

The Royal Commonwealth Pool

15th October - 21st October 2018

MAIN POOL HOLIDAY TIMETABLE

	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		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)	
		Masters		Club			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)		Club				
		Club			SETUP		AQUADASH SESSIONS			SETUP	Club						
Tues		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		H ₂ O HIT	Lane Fit 50m (2m deep)	
		Club		Club			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)		Club				
		Club			SETUP		Public Swimming (2m)			SETUP	Club						
		Club			SETUP		Public Swimming with Lane(s) (2m)			SETUP	Club						
Wed		Public Swimming with Lane(s) 50m (2m deep)				BOOM	Aquafit*	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)	
		Club		Club			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)		Club				
		Club			Public Swim (2m)		SETUP	AQUADASH SESSIONS			SETUP		Club				
Thurs		P/with Lane(s) 50m (2m deep)				BOOM	Hydrospin	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)		Lane Fit 50m (2m deep)		
		Masters		Club			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)		Club				
		Club			SETUP		Public Swimming (2m)			SETUP	Club						
		Club			SETUP		Public Swimming with Lane(s) (2m)			SETUP	Club						
Fri		Public Swimming with Lane(s) 50m (2m deep)				BOOM	P/S (1.25m)	Aquatics Camp	Public Swimming (1.25m)*			BOOM	Public Swimming (2m)			Lane Fit 50m (2m deep)	
		Masters		Club			Public Swimming with Lane(s) (1.25m)*				Public Swimming with Lane(s) 50m (2m deep)		Club				
		Club			SETUP		AQUADASH SESSIONS			SETUP	Club						
Sat		P/S with Lane(s) 50m (2m deep)		Club	BOOM	Public Swimming (1.25m)*						Pool Closed	Club		Pool Closed		
		Club					Public Swimming with Lane(s) (1.25m)*				Club		Pool Closed				
		Club				SETUP	AQUADASH SESSIONS			SETUP	Club		Pool Closed				
Sun	Pool Closed			BOOM	Public Swimming (1.25m)*						Pool Closed	Club		Pool Closed			
	Club		Club			Public Swimming with Lane(s) (1.25m)*				Club		Pool Closed					
	Club				SETUP	Public Swimming (2m)			SETUP	Club		Pool Closed					
	Club				SETUP	AQUADASH SESSIONS			SETUP	Club		Pool Closed					

Key:

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.

AQUADASH - Our amazing inflatable assault course! Bookings can only be made **online** at edinburghleisure.co.uk/aquadash

■ = 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.

DIVING POOL HOLIDAY TIMETABLE

■ = Pool Closed

	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			SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1 & 3m boards only)		Dive Squad					Club		
Tues		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1m only)	Aquatics Camp	Dive Squad					Club		
Wed		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1 & 3m boards only)		Aquatics Camp	Dive Squad					Club	
Thurs		Club			SETUP	Holiday Dive Camp		Supervised Public Dive	Public Dive (1m only)	Aquatics Camp	Dive Squad					Public Dive (1 & 3m boards only)		
Fri		Club	Dive Squad		SETUP	Holiday Dive Camp		Supervised Public Dive	Dive Squad							Club		
Sat		Club			SETUP	Dive Squad			Supervised Public Dive	Public Dive (1 & 3m boards only)		SETUP	Club					
Sun				SETUP	Public Dive (1 & 3m boards only)			Dive Squad	Supervised Public Dive	Public Dive (1 & 3m boards only)	SETUP	Club		Dive Squad				

TEACHING POOL HOLIDAY TIMETABLE

	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				Holiday Club		Public Swimming (0.92m deep)							Hydrospin	Hydrospin			
Tues						Holiday Club		Public Swimming (0.92m deep)								Club			
Wed						Holiday Club		Public Swimming (0.92m deep)							Hydrospin	SETUP	Aquafit*	SETUP	Club
Thurs					Aquafit*	Holiday Club		Public Swimming (0.92m deep)								Club			
Fri		Club			Aquafit*	Holiday Club		Public Swimming (0.92m deep)								Club			
Sat					Public Swimming (0.92m deep)														
Sun					Public Swimming (0.92m deep)														

*Water depth at these times is 1.25m

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

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.