

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/PS		Club Session										
	Public Swimming with Lane(s) 50m (2m deep)						Public Swimming 50m (2m deep)				H2O HIIT		Lane Fit 50m (2m deep)								
Wed	Club Session		Public Swimming		Staff Training		Public Swimming 50m (2m deep)		S&D/PS		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)				Lane Fit 50m (2m deep)						
Thurs	Club Session		Public Swimming 50m (2m deep)						S&D/PS		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/PS		Public Swimming 50m (2m deep)		BOOM		Swim Lessons		Club Session								
	Masters		Public Swimming with Lane(s) 50m (2m deep)				BOOM		Public Swimming with Lane(s) *25m (0.93m)		BOOM		Public Swimming with Lane(s) 50m (2m deep)								
									Public Swimming 25m (2m deep)				Public Swimming 50m (2m deep)								
Sat	Club Session		Set Up		BOOM		Swim Lessons		Public Swimming 25m (0.93m deep)		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 with Lane(s) *25 metre (1.25m)		Aquarun		Set Up		Open Water (2m)		Pool Closed		Club Session		Pool Closed			
Sun	Pool Closed			BOOM		Club Session		Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up		Public Swimming 25m (1.25m deep)		Pool Closed		Club Session		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 PS - Power Swim 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.

Aquarun - Fun inflatable session for those who can swim in 2m deep water

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	Pool Closed	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	Pool Closed	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	Pool Closed	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	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Club Session
	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m	Public Swimming 25m
Tues	Club Session	Dive Squad	Dive Squad	Staff Training Pool Closed	Hydrospin	Set Up	Education**	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)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Club Session
Wed	Club Session	Dive Squad	Dive Squad	Staff Training Pool Closed	Aquafit*	Swim Lessons	Swim Lessons	Set Up	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Adult Dive Lessons	Club Session
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)	Public Dive (1m Springboards Only)	Public Dive (1m Springboards Only)	Club Session
Fri	Club Session	Dive Squad	Dive Squad	Set Up	Education**	Education**	Education**	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Dive Lessons	Set Up	Club Session	Club Session	Pool Closed
Sat	Club Session	Club Session	Club Session	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Supervised Public Dive	Supervised Public Dive	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	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
Sun	Pool Closed	Pool Closed	Pool Closed	Set Up	Dive Lessons	Dive Lessons	Dive Lessons	Supervised Public Dive	Supervised Public Dive	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Club Session	Dive Lessons	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.