

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)									
Thurs	Club Session		Education **							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				Public Swimming 50m (2m deep)		S&D		PS	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 25m (2m deep)		Public Swimming with Lane(s) 50m (2m deep)				
Sat	Club Session		Set Up	BOOM	Swim Lessons		Set Up	Public Swimming 25m (1.25m deep)				Pool Closed	Club Session		Pool Closed				
	Public Swimming with Lane(s) 50m		Set Up	BOOM	Public Swimming with Lane(s) 25m (2m deep)		Set Up	Public Swimming with Lane(s) *25 metre (1.25m)		Set Up	Aquarun	Set Up	Open Water (2m)	Pool Closed	Club Session		Pool Closed		
Sun	Pool Closed			BOOM	Club Session		Swim Lessons		Set Up	Public Swimming 25m (1.25m deep)				Pool Closed	Club Session		Pool Closed		
	Public Swimming with Lane(s) 25m (2m deep)				Set Up	Public Swimming with Lane(s) *25 metre (1.25m)		Set Up	Aquarun		Set Up	Open Water (2m)	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			Swim Lessons	Education**	Swim Lessons										Hydrospin	Hydrospin	Pool Closed
Tues	Pool Closed	Hydrospin	Set Up	Pool Closed	Swim Lessons										Swim Lessons		Pool Closed	
Wed	Pool Closed			Staff Training Pool Closed	Swim Lessons										Hydrospin	Set Up	Aquafit*	Pool Closed
Thurs	Pool Closed	Hydrospin	Set Up	Pool Closed	Aquafit*	Swim Lessons				Swim Lessons				Swim Lessons	Mini Polo	Club Session	Pool Closed	
Fri	Pool Closed	Club Session		Pool Closed	Aquafit*	Swim Lessons										Swim Lessons		Pool Closed
Sat	Pool Closed		Swim Lessons		Public Swimming										Swim Lessons		Pool Closed	
Sun	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	
Mon	Club Session			Set Up	Education**	Set Up	Aquafit*	Swim Lessons	Education**				Set Up	Dive Lessons			Club Session
	Public Swimming 25m							Skills and Drills									
Tues	Club Session	Dive Squad		Staff Training Pool Closed	Hydrospin	Set Up	Education**	Set Up	Public Dive (1m Springboards Only)			Dive Lessons				Club Session	
Wed	Club Session	Dive Squad		Staff Training Pool Closed	Set Up	Aquafit*	Swim Lessons	Set Up	Adult Dive Lessons	Public Dive (1m Springboards Only)		Dive Lessons			Club Session		
Thurs	Club Session			Staff Training Pool Closed	Hydrospin	Set Up	Education**	Swim Buddies	Set Up	Staff Training Pool Closed	Public Dive (1m Springboards Only)		Dive Lessons				
Fri	Club Session	Dive Squad		Set Up	Education**			Set Up	Dive Lessons						Set Up	Club Session	
Sat	Club Session		Set Up	Dive Lessons				Supervised Public Dive	Public Dive (1m & 3m Springboards Only)			Set Up	Club Session		Pool Closed		
Sun	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

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.