

## 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										
	Public Swimming 50m (2m deep)					Masters					Public Swimming with Lane(s) 50m (2m deep)					Public Swimming 50m (2m deep)					
<b>Tues</b>	Club Session					Public Swimming 50m					Club Session										
	Public Swimming with Lane(s) 50m (2m deep)					S&D					Public Swimming 50m (2m deep)					H2O HIIT					
<b>Wed</b>	Club Session		Public Swimming		Staff Training		Public Swimming 50m (2m deep)					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					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)		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		Public Swimming 25m (0.93m deep)		Set Up		Public Swimming with Lane(s) *25 metre (1.25m)		Pool Closed	
	Public Swimming with Lane(s) 50m			Set Up		BOOM		Public Swimming with Lane(s) 25m (2m deep)		Set Up		AQUA DASH SESSIONS		Set Up		Pool Closed		Club Session		Pool Closed	
<b>Sun</b>	Pool Closed			BOOM		Club Session		Swim Lessons		Public Swimming 25m (0.93m deep)		Set Up		Public Swimming 25m (1.25m deep)		Set Up		Public Swimming with Lane(s) *25 metre (1.25m)		Pool Closed	
	Pool Closed			BOOM		Public Swimming with Lane(s) 25m (2m deep)		Set Up		AQUA DASH SESSIONS		Set Up		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/aquadash](http://edinburghleisure.co.uk/aquadash)

**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	Education**	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.