

## 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)						Lane Fit 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 with Lane(s) 50m (2m deep)				Public Swimming 50m (2m deep)		H2O HIIT		Lane Fit 50m (2m deep)					
<b>Wed</b>	Club Session			Staff Training Pool Closed		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)										
<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		Public Swimming 50m (2m deep)		BOOM		Swim Lessons		Club Session						
	Masters			Public Swimming with Lane(s) 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)		Public Swimming 50m (2m deep)				
<b>Sat</b>	Club Session			Set Up		BOOM		Swim Lessons		Public Swimming 25m (1.25m deep)		Public Swimming with Lane(s) *25 metre (1.25m)		Pool Closed		Club Session Pool Closed		Pool Closed
	Public Swimming with Lane(s) 50m			Public Swimming with Lane(s) 25m (2m deep)		Public Swimming 25m (0.93m deep)		Set Up		AQUA DASH SESSIONS		Set Up		Pool Closed		Club Session Pool Closed		Pool Closed
<b>Sun</b>	Pool Closed			BOOM		Club Session		Swim Lessons		Public Swimming 25m (1.25m deep)		Public Swimming with Lane(s) *25 metre (1.25m)		Pool Closed		Club Session Pool Closed		Pool Closed
	Public Swimming with Lane(s) 25m (2m deep)			Set Up		Public Swimming 25m (0.93m 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 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

## 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	Swim Lessons	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Hydrospin	Hydrospin	Pool Closed	
<b>Tues</b>	Pool Closed	Pool Closed	Pool Closed	Pool Closed	Swim Lessons	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Swim Lessons	Swim Lessons	Swim Lessons	Club Session	Pool Closed	
<b>Wed</b>	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
<b>Thurs</b>	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	
<b>Fri</b>	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	Swim Lessons	Pool Closed	
<b>Sat</b>	Pool Closed	Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Swim Lessons	Swim Lessons	Swim Lessons	Pool Closed		
<b>Sun</b>	Pool Closed	Pool Closed	Swim Lessons	Swim Lessons	Swim Lessons	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	Public Swimming	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
<b>Mon</b>	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	
<b>Tues</b>	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	
<b>Wed</b>	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	
<b>Thurs</b>	Pool Closed	Dive Squad	Dive Squad	Staff Training Pool Closed	Hydrospin	Set Up	Aquafit*	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	
<b>Fri</b>	Club Session	Club Session	Club Session	Set Up	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Education**	Club Session	
<b>Sat</b>	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)	Public Dive (1m & 3m Springboards Only)	Public Dive (1m & 3m Springboards Only)	Club Session	Pool Closed	
<b>Sun</b>	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)	Public Dive (1m & 3m Springboards Only)	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.