Public Swimming 50m (2m deep)				H2O HIIT		Lane Fit 50m (2m deep)						
<b>Wed</b>	Club Session		Public Swimming		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)										
<b>Thurs</b>	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)								
<b>Fri</b>	Club Session				S&D		BOOM		Swim Lessons		Club Session						
	Masters				Public Swimming 50m (2m deep)		BOOM		Public Swimming with Lane(s) *25m (0.93m)		Public Swimming with Lane(s) 50m (2m deep)						
<b>Sat</b>	Club Session		Set Up		BOOM		Swim Lessons		Public Swimming 25m (1.25m deep)		Set Up		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		
<b>Sun</b>	Pool Closed		BOOM		Club Session		Swim Lessons		Public Swimming 25m (1.25m deep)		Set Up		Club Session		Pool Closed		
	Public Swimming with Lane(s) 25m (2m deep)		Public Swimming with Lane(s) *25 metre (1.25m)		Public Swimming 25m (0.93m deep)		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](http://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				
<b>Mon</b>	Pool Closed	Club Session	Pool Closed	Pool Closed	Swim Lessons	Education**	Swim Lessons										Hydrospin	Hydrospin	Pool Closed		
<b>Tues</b>	Pool Closed				Swim Lessons										Swim Lessons		Club Session	Pool Closed			
<b>Wed</b>	Pool Closed				Staff Training Pool Closed	Swim Lessons										Hydrospin	Set Up	Aquafit*	Set Up	Club Session	Pool Closed
<b>Thurs</b>	Pool Closed				Aquafit*	Swim Lessons				Swim Lessons				Swim Lessons	Mini Polo	Club Session	Pool Closed				
<b>Fri</b>	Pool Closed	Club Session	Pool Closed	Aquafit*	Swim Lessons										Swim Lessons		Pool Closed				
<b>Sat</b>	Pool Closed		Swim Lessons		Public Swimming										Swim Lessons		Pool Closed				
<b>Sun</b>	Pool Closed		Swim Lessons		Public Swimming										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	
<b>Mon</b>	Club Session				Set Up	Education**	Set Up	Aquafit*	Swim Lessons	Education**				Set Up	Dive Lessons			Club Session
	Public Swimming 25m								S&D									
<b>Tues</b>	Club Session	Dive Squad		Staff Training Pool Closed	Hydrospin	Set Up	Active Aqua	Set Up	Public Dive (1m Springboards Only)			Dive Lessons			Club Session			
<b>Wed</b>	Club Session	Dive Squad		Set Up	Staff Training Pool Closed	Set Up	Aquafit*	Swim Lessons	Set Up	Adult Dive Lessons	Public Dive (1m Springboards Only)		Dive Lessons			Club Session		
<b>Thurs</b>	Club Session				Staff Training Pool Closed	Hydrospin	Set Up	Education**	Buddy Swimming***	Set Up	Staff Training Pool Closed	Public Dive (1m Springboards Only)	Set Up	Dive Lessons				
<b>Fri</b>	Club Session	Dive Squad		Set Up	Education**				Set Up	Dive Lessons					Set Up	Club Session		
<b>Sat</b>	Club Session			Set Up	Dive Lessons				Supervised Public Dive	Public Dive (1m & 3m Springboards Only)			Set Up	Club Session		Pool Closed		
<b>Sun</b>	Pool Closed			Set Up	Dive Lessons				Supervised Public Dive	Public Dive (1m & 3m Springboards Only)		Club Session		Dive Lessons		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.